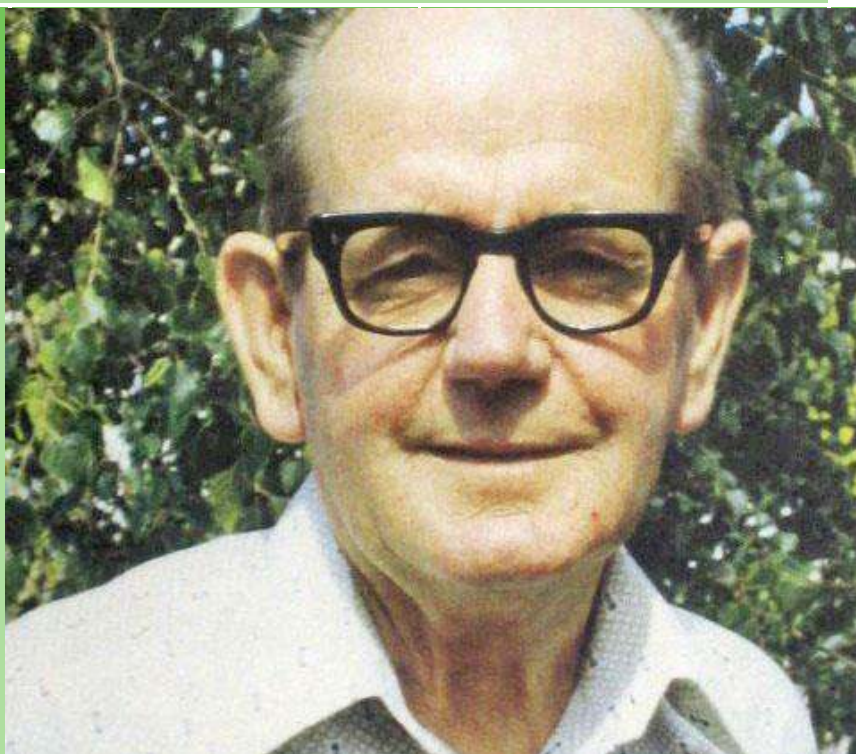


BOWEN ASSOCIATION UK



Bowen News

Spring 2016 – Issue 71



EVERY BODY IS BETTER WITH BOWEN

Editor's Column

Easter already, too much chocolate, sugar, wine, consumed ho hum. But resolved to get back into some exercise! I've just finished my Bowen year of practice, and again a record year of sessions! Does everyone want to get healthy now?

I had thought that I'd not much to say in this editorial, "that's ok" I hear a few of you say! But there are two things of note. The first was that I decided it was time to do another Module 8, having last taken one some...time...ago. As you can see from the front page photo we all survived, although it was tough being the only male there...but someone had to do it. ☺ And it was good to welcome back Cat who trained with me back in 2004 with Nicola, and has been in hibernation since then.

It was also a pleasure to meet all the others who'd qualified recently and from whom you'll see some articles in future newsletters! And my message to you all is to make a Module 8 a regular occurrence to re-learn something new. I finally cracked the Perineum move!



The other item of note is that we're celebrating the 100th birthday of Tom Bowen this year. You will have seen various notices about events taking place to celebrate his contribution to the wellness community, and here's a photo of the man himself on the front page.

This Edition...

This is the third edition in a row that I would call eclectic and full, so thank you to all who've written articles for me. It would be rather boring without them!

This edition ranging through interest groups, sunny surprises, and includes the spider that couldn't be found in the last edition.

Fiona moves onto golf having conquered kayaking. Again, an inspiring series of improvements that shows just how applicable Bowen is to sport for all ages of participants.

There's an exciting letter from Barts Hospital offering someone the chance to influence the medical world! I think this is a great opportunity to get Bowen noticed in the right way.

And did you know that the AGM is only 2 months away?

Newsletter Prize

The "contribution to the newsletter" prize for this edition is kindly donated by Helen Perkins and is the Bowtech Ease Starter Kit. This is normally only available to Trade, and costs £22.00.



And finally...

Book your place at the AGM and hotel before it sells out. Last year was a stonking success and this year will be even better!

Dave Riches

Tel: 07748118071

Email: dave.riches@bowen-technique.co.uk



Bowen Association Chair Report

Dear Members,

I know it's only Easter, and summer seems a long way off, but it's only 2 months to our AGM in Birmingham on 4th June. If you haven't already secured your place, why not do so now! It's at the Cobden Hotel, Hagley Road, and is not only a great opportunity to network with your UK Bowen family, but as you know from the mail-outs, we've a really interesting line-up for you to enjoy in the afternoon.

And remember that we are reviewing the CPD regulations too, so if you have something you want to say, and plenty of you have been in touch on this issue, this is your chance. Don't sit on the side-lines wishing for something – come and make it happen. The Bowen Association is governed by its members, make your opinion matter.

You can choose to join us all at dinner the night before and stay-over, ready for the AGM in the morning, or simply arrive for the day. Either way you'll get 8 CPDs for the full event, and at only £50 we reckon that's a bargain!

If you would like to come along email us at office@bowen-technique.co.uk and we will send you a booking form to complete.

And remember, Helen Perkins is offering her fantastic Palliative Care Workshop on the 5th and 6th June straight after the AGM. Why not contact Helen at info@helenperkins.com to get full details and book yourself a place?

The Bowen technique provides wide ranging benefits to those in palliative care. Key elements of the workshop cover workplace setting and best practice, liaising with staff, relationship with patients, carers and relatives, policies and protocols that may or may not already be established as well as self-development such as communication and counselling skills. The workshop will be highly interactive with opportunity to practice and ask questions. By the end of the day, therapists will be equipped with the knowledge, confidence and insight needed to

provide an empathetic approach to ensure best outcome for the patient.

As you know, Kim Pearson was elected as Chair last summer, but due to personal reasons had to step-down early-on. I have been Acting Chair in the interim and will be stepping down from that role in June. There's an article elsewhere in the magazine about the Chair and Committee – but I would really encourage anyone who has had a burning ambition to 'make a difference' or simply be part of something very special, to put your name forward for the committee!

Email the office at office@bowen-technique.co.uk and we will send you a nomination form – either for yourself or to nominate somebody else.

