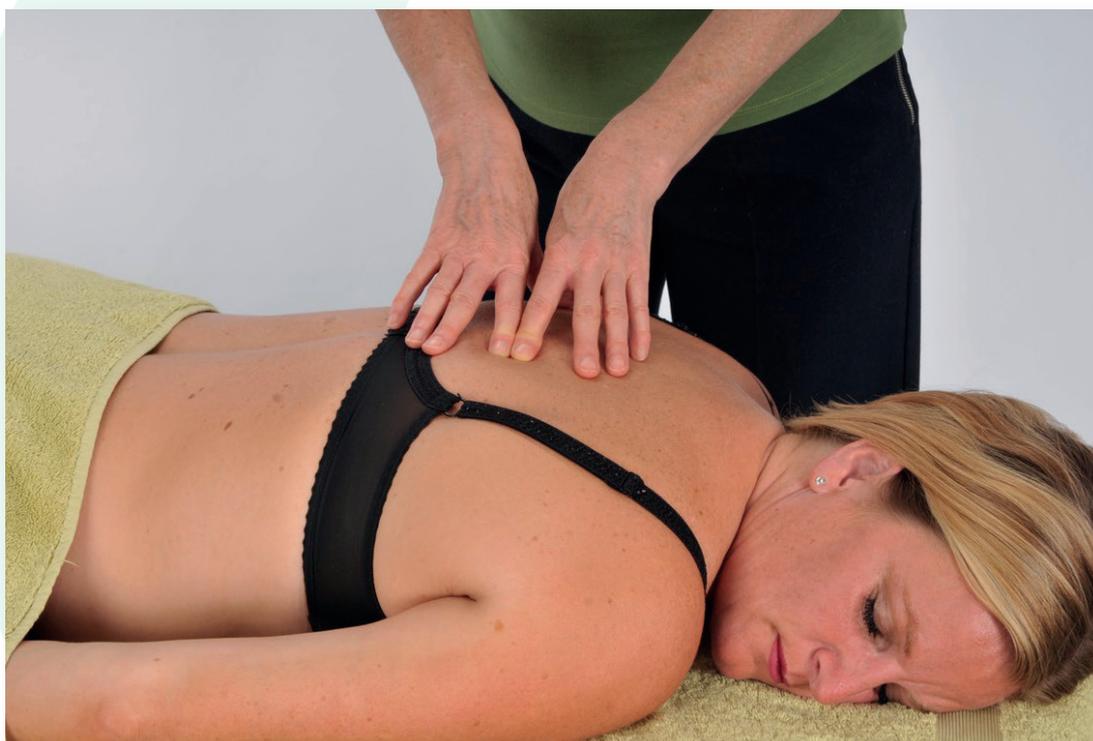


# BOWTECH<sup>®</sup>

*The Original Bowen Technique*

 BOWEN TRAINING UK



COURSE PROSPECTUS

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For more information, including details of Bowtech instructors, specific course content and training dates please visit our website or contact us directly.

[www.bowentraining.co.uk](http://www.bowentraining.co.uk)   [enquiries@bowentraining.co.uk](mailto:enquiries@bowentraining.co.uk)   07885 990201



# Part I Bowen Training UK

## Our Mission

The aim of Bowen Training UK is to be the primary source of information, training and support for those wishing to learn the Original Bowen Technique, closely aligned to pioneer Tom Bowen's early work and endorsed by the Bowen Therapy Academy of Australia. Bowen Training UK is proud to secure his legacy while strengthening an international network of Bowen therapists working to improve the health and wellness of people around the world.

*'Watching a nervous student gaining confidence as they start to trust in the Bowen Technique, and believe in their own ability is extremely satisfying. By Module 6 we can see their potential as therapists and it's so rewarding to know they will soon be out there helping people'*

**Ellen Cobb**  
**Chairman Bowen Training UK**

*'There is growing government recognition of the contribution being made by complementary therapies, on accredited registers, to the health and wellbeing of the nation.'*

**Margaret Coats, CEO**  
**Complementary and Natural Health Council**

Photos: John Wilks, eHealthLearning.tv



The Bowen Move



Bowen moves for the shoulder

# Part I Continued

## History - How it began

The Bowen Technique originated in Australia, in the clinic of Thomas A Bowen (1916-1982), a visionary therapist whose pioneering form of body work evolved into the powerful healing modality we know today.



