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Bowenwork: Providing an environment for ‘healing’

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An aspect of ‘healing’ is to provide an environment where the client feels safe and supported without the pressure of the alertness required for survival. Bowtech Bowen (Bowenwork in the US) is a soft tissue therapy, well known as a way to bring profound relaxation where there has been trauma, shifting emphasis from the SNS to PSNS, central to our emotional as well as physical health and wellbeing. A session

involves small strategically placed moves over muscles, tendons, ligaments, interspersed with ‘wait’ times to allow integration and has traditionally been used for musculoskeletal problems and in assisting people to recover from these and related problems. Holistically when the body is exposed to constant stress or experiences trauma, the bio-electric or meridian circuit is disrupted which can lead to a myriad of residual aspects including muscular tension, neurological issues, breathlessness, anxiety or fatigue, and possible emotional and mental disruptions. With an ever-increasing knowledge base of neurobiology, fascia and

its links to these bioelectrical circuits, Bowenwork can be utilized to provide a ‘calm state’ environment conducive to where the body can find its own natural rhythm. This presentation will explore Bowen ‘connections’ the bio-electrical circuits, awareness aspects and the body’s innate intelligence as it attempts to bring harmony to a ‘distressed’ system plus the broad spectrum of people and conditions it is suitable for. With deep relaxation and a ‘safe’ environment established, the structures and systems can recalibrate to support healing, growth, and resilience. Bowenwork- a wellness modality.

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