

## **European College of Bowen Studies Terms & Conditions of Payment**

Insurance cover for course fees is available for each module in case of illness, (pre-existing conditions exempt) or injury etc. leading to an inability to attend the course. The £12 premium is paid directly to the insurance company. Details and booking form will be sent with your Part One confirmation.

### **PART ONE Introductory Level £350**

- The £80 deposit secures your place until the date that the balance of course fees is due.
- Once the place has been confirmed in writing, the deposit is non-refundable.
- If a student wishes to postpone a course, the £80 deposit may be transferred eight or more weeks before the course commences. There is a £10 administration fee for transfers.
- The balance of course fees for Part One is due 8 weeks before the course commences. The due date will be given in writing at the time of confirmation.
- Once the full course fees have been paid, should a student need to cancel a place for reasons not covered by the insurance, the following refund levels apply:

28 - 55 days before course commences	£180
0 - 27 days before course commences	£0

### **PART TWO First Review £135**

Full payment is due at the time of booking. Fees are non-refundable and non-transferable.

### **PART THREE Secondary Level £270**

- The £80 deposit secures your place until the date that the balance of course fees is due.
- Once the place has been confirmed in writing, the deposit is non-refundable.
- If a student wishes to postpone a course, the £80 deposit may be transferred eight or more weeks before the course commences. There is a £10 administration fee for transfers.
- The balance of course fees for Part Three is due 8 weeks before the course commences. The due date will be given in writing at the time of confirmation.
- Once the full course fees have been paid, should a student need to cancel a place for reasons not covered by the insurance, the following refund levels apply:

28 - 55 days before course commences	£120
0 - 27 days before course commences	£0

### **PART FOUR Upper Review £135**

Full payment is due at the time of booking. Fees are non-refundable and non-transferable.

**Part Five** Terms & Conditions of payment for Part Five (Final Level) are sent with the booking information for that level.

The European College of Bowen Studies reserves the right to cancel a training level at any time. In such an instance, a full refund will be sent to the student.

The European College of Bowen Studies reserves the right to decline admission to any level of teaching.



EUROPEAN COLLEGE OF BOWEN STUDIES

## *Prospectus*

*Training recognised by: B.C.M.A. B.T.E.R. CThA GPBT  
BABTAC*

*Professional links to: F.H.T. College of Chiropractors*

**European College of Bowen Studies**

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**Office Hours: Monday – Friday 9.30 am -5.30 pm**

**Calls are occasionally transferred to the answering machine during office hours, but all calls will be returned within 24 hours.**

**PLEASE NOTE: THE BOWEN TECHNIQUE is not intended as a substitute for medical advice or treatment. If in doubt please consult your Doctor.**

## Welcome to the European College of Bowen Studies

The European College of Bowen Studies (ECBS) directed by Julian Baker and Louise Atwill has pioneered, and been largely responsible for the subsequent widespread success of the Bowen Technique in the UK and Europe. ECBS has been training practitioners in the Bowen Technique since 1994. Based on a stimulating, practical approach, our well-structured tuition equips students to use this highly regarded, holistic treatment with skill and confidence. Bowen, with its many proven benefits, is one of the fastest growing therapies in the world and will revolutionise the life of your clients – and your own.

*“Good clear material; relaxed and enjoyable atmosphere; very good course. Well prepared and good administration.”* Lynne B. May 2006

## What is the Bowen Technique?

The Bowen Technique is a soft tissue remedial therapy developed in the 1950s by Tom Bowen from Geelong in Australia. The practitioner uses thumbs and fingers on precise points of the body to perform Bowen's unique sets of rolling-type moves over muscle, ligament, tendon and fascia, prompting the body to reset and re-align. The treatment is subtle and relaxing without forceful manipulation. Most of the work can be performed through light clothing. A distinctive feature of Bowen is that the therapist leaves the room between sets of moves, allowing the client's body time to respond to the treatment.

*“Bowen has added a further dimension to my work.”* Jan C. Nov 2004

## Why learn the Bowen Technique?

If you are currently a practicing therapist, the Bowen Technique is an essential tool. Bowen works very quickly and effectively with chronic and acute conditions, and is one of the most effective therapy tools available today. As well as being gentle on the client, the Bowen Technique is also very gentle on the practitioner as the light touch required makes minimal demands on the therapist. The training format has been specifically designed to enable people from all backgrounds to be confident and relaxed whilst learning the Bowen Technique, and our courses are also fully accessible to those wishing to study the Bowen Technique to help family and friends, or for their own interest.