Before signing off, I would like to thank the Executive for their support this past year, I think we've achieved a lot between us – you can read the detail in the Chair Report at the AGM! Special thanks as well to my colleague Angela Cannon, your Membership Secretary, for her unfailing good humour and hard work, to Rob Godfrey your Treasurer who bears the unseen background financial work on your behalf, and to Dave, your Newsletter Editor who does such a fab job with this publication without ever complaining! The rest of the Executive have done a sterling job on every level and to highlight each person's contribution would take up the rest of the Magazine, so you'll have to wait for the AGM for that ☺

See you at the AGM.

Sheila Whyles

Acting Chair of BA UK

Committee Report

Committee Members Required

Marco Ferro, Committee Member, writes:

Dear readers, we need to recruit more Executive Committee members and, from June, a new Chairperson. The Role of the BAUK Chair is very important and the Executive Committee is a very valuable asset to the Association. As a Committee member for some years, I can assure you that the work we get involved in is extremely interesting, varied and rewarding. In fact, our role is what we make of it, and any member can volunteer to take on tasks of interest to them; propose or champion new ideas for the development and expansion of the Association; and, for Bowen in general. For example, we recently upgraded the website; we produced a new Bowen leaflet; and, are working on a new CPD review which promises to open new and exciting opportunities for our professional development.

BAUK is run purely for its members and the Committee represents its members.

To help readers understand its role better, I asked Angela Cannon and Sheila Wyles to help me list the main roles and responsibilities of the Committee Members and the Chairperson:

Committee Member role:

- Approve the content of the newsletter;
- Consider any advertising opportunities, trade shows, printing, etc;
- Discuss, plan the AGM, e.g. speakers, venue, sharing of the main tasks, etc;
- Attend and participate in the AGM;
- Answer all emails sent by the Officers;
- Bring to the attention of the Officers any concerns or requests from the membership;
- Action miscellaneous requests from the Chairperson wherever possible; and,
- Ideally attend the majority of meetings, especially as these are by telephone conference.

We would like Committee Members to have a personal area of responsibility each. The Executive Committee must meet at least twice a year but subgroups of Committee Members can meet as often as they wish. A Committee Member can be appointed to an Officer role after a minimum of one year on the Committee.

Committee Members who contribute to the work of the Committee are entitled to receive 8 CPDs at the end of each year, and their attendance at the AGM also earns them another 8 CPDs.

Chairperson role:

- Schedule AGMs, Committee meetings and prepare the agendas;
- Inform and coordinate the work of the Executive Committee and annually review the BAUK constitution;
- Ensure the paid staff of BAUK are given the information and supervision required to carry out their roles;
- Liaise with the Treasurer when necessary on financial matters;
- Keep the general membership informed of any changes and new initiatives through the Bowen News magazine and by email;
- Liaise with the Bowtech Trainers and others;
- Represent the BAUK to those outside the Association (e.g. CNHC, BTPA); and,
- Lead the Arbitration Committee.

Ideally the Chairperson is someone with leadership qualities who is interested in forging outside links and relationships, and promoting and expanding BAUK.

Interested? Please email the Bowen Association at bowenassociationuk@gmail.com

Bowen Therapy Week

Taking place from 12th – 18th April, this year's Bowen Therapy Awareness Week is a special celebration. The 18th April marks the 100th anniversary of Tom Bowen's birth.

A huge "thank you" to all those members who have already registered their interest in taking part. Even if you haven't registered, you are still welcome to join in the celebrations by organising promotional

activities, such as: giving a talk to a local group, offering discounted treatments or perhaps giving free taster sessions. To help advertise your events, a generic press release is available on the members' area of the website, www.bowen-technique.co.uk.

The event is being held to raise awareness and understanding of Bowen Therapy. By offering promotional events we aim to offer the general public more information about this amazing therapeutic technique and increase the profile of Bowen within our communities.

As part of raising our own understanding of Bowen Therapy, we are grateful to John Wilks, who, as part of the centenary celebrations, has offered to organise a free webinar series. This will be scheduled for later on in the year with speakers from around the world offering a smorgasbord of knowledge and information. So, look out for more details about this in Bowen News, your email inbox and Facebook.

We wish you all a successful Bowen Therapy Week and please remember to send stories and photos of your events to Dave Riches, dave.riches@bowen-technique.co.uk, for inclusion in the next copy of Bowen News.

Jenni Townsend and Helen Mawson

Bowen Therapy Week co-ordinators

[Ed. More details on how to participate in or advertise this event can be obtained from the BA office.]

Bowen Association Executive

Sheila Whyles	- Vice Chair
Rob Godfrey	- Treasurer
Lorraine Ireland	- Secretary
Camelia Pop	- Projects
Helen Mawson	- Marketing
Kim Pearson	- Committee
Veena Lidbetter	- Committee
Marco Ferro	- Committee
Dawn Mills	- Committee
Isobel Knight	- Mentoring
Jenni Townsend	- PR

Obituary - Lorraine 'Kate' Cramp



We were saddened to hear of the sudden death of our Bowtech colleague Lorraine 'Kate' Cramp after a short and unexpected illness.

She trained in Australia with Ossie and Elaine Rentsch in the Nineties and I met her in Cairns where we were both members of a Bowen networking group run by Sandra Gustafson (nee Leahy) who now lives in the US and Manfred Zainzinger from Austria.

A natural healer, she knew instinctively how best to help both clients and colleagues and became a valued member of the team at South Bar Holistic Clinic in Oxfordshire when she returned to the UK. Canine therapist Carole Justice Gray, who knew her at that time, remembers her 'guidance, grace and wisdom, "a supportive friend who always reminded me that life was to be enjoyed and not rushed".

Hilary Jones, a Bowen therapist in Sussex, knew her for almost 40 years: "Kate made a difference to many people's lives and always brought them light and love", she said.

Reflecting on our long friendship, I wonder why the best among us are sometimes taken too soon and this is surely true of Kate who had so much still to offer. Her kind and generous nature shone through when I was facing various challenges in setting up my internet business and settling back in the UK.

Latterly she and husband Simon had made their home in Wales to realise their dream of living close to nature and we send him our warmest wishes at this sad time.

Helen Mary Perkins, Carole Justice-Gray, & Hilary Jones

Letters to the Editor

The Miracle of the Bowen Technique

When you are first introduced to the Bowen Technique as a student or as a client, you would have had little or no idea as to the journey that you were about to embark on. If someone had tried to explain to me the effect or impact that this technique would have on mine or other people's lives, I probably would have not believed them. But here goes, let me tell you my story about the wonderful journey that I have experienced in becoming a practitioner of the Bowen Technique.

