

BOWENWORKS

Eleventh NEWSLETTER

Autumn 2007

Clinic News

Clinic is going well in Covent Garden. I was seriously considering a move to a new location just off Great Portland Street, but am going to stay put for now. I will be seriously considering an alternative venue in the new year in order to hold evening appointments for one evening a week. I do still see people from my home in Camberwell, so if you are in South London, that can be alternative to going into town.

'SKIN COLLECTION'



By Isobel Knight

'One million people commit suicide every year'
The World Health Organization

The Skin Collection was initially based upon six poems that were to do with self-harming behaviour in the form of skin-picking. As Isobel developed confidence she began to use poetry to help describe the desperateness of her depression and mood-swings. Isobel finally found a way of using words to put a voice to some very difficult feelings that were not only very confusing but also very destructive.

You can read more about this book and about the author on the Chipmunkpublishing.co.uk web site.

Bowen for Mental Health Problems

30% of us will suffer from mental health problems at one point in our lives. Mental health conditions include depression, anxiety, Compulsive Obsessive Disorder, Bipolar (manic depression), mood swings and schizophrenia to name but a few.

I would suggest both from experience as a patient and a therapist that Bowen would be very helpful in supporting a patient with mental health problems. Some conditions will certainly require prescribed medication – e.g. Bipolar, schizophrenia, depression.

However, the gentle Bowen moves will certainly help to calm and relax anybody who suffers from anxiety,

and even lift someone who suffers from depression. Strangely enough, the Hamstringing procedure is one we often use for that because the hamstrings can pull the body down. Working on those can help to 'lift' a person.

Of course Bowen works at all levels – physically, spiritually and emotionally and this means that occasionally a person will experience an emotional release which can be very cathartic for them and help to release perhaps a strong emotion or negative thought that they were hanging on to.

In all seriousness though, if you have any concerns about a friend or relative who you suspect is having mental health problems, do seek the appropriate medical help for them as soon as possible, as they maybe unable to do this for themselves. Never underestimate the power of listening either.

I am happy to give formal/informal talks with practical demo on Bowen. Please ask me!

Back pain or back pack?



Distribute life's loads.



October is National Back pain month

In order to recognise this, I will give £10 off a first treatment for those who suffer from back pain. Please bring this Newsletter to clinic to qualify for this offer.

2007 Bowenworks Clinic Schedules:

Main Clinic day – Thursdays 9-6.15pm

*Clinic – The Meeting Rooms
14 Neal's Yard
Covent Garden, WC2 9DH*

For further details and the latest information please look at my website:

www.bowenworks.org

Isobel Knight
07947 475082