

BOWEN ASSOCIATION UK

Bowen News

Spring 2012 – Issue 55



EVERY BODY IS BETTER WITH BOWEN

Editor's Column

As I write this Column, the sun is shining the Vernal Equinox has just happened. And Venus and Jupiter look awesome. Whatever happened to Winter?! Are all the seasons merging into one?

The first Quarter of my Editorship is over and I'm pretty happy with the response I'm starting to see from you all.

44 of you responded to the survey. That's nearly 9% of the membership and in marketing terms, is a pretty good response. The results of the survey are now posted in the Members part of the website and you can also ask the Office for a paper copy. Look out for the changes you've requested.

I've received several good articles for this Quarter, which is excellent and will need to hold some of them in reserve for the next edition due to lack of space!

One of the overwhelming comments from the survey was that "...the newsletter is a must to establish and foster a Community..." I looked up "community" and of course there are many types. However, they all share the same basic tenet: "...sharing a common interest and interacting with one another..."

I look forward to more interaction with you all over the next quarter, and especially at the AGM.

What's in this Edition?

The main topics in this edition are:

- The Back Pain Show
- AGM, June 30th

And of course, the winners of the prizes of Bowtech Ease Starter Packs, which you can see below.



If you're wondering about the front cover photograph, it pictures some of the Members who attended the Back Pain Show at Olympia in March. Read more about it in the Back Pain Show article later.

Q: Which Bowen move has surprised you the most this year?

I asked you this question in the last edition and Mariann Stewart replied:

"BRM 1 – Hit the lat! I cannot even remember what I treated my client for and it was not even her first session but after hitting both of her lats, when I came back into the room to carry on with the treatment I found I could not!

My client had a slightly screwed up face and was quietly giggling away. And the reason? Her eyes had started twitching and she could not stop it!

Of course I told her not to try to stop the twitching and left the room. I came back 5 minutes later to find the twitching was still going! I think it lasted for about 10-15 minutes before it totally stopped.

To me that clearly demonstrated how amazing Bowen is: you make a move somewhere, which fires off a "healing energy" in its particular "healing circuit" and the release will happen where it finds the blockages, which could be at the other end of the body!

I was truly surprised though as I would never have guessed that "hitting the lat" could "end up in the eye!"

Question for you...

Now that you've seen two editions of the newsletter, please let me know what you have liked and what you would like to see changed. In fact, why not make notes as you read this newsletter and send them to me today.

Dave
Riches



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Chair Report

As you can imagine, the work of the Bowen Association Committee and the membership office rolls on continuously, month by month, but I have realised that, in these times of financial ‘cramp’, it focuses our attention on new ideas to benefit our membership. For instance, the Bowen Association and Bowen Training exhibited at the Back pain show at Olympia to promote Bowen and the Bowen Association UK. You will find photos and comments further on in the Newsletter

Your Chair and Committee constantly source useful advertising on your behalf. We are obviously limited to a fairly small budget but will continue to take any opportunity we can to take editorial space along with advertising. We would welcome your suggestions and ideas for us to use. Please send them to the office@bowen-technique.co.uk. We would also really appreciate any feedback from you on where your referrals come from.

In particular, please let us know if you get any referrals as a result of the Back Pain show. The more returns we can show for our efforts, the more likely we’ll participate next year.

Bowen Association UK is advertising directly to the NHS personnel.

We have advertised in the on line ‘Primary Care Today’ magazine which is targeting the GPs and Health professionals.

Visit <http://www.primarycareday.co.uk/>, click on the “Complementary Therapy” link on the left hand side and look for our article dated Jan 12. Also, from the home page, select “Suppliers’ Guide” at the top left, enter Bowen into the Company Name box and press Search.

Primary Care Today is recognised as one of the leading publications for healthcare professionals in the UK. The publication is distributed free, on a monthly basis, to NHS Alliance members and to a wide range of

targeted decision-makers and influential personnel in every primary care organisation through its continuously revised database.

CNHC Regulation News

At a recent CNHC meeting, there were various newsworthy items discussed that I would like to pass on to you. The CNHC continues to make progress. It now has about 5,500 registrants and is self funding through subscriptions alone. We were informed that there will be a fee increase in May to £55 per year.

Advertising: The CNHC and CAP have produced a descriptor for the Bowen Technique that has been approved by CAP and the ASA. It can be used by qualified Bowen practitioners in their advertising. It reads as follows:

Bowen therapy is a soft tissue remedial therapy that involves the therapist using fingers or thumbs to move over muscle, ligament, tendon and fascia in various parts of the body. This therapy can be effective to help relieve everyday stresses and revitalise the whole person.

