

# BOWEN ASSOCIATION UK



## *Bowen News*

February 2020 – Issue 80



EVERY BODY IS BETTER WITH BOWEN

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## Editor's Column

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I'm sitting in my ski chalet waiting for inspiration like Jeff Lynne from ELO. The weather has closed in, it's raining but giving brief glimpses of hope, which then turns back to rain and the hope is dashed. The weather radar says it will continue this way for most of the day, so we know not to get our hopes up, and yet people still feel hopeful every time the sun peeks through.

There's lots of talk in the chalet about mental health problems. Some suffer from it, some have suffered, others have close people who suffer from it. They speak about how the person has dealt with the problems, and how their brief moments of hope are destroyed by the, perhaps, unthoughtful words of others.

Hope is fragile. People are fearful of the unknown or of things they do not understand, and instead of taking the time to understand they choose instead to lash out, to criticise, to put down. What some construe as "banter" others find hurtful.

Sensitivity to others; putting yourself in the other person's shoes; looking at it from their point of view...who takes the time to do that these days when it's much easier to find people who agree with their own point of view and feel comfortable, or hide behind social media posts?

There's saying in business that if everyone agrees with what you say, then they're all redundant.

Where am I going with this? Wherever you want it to go. Just decide whether you're redundant or not.

### In this edition...

Some great articles from some well-known Bowen community figures.

Yes, at last, some proper research findings. Without such research, we will never become mainstream, so these are a welcome contribution to both the newsletter and the community. If you would like to set up your own research study, please ask the office for

guidelines to ensure the results are acceptable to the research community.

### And finally...

The prize is donated by Helen Perkins. **Summer Feet:** 10ml bottle of Bowtech Ease for painful joints, 200g sachet Bexters Bath Crystals for a foot bath and one each of bandage strapping (Elastic Adhesive and Surgical Tape) for plantar fasciitis or hammer toes. RTP £16.00.



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# *Bowen Association Chair Report*

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Dear Members,

A belated Happy New Year! I hope it started well for you.

We have a full magazine for you, and I hope you agree it has been worth the wait? Thank you to everyone who has contributed.

Priorities from work or family have extended the gap between recent issues of Bowen News. To ensure more timely communications of courses, news and opportunities we have introduced an e-newsletter which will come out every 4-6 weeks.

Half of the Committee got together in Peterborough in early December for an update and planning meeting. There is a lot of work being done, particularly by Paul, that we will now see coming to fruition over the course of this year and beyond, some of which you can read about in this magazine.

Once the final review of content is finished, we go to testing and training on the website during March.

As promised last year, we head North again for the AGM and hope to see many of you in Leeds. The AGM agenda and Sunday's training day aim to help you and your clients; blending overt and subtle approaches to how you may best help them.

We could still have a winter, based on recent years, otherwise Spring will continue unchecked. We will spring forward too, into various activities to engage more closely with those who may benefit from Bowen.

## **Thoughts from the Chair**

I'll be honest, it's not been a happy New Year for me as I spent most of January in Wales helping care for my mother-in-law until she passed away. After Glenys decided to stop chemotherapy, the Palliative Care Manager agreed to her receiving Bowen. We went to Wales every weekend from August and Glenys really appreciated her weekly

Bowen treatments. Sometimes she was in hospital but still had her Bowen session.

While we are usually focused on the physical it is important to appreciate the emotional benefit our work brings to people too. In the summer, she often mentioned to me her disappointment of what she wouldn't get to see or activities and events she wouldn't do again. Once she started having Bowen, she never commented on such things to me again and her mood improved significantly. One weekend Glenys said, "I feel ME again, for the first time in months!" One of my best Bowen moments!

Those of you who are working in palliative care will be well aware of this benefit. For any of you who are in, or close to, a similar situation, always trust Bowen will bring benefit of some kind, even if it can't be what we want it to be.

Perhaps there is a gift of some kind in the death of a loved one. The recognition of what we really loved and appreciated in that person can bring a resolve to live more of those qualities in ourselves. That's certainly what I'm aware of in myself at the moment.

*Fiona Webb*

*Chair of BA UK*



## Committee Updates

### Have you got your Diploma?

Still studying A & P? Or you have completed it but, for some reason, you have not sent the A&P part of your Bowen qualification to Bowen Training UK to receive your Diploma, **please do so now.**

Why is it so important?

If you apply to work in a clinic; you take a stand at a Trade Show; there is a complaint made against you; you wish to register with the CNHC or any other Association; or take a Bowen training course such as Canine or Equine; you will need to produce a copy of your Bowtech Diploma.

You could also display a copy in your practice room to reassure your clients that you are qualified to treat them.

The Diploma is your qualification and your Bowen Association UK membership certificate shows that you are Registered with a Professional Body. Both are important to you and your future business.

### Committee Changes

A big 'thank you' to Diana Menzies-Smith who has completed the year she agreed to serve on the committee, and who has now stepped down to focus on her family. Many thanks, Diana, for all your ideas and input.

We are delighted to welcome Georgia Boyd and Raluca Lupu who have joined the Committee. Raluca has also taken on the role of Chair of the Greek Bowen Association and we will be helping her in her new role there too.

### Website

Our new website is currently undergoing a content and ASA-compliance review, while the technical aspects of online payments and the practitioner search function are being finalised by the programmers. Full members will be able to create a short website profile for free and will be able to edit their own contact details for changes in work location, email and mobile number.

### Annual General Meeting

The AGM this year will be in Leeds on 20th June with a members' and guests' dinner the evening before. There will be a separate email communication on this very shortly. We hope to see you all there!

### New for you

From now, we will be sending you a monthly e-newsletter, to keep you updated with news and CPD courses in between the main magazine editions.

### How's your Anatomy Knowledge?

Paul Dunn's come across this excellent quiz site for you to test how well you know your stuff, whether you're just starting out or are a know-it-all! I've discovered that I'm not the latter!

