

# **BOWENWORKS**

## **Twelfth NEWSLETTER**

### **Spring 2008**

#### **Mind, Body Bowen Sessions**

From March 2008, I am going to be able to add a new string to my bow in terms of Bowen treatments. The aspect of this Bowen work is called 'Mind Body Bowen' and it gets the body to work in a very different way to normal, working on emotional problems, and the root release thereof.

MBB works by doing a few Bowen moves in the normal way, but then rather than simply leaving the body to "get on with it" we ask the client to think about what is happening to them following the Bowen move. One way in which to understand how this works is to imagine that the performed Bowen move is a bit like switching on an electrical switch and you are then asking the client to see where the electricity flows in the body. Which areas does it visit? Just like in a normal treatment, the therapist will continue to pop in and out of the room, but this time will be asking the client what is happening to their body. At some point during the treatment, another set of Bowen moves may be performed, but the ultimate result will be that a particular emotional release comes to the surface.

*"It can be amazing to watch" says Isobel. "I have seen re-birthing experiences, and had one myself which was an enactment of a drowning experience as a child. Since then I have been much less afraid of the water" Once these emotional releases have occurred the once; they do not happen again as it is like the body is releasing them at cellular level. "I have seen people laughing and crying after them, but the main point is that they do therapeutically 'move people forwards'.*

These sessions may be particularly beneficial to clients who have suffered many life traumas, such as bereavement, abuse, depression, anger, as well as for physical complaints (e.g. frozen shoulder), that are not responding as quickly as they perhaps might to the normal Bowen work.

Please just ask for further details about these sessions which last 1-1.5 hours. Initial price £50, but this will increase to £65 from September 2008, as these sessions can be sometimes up to twice the length of a 'normal' Bowen treatment.

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

#### **Bowen for Pregnancy**

Bowen can be very helpful for pregnant women. It can be particularly good for back pain or pelvic girdle pain, and could even possibly help with the developing foetus. Bowen could be used during labour to help with contractions, and then it is also good to help the mother's body to return to normal following the birth, and even help with breast-feeding, if this is a problem.



#### **Bowen for Babies and Children**

In Bowen terms, a newborn – 4 year old is classed as a "baby", this is because Tom Bowen said that moves with breaks did not hold properly in under 4s. This is a relief anyway, since young children hate staying still for too long! Bowen is gentle and safe for all ages. It is particularly helpful for infant colic, projectile vomiting, wry-neck, TMJ problems following forcep delivery and conditions such as asthma, bed-wetting and earache.



#### **2008 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](http://www.bowenworks.org)

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