Each Bowen therapy session varies according to the particular problems of the client. By focusing on the lower and mid back and legs, the upper back, shoulders and the neck, a sense of wellbeing can be achieved, helping relaxation, aiding sleep – helping to remove everyday stress and anxiety that can make us feel under-par or prevent us functioning at our optimum.

This descriptor will be on the Bowen Association Members’ area of the website. If you are a Full member you can download it and use it in promotional material if you wish and therefore reduce the risk of a successful complaint to the ASA.

Testimonials: The CNHC also advised that, in terms of the CAP Code, “A marketing communication must hold documentary evidence that a testimonial is genuine. You can quote individuals, with their permission, who have found your treatment helpful, in the form of testimonials. Unless it is obviously fictitious, you should hold contact details for the person who gives it.”

CNHC Progress: Maggie Wallis advised that the CNHC is moving forward and the new CEO/Registrar Margaret Coat’s appointment has enabled the CNHC to look at the current

arrangements from another perspective.
(Quoted from the CNHC meeting Minutes.)

It is clear from this recent meeting that the CNHC is growing not only in numbers but also making progress. As your current PSB (representative of BAuk) member I will be submitting my application to be considered for the next term of 3 years. It has been proposed by all the PSB members that CNHC registrants will be asked to vote for their representative by Survey Monkey.

This report is limited and only brings to your attention items of direct importance to Bowen Therapists; however, please do keep visiting the CNHC website, which is there for the public and practitioners alike, so that you can keep up to date with changes.
www.cnhc.org.uk/

CHRE

The Council for Healthcare Regulatory Excellence, which currently regulates nine statutory regulated bodies will become the Professional Standards Agency (PSA) once the Health Bill is passed and will be adding voluntary registers to its responsibilities.

The CNHC will apply for voluntary accreditation and will go through a vigorous approval process to become included. The CHRE is currently funded by the Government but will eventually be self funding through registration fees from the Voluntary Registers such as the CNHC.

Visit www.CHRE.org.uk for more information.

IAAPT Organisation

This organisation has set itself up as a regulator and generates emails to practitioners inviting them to confirm that their insurance and therapist details are displayed on their website. We will be giving guidance on the Members' area so that our practising Full members have information on how to deal with these requests. This organisation seems to have an insurance company link and practitioners have reported aggressive marketing by the IAAPT.

What's new on the website?

A couple of new additions to the website.

Firstly, a copy of the Scottish 5-year case study into the efficacy of the Bowen Technique can now be found in the Research section. The highlights of this study were reported at the 2011 AGM.

Secondly, a link to our Facebook page. If you haven't done so already, follow the link and "like" our page. The more of you who "like" it the more people get to find out about it.

Membership Renewals

It's April renewal time again, and we thought we'd include a few lines about the Benefits of Full Membership of BAuk.

First and foremost it gives you status in the complementary therapy community and the authority to practise under the Bowen Association UK Banner as a recognised practitioner and member of a respected professional body, which in turn gives the public confidence when seeking a qualified practitioner.

As a full member you have a presence on our public referral websites www.bowen-technique.co.uk and www.Bowtech.com. You also have access to the specialist Members Area on www.bowen-technique.co.uk where you have a plethora of information and PR tools at your disposal.

As a full member you also benefit from:

- Validation by us of your application to join the CNHC.
- Free use of the Bowtech logo
- Access to a free Press Release writing service
- Free advertising to other members via the office email service when you have something Bowen-related to sell – such as your old couch
- Receipt of quarterly Newsletters and Bowen Hands
- Listing in Bowen Hands and regular emailed information updates from the Office
- Discounted practitioner insurance rate from Holistic Insurance

- Eligible to subscribe to a bowen-technique email account
- Buy leaflets, other merchandise and banners (for shows)
- Pre-designed media advertisements which for a small charge can be superimposed with your own details
- Free advice on website wording regarding the A.S.A. regulations
- Free telephone/email advice on any Bowen-related issue that concerns you.

And, if you want to change any of that or how the Association is run, you also get voting rights at the AGM!

I think that's great value for your full membership fee, don't you?

Teresa Elwell

We are very sad to hear of the passing away of Teresa Elwell, from Oxfordshire. Teresa was a member of the Bowen Association UK and an EMRT practitioner for many years. She will be sadly missed and condolences from us all have been sent to her family.

Looking Ahead

We have a very exciting year to look forward to for the rest of 2012. Firstly, the AGM in June; then Ossie and Elaine's visit to Edinburgh in August; and, finally the Italian Conference in September. Plus, of course, all the other great get togethers with our colleagues on courses. So I do wish you all a very happy and successful 2012.

Best wishes everyone
Angela.

