

In Touch

Journal Of
The Bowen Therapy
Professional Association
(BTPA)

Spring 2018
Issue 64

B
O
W
E
N

NEW GDPR FRAMEWORK

DIAMOND DAC LESS BLUE?

NEW CHILDREN'S CLINIC



Bowen

This is the official journal of the Bowen Therapy Professional Association (BTPA) (formerly the Bowen Therapists' European Register), established 1998.

Advertised products and views expressed are not necessarily endorsed by the editor nor the BTPA committee.

Contributions for *In Touch*, responses to letters, requests or articles should be sent by the copy date to the editor at **journal@bowentherapy.org.uk**

All contributions must bear the name and contact details of the contributor.

To advertise, contact **adsjournal@bowentherapy.org.uk**

Final deadline for adverts and submissions for *In Touch* issue 65 is 14th June 2018.

**BTPA
PO Box 7804
DAVENTRY
NN11 1GP**

Membership:
07713 552 858

Email: **ask@bowentherapy.org.uk**

Website:
bowentherapy.org.uk

CHILDREN'S CLINICS BANNER

Advertise your children's clinic with a pop-up banner. Available to full members for £120, the banner has a strong base, comes with its own carry bag and postage is included in the price.

You can order your banner from the members' area of the BTPA website **www.bowentherapy.org.uk/members_leaflets-posters.php**



A5 BOWEN FLYERS

Full BTPA Members can purchase these full colour A5 flyers from the Membership Office or via the website.

Cost is £10 for 100 flyers.





- 4 YOUR PROFESSIONAL ASSOCIATION**
 - 4 Introducing Lucy Cross Our Newest Committee Member
Your 'In Touch' Editor
 - 5 A Message From Your Committee
 - 7 Logo Usage
 - 7 Keep Your Online Profile Accurate Or...
- 8 LEGAL MATTERS**
 - 8 First Aid Provision: A Brief Overview
 - 10 GDPR Framework Now Available
- 11 KEEP RECORDS & GATHER EVIDENCE**
 - 11 Keep Those Testimonials Coming!
 - 11 Charity Commission Review Into CAM
- 12 NETWORK**
 - 12 New Bowen Children's Clinic For Wirral & Merseyside
 - 13 The Wisdom Of It All?
- 14 BUILD YOUR BUSINESS**
 - 14 No Longer Singing The Blues?
 - 15 About NST (Neuro-Structural Integration Technique)
 - 20 To What Extent Should We Advise?
 - 21 Help, I Have Been Fired!
 - 22 Build Your Business (E-Book)
- 23 DEVELOP YOUR SKILLS**
 - 23 What's The Secret?
 - 25 Intersitium – New 'Buzz' Word On The Street?
 - 26 Taking Care Of The Therapist?
 - 28 New Insights: Fascial Net Plastination Project
 - 32 Making Sense Of Learning Human Anatomy & Physiology
- 34 REMEMBER TOM BOWEN**
 - 34 International Bowen Therapy Week
 - 35 Tom Bowen Legacy Trust Fund Update
- 36 STANDARDS**
- 37 WHO TO CONTACT**
 - 37 Teachers & Trainers
 - 39 RIG Contacts
 - 39 Committee Email Addresses
- 40 GET NOTICED!**



INTRODUCING LUCY CROSS OUR NEWEST COMMITTEE MEMBER

Living in the Peak District with her partner and three horses, Lucy spent 15 years working in the field of marketing and communications before deciding that a change to working in the Bowen field would be a good idea.



After reading Chemistry at Durham, Lucy's career began in chemical sales and marketing and then moved into social marketing (behaviour change) for environmental causes such as recycling. A Chartered Marketer, Lucy has run several high profile national campaigns and has written a book on how to produce successful communications plans, which means we now have two authors on the current Committee who have published in areas relevant to both the BTPA as an organisation and its members.

Lucy qualified in Human Bowen (CBS) six years ago, and then in Equine Bowen with Rose Farm College around 20 months ago, as well as being qualified in Reiki, EFT Level 2 and NLP (Master).

Concerned when she first started Bowen training that she would be bored if the work comprised of only working to a "recipe formula", her eyes have been opened via extensive reading and postgraduate training to its potential of being so much more! Lucy has trained with a wide range of trainers across the Bowen and bodywork world for both equine and human.

Keen to do the best she can, Lucy attends several CPD courses every year to expand and deepen her knowledge – there's always more to learn. Her Bowen work allows her to combine her love of working with both horses and people and she is a very welcome addition to the BTPA Committee with her breadth of skills and experience.

YOUR 'IN TOUCH' EDITOR

For the eagle-eyed amongst you, you will spot that this issue has been pulled together without the help of Clare Irvine who has held this role for many years. This is part of a range of modifications we have been exploring to help reduce costs and workloads whilst maintaining or enhancing the service we offer to members. This may not be goodbye to Clare but we thank her hugely for her support in this initiative and we will keep you posted.

A MESSAGE FROM YOUR COMMITTEE

We are looking forward to Spring and new beginnings, and so it is also for the BTPA we believe.

We are aware of how fast-moving and multi-faceted the world of science and health is, and how swiftly evidence for one thing can potentially be overtaken by another – as has happened with the recent finding of *interstitium* (see page 25) which may supersede fascia in our ongoing search for how Bowen might influence the body.

A hot topic in some areas of the Bowen world has been a continual search to get closer to the original work of the late Tom Bowen. Videos taken by Ron Phelan of those who knew and worked with Tom capture many insights into his personality and approach. Also Shirley Strachan's 'Healing Hands' book which painstakingly collected information from many of Tom Bowen's patients as well as three of Tom Bowen's 'boys'. Watch out for a series of articles which will appear in the *Remember Tom Bowen* section of *In Touch* courtesy of Ron Phelan's own research.

The BTPA is proud to be independent of all schools and trainers, and to represent practitioners from all the strands of interpretation of the Bowen technique. We believe this is an important principle and we aim to reflect that in everything we do. Our aim is to support professional Bowen practitioners by vetting for first aid, anatomy and physiology, ongoing CPD and providing relevant information to support them in building their practices, including high quality marketing materials. If you have not already done so, why not help spread the word by sharing our latest Blog via your own Blog, Twitter or Facebook? <https://bowentherapybtpa.wordpress.com>.

At last year's Personal Development Day we were extremely pleased to welcome *Ron Phelan* (Trevor Rose Hormonal procedures and TMJ with the OLab), *GP Visser* (dentist, NST trained, also with the OLab) and *Jo Wortley* (Fascia Bowen) as speakers, and this year (see bottom of page 6) we are equally delighted to be welcoming *Alastair McLoughlin* (Art of Bowen and McLoughlin Scar Work) and *Jihan Adem* (Bowen College UK) as speakers. We would love to hear from you if you have any suggestions for speakers for 2019.

We are very sad to advise that in recent weeks Jackie Knott has had to step down as BTPA Chairperson due to family circumstances. She was due to step down in October at our AGM but regrettably has had to bring this forward. However, happily Jackie has indicated her willingness to remain in the wings as a Committee Helper giving help and advice in her specialist areas for which we are very grateful. Jackie was co-opted onto the BTPA Committee (November 2013) to prepare Safeguarding guidance. She developed BTPA's HSE guidance and spent much time putting in place robust structure, processes and procedures, becoming BTPA Chair in October 2015. Nicholas Tobin has been appointed in her place with immediate effect to provide continuity.

After six years of valuable committee support we would also like to give Linda



Birnie a huge 'thank you' for all of her hard work in her various Committee roles. Linda's term of office as a committee member has sadly come to an end, although, like Jackie, Linda is remaining as a Committee Helper and is very much engaged in assisting with NOS assessments and assisting with help and advice. Linda has a background in midwifery, ultrasonography (giving us the BMUS Conference link which we now attend annually), research and training. The latter led to her work with Claire Harrison and Angie Woodard on National Occupational Standards as well as a period as Deputy Chair.

The committee are very grateful to both Jackie and Linda for their help in assisting the new committee members to step into their new roles and we look forward to taking the BTPA forward.

Finally, Kathryn Phillips has stepped down as committee member after four years. During this time she has done a sterling job in updating the BTPA website – a piece of work which really played to her strengths. Kathryn also looked after the RIGs, which has been taken over by Nicholas, and latterly helped to organise *In Touch*. We would like to acknowledge and thank her for her hard work and enthusiasm.