<https://www.free-anatomy-quiz.com/>

### Bowen Association Executive

Fiona Webb	– Chair
Shirley Strickland	– Vice Chair, Secretary
Rob Godfrey	– Treasurer
Sheila Whyles	– Arbitration, Complaints
Veena Lidbetter	– Events Coordinator
Paul Dunn	– Community Projects, CNHC
Raluca Lupu	– Overseas Links
Georgia Boyd	– New Member Liaison



# McLoughlin Scar Tissue Release (MSTR®) – Latest Research

William Edwards Deming (American engineer, statistician, professor, author, lecturer, and management consultant) once said “Don’t expect smart people to listen to you without proof.”

It is very easy to make claims about the efficacy of whatever therapeutic modality we practice. But “what can be asserted without proof can be dismissed without proof” is also a very relevant quote and we should be able to back our claims with more than just anecdotes, stories and hear-say.

I have taught my work for scar tissue for several years now and claimed that MSTR® reduces scar tissue and increases blood flow. I was very sure that this was happening as I could see and feel those things happening. But a claim is no proof at all and we should be very careful what we claim - especially in these days of website investigators such as QuackWatch. Measurable proof is the main reason I have been determined to undertake research into the scar work that I developed - McLoughlin Scar Release Technique (MSTR®).

For the “smart people” and to be taken seriously as a technique or modality one has to “deliver the goods” when it comes to research. Research is expensive. The best multi-million-dollar research projects in the world can have their results dismissed by another study that contradicts their original findings.

On June 15th, 2019, we undertook research to discover the effects of MSTR® on C-section scars at a private medical facility in England conducted by a Consultant Radiologist using ultrasound imaging. Scar tissue was measured in different dimensions pre and post treatment.

The results of that research revealed that, after just one 15-minute MSTR® treatment, scar tissue was reduced by 33% in those test subjects.

Good research etiquette teaches us we have to be able to replicate our previous results under the same conditions. To reinforce and prove those first results were not anomalous we decided to repeat the research, using a larger group of C-section subjects.

We went back to our research facility on October 26th and repeated the same process: measurement of C-section scars pre and post treatment. These are just some of the images recorded during that second research session:

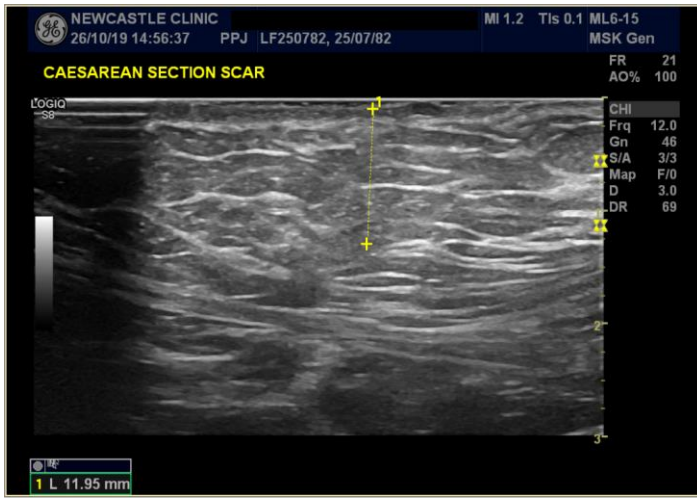
When all measurements were taken and analysed we found that total size of all scars recorded had reduced by just over 31% - within around 2% of our previous research results. We had proved once again that MSTR® is an effective modality for the treatment of C-section scars.



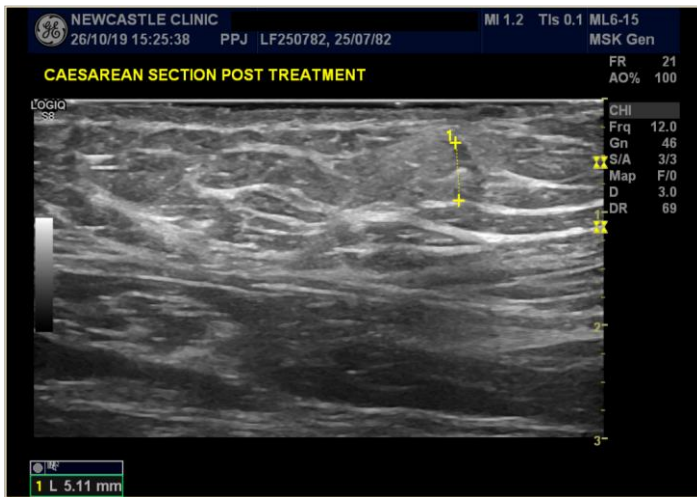
Pre-tx 16.6mm



Post-tx 3.6mm



Pre-tx 11.95mm



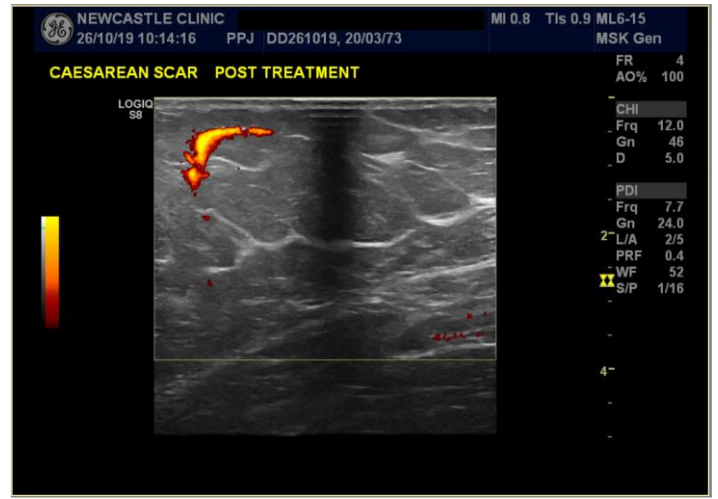
Post-tx 5.11mm

In addition, vascularity generally increased both around and within the scar - where blood flow had not previously been recorded.