Angela Cannon

Chair of BAUK



The Back Pain Show

For many years now, Members have expressed a desire for us to attend a major exhibition. In March we did just that. The Bowen Association took a stand at the annual Back Pain show at Olympia in London. Yes, we caught our breath when we heard the cost of the stand but, after some negotiation with the organisers, the Bowen Association and Bowen Training shared the cost of our 3m x 2m stand below.



We made a conscious decision NOT to offer mini treatments. We did however have a couch to demonstrate the gentleness of the technique and used BA members as bodies. When anyone who asked us why that was, we replied, "As professional practitioners, we wouldn't be able to take a thorough case history in a public place to be able to treat you appropriately and confidentially. But please, take a leaflet; visit our website; and choose a practitioner to contact from our Register." Many Chiropractors, Physios and Osteopaths who visited us were delighted to hear this and nodded their approval.



So, our stand provided information for the public to find out about our Bowen Association practitioner listings, to inspire interest in training as a Bowtech practitioner and to inform the 6,000

attendees of the benefits of the Bowen Technique.

We tried to make sure that everyone who strayed within a few feet of our stand went away clutching a Bowen Association leaflet and was all the wiser for visiting us. Members of the public who came along with back problems were reassured by us that they would be looked after and we gave them a leaflet to show them how to make contact with a nearby Bowen practitioner.

There were many special moments throughout the weekend. One was when a delightful 2-year-old with 'tummy' trouble came along with her mum and sister, a few baby moves later and off they went little realising the benefit she would get from the treatment.

Amongst the visitors were many Physios, Chiropractors, Osteopaths and therapists who were curious to learn about our work. One retired physio in particular gave us a very



persistent and stimulating debate to try to establish "what does Bowen do?", "Yes, but what does it actually do?" she asked, probing deeper into the subject. Fortunately, John Wilks was with us at that point, which was a relief to the rest of us, but it made us all think about how to respond to the persistent enquirer.

One of the most enjoyable things about the back pain show was the opportunity to interact and be part of the exhibition network. Having plenty of manpower on the Bowen Association stand gave us all the

opportunity to have a good look around, chat with people on various stands, learn about other disciplines, cringe at some of the more mechanical applications, wonder at some of the more



bizarre items for sale, attend the free public education seminars and enjoy spending time with each other.

At the end of the show, Rosemary Cunningham of Bowen Therapy Practitioners Association and Angela Cannon of Bowen Association were invited by the organisers to give a joint presentation in the education lecture theatre on the Bowen technique.



We followed a plethora of highly respected medical experts who had spoken on back pain throughout the 2-day exhibition, so the show ended with a lighthearted presentation about the Bowen technique, which was informative and sprinkled with case histories from our therapists in the audience.

We took away quite a few "learning points" on how to setup and present ourselves at an exhibition, and how to attract visitors to our stand. In the next newsletter, we'll talk about them and you can decide which ones will be of use to you when you promote yourself.

And finally, it was a great team effort and those who took the opportunity to be at Olympia were all fantastic, looked smart, had plenty of chat, were full of enthusiasm and had lovely big smiles! Those that hadn't done a trade show before learned from other more experienced practitioners and all were great assets to the Bowen Association.

A big thank you to everyone who contributed to the success of the Bowen Association Stand:

Day 1: Kim Pearson, Stephen Ludbrook, Jim Bannell, Veena Lidbetter, Seamus Gallagher, Diana Menzies-Smith, Marco Ferro, Jan Morris, Sheila Whyles, Angela Cannon and Trainer John Wilks.

Day 2: Angela Cannon and Sheila Whyles were back to welcome Trainer Nicola Hok, TA Michael Patrick, Isobel Knight, Naheed Khan, Adam Buttery, Catherine Ford, Dominic Trew, Marty Fabianova, and Mariann Stewart as well as Stephen Ludbrook who generously came along on both days.

All our volunteer practitioners over the two days were brilliant and made our stand the star of the show.

Angela Cannon

The following are comments from some of the practitioners who kindly gave up their weekend to help us on the stand.

Sheila Whyles: "What a fantastic 2 days. Not only did Bowen excite a great deal of positive attention and interest – we were also delighted to find that many more people than we thought had heard about the



Bowen Technique and were extremely interested to learn, not only about how it could help them, but about training too!

We enjoyed wonderful camaraderie on the

stand and with fellow exhibitors at the show. We used the time when not interacting with the public to network with the other professions present. For instance – senior orthopaedic surgeons attended from Kings College Hospital as well as Harley Street, and refreshingly they were very supportive of complementary medicine.

Their motto (delivered during their very interesting lecture on spinal problems) was 'the right treatment, is the treatment that works'. Needless to say we are following this up by sending them useful information on Bowen Technique for use in their clinics.

