

BOWEN ASSOCIATION UK



Bowen News

February 2018 – Issue 76



EVERY BODY IS BETTER WITH BOWEN

Editor's Column

Did you miss me?!

Autumn gone, Christmas gone, New Year gone, January gone...perception the passing of time tends to speed up as we age. Someone of my age, 56ish, experiences time 2.25 times faster than an 11-year-old. Why is that?

A common theory is that by the time you get to the 40-80-year-old range, you've experienced pretty much everything numerous times and so life becomes repetitive and, dare I say, boring! Adults rarely step outside of their mental habits and external routine. Unlike youngsters where there are still many rich experiences to be had that mean they must constantly reconfigure their mental models and hence time lasts longer!

But it doesn't have to be that way, does it?

As the proverb goes, and I pay a lot of attention to proverbs these days, young in mind, young in body!

So...learn something new...go dancing – lots of research showing that learning to dance keeps both mind and body young. Go visit new places, go take that university course.

I haven't read it yet, but I've been recommended to read: "The 100-Year Life: Living and Working in an Age of Longevity". Many of us have been raised on the traditional notion of a three-stage approach to our working lives: education, followed by work and then retirement. But this well-established pathway is already beginning to collapse – life expectancy is rising, final-salary pensions are vanishing, and increasing numbers of people are juggling multiple careers. Whether you are 18, 45 or 60, you will need to do things very differently from previous generations and learn to structure your life in completely new way.

Ok, you got me, most of that last paragraph aren't my words but copy and paste gets me to my point more quickly.

Wake up, start fitting in those rich experiences again, after all the Doomsday

clock is the closest it's been to midnight since 1953! But if Korea can send a unified ice hockey team to the Winter Olympics...who knows what will happen to the clock!

One thing guaranteed though, there's more than enough time to fit in two mid-life crises ☺

In this edition

A mixed bag this edition. A lot of AGM, Admin and Survey results; interspersed with some really interesting stuff such as a request for a Scoliosis pilot study, a "warning, Will Robinson", Tom Bowen Legacy Fund, Tom Bowen's house, and more!

Magazine Prize

The "contribution to the magazine" prize for this edition is going to be a Mystery prize!

And finally...

I've just finished reading Shirley Strachan's "Unsung Voices Anthology" – a collection of memories of Tom Bowen by some of his clients...highly recommend it.

Dave Riches

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Front cover photo courtesy "USA Today FTW"

Bowen Association Chair Report

Dear Members,

Well, January just flew by! I hope you avoided the worst of the flu and bugs which seem to hit many over Christmas and New Year.

We still have the last bit of winter to go but the sunny days and relatively mild temperatures have encouraged many early signs of spring. Snowdrops are putting on a particularly stunning show in my area of Hampshire, catkins are out, daffodils & tulips are a month ahead of themselves and the frogs have been croaking in my pond. While things can seem quiet and dormant there is still much energy and activity going on, ready to burst forth. It is a reflection, also, of the work of the BAUK Committee!

We have been finalising details of the AGM - Saturday 30th June, Dunchurch Park Hotel - and organising the training day which follows it - Revision and Intuition with Jacqui Hoitingh and Luisa Agliatta. The presenters in the afternoon will take us from Intuition, through dance to palliative care. There will be a dinner on the Friday evening before the AGM on Saturday. I look forward to seeing many of you there over the weekend.

We have updated the CPD policy and analysed the survey results. At our committee/strategy meeting at the end of January we identified our priorities for this year - choosing to be very specific and focused. We also welcomed two new Committee members. You can read more in the Committee Report and the specific articles relating to these areas.

Thoughts from the Chair

I am intrigued how different strands of life come together at times...

The first time I watched a ballet was 30 years ago. Having seen the Nutcracker in November, at the beginning of February, I watched the Russian State Ballet dance Swan Lake. Utterly beautiful. I managed to

steer clear of thinking about fascia and anatomy. So, it is interesting that one of our AGM speakers is a lady who ran the Kuwaiti School of Dance for 40 years and who will talk to us about ballet and movement and Bowen...

I've done several courses over recent years which incorporate assessment training with the application of Bowen. This has been useful in boosting my confidence in appearing 'professional' as well as guiding some of my work. It is also useful for those clients who like 'information'. Yet I find with many of my clients I use less of these assessment tests and go more with my intuition, based on what they have been telling me or that which I've been observing. A procedure will come to mind; checking my manual I'll find a note annotated beside it giving the reason why it could be useful for my client today. Some of this could be logical thought process, some of it could be sub-consciously remembering a point from a course, some of it could be guidance from who-knows whom - whatever 'intuition' is, it often results in a very significant session for the client, either physically or emotionally. After we sent out the initial details of the AGM, I had a couple of requests from people that the training day incorporated some intuitive approaches. I already had Jacqui's course in mind. Then her email arrived, offering to run the training day with her Revision and Intuition course...

For a few years now, I've been meaning to get in touch with my A-level History teacher, who told me I was good enough to go to University and sent me out of his CV Writing group into the UCCA Application group next door to apply to University and I was duly accepted. He literally changed the course of my life. I've always meant to thank him. Towards the end of last year, it felt increasingly important to contact him but I didn't manage to do so before Christmas. The feeling continued and I had the uncomfortable thought - "What if he is terminally ill? What if he dies before I contact him?". So, I rang him in January only to discover the week previously he suffered a major heart attack and had to be resuscitated, followed by an emergency operation. The NHS saved his life. I visited him at the end of January, on the road to

recovery and I was able to say, "Thank you" to him.

Serendipity is defined as "the occurrence and development of events by chance in a happy or beneficial way".

