

Locally Based Manual Therapy School Creates Alternative Therapy History.

An Algarve based manual therapy school has created an historic step for alternative therapies by having its work officially accepted in the Public hospital system in Hong Kong.

Directors of the International School of Bowen Therapy (ISBT), Lisa Black and Col Murray, who have been based in Salema for five years, have been teaching their interpretation of Australia's Bowen Therapy in Hong Kong for seven years.

Based on the work of Aussie manual therapist Tom Bowen (1916-82), ISBT-Bowen Therapy, has been used unofficially by Occupational Therapists (OT's) in Hong Kong for some years but is now officially listed for direct referrals by Doctors and Specialists to OT's within the Hong Kong public hospital system.

The Central Organising Committee (COC) of the Hong Kong Hospital Authority, charged with deciding on what therapies are available for HK's 7.08 million inhabitants, decided that Occupational Therapists, who had successfully trained with the ISBT, could treat patients within the hospital system.

Lisa Black, said the COC had approved ISBT's work based on the weight of the success the therapy had been achieving with a broad range of physical issues.



"It would be wonderful if we could achieve the same success in Portugal," Lisa said. "Around the world hospital systems are under undue stress simply because of the underutilisation of select alternative therapies that could relieve the strain on workloads. ISBT's work has shown to negate the need for surgery in many instances and the Hong Kong authorities have been quick to identify its usefulness."

What is Bowen Therapy?

In his book, **In Search of Tom Bowen and the Therapy He Inspired and Lots of Other Stuff**, which has caused quite a stir in Bowen circles as it dispels many myths and openly attacks those generating them, Col Murray claims the work is a more refined version of that used for hundreds, maybe thousands of years by some traditional healers.

"Bowen therapy has loosely evolved from some of the work used by shamans and witchdoctors. A famous Australian therapist from the 1930s and '40s, Ernie Saunders, passed on concepts learnt from an Asian practitioner to Tom Bowen and although he never taught in a formal sense, Bowen allowed therapists to observe him work. It is from these observations that interpretations of the work have evolved.

Described as one of the gentlest manual therapies, Bowen Therapy is usually a series of single 'moves' on very specific points. It is a minimalist therapy that often leaves people confounded as to how such minimal work can achieve such remarkable results with a broad array of issues, including back, neck and limb injuries. Its use with neurological problems, such as Parkinson's and multiple sclerosis is widespread and Lisa Black said that one of their Hong Kong teachers has specialised working on children with learning difficulties with astonishing results.

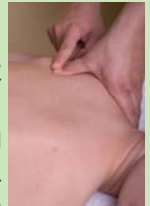
Much of the work is used on the origin and insertion points and/or on the belly of muscles where gentle cross-fibre movements are performed. Rapid 'flicks' on tendons are sometimes used as are gentle moves on ligaments.

Course in Lagos

ISBT's first course in Lagos starts with an introductory two days at the end of June. This is Module One of the five (X 2 days) Module Foundation Certificate Course and will be taught by Lisa and Col who, with around 20 years' experience each, are among the most experienced Bowen Therapists in Europe.

Lisa said that even after the first weekend students will have extremely useful tools for overcoming many issues. If you would like more information, www.bowen-therapy.com or contact isbt@bigpond.com. Lisa and Col are also available for treatments.

*www.thebowenbook.com



Australian Founders & Directors of the
International School of Bowen Therapy (ISBT)

Lisa Black & Col Murray, invite you to attend the first ever
ISBT-Bowen Therapy course in Lagos
June 29/30

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