If someone had said to you, if you stick with this technique and stay true to it, then over the coming years, you may experience the thrill of seeing, spines straighten themselves, lumps in breasts disappear, a child with cerebral Palsy stand unaided, muscles grow back without exercise and relief of pain that will bring joy to your client's faces if not to your own, I would not have believed them. Having experienced these things first hand over the years, though, you may then be able you to push through those moments of self-doubt that can sometimes hold us back from becoming great therapists.

I have been a Bowen therapist for many years (20) and have seen with my own two eyes the results mentioned earlier and because of that, have a certain assurance that it works!

If you don't mind, I would like to share a case study with you that went against all the medical advice that the client received at the time. But first a little background, my wife, Linda, and I) moved to Cyprus to (semi) retire in 2008. Semi retire means that you still have to work to make ends meet, but not 9 to 5, so Bowen fits the bill. You just need to drop into any conversation that you are a therapist of a special technique that fixes most people of most ailments after 3 treatments or so, and you will eventually get clients. No advertising, just be willing to bring it up in conversation at parties, bowls

club, walking club and for the more energetic, cycling and running activities.

Living in Cyprus, there are a lot of cultural and social differences, (not speaking Greek) but a lot of retired ex-pats, so I pressed on, mainly with people in Church, but if they are sitting down they are potential clients.

About 18 months ago I received a phone call from a Cypriot client who said that his daughter had a problem, could she come and see me? When she turned up she had a crying baby, screaming actually, in her arms, a 4-month-old boy called Neo. Whilst taking the medical history the baby did not stop screaming. I asked was this normal and Maria the mother said, that he had cried or screamed since the day he was born.



Not having treated many babies before but having read my manuals, I knew it was pretty straight forward treating babies: Upper & lower stoppers, and Lower Respiratory 3 & 4.

Oh by the way the baby could not be laid down on its front because the baby screamed louder, so the mum held the baby. I did the baby move and the intensity of the screaming reduced to just crying. In other words the baby quietened down a little. I asked the mum to bring him back at the end of the week, in 4 days. I asked the mum if she could also bring any medical reports and she agreed. It turned out that Neo was having 100-150 fits a day, he had 4-5 large lumps on the brain and the doctors were unsure whether he was deaf as he did not respond to sound and did not follow movements with his eyes.

Can you imagine how daunting this would be to any therapist, being presented with such a case as this? Well 4 days later the mum, Maria, brought Neo back for a second treatment. We did the same move but the baby seemed less agitated and was only whimpering. I found out later in the following treatment that the grand parents thought that Maria had brought a different baby home with them as they had never experienced the baby not screaming.

We continued treating twice a week for several months. The hospital expressed their surprise that the baby appeared to be making some progress, as they had not expected him to live this long. The fits gradually reduced in frequency and the baby although way behind in his development had turned into a happy bundle of joy. The doctors said to the mum, "we do not understand what you are doing for him, to achieve this progress, but might we suggest that you keep on doing it".

When we first started the treatments, it was amazing to see the way the baby's body responded. It was like the Bowen moves were small pleasant electrical shocks on his body. He literally jumped to the moves.

As the weeks and then months went by we have tried nearly every move in the manuals. We are now at the point where he is having movement therapy and speech sound therapy. He is able to sit for short periods of time and when he is put in a stroller or held up under his arms he is attempting to walk. How amazing is that? That a child that was written off, has now a chance to live a full and happy life?

So keep treating and keep on practicing, for this gentle, soft touch therapy called the Bowen Technique can change lives. Always be willing to have a go.

Peter Whiteside in sunny Cyprus.

Planting Seeds For Great Deeds

It was one of those rare moments of total stillness when I was offering waves of gratitude to the Universe for enjoying my second official free Christmas holiday in 19 years.

I felt grateful for all the choices I made, for my health and vitality, for the wonderful people I met on my journey from the darkness into the light; for my family and friends; for my inspiring teachers and the people who became life lessons.

I sent our grateful energy for Tom Bowen's life, for all his students who spread the word about the magic of these quirky moves hard to explain to anyone who's never heard of Bowen in an eloquent or concise way that commands clarity.

Gratitude quickly picked up momentum for the way his technique came into my life. Not only did Bowen Technique save my life - and our very own Camelia Pop is single-handedly responsible for making this happen (forever in your fan club babe!!) - but it profoundly changed my reality in ways I could have never imagined. I felt grateful that by becoming a Bowen Therapist myself, Bowen Technique empowered me to make a difference in other people's lives in turn.

Then I thought of all the practitioners that are out there, somewhere in their own stillness, shooting arrows of gratitude to the sky, contemplating their life as a new year unfolds, just like I was. I felt the need to belong: to a group, a tribe, a support network where I could socialize with like-minded people, learn from each other's experiences, support and inspire each other so we can feel a sense of community.

In less than half an hour, I had 50 addresses of Bowen practitioners from the Bowen Association "find a therapist" page, who lived within a 100-mile radius distance from my house and there I was, creating an opportunity and extending my invitation to come to my place, for practitioners to simply come together and connect.

As therapists, most of us are on our own if we do not work in a bigger practice or other more social setting. However, we do not have to feel alone and isolated and 'each man for himself' and it is up to us to create a supportive community beyond the virtual aspect of the social media forums.

I recalled the enthusiasm of the AGM event in the summer of 2015, my first of that kind, which I encourage every Bowen therapist to join and be part of, because it felt uplifting, integrating and highly educational. The speakers invited were inspirational and it was a day where seeds of great deeds were planted for the years to come!

So I sent a friendly e-mail to 50 people with the idea that we might get together in the morning around 10-11 to make sure we avoid the rush hour and taking kids to school or not disturb late sleepers and have a day of conversations, sharing clinical stories, brain storming on how we can

improve our practice, what worked for each of us so far and how can we promote Bowen in general. I thought with introductions, taking turns and making space for some fun, 4-5 hours is what would be realistic for the day.

In my e-mail, I explained my intention to bring people together in a friendly informal gathering, and suggested they bring their therapist friends along, Bowtech or beyond. I let everyone know there will be food and drinks, enthusiasm and an open door to a new experience, I am Romanian so hosting and feeding others is in my cultural DNA. I requested that they RSVP in a month and I suggested a couple of possible dates when I knew my husband could take my son for a fun day out.