Tom developed his technique having had no formal prior training of any kind. Having become interested in how to alleviate human suffering, he began to realise many of the musculoskeletal and other problems exhibited by his patients could be traced to the connective tissue (or fascia) lying just under the skin and affecting muscles, tendons and nerves.

Recognising instinctively that certain moves generated a profound effect, he developed a set of procedures associated with different sequences and timing intervals. Adjusting tension levels this

way in the muscles and fascia helps balance the whole body and gives the treatment its unique 'pause' feature.

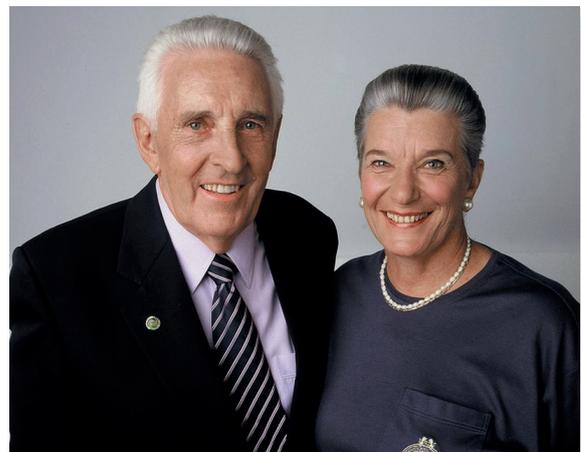
A timely meeting in the Seventies with natural therapist Oswald Rentsch proved a turning point. Ossie and his wife Elaine subsequently spent three years working alongside Mr Bowen to document his work... and the Bowen Technique was born.

Sometimes referred to as Bowtech, it is considered by many to be the benchmark for this type of therapy. Training is overseen by the Bowen Therapy Academy of Australia, the longest-established programme of its kind. A network of accredited instructors, registered by the Academy, operates in over 30 countries, teaching and supporting Bowtech practitioners around the world.

**More information can be found on our website**  
[www.bowentraining.co.uk](http://www.bowentraining.co.uk)

*'We warmly invite you to experience this wonderful modality for yourself either by booking a treatment or embracing this opportunity of learning the original Bowen Technique.'*

**Ossie and Elaine Rentsch**  
**Directors, Bowen Therapy Academy**  
**of Australia**



Ossie and Elaine Rentsch

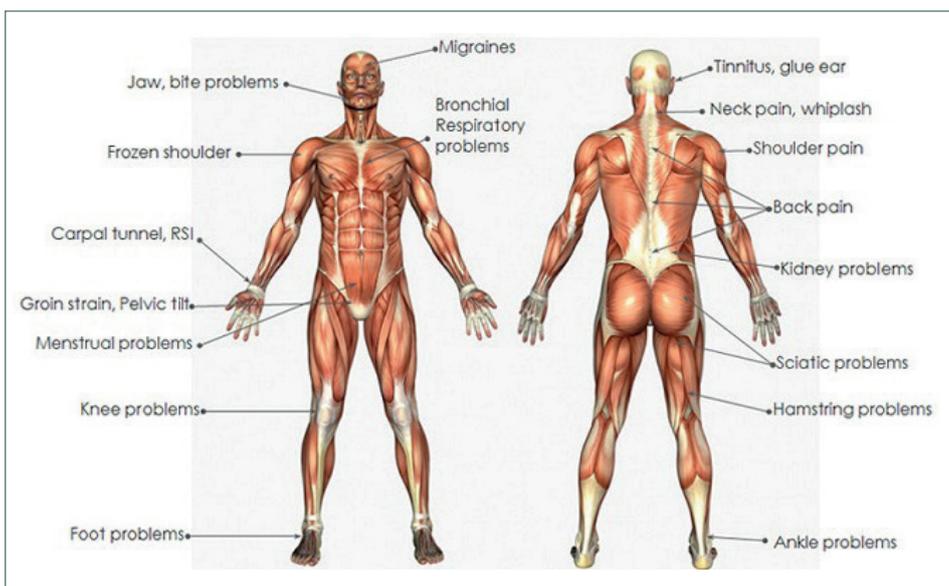
## The Bowen Technique

A gentle therapy with a profound effect, it comprises a series of precise moves over muscle and connective tissue (or fascia) designed to assist the body in re-balancing and re-setting itself to facilitate natural healing. Considered suitable and safe for any age from young babies to the elderly.

