



Training Prospectus 2017

Bowen College is dedicated to creating professional practitioners who have the knowledge, capability and the skills to create a better world for themselves and their clients.

Bowen College

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Why train with us?

At Bowen College we don't train you to become technicians, we train you to become therapists in the Art and Science of Bowen Therapy and how the Mind plays an instrumental part in health. Bowen College is your key to unlocking a new healing modality.

We are igniting transformational shifts in perception aligning health and global consciousness while empowering health care practitioners to become leaders in society.

We are the first accredited Canadian Bowen school to offer you this comprehensive training necessary for you to practice Bowen Therapy, one of the most powerful healing modalities in the world.

Our vision of Bowen training, throughout the college, reflects both efforts in standardisation and in individualisation of treatments for the client.

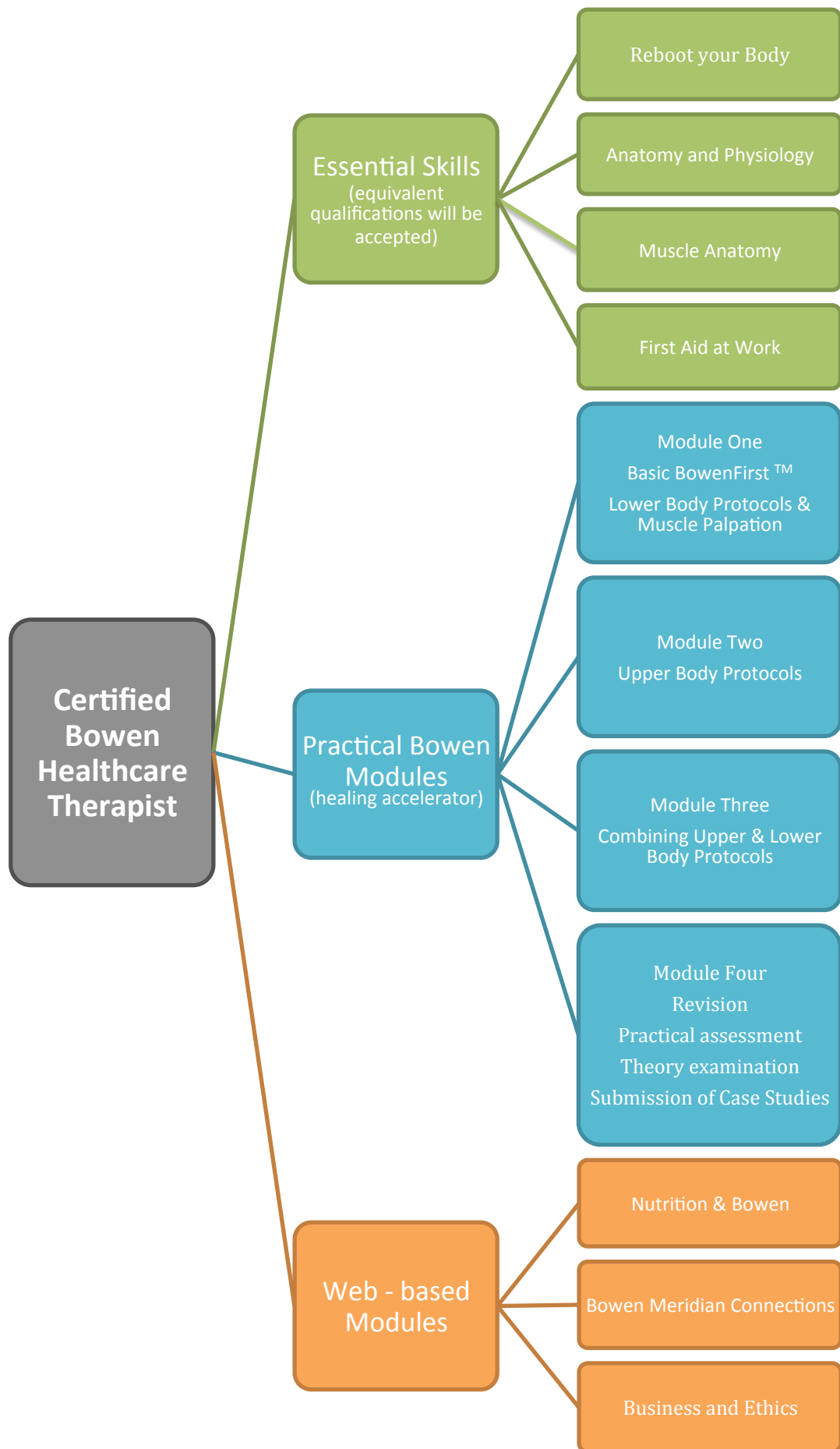
We are fostering a culture of curiosity and transformation with awareness, abundance and contribution to community. Come and join us...