We are looking to expand the committee. If you have an interest in the Bowen world and would like to make a difference, to help improve awareness of our amazing therapy, please contact Sue (details inside back cover) for an informal chat to find out what is involved. Benefits include a meeting fee, mileage allowance, free membership, but most of all the opportunity to shape the future of the BTPA.

HOLD THE DATE...

Following the huge success of last year's Personal Development Day when we were delighted to welcome Ron Phelan, GP Visser and Jo Wortley, this year we are equally delighted to be welcoming Alastair McLoughlin of Art of Bowen and McLoughlin Scar work and Jihan Adem of Bowen College UK. Also Roy Oldham of GTUK who will be offering some self defence guidance.

PROFESSIONAL DEVELOPMENT DAY & AGM 2018

Saturday 13th October 2018

at Claverdon Church Centre, Claverdon,
Warwickshire CV35 8PD

More information on the website – **www.bowentherapy.org.uk/members_annual-general-meeting.asp**

LOGO USAGE

A couple of years ago we moved towards the 'hand' logos holding either a human outline or a horse/dog to represent the different types of BTPA membership available.

This was felt to be a justified change for the opportunities it opened up, as well as enabling us to move away from the strong orange branding to a more neutral colourway.

If you are still using the orange elliptical Member logo please ensure you use the new one on any reprints of your business cards or leaflets and on your website as we are aware there remain some members who have not yet made this change.



Bowen Therapy
Professional Association
MEMBER



Also please do not forget that you can be listed additionally for Canine or Equine; if you have the necessary qualification please contact **membership@bowentherapy.org.uk** as we are keen that members of the public can also access animal practitioners via the 'Find a therapist' web link. £40 extra.



KEEP YOUR ONLINE PROFILE ACCURATE OR...

It is worth remembering that Google rankings are dependent on your website being regularly amended and/or having plenty of page hits so always make sure you have control of your website presence and that you update your logo, or remove it promptly if you decide to lapse your BTPA membership.

Not only that but it is imperative that you remove any links from any of your web presences or free business listings that point to defunct BTPA domain names (not given here as we do not want anyone clicking on them inadvertently!) as these have been taken over by cybersquatters and you do not want to be directing your clients and other members of the public to sites which could become fraudulent.

Ensure that all your BTPA links on your website and on your marketing materials are to www.bowentherapy.org.uk and to no other site!



FIRST AID PROVISION: A BRIEF OVERVIEW

As a therapist you must comply with the legislation and organisational requirements in relation to your first aid provision.

Visit the HSE website for specific requirements to match your personal circumstances www.hse.gov.uk/firstaid/.

The small print of your therapist' insurance policy will list the requirements your insurance company requires that you comply with, including any first aid provisions.



Insurance

In the case of your BTPA full membership, you are required to undertake a minimum one day emergency first aid at work course every three years as this is a constantly changing field.

Best practice regarding first aid within your practice includes:

- 1. Complete a risk assessment** to identify any potential risks you and your clients may encounter during the course of your therapy work with them. www.hse.gov.uk/risk Within this assessment First Aid should be a specific focus.
- 2. For each risk identified**, consider and note alongside any measures required to counter these risks including training and equipment. From the First Aid perspective do remember that your therapy may not be the cause of any injury or illness. Your client may have predisposed medical conditions and these may even be why they are coming to you for Bowen therapy.
- 3. Find a first aid training provider** to meet your needs using due diligence to ensure the provider is qualified and capable of providing the training and to the standard you require.



Whilst the HSE no longer holds a list of accredited first aid training providers, it does provide guidance at: www.hse.gov.uk/pubns/geis3.htm

In the Health and Safety (First-Aid) Regulations 1981 there are two main workplace first aid qualifications listed: The *1-day Emergency First Aid at Work qualification (EFAW)* and the *3-day First Aid at Work qualification (FAW)* which are available from a variety of sources but you are advised to check training quality/suitability.

- 4. You will receive a certificate** having attended and completed your First Aid Training by way of evidence to provide to your insurer and/or BTPA when required.



Most certificates are valid for 3 years, but not all, and it is your responsibility to renew your certificate with whatever the HSE guidance will then be. Currently if you renew a 3-day FAW certificate that has not expired, the recertification course is 2 days.

- 5. You must keep a log** as required by the *Health and Safety at Work etc Act 1974* for any incidents in the workplace, no matter how minor, and including any near misses and any non-injury accidents, as well as complying with the *Reporting of injuries diseases and dangerous occurrences regulations (RIDDOR) 2013* for any serious injury, disease or dangerous occurrence. Whilst you may never envisage that such an event could occur during your therapy practice you must make yourself aware of what the HSE legislation requires. www.hse.gov.uk/riddor/.

- 6. Have a First Aid kit** on site suitable to your assessed level of risk and ensure its contents are kept up-to-date e.g. bandages and dressings have limited life.

There are various kits available: high, medium and low risk. As a therapist your needs are likely to be assessed by you as low risk. For a low risk first aid kit, note this still requires latex free gloves and a face-shield for CPR.

HSE Quality Assurance Routes showing which first aid training requires due diligence:

Regulated First Aid Qualification accredited by an Ofqual/SQA recognised Awarding Organisation (such as Quasafe Awards)	No due diligence required
Training from the Voluntary Aid Societies (St. John, Red Cross, St Andrews Ambulance)	Draft HSE guidance states employers may still “wish to undertake some of the elements of due diligence”
First Aid Association/body affiliation	Employer must carry out full due diligence as “HSE is not in a position to verify the level of assurance” of this route
Private / independent training provider with no accreditation/ affiliation	Employer must carry out full due diligence as “HSE is not in a position to verify the level of assurance” of this route

GDPR FRAMEWORK NOW AVAILABLE

The General Data Protection Regulations (GDPR) come into force later this month and we have been keeping you up-to-date as more information has emerged.

The first thing we would say is that provided you have been complying with the previous Data Protection Act 1998, which related to both computer held and paper based records then it is more likely than not that you will not be in breach of the forthcoming.

The tightening of the legislation is designed to clamp down on the use of contact details to send email and SMS (text) marketing in particular.

Even now the Information Commissioner's Office advises their own *Guide to the GDPR* "[remains] a living document [which they] are working to expand in key areas."

You are advised therefore to keep abreast of ICO changes as they arise, and adapt your activities accordingly.

Key is to carry out a Data Audit so that you know what personal data you are holding where, in what format, how you came by it and so on (see checklist of required actions in Issue 63 pages 8–11).

Following a few queries from members who wish to clarify that they are doing things correctly, a sample framework is being prepared to offer a starting point for you to develop your own statement with regards to ensuring compliance under the GDPR.

The approach taken in the sample (which will be made available on the Members' area of the BTPA website) reflects the advice available at the time of preparation i.e. March 2018; and will be amended, as necessary in due course. The document encapsulates the 6 point approach to risk assessment, namely – **Who...? What...? Where...? Why...? When...? and How...?**

Keep those testimonials coming!

CHANGED EMAIL ADDRESS?

If you don't tell us, we won't know.

E-news, messages from the Chair, opportunities to help at events and more are all sent out by email.

Get in touch and let our Membership Secretary know (contact details on inside back page).



KEEP THOSE TESTIMONIALS COMING!

Everywhere people are collecting evidence to support their own agendas and we must do the same.

We encourage you all to get your clients to complete our Online testimonial form with their views on Bowen and how it was for them. Your Committee has some innovative ideas for how we may be able to use this information in more ways than currently and work is underway also to improve the Testimonials area of the website so that the public can get better access to this information.

See **www.bowentherapy.org.uk/members_gather-evidence-via-your-website.php**. Consider putting some text in your email footers including a live link to the testimonial form to routinely encourage clients to provide feedback.

If you prefer to stay paper-based, you can order more testimonial pads free any time you like. See the Members' website or ring the office.

CHARITY COMMISSION REVIEW INTO CAM

From March–May '17, charged with determining whether organisations that use or promote complementary and alternative medicine (CAM) therapies are charities, no doubt prompted by lobbying from particular quarters, the Charity Commission were surprised to receive over 670 written responses, “*far in excess of the number usually received for a Commission consultation*” and it has clearly got their attention.

They go on to say that “Given the welcome and exceptionally high level of engagement with the consultation, it has taken longer than initially anticipated to analyse the responses. However, we are grateful for the high level of engagement; the responses have helped further our understanding the breadth and complexity of the CAM sector.”

They have made clear that their “review is not about whether complementary and alternative therapies and medicines are ‘good’ or ‘bad’, but about what level of evidence the Commission should require when making assessments about an organisation’s charitable status.”