As each year goes by, I believe less and less in 'chance' and more and more in "Follow That Thought"...

Letter from Rosemary MacAllister

"Really enjoyed the Bowen News. Dave does a terrific job and this time was one of the most positive forward thinking articles I've read for a long time. Well done to you and your committee. Regards Rosemary X"

Fiona Webb

Chair of BA UK



Committee Report

A very full Committee Report this edition, and includes:

- CPD Policy Updates
- Peer Support Group
- Survey Results Overview

Committee Members

Lorraine Ireland and Camelia Pop have stepped down from the Committee. We thank them for their work and contribution over several years and look forward to seeing them on future courses or at the AGM and wish them well in their renewed focus on family and business.

We welcome Diana Menzies-Smith and Janet Le Sueur onto the Committee. Diana is a long-standing Bowen practitioner, having qualified in 2000, with a previous background in PA, Counselling and Exercise to Movement teaching to help bad backs. She is joining the website project team. Some of you will know Janet from her presentation at the AGM in Birmingham on Palliative Care. Janet has helped Fiona Webb run a Bowen stand at several Soldier Health Fairs near Andover in recent years.

Student Member Liaison Officer

Shirley Strickland (Vice Chair) will act as 'point of contact' to welcome and encourage Module 7 qualifying practitioners. She will offer qualifying students reassurance that the Association is there to help them, and to 'hand hold' through the post qualification desert. Hopefully this will increase the transition of students to full/associate membership status after passing Module 7.

Facebook Administrator/Moderator

We have a vacancy for the role of Facebook Administrator as Sandie Murdoch has stepped down from this role. We are looking for someone who enjoys using Facebook and perhaps wants to be involved in marketing/promoting Bowen, without being on the Committee. It requires someone to keep it ticking over, add people who request to join

and respond to posts. The role involves the following for our Facebook group and page:

- Check that people requesting to join are Bowen practitioners. It is open to any Bowen practitioner, (or anyone training) not just those who trained with Bowtech/belong to BAUK. The BAUK office can confirm if they are a registered member/student; otherwise a quick look at their profile will confirm.
- Ensure no one advertises or talks about inappropriate items or discusses clients except in a general way without naming/identifying them.

The description and 'rules' of the group are within the description and pinned post within the group.

- Posting messages to our Facebook Page about things going in, e.g. the AGM, which will be fed by the Committee.
- The page also gets messages from people - some of these may need referral to the committee or office.
- There is currently a low level of activity on this page - it could be more proactive in terms of promoting Bowen as it is the Facebook presence of BAUK.

If you are interested in helping out in this way please contact the office on office@bowen-technique.co.uk

Website & Testimonials

Having formulated a site plan for the public and members' sections, we are creating the content for the pages of both areas. Then we will draft the terms of reference and engage with potential suppliers.

Testimonials from clients will be much more prominent on the new website. This is where you come in - **your help providing the content for this area is vital**. You may already have testimonials you are using for your own promotion, which you can easily send through to us.

Most of us will have clients only too happy to write a testimonial about how Bowen helped them. Client confidentiality will be maintained. You need their permission to use it, usually inherent in the provision of a testimonial, but also need their permission

to be contacted to confirm it is genuine - this could be by the ASA, for example.

Testimonials only need to be a line or two. However, if you have a client who is happy to write more, to tell their story, please encourage them to do so. This will dovetail into our marketing strategy.

Please send your testimonials by the end of April to:

Diana Menzies-Smith

diana@track2health.com

If the client mentions a particular condition or job, please put this in the subject matter as it will help Diana organise and collate the information and for these to be incorporated into keywords within the website to help increase visits and ranking. Many thanks in advance for your contributions.

CPD Policy Updates

In 2016, the CPD requirements were extended to include a wider range of courses beyond Bowtech and these were published on the website' under 'Professional Development'. As part of our ongoing commitment to review the Continuous Professional Development (CPD) requirements, the Committee has sought to address a couple of specific issues, one of which has been raised at the last two AGMs.

1. Clarity on CPD Policy

In 2016, the CPD requirements were extended to include a wider range of courses beyond Bowtech and these were published on the website under Professional Development. These changes have been well received by the membership and the decision was made to leave these largely unchanged for now as they have only been running for 18 months. New courses are in the process of being accredited and will be added to the list.

However, our CPD policy is rather wordy and perhaps easy to get lost in. So, to follow the "Less is More" principle, the CPD policy is now represented in a table format and we trust this makes it far easier to see at a glance what the requirements are and the reasons for them.

It may be useful at this point to outline the purpose of CPD. Here is the Health and Care Professions Council (HCPC) definition:

"CPD should lead to you to make changes to how you work, which improves the service you provide...it might mean you continue as before, with more confidence that you are working effectively, it might mean you gain new/improved skills or make changes to your working practices."

The CPD Certification Services (CPD CS) used by the NHS identifies the purpose of CPD as follows:

"CPD ensures that an individual enhances their skills and abilities once they have formally qualified. CPD is important as it helps to ensure that further learning is progressed in a structured, practical and relevant way."

In terms of the BAUK's remit, the requirement for CPD is to "assure the public of its members' ongoing standard of training".

Professional relates to work activity. In terms of the BAUK's remit, it doesn't mean "Personal", even though personal development may well enhance your work activity as a Bowen practitioner.

Initial training relates to skill and competence to gain a formal qualification, whereas Development relates to increasing capability and competency.

Development involves progression from basic knowledge to more advanced, mature or complex understanding. This is about deepening the skill/competency and widening the understanding and application of it. Deepening the skill would include refining the basics of the skill. This is crucial to maintaining and enhancing our level of service to our clients, which is why BAUK values and promotes the revision of the work in Modules 1-6/Module 8. Widening understanding and application could come through SPB1/2 and the other postgraduate Bowtech & accredited non-Bowtech courses on offer.