What makes us different?

- The first and only accredited Canadian Bowen College to offer the comprehensive training necessary for you to practice Bowen Therapy.
- Complete package of training delivered by experienced Trainers and Qualified Healthcare Professionals
- A complete Professional Bowen Qualification (including Nutrition and Bowen, Business Skills, Anatomy and Physiology and First Aid Training) all under one roof
- A total Mind-Body approach to health and well being built upon Bowen at the core of the program
- A new and growing range of CPD courses for developing your skills
- Founded by authorities in the field of the Mind and Body
- Practical training, Web based learning & Social media support groups
- On going care and support during and throughout your career
- The most up to date Bowen and Bowen centered Anatomy training currently available within this field
- A total understanding of how the mind is not the brain and what this means to practitioners
- Cutting edge research into the field of pain management proving our theories
- The greatest number of influencers in the field collaborating within one organisation
- A Truly International College



Bowen College Certified Bowen Healthcare Therapist - Training Program



Essential Skills:

Students must either study the four development modules offered by the Bowen College or demonstrate an equivalent level of prior study:

Reboot your Body

If you are not already a health care professional, your first and best option to become more familiar with Bowen Therapy is our Reboot Your Body 2 Day Workshop.

There are no prerequisites for this course, as it is taught and intended for anyone wishing to sample a taste of BowenFirst™. This may be a family member wishing to help another, or someone who is interested in getting into the health care industry.

This class will cover the fundamental autonomic balancing moves for the muscles and the nervous system. This course will be instructive, inspiring, and utterly relaxing.

The Reboot workshop is geared to maximize the Bowen experience. Everyone is Welcome!



Individuals interested in experiencing a technique that is scientifically designed to help you quickly overcome the 7 biggest challenges that are keeping you from a relaxed body and mind, including:

- Hormone imbalances
- A slow and broken metabolism
- Lack of vitality
- Lack of proper and restorative sleep
- Repetitive pain cycles
- Inefficient absorption of vital nutrients
- Improper detoxification and elimination

If you have a background in the health industry or have current training in anatomy and physiology, you can choose to proceed straight away with Module One or start with this course as a refresher.

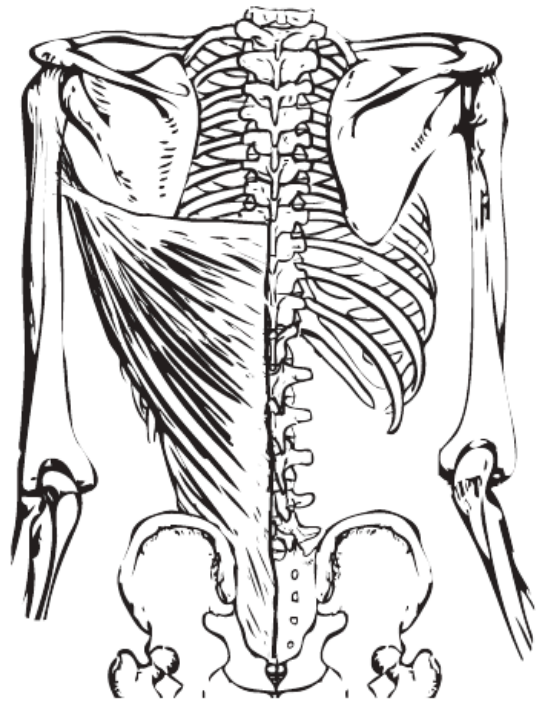
Anatomy & Physiology

This course covers the function of the human body.

In each unit you will cover the function, anatomy and some pathology of that system.

The subjects covered include

- Homeostasis
- Negative & positive feedback systems
- Energy within the body
- Composition of the body
- Biochemistry basics
- Tissue
- Skin
- Skeletal system
- Muscles
- Nervous system
- Senses
- Pain
- Endocrine system
- Cardiovascular system
- Lymphatic system
- Respiratory system
- Digestive system
- Urinary system
- Reproductive system



Acceptable qualifications include ITEC Level 3 A&P, VTCT or similar.

