

# ISBT-Bowen Therapy®



INTERNATIONAL SCHOOL OF  
BOWEN THERAPY

*A Good Move  
For Every Body*



**Quality Health Care Training**

## About us

**The** International School of Bowen Therapy (ISBT) was established in 1998 in Melbourne, Australia. Founders and Directors, Lisa Black & Col Murray, have, as of 2016, a combined 42 years of experience with their interpretation of Tom Bowen's work.

### **The Courses**

**ISBT** Foundation and Advanced courses are conducted in Australia, New Zealand, Asia, Europe and South America.

Courses are designed to allow students the best opportunity to develop a full understanding of the technique and to tailor their treatments to suit the unique requirements of each individual.

#### Courses:

- Foundation Course: 5x2 day modules of in-class tuition, 24 hours (minimum) external class case study.
- Advanced Level 1: 1x2 days
- Advanced Level 2: 1x2 days

Tom Bowen was regarded as a master of assessment, with a wonderful ability to understand a patient's condition. It is appropriate that ISBT follows the example he set by teaching assessment skills as a natural part of a course in ISBT-Bowen.



## Ground-breaking Recognition

**ISBT** created a 'First' for Bowen Therapy when its work was placed on the referral list for doctors and specialists in the Hong Kong public hospital system.

As of 2016, we have trained over 300 Occupational Therapists in Hong Kong, most of whom work in the public hospital system. And many more therapists of various professions in Hong Kong and Macau have undertaken our training. Three therapists have successfully completed our extensive teacher-training process and a dedicated support group of **ISBT** trained HK therapists provide assistance in the often very large classes.

**Another ISBT first** was inclusion of part of our course in the myofascial component of the Masters of Physiotherapy at Aveiro University in Portugal.



## What is ISBT-Bowen Therapy?

**ISBT**-Bowen Therapy, named after legendary Australian manual therapist, Thomas Bowen (1916-82), is a myofascial therapy applied to resolve a broad range of physical conditions.

Research is indicating that by gently impacting on the body's connective tissue network, fascia, in a very specific way, the work is often able to inspire correction of structural and visceral imbalances that can manifest with a wide variety of symptoms. This is usually achieved via gentle singular cross-fibre movements applied by the therapist over specific points on muscles, tendons and ligaments.

With its gentle, minimalist approach to resolving traumatic conditions, it can be used in situations where other therapies may be too invasive.

The philosophy behind ISBT's approach is based on the osteopathic principle that the structure of the body governs its function. Correcting the structure to improve overall well-being is often the main aim.



## Leading The Way

**ISBT** has supported research projects in Hong Kong, Germany and Portugal.

- **A frozen shoulder** study undertaken in four Hong Kong hospitals, covering 68 patients, is due to be published. The preliminary results presented at a Hong Kong Hospital Authority conference indicated remarkable results.
- **A physiotherapist in Portugal** has conducted several ISBT-Bowen Therapy research projects as part of his Masters of Physiotherapy thesis.
- **A German qualitative and quantitative study** comparing results from a survey with 24 ISBT-Bowen Therapists, covering 103 patients, has been completed. Patients were aged between two months and 90 years. The Poster Presentations were presented at the Fascia Research Congress (Vancouver 2013) and the European Congress for Integrated Medicine (ECIM Florence 2013).

Most treated diagnoses in the study were of orthopaedic - neurological origin (83%), 64% were acute cases. Others related to chronic conditions.

Almost half of the patients (45%) had between one and three Bowen treatments and 28% needed 4 – 6 treatments. The treatments were recorded as successful in 87% of cases, with complete freedom of symptoms or significant improvement.

Therapists evaluated ISBT-Bowen Therapy as more effective than other therapies (81%). The quick and sustainable effects were considered unique in comparison to other manual therapeutic approaches.



## Tom Bowen

**ISBT-Bowen Therapy** is based on the innovative work of Australian manual therapist, Thomas (Tom) Ambrose Bowen (1916-82).

History shows that Bowen was an extremely talented therapist; among the busiest of his time (1960s - '80s). His contact with leading body-workers enabled him to develop his manual and assessment skills to an exceptional level.

He was renowned as a most compassionate and extremely generous man. Those fortunate enough to have observed his work also attest to his remarkable ability and diagnostic skills. It is from some of those who observed Bowen that interpretations have been developed and spread around the world.



