



The Bowen Technique

2006

Author: Vanessa Ashworth

The Bowen Technique, not a massage or manipulation, is totally unique and unlike any other therapy that I have experienced. It consists of particular light movements using thumbs or fingers on various parts of the body.

Vanessa Ashworth, professional member of BackCare, giving an insight into this unique treatment

Tom Bowen 1916-1982 lived in Geelong, Australia. He was a truly gifted man in that he created musculoskeletal treatments that allowed the body to heal in a short space of time.

Comments from people today that have experienced the true benefits of the Bowen include:

"Remarkable I have no pain after all these years".

"I have more energy and feel relaxed about life".

"How does it work it feels so light to touch when you're treating me?"

"I forgot to tell you but since you've been treating me my headaches and constipation have gone".



The list is endless on the positive results which have and are currently being experienced worldwide. During Tom's life he was a humble, giving man in the respect of treating 13,000 patients a year, of which 80- 90% of them responded after two or three sessions. He was a self-taught man through his own personal study. More importantly, he innately knew how to treat and what was required, by looking and touching the person's body. Thus, allowing the right space and balance within the body to heal itself.

Before his death, Tom Bowen commissioned a few of his entrusted colleagues to continue the good work one of whom was an osteopath called Oswald Rentsch. He started to document the work amongst other therapists and started to teach the Bowen Technique in Australia and United States. Today, the Technique is practised worldwide by osteopaths, chiropractors, sports therapists, physiotherapists and metaphysical therapists.

So what is Bowen?

The Bowen Technique, not a massage or manipulation, is totally unique and unlike any other therapy that I have experienced. It consists of particular light movements using thumbs or fingers on various parts of the body. These are often a crossfibre movement over muscles, tendons, ligaments and most importantly fascia – sheets of connective tissue – which connect everything in the body including internal organs, central nervous system and the autonomic nervous system. In turn: muscle co-ordination, flexibility-postural alignment, restoring structural integrity, promoting pain relief and recovery of energy by way of vibrational and energetic release.

The treatment is holistic, for it addresses the whole person, not just the condition. Bowen is completely unique for two reasons:

- **Firstly**, the results that people feel after the treatment and the long-term effects are astounding more often than not, are life-changing on the physical as well as emotional.
- **Secondly**, the methodology is gentle, non-invasive and the treatment can be performed through light clothing.

Rests are given between the series of moves in the treatment. This is very important as the therapist will usually leave the room. This allows communication to take place with the body's cells and the brain in order for any gradual adjustments to be made. The subtle moves increase local blood and lymph circulation, encouraging and stimulating the body to heal. The technique is safe and effective for people of all ages and there are no known adverse effects.

How many sessions?

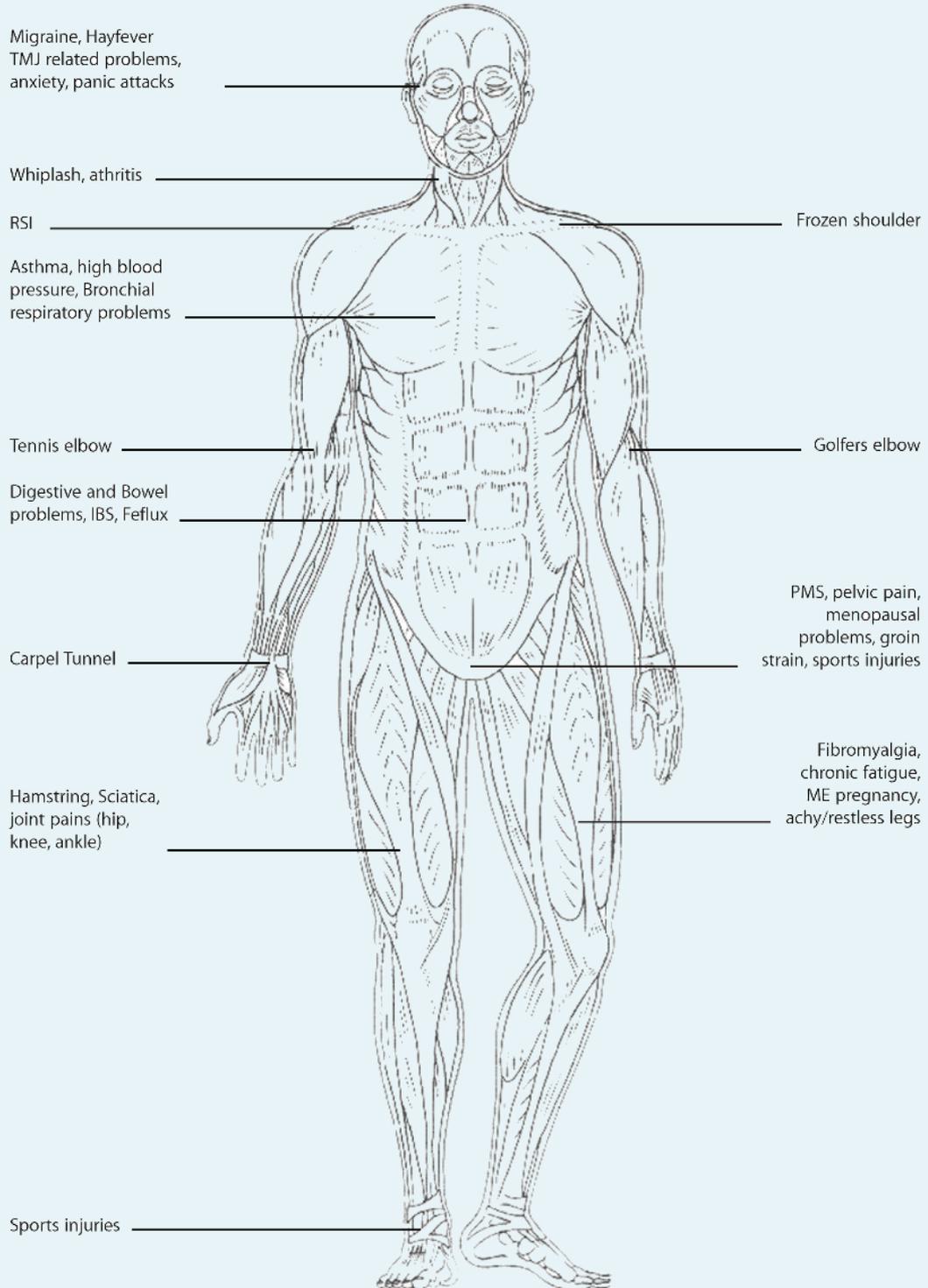
A treatment takes approximately one hour. Three to four sessions are recommended, seven days apart. This allows time for the healing process to continue. Thereafter, maintenance sessions can be continued every one to three months if necessary. In many cases, long standing pain can be relieved in two to three sessions, although further treatments may be required in some situations.

In conclusion

Bowen has been my personal salvation and I owe this to my kind friend Rosanna Mallozzi for introducing and giving of her time in helping me heal through Bowen.

The true proof is in the pudding – don't take my word for it, go and try for yourself.

Conditions which have responded to the Bowen technique



Finally, I wish to personally thank the master, Mr Tom Bowen, for his skill, tenacity and kindness in sharing his knowledge.

I would also like to thank Julian Baker for introducing and teaching the Bowen Technique in this country. The training school being ECBS – the European College of Bowen Studies, tel 01373 461873. The Bowen Therapists' European Register (BTER) is a professional association for qualified Bowen Therapists.

For further information go to: www.bter.org. A back pain project has been conducted in the last three months and the results will be published in the next edition of Talkback. For further information, call Vanessa on 07787 123129 or send an [email](#)