

The Bowen Technique

A successful, cost-effective therapy to complement NHS treatment

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One of the fastest-growing complementary therapies in the UK, the Bowen Technique, was recognised by the Complementary and Natural Healthcare Council on 15 February 2010.

The CNHC Register provides independent verification of standards of proficiency and safety to both the public and healthcare providers. In doing so, it enables Primary Care Trusts, NHS Trusts, health insurance companies and other elements of health provision to see 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.

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. This could explain why 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.

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 one to three sessions, while long-standing (chronic) conditions may require longer.

A very competitive fee structure, a firm policy that "less is more" and that unnecessary or too-frequent treatments are detrimental rather than helpful, means that Bowen is extremely cost-effective.

The benefits

In addition to addressing muscular-skeletal problems such as back, neck, shoulder and knee pain, whiplash, tennis elbow, frozen shoulder, 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.

The Bowen Therapists' European Register (BTER)

BTER is the main professional body for Bowen practitioners and the criteria for full membership are equivalent to those required by CNHC.

Website: www.bowentherapists.com has details of research, articles, a seven-minute DVD about Bowen, information about Bowen Children's Clinics and a "find a therapist" facility.

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Contact

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