A big thank you to everyone who joined Angela and me on the stand. It was great to see you all and to put names to the faces that I 'talk' to on email all the time! I'm (hopefully) looking forward to seeing you all again soon at the A.G.M. in June!"

Naheed Khan: "I attended the Back Pain Show at Earls Court Olympia and had a fantastic time educating the public about our fantastic Technique. Many were already aware of it but wanted to know more, and some had experienced Bowen already. For those that were unfamiliar, I found them very receptive and intrigued to find out more!



It was a lovely afternoon, and I made friends with fellow therapists, as well as meeting the lovely Angela and Sheila without whom this experience would not have been possible, so THANK YOU!"



Jim Bannell & Kim Pearson

Mariann Stewart: "I would like to say thank you to Angela Cannon for giving me the opportunity to represent BAUK at the Back Pain show at Olympia. I have never done anything like it before so I could not wait to participate!

It was a great opportunity to catch up with other Bowen practitioners and I was surprised that I had met most of them before at various Bowen training weekends in the past. I even met two Bowen practitioners who I trained with in 2008 and had not seen since!

As for the public, well, I had a blast! I was a bit nervous to start with and talked too much, but with a little bit of guidance from Sheila Whyles I soon settled down and got into the swing of it. I stayed from 10.30am to 2.30pm by which time there were 9 of us on the stand, so I decided to leave in order

to give a chance to the others to “pounce” on the public.

All in all I had a great time, it was a total boost to my confidence and, if asked, I would do it again in a blink of an eye!”

Kim Pearson: “I enjoyed attending the stand at the Back Pain show in Olympia. It was interesting to see what other therapies and machinery are available in an attempt to relieve back pain.

It was also good to meet up with other Bowen Therapist to talk about our businesses and experiences.

I talked with many at the show who were very interested in either having Bowen as a treatment or training in Bowen.

I hope lots of these people follow up the information I gave them to help to relieve their pain or help others to relieve their pain.”

Marty Falianova: “The Back Pain Show was the place to be! I tremendously enjoyed meeting other members of the Bowen family, giving little talks to the curious members of public, exploring the show and learning more about how to look after my back.



In a nutshell, a truly inspiring day! Thank you all in the Bowen Association UK for making our presence at the Show happen.”

Isabel Knight: “It was really good to represent Bowen and the BAUK at the Back Pain Show. It was an excellent way to bring awareness about what we do and how we work to both patients and other therapists.

I enjoyed the experience of talking to the public and other therapists about what we do and also meeting other Bowen therapists. I hope that BAUK members will derive benefit from new clients as a result of an improved public awareness about what Bowen is and how much it can help.”



Diana Menzies-Smith & Stephen Ludbrook

Marco Ferro: “I was surprised to see so many people attending the show. Back pain must be a hot topic in the SE of England! I found some of the stands a bit over the top in that they were trying very hard to sell their products to the public.

The good thing about our Bowen stand is that we were essentially offering just information, without demanding money or asking to take up subscriptions – just promoting the Bowen technique.

Personally I found very rewarding to talk about the Bowen technique to people who had never heard about it before. All of us were quite happy to recommend finding the nearest Bowen therapist without necessarily promoting ourselves.”



Marco Ferro, Angela Cannon, Jan Morris

Less is More

Mariann Stewart writes:



“One of my colleagues (at my office job) pulled a muscle in his calf in the gym a couple of

days earlier and was complaining to me that even walking was giving him pain. I did the bottom stoppers and the knee procedure on both of his legs. He sent me an email the following day that his calf was in agony in the evening but got up this morning and all the pain was gone! You just have to love first aid Bowen!”

Julie Farthing writes:

“Annabel came to me in a state of despair. Finding it very difficult to accept that her and her husband had decided to give up trying for a baby she had been persuaded to go onto antidepressants which had only made her feel worse.

Mind Body Bowen provided the answer. The first session was BRM 1 Moves 1&2 ONLY!

Here is her story.”

“I had been feeling very low and really quite emotional for approximately 3 months when I finally went to see my GP.

I wasn't sleeping very well, my diet was all over the place and I was very aware that I was struggling with basic day to day routines.

My partner and I have an amazing relationship but I was 'all talked out' and finding it very unfair and difficult to accept that we had reached 5 years of trying for a family.

My GP told me that I was suffering from depression and prescribed me anti depressants. I felt unhappy with the thought of taking pills but was desperate to feel like myself again so tried to keep an open mind.

After a while, my sleep pattern was all over the place. I was even more emotional and felt very sorry for myself.

I found it almost impossible to get to work in the mornings, found that I was sleeping more and more and losing track of reality.