The Bowen Technique is increasingly recognised as a complementary therapy which gets results not only for a variety of physical ailments but also in terms of mental and emotional health.

*'I had given up all hope with medical professionals whose solutions made no difference to symptoms that were debilitating and hindering everyday life... and then I discovered Bowen. Being a nurse complementary therapy was not at the forefront of my mind, but I was willing to give this a go. After my very first treatment I saw results and have continued to benefit. I truly believe I wouldn't have the life I have now if I hadn't been introduced to Bowen.'*

**Verity Nicholas RGN,  
Herefordshire**



Bowen therapy may help with many ailments

# Part II Bowen Training UK

## Training Overview

The Original Bowen Technique is the longest established training programme of its kind. Regulated by the Bowen Therapy Academy of Australia (BTAA) we are the primary training provider for the teachings of Tom Bowen, as collated and documented by Ossie and Elaine Rentsch.

Basic training takes up to 10 months and comprises six modules of two days each, followed by a further two-day revision session (Module 6a) ahead of external assessment (Module 7). Each module reviews and builds on the preceding workshop. It is equal to BTEC Level 3 standard.

Training is mostly experiential; demonstration is combined with detailed explanation and hands-on practice either on each other, or occasionally on a guest who has agreed to act as a model. This practical work is supported by theory, written assignments and a requirement to prepare 10 case studies. Small classes ensure a high level of supervision.

Post-graduate training is available later for qualifying practitioners who wish to further develop and refine their Bowen skills by studying for Advanced and/or Masters' certification.

We also offer a wide range of accredited related courses for continuous professional development (CPD), an important requisite for complementary therapists of all kinds.

## Criteria

Basic training is open to all regardless of age, background or career history. No previous experience of complementary therapy is necessary. If students intend to set up their own practice, they will also need a recognised qualification in Anatomy and Physiology (see page 9), a first aid certificate and insurance.

### Students sign-up for different reasons

- Qualified therapists from other modalities who wish to add Bowen to their skill set
- Health professionals who wish to gain a greater understanding of this increasingly popular natural therapy
- Non-professionals who wish to explore a career change
- Individuals who wish to learn Bowen for personal reasons (with no wish to undertake professional practice)
- Bowen therapists seeking to enhance or refresh their skills through continuous professional development (CPD)

*'Learning Bowen is the best thing I have ever done. The tutors at Bowen Training UK are experienced and supportive and have taught me so much more than Bowen procedures. The courses are comprehensive and offer great value; I can't recommend Bowen Training UK highly enough whether as a beginner, the more advanced SPB Bowen or CPD courses.'*

**Claire Hampson BTAA, BA(UK) Bowen Therapist**

## Anatomy and Physiology

Qualification in Anatomy and Physiology (A&P) is a critical element of training. A Bowtech Diploma of Proficiency can therefore not be awarded until you have A&P certification. For those who do not already hold such certification, we recommend advance study before embarking upon Bowtech training, to enhance your understanding of how the body works. While it is possible to study A&P alongside Bowtech this requires considerable extra time and commitment. The list below offers a choice of recommended A&P training providers.



**Essential Training Solutions**

### Essential Training Solutions (ETS)

Distance learning is from a comprehensive manual with online support culminating in a final written examination in one of several UK centres. ETS is an approved VTCT (Vocational Training Charitable Trust) provider offering Level 3 certification in anatomy, physiology and pathology for complementary therapies.

ETS also offers an online refresher course for health professionals and therapists who may need to revise existing A&P skills. This is recommended to ensure compliance with Bowtech Bowen Training UK requirements.

[www.essential-training.co.uk](http://www.essential-training.co.uk) 01279 726800



**ITEC**

### International Therapy Examination Council (ITEC)

Suitable ITEC and VTCT-approved courses can be found at many local technical or further education colleges. When searching for A&P courses please be sure to choose one that offers minimum 60 hours in-class tuition which is a Bowtech requirement.

[www.itecworld.co.uk](http://www.itecworld.co.uk) 020 8994 4141



**Gill Tree Training**

### Gill Tree Training

This Level 3 ITEC (International Therapy Examination Council) virtual classroom is recommended by Bowen students for its clear video instruction. This will better suit those comfortable with technology who may prefer online training.