*Thomas (Tom) Ambrose Bowen (1916-82)*



*Memorial to Tom Bowen in his hometown - Geelong, Victoria, Australia.*

## Quality Teacher Training

**ISBT** has a teacher training program that is **second to none**. Throughout the world, ISBT teachers have undertaken a rigorous ongoing program to ensure universal quality of courses.

Selected experienced therapists are invited to participate in ISBT's scholarship (cost free) training which lasts as long as it takes for the therapist to have a full understanding of methods and requirements.

Extensive in-course training is followed by intensive one-to-one assessments with ISBT Directors. Teacher Trainees then take the lead role in a course with Senior Teachers as 'assistants'. This ensures teachers develop confidence and skills to match ISBT's quality requirements.

Once qualified, teachers are required to attend on-going training. This includes all support courses provided by select presenters, covering issues such as working with cancer patients, neurological issues, fascia research and advanced assessment procedures.



## Course Content - Foundation Course

**ISBT** -Bowen Therapy is a stand-alone treatment system or it can be very successfully incorporated with many other modalities.

### **An opportunity to:**

- develop a new career
- change the direction of your existing career, or
- greatly enhance your therapy skills.

The design of **ISBT's** Foundation Course makes it entirely suitable for both experienced practitioners, people developing a change of career or those wishing to simply work on family and friends. It is recommended that training in anatomy and physiology be undertaken prior to the course.

### **Module One**

Sequences include:

- Lower Back • Middle Back
- Upper Back • Neck • Sacrum
- Hamstrings • Shoulders

It also covers:

- After Treatment Care Strategy
- Patient History Card
- Pre-activity Warm-up Strategy
- Shoulder Rehabilitation Activities

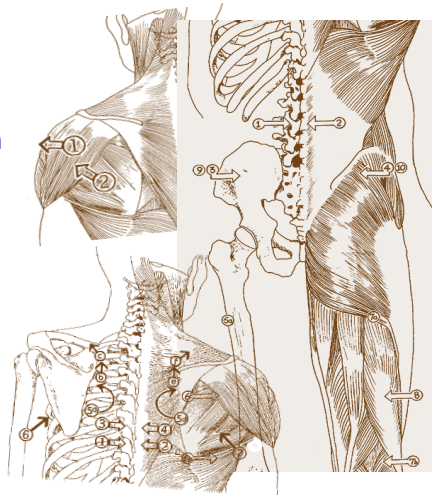
### **Module Two**

Sequences include:

- Arms • Carpal Tunnel • Coccyx • Pelvis
- Knees • Thighs • Ankles • Toes • Feet

Also covered in Module Two:

- Treatment Aids for Bruising and Swelling
- Rehabilitation Strapping for Ankle & Foot Problems
- Patient Communication Strategies





## Course Content (Continued)

### **Module Three**

Sequences include:

- Headache • Asthma/Abdominal
- Kidney/Spleen • Anterior Neck Release/Lymph
- Breast Lymph • TMJ/Jaw

Also covered in Module Three:

- Additional work for Legs, Chest, Upper Back and Neck Complaints
- Full-body Lymph Drainage Strategy
- Sequence Combinations
- Patient Treatment Strategies

Case study components start with Module Three, allowing assessors the opportunity to gauge a student's understanding of application and concepts and provide vital feedback.

### **Module Four**

Module Four seeks to further develop students' assessment skills to enable a greater understanding of patient condition so they may increase their treatment effectiveness. This module includes a written assessment and case study discussion.

Additional Sequences include:

- Forearm/Hand • Rhomboid/Shoulder • Shin
- Lower Leg/Ankle • Dorsal foot • Bladder

### **Module Five**

**Module Five completes the Foundation Course training.**

This module has a strong tutorial aspect, including group 'workshopping' of case studies with fellow students in addition to a one-to-one case study session with instructors.

Extensive full-course revision is also undertaken on the first day prior to the Competency Level Practical Assessment on day two.



## **Course Content - Advanced Courses**

### **AC1 - The Next Step - Advanced Level One**

**ISBT's** Level One Advanced Course, is directed towards experienced Bowen practitioners. Its unique design makes it suitable for practitioners who have trained with any approved school.