I attached my contact details and my website address so people could see who I was and learn more about me. My website is connected to my LinkedIn and Facebook pages with the aim to make people feel safe and at ease that they are not coming into the house of a total stranger. If you decide on setting up a similar day, be practical and dream big! If you plan on offering food, please make sure you ask about allergies and dietary preferences or suggest people will bring with them their favourite things and/or contribute if you are in no position to cater. Make sure you mention where they could park safely if they are driving.

As this was a first event born out of a pure impulsive desire, and a seed planted in my mind by Veena Lidbetter at the 2015 AGM - thank you, thank you, thank you! - I did not have an agenda as such, I left it fluid and open and allowed the day to unfold organically according to what people felt is important for them to get out of that day.

Nine people passed on their apologies for not being able to make it but expressed their keen interest for the next event and 4 of us ended up getting together on the day, on the 12th of February.

We clicked, we brainstormed, we laughed, we shared parts of our experience as practitioners and knowledge about healing beyond this modality, and we got fired up about the next meeting! The talent, passion and knowledge for Bowen combined were through the roof! We nish-noshed and

chatted for a few good hours and during many brews, it seemed the conversation covered so many fascinating areas, from personal stories, experiences in clinic, study cases, brainstorming about how to promote the technique, how to raise funds for clinical studies and research for the Bowen Association, how to improve our own practice and how to get organized for better results!

We talked about fascia and debated it in the perspective of "anatomy trains" and Herring's Law of Healing, we integrated and explored concepts we have learned from other modalities and how they overlapped Bowen teachings, e.g. complementary exercises such as the 5 Tibetan Rites. We shared impressive stories of our clients' recovery, how Bowen affected our own health and vitality and we found ourselves pausing in silence at this eclectic mix of conversation threads, understanding how Bowen is 21st century cutting edge in its complexity!

It tied in with expressing our interest in making things happen regarding much needed research and scientific validation and how that would support and enhance Bowen throughout the world. We naturally brainstormed about how we might go about this vast subject. We outlined the need for an independent body to conduct this, unbiased analysis, cost, statistics gathering and data interpreting, how would we make it replicable and if we would do it in large scale or start as a pilot and how could we approach insurance companies to fund us with them reaping the benefits of using this modality for faster recovery as opposed to other forms of remedial post accidents.

We shared good practices and what worked for us to either get motivated, get unstuck or create more abundance in both clients and good reputation and local presence in our communities. We talked about how our own style and life experience, influence creating more abundance and financial prosperity and what easy-to-follow strategies we could use to focus our efforts and/or re-wire our brain for success.

It was a good day. We fondly decided to call it the Regional Interest Group and got excited about the next one! It was a day

where more seeds of great deeds were planted.

I decided to write this to inspire and encourage other practitioners to do the same in their own geographical proximity and have their own fire starter RIG sessions! Maybe make a full day out of it and manage to swap Bowen sessions or do some perfecting exercises regarding the precision of our moves - or maybe that would be a whole separate day dedicated for that all together. Who knows, you might end up enhancing your life, learning new things, meeting extraordinary people, feeling supported, having the opportunity to inspire and support others in turn. **Just do it!** Dare to take initiative and let your personality shine through, connect people and create synergy! You are not alone and your voice and experience matters.

You can be the seed for a great deed!

Joy and gratitude to Joe Dugdale, Gillian Rhodes, and Camelia Pop, below, for their presence and contribution. You are my tribe!



Silvia Claudia Starczewski (2nd left)

I'm so happy Silvia came with the initiative to do a Support Group. As practitioners we all face the same challenges and each of us can learn something from others experiences. We talked about various things including where to find webinars that may help with your business. For instance I recommended Chalene Jonson's Challenge webinar. It's a free program where you can learn how to get organised and reach your goals. From the very first month of

participating and applying what I learnt, my monthly income doubled!

I know is not handy to meet other fellow practitioners, I know it's difficult to find a day that suits everyone, but I see these groups as an opportunity to give and receive and transform yourself into a better, more successful therapist.

The participants enjoyed being there, myself I felt very comfortable in this friendly and professional atmosphere, and it seems we are all looking forward to the next meeting. I believe that soon there will be more Bowen Support Groups all over UK.

Camelia Pop

Bowtech Ease wins again!

Bowtech Ease, a natural, Ayurvedic aromatherapy oil recommended by Bowen practitioners around the world, has been recognised with a business award from Holistic Therapist magazine.

Bowtech instructor Helen Mary Perkins, exclusive distributor for this pain-relieving remedy, accepted the runner-up award in the category Product of the Year. The citation highlighted Helen's success in creating a 10ml rollerball version to help therapists build their retail sales.

It is the second award for this 'magic potion' originally developed to relieve bunion pain and assist movement around the big toe. Bowtech Ease comprises a mix of essential oils known for their pain relieving properties, reducing inflammation and risk of infection.

www.bowensuppliesbyhelen.com

Spiders can be Lucky

I am writing this to all you new Bowen students, to encourage you that even if you've only just started Module One, you can have an amazing effect on your patients and practice bodies with just the simplest of moves.

Recently a Module 1 student was practising on a visiting 'body' after our Yoga class. The student, Heather, had been away visiting relatives in Australia and NZ throughout the summer, and she felt very unsure of

anything she'd learned in Module 1 last April, so she decided to revise just Bottom stoppers and Top stoppers. Then she remembered the 'Spider' or Head procedure and asked if she could do that too.

Now, this particular volunteer 'body' has had long standing shoulder and upper arm problems and we've done several Bowen treatments previously for this. She feels these Bowen sessions seem to have fixed many other parts - such as constipation brought on by all the painkillers for the shoulder, or cysts in the breasts. She has even had an annual check-up and been told that blood pressure and all tests show her to be in a much improved condition from last year. However, the shoulder remains stubbornly stuck.

She chuckled that it would be very funny if the Spider procedure was the one that fixed her arm and shoulder...

Well it didn't fix it, but next day our 'body' telephoned to say she'd had pain at the side of her nose where a stone had struck her at the original accident which she thought had caused the shoulder problem when she fell. After Heather's 'Spider', her nose had been running all night after first bleeding for a while. Watery fluid was running out of the left nostril, and this continued for two days. When she had fallen last February she'd had to go to Casualty at the local hospital because of the pain to her left cheek and nostril. Her whole cheek had gone numb. She'd assumed her shoulder problem was caused by this fall, when the arm started aching a few months later. We realized that Heather's Spider had one straight back to the original accident and possible origin of the subsequent shoulder pain!