Although the majority of responses received were from individuals apparently writing in a personal capacity, they also apparently received over 100 submissions from people representing, or connected with, organisations with an interest in the consultation and they have listed those organisations in the back of their feedback document which was published on 4th December.

As yet no published conclusions but a summary of the feedback they received and a list of the organisations who made submissions is accessible at:

<http://bit.ly/2ILq0ds>



NEW BOWEN CHILDREN'S CLINIC FOR WIRRAL & MERSEYSIDE **Ruth Parker**

I am a practicing Bowen Therapist, though my background career has been within the NHS for the past 41 years.



I qualified as an RGN (Registered General Nurse) in 1979, then went on to complete further training as a Midwife. I then qualified as a Health Visitor in 1984, and I have been working as a Health Visitor in Wirral for the past 24 years.

In 2008 I qualified as a Bowen Therapist, as I have always been interested in complementary therapies, and I juggled my two roles.

In July 2017 I took the momentous decision to retire from the NHS, and this has allowed me to concentrate on being a Bowen Therapist and set up a Children's Clinic.

As a consequence of my connections with other professionals such as the Neonatal Midwives and other Health Visitors, I receive referrals and have treated numerous babies for colic and reflux. I also treat children with sleep issues and other problems.

I am often contacted by "word of mouth" and I am now treating the second baby for some families.

I have previously offered children's sessions in Wirral Homestart centre so approached the CEO. She has welcomed me into the Homestart Hub and is supporting the clinic by advertising information on their website and Facebook page. We have the use of a large child friendly room well equipped with toys and a soft play area. There is also a sensory room attached which is available to us. A Health visiting friend and colleague of many years has kindly agreed to give her time to support me with this.

I would like to thank two special people who have assisted me on my journey. Wendy Simpson a physiotherapist and Bowen therapist who introduced me to Bowen therapy. She encouraged and supported me to undertake the training. And Erica Moss who has inspired me with her enthusiasm and work in Bowen including Oswestry Children's clinic.

THE WISDOM OF IT ALL?

Kathryn Phillips

In mid-March I had a wisdom tooth extracted. An operation undergone reluctantly after three infections, including most recently in December an abscess resulting in my mouth only opening 10mm. Despite a week of antibiotics, after emergency padding out and injections in the local city, the infection continued.

I arrived therefore in my local dentist and explained the areas of pain in terms that I like to think GP Visser and Ron Phelan would be proud of as I cited masseter, SCM and more. The dentist stopped me immediately and asked what I did as a job. He quizzed me some more and asked where I was based and then for a card (always carry some!). He said he needed to be able to refer on people with a range of TMJ issues and he struggled to find therapists locally who were sufficiently familiar with the work needed.

After hospital X-rays in January, the tooth was removed the day after I had a Bowen session with David Howells so I went in 'balanced' and to be honest, considering the very simple root structure in this instance, I was very profoundly affected by the final tug on the TMJs. My hands instinctively went up to the area and the dentist laughed and said it was great to see someone who could 'sort themselves out after the op'.

I was amazed how quickly my body had put in place widespread defensive tensions. The opposite SCM had gone rock solid and my neck had virtually locked up on the side of the extraction, as well as both TMJs being tight.

I have been glad about the fact that my wisdom tooth issue gave me the chance to experience first hand what many of our clients go through. If this is what can happen after just a simple extraction of this type – roots entirely straight and fused together in pairs – then I can only imagine the impact on the whole body of removing long curly roots. I got a chance to see a full X-ray of my teeth and appreciate what the scientific community has made possible – checking bone thicknesses and that the roots were not going to damage facial nerves when removed, plus antibiotics when needed of course! I had the opportunity to plant the word of Bowen in a receptive and interested ear on behalf of us all which should enable me to network even more in my locality, and finally, I had the skills to repeatedly work to reduce the swelling and then reset my jaw as the swelling changed my TMJ alignments. Pollyanna moment over.

WANT TO KNOW MORE ABOUT THE WORK OF YOUR COMMITTEE AND MAYBE GET INVOLVED?

We would very much like to hear from you. Contact any of us via the details inside the back cover for more information.



NO LONGER SINGING THE BLUES?

We were delighted to hear from BTPA Full Member Camelia Pop who has helped raise the profile of Bowen yet further and in a new arena with her musical client who has the following story to tell.

Diamond Dac is an international recording and performing artist of the old American traditional black roots music. He travelled all over America obsessed with mastering the fingerpicking skills and learned directly from the old masters.

He has 6 CD albums to his credit which are regularly airplayed all over the world and a desire to continue touring and performing in festivals and live music venues far and wide.

It was a serious threat to his career when in early 2017 he suffered severe torn rotator cuff injuries which limited his arm and shoulder movement.

Diamond Dac states: "I could not raise my arms above waist high or reach around my back, so even simple tasks like putting a coat on or changing gear in my car were excruciatingly painful and made me feel sick with nausea, which was extremely debilitating and causing me terrific stress..."



"...so, with restricted mobility in upper arm and shoulder muscles for over two months & no sign of improvement..."

"...I went online and found one of the most experienced and qualified Bowen Practitioners (Camelia Pop) in the North of England."

"Camelia explained everything in detail and the whole experience is very relaxing and very pleasant, and within 48 hours I was feeling measurably better each day, and with increasing mobility..."

"...before treatment I could not rehearse, perform guitar concerts, play golf, or even change gear in my car without excruciating pain. After just a few treatments I set off on a tour driving over 2,000 miles on a 5 week road trip in Spain performing gigs and concerts at night and also playing golf most days... with absolutely no pain whatsoever. I felt like I had been given my life back."

"Camellia is a dedicated specialist Bowen Practitioner who has many years of experience on Bowen Technique and by practising exclusively the Bowen method you are guaranteed a professional, very skilful, and analytical approach that is extremely successful."

“If you are considering the Bowen treatment, do not hesitate, you will not regret it.”

Camelia works in the Greater Manchester area where she sees a wide range of clients. The above features on her Blog at www.bowen-backonyourfeet.co.uk. For more information about Diamond Dac, solo acoustic bluesman / singer songwriter see DiamondDac.com.

ABOUT NST (NEURO-STRUCTURAL INTEGRATION TECHNIQUE) Michael Nixon-Livy

Ed: Michael Nixon-Livy gave us a history of the evolution and development of NST in his article in Issue 55 of In Touch, including the background to how he came to develop his work after gleaning information from a range of people who learnt directly from Tom Bowen or from one of his boys, Kevin Ryan. Michael also taught for a time from 1993 for Ossie and Elaine Rentsch.



BACKGROUND

NST is a uniquely designed and remarkably powerful soft tissue Osteopathic method developed in Australia in the early 1990s by myself, Dr. Michael Nixon-Livy.

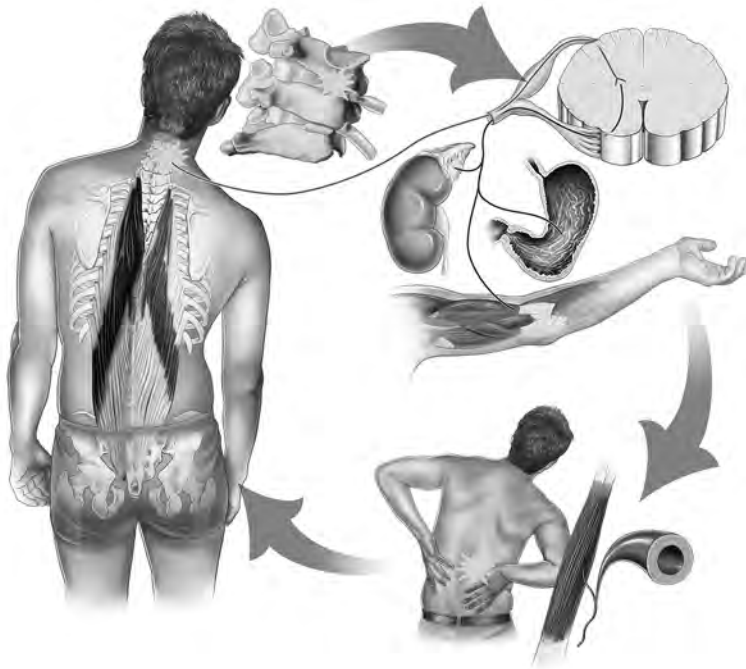
Since 1996 it has been taught exclusively to Osteopaths, Physiotherapists, Chiropractors, Doctors and other professional therapists including Bowen therapists at a post-graduate level throughout Europe, the UK, USA, Canada, Australia and Russia, thereby changing the health and lives of millions of patients who have received it.

