

# **Bowen Therapy Conference 2018**

## **Expanding Knowledge: Shaping Professional Practice**

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### **The Bowen Technique - mechanisms of action, background logic and clinical application**

Whilst anyone who has experienced Bowen either on the giving or receiving end will have no doubts as to its efficacy, it is still a therapy that is very poorly understood in terms of effect and how it works.

We all tell our clients a story about how we think Bowen works or might work, and may even feel reasonably confident with what we say. In truth, what exactly is happening is a complete mystery.

We aren't alone in this aspect, as every therapy has its challenges in being able to identify what it is that is happening during treatments.

Clarifying the precise action is a long way off, but in recent times there has been more understanding of 'light touch' and how this translates into specific and unusual responses in the brain.

This presentation seeks to present some of the recent findings of touch responses within Bowen, as well as examine some of the approaches and stories we currently use.

By excluding from our story what is almost certainly not happening, and instead focusing more on understanding some of the more probable mechanisms, we will be able to more effectively direct both our treatments and the way we communicate with others about the phenomenon that is Bowen.