



Keeping in Touch

news & updates March 2023



Being the Change You Seek

~by Lisa Toole, who lives and practices in South Berwick, Maine.

As a Bowenwork Practitioner for over 10 years, I'm familiar with reinvention. I find myself reinventing my practice as the country emerges from the pandemic. I'm asking questions I've never asked about where my skills are most needed and trusting my intuition to lead me there.

Over the past two years of my recovery from Covid, worrisome changes emerged in my mother following a transient ischemic attack (TIA). I sought clarity for my parents, to explain these changes and find help.

Traditional health care offered no road map. Driven to find answers, I made many calls, read articles, googled websites, scanned the internet, and spoke with friends, medical providers, therapists, and anyone I could find.

Serendipity connected us with a geriatrician speaking at a local public library about dementia and Alzheimer's. Heartened by her perspectives, we booked a four-part evaluation to assess cognitive, physical, behavioral, and metabolic changes on which a thorough diagnosis and treatment plan would be based. Mom's diagnosis of vascular dementia and severe sleep apnea would require new steps for home support. Her previous diagnosis of mild cognitive decline and depression was more of a symptom without the necessary specificity impacting appropriate treatment. Thankfully, the geriatrician understood the need for a systemic diagnosis and subsequent targeted treatment plan.

Mom has been a Bowenwork client for years, experiencing regular mental and physical relief. Yet, her medical team seemed nonplussed by this neurofascial therapeutic benefit. She was repeatedly encouraged by her primary provider to walk, eat healthy, and practice good sleep hygiene, while mustering the internal fortitude to motivate herself to well-being, despite cognitive and motor coordination changes and antidepressants compounding her resolve.

To better understand how to work with her diagnosis, I joined a caregivers of Alzheimer's and dementia support group, encouraged by the geriatrician's office. I've heard numerous stories. While age of onset varies dramatically, extreme caregiver fatigue is common among all family experiences. Often one or two family members shoulder 24/7 care with no help or relief. They lose themselves in the process.

My heart broke open as I listened to each caregiver's best efforts to adapt to the steep and rapidly changing mental, emotional, and physical rigor of solo caregiving. I learned that [by](#)

[the year 2050, 150 million Americans will suffer with dementia and Alzheimer's](#). As a nation and planet, we're ill-equipped to meet this reality.

I found myself in a dubious position--called to help create better care, advocacy, and resource sharing while feeling unskilled for the task.

How do we help where most needed? For me, its finding a common purpose with others who share a vision and desire to help, and trusting that each action will lead to the next right action.

My new collaboration with Elizabeth, a speech and language pathologist, author, facilitator, and graduate of [The Compassion Project](#), is birthing hope and excitement. Our shared desire to affect positive change feels like the "right time/right place." Her professional understanding of nervous system modulation and co-regulation intersects beautifully with Bowenwork therapy.

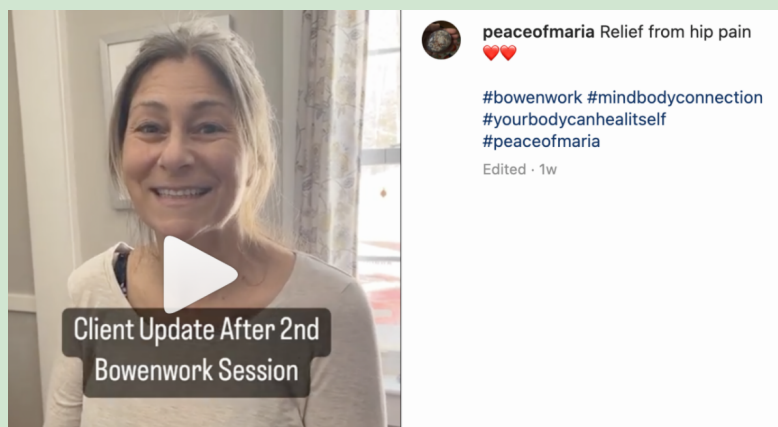
As this project develops, I encourage the extended ABA community to share successes, pilot programs, and research-driven gains from practices using Bowenwork for dementia & Alzheimer's. Contact me at bowenworklmt50@gmail.com.