NST's construction and underpinning philosophy were significantly influenced by the osteopathic work of Thomas Bowen, Australia and the Chiropractic work of Major Bertrand DeJarnette, USA.

However, I have worked to choreograph the two spinal systems and my understanding of the human organism's macro and micro regulating systems to produce a technique which is extremely effective in the art and practice of osteopathy and pain removal.

NST or “neurostructural integration technique” refers to the manner in which the technique is applied and points to some of its underpinning philosophy. Said in reverse NST is a Technique for the integration of the Structure via stimulation of the Neurological and Neuromuscular systems.





Unlike classical osteopathy which aims to adjust the bones themselves by direct manipulation, NST instead achieves the necessary adjustments in the spine, pelvic girdle and cranial bones directly through applied sequences of specialized rolling movements called Pri-moves (proprioceptive rolling impulse movements).

Typically, Pri-moves applied to the spinal column musculature will create a multi-level response including local sedation and pain removal but at the same time a similar response in muscles of the upper and lower body remote to the site that has been worked on. In contrast, when Pri-moves are applied to the upper and lower extremities (arms and legs) they tend to be more local in their effect.

The combination of the both creates an unmistakable total body integrative response.

AIM

The main aim of applying NST is to restore muscular tensional patterns by reversing the impacts on the body of poor postural habits, injury, poor lifestyle habits and the tensions which can arise from modern day psychosomatic stresses.

To this extent correcting the tensional relationships between nerves, muscles and bones is paramount and one of the main guiding principles surrounding NST's application.

APPLICATION

NST's application is firmly rooted in the philosophy that 'symptoms' are manifestations of the 'system' having lost its integration at one level or the other. Consequently, regardless of the symptoms that patients might present with, (example: back pain, neck pain, auto-immune issues, menstrual disorders, digestive disorders, headaches etc.) the whole system is evaluated and adjusted.

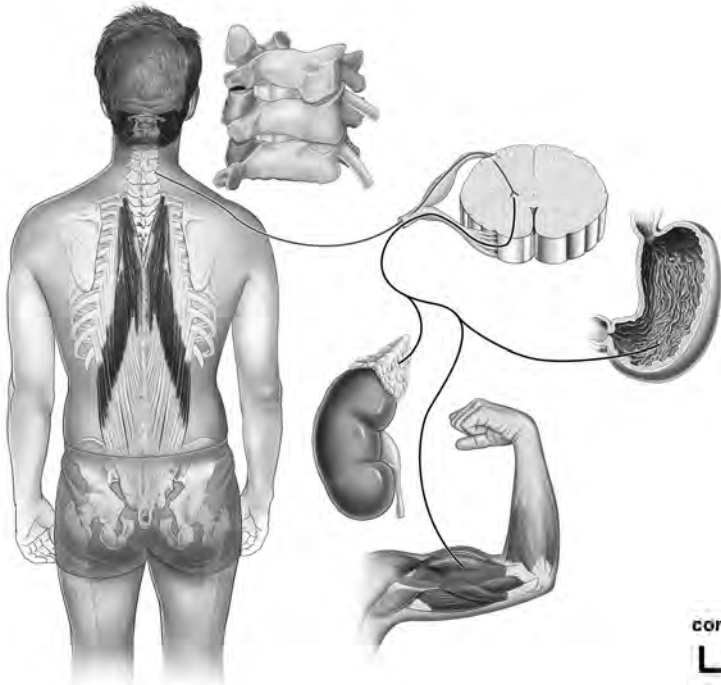
At the very minimum each and every patient receives a core spinal balance consisting of lumbar, thoracic and cervical spine work, thus forming the platform for any further corrections that may be necessary.

More typically, however, an integrated session will include some additional specific releases for the upper and lower extremities and most likely for the diaphragm, sacrum, pelvis and TMJs.

In particular the importance attached to the TMJs and their ability to affect almost anything and everything in the body is a hallmark of NST training.

CORE-EXTREMITIES-CORE

I believe very firmly that working in this Core-Extremities-Core fashion clearly 'alerts' the innate self-regulating capacity of the body to get to work, thereby providing much of the unique and powerful unlocking and integration that takes place within the human organism after an NST session.



cont...
↓

The practitioner quickly experiences and realises that what they have at their fingertips is a powerful and dependable osteopathic system that is quickly and simply applied with dramatic and convincing outcomes for the high percentage of patients.

RESULTS

Using a “System before Symptom” approach means that the potential for NST to deliver results on all levels, quickly and in a minimal number of sessions is unlimited. It can be used where issues are acute or chronic and on any age group from newborn babies to the elderly.

In general clinical practice where patients are presenting with conditions from back pain to auto-immune disorders it is seen that typically over 85% of patients will require just 2–4 sessions of NST to achieve total resolution of their presenting condition.

In the rare instance where an issue is not fully resolved its symptoms will typically be significantly and noticeably improved. Of the 15% of patients who do not experience total resolution after 2–4 sessions, 10% will require between 5–8 sessions to achieve total resolution while 5% will require ongoing sessions at approximately one visit per every 7–14 days depending on individual symptoms. As an example, a patient suffering with Parkinson’s disease may require ongoing sessions at the rate of one every 10 days to remain symptom free.

IN CLINIC

NST overlaps heavily with Bowen in terms of a typical move, adjusted to suit the recipient. It also employs breaks within the session at appropriate intervals. Pressure of application, lengths of breaks, length of session and spacing between sessions where more than one is required is entirely based on individual recipient and their presentation.

The Deep Cures module of NST allows for the integration of Applied Kinesiology, Emotional Freedom Technique and a range of other established therapy practices with your Bowen/NST work should you wish.

Typically NST as a modern day osteopathic-type system produces results immediately in the therapy room thus swiftly building the reputation and income for the practitioner.

Many who have previously done ‘the Bowen technique’ find that clients they have been seeing every x weeks for years to keep them functioning suddenly improve dramatically and no longer need bodywork. This is not a negative as it contributes to the growing reputation of Bowen as an effective form of bodywork which can quickly get people back on their feet.



Great Clinical Success is not a
Fluke!

Learn how to unravel complex spinal and pain conditions by applying NST's world famous SYSTEM before SYMPTOM approach!

NST SEMINARS IN JUNE

with Dr. Michael Nixon-Livy



The **NST Osteospinal Seminar 13-17 June** delivers a complete integrated Spinal System ready to use for immediate clinical success - **£1,150.00 GBP**



The **NST Proto Plus Seminar 20-22 June** delivers a unique set of 24 protocols that bring that extra 'magic' to the NST system - **£675.00 GBP**



Dr. Michael Nixon-Livy

Join me at one of the NST seminars and take home a technique that will transform your clinical success and last you a life time!

To Register please visit www.nsthealth.com
or email info@nsthealth.com

TO WHAT EXTENT SHOULD WE ADVISE?

Angela Casey

One of my daughters is a nail technician. Or more like a nail-art-therapist really. People come to her hoping that when they leave they will feel a bit better about themselves. And they do.



Their hands or feet have been held, massaged, pampered and painted. Their nails look wonderful, and they feel like a million dollars. But it's more than that; they have been listened to, and have probably had an opportunity to tell half their life story.

Her work is very much like mine. People almost invariably start their session with her by apologising for the state of their hands, their rough-skinned feet or their hairy legs.

In very much the same way, my new clients will often pre-empt expected criticism from me by telling me they know they should lose weight / drink more water / walk more / stop smoking / whatever. It's as though they fully expect me to send them off to mend their ways, after all it's clearly their own fault they're feeling rubbish... isn't it?

When people come to us they come for help. They come feeling just how they're feeling, looking just how they're looking and with all the things they wish they could stop doing.

Just as they are. And just like me and you too.

I was saddened when one of my clients told me a massage therapist in the past had told her she was "very lopsided" and expressed concern her parents hadn't "had something done about it" when she was a child (quite what that might have been she clearly didn't specify). Needless to say my client didn't go back for a second session, but the feeling of being "not right" and somehow abnormal had stuck with her.

We all find stuff difficult. We all fall short. We are all lopsided.

As therapists we should remember that one of the most important things we do for our clients is to make them feel accepted, safe and ok... just as they are, whatever that's like.

After all, isn't that exactly what we'd want for ourselves? That's where the healing truly starts.

If after that we can also help them to become more mobile, happier, healthier, more comfortable and in less pain, then that's a bonus.

HELP, I HAVE BEEN FIRED!