*“The best managed and delivered course I've ever attended.”*  
Barbara S. Acupuncturist Dec 2006

## JO LUNN

Jo worked in theatre in the West End and Scotland, as a gym instructor and studied law. Following a back injury she trained in reflexology and sports massage and after very successful treatment for her back, trained as a Bowen Practitioner: there was a vast improvement in her own well-being and a weight loss of 2 stone! Whilst a gym instructor Jo was a finalist in the WABBA Instructor of the Year Awards and was invited to become a WABBA Assessor. She was also head-hunted to open a fitness club, but decided to open her own clinic. She now runs a busy, well-established Worcestershire clinic treating clients from across the UK. Jo firmly believes she has found a highly effective, time-efficient and non-invasive treatment and her courses take a friendly, practical approach. Jo's natural enthusiasm and down to earth philosophy ensures her students develop confidence in their work.

## MICHAEL MORRIS

Michael qualified in sports massage in 1996 and then completed the two-year advanced remedial massage and manipulative therapy at the Northern Institute of Massage. He has been working within sport and for professional sports teams for much of his career. Michael's understanding of bodywork has undergone significant changes since he began working with Bowen in 2002. He runs a very successful Bowen practice in South Lincolnshire treating a wide range of conditions both sporting and non-sporting. His interest and belief in the treatment prompted him to take the next step into teaching. Like all ECBS teachers, Michael uses the most up to date 3D computer software in his teaching, making the learning of the necessary anatomy more interesting and understandable. He brings energy and enthusiasm to his courses, with an emphasis on the practical application of this highly effective treatment.

## BARRY HARPUR

Barry was born and raised in Dublin where he currently resides. He moved to the UK in 1992 and studied production at Bournemouth University. Barry developed an interest in the Bowen Technique in 1996 when his wife had treatment for symptoms of rheumatoid arthritis. The intense relief she experienced inspired him to discover more about this phenomenal technique and how it might help others. Having qualified as a Bowen practitioner, Barry runs a successful full time practice in his hometown. Further training throughout Europe has enabled him to become one of Ireland's most experienced practitioners. In 2007 he set up ECBS Ireland offering courses throughout the Republic. Barry is an intuitive and confident teacher and his enthusiasm for Bowen makes each course an enjoyable experience. Barry's diverse approach to his courses gives a fascinating and unforgettable insight into the way the human body functions in terms of healing through Bowen.

*“I have been attending therapy courses for over 12 years and this is by far the most professional course I have attended. Good clear instruction from people still working in the therapy with excellent back up facilities.”*

Yvonne P. June 2005

## **ALASTAIR RATTRAY**

Alastair was formerly a schoolteacher and a Football Association (FA) coach before moving into industry. He gained the FA Treatment of Injury Certificate in 1972 and was physiotherapist to a semi-professional club for ten years, becoming one of the first Regional Instructors in football injuries for the FA. He trained in the Bowen Technique in 1997 and has a particular interest in asthma and respiratory cases, amassing hundreds of case histories to illustrate the positive effects of Bowen on childhood asthma ([www.relieve-childhood-asthma.com](http://www.relieve-childhood-asthma.com)).

Alastair's extensive experience in teaching adults gives him a relaxed style and the ability to build his students' confidence throughout the course.

## **SYLVIA WILKINSON**

Enthusiastic and patient, Sylvia has been a Bowen Technique teacher for the past six years, having previously taught holistic therapies for 13 years in a further education college in Mid-Wales. Sylvia is an experienced practitioner with clinics in the beautiful countryside of Shropshire, Herefordshire and Mid Wales and her varied work covers many areas of interest ranging from allergies to structural imbalance and the holistic treatment of children. With a background in general nursing and care of the elderly, Sylvia is a sympathetic and patient teacher who never ceases to inspire with her enthusiasm for Bowen.

## **JIHAN ADEM**

Jihan began her teaching career in London as a riding instructor to both able bodied and severely disabled people. She also competed in equestrian events for a number of years, travelling extensively throughout Europe. After receiving treatments in 1996, she realised that longstanding childhood conditions which had previously been diagnosed as 'chronic' and 'unchangeable' were resolving.

She subsequently trained in Bowen and found that teaching the technique was a natural progression. Her vitality, combined with her compassionate approach to teaching enables students to draw on and build upon their existing skills and knowledge. Under Jihan's course leadership, students can enjoy a relaxed and fun learning environment.

She lives in South Devon where she practices Bowen and also runs a very busy multi-disciplinary clinic. Jihan is interested in emotional health and wellbeing and, in particular, brain chemistry and its relationship to emotional literacy. Her interests include Nichiren Buddhism, riding, travelling and live music.