2. Informal and Reflective Learning

Both the HCPC and CPD Certification Services state that CPD is both formal training and informal learning. They

highlight the importance of reflective learning for all CPD. When we can articulate what we have learned and what it now means for us in our work with clients, that counts as valid CPD. Reflective learning is a necessary requirement of CNHC membership renewal and important for all of us to do, to be able to assess the value of a particular activity/course/book/trainer. It determines whether we want to recommend others try the same.

Informal learning by HCPC and CPD CS includes learning from colleagues, shared learning from networking, insights and learning points from coaching and mentoring. It includes discussion/practice with groups of professional colleagues. This point has been highlighted at the last 2 AGMS with a request that we look at this with a view to including in our CPD allowance.

The Committee have looked at this request. We have discussed with Bowen Training to include their perspective on it. As a consequence of this work we now propose the following:

- Peer Support Group practice of specific Bowen moves, discussion of specific Bowen client/case studies and business practice will be recognised for CPD. This will be based on 1 hour per session, up to a maximum of 4 hours/year.
- There will be a form for the group to complete, to capture main learning points and signed by attendees, which is then submitted to the BAUK office to be recognised for CPD. This will be available to print off from the Members Area, or from the BAUK Office. If you are a member of CNHC, you can use your existing CNHC format as appropriate.

This additional recognition for CPD moves BAUK in line with the HCPC requirements on this point. It also recognises those practitioners who make the effort to get together to share, learn and benefit from other practitioners' experience and insight and will hopefully encourage others, especially newer members, to do the same.

We remind practitioners that where there is confusion/misunderstanding in the group as to the specifics of moves, particularly those less used, the Bowen Training UK

team are only a phone call away to provide technical clarity and further insight. They are, of course, available to run refresher courses in your locality, at your request, if you can organise sufficient attendees and a venue. Module 8 will address most areas of query.

We also remind practitioners that this is for practising moves within the requesting member's current training. It is not for more experienced practitioners to 'show' moves from either a Bowtech or non-Bowtech course the requesting member has not yet attended. Without a training qualification to do so there could be legal/insurance implications for the practitioners if these were then used on a third party. More experienced practitioners can, of course, recommend their peers attend those other modules and courses they have found useful.

This will be effective for all peer group get-togethers from February 2018 onwards and is recognised for CPD for all Full Members from Year 4 onwards. Newer members can join such get-togethers; however, it will not count towards their 2nd and 3rd year CPD which has to come 100% from accredited trainers.

For details of all Bowtech CPD opportunities and Workshops visit:

www.bowentraining.co.uk

Peer Support Groups (PSG)

Eligible for CPD from 4th year of membership.

Getting started: To get a PSG started all you need to do is gather a few Bowen therapists together in one place and share your passion for Bowen and its practice. You can discuss case histories to help get your clients the best results. Be careful to maintain your client's confidentiality at all times!

You can practice Bowen moves together and really hone your skills whilst enjoying a Bowen treatment for yourself at the same time. You may prefer to discuss areas of business development such as marketing and promotion. You could organise events or have a stand somewhere together to raise

the awareness of Bowen therapy in your area and promote your own businesses.

As we all know it is important to keep your anatomy and physiology (A&P) knowledge fresh in your mind as it helps you with your assessments, with the precision of your work, and enhances your professionalism with both clients and colleagues. So, revision and enhancement of your A&P knowledge and new theory is welcome and highly recommended throughout your career.

Send us your stories: We can share what you are doing and the things you learn with the membership. We are looking forward to an even stronger more united membership!

The specifics of running your group and claiming your CPD: A PSG will be responsible for its own activities. You will need to organise your own dates, and venues for the meetings.

Any financial cost should be agreed upon and met by the group members. This may be for refreshments, room hire if your group is a little too big to hold the meeting at someone's house, or even payment for a speaker.

There needs to be a facilitator at every meeting who takes responsibility for completing the attendance sheet and facilitates a brief overview and reflection at the end of the meeting. The Submission form will be available in the members area of the website, and you can see an example below. The CPD submission form should be completed at the end of each meeting with all the attendees. The facilitator then sends this to the BAUK at bowenassociationuk@gmail.com so that each member can claim their CPD points. This responsibility does not need to be carried out by the same person every meeting. How you run your support group and divide responsibilities is up to you.

We encourage everyone who attends PSG meetings to complete their own forms too so they consider their own reflective learning and refer back to them later. These can be kept for your individual CPD records.

You will gain 1 CDP point per meeting up to a maximum of 4 CPD points per year.

BOWEN ASSOCIATION UK – CPD Policy Table

CPD at a glance - Full (Practising) Members of BAUK - Current as at January 2018 (N.B. Associate members are non-practising Bowen practitioners; they are not listed on the website)

16 hours CPD minimum per year. It is strongly recommended that the foundational work from the Practitioner level is revisited in some way at least every 3 years, through Module 8 or individual Modules 1-6, in the same way as we have to do for First Aid. Remember that you can do one day of a two-day course, if that is all you need for this year.