I went back to my GP and explained that I was beginning to feel like I was watching everybody else getting on with their lives and I was just about treading water.

He then changed the tablets that I was taking and I returned to work. Within 24 hours of being on the new pills I collapsed at work. My boss contacted the Doctor and it transpired that I had been given over double the dose that I should have been taking!

Within a few days I was back at work taking the new corrected dose and still not able to shake things off. I then became very aware that I wasn't doing my job to the best of my ability and I felt like the worst partner ever!

I was beginning to have anxiety attacks, shaking,

sweating, vomiting, crying and I was still trying to hold it together but I wasn't doing very well at all.

After another visit to my GP, I was now taking beta blockers as well.

At this point I was having telephone counselling sessions through my employer. I don't think this really helped other than getting to grips with a few relaxation techniques.

I had hit rock bottom, had been feeling out of control of my emotions and finally accepted that I was depressed.

It was then that my boss flipped, she was not a happy lady! She got straight on the telephone to Julie and booked me in for a Bowen session. My boss said that she couldn't understand why she hadn't done it earlier, she felt confident that it would help me.

I was really quite nervous about the first session but found it so much easier than I was expecting, we went through a bit of my history, symptoms etc.

I found the treatment very relaxing and might have drifted off to sleep a little. I experienced several 'feelings' but nothing worrying or stressful at all. Slight numb feelings in my fingers and feet, warmth across my back, strong sense of my pulse in my fingers.

I think I then went home and slept for several hours. I drank lots of water and cried many, many tears over the next 24 hours, but felt a massive release.

A couple of weeks later I went back for another session, it was as comfortable as before, again I felt these 'feelings'.

Julie didn't need to say an awful lot at all really, she reassured me when I spoke of my feelings and emotions and answered my questions. I was amazed at the change in me; it felt as if it was almost overnight.

I stopped taking all of the pills around the same time that I visited Julie the first time and have not looked back.

I can't say that Bowen cured my depression, but I would strongly advise people to give it a go. It was amazing just how quickly things turned around for me after just 2 Bowen sessions. I had hit rock bottom and had been very low and really not myself for at least 6 months. Within a month I was well and truly getting back to my old self.

Goodness I have really gone on about myself haven't I?! But I think it's been quite therapeutic, thank you for your help and support Julie, you really did make a difference.

Annabel"

"Annabel's boss is now a very happy lady! Several months on, she is still amazed at how well Annabel is coping at work. Confident, strong, cheerful and innovative. A real asset.

In my view the Mind Body Bowen course should be compulsory for all Bowen Therapists. I have always

loved practising Bowen but meeting Anne Schubert and Margaret Spicer has multiplied that love tenfold."

Practitioner Stories

I became a Grandma on 4th November last year and how I wish I knew Baby Bowen when my children were babies. From the day that my grandson was born I have given him Baby Bowen every time I see him. He is so contented, smiles, giggles and sleeps well for six hours at night. I well remember walking around at 2 in the morning with my daughter who thought that it was play time! If only I had known Bowen then.

A friend of my son and daughter-in-law had a baby about a month after my grandson was born and as a result of seeing how William is, asked what I had done to him. They asked if they could have some of the same for their new son. Needless to say I was more than happy to oblige.

It's great having cuddles with the babies and knowing that just 3 small Bowen moves can make such a difference.

Elaine
Prowse



Bowen in Scotland

If this photo is anything to go by then Bowen in Scotland is thriving! *Ed.*



Fiona Campbell has just opened her new clinic in Glasgow, and Trevor Griffith, Chair of Bowen Training UK, was there for the opening day. As you can see, it is a Bowen clinic for Bowen Therapy only.

Trevor says: "Fiona is a tremendously enthusiastic practitioner and I am so proud of her hard work and courage to set this up, especially at this time. She is already busy in the clinic and we can only encourage this commitment. Fiona is the daughter of Rosemary McAllister, another stalwart in the Bowen field, who I am sure you have heard about."

Ed. Trevor's pictured in the photo with Fiona and you can hear more from him in the Q&A section later.

Q&A

I caught up with Trevor Griffiths, Chair – Bowen Training UK, and he kindly gave me some of his busy time to answer our questions. Angela also provided an answer to a business-related question.

Q: Why is the cramp procedure performed where it is and not where the cramp is? Or is it just for cramp in the back?

Trevor: It was originally called the Back Cramp procedure. However, Australian legislation meant a need to change the names of the procedure to indicate where they are performed rather than what they purport to fix. For instance, Breast Tenderness is now called Chest and so on.