[www.anatomyandphysiologyonline.com](http://www.anatomyandphysiologyonline.com)  
02035 531060



Student getting to know The Muscle Man!

**NOTE: A&P** qualification is accepted as Recognition of Prior Learning (RPL) which evolved from the National Council for Vocational Qualifications. RPL demonstrates that an individual has successfully completed training in their chosen field by providing evidence of competency against a given set of learning standards. Qualified health professionals are advised to liaise with their instructor to ensure any existing A&P qualification meets the needs of Bowen Training UK.

# Part III Bowen Training UK

## Course Outline

The basic training course comprises six two-day modules, followed by a further two-day revision session (Module 6a) in preparation for external assessment (Module 7). This basic course usually runs up to 10 months.

### Module 1:

Setting personal expectations; explaining background and details of the Bowen Technique and why Bowen is different to other body work. Practical learning begins with an introduction to Bowen Balance which includes the Bowen Move and some basic procedures.

### Module 2:

Practical learning continues with demonstration of new procedures and advice on how to assess a client; introduction to case studies and preparation of portfolio.

### Module 3:

Two completed case studies required at this stage with focus on practical assessment and written assignments; revision of previous learning to review students' understanding and their practice at home; further procedures introduced.

### Module 4:

As above. Ongoing practice, while research into Bowen is encouraged and logged on a form to be signed by the instructor; new procedures added.

### Module 5:

Three case studies to be handed in and students are reminded their instructor is available for ongoing support and clarification. Practical and written assessments continue, and further procedures added.

### Module 6:

The final three case studies required and final written assessment. New procedures added, revision of previous and reinforcement of best practice protocols. Preparation for Module 7.

### Module 6a:

Review of all Bowtech procedures to assess competency and ensure all necessary written assignments and case studies have been completed to the required standard.

### Module 7:

External assessment. This takes place over two days and involves practical examination and assessment of students' portfolio (10 case studies and personal log) with any relevant instructor feedback.

#### PLEASE NOTE:

You may begin the course without an Anatomy and Physiology (A&P) qualification although this is an essential requirement for those wishing to enter professional practice. A Diploma of Proficiency from the Bowen Therapy Academy of Australia is awarded only to successful candidates who also hold A&P minimum NVQ Level 3.

*'Having just completed training Modules 1-7 I feel ready to go it alone knowing I have the continued support of my tutor and Bowen Training UK. It has been an amazing experience. I have learned so much and the support throughout has been second to none... truly motivational.'*

*Lucy McLennan BTAA, BA(UK), Stamford, Lincolnshire*

# Part III Continued

## Fee Structure

### Deposit:

Students are required to pay a deposit of £100 to secure their place, ideally three months prior to course start date.

This will be deducted from **Modules 1-2** (£560) which also covers registration fees. The deposit is refundable up to four weeks prior to the start date.

**Modules 3-4** are charged at our standard rate of £480 (can be paid individually).

**Modules 5-6** as above.

**Module 6a** is charged at our standard rate of £240.

**Module 7** (external assessment) is charged at the standard rate of £260.

### How to pay:

The basic course costs £2,020. Various payment methods are available (for UK and overseas students) and should be discussed with your preferred instructor. The whole course may be paid for in advance or arrangements made for payment by instalments. Additional costs include insurance... please speak to your instructor for advice.

### Cancellation Policy:

We reserve the right to cancel any course in which case your entire fee will be refunded. In case of personal cancellation please refer to Frequently Asked Questions.



# Part III Continued

## Bowen Technique Instructors

Our team of Academy-qualified registered instructors run courses across the UK throughout the year. Highly motivated and passionate ambassadors for the benefits of Bowen, they form part of an international faculty of dedicated instructors operating in over 30 countries.

As successful Bowen practitioners themselves, they bring valuable clinical experience to their teaching while providing post-training mentoring and ongoing support as required. Several of our team also offer specialised CPD training for qualified Bowen

therapists who wish to further develop their skills... for details please visit our website.

Every year instructors are assessed as to their capability, technical knowledge and adherence to Academy best practice and procedure. In this way students can be assured of the highest standards.