Muscle Anatomy (web based learning)

This anatomy course teaches the function, origin and insertion of the muscles of the body. The focus of the course assists the student with the dynamic understanding of each muscle associated with the Bowen Protocols.

It will cover the origin, insertion and action of the muscles of the body and how the muscles can be seen in relation to the body contour. This knowledge will assist the therapist in assessing a client's individual needs in order to alleviate health problems, stress and balance body functions.

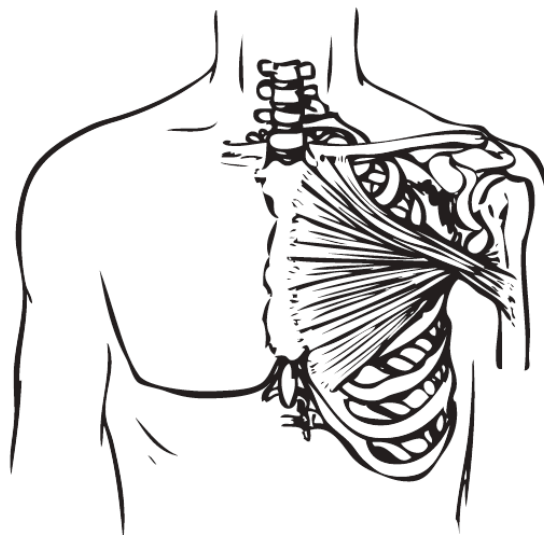
The subjects covered include:

- Anatomical position, directional and regional terminology
- Structures of shoulder and upper arm
- Structures of forearm and hand
- Structures of spine and thorax
- Structures of head, neck and face
- Structures of pelvis and thigh
- Structures of lower leg and foot

Acceptable qualifications include ITEC Level 3 A&P, VTCT or similar.

Required text books for both anatomy courses:

- BowenFirst™ Basic Lower Body Protocols & Basic Upper Body Protocols by Dr. Manon Bolliger, ND 2008© (provided in class)
- Trail Guide to the Body: How to Locate Muscles, Bones and More by Andrew Biel
- Essentials of Human Anatomy and Physiology by Elaine N. Marieb
- Clinical Nutrition: A Functional Approach by Jeffrey Bland
- Physical Assessment by Dr Nikita Vizniak
- Concise Medical Dictionary by Elizabeth Martin



Emergency First Aid

The course covers basic life saving first aid to meet the workplace health and safety regulations. Students will be awarded the recognised Emergency First Aid qualification, valid for 3 years.

This course gives learners the skills to help a casualty who is:

- unresponsive and breathing
 - unresponsive and not breathing
 - needing resuscitation (CPR)
 - having a seizure
 - fainting
 - choking
 - bleeding (minor and severe)
 - suffering from shock
 - burnt
- In addition advice is given about:
 - dealing with an emergency
 - assessing a casualty
 - monitoring a casualty
 - where to get help
 - electrical incidents
 - accident recording and reporting
 - control of substances hazardous to health (COSHH).

Acceptable transferrable qualifications include a current First Aid at Work or Emergency First Aid at Work certificate.

*Our First aid trainers have achieved more than most! As well as fully qualified training providers, they are HCPC registered which means they meet the governments standards for delivering emergency and urgent healthcare to the general public in the pre-hospital arena.

Core program:

Module One:

Muscle palpation

The course starts by reviewing muscle anatomy and ensuring the students are familiar with the muscles and landmarks of the body, on the body.

Students also will learn to palpate the different structures of the body including bones, muscles, tendons, ligaments and fascia. A practical hands-on approach will assist the student to build confidence and establish a solid foundation for the Bowen moves.

Lower Body Protocols

Participants on their way to becoming Bowen Therapists learn a powerful system to integrate and balance the body. This Basic Lower Body Protocols system will assist in addressing a broad range of structural symptoms including back pain, hip and knee pain and much more. This Autonomic Body Balancing System also facilitates stress relief and relaxation. This course concentrates on the fundamental Bowen protocols that address many concerns associated with the lower body.