Funnily enough, couple of days later, our 'volunteer body' told me that she'd had a dream the night before in which she was swimming, which she hasn't been able to do since the shoulder pain started. Moreover, in the dream she was doing front crawl quite happily! We are hoping this is an omen, or rather, a sign from her Bowen subconscious!

The Spider has often been considered a relaxing 'finishing off' procedure, rather than having deep or long-lasting effects. I would hasten to remind us all that it can

have an enormous effect on people, from ending a migraine to draining the sinuses or even helping someone to let go of outmoded beliefs and attitudes.

If you are interested in learning more about this, I strongly recommend taking Farida Irani's Bowen course on Ayurveda and Bowen, as it goes into the effects of all the Basic Relaxation Moves and explains why they can affect people so deeply.

Postscript: Heather has just announced that she is off to Ethiopia with a friend who insisted she join her as a volunteer! She was murmuring that she didn't know what kind of help she could give, so I reminded her of her Bowen skills! She's going to bone up on Module 1 next week after Yoga, so I am sure she will be a great asset to the team in Ethiopia 😊

Ros Elliott-Özlek, Turkey

Therapists Wanted

Neil Browne Neil (RGC) Clinical Lead
Therapist wrote to us:

"To Whom It May Concern,

We are looking for complementary therapists who are willing to commit to working one day per week for one year as an Honorary Complementary Therapist within the NHS. The post is voluntary, however, in exchange for working outpatient and inpatient clinics you will gain:

- Extensive experience of working with severe pathology and some of the hospital's most complex patients
- Experience working with a close multi-disciplinary team
- NHS experience
- Full access to any of our CPD events free of charge
- In-house supervision

This is an emerging area of medicine and NHS experience and a good reference may help with longer term career prospects.

If you, or someone you know, are interested please could you contact Neil Browne, Lead Clinical Therapist, for advice on how to apply.

- The closing date for this round of applications is Friday 20th May 2016
- Interviews will be held in the first half of June 2016

Many thanks,

Neil Browne

Clinical Lead Therapist (Complementary Therapy Service)
Barts Health NHS Trust
Whipps Cross University Hospital
Leytonstone
London E11 1NR

Telephone: 020 8539 5522 ext. 5840

Fax: 020 8535 6952

Email: neil.browne@bartshealth.nhs.uk

[Ed. Some people have questioned whether this is a genuine request, and I find that a sad reflection on our community. A quick search on LinkedIn, and the Barts Hospital website would show that it is genuine. Personally, I welcome this as a positive sign that the medical and complementary worlds are willing to work together.]

Reducing Golf handicaps with the Bowen Technique

After my cycling trial and success with the canoeist, I picked golf for my next trial group. I wasn't sure which of the 2 local clubs to go for, and whether to focus on just ladies, or mixed and wishing I knew someone who played at one of them. And so the Universe stepped in...

I met Anne at the Salisbury Holistic Fayre, she was helping a friend with a stall. After having a Bowen taster, having tried it in the past, and chatting afterwards she mentioned she played golf. I grabbed the opportunity, said about the trial I wanted to run and Anne agreed to help arrange this with the golf professional at her club, Upavon, about 10 miles from Andover.

8 golfers took part, 5 men, 3 women including the pro, Dan, who was very interested. We discussed some quantitative

measurements - golf swing speed which could be measured on video for example. He had video of the golf swings of a couple of the participants already and was happy to help with pre/post Bowen performance measurements.

Of the 8 golfers, 7 completed the trial - 1 male dropped out after his first treatment due to other sporting commitments. The others all received 3 free treatments during Jan-Feb 2015.

GOLFER 1 - female, age 79

Improvements Anne wanted from the trial:

- More consistent swing - sway reduced and higher backswing.
- Longer distance off the tee - currently averaging 130-140 yards.
- More flexibility, easier to bend down and get to feet in Pilates, better sleep.

After 3 sessions Anne felt her golf swing was freer. There was no discernible difference in speed - it was too inconsistent for Dan to measure meaningfully. She was bending down more easily and felt more flexible in Pilates. Her feedback immediately after the trial: "Overall improvement in mobility and energy levels improved. Specific problems - shoulder, bruised skull - have improved. Golf has improved generally - it is difficult to be specific."

On a golfing holiday in March a golfing friend felt she was playing her "best golf for years". She continued with monthly Bowen sessions - she felt her golf during April, May was her best ever - normally it takes her the whole of spring, summer to get to play her best in July, August. Her handicap dropped by 1 during May.

She writes:

"I have had regular Bowen treatment since the initial trial a year ago. I find that my golf swing has improved dramatically with a greater range of movement than I have had for many years. I have to take into account that I have had problems with both hips over that has been resolved by replacement joints in 2003 & 2013. I have found that Bowen has also helped or overcome specific problems - bruised skull, sore shoulder, strained groin ligaments. At my age, I find

that regular treatments are very beneficial in preventing as well as treating issues.”

GOLFER 2 - male, age 82.

Improvements he wanted from the trial:

- Increase number of holes in which he gets to the green in regulation, e.g. on a 4-par hole he should get to green in 2 strokes, currently he averages 4/18 holes this way.
- More accuracy hitting onto the green and closer to the flag. Currently if gets distance, he doesn't get direction and vice-versa.
- More flexibility overall
- Improvement in neck ROM

After his first treatment he noted he was hitting a little longer than normal, though this could be from harder ground making the ball run further. After his second treatment he felt his accuracy of direction had improved.

He noted improvements in all 4 areas following the trial, improving flexibility from 8/10 to 9/10. One of his golfing partners observed his swing to be freer and playing the best he's been. He also noted improvements in energy levels in the morning.

He writes:

“Due to the many factors involved in the game of golf it is difficult to assess the help that the Bowen Technique may offer.”

He picked up again with Bowen after 8 months for 3 treatments for plantar fasciitis, the symptoms of which lessened in intensity and duration.

GOLFER 3 - male, age 50.

Improvements he wanted from the trial:

- Increase yardage off the tee by 10-20 yards.
- Consistency in swing and direction on the fairway (tends to hook more than slice)
- Driving off the tee in terms of power, feel.

After his first treatment he felt he was possibly hitting the ball further, but this could be due to hard, frosty ground. After his second treatment he was hitting the ball straighter and further. Unfortunately this

wasn't quantified. He didn't return his reassessment feedback form.

