

THE BOWEN TECHNIQUE

A beneficial, cost-effective therapy to complement NHS treatment

by Christine Burd, Communications Officer, Bowen Therapists' European Register

Practitioners of one of the fastest-growing complementary therapies in the UK, the Bowen Technique, can now be registered by the Complementary and Natural Healthcare Council (CNHC). This came into effect on 15 February 2010 and CNHC already has several hundred Bowen therapists on its Register.

CNHC is the only regulatory body for complementary healthcare to have official Government backing, through the Department of Health. By ensuring an independent verification of quality and safety, CNHC provides protection, assurance and a national 'gold standard' for users of the approved therapies.

This is a very significant step forward for Bowen. It enables Primary Care Trusts, NHS Trusts, health insurance companies and other elements of health provision to view Bowen as a valuable addition to the health services they offer. Medical practitioners will also be able to refer patients, with confidence, for Bowen treatment. We therefore anticipate that it will soon become more readily available in health centres, clinics, hospitals and doctors' surgeries.

What is Bowen?

The Bowen Technique is a drug-free, non-invasive, hands-on therapy which can be administered through light clothing, with the client sitting, lying or standing. Practitioners do not diagnose, nor do they prescribe or alter medication. They may, however, advise clients to be regularly assessed by their doctor, in case their medication dose needs to be adjusted.

The Benefits

In addition to muscular-skeletal problems such as back, neck, shoulder and knee pain, whiplash, tennis elbow, frozen shoulder, RSI, carpal tunnel syndrome and sports injuries, Bowen can also help with conditions such as asthma, hay fever, eczema, migraine, IBS, lymphatic drainage, high blood pressure, Bell's Palsy, dystonia, depression, addiction, stress, hormonal imbalance, pre- and post-natal problems and even fertility. Very positive results are also being achieved for clients with cerebral palsy, autism, ADHD, MS, ME and fibromyalgia. Because Bowen is suitable for any age group, a baby with colic or an elderly person with arthritis can both benefit from Bowen treatment.

How does it work?

Using only fingers and thumbs, the Bowen practitioner makes small, rolling movements over muscles, tendons, ligaments and soft tissue at precise points on the body. Many of the moves made by the therapist are over recognised trigger points, acupuncture points, neurolymphatic reflex points, golgi receptor cells and joint proprioceptors. Ultra-gentle fascia work is also often incorporated.

One of the most profound effects Bowen can have is in shifting the Autonomic Nervous System – which controls over 80% of bodily functions – from sympathetic to parasympathetic dominance, releasing stress at a very deep level. This subtle but dynamic process allows the body to re-align, address imbalances in functions and chemical

composition and, as far as possible, restore homeostasis (physiological equilibrium) within the body.

Even a small number of Bowen treatments frequently reactivate the recovery process, when healing from trauma, sickness, injury or surgery has stalled or reached a plateau. Because it is the body which recognises the need and effects the change, rather than the therapist imposing change on the body, the usual outcome is a long-lasting, and often permanent, reduction in pain, increase in mobility, remission of symptoms or resolution of the problem.

Bowen is relatively new to this country, so many of the clients who discover Bowen, do so after all else has failed. And yet Bowen's success rate is remarkable. Of course, the younger the client or the sooner the condition can be treated, the quicker and more effective the response.

Bowen is generally pleasant to receive, each session lasting 30 – 60 minutes, depending on the age of the client and the nature of their condition. Between each series of moves, the body is given periods of rest, to allow it to absorb the information it has received and initiate the healing process. Many clients become so relaxed that they fall asleep during the treatment. Short-term (acute) injury is usually resolved in 1 to 3 sessions, while long-standing (chronic) conditions may require longer.

A very cost-effective option

Bowen offers the following advantages to any organisation concerned with reducing the costs of healthcare:

- An extremely competitive fee structure (whether on-site or off-site)
- A firm policy that 'less is more'
- A belief that too-frequent or unnecessary treatments are detrimental rather than helpful
- A higher-than-average success rate with conditions which are often difficult and expensive to treat e.g. asthma, frozen shoulder, back pain, depression, SPD, fertility, ADHD and MS

The Bowen Therapists' European Register (BTER)

BTER is the main professional body for Bowen practitioners and the majority of our members are CNHC-Registered. Our criteria for Full Membership are identical to those required for registration by CNHC.

Website: www.bowentherapists.com (includes details of research/articles, a 7-minute DVD about Bowen, information about Bowen Children's Clinics and a 'find a therapist' facility)

Helpline: 0844 561 7173 **E-mail:** info@bter.org

BOWEN

The power of the healing touch



Suitable for men, women and children of all ages

How can the Bowen Technique help me?

- Back, neck, shoulder and other acute and chronic muscular pain
- Stress related conditions including migraine
- Asthma and other respiratory problems
- IBS, fertility matters and several other health issues

Bowen treats the whole person, not just the symptoms.

It is a holistic, non-invasive therapy, consisting of gentle moves over soft tissue and muscles, interspersed with periods of rest; there is no manipulation of hard tissue.

Bowen helps with the re-alignment of the body and treatment at regular intervals provides stress management and health maintenance.

How do I find a local qualified therapist?

T: 08445617173

T: +44 1789 293565 (Overseas enquiries)
or visit our website at www.bowentherapists.com



Back pain



Shoulder problems



Neck/jaw pain & migraine



Sports injury & joint pain



The Bowen Therapists' European Register is the largest association of Bowen Therapists