"I've been delighted by the 'down to earthness' of the training and the teachers. Have enjoyed the mix of real insight and experience with lots of humour from both my teachers." Jenny E. Nov 2005

## **Benefits of using the Bowen Technique**

A very wide range of complaints can be addressed with the Bowen Technique and it is suitable for all ages from new-born babies to the elderly. Response is generally quick and this makes it a time and cost effective treatment option for clients.

"From the moment I returned from the first part of my Bowen training course, I and the people who were good enough to let me practise on them were literally amazed at the results that this gentle therapy could have. Right from the start, people of all ages were coming forward with a wide variety of problems including long-standing back pain, knee pain, chronic ear pain, skin problems, ankylosing spondylitis, shoulder pain, panic attacks, disabling stress-related pain and low energy. As I practised the light rolling moves over particular muscles in the way I had been taught, it seemed impossible that something so minimal could have any effect at all, yet the dramatic and frankly miraculous results I was getting spoke for themselves. I had been practicing other forms of therapy for eight years before I discovered Bowen but the success rate I was experiencing with the Bowen Technique even whilst I was still a student was far outstripping that which I had achieved before".

Anna I. February 2005

## **The Training Organisation**

ECBS conducts courses throughout the UK, making training very accessible. Training from ECBS is also available in the Republic of Ireland, Holland, Iceland, Sweden and Norway.

Dedicated to providing students with a stimulating and professional learning experience, ECBS teachers run busy Bowen practices, enabling students to benefit tremendously from their day-to-day knowledge and experience. They undergo a demanding, intensive and structured ECBS Teacher Training Programme, which combines dynamic teaching and communication methods with detailed Bowen concepts and theory. In addition to the practical, course instruction, teachers use state of the art computer presentations to explain the theory and practical application of the Bowen Technique.

One of the hallmarks of ECBS is the reliable support offered not only to students during their training but to fully trained practitioners as well. All teachers can be contacted directly by phone or email.

"I feel that the College's presentation and professionalism is excellent. I enjoyed the quality of teaching along with the visual aids of the anatomy DVD. That was very helpful." Kim L. March 2006

## ECBS Course Format

The course is structured to be practical and hands-on, a method that increases the confidence of new practitioners. On successfully completing the training, students receive the ECBS Certificate of Proficiency in The Bowen Technique. The ECBS format is very flexible. Students can choose to attend each course with the same or different teacher at different venues throughout the UK. It is possible to complete the course of training within ten months, although this depends on the convenience of course dates and venues. Our flexibility enables students to complete the course of study at a pace to suit them.

<b>Part One</b>	<b>4 days</b>	<b>£350</b>	(£80 deposit, the £270 balance is due 8 weeks before the course)
<b>Part Two</b>	<b>2 days</b>	<b>£135</b>	
<b>Part Three</b>	<b>3 days</b>	<b>£270</b>	(£80 deposit, the £190 balance is due 8 weeks before the course)
<b>Part Four</b>	<b>2 days</b>	<b>£135</b>	
<b>Part Five</b>	<b>3 days</b>	<b>£350</b>	(£80 deposit, the £270 balance is due 8 weeks before the course)

Courses generally run from 9.30 am – 5.30 pm and course fees may be paid in instalments throughout the course. There is no additional charge for this payment method.

*“I appreciate the E.C.B.S. modular format, flexibility of how it was run and being able to spread the cost.”*

Beryl F. February 2006

Due to the structure and format of the ECBS course of training, there are no pre-requisites for commencing the Bowen Technique course.

- There is a minimum interval of 4 months between Part One & Part Three
- There is a minimum interval of 4 months between Part Three & Part Five
- Part Five is offered in a number of regional venues and therefore will not necessarily be the same venue as the previous levels of training. The dates and venues are provided during training. If you require these sooner, please contact us.
- Upon completion of the full training, accredited Bowen Technique practitioners may wish to become full members of a professional therapy organisation. Most of these require members to have an ITEC or VTCT qualification in Anatomy and Physiology (A&P). If A&P has been gained as part of another training e.g. medical, homoeopathy, massage, reflexology, physiotherapy etc. a copy of that certificate will be acceptable.

## DAVID HOWELLS

David taught in Further Education before studying at the Oxford College of Chiropractic. Originally David trained in the Bowen Technique to give an extra dimension to his work but soon found that Bowen was a complete modality and now uses it exclusively in his Warwickshire practice. In teaching the technique, David particularly likes the procedural approach to treating the whole body. As students gain experience, he guides them into using their senses, learning to read the body and the subtle changes that Bowen brings so that they then ask the right questions during treatment.