We were delighted to have delivered some measurable and observable results.



Pre-Treatment Vascularity through scar tissue



Post-treatment vascularity through scar tissue increased

The two free research reports plus MSTR® practitioner training details, with CPD points, can be obtained at [www.mcloughlin-scar-release.com](http://www.mcloughlin-scar-release.com).

Why is the treatment of scar tissue important? Find out by joining our Facebook group or read more on our website.

*Alastair McLoughlin*



## Lucky Prize Winner...

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

## Letters to the Editor

### Disposal of your Bowen News magazine.

Remember that any articles you provide for the newsletter will end up in the public domain. If you don't want any particular piece of information to be in the public domain, please don't put it in or change it to hide the original.

## Stories from a New Member

**First Story:** Recently, I treated a client with Parkinson in his own home. He has been suffering for several years now but recently has taken to a wheelchair to get around his house. His legs feel like lead and can only manage a shuffle rather than walking. He has extreme pain and takes liquid morphine.

He asked if I could help.

He manages to sit in a chair in his study so this is where I performed Bowen on him. As I'm sure you are aware the seated position makes it harder to reach the exact spots, and I was aware how much pain he was in and didn't want to cause him any further discomfort.

I started with BRM 1 moves 1-4 then did hamstrings missing out moves 1-3, just the opening up move down the legs followed by the knee moves 1-4. I wasn't sure how much his body could take so stopped there. This was on a Friday afternoon.

On Sunday, his wife texted me. "He is walking again like a miracle!"

Pain 3/10! Even yesterday morning he was still in the wheelchair and then he was using the crutches in the afternoon and this morning and suddenly at about 5 o'clock he was walking unaided. Now tired so struggling again but a positive sign!

I was so pleased for him!

**Second story:** I was attending Jacqui Hoitingh's Module 8 in Hammersmith just before Christmas. I had driven up and, on the Saturday night, stayed a short drive away.

Saturday evening, I stayed in my accommodation watching tv sat on the bed. My neck which has always been a problem since I incurred whiplash many years ago started to hurt. On Sunday morning I woke in agony, unable to move without pain. My head felt like a ton weight and I was considering calling an ambulance if I could get to my phone!

Eventually after a hot shower I had managed to get back to my course. My thinking was I had to collect my couch and

towels, hospital would give me painkillers and maybe a collar and there were 11 lovely people who could try their skills out on a real patient!

My saviour was Jacqui herself who performed Coccyx and neck moves from Module 9 especially for whiplash! Face down on my couch 15mins later I had to change my position as I physically felt my spine lengthen. When I sat up it felt like a ton of weight had been lifted from my head giving such relief to my poor old neck! Everybody on the course said how much better I looked! Thank you so much Jacqui, my saviour. Can't wait to take Module 9!



*Jacqui Westlake*

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## *An Unexpected Bowen Triumph*

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My partner Chris had a total Right knee replacement or Knee arthroplasty recently. What a learning experience for us both!

This operation is reputed to be very painful, and my goodness it was. Chris had a spinal anaesthetic (epidural) and was heavily dependent on pain killing drugs during the recovery period.

Out of hospital after 4 days, with a bruised and swollen leg, very soon he was asking me to do something to relieve the pain. During the first week I put in the bottom and top stoppers.

But 2 weeks later a little Bowen First Aid was called for. I am an experienced Bowen practitioner and my training and instinct suggested the head of the hamstrings. With a feather touch I made only moves 5 and 6 of the Hamstring supine just distal to the ischial tuberosity, nothing else. The relief was immediate, and the hamstrings relaxed.

With respect to the body's natural healing process I avoided the temptation to dive in



there with the wonderful Bowen procedures we use every day. This was a major trauma injury to the knee and the body needed to heal and recover. During the following week, I pop in a few light moves of seated Bowen - just the stoppers, maybe parts of BRM 2 or 3, sometimes just shoulders or respiratory - breaking all the Bowen rules of prerequisites etc. - but by now no crutches or a stick.

At 4 weeks he visited his Chiroprapist and the following two days he could barely walk at all - and back on a crutch. That reminded me of the importance of the influence of the Bowen ankle, Hammer toes and Bunion procedures when clients come with knee pain.

However, that wasn't the total picture. 6 weeks post op, I thought just a light minimal effleurage to relax the quads, hams and gastroc muscles would be fine. Wow... that was not a good idea. It had the same effect as the chiroprapist treatment, then Chris remembered that the chiroprapist massaged his feet at the end of the session...

Therefore, in my view, massage of any description after knee surgery is not appropriate, even at 6 weeks post op. On the other hand, Bowen had a positive result regarding pain relief, every time I used it.

At 7 weeks, keeping it minimal, I just used the bottom stoppers and 3a and 4a - checking the coccyx. Pre-op this was never tender, now the right-side test was very uncomfortable. Yes, I know I should have completed BRM1, but Chris couldn't lie prone, so I decided to just make the coccyx move anyway. The result was immediate tingling down the right leg and when he stood up, he said his knee felt much freer.

After 20 years working full-time as a Bowen Practitioner, I realized I still have a lot to learn. The main thing is that Bowen is amazing in whatever way it is used. Less really is more.

Today, 8 weeks after his operation, Chris is still working hard on the stretching and mobilizing...and we both



realise what a benefit Bowen has given him. Left knee to do next...

*Angela Cannon*

p.s. After 8 weeks Chris is back to driving to his Choir and to Bridge. He'd going on walks and doing everything else he chooses to do...pain free.

I find if I release the hamstrings before he does the dreaded physio exercises it makes such a difference. Lots of broken Bowen rules, it's very experimental.