In this course you will learn protocols for:

- Hamstring Protocol
- Knee Protocol
- Accessory Biceps Femoris Protocol
- Bursitis Protocol
- Ankle Protocol
- Plantar Fasciitis Protocol
- Hammertoes Protocol
- Bunion Protocol
- Kidney Protocol
- Adductor Protocol
- Sacral Protocol
- Enuresis Protocol
- Coccyx Protocol
- Perineal Protocol
- Gluteus Maximus Spasm Protocol
- Infertility Protocol



Module Two:

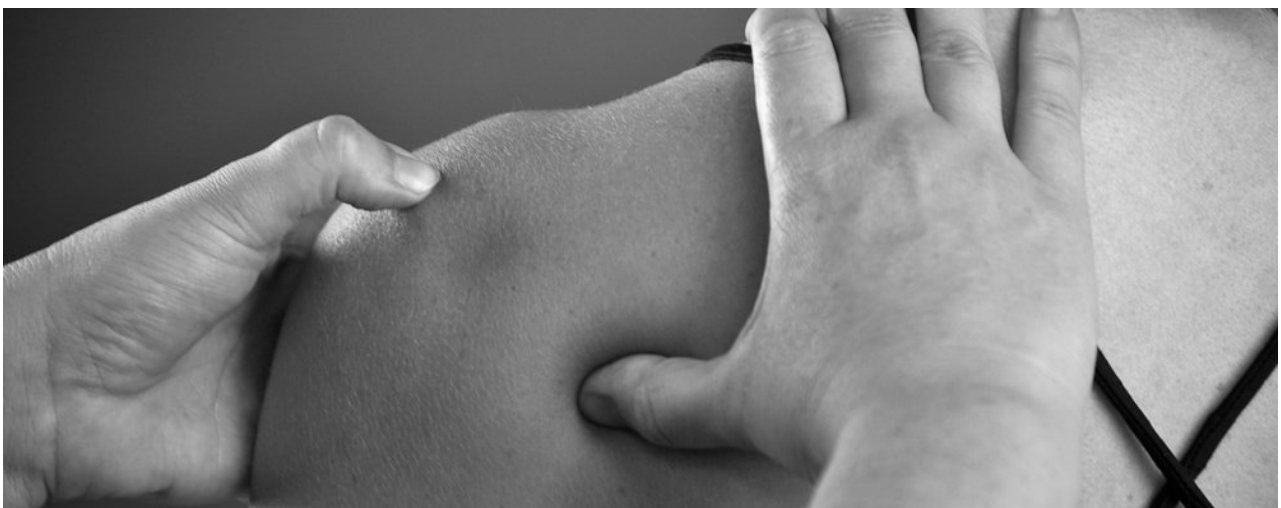
Upper Body Protocols

Students will continue to learn powerful protocols to integrate and balance the body. The focus in this course is the upper body and addresses structural symptoms including back pain, neck pain, shoulder pain, elbow pain, wrist pain, temporomandibular joint pain, digestive problems and much more.

This Autonomic Body Balancing System also facilitates stress relief and relaxation. This course concentrates on offering an array of fundamental protocols to address many upper body related issues.

In this course you will learn protocols for:

- Lower Torso and Cervical AIM and Precision
- Deltoid Protocol
- Anterior Scalene Protocol
- Anterior Latissimus Dorsi Protocol
- Pectoralis Protocol
- Subscapularis Activation
- Diaphragm Resetting Protocol
- Digestion Protocol
- Phrenic/Vagal Protocol
- Facial Release Protocol
- Torso Sedation Protocol
- Upper Trapezius Protocol
- Elbow Protocol
- Pronator Protocol
- Thoracic Lymph Release
- Cervical Lymph Release
- TMJ Protocol
- Rhomboid Tonification
- Trapezius Tonification
- Torso Lymph Protocol



Module Three:

This module will bring together the work covered in the two previous modules.

There is ample time to refine your practical skills so that you are confident and proficient in all of the upper and lower body protocols. You will also look at the integration of function between these areas. This is where more information about how the human system works holistically will be discussed.

You will revise and practice for the examination topics and individual guidance on your case study work will be given.



Module Four:

This is the assessment module and consists of final preparation and formal assessment of the following:

- Practical skills assessment
- Written theory examination
- Submission of case studies

“Love the way it was taught. We got to see it, experience it, do it, teach it. Following that, performing an entire treatment with the pauses really solidified our learning.”