## JOY WEST

Joy was a fitness trainer for 12 years prior to running a successful holistic massage practice. She studied Tai Chi for 7 years and has maintained an interest in nutrition and a healthy lifestyle since her twenties. After qualifying in the Bowen technique in 1995, Joy's dedication to Bowen led to her appointment as a teacher with ECBS in 1998. A warm, open and gentle person, Joy's teaching affirms and encourages students to recognise and develop their own abilities through the discipline of the Bowen Technique. Joy recognises that people learn in different ways and she warmly embraces their individuality as she presents the work.

## BELINDA CARR

Belinda graduated from Reading University in 1983 with a BSc (Hons) in Food Science. After ten years working in the food industry, she retrained as an aromatherapist and then as a reflexologist. In 1997 she discovered the Bowen Technique and recognised that this was a far more effective technique than her current therapies. She was further impressed by the Bowen Technique when it helped her long-standing neck condition, using minimal input by the practitioner compared with most other hands-on therapies.

Belinda is sincere, unassuming and approachable and is a great encourager as she communicates her obvious passion for Bowen to her students.

## PAULA ESSON

Paula qualified in Sport Science (Hons) in 1991. She coached basketball at national level in tandem with running a Sport Science Department at a further education college for seven years. Personal injury introduced Paula to the Bowen Technique and the marked changes she experienced in function, pain, well-being and recovery rate set Paula on a new career path. Paula qualified in the Bowen Technique in 1998 and ran a very busy practice in a large GP surgery in Durham. This developed a firm practical knowledge of Bowen, which naturally led Paula back into teaching. Paula specialises in Bowen focused sports injury and anatomy workshops which she teaches in the UK, Holland and Iceland. Paula is looking to spend the coming years moving Bowen forward in the professional world of physiotherapy. Focusing on the academic aspects of the technique.

## Post Graduate Course Opportunities

ECBS offers a wide variety of courses and workshops for Bowen Technique practitioners who have attained the ECBS Certificate of Proficiency.

One of the hallmarks of ECBS is the reliable support offered not only to students during their training but to fully trained practitioners as well. All teachers can be contacted directly by phone or email.

*“ECBS seemed more professional and well organised. I remain very impressed with the high standard of the ECBS training system. It’s wonderful that you make it so flexible. The teaching skills are excellent and the scope for further learning seems endless, which is very exciting. Also the availability of help at any time during or after qualifying is very reassuring. The paperwork is always prompt and clear.” SC Feb 04*

## Research

E.C.B.S. is at the forefront of research and development to investigate the effectiveness of the Bowen Technique. The results of a project completed in February 2000 demonstrated that “the Bowen Technique significantly improves the frozen shoulder condition”. Results will shortly be published on the effectiveness of the Bowen Technique on hamstring flexibility.

Other research studies into the efficacy of Bowen treatment include the 2002 National Migraine Research Programme and the 2003 National Asthma Research Programme (both directed by Nikke Ariff of the Bowen Therapists' European Register).

*“I have been very impressed with all my dealings with E.C.B.S. – responsive, professional and informative.”* Krystyna M. June 2005

## TEACHER PROFILES

### JULIAN BAKER - Director and Principal Instructor

Originally from London, Julian Baker received extensive training in the Bowen Technique whilst living in Australia. Initially trained in reflexology, he sought out the Bowen Technique after being impressed by its efficacy having received effective treatment for a chronic neck injury. Returning to Britain in 1992, Julian set up a highly successful clinic, but soon began teaching the technique full time in response to the tremendous demand for Bowen training. His devotion and boundless enthusiasm for Bowen and tireless teaching and promotion of this gentle yet powerful therapy throughout Europe has been largely responsible for its current status as one of the most important and effective therapies available today.

## THE ECBS COMPLETE COURSE OF TRAINING

### PART ONE – four days

All students begin with this introduction to the concept of the Bowen Technique. Small classes allow plenty of supervision and detailed, illustrated teaching notes are also provided.

The emphasis is very practical and hands-on and students, under close supervision, practise the moves on each other so that, by the end of Part One, students have the skills to perform a complete body treatment. To establish a good level of understanding and proficiency, students record all of their case histories and submit the case studies of ten clients, each of whom has received three treatments. Students work on these during the time between Part One and Part Three. Between courses, the teaching team is always available to support students and to answer any questions arising from the practical aspects of the case history work.