The 8-inch scar is almost unnoticeable and, now Chris isn't needing the strong painkillers, his wellbeing and mood is upbeat and he's looking forward to getting back to rebuilding his classic car.

I am delighted as I now have my domestic goddess back and we are looking forward to our trips away in our caravan this year.

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## *Bowen live at London MS Centre!*

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Well it is good news!

There is now, again, a Bowen presence at the MS Action Centre in Walthamstow, London. It has been around 3 years since Bowen was last offered at the centre, which caters for people with MS and their oxygen chamber is sometimes used by others with problems that may be helped by the facility.

Didi Raynova and Robin Samson are now present every Monday and have been since the start of October. We have two treatment rooms and the initial uptake has been amazing with 3 to 4 appointments each since we launched. It is a lovely atmosphere at the centre with everyone keen to try Bowen and make sure we have all the support we need.

It has amused us that Didi, Robin and I were all trained by Michael Patrick at some time in the past so we should give a nod and a thanks to him for doing such a good job!

The extra good news is that I have now been accepted at a similar MS Centre nearer to



my home and will be providing a day a week to the attendees there. This is in Swanley in NW Kent and members who live local should have had an email inviting them to join me there if they are interested. It is my long-term intention to provide BAUK placement opportunities at as many of the centres across the country as possible.

This is paid work, although at a reduced cost, which provides a very good platform for delivering Bowen into a local community as a whole.

On 12th February I gave a short presentation on Bowen and a quick demo using the Chairmen of the centre as a body. It was well attended by MS clients, carers, and members of the centre and it looks like it will be a popular service with people demanding I turn up very soon.

It was very nice to hear one of the MS clients, who had a stopper-only demo just prior to my talk, tell everyone they should try it as it is so relaxing. These could be very short sessions if this is all they want. But seriously, I explained that I would like to gather formal feedback at some future date so that we can have properly constructed evidential statistics on the benefits and on which Bowen protocols work best for the conditions.

So both MS centres I hope will benefit firstly MS clients and secondly BAUK therapist reputation if the statistics prove positive.

*Paul Dunn, Didi Raynova, Robin Samson*

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## *DNM Research*

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Under the supervision of Prof. Dr. R. Nagarani, M.P.T, Ph.D. and Prof. Dr. B. Kannabiran, M.P.T., Ph.D., their students for the title of "Master of Physiotherapy" conducted research and presented their final theses at the University of Tamil Nadu Dr. M.G.R Medical University, Chennai),

with DermoNeuroModulation (DNM) in the background.

Professors Nagarani and Kannabiran, who also studied Bowen in November 2019, were part of the DNM training group when I visited India in October 2018. Dr. Prem V PT, PhD, COMT (Aus), Cert. DNP (UK) is at Manipal Hospital in Bangalore, and currently performing research on Bowen and its impact on fibromyalgia. Finally, we have some interesting statistics for DNM and we will soon have some for Bowen.

You can download the original theses in my blog :  
<https://www.louisetremblay.com/blogue/categories/neurophysio-manual-therapy>

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**The first thesis** was presented by Mr. K. Mathankumar, who was also part of my DNM and Bowen groups in India.

**Title:** Effectiveness of DNM on pain reduction and shoulder internal rotation improvement in postoperative SLAP tear among athletes - an experimental study.

Thesis submitted in partial fulfilment of requirements for Master of Physiotherapy Degree course from the Tamil Nadu Dr. M.G.R Medical University under the Registration No. 271750024

**Two hypotheses:**

1) Null Hypothesis

Based on the literature review study, “There is no significant improvement with DNM along with Conventional Physiotherapy on Pain reduction and Shoulder Internal Rotation improvement in Post-Operative SLAP tear among athletes”.

2) Alternative Hypothesis

There is a significant improvement with DNM along with Conventional Physiotherapy on Pain reduction and Shoulder Internal Rotation improvement in Post-Operative SLAP tear among athletes.

**Results:** Data collected through this study showed improvement on pain reduction and Internal Rotation range in Post-Operative SLAP Tear among athletes when given DNM along with Conventional Physiotherapy programme.

The improvement is not only in the pain reduction, but also in the restricted range of motion of the shoulder in all planes, especially internal rotation.

**Conclusion:** The results of the statistical analysis showed significant improvement in both the groups. However, comparing the post-test values of both groups, Group I (DNM + physiotherapy) had significantly more improvement than Group II (physiotherapy only).

Hence, we reject the null hypothesis and accept the alternative hypothesis which is stated as: there is a significant improvement with DNM along with Conventional Physiotherapy than Conventional Physiotherapy alone on pain reduction and internal rotation improvement in postoperative SLAP tear among athletes.

**The second thesis** was presented by Mr. K.A. Nishar Basha.

**Title:** A study on the effectiveness of DNM on neck pain and disability among patients with cervical spondylosis.

**Hypotheses:**

- 1) There may be no significant difference in reduction of pain following DNM among patients with cervical spondylosis.
- 2) There may be no significant difference in disability following DNM among patients with cervical spondylosis.

**Conclusion:** An experimental study was performed to find out the effectiveness of DNM in pain and disability among patients with cervical spondylosis.

10 clinically diagnosed cervical spondylosis patients were included in this study and DNM was given for a period of four weeks. Pain and disability were assessed by VAS and NDI before and after the interventions respectively. From the statistical results, it can be concluded that there is a reduction in pain and disability. Therefore, DNM is more effective in reducing pain and disability among patients with Cervical Spondylosis.

Chronic pathologies like cervical spondylosis might be best treated by touch-based treatments such as DNM. Hence, the hypothesis for the study is rejected.

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I'm very proud of my students. They're making manual therapy really big. Another group is trying to better understand Bowen, and we will have results from their work next year, 2020.

## Louise's Courses

### Bowen

- Paris: module 1, April 9 to 12
- Brussels: Module 1, May 28 to 31
- La Reunion: Module 1, October 29 to November 1

Visit [www.aimtc.ca](http://www.aimtc.ca) for a complete list of Bowen modules.

