

Complementary Healthcare NOS

Bowen Healthcare – Discipline Specific Content

Introduction

Bowen Healthcare is an approach intended to reset the body to heal itself. The treatment consists of a series of gentle moves applied to connective tissue including muscles, tendons, ligaments, fascia, joints and nerves. The touch that is applied to the body is gentle and is usually performed with the client lying on a treatment table or seated on a chair.

The work may be performed through light clothing. A key feature of Bowen healthcare is that there are frequent pauses between moves, which allow the body time to respond. By combining sets of moves, both in placement and in combination, the practitioner is able to address the body as a whole and/or target a specific problem

1. Core elements of Bowen Healthcare:

Bowen Healthcare consists of the following key elements:

- a) Gentle moves at key points in the body consisting of taking skin slack, applying a challenge and making a 'rolling' type move
- b) Breaks (of between 2 and 20 minutes duration) are given between some sets of moves to allow the body to respond and integrate the work. The therapist will usually leave the room during these breaks
- c) A highly sensitive and responsive touch by the practitioner
- d) A treatment can be given through light clothing without the need to undress.

2. Application of Bowen Healthcare

Treatment methods:

- a) Being able to vary pressure and touch according to the sensitivity of the client
- b) The creation of a calm and safe healing environment
- c) Positioning the client for optimal treatment outcome
- d) Positioning the client in terms of their comfort
- e) Communicating with the client as to comfort of the moves
- f) Communicating with and gaining consent of the client when there is need to work in sensitive areas of the body

- g) Allowing the client's body and process to determine the speed and/or length of treatment
- h) Applying intention and keen observation
- i) Obtaining consent for the treatment
- j) Use of surrogates and absent work

3. Assessment and planning

How to use the following assessment methods within the context of Bowen Healthcare:

- a) Assessment of movement (including range of movement as appropriate)
- b) palpation of body tissue to assess areas of tightness or tension
- c) observation of posture
- d) observation of body language and facial expressions
- e) listening
- f) intuitive perceptual skills
- g) combination of the above

4. Identifying outcomes and responses to treatment:

- a) Communicating clearly what to expect after a treatment
- b) Being able to explain the mechanism of a variety of responses to treatment to a client
- c) How to encourage optimal conditions for a client to respond beneficially to a treatment
- d) How to work with a client experiencing a 'healing crisis'
- e) How to recognise completion of an individual's therapeutic process
- f) How to facilitate integration of therapeutic changes that may have occurred during a treatment
- g) How to encourage maintenance and stability after a treatment through appropriate advice on exercise, diet, or lifestyle changes
- h) The use of Bowen in palliative healthcare
- i) How to communicate the need for:
 1. Rest and relaxation
 2. Re-hydration
 3. Use of gentle exercise
 4. Exercises appropriate to conditions being treated
 5. Avoidance of extremes of temperature
 6. Awareness of body position in relation to the area being treated
 7. Avoidance of other forms of therapy as appropriate
 8. Appropriate use of self-care procedures related to specific conditions

5. Knowledge and Understanding

- a) Understanding of common conditions that Bowen can address
- b) Understanding the history, principles and development of Bowen healthcare and their relationships to other healthcare
- c) Understanding different methods for addressing common conditions
- d) Recognising when Bowen healthcare may complement or be complemented by other healthcare
- e) Recognising the need for referral
- f) An understanding of life-threatening conditions and their symptoms
- g) Understanding circumstances in which you may choose not to accept or continue treating a client: -
 - 1. When Bowen healthcare is unlikely to be effective
 - 2. When Bowen healthcare is contra-indicated
 - 3. The client is suffering from severe mental illness or is under the influence of recreational drugs and/or alcohol
 - 4. The client is suffering from a contagious disease
 - 5. You do not have the appropriate skills or expertise (for example in treating young children or pregnant women)
 - 6. In cases of constant unremitting, unexplained pain
 - 7. When a client has recently received another form of treatment and is still responding to that treatment
 - 8. When there is no response to treatment
 - 9. When there is a request to stop treatment

5. Anatomy and Physiology

The structure, function, location and interaction of glands, organs and systems including:

- a) Cardio-vascular system
- b) Facia and connective tissue
- c) Lymphatic system
- d) Nervous system
- e) Endocrine system
- f) Digestive system
- g) Respiratory system
- h) Urinary system
- i) Reproductive system
- j) Immune system
- k) The skin
- l) Cells and tissues
- m) Glands and organs
- n) Musculo-skeletal system