*“I was very impressed by the fact that we worked on each other straightaway. I did not expect that.”* Eileene B. June 2006

## COURSE CONTENT

**Lower Back and Leg Procedures:** introduces a comprehensive treatment for lower back complaints, knee problems, hamstring and circulatory symptoms.

**Back and Neck Procedures:** effective treatment for a whole range of presentations. The simple and surprisingly few moves in these two areas are powerful and fundamental tools that effectively address the entire body system and form the basis of most Bowen treatment sessions.

**Shoulder Procedure:** one of the most effective treatments for shoulder complaints currently available in physical therapy.

**Elbow, Wrist & Knee Procedures:** addresses problems such as tennis elbow, tendonitis, and RSI as well as acute injuries and chronic conditions.

**Ankle Procedure:** an immediate and very effective tool to treat an ankle that has been sprained or otherwise injured. With many therapies, treatment is not performed on inflamed or swollen areas, but the very gentle Bowen is most successful in these situations.

**Hamstring Procedure:** increases the flexibility of the hamstrings. Studies show that there is not only a significant improvement immediately after treatment but flexibility also continues to increase during the week after Bowen.

## **PART TWO - two days**

Part Two is a revision course to ensure that the student's knowledge and practical application of procedures taught in Part One are accurate. At this stage, students have already gained some experience through practice of the technique - Part Two will build on and refine their skill and accuracy. Time is also spent assisting students as they compile their client case-history treatments.

*“Excellent workbooks. Methodology built up steadily giving us the ability to go off and ‘do it’.”* Carole B. November 2004

## **PART THREE - three days**

Part Three takes the technique to a new dimension with specific treatment procedures that are remarkable for their speed and efficacy. A manual accompanies the Part Three notes containing over 100 full colour photographs with simple text and directional arrows showing the position and direction of the moves. This can also be a useful resource to help the student explain the nature of the technique to clients.

The submission of ten client case histories (30 treatments) is a course requirement for attending Part Three. These receive a written evaluation, giving guidance and suggestions for improvement, if needed.

*“I will be using Bowen much more than originally envisaged as the results in case studies were remarkable.”* Linda H. Reflexologist, Feb 2006

## **COURSE CONTENT**

**Respiratory and Diaphragm Procedure:** an important procedure for the treatment of symptoms associated with respiratory illness. It also addresses childhood and infant colic, asthma and, with slight adjustment, even structural deformities such as scoliosis.

**Temporo Mandibular Joint Procedure:** one of the most useful procedures - the TMJ has so many applications that it is almost impossible to list them all.

**Pelvic Procedure:** using the four moves in the pelvic procedure, therapists often see even the most entrenched and chronic problems change in minutes. Leg length differences that may have been treated many times by other methods can resolve immediately with a long-term outcome. Other uses for the procedure include treatment during pregnancy, general reproductive issues, sports therapy, groin strain, and hamstring problems.

**Coccyx Procedure:** used for a wide range of presentations including reproductive and urinary problems, digestive and allergy issues as well as injuries and structural issues surrounding the coccyx.

**Kidney Procedure:** an important move aimed at reducing pressure and inflammation around the kidney area, giving relief from urinary tract symptoms as well as mid back pain.

*“The structure, organisation and repetition of courses made the technique easy to learn. I have been able to integrate the training into my daily life without too much pressure or sacrifice.”*

Sean V. February 2006

## **PART FOUR - two days**

Part Four revises the Bowen moves covered in Part Three, and aims to consolidate all the moves learned to date. At this stage, students are in the process of preparing their second set of ten client case history treatments. Our knowledgeable and dedicated teaching team will answer any questions arising from the studies.

*“Very well structured programme of courses – case histories really do provide valuable experience and practice before being qualified.”*

Caroline M. January 2005

## **PART FIVE Final Level - three days**

(Course dates & venues for Part Five are given to students during Part Three. If you require these dates sooner please contact Head Office.)

Part Five reviews and practises all work covered and includes a written and practical assessment on the afternoon of the third day. Students often comment that this is the module where everything seems to *fall into place*. Students are also introduced to more advanced concepts and approaches to the Bowen Technique that they can build upon as they gain experience as practitioners.

*“I can safely say that I have never enjoyed a course of instruction as much as this one. I found the course pace and structure to be excellent. There was a good balance between lectures and practical work and the course notes are great. Tutor support was always available when needed and it helped a lot with confidence. I completed over 300 treatments as a student in 2005. It is a testament to the quality of the training that I felt confident enough to begin trying the Bowen Technique from the day after I completed the Part One course.”*

Donal C. December 2005