### DNM (all classes can be bilingual)

- Tahiti: February 6 to 9
- Brussels: March 12 to 15 (bilingual)
- Metz: March 19 to 22
- Amsterdam: March 26 to 29 (English only)
- Montpellier: April 2 to 5
- Martinique: May 1 to 4
- Caen: May 21 to 24
- Cluny: October 15 to 18
- La Reunion: November 5 to 8
- Paris: December 5 to 8

### Niromathé

- Dates to come for Spain and/or Portugal
- Thailand: winter 2021

There are still places available for each of the courses, please register on [www.aimtc.ca](http://www.aimtc.ca). The earlier you register, the easier the logistics of the courses become. Please think about it!

Tell your friends-colleagues about it and send them the Masters' theses.

*Louise Tremblay*

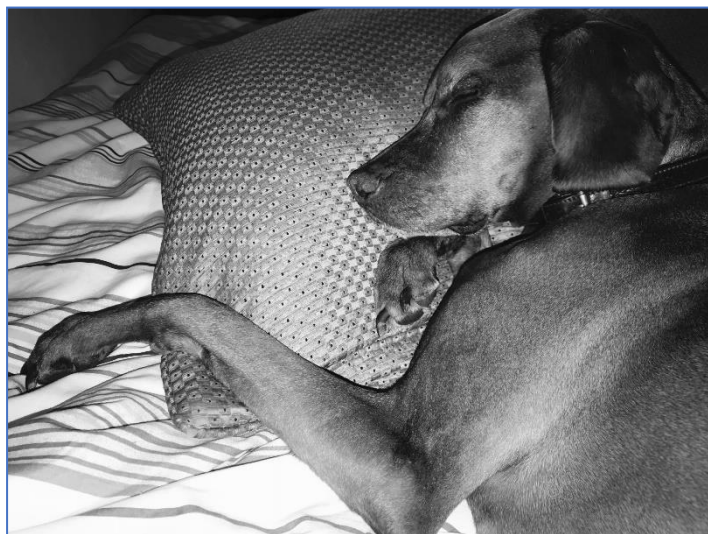
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## Frank's Journey Back to Health

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Article 2 of 3 by Carole Justice Gray

In early 2017 we were working hard, busy teaching times. We stepped down his workload, balancing the choices of leaving him with not asking much of him whilst teaching. Come May, he would rest and recover.



**Frank says: "PLEASE, be knowledgeable and mindful before imposing Bowen on me, I might not be able to cope!"**

He was finding it hard living on the boat with increasing lumbar/sacral pain. We took the boat out, something he loved but an 'ask' when his resources were already low. Allergy season started, next came the skin allergies. Returning home, we needed to make changes to accommodate his wellbeing, changing home and lifestyle was going to be tough.

2 weeks after our return my father passed away suddenly, chaos began. Poor Frank was staying at mum's and not with me; this was when he finally had what I would call a 'breakdown'. He wasn't coping, I had to stop everything to help my boy.

Bowen alone was NOT the answer. In the beginning he couldn't cope with the level of ask Bowen puts on the body, it was TOO MUCH; thankfully he knew Bowen and I understand canine conversation/responses, recognise a dog's life and when it's inappropriate to ask more. I worked gently, offering choice, which is the only true way to affect holding, positive healing as well as (vitaly) working respectfully with the being you aim to support.

I worked with a team of professionals, myself being a qualified canine practitioner

for many years, and my having had the privilege of five additional years training/support from the innovators of Canine Bowen Technique in the UK as they handed their teaching school to me. The point being, I needed help and support too, I alone could not get Frank well!!!

As well as doing the best for Frank, how can I be respected professionally when I attempt to presume the knowledge of others who work in different professional areas of canine health; others who like me have given many years to study and train in their specific field. We created a truly holistic, integrative plan, working with my vet(s) as all animal practitioners must do.

In Frank's case, we were supported by behaviourist/multi-disciplined canine practitioner, as well as being my Canine Bowen Technique mentor, Sally Askew, the vet behaviourist I teach with Dr Maya Dube MRCVS, holistic/homeopathic vet Chris Day and our conventional vet.

Now, even though Frank is 12 years old, with time and awareness I can happily say Frank is significantly better. There were many areas of change needed in Frank's life, fortunately we could support his progress and within the sadness we were able to move off the boat and buy Frank a house. We have been lucky, changes which affect his whole life have been possible, this is not always the case.

So, try to relate to and consider the different elements I touch on above by way of seeing why I am increasingly saddened by Facebook Bowen groups Human Bowen practitioner's beliefs and ways of working with animals. 95% of the time I don't even read animal Bowen posts anymore, I become too upset. I know people's intentions and hopes come from love, but they come from the level of understanding they currently have of working with animals.

I have great concerns about 'unintentionally imposed' animal Bowen, not adjusting and responding. Not being aware of the level of ask within a dog's life or from a Bowen move. When teaching, I ask students to work with healthy dogs, in Facebook stories it is always the sickest dogs. Please let go of



your Bowen ego and refer on to someone who is properly trained, even if it has to be another modality! Offer true respect to the being that needs help in the same way as we should with our human clients, who make their own choices and have literal conversations with us!

Bizarrely, there seems to be a hate of referrals/working with vets, yet in human Bowen threads we pat each other on the back when we refer a human client back to the Doctor and something is found!!??

Students 'healthy' dogs often have strong reactions in case studies, or conditions/diseases become apparent and they need the support of experienced teachers and the vets who gave permission. It can be soul destroying and whilst my priority is always the welfare of the dogs, it also affects the confidence and feelings of the (student) practitioner's, who need support too.