MEMBER	CPD REQUIREMENT	BASIS FOR REQUIREMENT
Year 1	Free	No CPD required if just completed Mod 7 assessment.
Year 2-3	100% Bowtech. Mod 8 is strongly recommended within these 2 years	Build and strengthen proficiency in technique, with consistency of training.
Year 4-5	100% Bowtech or 50% Bowtech/50% BAUK approved Non-Bowtech course , which may include 25% Peer group practise of specific Bowen moves, client/case study discussions, business practise.	Deepen understanding & application of technique, widen knowledge, experience new trainers. Share & learn from colleagues.
Year 6+	75% Hands-on Bowen from any BAUK approved Bowen provider (see list), with a minimum 16 hours Bowtech every 5 years. 25% Non hands-on (see below) You can, of course, do 100% Bowtech throughout.	Deepen/widen knowledge, recognise informal/reflective learning, as well as written contributions.
	25% Non-hands-on Bowen includes: <ul style="list-style-type: none"> • Attendance at BAUK AGM (4 hrs); at afternoon seminars (4 hrs) • First Aid - renewed every 3 years (4 hrs) • Peer group practise of specific Bowen moves, client/case study discussions, business practice (up to 4 hrs) • Review/report of Bowen-relevant book/journal (2 hrs) • Publishing Bowen-relevant work/article for magazine/other journal (2 hrs) • Attendance on e-learninghealth tv Bowen-content webinars (2 hrs) Advanced A&P, appropriate further education courses (2 hrs) 	

NOTE: In order to meet in-year CPD requirements any member booked on a Bowtech course which subsequently gets cancelled can substitute a BAUK approved non-Bowtech course, irrespective of length of membership, if there are no other appropriate Bowtech courses shortly available in a sensibly accessible location.

For a new BAUK member, who didn't train with a Bowtech trainer - they join as an Associate, (complete A&P if required) and complete a Module 8/Revision course to then become a Full Member with website listing

Facilitator's Name:	Date of session:
Group Name (if applicable):	Area:
<u>Context of Meeting</u> <div> <input type="checkbox"/> Client/case study discussion <input type="checkbox"/> Practise specific Bowen moves </div> <div> <input type="checkbox"/> Anatomy and Physiology revision <input type="checkbox"/> Business/Practice development </div>	
<u>Brief overview of the session</u> <ul style="list-style-type: none"> List attendees and contact details on back of this form <div> <div>Speaker in attendance (please circle):</div> <div>Yes / No</div> </div> <div> <div>Speaker's name:</div> <div>Area of Expertise:</div> </div>	
<u>Group reflection at the end of today's meeting</u> e.g. What has the group learned today?, How might this influence your practice in the future?	
<p align="center"><u>PEER PRACTICE CPD</u></p> <p align="center">You can gain 1 CPD point per meeting and a maximum of 4 points per CPD cycle. The context of the meeting must satisfy one of the 4 subject areas stated above to qualify.</p>	

Survey Results Overview

Last year we ran a survey of the membership asking to help define the Vision, Mission, Strategy, and Values of our Association. We received a total of 78 responses, thank you to all who submitted responses.

The responses have been analysed and an overview of the results are presented here. These results will be used by your committee to continue to a full definition of these topics. A more detailed review of the results can be obtained on request to the office.

Primary Purpose

92% of responders stated they knew the Primary Purpose of the Bowen Association UK, namely:

“To promote the Bowen Technique to the public and provide them with an assurance as to the qualifications and training of registered practitioners.

To help registered practitioners increase their skills & knowledge and help promote themselves and the Bowen Technique.”

Vision

64% of responders selected the following as BAUK's Vision Statement:

“In the future, the Bowen Association UK believes that...

...individuals understand that their health and wellness is dependent on multiple factors. We envision a time when people recognise there are many options available in promoting the various aspects of their own health and wellness, that they have a responsibility to themselves in achieving this and that people have the freedom to choose their preferred method(s) of health care.”

Mission

94% of responders agreed with the Mission Statement provided, which is:

“The Bowen Association UK exists to:

Verify excellence to the general public by ensuring that full members who are listed on our public register and websites are fully trained, hold the appropriate qualifications, and maintain their excellence through continuous professional development.

In addition, finances permitting, the Bowen Association UK will:

- Demonstrate to the public that Bowen is an appropriate technique for people to choose to be part of their wellness programme.
- Support and guide its members to provide safe and professional practices.
- Forge and maintain close working relationships with the NHS/Medical fraternity and earn their trust as an appropriate element of a wellness programme.
- Work with other Bowen associations and complementary therapy organisations to promote a common purpose.
- Encourage and support members in raising the awareness of the Bowen Technique to stakeholders via a range of activities - general public, other health professionals/organisations and relevant health-related support groups and charities.

Strategy

94% of responders agreed with our Strategy to support our Vision and Mission, which comprises the following areas:

- The development and maintenance of a research programme to provide evidence to stakeholders (e.g. general public, medical professionals etc.) that demonstrates how the Bowen Technique might benefit them and/or their service users. We will know that we are doing well when the wider Bowen community starts to engage in the research process, and the evidence produced helps forge positive and collaborative relationships within the wider health community and other relevant stakeholders.
- What it means to be professional: creation, definition and quality control of a programme that defines the meaning of a "professional", provides resources

and activities to achieve and maintain that professional status; and prove on request that an individual meets the professional status. All members would be required to follow this programme.

- Forge and maintain working relationships with NHS, Hospices, Health Insurance communities and other healthcare communities to educate, prove the effectiveness of, and achieve acceptance of Bowen as a technique that complements their work. We will know that we are doing well when referrals and education between communities are commonplace.
- Develop and run a marketing programme which enables us to target specific groups or promote Bowen more generically, as appropriate. This will include engaging the biggest resource we have, our membership, to contribute in various ways, including submitting articles, testimonials, participation at events etc.