Kathryn Phillips

He appeared through the door, tall, dark, Spanish and takes a seat.

However, on closer inspection a marked limp, considerable wincing coupled with my own knowledge that he had been fired two weeks ago due to his employer considering him to be a risk in the workplace!



Do I simply usher him onto a couch, do the best I can, accept him as he is, ask him to pop back in a week and we will see how he is, and offer him no advice?

He starts by saying 'I am only 43, I have been suffering since September, I had 2 months off as sick leave and resigned in December as I realised I needed to recover. I am a caretaker, I am young and my body is letting me down!'. He goes on to explain "I rested and then in February I felt better and my right leg had improved so I started a new job but it has now gone to my left leg. Now they have fired me and since then I have had X-rays and MRIs, been told I have a slight herniated disk but not sufficient to be causing this, and yesterday I was told by the medics there is nothing the NHS can do for me. I am now on Gabapentin and Tramadol and feel completely spaced out and hopeless".

Wallet in right front pocket (cutting across his quads) but he used to have it in his right back pocket (cutting across his hams and glutes). Car keys in his front left pocket and, during his job up to December he used to carry a bunch of keys of irregular shape and weighing around 500g in his left back pocket.

Do I advise him that all these items in his pockets are causing him issues or do I stay quiet and simply accept him as he is? If I leave him without advice he is simply going to walk out of my clinic with his pockets reloaded and effectively he will "reinjure" himself and, whilst the Bowen will probably give him improvement, I will be ignoring how he got to this situation in the first place.

As I continue to work I recognise the patterning and TMJ becomes my question – when did you last have significant dental work? "March/April I had my upper right wisdom tooth removed and it was a very difficult extraction". Now I am seeing a trigger which could well explain why his spine/pelvis destabilised and, when he took on extra responsibilities at work in August and moved house himself in September, he found that he triggered a range of compensatory tensioning. Right TMJ down left leg and into knee.

Supine, I hit the left lat and the client advises that he now has significant head pain which has gone up the right hand side of his TMJ and specifically into temporalis anterior. The pain holds for a few minutes and then eases. I check splenius capitus which is tight on the right, and the SCMs where the left is very tight. I use applied kinesiology as per NST/Ron Phelan's TMJ testing and sure enough we find that the right TMJ is 'out'. Did I need to test? No, I could see the tensioning down the right hand side of the head. I do the work and the right side markedly eases with the head straightening.

He walks up and down, limping, and I ask him to become aware of heel strike

cont...



and being as even as possible. As he continues to walk up and down tensegrity begins to return, he becomes more symmetrical and his speed increases until it is fourfold. His pain levels drop from 10/10 to 0/10 in most areas and be only 4-5/10 in the final area.

However, things are rarely in my experience a simple A then B then C. Flatten the lumbar curve and you round the shoulders. Sit on the sofa with your neck twisted to one side and you will tighten a range of soft tissues on the opposite side, cross your legs or your ankles and you introduce more torsions.

He wants to get back to work, not be thrown on the scrap heap. He realises from what I am saying that he is largely the master of his own destiny (as is usually the case according to Art Brownstein, MD whose book was reviewed in Issue 63 'Healing back pain naturally'). Move his keys, wallet, etc. into a front (small, manly, black leather if wished) waist pouch. Stop crossing his legs or ankles and sit square to the TV whilst maintaining a good lumbar curve so the head is correctly aligned above the body and the spine is stable and locked.

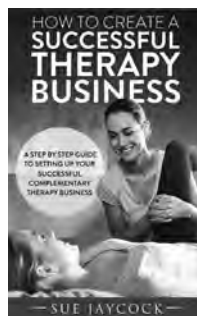
Follow the advice and become aware of his posture so that he corrects himself from limping (a habit), stands evenly with 50:50 body weight on each foot and the weight distributed evenly in Pilates style from front (toes 1 and 5) to centre heel as a triangle.

He will then minimise his risk of reinjuring. His second Bowen session will probably be his last but he will not forget and he will spread the word and he will remember where I am and who I am **if** he ever comes unstuck again. Meanwhile, another walking, talking sales board testimonial is injected into the world for the benefit of us all.

Not all Bowen practitioners are the same. We do not need to be. We are as varied as the client types we see. We each need to carve out the market we feel most comfortable with and we will draw to us the types of client who want what each of us offers.

BUILD YOUR BUSINESS

'How to Create a Successful Therapy Business' is an e-book aimed at therapists just starting out and needing some guidance about how to set up in business, or therapists who have taken a break and are now returning to the profession, effectively starting again. This book is designed to take you step-by-step through what can be a minefield of starting up your own successful therapy business. It written by a therapist who has first-hand knowledge of the difficulties, realistically showing you how to grow your business without being salesy, and how to gain loyal clients who are happy to spread the word about you so that your client -base grows organically and via recommendation which is most definitely the most reliable way to achieve results.



Previously on Kindle, and it will be again, in the meantime to obtain a copy please email: learning@choosewellbeing.co.uk. Priced at £4.99



WHAT'S THE SECRET?

Patrick Mohan

Bowen mostly works but sometimes it doesn't. Why?

Is it us, is it the patient, or is it not meant to work for some reason? Is it a lesson for us that we are not allowed to help everyone to get better? Is it a slap for our ego? Is it some sort of healing chemistry that's not there between us and the patient? Then again, how do all the magical things happen after the majority of our treatments?



Each one of us is so humanly weak and yet so powerful that we can – and do – achieve amazing things. Whether we have just qualified or are an 'old stager', the power is present within each of us.

I recall when I was training many years ago, one of my case studies was a 60-year old lady who presented with severe headaches plus neck and shoulder pain. It was early on in my training, so I did not possess all of the available 'tools' a qualified therapist would have. She came back for her second treatment, telling me she had suffered the worst week of her life. When she returned for her third treatment, she said she did not think I should treat her that day because she had suffered another 'worst week of her life' until that morning. She told me she had been out for her daily walk across the common with her dog and she could smell the pine trees. I asked her what the significance of that was and she told me she had lost her dearly loved father two years previously and at the same time, her husband's business had collapsed. As a result of the shock of these events, she lost her sense of smell and started suffering her current symptoms.

On that third treatment I performed only bottom and top stoppers and let her go home. I telephoned her two weeks later, as agreed, and she told me she was symptom-free and was smelling the coffee as we spoke and was feeling 'marvellous, with a great sense of relief'.

It seems we only need to trust in ourselves, leave our egos outside the treatment room door and let our power and the power of the patient take over. Our human weak side often doubts; we think we have insufficient knowledge, or the patient has so many problems we will never be able to help. All we have to do is use whatever knowledge we have, plus our intuition, and leave the rest to happen.

So, this all begs the question 'what is this power we all have in abundance'? In my humble opinion I believe the secret is one simple but most powerful word – Love. A treatment given with love seems to achieve results beyond all bounds. This is why we Bowen therapists share such an exciting and rewarding life.

Patrick has been a natural therapist since 1983, when he qualified as an Acupuncturist. After reading a newspaper article about the Bowen Technique, he was immediately drawn to the therapy and undertook training, qualifying in 2001. Patrick now treats exclusively with Bowen, because of the amazing results it achieves. www.bowenat26.co.uk

Have a special interest in TMJ?

The O lab Training and Education Ltd - an exciting new company aimed at providing state of the art education to both therapists and the dental community. Guided by the unique work of Dr. G.P.Visser (Dorset, UK) the primary focus of the company is to build a practitioner referral network of suitably trained practitioners across the UK and other countries worldwide.

Our "Core" training program consists of six one day modules focussed on the TMD (**Temporo Mandibular Dysfunction**). Successful completion of this program qualifies for listing on our website - for referral purposes. For more details about our programs, refer to the website - www.the-olab.com

Core Training program

Module 1. TMD Foundation course *
Module 2. TMD Fundamentals course *

Module 3. TMD Fundamentals course (repeat) *
Module 4. TMD Practitioner course

Module 5. TMD Review course
Module 6. TMD Certification course

Note: Two modules run can consecutively over a weekend. Where programming permits modules can be taken individually (in sequence)

*** Modules 1,2 +3 CPD recognised by BTPA.**



2018 UK Training schedule with Ron Phelan

May 12/13th	Poole, Dorset	Foundation and Fundamentals.
May 19/20th	Norfolk, East Anglia	Foundation and Fundamentals.
June 23rd/24th	Poole, Dorset	Fundamentals (review) and Practitioner.**
July 7th/8th	Aberdeen, Scotland.	Foundation and Fundamentals.*
July 13/14th	Ripon, Yorkshire	Foundation and Fundamentals.*

* One day "Practitioner Assessment Skills Course" available at the same time.
** Prerequisite is attendance of Foundation and Fundamentals.