Instructor contact details are listed below. Full bio for each one can be found on our website:

[www.bowentraining.co.uk](http://www.bowentraining.co.uk)

Instructor	Website and/or email	Tel/Mobile
<b>Sue Buckley</b> Worcestershire	<a href="http://www.bowentraining.co.uk">www.bowentraining.co.uk</a> <a href="mailto:suebuckley310@gmail.com">suebuckley310@gmail.com</a>	07788 591111
<b>Ellen Cobb</b> Hampshire	<a href="http://www.ellen-cobb.co.uk">www.ellen-cobb.co.uk</a> <a href="mailto:bowen@ellen-cobb.co.uk">bowen@ellen-cobb.co.uk</a>	01252 545837
<b>Joanne Figov</b> Dorset	<a href="http://www.joannefigovhealing.com">www.joannefigovhealing.com</a> <a href="mailto:joanne@bowen8.plus.com">joanne@bowen8.plus.com</a>	01202 432160 07756 026841
<b>Trevor Griffiths</b> The Midlands	<a href="mailto:comriephysio@gmail.com">comriephysio@gmail.com</a>	07887 597455
<b>Nicola Hok</b> London	<a href="mailto:bowenworks.net@gmail.com">bowenworks.net@gmail.com</a>	07415 889963
<b>Jacqui Hoitingh</b> Scottish Borders	<a href="http://www.bowenclients.com">www.bowenclients.com</a> <a href="mailto:jacqui.hoitingh@gmail.com">jacqui.hoitingh@gmail.com</a>	07801 279255
<b>Nickatie Morgan</b> Herefordshire	<a href="http://www.nickatie.com">www.nickatie.com</a> <a href="mailto:nickatie@nickatie.com">nickatie@nickatie.com</a>	07866 474041
<b>Michael Patrick</b> London	<a href="http://www.bowentherapy.com">www.bowentherapy.com</a> <a href="mailto:study@bowentherapyuk.com">study@bowentherapyuk.com</a>	07886 440807
<b>Helen Mary Perkins</b> Cambridgeshire	<a href="http://www.helenperkins.com">www.helenperkins.com</a> <a href="mailto:info@helenperkins.com">info@helenperkins.com</a>	01733 555476 07849 450254
<b>John Wilks</b> Dorset	<a href="http://www.therapy-training.com">www.therapy-training.com</a> <a href="mailto:cyma@btinternet.com">cyma@btinternet.com</a>	07866 764960
<b>Jan Williamson</b> Cheshire	<a href="http://www.getbacktohealth.co.uk">www.getbacktohealth.co.uk</a> <a href="mailto:jan@getbacktohealth.co.uk">jan@getbacktohealth.co.uk</a>	01477 532138 07969 627671

# Part IV

## What others say

*'As interest grows in a more natural approach to health and wellbeing, the Bowen Technique is increasingly being recognised as a complementary therapy which gets results. Practitioners across the UK are playing their part in raising awareness steadily building their business through results and referral... the best kind of advertising.'*

*'By considering training in this therapy, you are opening yourself to a major change in how people look after their health, reducing reliance on medication and relieving some of the pressure on the NHS. Connecting people to the intelligence of their body, to respect its ability to heal itself, can help them immeasurably beyond the physical benefits. Enjoy the journey and we look forward to welcoming you to the Bowen community when your training is complete.'*

**Fiona Webb BA(UK), BTAA, EMRT**  
**Chairman, Bowen Association UK**

*'Having been introduced to the Bowen Technique while living in Australia I quickly realised the potential of this gentle therapy to achieve quite extraordinary results. Today, as a busy therapist and instructor my aim is to inspire and motivate our therapists of tomorrow and so help even more people to improve their health and wellbeing in a more holistic way.'*

**Helen Mary Perkins BTAA, BA(UK), MAR**  
**Bowtech Instructor and Vice-Chairman Bowen Training UK, Cambridgeshire**

*'I was inspired to become a Bowen Technique practitioner after seeing the amazing results experienced by my husband after treatment. I am so grateful to have discovered this wonderful therapy which enables me every day to help people improve their health and wellbeing. The smile on their face brings so much satisfaction!'*