GOLFER 4 - female, age 51.

Improvements she wanted from the trial:

- Increase yardage off the tee by 10-20 yards, currently 150-160 yards.
- Consistency of putting - wants 2 putts to hole the ball, rather than the current 5/6.

After her first treatment she reported she was definitely hitting the ball further. Her right knee was very uncomfortable when she came for her second treatment - this possibly from walking dogs on very rough ground. When she came for her third treatment she had forgotten about her knee as she hadn't noticed it since! Her driving and wood were going “very nicely”, although she hadn't noticed any improvement in her putting.

Her husband became very ill after the trial and she didn't complete the re-assessment.

GOLFER 5 - male, 27.

Improvements he wanted from the trial:

- Increased flexibility, specifically lower back and hamstrings.
- Increased clubhead speed.
- Well-being - no aches & pains after a week's golf, increased mental clarity.

As one of Upavon's Pro's, he normally played every day. However, due to illness of the other Pro he ended up doing many more lessons than normal. After the first treatment he hit a few practice balls, as he had played little course golf, and felt a little freer in the back. After his second treatment, he hit his lowest round ever at Upavon, despite hardly any practice! He felt freer and capable of hitting the ball further if he wanted to.

The competitive circuit meant Dan was away a lot after the trial and he didn't submit his re-assessment form. Between him and the other participants and the weather it proved difficult to arrange videoing sessions, so only one person was videoed post-Bowen.

GOLFER 6 - male, age 68.

Improvements he wanted from the trial:

- Increased distance with driver - currently just under 200, wants another 20.
- Improved accuracy with irons - balls to land within 10 yards of aim point 8/10 times, currently about 4/10.
- Improved energy levels over the last 9 holes - usually notices flagging about 14th/15th holes.

He also had issues with his right shoulder and wrist. He had had Bowen years before but didn't notice any benefit. He said he hadn't known what to do during the breaks, so I suggested he focus on his breathing and the feel of the couch supporting him - this seemed to help him relax and allow his body to go with the treatment. He said his first session with me felt different from his previous Bowen experiences.

After his first treatment his right shoulder didn't hurt after painting, nor was his carpal tunnel aggravated by it either. Energy levels were a little better. After his second treatment he felt his turn in the swing was freer. It sounded to him his strike of the ball was more true and felt he was hitting it further too, although he didn't quantify this in yards.

He kept up with other golfers in one rainy game, usually he would fall a few yards behind at each hole. He was also scoring better on the back 9 than the first 9, unusually for him.

He had Bowen again 8 months later. After a couple of sessions his handicap dropped by 1 and he was no longer feeling tired on the back 9 at all. His swing was more fluid with better rotation through the lower spine. Another session in December helped free up through the upper back and lumbar to increase his follow through, enabling a full forward twist with the club finishing over his head.

He writes:

"Following the session in December I have been able to transfer my weight far more effectively than before and attain a full follow through position. This transfer of weight has the result of increasing ball speed and hence distance. Since starting Bowen treatment I have reduced my handicap by 1 shot and the greater flexibility with the follow-through has

enabled me to maintain it. With my wife being ill and winter weather I have only played twice since December so I am expecting great things and a further handicap reduction when the warmer weather arrives."

GOLFER 7 - female, age 67.

Improvements she wanted from the trial:

- Increased yardage with each club type.
- Clubhead speed - assess through her feel and Pro's assessment.

After her first session, she noticed she had slightly more energy, able to last longer than 2pm before feeling tired. After the second session she was able to fully abduct her left arm, something she had not been able to do for 50 years following a fall from a horse, breaking that arm.

She restarted Bowen sessions 8 months after the trial. The day after her third session her handicap dropped by 2 'inexplicably'. Her golf had definitely improved - she was hitting the ball better - more consistently with increased follow-through. A persistent cough has reduced her play and she hasn't played since December.

A fellow golfer wrote on her behalf:

"Obviously she has played very limited golf since she the cough started towards the end of September. At that time however she found that the Bowen treatment had given her much more flexibility which resulted in her gaining significant distance. This enabled her to reduce her handicap from 17 to 15 i.e. 2 shots. She is hoping that once she has recovered she will be able to at least maintain her new handicap if not reduce it further."

Summary

While the variability of golf - weather, temperature etc. - proved difficult to objectively measure changes and attribute these to Bowen, all the golfers noticed improved distance and increased range of movement in their body to enhance their swing. January/February was not the best time of year to run the trial as weather reduced their play. It is noted that those who continued after the initial 3 sessions, reduced their handicap by 1 or 2 shots. The

older participants appear to have benefited the most, showing age does not inhibit the body from making changes.

Having gained 4 new clients as a result of this trial, they have recommended me to 3 more, so this trial has proved very worthwhile. I hope the information above will enable others to promote Bowen to golfers in their area.

Fiona Wells, Hants

Lucky Prize Winner...

...is **Peter Whiteside**, who will receive her prize very soon. Contribute an article to the next edition and you'll be in with the chance of winning.

A Bowen Therapist Abroad

Like many other Bowen Therapists it was Bowen that found me. I was a Dietitian in the NHS and suffered herniated lumbar discs after an injury when I was 20. Life went on working, water sports, travelling and getting married all interspersed with various episodes of back pain for which I resorted to Physiotherapy and Osteopathy.

This finally resulted in a laminectomy 12 years later when a piece of vertebrae which was embedded on my sciatic nerve was removed! After the birth of my two children and more bouts of back pain I heard about a Complementary Therapies workshop through the Scottish Holistic Health Association, courtesy of Rosemary MacAllister, and went along to a day that changed my life.

In summary, I qualified in October 2001, set up some clinics and 9 months later resigned from the NHS after 20 years to work as a freelance Dietitian and Bowen Therapist. All went well, with client numbers growing over 3 years, when my husband's job moved us to the French part of Switzerland for a 2-3 year contract...and we are still here after 11 years!

Difficulties encountered

Settling in a new country, which speaks 4 languages, with a young family, a dog and a husband who was travelling a lot was not easy but luckily we lived 10 minutes from a well-known Global HQ so there was a large ex-pat population close by. I could not work as a Dietitian here as my Degree was not recognised by the Swiss Authorities but Bowen was possible. After settling the children, aged 7 and 5, into their new school and finding my feet, I organised Insurance and set about spreading the Bowen word to all my new ex pat contacts. Bowen was relatively unheard of here, even among many Australian ex-pats!!