For further information in regards to the above courses please contact: info@the-olab.com



Phone: 01202 601007



INTERSTITIUM – NEW ‘BUZZ’ WORD ON THE STREET?

In the last week of April new research went public all around the world that New York University scientists had found a new organ that covers the whole body and lines all body systems, including lining fascia. For us as Bowen therapists this could help us greatly as we continue seeking to understand how our work influences body tissues.

When put onto conventional medical slides (where the tissue is placed on a sheet of glass and covered with a smaller square of thinner glass) the layers in the past had tended to be drained of their liquid. As a result they presented instead as what appeared to be dense, connective tissue rather than what they in fact are: a series of fluid-filled compartments which researchers have termed the “interstitium”.

Found beneath the skin it is also now clear that these compartments line the gut, lungs, blood vessels and muscles, and join together forming a network supported by a mesh of strong, flexible proteins. The journal “Scientific Reports” has published this new analysis identifying these spaces collectively as a new organ for the first time and trying to understand their function.

They think one purpose might be that 'Interstitium' acts as a shock absorber for vital tissues. Also that it could improve understanding of cancer spread as previously focus has tended to be on the blood stream or lymphatic system.

Questions are being asked about its role in cancer spread and how it has managed to go unnoticed for so long despite being one of the largest organs in the human body.

The newfound organ, here beneath the top layer of skin, is also in tissue layers lining the gut, lungs, blood vessels and muscles. The organ is a bodywide network of interconnected, fluid-filled compartments supported by a meshwork of strong, flexible proteins (Jill Gregory).

<https://ind.pn/2GSWPbE>

BTPA APPROVED BOWEN CPD COURSE ADVERTS



Please note that the advertised courses and workshops with the Quality Mark shown are accepted by BTPA as hands-on Bowen CPD training. Adverts that do not show this kitemark may still be acceptable for non-Bowen CPD.

TAKING CARE OF THE THERAPIST?

Carole Justice Gray



FRANK SAYS: "MAKE SOME TIME TO TAKE CARE OF YOURSELVES AND RELAX".

2017 was one heck of a year, a really crappy year for me, for many 2017 was something of a challenge. Personally, I was faced with elements of life that are considered the most stressful things; death of a parent, selling a house, buying a house, building work and a very sick family member, my dog Frank.

Why am I sharing this with you, you may be asking? **No**, I don't need sympathy; **Yes**, on some level this is cathartic. As a collective of therapists spending time with clients whose lives can be difficult, do we ever truly consider **us, the therapist**? Do we take enough care of ourselves, considering self-care as something valuable, affecting the quality of our work? When I teach / spend time with many therapists, my experience is no, not enough of us are taking care of ourselves and for many of us who do, life still happens... Grrrrrr! Us therapists, we are vulnerable too. The pace, stress levels and expectations of life seem to be increasing, it's not conducive to our being 'effective' therapists.

You may have heard me talk about my work with dogs, it is an incredible gift – they indeed do feed the soul. When we are working with them as a Canine Bowen Technique Practitioner, we need to be there for them, supporting their needs only, to do that we need to be able to listen and respond continually, if we are not resourced then we cannot truly do that. I also love to share this incredible work with dogs and teach. When teaching Canine Bowen Technique, we owe it to the learners (and most importantly the dogs they will work with) to offer incredibly high levels of support, this goes way beyond the time in the classroom. It was impossible to think I could continue with a full human/canine clinic or anything more than a handful of canine clients, let alone a huge teaching schedule.

During 2017, I did manage to spend time looking at our established Canine Bowen Technique Practitioner training, considering ways to further support our learners in this current pace of life. People should enjoy the process of learning, have enough time to see what the dogs teach us as our course reveals itself. When we decide to train, we all want to pass and get going but, honestly, we need to minimise the pressure of learning, enjoying your time with the dogs during the case studies and not feel too rushed. The course now gives more time and a further module to deepen the quality of the learning experience,

embracing a less pressured approach to what should be a truly magical journey. Thankfully, 2017 has ended; I was one of the lucky ones. I could step down my clinics and teaching significantly, I don't think it would have been ethical to do anything other than that.

So, what do **you** do to care for yourself as a therapist? Would you be able to hear above the white noise of life and see if you needed to take 'a moment'? Do you schedule in time for you? How often do you have your own Bowen? Many of us are overstretched and I know when I chat to my students / therapist colleagues many can relate to times when you are chatting to a client and you think, 'yes, I should be doing that too / that's me too'.

Having had M.E. in the past, I've had many lessons in listening to my body, also many years of working with Sally Askew who continually inspires me to take care of **me** and showed me the wonder of Chi Kung, amongst so many other things. Towards the end of 2017 I presented a CPD workshop to EGCBT (European Guild of Canine Bowen Therapists) members which touched on care of selves as part of our work as therapists. I almost feel stupid writing this, isn't this just blooming obvious? Apparently, not.

We all have the wonder that is Bowen, I know what nurtures me, I have my love of Chi Kung, Buteyko and Core Process Psychotherapy... wonderful, incredible tools that I know I need. I am lucky, I have found my combination for wellbeing which works for me. Life still throws me those curve balls and I have to trust my balance will continue to be a rollercoaster. But if I recognise where I am, I can adjust how I work to ensure I can properly, ethically care for my clients, as well as me. I can catch my breath, work with these fantastic modalities and allow myself the time to recover.

Know I am writing this without the intent of telling you what to do or to assume any sort of 'wisdom'. Find whatever resources / tools / modalities fit you and value yourself. Trust this time is worth it, it will increase the quality of your work, your clients will value it, but most of all so will **you**. Here's to a very happy, healthy and positive 2018. Be 'selfish', regularly, **please!**

If you would like to find out more about Carole Justice Gray, her Canine Bowen Technique training (starting again in September, giving her more time to recoup) or her Chi Kung Weekend workshops, please see her website www.caninebowentherapist.co.uk or email Carole on carole@caninebowentherapist.co.uk for details.

Canine Bowen Technique

The holistic, 'light touch' therapy offering dogs a gentle, non-invasive and effective hands-on technique which aims to relieve stress, promote healing and body/energy rebalancing.

Practitioner Course

Acceptable for Bowen CPD points only upon completion



Carole Justice Gray
EGCBT authorised teacher
"Helping Dogs towards Optimum Health"



EUROPEAN
GUILD OF
CANINE
BOWEN
THERAPISTS

07535 980007

www.caninebowentherapist.co.uk

Self Interest Courses also available

NEW INSIGHTS: FASCIAL NET PLASTINATION PROJECT

Jihan Adem

In January this year I started on a journey to Germany to be part of the first team of 'fascial dissectors' to take part in the Human Fascial Net Plastination Project (F.N.P.P) led by Professor Carla Stecco of Padova University and Dr. Robert Schleip of Ulm University and Director of the Fascia Research Society.



As a team we embarked on a new journey of fascial anatomy and research by creating dissections of human fascia that will be preserved through the process of plastination. (*Plastination is the groundbreaking method of halting decomposition and preserving anatomical specimens for scientific and medical education.*)

The project took place at the Plastinarium in Guben/Brandenburg, Germany, home to Dr Gunther von Hagens and who you may have heard of as he was the creator of the Body Worlds Exhibits. The Plastinarium and the Body Worlds traveling exhibits are the result of von Hagens' untiring efforts of 39 years in the areas of medical science, anatomy, dissection, and polymer chemistry.

With his revolutionary invention of the Plastination process, von Hagens has not only significantly changed the study of anatomy, but also the way the human body is viewed in our society today.

This facility, which has over 3,000 sq metres of exhibition space, is designed to present visitors with comprehensive insights into the Plastination processes and various dissection techniques. It is truly a real treasure trove for the world of anatomical education to work within and really has to be experienced to be believed.



So why is this important and relevant to us as Bowen Therapists or indeed any structural therapist?

Well, as you may have experienced, one of our constant battles for working alongside the medical model and generally explaining how our therapy works to the lay individual is that on the whole (but not always), the properties of Fascia, as a type of connective tissue are not recognised, understood or in some cases, even spoken about.



Some of the key problems we face in talking about this wonderful technique that we practice often lie with a general anatomical mis-understanding that fascia is a 'covering' of the more well known structures (muscles, tendons, ligaments and bone) rather than an integral part of their structure and function.