The 1st two moves of the Cramp procedure release the Erector Spinae, and the 2nd two release the lats. When you look at a muscle chart, the release of all these muscles covers the whole of the back and the spine and hence there is a deep effect in the neural chain. This means that some practitioners have found that it also reduces cramp elsewhere in the body.

Q: Should I play music for the client during a Bowen session?

Trevor: Back in the '90s, the manuals contained some information on how to organise a treatment room in the way that Tom Bowen (TB) preferred. He was not a fan of music, gaudy pictures nor Anatomy charts. However, experience shows that some clients prefer music and it does not prevent them from providing feedback on what's happening in their bodies, and others prefer silence.

Q: What's the reason for clients having to bend over into such a position for the Sacral procedure?

Trevor: Originally, the move was a replacement for the Coccyx move for pregnant ladies, and was indeed known as the Pregnant Lady procedure. As pregnant ladies can't lie on their front, there had to be some way to present the Sacrum in a manner that allowed the Sacral procedure to be performed.

The position achieves 3 goals: 1) relieves the back pain; 2) takes the weight off the Sacro-Iliac ligaments, and removes the tension, allowing the move to have an effect; 3) presents the Sacrum to the practitioner.

Q: Why is there a 28-day non-repeat period for the Shoulder procedure rather than the standard 5-10 days?

Trevor: TB developed a lot of his work through trial and error. He found that the normal waiting time of 5-10 days after the 2nd treatment had a negative effect on the recovery of the shoulder. Eventually, he settled on 28 days as the best wait period.

New Questions

Mariann Stewart asks: "After you've done BRM1: moves 1-10 and the Buttocks procedure with the 20 minutes break, do you have to turn the client over and hit the lat to finish BRM1? After all, the prerequisite for the Buttocks procedure is BRM 1, surely you don't turn them twice before doing the Buttocks?"

Trevor: No, you don't hit the lat, nor do you turn them twice. Prerequisite is BRM 1 moves 1 & 2 (minimum). More often than not, the pain disappears right on the last moment of the 20-minute period, so it's really important to make sure you wait the full 20 minutes.

Joy Fisher asks: "What do you do when someone doesn't turn up for their appointment and doesn't phone to cancel, do you charge them?"

Angela: Well it's always been my policy not to charge 'no shows'. Looking back over the 20 years I've been in practice, I could count the 'no shows' on one hand, usually at Clinics.

If I know them well enough I will give them a call and ask if we have muddled the day of the appointment between us...would they like to re-arrange?

But if they've just changed their mind or the problem has resolved, I say to them, "That's fine get in touch when you need me again." I just let it go. There isn't any chance of getting the money anyway and if they take offence, that's bad publicity.

Letter to the Editor

MODULE 8 – Why would I do it?

I recently attended a Module 8. You may not be amazed to read this statement but I have been a busy Bowen Therapist for over 13 years and I last attended a practitioner course (as module 8 was then known) in June 2001!

Over the years I've always been keen to find something 'new and interesting' to learn about Bowen and extend my knowledge – and my CPD card is testimony to that: mother+ baby/back pain/bowen + NLP/mind body/immobile, stroke + chronic fatigue/hidden pearls/'treat yourself' and, of course, advanced and masters.

So why now? Surely with all my experience it isn't necessary?

I'm not sure exactly why I took the plunge and signed up in 2011 with Nicola Hok. Maybe it was something to do with the fact that over the past few years I've taught two children to drive. How many drivers out there would be able to pass their test again tomorrow?

The experience just made me stop and think 'what about my Bowen!' It's so easy to fall into bad habits as time passes. Should I not take the time to ensure my basic skills are the best they can be?

I have to confess, after committing myself to doing it, I felt somewhat apprehensive. Would I feel embarrassed? What would other practitioners think? In the end it really didn't matter as all I wanted to do was ensure I can give my patients the best Bowen treatment.

I guess I always knew there was room for improvement and doing Module 8 definitely proved I was right. I'm not ashamed to admit it - but I'm glad I did something about it!

I would recommend this workshop as a valuable experience for all therapists. I think new therapists would find it encouraging and inspiring. For experienced practitioners, like myself, I hope that they would enjoy refreshing their skills and also be motivated to always do the best move possible.

