



# Fascial Kinetics Newsletter

Practising Bowen Therapy

No 6: February 2011

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- 2011 Goals and Plans for professional development
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And -

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## ✚ Floods, Cyclones & Earthquakes – How can you help?

The last three Practitioner Newsletters have focused on how Bowen Therapy has an impact on water within the body. Practitioner Newsletter No 2 focused on the element of Air and the importance of correct breathing for health and healing. The next few newsletters were to explore the element of earth, but it is too difficult to ignore the natural power of earth and water that is presently impacting on so many practitioners' lives.

For those of us fortunate enough not to be living in the flooded areas of Queensland and Victoria, or with the ongoing earthquakes in Christchurch, our thoughts are with those who have been affected, either directly or indirectly. Many of our friends' lives have been impacted, and we wish you all a strong recovery. It is hard when you spend so much time and hard work building a practice to have a natural disaster wipe so much away.

These natural disasters will have a long term impact and the recovery and healing time will be slow. We know many other practitioners who have been hard at work with buckets and mops helping with the big clean up, and now more than ever is Bowen Therapy important. The healing power of your treatments is so important and can help many people in their recovery process. Not only will there be sore and tired bodies as everyone struggles to rebuild their homes and lives, but the emotional trauma is huge. Professional assessment from the fires in the Canberra and Victoria showed it is the long term recovery that everyone struggles with. Adrenaline carries people along through the trauma, but when the immediate trauma is over, awareness of the bigger implications and loss sets in.

As a Bowen Therapist you can help in powerful ways - immediately and long term. As well as helping with the clean up, offer your wonderful professional skills as a therapist. Massage therapists in Christchurch organized a Massage Day for all those affected by the earthquake. Therapists flew in from all over New Zealand, and use of a big hall was donated so anyone could come and have a massage. The healing power of this project was shown to be immense. Each of you could do this in a small way - and have open days giving Bowen treatments for those affected. Or you could work together as a group and have a healing Bowen Day. Remember how the power of Bowen is increased when given in a group situation.

Long term care also needs to be given as people come to terms with their loss. Long after the aftermath of the bushfires, people missed their personal possessions - the ones that have little monetary value but huge personal value: all those handmade treasured items, books, photos. Do you have extra health books and journals that you could donate to a practitioner who has lost their clinic? Clinic sheets and towels, or an extra table? Hopefully the BTFA is collecting a register of those practitioners affected, and can direct you to where goods are needed and can offer treatments.

## Did you know .....

■ 2011 is a 4 year, which is a time to plan and put strong structures in place. Your focus should be on being practical and taking personal responsibility for all aspects of your life. It's a great time to review and update your Business Plan – or write one if you still don't have one.

## Good website to visit:

☞ For more information on the numerology of 2011 and a universal 4 year. Go to Russell and Anna's website at [www.beattitude.com.au](http://www.beattitude.com.au)

## Best workshop for 2010:

☞ Other than all the [Fascial Kinetics workshops and courses](#) – the best workshop was [Russell Sturgess' new BeAttitudinal Healing workshop](#) for health practitioners to be an excellent adjunct to your past FK training. Contact [Russell](#) for information.

## And ...

☞ Have you attended the [Fascial Kinetics Injury Management workshop](#) yet? This workshop builds on Russell's work with fascia, and all the material in the Fascial Kinetics Manuals to give a detailed understanding of how to manage injuries and develop the best treatment protocols. Contact your local instructor to arrange one this year.

## Best book for 2010:

📖 Dawson Church (2007) *The Genie in Your Genes*, Elite Books – one of our choices for the best book for 2010. Do you have a 'best book'?

## 2011 – a year for structure: Plan your professional development

As already discussed at the start of the Newsletter in “Did You Know...”, 2011 is a universal 4 year, and is about planning, structure and personal responsibility. How can you maximize the energy of this year for your own personal benefit as a practitioner? All Fascial Kinetics instructors are asked to plan their professional development at the start of the year - not just before rejoining the professional body and having to accrue last minute CPE points. We encourage all Fascial Kinetics graduates to do the same, and plan your professional development for the whole year in advance so you can maximize the use of your time and finances.

Begin by reviewing your skills and knowledge to see what areas are weaker and need more training. Your review should include both the practical and theory aspects of your practice, so that your professional development should aim for a balance between revising your less confident practical skills and adding new areas of knowledge and understanding. While it can be beneficial to add another modality to your skill set, don't rush off and learn a new therapy until you are proficient in your current one. Make a wish list of all the workshops you would like to attend. Record the key dates of those workshops and plan to make the time to go.

While it is important to accrue enough CPE points for your BTFA membership (and the BTFNZ when it is finalized), don't limit yourself to attending courses just to gain points. Your professional development should also include some extension reading and revising of your manuals and your anatomy and physiology. Again, check your list of your weaker areas to ensure you plan some personal study in these areas, either on your own or with another practitioner.

Here are a few areas you might like to consider as part of your professional development:

### [Fascial Kinetics Practitioner Workshops such as -](#)

- Injury Management
  - Pathology and Disease States
  - Fascial Anatomy
  - The Link between Bowen Therapy & TCM
  - Bowen Therapy & Tissue Salts
  - SOAP Charting
  - And always include some Practical Revision
- Contact your instructor for course dates or check the [Fascial Kinetics Training Calendar regularly](#).

### [Extension Workshops such as -](#)

- BeAttitudinal Healing - provides extra tools for Bowen Therapists & comes with great resources.
- Small Business or Marketing courses
- Extra Anatomy & Physiology courses
- The 2011 BTFA Bowen Conference - see below for details
- Also refer to the list provided by the BTFA for other areas to explore and develop, that complement your Bowen Therapy practice.

Also remember to plan time for yourself and your personal goals as well. It is always important to recharge your energy and your creative fire, and have a well balanced life outside your clinic.

## Next BTFA Conference

The 2011 conference is still being planned, but again the aim is to be totally BOWEN, with the word 'vision' as the focus. From exploring the vision that Tom had in developing Bowen Therapy, to present practise and vision through presentations from each of the schools of Bowen, culminating in the vision for the future, exploring research being done into fascia and other developing areas of work. It will run from the evening of Friday 26 to Sunday 28 August in the 'Visions' function room at the Twin Towns Outrigger Resort, Tweed Heads, with easy access for everyone from the Coolangatta airport. Definitely worth marking these dates in your professional development diary!

## Thank you to our Bowen Therapy community

Finally, a big thank you to all of you who keep in contact with your instructors with questions, feedback and updates on progress. The emails we receive from past students and present practitioners are greatly inspiring, and provide much of the inspiration for the newsletter material. So please keep sending in these emails as it allows us to keep the information in these newsletters fresh and relevant to your needs.

As most Bowen therapists work alone and from home, it is important to build a sense of community within the Bowen world. Many past students have managed to find other Bowen Therapists to meet with regularly, and swap treatments and ideas. Others maintain good connections through emails. All Bowen Therapists tend to have the same passion for Bowen regardless of the school they trained through. Past students in New Zealand and in smaller country areas in Australia, have made contact with therapists in their town that were trained through another school, and have not only created another small Bowen community but also been able to share in other ideas and approaches. In times of natural disasters like we have had, these communities become even more important for giving support and help. If you are not already part of your local Bowen community, make 2011 your year to join.