So what does this project mean for us? It means that within this year, we are likely to have plastinated samples of different types of fascia from around the human form that can be explored and handled by therapists and clinicians alike. Having these samples displayed alongside the more recognisable tissues of the old style anatomy displays will, without a doubt, raise both the public and clinical sector's awareness of this incredible tissue.

ANATOMICAL REFLECTIONS FROM THE LAB

Over the week that we gathered on the first leg of this journey, there were different projects that we could each take a part in creating. The week was very much about the pooling of knowledge rather than ownership of 'work' that individuals would carry out. The people that came to Guben travelled from all over the world to be part of this project and to share their skills.

As has been the focus of the last few years of my work and dissection experience, I had the opportunity again to work with the human heart and the tissues that surround it. The overall aim of this section of the F.N.P.P. is to be able to showcase the heart within the pericardial sack keeping its attachments to the diaphragm and surrounding connective tissues intact.

"Your heart is made to be light."

– Gil Hedley

The fascial covering of the heart, called the pericardium, is a three-layered structure with a superficial fibrous layer, a serous layer directly underneath and a visceral pericardium covering the heart itself. What you are looking at in this image is mostly the serous pericardium which is endothelial tissue.



The darker areas with the vessels are covered in the fibrous pericardium (pericardial fascia) which is connective tissue.

The truth about the respiratory diaphragm and the heart is that they do not exist within our bodies in isolation, which is often what is assumed as, when looking at anatomical pictures, it is shown separately. In reality they are intimately connected and embryologically stitched together through their fascia! The Pericardium is continuous with the fascia of the diaphragm as you may already know from your own studies.

Previously, as seen in so many traditional drawings and dissections of the heart, the fascial relationships have generally been omitted, as the focus has been on highlighting the muscles and the organs, rather than the connective tissue relationships.

In this project we want to immortalise these connections for all to see, feel and learn from!

The findings of this ground breaking work are being woven into every aspect of training wherever possible so we hope very much to share these findings with every person that we can.



We venture back to Guben at the end of June for stage two of this fascia-nating project. The work we are undertaking is being funded by ourselves with a huge sponsorship from the Fascia Research Society, led by Dr Robert Schleip **fasciaresearchsociety.org**.

Bowen College Training and Specialist Courses



Reboot Your Body

This is a two day prerequisite course if you are new to body work and would like to become a Bowen therapist but also a stand alone course for those wishing to train in Bowen for immediate use on family and friends.



Certified Bowen Healthcare Practitioner

Accredited to UK National Occupational Standards and by BTPA, this course provides all the training you need, not only to practice Bowen (as in the technique) but we also offer courses to ensure you have the wider skillset needed in order to build a successful practice.



Specialised & Continuing Education Courses

A wide range of CPD courses for Bowen Practitioners taught by experienced specialists in the technique and other health professionals from around the world.



Affiliated Courses

Courses to expand your knowledge of how the human body works, covering a diverse range of subjects that can enhance your Bowen practice.

Do you need to gain or update your First Aid qualification?

Bowen College UK offers Emergency First Aid at Work courses for therapists. With dates scheduled throughout the year, the course covers the basics of managing accidents and illness in your practice and gives you a 3 year certificate approved by HSE.

See our latest dates at
www.bowencollege.org.uk/course-dates



CONTACT US NOW
01803 463 775

www.bowencollege.org.uk
info@bowencollege.org.uk



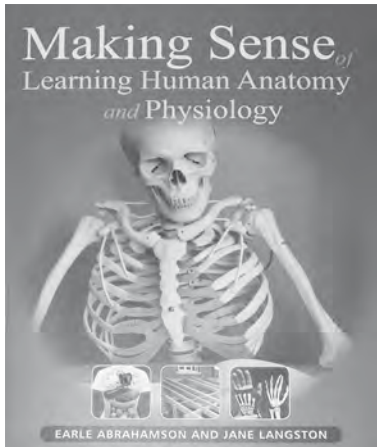
MAKING SENSE OF LEARNING HUMAN ANATOMY & PHYSIOLOGY

(published November 2016)

Sarah Woodhouse, a reflexologist and a BTPA student member from Suffolk, gives her book review:



"What sets this book apart from others is the way that the authors are able to bring A&P to life, showing it as a living, breathing, holistic system that works to keep the body in balance and to, ultimately, sustain life. As a Bowen student this approach is such a breath of fresh air, and a far cry from the traditional texts which constrain A&P to anatomical drawings and dry explanations that treat the body as something made up of separate systems.



Using plain, clear English and analogies that transform the complex into something that is easy to understand, this book makes learning A&P so much easier. Core to this is the way you are guided through the learning process, with lots of practical tips, exercises and activities that enable you to speak, see and do A&P. You also get some great advice on overcoming obstacles to learning, key study skills and guidance on how to ensure that you are not only ready for the final exam, but that you will never want to stop your anatomical journey!" *Sarah Woodhouse, Reflexologist and Bowen Student.*

Written by Jane Langston and Earl Abrahamson, we are delighted to hear that Jane has kindly provided BTPA with a signed copy for inclusion in the raffle which will be held at the Personal Development Day on 13th October 2018 in Warwickshire in aid of the TBLTF.

PALLIATIVE CARE CPD

Specialist training for Bowen Therapists by **Helen Mary Perkins**



This workshop was exactly what I wanted and expected in terms of building my confidence – and it exceeded my expectations

Judith Kilgallon,
Lytham, Lancashire

Courses in Peterborough or by arrangement

Two-day interactive workshop includes:

- Workplace setting and best practice
- Relationships with staff, patients, carers and relatives
- Policies and protocols
- Communication and counselling

Develop your skills and gain confidence, insight and understanding of how Bowen Therapy can enhance quality of end-of-life care

www.helenperkins.com 01733 555476

PREMIUM PIQUÉ POLO SHIRTS

Full BTPA Members can purchase these polo shirts from the Members' area on the website or by calling the membership office.

Regular Style Polo shirt:

S=38", M=40", L=42-44",
XL=46", 2XL=50-52", XL=54",
5XL=56", 6XL=58"

Lady Fit Polo shirt:

XS=8, S=10, M=12, L=14,
XL=16, 2XL=18, 3XL=20,
4XL=22



Colour: Sky Blue or White

£18.00 each.



Promote yourself and your clinic on the internet - a **website** is an affordable, flexible and essential part of any marketing campaign.

www.rbwd.co.uk

Just £95 for a complete website*

*Annual fees apply

Contact **sales@rbwd.co.uk** for more details.

smart bowen



SMART BOWEN PRACTITIONER TRAINING

An approach to Bowen based on myofascial trigger points and significant acupuncture points.

Instructor: Randy Barber

Scheduled workshops 2018:
Cottingham June 23-25
Trowbridge (near Bath) Nov. 17-18

Know someone interested in training to be a Bowen Therapist?

Enquiries are also being accepted for our undergraduate programme.

Contact Lindsay Holder 07703 010 044

For further information for postgraduate training contact 07743 495 588 or email **info@smartbowen.co.uk**

www.smartbowen.co.uk



INTERNATIONAL BOWEN THERAPY WEEK: 12TH – 18TH APRIL

The anniversary of the birth of Thomas Ambrose Bowen was on April 18th.

Each year we mark the occasion by promoting the Tom Bowen Legacy Trust Fund and encourage all Bowen practitioners to make a donation to honour Bowen's work helping those with movement disabilities.

www.TBLTF.org.uk

Not run an event yet for Tom Bowen Week 2018? It is not too late. Check out your Members' website for ideas on building your business and getting out to meet people.



RAN AN EVENT TO CELEBRATE TOM BOWEN WEEK?

We would love to hear about it!

Send us a photo or two as well if you can.

Do get in touch via **journal@bowentherapy.org.uk**.

TOM BOWEN LEGACY TRUST FUND UPDATE

Claire Harrison

We are always very pleased to receive donations from therapists and interested to hear how they raise funds. Regular contributor Caroline Lison raised £80 recently which she sent to us when she renewed her BTPA membership.



This is what she told us about her idea:

"I work as a Professional Bowen therapist from a busy holistic / beauty therapy clinic. In reception on one of the shelves I have placed a couple of flat baskets, full of books, with a tin next to them, with the TBLTF leaflet wrapped around.

I have put an extra typed upright note next to the tin: "Books... Please look through... donations welcome for Tom Bowen's Legacy Trust Fund, to help with equipment / treatment for children".

We have some clients who buy, read, then bring them back. Others who add to the book selection. As I do not put a fixed cost, I find clients are quite generous."