With this course **ISBT** has again dispensed with conventional thinking by presenting a course which deals directly with the realities of clinical practice. The course includes many advanced Sequences and additional moves for chronic or difficult cases. It covers advanced work for:

- Full Back
- Neck
- Abdomen
- Pelvis
- Coccyx
- Sacrum
- Arms
- Hands
- Legs
- Feet
- TMJ/Jaw
- Sinuses

#### **Also included are:**

- Advanced Assessment Procedures
- Pain Management Strategies
- Strengthening and Rehabilitative Activities for Specific Ailments
- Advanced Treatment Strategies
- Creative Approaches
- Patient Communication Strategies

The course also covers advanced development of palpation skills to enable practitioners to gain an even greater understanding of a patient's condition.

An extensive range of finished artwork, featuring instructions and diagrams for rehabilitative strategies is included with the course document.



## Course Content - Advanced Courses cont.

### **AC2 - Advanced Level 2**

**The Next Step (AC1) is a prerequisite for this course.**

AC2 continues exploring the possibilities for using ISBT-Bowen Therapy, based around the therapist's knowledge of patient condition and application of techniques to suit.

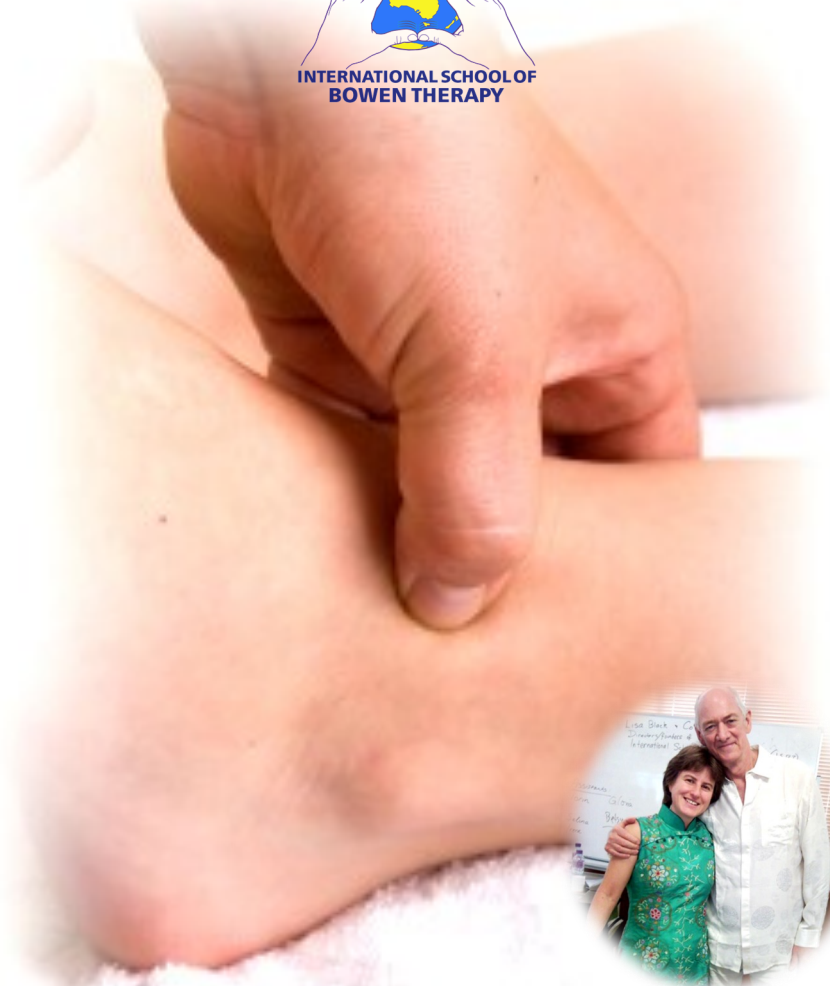
Revision and expansion of AC1 work is undertaken before exploring the new concepts.

AC2 includes:

- 22 additional moves and sequences for participants to explore, including alternative uses for different patient presentations
- Additional palpation and assessment techniques and strategies
- Further exploration of strategies for working with chronic & difficult cases.



# ISBT



*Lisa Black and Col Murray,  
Founders/Directors of ISBT*

**International School of Bowen Therapy (ISBT)**

(Established 1998)

(Registered office) 880 High Street, Armadale, 3143 Victoria, Australia

Email: [isbt@bigpond.com](mailto:isbt@bigpond.com)

[www.bowen-therapy.com](http://www.bowen-therapy.com)