Bowtech arrived in Switzerland in 2003 but only in the Swiss German area except for one other Swiss therapist in the French part with whom I became close friends. She had trained in Australia at the same time as I trained in Scotland in 2001.

The Swiss Bowtech association was linked to Austria and the only communication was in German which I didn't speak, so for 3 years I had little contact other than through Bowen Hands and doing courses back in the UK. I eventually joined the French Bowtech Assoc, based in Canada. At least I could understand the language but was far from fluent. After 6 years I rejoined the UK Assoc as an International member which was an ideal solution.

Everyone in Switzerland is covered by Private Health Insurance with automatic referral to Physios for 9 session blocks when needed. Many people are also covered for complementary therapies and regularly visit their Chiro/Osteos for treatments and or routine tune-ups! With many sporting and skiing accidents here, I knew I would have my work cut out to persuade people to try something new.

Current life

I constantly hear of therapists asking how to build their business and the same advice applies here too: talk to everyone; attend fairs, charity events, groups; give taster sessions; do a few moves on people who complain of headaches or other minor ailments no matter where it happens to be!

Advertising is a waste of time and money, but word of mouth and talking to people costs nothing and is the most effective approach.

It is a struggle to retain clients and rely on word of mouth as most ex-pats are on 3-4 year contracts so many are no longer in the country. I have 2 complete files of previous client and on my last count I had treated 25 different nationalities, luckily English was the common language. However, I also have several clients from the UK and the South of France who come for treatments whenever they are here to visit family.

Very briefly, a few cases spring to mind:

- A retired man presented with immobility in his right little finger but after 3 sessions decided Bowen did not work as there was no change to his finger. It was a pity as his neck, back and hip issues had all resolved but these had not been his presenting problem!
- Brother and sister who both fractured their wrists in separate skiing accidents 3 weeks apart. After 4 sessions of Bowen their Consultant was not convinced that the fractures were healed as there was no evidence of calcification on their final X-ray! Casts were removed anyway.
- 58-year-old female with previous breast cancer was treated on several occasions over a 2 year period for back problems. She developed Bowel Cancer and had a resection with temporary colostomy that was later reversed. Continued with Bowen off and on then needed a hysterectomy due to suspected ovarian cancer related to Tamoxifen therapy. This was all clear but the surgeon commented on a total lack of scar tissue around the previous bowel resection site and wound. He was very surprised.....my client was convinced that Bowen was the real reason. I also treated her 10 days post hysterectomy and she was up and about much faster than expected.
- Last week a 57-year-old female presented with left hip and knee pain due to osteoarthritic changes, repeated episodes of conjunctivitis due to working with children and a recent episode of back pain and sciatica. She was also stressed due to her husband being unwell. The

day after her first treatment I received the following text message: "Hello Fiona this is "new woman" saying thank you for everything that you have done. My first day of walking normally-no stop and carry on- or pain at all. Truly stunning. Thank you Thank you!!"

Next stages

I don't think I will ever be a full time Bowen therapist here but with both children at University in the UK I still work a few hours a week at their old school to keep networking. I meet up regularly with my colleague to exchange treatments, discuss issues, developments and attend courses to cover CPD and to meet other therapists. John Wilks' Webinars are a great way to keep up to date and minimise travel costs. Assessment courses especially The Art of Bowen are wonderful to improve our skills and outcomes. Lots of information is also available through social media from all over the world.

Bowen works no matter where we are, we just need to persevere, use all of our skills to spread the word and enjoy this wonderful therapy.

*Fiona Blair Vevey,
Switzerland*



The art of marketing without marketing

How do newly qualified therapists find clients? Rather than invoking the obvious advice of advertising in the local paper or putting leaflets through letterboxes, I decided to ask an experienced practitioner and friend of mine who over the last 5 years has established a very successful business, The Willow Clinic near Guildford in Surrey. Sal Worringham was pleased to help when I asked her for advice, and this is what she had to say on the subject:

"Marketing, for me, has always been my clients passing on my name and number to

others; I have never advertised. I take time with my clients to treat the whole self. I give them time (5-10 mins) at the beginning of the treatment to tell me about not just their physical condition but also their emotional, mental and spiritual wellbeing if they wish. Then when they lie on the couch I am totally present, tuning into whatever they need in the moment. As I walk in and out the room I make sure I acknowledge the feelings or thoughts in the body/mind or just let them be in a space of silent bliss to unravel; each time of course is different. My experience is that the body holds muscle memory, so if someone says to me they had a car accident I ask them what their days before the accident were like. It helps me to work with the whole body and not just what presents.

I usually aim to see my clients 2-3 times, spacing treatments 7-10 days for the first session, then 10-14 days for the second, depending on the nature of the problem. I then suggest, after they are doing well, that we book again in 4-6 weeks to have a maintainable balance, allowing the client to contact me if they have further problems. I have found that most people like the idea of care every 6 weeks, as life is very busy and throughout the day people sit for too long, don't drink enough water, don't relax enough, don't exercise enough, don't breathe enough fresh air, and we shrink/compress. I explain that I myself have a treatment every 3 weeks to help my body maintain a healthy balance.

We make sure that our cars and our homes are maintained. Why do we not consider ourselves as important to be maintained, cared for, have time to relax and restore?

It takes a long time to become unhealthy so we should not expect to be instantly healthy. Bowen gives us time to relax and allows our bodies time to regain balance.

I have been extremely fortunate that my clients have passed on my details to others. I hope this is due to my confidence in Bowen and my continued learning about the body. I network and share with other practitioners if I feel they can also help my clients, therefore I hope they trust that I really do want the best for their health and wellbeing.

I treat each person, no matter how long I have known them, as if I saw them for the first time. Without judgment or assumption. I hope to be in the moment with them, listening to the subtle changes in skin, muscle and fascia as I work. What I might have done at the beginning of a treatment will usually change throughout a Bowen session due to the wisdom of the body. Ultimately I feel it's about creating honest trust between you and your client. If you can't help them, pass them to someone who can, but usually Bowen is the answer!"

I found Sals' words really inspiring and I very much think along the same lines. It is the INTENTION that counts, Ossie once spoke to me about this during training, adding the necessary Spiritual power to a treatment and ultimately making it particularly effective. If you truly wish to help a client, your Bowen will be 'boosted' by your genuine intention. This is because Bowen works at emotional and Spiritual levels, apart from physical/cellular level. Most experienced therapists will know this.