*Julia
Blake,
Scotland*



Quiz Answers

- 1) Since what year has Ossie taught Bowen? **1986**
- 2) How much does John Wilks' book, "The Bowen Technique: The Inside Story", cost? **£28.50 incl. P&P**
- 3) How many accredited Bowen teachers are there in the world, taught by Bowen Training UK? **90+**

4) Who supplies the Bowtech products? **Helen Mary Perkins, Bowen Supplies**

5) In what year was Thomas Bowen born? **1916**

6) Who is better with Bowen? **Everybody!**

7) Which region has the most Animal practitioners? **Hampshire**

8) What is the fancy name for an "angle measurer"? **Gravity Goniometer**

9) What's the memorable telephone number for the UK Central Office? **0700 BOWTECH**

10) Research shows that stretching of the fascia produces...what? **Small electric charges.**

11) What does the abbreviation CCmrt stand for? **11. Cat and Canine Muscle Release Therapy**

12) Which organization provides the body illustrations for the website? **3DScience**

And the lucky winner is:

Mariann Stewart, London

www.therapeuticbowen.com

Mariann will receive a Bowtech Ease Starter pack, kindly donated by Helen Perkins. Well done, Mariann.

Reading

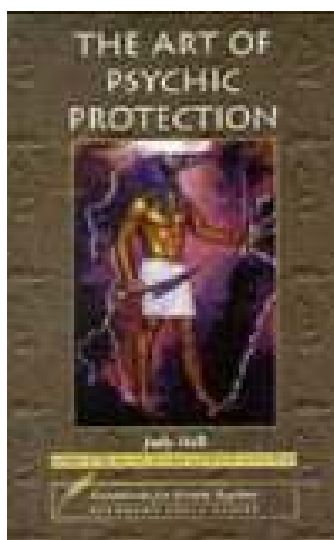
The intention with this reading section is to point people towards material that will widen their understanding of the body. These are personal recommendations and not part of the official Bowen teaching syllabus. Let me know if you would like to recommend any.

Ed.

Psychic Protection

Judy Hall – The art of psychic protection (ISBN: 978-1-57863-026-4)

http://www.amazon.co.uk/Psychic-Protection-Guidebooks-Growth-Together/dp/1899171363/ref=sr_1_1?s=books&ie=UTF8&qid=1331309837&sr=1-1



I had a lot of problems being too “open” when treating clients - would get flushed in the face, get very hot/tingly forearms and exhausted after sessions. I tried “grounding” myself; imagine cold water flowing over my body from above but nothing worked.

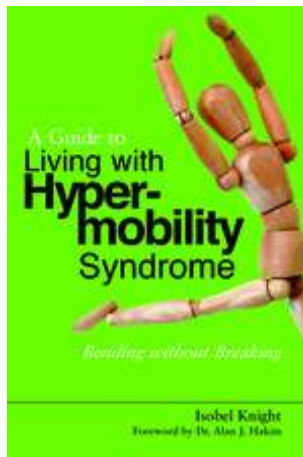
This book is full of techniques how you can protect yourself and since just reading it I’ve noticed a huge improvement in my response. If you find that you tend to pick up any unwanted vibes during any complementary treatment this book could be very helpful.

Mariann Stewart

Hyper-mobility Syndrome

“A Guide to Living with Hypermobility Syndrome: Bending without Breaking”.

http://www.amazon.co.uk/Guide-Living-Hypermobility-Syndrome-Breaking/dp/1848190689/ref=sr_1_1?ie=UTF8&qid=1331309708&sr=8-1



One of our members, Isobel Knight, has published a book on this subject and includes descriptions of how the Bowen Technique helps. If anyone would like to review her book for the next edition, please let me, the Editor, know and I’ll arrange for you

to receive a copy for review.

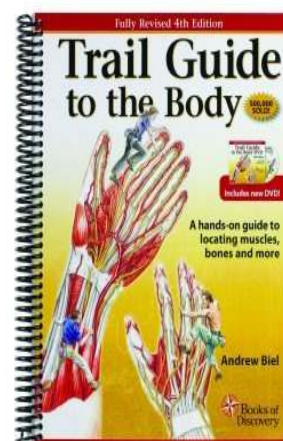
Isobel is currently writing another book so I’m sure your comments would be of great benefit to her.



Trail Guide to the Body

Andrew Biel,
http://www.amazon.co.uk/Trail-Guide-Body-Hands--Locating/dp/0982663404/ref=sr_1_1?ie=UTF8&qid=1331309382&sr=8-1

Now in its 4th edition (2011), this is an excellent guide to how to locate muscles, bones, and more in the body. I find it useful, not only for myself, but for when I need to explain something to the client.