Web Based Modules:



Nutrition & Bowen:

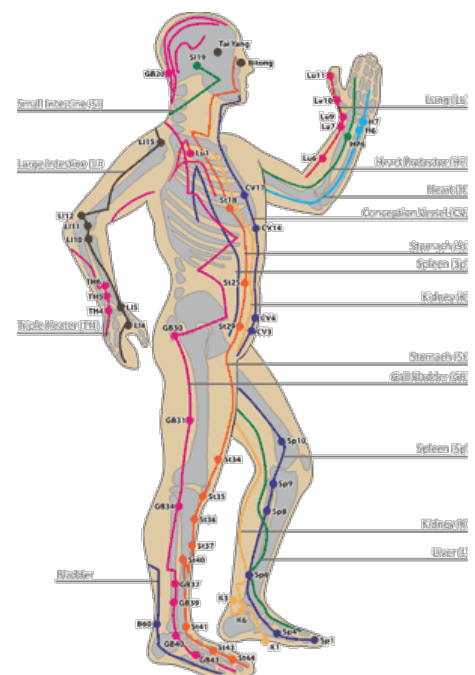
The course will introduce the basics of nutrition, to allow students to recognize the impact of a client's diet on their health and wellbeing.

- Nutrition basics
- Macro nutrients
- Healthy diets
- Micro-nutrients
- Vitamins and minerals
- Holistic nutritional approach
- Nutrition through the life cycle
- Nutrition and detoxification
- Sports nutrition
- Anti-inflammatory nutrition
- Food allergies and intolerances
- Nutrition and Chinese medicine
- Nutrition and health according to Tom Bowen
- Psychosocial aspects of food and nutrition

Bowen Meridian Connections:

This course will introduce the concepts of energy meridians and how they correlate with myofascial pathways.

- The basics of Yin and Yang
- TCM energetics
- Meridians and associated organs
- Key points on the meridians
- The Five Element theory
- Bowen moves and associations with meridians
- Vital substances
- Qi – definition and functions
- Pathologies of Qi
- Element personalities
- Treatment using Five Elements theory
- The organ systems
- Meridians and TCM
- Practical applications of TCM and Bowen combinations



Business and Ethics:

The Business and Ethics course will teach those who are looking to open a practice of their own, important skills and knowledge necessary for maintaining high standards in ethical procedures and business practices.



Information covered in this course includes:

- How-to guide to set up a practice
- Finding beneficial locations for a practice
- Registering, advertising and building clientele in your business
- Guidelines and protocols for patients/treatment rooms/cleanliness
- in a health care practice
- Codes of Ethics and Standards, Personal Boundaries in Professional Relationships
- Bookkeeping, Financial Statements, Record Keeping and preparation for Income Tax

In addition to the web based learning, all of the tutors that teach on this training are, or have been busy therapists who have experience in successfully running a body work practice. These healthcare professionals will be able to give you tips and pointers throughout each stage of your training to bring your practice to life.

“I thought the online course was great. In the class room the teaching style was fantastic and the whole concept of Bowen has made so much sense to me. There was plenty of information given verbally, practically and written. The course workbook is comprehensive without being complicated. I cannot wait to complete the whole course.”

What is Bowen?

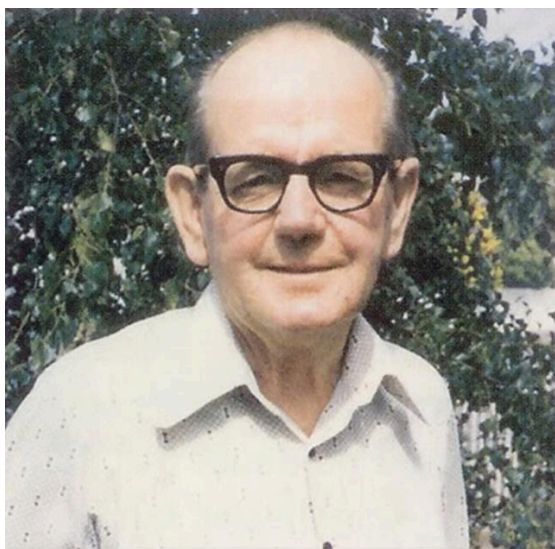
BowenFirst™ is a body manipulation therapy that uses very gentle pressure to stimulate the body to reboot itself. Based on the original work of Tom Bowen, the practitioner uses thumbs and fingers on precise points on the body to perform BowenFirst's unique set of rolling-type moves. These moves activate muscle and soft tissue (fascia) of the body to 're-set' taking the system out of stress and pressure and into a parasympathetic state where repair can begin.

The Bowen experience is subtle, healing and relaxing. By stimulating meridian points in a specific order and with careful pauses in between, BowenFirst™ prompts the body to reset, repair and balance itself. It is one of the strongest, fastest and most effective modalities for treating pain, chronic illness and improving overall health.