Yep, originally, Bowen will have been offered to animals without 'animal training' and there will have been positive responses. Yes, I teach, but this is NOT written with money in mind! Modalities, knowledge and professions continually evolve, there is increased understanding of all sentient beings, behaviour, language, intelligence etc. In theory, how we offer Bowen (I PRAY), will continue to improve, be more beneficial, respectful of the species and more professional. The profession of Bowen and all animal Bowen must move forward - see BTPA's Bowen Animal Standards, which have taken years to create and are a positive step forward. Ensure Bowen becomes a respected modality within the world of non-veterinary animal professionals and most of all keep animals SAFE.

If you would like to talk to Carole, have any questions, or would like more information on (EGCBT) Canine Bowen Technique training with Carole, please email Carole on [carolejusticegray@me.com](mailto:carolejusticegray@me.com).

[www.caninebowentechnique.com](http://www.caninebowentechnique.com) or (CBTA) Canine Bowen Technique Association website [www.cbta.org.uk](http://www.cbta.org.uk) .

*Carole Justice Gray*

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## *The Lion Princess vs Scar*

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I attended Amichay Saller-Fischbach's "Working with Scars and Meridians" course after last year's AGM. (Other scar courses are available.)

It was fascinating, informative and personally beneficial to receive the work both from Amichay and my colleagues. Not only did Amichay's specific Bowen moves sort my residual shoulder issue of 3 years, they also stopped some of my menopausal symptoms - what a bonus!!

When doing my ponies after the first day I decided to photograph my new pony's scars to get Amichay's opinion on them the next day.

I had rehomed World Horse Welfare Leonita 2 weeks before, aged 16 months. She was rescued when 2 months old with severe trauma down to the bone on the inside of her hind legs, which had had no treatment for at least 4 days, hence the rescue. The vets did not expect her to survive, but with her spirit and their care she did. Her groom called her Leonita, a derivative of Lioness, because of her feisty nature and her colour - gold with a dark mane.



From the vets' perspective, the injuries had caused no long-lasting issue as Leonita moves well. With our understanding of fascia, trauma and scarring, particularly what I was learning from Amichay, I felt this may not be the case.

The first photo is from 7<sup>th</sup> July, 2019 of the left hind scar, which is by far the worst one,

quite ragged, wide, with granulated tissue and lack of hair. The right hind one is smaller, more rounded.



Amichay showed me how to work differently with each scar. I first treated them on 9<sup>th</sup> July, 2019 and then every 2-3 weeks for about 4 sessions. Leonita stood quietly for the first session but showed more sensitivity on the second and third ones.

This second photo is from 13<sup>th</sup> August 2019. Leonita had had two Bowen scar treatments. The scar site is smoother, smaller, hair is flattening around the edge and growing where there has been none for over a year.



The right hind shows less 'starring' of the hair, hair regrowth in the centre.



13<sup>th</sup> August, 2019

9<sup>th</sup> September, 2019

A really positive response! The scars are not easily seen/workable on now as Leonita has her very hairy winter leggings on, so I'll see what the scars look like in the spring as she loses her winter coat.

*Fiona Webb*

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## *Volunteering and Good Value Work*

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The BAUK committee members are keen to have a push in the coming year to raise the profile of Bowen Technique and to also establish some research articles. Part of the last few years of working in a London hospital has been about capturing statistics that show the benefit of treatments for people in palliative care; I hope that the hospital will be soon preparing the statistics and along with the team leader, he and I will construct a paper that is accepted by the research community.

In the last 6 months or so I have been fortunate to have been allowed to offer Bowen at a couple of MS centres, working with outstanding BAUK members, and once these are established then hopefully we can move forward with others around the country. At the centres there is a small payment for each session but the benefits are as much about developing a 'knowing and informed' community as it is about the money.



I am sure - as is often the case at the hospital - people ask if they can have treatments off-site and privately, willing to pay the higher pricing once they know it benefits them. For me, presently, it is not about payments but rather establishing the national knowledge and collecting evidence-based statistics. However, I wish to affirm that for people who are operating as therapists as a career, a little of this work can really help your business. For the record, I decline any work requests by clients or carers at the hospital!! too busy strumming my guitar!

But in poking around in charities of other types this last year, I now find I am on mailing lists to offer services at fund raising events, see the list below, and I truly believe that if we can undertake a few of these events in the next couple of years we can start to make Bowen a more demanded treatment modality, which should help all the BAUK members and trainers in the UK.

My time is a little short at the present but I would be interested to hear of any service that members are offering that we might be able to help develop or roll out across the country at a future date; I am currently trying to get access to a Championship football team with the offer of treatments for a short trial. Any similar initiatives may be of interest to the committee.

So, the coming fund raiser events I have been notified of are as follows and if these are in your area then perhaps you could make an initial enquiry and let us know if you are asked to attend:

### **AJ Bell World Triathlon – Leeds**

**When is it?** 5-7 June

**What's the event?** The AJ Bell World Triathlon Leeds - representing the pinnacle of triathlon competition in the UK and providing more than 5,000 recreational triathletes with the unique opportunity to compete on much of the same course as the world's best. The event will see spectators line the streets as the stars compete in front of a huge and passionate crowd.

**What are the shift times?** There are various times throughout all three days, with many roles having early starts over the weekend.

**Where is it?** Roundhay Park, Leeds, LS8 2HH and Millennium Square, Leeds, LS1 1UR

**What roles are available?** There are a variety of volunteer roles available including supporting the athletes on the course, working in registration, swim start, transition, wayfinding and more.

**How can I get involved?**

<https://leeds.triathlon.org/volunteer/>

### **Super Series – Hetton**

**When is it?** 1 August

**What's the event?** This is a key event in the Super Series with heats and finals. There are individual and mixed team relay racing for youth, junior and senior Performance Pathway athletes.

**What are the shift times?** Volunteers are needed from 7am-7pm with shifts available at various times.

**Where is it?** Hetton Lyons Country Park, Herron-Le-Hole, Sunderland, DH5 9AR

**What roles are available?** Roles include start area marshalling, finish line and registration.

DO THEY WANT POST RACE TREATMENTS BY BOWEN THERAPISTS???

