

## **The Bowen Technique**

*Below is a summary of the talk given by Bowen Therapist, Dawn Marshall at our recent seminar in Letterkenny.*

“I trained as a Bowen Therapist after the technique helped me recover from chronic pain, which I developed following a car accident. Since qualifying as Bowen Therapist in 2000 I have treated many people with migraine.

It was Tom Bowen, an Australian who developed this technique although it was the people he had taught the technique to who fully advanced it after he died.

The Bowen Technique is a very delicate process. It’s not painful. You don’t have to remove your clothes as all the movements can be done through clothes. The therapist draws the skin across over the top of the muscle using the thumb or middle fingers and creating a vibrational effect across the muscle. In problem areas, these movements help the muscle to release out and then come back into the way it should be.

There are many other problems that can be linked to migraine such as back and neck problems. Also there are a number of people who find that when they open their mouths quite wide they can hear a slight clicking noise. This can also be linked to migraine. There are movements a therapist can do across the jaw and cheek and over the eyes that can be used for migraine along with movements on the neck, chest and shoulders.

There are two case studies that may be of interest to you. The first concerns a lady who always got migraine when she didn’t eat regularly. During an attack, she went to bed and disappeared fully under the covers even though the curtains were pulled. When I was training as a Bowen practitioner, I practiced on her and did the movements I have outlined. From that day 4 years ago to this, she has never had to get in under the blankets again. That’s not saying she never gets a headache but she never gets the severe attacks that she got before.

The other person I referred to suffers both with migraines and tension headaches. She came for treatment and after a while I began to think that I wasn’t doing enough for her, as the headaches just weren’t going away. I also do a type of hands-on healing called ‘Reiki’ and discussed the possibility of combining this with the Bowen Technique for her. She decided to give it a go. I did Reiki first and then moved onto the Bowen Technique and the combination successfully treated her attacks in the end. However if she lapses from getting treatment and does not come back on a regular basis she finds that the headaches return.

These are two completely different cases. The first is definitely a success story, the second is one where I’ve helped somebody but its not 100%. With complementary medicine you do your best but there is no guarantee that it will work for everyone”.