Symptoms that typically respond well to Bowen include (but are not limited to):

- Stress, anxiety and depression
- Chronic Fatigue, Sports Injuries, Ear infections, TMJ issues and dental issues, Allergies
- Back and Sciatic pain, Bedwetting, Kidney and Urinary tract issues, insomnia
- Migraines, headaches and many more...
- The result of Bowen typically increases wellbeing
- The result of Bowen typically increases proper metabolism

Tom Bowen (1916-1982)



*"I expect to pass through this world
but once;
Any good thing therefore that
I can do,
Or any kindness that I can show
To any fellow-creature
Let me do it now.
Let me not defer or neglect it,
For I shall not pass this way again."
Stephen Grellet*

Thomas Ambrose Bowen of Geelong, Australia, was a quiet, reserved and enigmatic man with an uncanny gift for healing. By the mid 1970's, Tom's reputation spread and his clinical skills 'Bowen Therapy' were in great demand. In 1975, Tom was treating an astounding 13,000 people per year. Tom was not only a healer, but also a gifted teacher, who was truly generous and selfless.

He chose not to claim or copyright any of his work, but taught a number of students with the hope that his technique would grow and spread around the world. Tom never saw his work as a finite modality, but rather as a work in progress. His vision remains intact through the continued refinements and adaptations of his work by Bowen practitioners around the world.



We are Bowen College

Bowen College is an International school made up of the most dedicated Bowen Practitioners in the world.

Originating in North America, Bowen College is the only training school for Bowen Therapy that has an independent accreditation from the Canadian Board of Healthcare Practitioners and it is now currently the only Bowen training provider in the UK that is soon to be the first and only fully accredited by Bowen Therapists Professional Association (BTPA) and Federation of Holistic Therapists (FHT) meeting national standards of education in therapy provision.

Our Mission

Bowen College was founded by Dr Manon Bolliger, a practicing naturopathic doctor. She is an author, speaker and health visionary. Bowen College is dedicated to creating professional practitioners who have the knowledge, capability and the skills to create a better world for you, the practitioner and your clients.

Bowen College was founded on the principle of delivering excellence in holistic training and education.



Led by the founder and President, Dr. Manon Bolliger is an expert in body-mind integrated therapy and this will play a huge part of what makes our approach different and essential for reparative health care. Bowen College has advanced its training platform by inviting the top Bowen practitioners and instructors, from around the world, to share their knowledge and expertise. Dr. Manon says: regarding her vision "Bowen College nurtures an environment in which health care practitioners and healers create the context that allows profound healing to take place starting with our body-mind and its innate wisdom because how we live IS how we heal."



Terms and Conditions

- Your course place is confirmed when you have made either the full payment or your first instalment. Once your place has been confirmed in writing, the course fees are non-refundable.
- If a place is available, you may transfer (with at least 30 days notice) once onto a different course, subject to an administration fee of \$150.
- Paying in full:
The course fee for each course is due at least 30 days before commencement of any training.
- Paying in instalments:
Subject to agreement, the course fee for the 'Certified Bowen Healthcare Therapist' training may be paid in monthly instalments. Instalments must be paid on a monthly basis until the course fee has been paid in full.
- If you cancel your place less than one month before the course begins, the full course fee will be payable. If you cancel your place more than one month before the course begins, Bowen College will refund any instalments paid, less an administration fee of \$150.
- Insurance is available should you need to cancel your course place due to illness. Full details will be sent when you book.
- Bowen College reserves the right to cancel a training level at any time. In such an instance, a full refund will be made.
- Bowen College reserves the right to decline admission to any level of teaching.
- Bowen College reserves the right to increase the course fees from time to time. The price you pay will not increase once your place has been confirmed.

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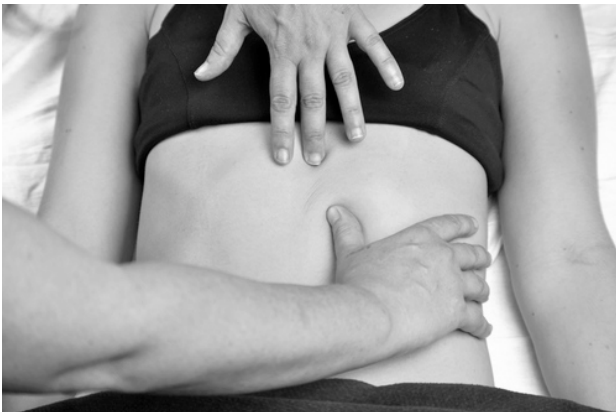
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For more information
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