Values

Out of 65 suggested values, 6 were mentioned 12 times or more. These were, in order of most suggested:

1. Confidential
2. Professional
3. Ethical
4. Supportive
5. Empathetic
6. Knowledgeable

Note: Some of these can be considered to be behaviours rather than values, and will be included in the definitions of the remaining values that will be produced soon.

Key Performance Indicators

There were many suggested KPIs, thank you. We will analyse these to produce our top 5 KPIs most closely aligned with our Vision and Mission Statement and our intended Strategy. These will serve as the “dashboard” for the management of the Association.

Behind these 5, will be more KPIs that will contribute to the 5 top level KPIs. As the Association matures and moves forward with its strategy, these KPIs will change,

some will become redundant, others will need to be refined, and new ones will come into play.

Miscellaneous

You also contributed ideas, suggestions and comments at the end of the survey. We will also assess these and incorporate those which most appropriately support/align to our Strategy. Some will be relevant in the short-medium term, others more longer-term.

To all who took the time to respond, we thank you again and promise to incorporate as much as possible into the focus and activity of the Association.

Bowen Association Executive

Fiona Webb	- Chair
Shirley Strickland	- Vice Chair, Website Project
Rob Godfrey	- Treasurer
Sheila Whyles	- Arbitration and Complaints Officer
Veena Lidbetter	- AGM Coordinator
Marco Ferro	- Website Project
Gillian Rhodes	- Research Project
Paul Dunn	- Research Project

Lucky Prize Winner...

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

No pain, no gain?

Mr R, an ex-Rugby player, came to see me after being pressured by his wife for some time to make an appointment. Three years previously he had sustained four prolapsed discs to his neck and had been in tremendous pain for a long time. C6 and C7 were majorly the problem which he had been told were disintegrating. The tingling in his arms had become progressively worse especially in the right arm which gave him a continual nagging pain with significant wastage to the biceps on that arm. Having tried osteopaths, massages, physio I was basically a last resort before going down the route of surgery to have plastic discs inserted, apparently a very well-known Rugby player had just had the operation which was successful.

Added to this, 20 years previously he had dislocated his left shoulder, which gave him discomfort at times. He was also getting some problems in his right foot next to his big toe where he had scarring from an operation.

Mr R's wife, a long-standing client, who I had helped a couple of years previously with an ongoing back problem, had been singing Bowen's praises to many people but amazingly enough her husband was unconvinced until he eventually came to me out of sheer desperation.

On his first visit assessing him, he was barely able to turn his head and he said that finding a good position for sleeping was very difficult as the nagging pain would wake him. I did very little on the first visit except the BRs and he then came back on a regular weekly basis. The treatments were first weekly, then fortnightly, then monthly,

when I worked with the basic moves and then went on to SP1 and 2 with great success. At each visit he couldn't believe the improvement from the previous treatment. The usual statements ... "It was all so gentle, I thought it may have been coincidence"!!! I assured him it definitely was not.

I would add here that my experience of treating sports people is that they expect to be pulled around with the motto "no pain no gain". How wrong can they be?

The first improvement came after the second treatment when he said he felt the tingling migrating along the right arm had slightly decreased. Also, a noticeable improvement in his toe. Visit after visit, he reported back to me that he was sleeping better, the tingling and pain in the right arm and shoulder gradually disappeared and the treatments became less frequent but still as powerful. He was genuinely very excited at the outcome, to the extent that he took his referee's test and was back on the field once more.



I rarely see him these days, only when he feels he's over-stretched his body and his pain threshold, which is very good news.

Sally Barnes, Herts

A few things to try if you never have!

Maybe I am a bit old school but I do not like using supplements or magic cures. Rarely do they work well enough. But for those who are like me in that sense and have not tried these things that I mention below, I strongly recommend you try them out as it may be a game changer for your clients.

Now the first is that old favourite and well known 'BowTech Ease'. I was lucky in that I

had been sent a 10ml bottle as prize for a previous article. It sat on a shelf for some months, I wasn't sure what to do with it. Then a neighbour was hacking trees and needing help moving trunks of oak trees to a fire pile. I helped but, in carrying a large trunk across the grass, my foot slipped on leaves and I felt my knee heat up and I knew something had given. I had to remain cool and pretend nothing was wrong and so left saying I had done enough; once inside I was anxious as the knee was feeling very sore.

Standing near the shelf I thought I would roll-on some BowTech Ease as a starter and then start doing some real work on it, strapping, other creams you name it – panic!

Now, before I could reach for anything else in the house, I noticed a strange change in the feel of the knee and suddenly all anxiety disappeared. I used a little the following day and I was sold on this product. Was it luck? Would it have improved anyhow? Well not at that speed and the next day I had given the little bottle to my wife to apply to her mother's nagging arm and by the end of that day I was ordering a pack of 10. I am now on my second batch of ten bottles and I have some happy people out there wondering why it has taken me so long to mention Bowtech Ease!

My second is a quick mention for cherries. Now it is a well-known fix for gout and inflammation but I had not used it until last year when my elderly father was prescribed tablets by his GP and, due to failing kidneys, these upset his constitution badly. I sent for some cherry tablets listed on Amazon and within a few days the pain that had been troubling for some weeks disappeared. We then used them regularly for his severe bouts and they dealt with it immediately and without side effects.

Finally, as winter colds come at us and germs are spread with ease, I have been using Colloidal Silver to clean my gym water bottle, to attack a sore throat and now neighbours and friends are doing the same. Articles say it is anti-viral, anti-bacterial and anti-fungal. A few drops in water does seem to help and I am sure there are different quality products on the market and I do not wish to recommend any one in this

article. But for those that have not experimented with it or any of the above, I would say do take a look at these three products.

Does anyone else have some favourite fix or recent enlightenment?