So begin with your own social or hobby network of friends, treating them with genuine care and compassion. Your results will speak for themselves and your clients will be pleased to refer you to others. My hobby is dancing and within that network I often come across people with problems, particularly back, shoulders and neck problems. I offer to help them, give them a Bowen leaflet and an initial idea of the effectiveness of the therapy. Once their condition has improved, they're more than happy to recommend me to their friends. These are no marketing secrets. Work with all your ability and with good intention. Bowen will do the rest. This is what I call "The art of marketing without marketing".



Marco Ferro & Sal Warringham

Bowen AGM Sat 4th June 2016

Cobden Hotel-Birmingham

166 Hagley Rd, Birmingham, West Midlands, B16 9NZ



The newly named Cobden Hotel Birmingham, formally known as the Quality Hotel Birmingham, is in attractive gardens in quiet Edgbaston. It has:

- **free parking**
- a well-equipped health and fitness suite
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- Modern rooms each feature a flat-screen TV with satellite channels, tea/coffee-making facilities, a work area and a bathroom with a hairdryer.
- 24-hour room service is also available.

Guests can relax in the hotel's leisure club which includes a 10 yards swimming pool, a spa, hot tub, steam room, sauna and fully equipped fitness suite.

Accommodation Rates

- Friday night
 - £48.00 bed and breakfast – sole occupancy
 - £54.00 bed and breakfast – double occupancy
- Saturday night
 - £58.00 bed and breakfast – sole occupancy
 - £64.00 bed and breakfast – double occupancy

We are planning to have a group dinner at the hotel Friday night, please indicate on the booking form if you would like to attend:

- 2 course dinner from £13.50 per person, or
- 3 course dinner 18.50 per person Set menu – menu to be confirmed

Accommodation Cancellation policy -1 month prior to arrival date. (Limited number of rooms on allocation - we advise you book early)

**Please confirm your attendance by filling in the box below and return with your fees
by 29th Jan 2016**

Name(s) & Membership Number(s).		
Address		
Address		
Contact number		
Email address		
Annual General Meeting	Attending YES/NO	£50.00 per person
Dinner Fri 3 rd June	Attending YES/NO	
Dietary Requirements		
Accommodation Fri 3 rd June	Type of room: single or twin	
Accommodation Sat 4 th June	Type of room: single or twin	
Accommodation Sun 5 th June	Type of room: single or twin	
Palliative Workshop Sun 5 th June 2 days	Strathallan Hallmark Hotel, 225 Hagley Rd, Edgbaston, Birmingham B16 9RY	Booking form attached, if interested please forward to Helen Perkins direct

Payment: I/we enclose payment for the AGM payable to Bowen Association: £

Payment: for accommodation for 1/2/3 nights payable to Bowen Association: £

Please mail your booking form and cheque to: Veena Lidbetter, Flat 10 Coronet House, 62 – 66 Uxbridge Road, Stanmore, Middlesex. HA7 3LL.

Or

Payment: I /we have paid online for the Bowen Association AGM: £

Payment: I/we have paid online for the accommodation for 1/2/3 nights: £

We still need to receive your booking form, however you choose to pay. Please either scan and email to office@bowen-technique, telling us you have paid and attaching the booking form; or simply print and mail the completed form to **Veena Lidbetter, Flat 10 Coronet House, 62 – 66 Uxbridge Road, Stanmore, Middlesex. HA7 3LL.**

(Bank details for online payment below)

Pay on-line: Bank Details to pay in your fee via internet banking or your local branch are

The Bowen Association UK, HSBC Bank, 11 Hinckley Road, Leicester LE3 0LG.

Sort Code 40-28-24 Account Number 81286447

(REMEMBER TO ADD YOUR MEMBERSHIP NUMBER AND NAME/AGM AS THE REFERENCE OR WE WON'T KNOW WHO THE PAYMENT IS FROM!)

Palliative Care: The Role of the Bowen Therapist

Tutor Helen Perkins BTAA MAR

www.helenperkins.com info@helenperkins.com

The Bowen technique provides wide ranging benefits to those in palliative care. This one or two day workshop gives an overview of the different aspects that should be considered when working in this sensitive area.

Key elements cover workplace setting and best practice, liaising with staff, relationship with patients, carers and relatives, policies and protocols that may or may not already be established as well as self-development such as communication and counselling skills.

We will explore different stages of the patient's progress relevant to their personal palliative care programme to identify the most appropriate Bowen treatment plan for their condition. This will include close consultation with patient and any involved parties to ensure procedures and benefits are clearly understood.

The workshop will be highly interactive with opportunity to practice and ask questions. By the end of the day, therapists will be equipped with the knowledge, confidence and insight needed to provide an empathetic approach to ensure best outcome for the patient.

Held at Hallmark Hotel Birmingham Strathallan, 225, Hagley Road, Edgbaston, Birmingham B16 9RY
Accommodation is available here or to remain at the close-by Cobden Hotel or other B&Bs, etc.

9.00am registration, for 9.30am start – 5.30pm finish – tea and coffee provided. Lunch available in hotel
Bring two towels and a portable couch if possible. Notes and attendance certificate provided.

Palliative Care: The Role of the Bowen Therapist Booking Form

Name:.....
Address:.....
.....
.....Postcode.....
Phone.....Email address:

Choose preferred method of payment: cheque / money order / debit card / credit card / BACS / Paypal
Cheque/money order payable to H M Perkins, post to 185, Mayors Walk, Peterborough, Cambs, PE3 6HE

- Sunday 5th and Monday 6th June 16 two days £195.00
 - Sunday 5th June one day only £97.50
- I enclose the deposit of £60.00 - remainder to be paid by 1st March 2016
 - I enclose £60.00 / £97.50/ £195.00
 - I can / cannot bring a portable couch

Card Name.....Card no.....

Exp date.....Start date.....Security numbers on the back.....

Or telephone +44(0)1733 555476 for card payment and other information

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Judith Kilgallon,
Lytham, Lancashire

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Deadline for the next Edition – 1st July 2016

Send your articles to dave.riches@bowen-technique.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.

Office address: The Bowen Association, PO Box 210, Boston, Lincs, PE21 1DD

Telephone Number: 01205 319100

Email: office@bowen-technique.co.uk Website: www.bowen-technique.co.uk