**How can I get involved?** Please email [trimakers@britishtriathlon.org](mailto:trimakers@britishtriathlon.org)

### **Super Series – Mallory**

**When is it?** 12-13 September

**What's the event?** The finale event in the Super Series with exciting individual Championship and mixed team relay racing for youth, junior and senior Performance Pathway athletes.

**What are the shift times?** Event days run from 7am-6pm with various shifts available.

**Where is it?** Mallory Park Racing Circuit, Kirkby Mallory, Leicester, LE9 7QE

DO THEY WANT POST RACE TREATMENTS BY BOWEN THERAPISTS???

**How can I get involved?** Please email [trimakers@britishtriathlon.org](mailto:trimakers@britishtriathlon.org)





## Could you do with more Bowen Clients?

Did you qualify a while ago but feel you aren't making as much of your business/training as you would like?  
Or perhaps you are still newly qualified and wondering how to acquire new clients!

My name is Jacqui Hoitingh and I have been a Bowen Therapist for 21 years and an Instructor for 14 years. I have seen so many great students qualify and then wonder what happened to them. It's not easy having your own business and it can take time to get known. Nowadays we have the internet to help but there is SO much information on it, you really need to know how to have it work to your advantage.

If you are ready to move forward and have the clients you want then try my 3 month coaching program – Get Bowen Clients!

Coaching will take place using Zoom, so we can see each other but we don't need to even be in the same country! I will give you a full 4 hours Bespoke coaching over 3 months. We will look at Mindset any limiting beliefs holding you back and turn them around.

I do work quite intuitively so if you are ok with that AND you are willing to get out of your comfort zone with me supporting you all the way, then you will very quickly get more clients.

If you would like to chat about this, I offer a FREE 10 minute discovery call, this will help us see if we can work together.

If you take the steps and set your intention then you will earn far, far more than the cost of the coaching fee back. There is great power in being held accountable, plus someone giving you great ideas of how to attract clients in ways that you would never have thought of.

3 Months Bespoke Coaching £397, payment plan possible

Book your FREE discovery call today! WhatsApp me on 00447801 279255 or jacqui.hoitingh@gmail.com

My review: Kat Barclay

I trained under Jacqui and qualifying in June 2018, thereafter only using my new skills on friends and family. Considering I enjoyed Bowen Therapy so much, the feeling of helping people feel less pain, I was really struggling with doing something more with it and essentially making some much needed money.

Jacqui coached me over several weeks, at the ideal pace for me, helping identify things I was fearful of, that were at the core of why I wasn't getting on with getting myself 'out there'. We then agreed steps I should take before our next call.

The thing that made this coaching work for me was not only the pace but how impactful it was, and how things started to gain momentum, very quickly. I am a single parent, I have a full time job and have very little time to invest. I trusted Jacqui and she delivered! I trust in her experience, her knowledge and her genuine passion to want to help folk better themselves. I went from fear of the 'what ifs' to 'I'm excited!' There is a wonderful opportunity out there for you to tap into, give this a try!

This Course has 4 BA UK CPD Hours

## Bowen AGM Sat 20th June 2020

8 CPD hours

### Village Hotel Leeds South

Capitol Boulevard West Morley, Leeds, England, LS27 0TS

<https://www.village-hotels.co.uk/>



Village Hotel Leeds South- boasts a stunning 30 yards indoor pool, chic rooms with plasma-screen TVs and a choice of dining experiences are all offered at this contemporary and stylish 3-star hotel. The hotel is 15 minutes' drive away from Leeds and is situated just off the M62 motorway. 2.1 miles from Morley Station

2020 has well and truly arrived and we are looking forward to our AGM in the summer. This year we will be in Leeds, a vibrant and interesting city, and that's reflected in the programme we've got lined up for you. There's an opportunity on Sunday 21<sup>st</sup> to top up your CPDs at the specially organised Training Day. Read on for full details.

We've a **gala dinner** on the Friday Night, 19<sup>th</sup>, why not come along to that too, and enjoy socialising with fellow practitioners, details are on the booking form. You are very welcome to bring a guest too. If you book your AGM accommodation at the Village Hotel early, you will get a really good deal negotiated by Veena Lidbetter, our Events Organiser. Simply get the attached booking form off to Veena by early February in order to benefit.

There's a **special offer for Students** too. We understand that when you are still in training it can be daunting to attend an AGM, but it really is a great day out and we would love you to come. We will take good care of you on the day, it's a great opportunity to meet our extended Bowen family. **Plus**, you will receive a £20 voucher to redeem against your first Bowen Association Membership as a qualified practitioner when you pass your Module 7.

#### Here's how the weekend plays out:

- Friday 19<sup>th</sup>: Evening Dinner
- Saturday 20<sup>th</sup>: The AGM proceedings take place in the morning when there's the chance to have your say, ask questions and influence how things are run here at BAUK, as well as learning about our various projects and plans for the future. And back again by popular demand is our open discussion/forum session where we share ideas and agree priorities for BAUK's future plans.

There's a **good lunch** organised, followed by an engaging afternoon programme:

- There will be a **talk about Parkinsons disease** by those who experience it firsthand, the Leeds Parkinson's Support Group and a nurse specialist, who will speak about the disease, its symptoms and progression. And importantly for us, what we should be aware of when treating clients with this diagnosis.
- And after a tea break, it's time for something completely different! We've engaged a **Director from the House of Colour** who will help us extend our thinking about who we are and what we offer. You've perhaps heard of House of Colour and while they

are best known for helping people identify their 'season' and what colours they look and feel best in, this presentation goes beyond that and considers our therapy rooms, marketing approaches that suit our personalities, as well as what type of client we wish to attract and how.