**Camelia Pop BTAA, BA(UK), MBTPA**  
**Bowen Practitioner and Life Coach, Middleton, Manchester**

*'Teaching Bowen Technique has been immensely rewarding after experiencing its effects after a serious illness. At the end of my international judo career I followed my instincts and became a Bowtech instructor, which opened a whole new chapter. I love teaching this modality and seeing students' progress has enriched my life.'*

**Ellen Cobb BTAA, BA(UK)**  
**Senior Bowtech Tutor and Chairman Bowen Training UK, Hampshire**

*'My route into Bowen was through caring for children and young people facing physical disability. Researching a variety of mainstream and complementary therapeutic techniques led me to Tom Bowen's work, a way of holistically viewing children's potential for life enhancement through manual therapy. Over the subsequent 20 years I have found the Bowen Technique to be far more than a remedial manual therapy; it has the potential to be life enriching for both client and practitioner.'*

**Allan Brindley BTAA, M.Ed BA**  
**Bowen Practitioner, Kendal, Cumbria**

## Frequently asked Questions

### **How long does the training course take?**

It commonly takes up to 10 months. The seven modules of the basic practitioner course are spread evenly throughout the period to allow time for study and practice... approximately 4-6 weeks between each module.

### **How much does the basic course cost?**

The course costs £2,020. Fees include all teaching materials and classroom equipment including a detailed training manual. The manual is designed to be a valuable reference on completion of training as well as a learning aid. Student membership of Bowen Association UK is included throughout the duration of student training. Arrangement and payment of travel and accommodation is the responsibility of each student.

### **Will there be any additional costs?**

Additional costs include Anatomy and Physiology qualification (if applicable - see page 9), insurance and first aid qualification.

### **How does Bowtech differ to other Bowen schools?**

Bowen Training UK is the only organisation in the UK offering courses approved by the Bowen Therapy Academy of Australia. These courses closely follow the technique developed by Tom Bowen. Our instructors have been individually tutored by the directors of the Academy to ensure the technique is passed on in its original form.

### **What is the Bowen Therapy Academy of Australia (BTAA)?**

The BTAA is the worldwide governing body of Bowtech therapists, established in 1987 by directors Oswald and Elaine Rentsch who worked alongside Mr Bowen to document his

work. Instructors and registered practitioners are expected to adhere to a Code of Conduct in their respective country, in line with the Academy's own principles and values. BTAA is the largest international Bowen organisation in the world.

### **Is this a certified course?**

Yes, it is a certified course equal to a BTEC Level 3 qualification. In order to be awarded a BTAA Diploma of Proficiency, successful Bowtech students must also obtain a Level 3 certificate in Anatomy and Physiology (A&P).

### **Can I work as a professional therapist once I have completed Module 7?**

In order to practice, either on your own account or as part of an established clinic, you must also hold a recognised A&P qualification (see above), an up to date first aid certificate and relevant insurance. While we recommend advance study, some students choose to study A&P alongside their Bowtech training. This option requires considerable extra commitment.

### **Where do I find a suitable course in Anatomy and Physiology?**

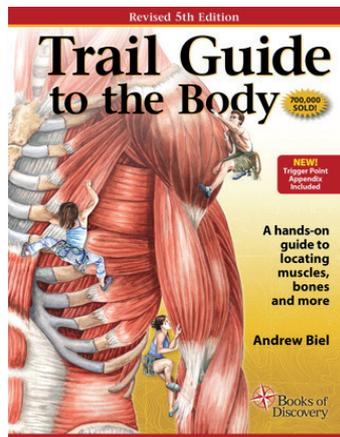
We work with several recognised training providers offering online or classroom-based courses that meet the required standards... please see list on Page 9. If you wish to use an alternative provider, perhaps through your local college of adult education or similar, please check with your Bowtech instructor or call us at head office to ensure it meets requirements.

### **I already hold an A&P qualification... is that acceptable?**

In the case of any health professional who may already hold such a qualification, we advise that you speak to your preferred instructor to ensure it meets the necessary Bowen Training requirements.

### What are the criteria for Bowtech training?

Our course is open to all regardless of age, background or career history (Please refer to Part II for more information). You may wish to book a Bowen treatment or attend an introductory class before signing-up. If you fancy some pre-course reading, we can recommend Trail Guide to the Body by Andrew Biel and Understanding the Bowen Technique booklet by John Wilks.