Simple yet effective and providing a service to clients at the same time. Many charity shops will no longer take books, so this is a great way of recycling and reusing unwanted reading matter.

Please share with us your novel ideas for fundraising and inspire someone else to have a go.

If you would like to be a regular contributor, then please let us have your contact details and we can send you a collector's card and some TBLTF stickers for your junior clients!

We also have a supply of leaflets available for bigger fundraising occasions – please drop us a line if you would like some and tell us about your event.



Tom Bowen
LEGACY TRUST FUND UK





BTPA is proud of the reputation that its members have in the Bowen profession, always striving for the highest standards, aiming to comply at all times with Advertising Standards, the various licencing and legal requirements, being appropriate in appearance and behaviours and much, much more.

Remember, your Members' website area provides a wide range of guidance to help you make sure that you are staying on track. It is always a good idea to periodically review your approach and check that you are fully compliant where required.

The list to the right gives you an at-a-glance overview of the areas on which we currently hold advice and guidance. We are always looking for members who have the necessary skill sets to play a role in reviewing and updating the information we make available.

We are always glad to receive any queries or comments. Also, if you have a specialist area you feel would be of benefit to the work of the BTPA do not hesitate to get in touch.

ACCIDENT PREVENTION

ACCIDENTS & FIRST AID

CHILDREN &
THE VULNERABLE

COMPLAINTS PROCEDURE

DATA PROTECTION

EXPERT WITNESS

HEALTH & SAFETY
INDUCTION

HMRC

INSPECT YOUR
WORKPLACE

LONE WORKING

MUSIC LICENCES



TEACHERS & TRAINERS

BTPA Approved HUMAN Bowen Training Schools:

The Art of Bowen † CPD ONLY

Alastair McLoughlin

artofbowen@yahoo.com, www.theartofbowen.co.uk

Bowen College UK (core course) § CORE

Office: 01803 463 775 UK Tutor (Jihan Adem)

info@bowencollege.org.uk, www.bowencollege.org.uk

Bowen Training UK § CORE

0800 433 2885

bowentrainingukoffice@ntlworld.com, www.bowentraining.co.uk

College of Bowen Studies (CBS) € CORE and CPD

01373 461 812, info@thebowentechnique.com

www.thebowentechnique.com

Fascia Bowen Workshops § CPD ONLY

Jo Wortley, 07855 734 877

fasciabowen@gmail.com

Hormonal Release the Bowen Way § CPD ONLY

Ron Phelan

ron.phelan723@gmail.com, hormonalreleasethebowenway.com.au

The Importance of Symmetry – A seminar for Bowen Therapists § CPD ONLY

Graham Pennington, Australia +613 5561 2442

info@bowenseminars.com.au, www.bowenseminars.com.au

International Bowen Therapy Foundation (Susan Hagan) § CORE

00359 61282263 (Bulgarian landline), 00359(0)882 088944 (mobile)

su.hagan@hotmail.co.uk, www.bowen-training.com

Neurostructural Integration Technique (NST) † CORE

Michael Nixon-Livy, 00613 9456 9913

info@nsthealth.com, www.nsthealth.com

The O lab 'Foundation' § CPD ONLY

The O lab TMD 'Fundamentals' § CPD ONLY

Ron Phelan, 01202 601 007

info@the-olab.com, www.the-olab.com

Ross Emmett's TBT101 (on completion of part 4 only) ¶ **CPD ONLY**
(UK Coordinator) Lesley Salt 07908 117955
lesleysalt@emmett-uk.com, www.emmett-uk.com

Smart Bowen® (Brian Smart) § **CORE and CPD**
www.smartbowen.com, (UK Tutor) Randy Barber 07743 495 588
info@smartbowen.co.uk, www.smartbowen.co.uk

U.S. Bowen with Gene Dobkin ¶ **CPD ONLY**
seminars@usbowen.com, www.usbowen.com
(UK Coordinator) Keith Cherrington 07900 180 294, keith@keytherapy.co.uk

BTPA Approved CANINE Bowen Training Schools:

European Guild of Canine Bowen Therapists **CORE and CPD**
Carole Justice Gray, 07535 980 007
info@caninebowentechnique.com, caninebowentechnique.com

BTPA Approved EQUINE Bowen Training Schools:

The European School of Equine Bowen Therapy **CORE and CPD**
Beth Darrall, 01242 251 465
enquiries@equinebowentherapy.com, equinebowentherapy.com

§ **evidence provided to confirm compliance with UK National Occupational Standards or overseas equivalent**

€ **May '17 – advised external accreditation work in hand – to confirm when complete**

¶ **2016 review work remains to be completed**

DO YOU RUN A CHILDREN'S CLINIC?

Remember that your details are available publicly at:
www.bowentherapy.org.uk/childrens-clinics.php

Are your details up-to-date?

Tell us about any changes promptly so that we can ensure you get all the referrals relevant to your area. Ensure your prices (if you give them on the BTPA website) and your opening hours, etc. are all correct.

Let us know via **children@bowentherapy.org.uk**

RIG CONTACTS

BRISTOL

Paul Black: 07749 547 406
paul@TotalHealthHomeopathy.com

CORNWALL

Joanna Austen: 01579 344 090
joannausten@yahoo.co.uk

(EAST) DEVON / (SOUTH) SOMERSET / (WEST) DORSET

Sue Urquhart: 07939 135 123
sueurquhartbowen@gmail.com

HAMPSHIRE

Rachel Taylor: 01962 855 931
rachelT.therapy@gmail.com

HEART OF ENGLAND

Kathryn Phillips: 07790 724 300
kathryn@timeforme-kenilworth.net

KENT

Caroline Percy: 07563 733 375
caroline@bowenforall.com

MENDIP

Angela Casey: 01458 831 726

MID SURREY

Penny Easun: 07884 196 301
penny easun@btinternet.com

NORTH EAST (RIG North)

Jack Walton: 07792 761 324
jack.walton@healthnorth.co.uk

SCOTLAND N.E.

Jan Mathers: 07733 288 035
bowenmum@hotmail.co.uk

SHROPSHIRE (SHRIG)

Jan Cafearo: 01743 761 655
shropshirebowen@gmail.com
Beryl Feely: 01952 462 896
beryl@telfordbowenpilates.co.uk

SOUTH EAST ESSEX (SEERIG)

Amanda McGregor: 07909 005 446
aj.mcgregor@tiscali.co.uk

THREE COUNTIES RIG (Worcestershire, Herefordshire & Gloucestershire)

Lindsay Holder: 07703 010 044
lin_bowentherapy@hotmail.co.uk

(EAST) YORKSHIRE

Rita Muth: 07508 396 200
ritamuth@gmail.com

YORKSHIRE

Patricia Cliff: 01274 683 754
patricia.cliff@yahoo.co.uk

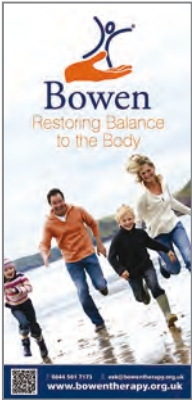
COMMITTEE EMAIL ADDRESSES

Chair	Nicholas Tobin	chair@...
Membership	Sue Jaycock	membership@...
Secretary	Enrica Warrick	secretary@...
Treasurer	Nicholas Tobin	treasurer@...
Communications Officer	Lucy Cross	communications@...
Children's Clinic Coordinator	Enrica Warrick	children@...
RIG Coordinator	Nicholas Tobin	rigs@...
Bowen Studies		studies@...

bowentherapy.org.uk

GET NOTICED!

BTPA is independent of any school or trainer and aims for the highest standards. It vets its members individually to ensure they meet the required standards and as such its logo and products are only available to Full BTPA members. Why not become a Full Member today and make use of our Quality Mark and Products?



Leaflet
£12 per 100

Bowen Poster
£10

20" x 30" in size,
silk finished
paper (170 gsm)



Enamel Badge
£6

A 20mm printed enamel badge with silver border and butterfly clutch fitting



Bowen Therapy Photographs on CD-ROM
£7

A collection of 50 photographs.



More merchandise items are available on the BTPA website.

Prices correct at time of printing, see website order form for full details and current prices.

BOTTOM STOPPERS

Advertisements and advert enquiries should be emailed to **adsjournal@bowentherapy.org.uk**

Full page advert £175 1/2 page advert £90
1/4 page advert £50 1/8 page advert £27.50



The final deadline for issue 65 is 14th June 2018

Send your articles and good quality photos
by email to **journal@bowentherapy.org.uk**