## **CLOSE OF AGM**

... and then, why not stay on for the Training Day on Sunday:

### **Sunday 21st: TRAINING DAY (8 CPD Hours - £110)**

**"How to use the Bowen Technique with clients who have Parkinson's Disease or other similar Neurological Conditions."**

Building on our presentation from the day before will be your Bowtech Trainer, Nickatie Morgan, who has many years of experience working with such clients in a hospice environment. The specially designed course includes adjustments in how you treat such clients, what Bowen moves may be particularly helpful and how to respond to difficult questions or situations.

**Booking:** If you would like to register for this course, please let us know here at the office ([office@bowen-technique.co.uk](mailto:office@bowen-technique.co.uk)) and we will arrange for a booking form to be sent to you or you can fill in the form on the following pages..

And finally, to book your place at the AGM, Gala Dinner, and Accommodation, please return the booking form on the next page to Veena Lidbetter.



## **Courses 2020**

**Scars and Meridians: 13 & 14 June**  
*With Amichay Saller-Fischbach, London*

**Introduction to Craniosacral Therapy: 16 & 17  
April and 24 & 25 Oct**  
*With John Wilks, Surrey and Dorset*

**The Psoas in Pregnancy: 21 – 23 July**  
*With Liz Koch and Anna Verwaal, Devon*

**Touching the Heart Retreat: 9 – 12 July**  
*With John Wilks and Joanna Watters, Somerset*

*PLUS ONGOING SERIES OF WEBINARS EVERY TUES EVE*  
[WWW.EHEALTHLEARNING.TV](http://WWW.EHEALTHLEARNING.TV)

[www.therapy-training.com](http://www.therapy-training.com)



# Booking Form

**Bowen AGM Sat 20<sup>th</sup> June 2020**

## **Village Hotel Leeds South**

Capitol Boulevard West Morley, Leeds, England, LS27 0TS

<https://www.village-hotels.co.uk/>

### **Accommodation Rates, bed & breakfast — cancellation policy 3 month prior.**

- Fri & Sun per night Single £60.00 -Double/Twin per room £70.00
- Sat night single £80.00, Double/Twin £90.00 (limited availability)
- Dinner- Fri night- 3 course **£28.00.**

**Please confirm your attendance by filling in the box below and return with your full payment.**

If you require accommodation, then full payment needs to be **paid by 28<sup>th</sup> Feb** as after this date accommodation will be on request basis only and subject to rate availability.

Name & membership No		
Address		
Address		
Contact no		
Email address		
Dinner Friday Night <b>£28.00</b>	Attending YES/NO	
<b>Dietary Requirements</b>		
Accommodation Fri 19 <sup>th</sup> June <b>Single £60.00- Twin/Double £70.00</b>	Type of room	
Accommodation Sat 20 <sup>th</sup> June <b>Single £80.00- Twin/Double £90.00</b>	Type of room	
Accommodation Sun 21 <sup>st</sup> June <b>Single £60.00 -Twin/Double £70.00</b>	Type of room	

- **Payment for the AGM only - £60.00 (and 8 CPD points awarded for full-day attendance)**
- **Payment for Accommodation/Dinner £\_\_\_\_\_**
- **Total Payment:** for AGM, accommodation and/ or Dinner if attending: £\_\_\_\_\_
- **Payment by CHQ payable to Bowen Association UK** 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– Sort code 40 28 24 Account 81286447 (Remember to add your membership no. and name as reference when making payment)**

How to use Bowen Technique with clients who have Parkinson's Disease and other similar Neurological Conditions. CPD Day Workshop (8 hours)  
 Sunday 21<sup>st</sup> June 2020 in Leeds (Day after BAUK AGM)

Nickatie Morgan brings 10 years of experience treating clients within a hospice setting with complex neurological conditions. During her work at the hospice she obtained a B.Sc. (Hons) in Applied Health Sciences as well as a Diploma in Palliative Care. This eight-hour CPD training day offers hands-on practical work looking at clients with more complex issues and needs. There will be some background information about different neurological conditions as well as case studies and helpful tips and advice. Aims of the course:

- Common symptoms of neurological diseases and helpful Bowen moves.
- Information about disease specifics that may be useful.
- How to treat someone in a variety of ways, to their comfort and your ease such as seated, in a wheelchair, massage chair, on a bed, couch, electric couch and others.
- To know how to deal with and respond to difficult questions/situations
- Best practice for complex needs, observing data protection, etc
- Knowing our limits – when should we pass clients on or ask for help – reflective practice and mentoring.
- Bowen procedures will be taught from modules 1 – 6 and how to adapt in difficult situations.

**9.00am registration, for 9.30am start – 5.30pm finish – Bring two towels, own water and lunch  
 Notes and attendance certificate provided. Venue: Village Hotel Leeds South.**

>.....

**[Booking Form](#)**

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

Choose preferred method of payment: cheque / debit card / credit card / BACS / PayPal

Direct Deposit (BACs) to Santander Bank Sort code 09-06-66 Account No 42355893

- I enclose the deposit of £50.00 – balance to be paid by 31<sup>st</sup> May 20
  - I enclose the full amount £110.00
  - I can / cannot bring a portable couch

Scan & email to [nickdemrt@yahoo.co.uk](mailto:nickdemrt@yahoo.co.uk)

**or post:** Nickatie Morgan, 3 Shelley Place, Sutton St Nicholas, Hereford. HR1 3BH

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## COMMITTEE MEMBERS

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

**Treasurer - Rob Godfrey**

**Committee Members – Sheila Whyles, Veena Lidbetter, Paul Dunn,**

**Diana Menzies-Smith**

## Deadline for the next edition – 1<sup>st</sup> June 2020

Send your articles to [dave.riches@bowen-technique.co.uk](mailto: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](mailto:office@bowen-technique.co.uk) Website: [www.bowen-technique.co.uk](http://www.bowen-technique.co.uk)**