### Can Bowen be used in association with any other complementary therapy?

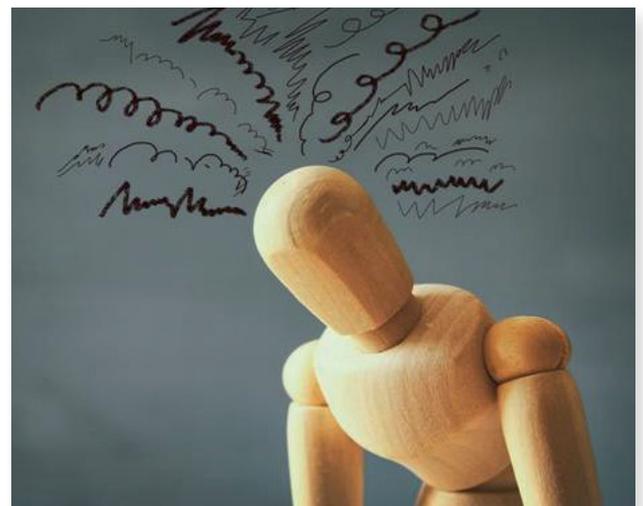
No. The Bowen treatment initiates many changes as the body begins to re-balance and heal itself. Some of these changes can take up to a week to process. Embarking upon any other body work can inhibit this natural progression. Indeed, repeat Bowen sessions are usually carried out at pre-set intervals for the same reason, as advised by the therapist depending on the presenting problem.

### What if I am unable to complete the training (cancellation)?

Should your circumstances change, and you wish to defer training, it may be possible to transfer pre-paid fees to a later date, without penalty. If you are unable or no longer wish to continue, then all you need do is to advise your instructor... course fees for completed modules are non-refundable. Please refer to Part III for cancellation policy

### What is Bowen Association UK?

A membership organisation for qualified registered Bowen therapists, providing guidance and support for practitioners to ensure they remain up to date and compliant with essential regulations and practice. Full membership can be applied for on successful completion of Modules 1-7 supported by all necessary documentation.



Everybody is better with Bowen... which may also help calm the mind! Have you tried it?

**For any other questions please contact head office or speak to one of our instructors.**



# BOWEN TRAINING UK

## Application form for training in the Original Bowen Technique

**Please complete in block letters and return to your chosen instructor with deposit**

Name: ..... Date of Birth:.....

Address:.....

..... Postcode: .....

Telephone: ..... Mobile: .....

Work Telephone: .....

Email: ..... Occupation: .....

Qualifications in other therapies /modalities (if any):

.....

Do you hold a first aid certificate? YES  NO  Expiry date .....

Do you hold an Anatomy & Physiology qualification? YES  NO

If yes, please give details: .....

Have you had previous training in The Bowen Technique? YES  NO

If yes, please state when and with whom you trained:

.....

My chosen Bowtech instructor: .....

Course Start Date ..... check website for dates

To enable us to address your needs, please tick  any of the following that may apply?

Dyslexia  Other learning difficulties  Hearing/sight impairment

A disability  English as a second language?  Pregnant .....months

Any medical condition(s)  (please list previous and current)

.....

Taking medication/drugs?  (please list) .....

Any other special needs? (please list) .....

### Payment

A deposit of £100 will secure your booking – for cancellation policy please refer to FAQs.

For payment options please contact your chosen instructor directly who will provide details to best meet your needs.

### Consent

I understand and consent to be worked on during the course by other students, instructors/assistants. I understand that none of the training involves any medical treatment or advice for any condition that I may have and is not a substitute for my obtaining professional medical advice.

By completing this form, I give consent for the details to be held by Bowen Training UK for communication purposes in relation to training and associated matters. This data is held by Bowen Training UK under the lawful basis of 'legitimate interest' and will never be shared, sold or rented to others. You may withdraw your consent at any time by notifying us in writing.

Signed..... Date .....



Thank you to everyone who has supported us in producing this Prospectus including Bowtech instructors John Wilks and Helen Mary Perkins for allowing us to use their photographs.

For more information, including details of Bowtech instructors, specific course content and training dates please visit our website or contact us directly

**[www.bowentraining.co.uk](http://www.bowentraining.co.uk)**  
**[enquiries@bowentraining.co.uk](mailto:enquiries@bowentraining.co.uk)**  
**07885 990201**