Paul Dunn, Bristol

Beware side-effects with Iodex

More and more therapists are starting to question the use of Iodex for relief of painful bunions, due to the contra-indications of iodine for people suffering thyroid problems. While Tom Bowen did indeed recommend Iodex, in those days it was the only option readily available and many of the side effects were not well recognised. These include skin irritation, dryness, fever, tremors, joint pain and in extreme cases disease of the lymph nodes. The other active ingredient is Wintergreen essential oil which in concentrated form can also inflame the skin.

A safer and highly effective natural option is Bowtech Ease which unlike this old-fashioned remedy has a pleasing aroma and does not stain the skin. It has impeccable credentials, developed in Australia by Ayurvedic aromatherapist Farida Irani who is also a Bowen Technique (Bowtech) instructor and realised the need for an alternative. Her unique blend of essential oils combines to soothe and lessen inflammation, disinfect the skin and help break down calcification in the joint.

I have been using Bowtech Ease since the 90s when I lived in Australia. Originally developed and recommended for bunions, it was subsequently found to be equally effective on other painful and arthritic joints around the body. Since 2015 Bowtech Ease has been recognised with three UK awards.

I understand that while therapists may wish to remain true to Tom's work, our priority must be the health and wellbeing of our clients. Many years ago, I saw first-hand the unpleasant side effects on a client who used

Iodex, which made me so passionate about an alternative.

As therapists and instructors of Bowen Technique I feel we should be more mindful of its side effects and advise clients accordingly. Therapists tell me it is becoming increasingly difficult to source which to my mind reflects growing awareness that it represents a real risk.

For more information please see www.bowensuppliesbyhelen.com

Helen Mary Perkins BTAA, BA(UK)

Bowtech Instructor

Ed. No coincidence that Helen's letter comes after Paul's ☺ and such is Helen's passion about Bowtech Ease that the following offer is open to members until March 31st.

Helen is offering **free P&P** to Association members who wish to try it. The offer will apply to either one 10ml rollerball or one 25ml with dropper. To order please visit www.bowensuppliesbyhelen.com and enter the unique code **BA0218** at checkout. Alternatively, please call 01733 555476.

Chuckle Time

[Roz Elliott] Phone rings.

'Hello is that Bowtek'

'Yes, hello.'

'Do you have dayymand teeps'

'Eh? Pardon?'

'Dayymind tips.'

'Sorry, I don't understand. What is it?'

'Diamond tips, you know for bow'

'OHHH! You mean something for arrowheads, you're talking about archery!'

'Yes. You are Bow Tek, no?'

'Haha! No this Bowtech therapy'

Scoliosis Study Request

Dear Colleagues,

I work as a research nurse in orthopaedics and may be able to conduct a pilot study looking at the use of the Bowen Technique for Adolescent Scoliosis.

My aim would be to demonstrate the effectiveness of Bowen in the treatment of adolescent scoliosis of children under the care of an orthopaedic paediatric surgeon. I would have access to adolescents with varying degrees of scoliosis and need to know at which stage they will respond best; intellectually it would be as the symptoms arise, however, I will probably be working on adolescents who are trying conventional approaches to this disorder, including surgery. At present they would have to be referred to another hospital so I'd be able to capture a pre-surgery group.

A surgeon with whom I have had an initial talk feels there wouldn't be an ethical objection to the technique because it is not invasive. He just needs to see results for himself before he commits to me writing up a proposal for a pilot study.

Therefore, I am particularly interested in knowing from you, how many sessions were required and what procedures you used to see a little, moderate or complete resolution of this condition - arresting the further development of scoliosis is also considered a success.

Photographic evidence, in particular, would be most useful, and provides compelling evidence when demonstrating outcomes.

I would also like to know if anyone has seen any published papers about scoliosis and Bowen technique?

Thank you for your enthusiastic response. Any assistance in getting this to a stage where a pilot study can be completed would be fantastic.

Yours,

Maria Ciaccio, Herts

Please email: mariaciaccio@btinternet.com

Adverts Page

An exciting New Intuition & Revision Course - run by Jacqui Hoitingh & Luisa Agliatta

Livingston - Sat 7 & Sun 8th April '18 (16 hours CPD) £220
AGM Dunchurch, nr Rugby - Sunday 1st July (8 hours CPD) £110

The aim of the course is to encourage Practitioners to tune into the clients energy and make the best choices of procedures for them. You have to ground yourself and tune in, set the intention. The difference between a Bowen move and a Bowen move done with intention is like turning the volume right up. It empowers the move. Feels totally different! The Revision part of the course was going over the choices of the Practitioners, so it's tailor made Revision. The idea is that you leave the course sure of these procedures.

Some comments from previous attendees:

" The course was a wonderful balance of Bowen and Revision with Jacqui and Luisa's incredible teaching of energy, intuition and reminding that we need to connect with the client, executing moves with Intention, I will not forget! Thank You Both.

"Great relationship and balance between the tutors. This level of revision is vital and so valuable to everyone, even those of us who have worked with the technique a long time. The Intuition brings in a different quality to 'the move' and added an exciting new element to standard Revision. I would thoroughly recommend this course!

Book NOW to reserve your place!

Contact Jacqui on jacqui.hoitingh@gmail.com or 07801 279255

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How many of your clients spend hours per day on computers, phones, devices?

Answer is Too many! This can create Forward Head problems. 20 minutes lying on the Gravity neck cradle and sacral section can help to re align the spine and relieve pain.

Paul Esson (CBS) introduced me to this great tool. I have back and neck problems from years bending over clients. This helps me relieve those aches, especially when Bowen isn't an option.