Bowen AGM, Saturday, 30th June, 2012

I'm sure you're all aware of the upcoming AGM, and if you're not then you'll find all the details about it on the next page, along with the planned workshop on the Sunday. Now, I'm sure, like me, the word AGM brings to mind...boring meeting, with boring people, discussing boring matters, that no-one outside the AGM finds interesting☹ But how wrong I was about the Bowen AGM! I attended for the first time last year, in Cambridge and was positively enthused when I left. It would seem that I'm not alone in this as well. Have a read of what Kim Pearson thought about her first attendance at the 2010 AGM. *Ed.*

Kim Pearson - **Another boring Committee meeting? - Definitely NOT!**



“After joining the Bowen Association UK Committee, I attended the 2010 AGM in Peterborough. It was the first time I had attended the AGM. After all it's just a boring meeting isn't it? How wrong I was! There was a great line up of speakers. I learnt a great deal about Bowen from the different Bowen related subjects with fascinating talks from: John Wilks (Babies and later life), Louise Tremblay (Nervous System & the Bowen pause), Alison Livings (Insurance Policies), and Vanessa Edwards (Feng Shui).

We had a lovely lunch and there was time to talk to other practitioners in an informal environment. I came away from feeling really inspired and motivated to go back to my own practice and continue with my work.

In 2011, as a committee member, I helped to find the Cambridge venue. Again, there were some great speakers – Dr Cyril Nyman, Consultant Cardiologist, ret.; Alastair Rattray (Bowen & Asthma) - and after the committee meeting, Essential Training Solutions gave some good tips for health and safety for the therapist in the work place.

As a Bowen Therapist we are often quite isolated working on our own in our practices. Meeting up with fellow practitioners at the AGM is a really good opportunity to share ideas about the work we do. Both times I came away from the AGM feeling I:

- really enjoyed the day
- learnt a great deal
- was motivated and inspired to go back and continue to work in my own practice.

This year, I have taken on the responsibility to organise the AGM myself at Nottingham Forest Football Club. I hope that you agree there is again a very good line up of speakers this year. It really is a great day out. Come along and support this fantastic event.

I thoroughly recommend the AGM to anyone that hasn't been before. It's a great day out and you get 8 CPD hours too, just for attending!”

Lucky Winner of the Bowtech Ease Starter Pack...

...is **Julie Farthing**, who wins a Bowtech Ease Starter Pack from Bowen Supplies for her article. The pack contains a 25ml tester bottle and two x 10ml rollerballs, which Julie can sell, plus 10 of the new brochures. **Julie** will receive her prize within a week.

Contribute an article to the next edition and you'll be in with the chance of winning.

Saturday, 30th June, 2012

Nottingham Forest Football Club

8 CPD Hours (09:30-17:30)

£45 for the whole day

Don't miss this fantastic event, come along and see what a great chance it is to hear from some fascinating speakers, meet up with fellow practitioners, and earn 8 hrs CPD for the whole day! All application forms must be received by 16th June 2012. Send your form to:

The Bowen Association UK, PO Box 210, BOSTON, Lincolnshire, PE21 1DD

We have some great speakers lined up for you:

- **John Wilks**, Bowtech Trainer, will talk about The Secret Life of Fascia. He will discuss recent research into the various receptors found in fascia and how we can use this information to explain many of the different locations and types of move used in Bowen.
- **Jane Sheehan** will explain foot reading and how it can assist a Bowen Therapist. Often, physical aspects of a pathology have a corresponding emotional aspect. Foot reading is an additional tool that helps you understand any emotional background when assessing a client's needs.
- **Dawn Mills**, Bowtech Therapist, will provide an introduction to the basic principles of Homeopathy and its compatibility with The Bowen Technique. Homeopathic remedies are often used to treat musculoskeletal injuries and Dawn will demonstrate 3 common homeopathic remedies that she finds useful.

Your fee gets you:

- Lunch, all day coffees/teas, parking, and of course, 8 hours CPD!
- A tour of the Nottingham Forest FC Grounds during the lunch break

Nottingham Forest FC has negotiated rates at the Jury's Inn, the closest hotel to The City Ground. Email rachel_brown@jurysinns.com, or call the reservations department on **01159 016 700**, and quote '**Azure**' to get the reduced rate of **£67.00** per room per night.

Sunday, 1st July, 2012

Touch and Palpitation skills

8 CPD Hours (09:30-17:30)

£90 for the day

John Wilks will explore the relationship between various receptors found in the fascia and explain how we can use Bowen moves to achieve specific effects. He will include practical and theory and will look at the science behind working with different levels of touch in acute and chronic conditions. John will also look at the difference between the use of medial and lateral moves to obtain specific effects with a variety of different clients and conditions.



The workshop will be held at Jury's Inn, Nottingham.

For more details please contact John on cyma@btinternet.com or see www.cyma.org.uk.

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Deadline for the next Edition 1st June 2012

Send your articles to daver@learningpartners.co.uk

We are always eager to hear from you, for example interesting case studies, ways you have found to run your business, charity work you may be involved in, unusual circumstances you have done Bowen in, work on animals or children, events or shows you have been to – also please send in your pictures or post information on our facebook site.

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