If you wish to try this, I have gotten a deal with Gravity Life that Bowen therapists can try it for cost price £60 instead of the £129 on their site.

If you like it - there is a money back guarantee if you don't - then this could be something to offer in your practice. You can give clients a code to buy at £99 on their site, clients are happy as they have saved £30 and you get £20 from Gravity

Life. You don't need to hold stock, earn more if you do, and no minimum amounts required. They wish people who know a bit about body alignment, so we get the opportunity to promote something that helps our clients and rewards us financially. I personally think this is a very useful tool. I don't think it replaces Bowen but enhances it. It undoes the tension that has built up over the day, hours bent over devices, work.

Gravitylife Hong Kong is delighted to have been announced the winner of the LOHAS
"BEST HEALTH AND WELLNESS PRODUCT 2018"

Contact Jacqui Hoitingh for more details , Jacqui.hoitingh@gmail.com -07801 279255



The Tom Bowen Legacy Trust Fund (TBLTF) was formed to support children with disabilities. The TBLTF offers help to children who have received Bowen Therapy and provides gifts of electrical, mechanical, sensory and electronic equipment to enhance their quality of life, improve their mobility and to help with their ability to communicate. We find that these gifts, along with Bowen Therapy, helps the children immensely.

This charity was set up in 2010 as the UK branch of the original fund based in Australia, which was formed in 2003. As we know, Tom found the time he spent helping children with disabilities extremely rewarding and the TBLTF was initiated to continue this important work.

Supporting children with disabilities

TBLTF UK is currently a small charity whose trustees are looking for support from practitioners, student practitioners and clients, in fact anyone who has benefited from the Bowen Technique. We would appreciate your input and support, especially to identify children who would benefit from a gift. We accept applications to the fund primarily from therapists, who need to provide some basic details about their client, their problems, a letter of confirmation from a medical professional, e.g. their consultant, occupational therapist or similar, the type of equipment requested and a quote for its cost. You can find the application form on our website.

Case Study

Harvey has cerebral palsy and autism - is 9 years old, attends a school for children with special needs and, against the odds, appears to have a good understanding of other's feelings and can vocalise that. He is

in a very supportive and loving family. He has been having Bowen for about 5 years and is a regular at the children's clinic.

His therapist made an application to the Fund for a sensory pack, where lights and music are activated by the child - they find it calming and have control. The Fund was very happy to provide this for Harvey. His mum reported "Harvey went to see



Paddington 2 yesterday, he laughed and clapped and gave a running commentary throughout - to the annoyance of the gent sitting next to him. But is a remarkable achievement for an 8-year-old who has autistic problems."

Harvey with his sensory pack and baby brother Benny.

How can I help?

If you would like to contribute to the Tom Bowen Legacy Trust Fund, please visit our website where you will find details of how to make a donation. If you can pay via BACS transfer then all of your donation will be used for the fund - no fees apply - please ask for our bank details

If you would like to be involved with the TBLTF UK in any other way, please get in touch. Telephone contact details are available from our website, www.TBLTF.org.uk, or send us a message via email - info@TBLTF.org.uk.

You can also keep up-to-date with the activities of the Tom Bowen Legacy Trust Fund UK by following us on Facebook. www.facebook.com/tbltf/



Claire Harrison TBLTF Chair

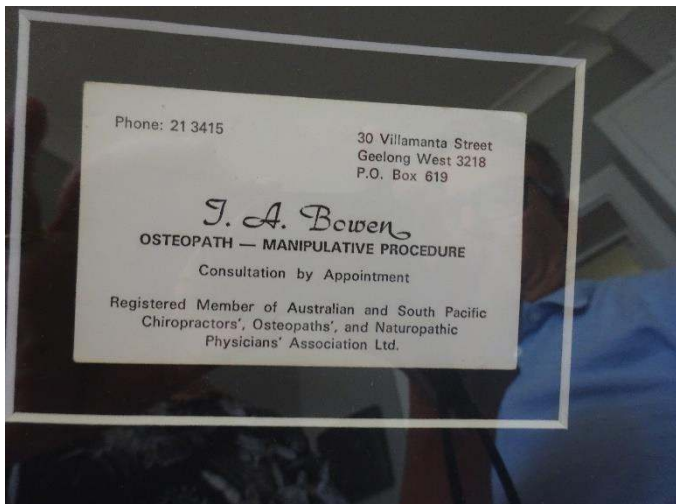
Christmas Down-under.

Some of you may have noticed I was 'away from my desk' for a few weeks before Christmas. How lucky was I, a small inheritance gave me the gift of a trip to Australia, something I could only have dreamed of, a chance to go and visit the 'home' of the Bowen Technique!

When I hear the Australian accent or take a SBP2 course with Ossie & Elaine I wonder what life would have been like for Tom?



Australia really is a very exciting country! So much to see and experience and, after traveling all this way, a special trip to Geelong was a 'must' to see where the technique, I am lucky enough to use every day, began. As we travelled around, it seemed to me that Australians use therapy more regularly to stay well and healthy than we do in the northern hemisphere. It was interesting to see so many Massage therapists, Chiropractors, Osteopaths and Bowen Therapists advertising their clinics outside their houses.



A little travel weary, I needed a Bowen treatment, so I rang Chris Reed's Bowen clinic in Geelong. Chris is a Bowtech trainer and proudly showed me one of Tom Bowen's business cards in a frame, surely there aren't too many still in existence?

After my treatment, Chris gave me directions to the bungalow where Tom ran his busy clinic.



And in the memorial gardens opposite was a very fitting monument in memory of Tom.



I feel very lucky to have had the opportunity to have visited 'Toms world' and returned home with renewed enthusiasm and plenty of Australian memories.

Angela Cannon. BTAA BAUK

2018 ANNUAL GENERAL MEETING AND SEMINARS

As previously notified on 14th December, 2017, we are holding our AGM this year at Dunchurch Park on Saturday 30th June, with a dinner on Friday evening, 29th June, giving time to meet old and new friends. Dunchurch is in the heart of the Midlands and the hotel sits within the historical village - it's an Edwardian Manor House set in 72 acres of grounds, not far from Rugby and only 10 minutes from the M1 and M6 and 1 miles from the M45. For anyone intending to come by train, we have a team of willing volunteers to collect people from the train station.

The AGM itself runs for part of the morning, and gives you the chance to have your say on how the Association is run. We will have our popular Open Forum break-out groups in the run up to lunch, focussing on different areas and priorities.

The 3 afternoon seminars will be presented by the following:

- **Jacqui Hoitingh** will introduce how she, and we, may use intuition in our work, as a foretaste of her Intuition and Revision training day on the Sunday.
- **Andi Hicks** ran the Kuwait School of Dance for 40 years. She has worked with the disabled, underprivileged and the super-rich and believes passionately in the connection between the psyche, dance and music. She has had a number of Bowen treatments and will relate her talk to Bowen and her perceptions of it too.
- **Paul Dunn** will talk about "The real-world use of Bowen and the value to clients in palliative care", outlining the work he is involved with at Whipps Cross Hospital. He will discuss the process by which Complementary Therapy (CT) is handled in the NHS and the place for CT in a hospital and hospice environment. He will cover the client experience in this setting and how Bowen Technique treatments can provide a safe and trusted environment. Paul will describe the changes that he has made to the treatments while respecting the Bowen Technique intentions and report on some of the outcomes he has seen.

The AGM costs only £50 and attracts 8 CPD points for the full day. The day after the AGM:

- **Jacqui Hoitingh and Luisa Agliatta** will run their Intuition and Revision Course

Jacqui says "Ever thought that if you could just use your Intuition more you would get better results with your clients? Well this course could help you do just that - and it will benefit all qualified Bowen therapists, at any level. Learn to tune into your client and "feel" what procedure is right for them, your results will improve as will your confidence. Basic Revision will also be a part of this course."

This training day attracts 8 CPD points in the 'Hands-On' Bowen work category: Cost £110. Please contact Jacqui directly to book your place on this course:

Email: jacqui.hoitingh@gmail.com. Mob: 07801 279 255

The booking forms and information for the AGM itself, Friday Night Dinner and Accommodation are below and should be returned direct to Veena Lidbetter as indicated on the form. We need to confirm numbers to the hotel by mid-March, after which bedrooms they are holding for us will be released for general sale.

It will be really helpful with our arrangements to receive early indication of your intention to attend, so even if you don't have time to return the form(s) right now, a quick email to office@bowen-technique.co.uk would be much appreciated.

We are hoping very much to welcome many of you in June, and are very much look forward to catching up, as well as hearing your views about the running of our Association.

Bowen AGM Sat 30th June 2018

Dunchurch Park, Rugby Rd, Dunchurch CV22 6QW

<http://www.signaturegroup.co.uk>



In the heart of the Midlands in the historical village of Dunchurch, the Hotel sits in an Edwardian manor house set in 72 acres of grounds, about 10 minutes from the M1 and M6 and 1 miles from the M45. Most rooms are located a short walk from main hotel in custom built wings and renovated stables. Each room comes with a TV and a private bathroom with hairdryer and ironing facilities. Free Wi-Fi and parking. There is a pitch and putt golf course and croquet lawn.

Directions: M1 (Northbound) – Exit motorway at junction 17 to join the M45 motorway.

M6 & M1 (Southbound) – Exit the M1 at junction 20, or the M6 at junction 1.

Nearest Airport: Birmingham International (24 miles) Nearest Railway Station: Rugby (3 miles).

Accommodation Rates –Limited availability –cancellation policy on rooms only 3 months prior: Fri/Sat/Sun per night Single £65.00 bed and breakfast — Double/Twin £75.00 bed and breakfast.

We will have a group dinner at the hotel Friday night, please advise if you would like to attend; 3 course Dinner £27.50 set menu to be advised.

Please confirm your attendance by filling in the box below and return with your payment by 15th March if you require accommodation, as after this date it will be on request basis.

Name & membership No		
Address		
Address		
Contact no		
Email address		
Dinner Fri 29 th June £27.50	Attending YES/NO	
Dietary Requirements		
Accommodation Fri 29 th June	Type of room	
Accommodation Sat 30 th June	Type of room	
Accommodation Sun 01st Jul	Type of room	

- **Payment for the AGM only - £50 – (and 8 CPD points awarded for full-day attendance)** £
- **Total Payment:** for accommodation for either 1/2/3 nights and/ or Dinner if attending: £
- **Payment by CHQ payable** to Bowen Association and post with your booking form to Veena Lidbetter, flat 10 Coronet House, 62-66 Uxbridge Rd, Stanmore, HA7 3LL
- **BAC payment** –to Bowen Association UK, HSBC Bank, 11 Hinckley Rd, Leicester LE3 OLG – Sort code 40 28 24 Account 81286447
- **(Remember to add your membership no and name as reference so we know who it is from)**

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by Helen

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Chair – Fiona Webb, Vice-Chair – Shirley Strickland,

Treasurer - Rob Godfrey

**Committee Members – Sheila Whyles, Veena Lidbetter, Marco Ferro, Gillian Rhodes,
Paul Dunn**

Deadline for the next edition – 1st May 2018

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.

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Telephone Number: 01205 319100

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