I believe we create deep impact on our communities with compassionate hearts and healing hands as we "become the change we seek."

Promote Yourself and Your Bowenwork Business

To help support and promote students and practitioners, the ABA marketing team is asking for content to include in our newsletter and social media posts. We have increased efforts to spread the word about the great work being done by our members through social media and have been highlighting your stories in our newsletter. We encourage your participation in this effort by sharing news of what is happening in your clinics and in your local community.

Appropriate photos and videos will be shared on social media; written stories will be considered for the newsletter.



Need ideas?

Consider this example of a video that meets the guidelines listed below.

Brief, upbeat, and succinct, this testimonial, was posted by Maria Veale on Instagram.

Click on the play button to watch.

We welcome photographs, stories, or short videos of:

- Successes
- Interviews

Guidelines for content:

- Videos should have pleasing backgrounds, lighting, and sound quality.

- Lessons learned
- Client testimonials
- Business strategies
- Anything else you think your community would find of interest

You may include your business information and the link to your personal website for us to include when posting on social media.

Submit content to:
bowenworkmarketing@gmail.com

- Language should reflect our scope of practice. For example, do not use words such as diagnose, treat, therapist, or patient.
- Videos should be 2 minutes or less.
- Any photo or video should have the client dressed.
- Any photos or videos of clients or students must have consent to use.
- Photos should be accompanied by a succinct narrative.
- If you are speaking in the video, consider including “Everybody is better with Bowenwork” at the end.

"These Two Hands" Awarded Best Docudrama at Los Angeles Film Awards

Produced and directed by Sean Dobra of Starmax, the Australian film also won Best Documentary at the Cosmic Film Festival in 2022. To learn more about the film and share its progress, follow these links on social media:

facebook.com/bowentherapydocumentary

instagram.com/bowentherapydocumentary

youtube.com/@BowenTherapy



The Hands Behind “These Two Hands”- An Interview with Sean Dobra of Starmax Films

~by Leah Berger, who lives and practices in Albuquerque, New Mexico

Even if you haven't seen the movie “These Two Hands,” you may have watched the trailer or become inspired when you saw that it has won several US film festival awards. Like me, you may have wondered about the inspiration for, and the story of, how the film came to be. I got curious enough to ask Sean Dobra, producer, director, and actor in the film, to find out more. Here is what Sean had to say:

We first came up with the film idea when I created a video for my sister Helen's Bowen therapy business about seven years ago. She has been a Bowen therapist for over ten years now. It was Helen's idea, as she wanted to make a documentary explaining how the therapy works. I wanted to tell the story of the mysterious man, Tom Bowen, who was spiritually ahead of his time and dedicated his life to a higher purpose using his intuitive gifts to serve people.

Helen was rigorous with contacting all the associations looking for support, and after many failed attempts, she got us an interview with the Bowen Association of Australia (BAA). We pitched the idea to the BAA in 2016, and my company, Starmax Films, was hired to film the 2016 BAA International Cairns Conference. While my camera crew captured the event, Helen and I began interviews with some of the experts at the conference and we have continued working on the project until today.

The energy came from a commitment that Helen and I had made to make the film at a standard that would honour Tom Bowen and truly capture his story. Through

the Bowenwork community and a large donation from the Bowen Therapists Federation of Australia (BTFA), we raised approximately \$50,000 and later, in a second campaign, a further \$20,000. Setting up and running these campaigns required much time, energy, and money. With limited funding raised after the expense of running them, we ended up investing over \$200,000 worth of our time and other resources to complete the film in 2022.

I had many roles as we had a meager budget compared to the film we envisioned. My primary role was producer, director, and actor. I also was a location scout, production designer, assistant director, music director, cinematographer (half of the film), scriptwriter, and editor. Helen played a crucial part in supporting me with many of these roles.

We have now won three awards for the film "These Two Hands - the Story of Bowen Therapy." They include Best Documentary at the Cosmic Film Festival, Best Docudrama at the Los Angeles Film Awards, and an Award of Merit at the Impact Docs Awards. Our intention is to continue the festival rounds to gain further publicity, and then we aim to have the film featured on a reputable platform such as Netflix, Stan, or Amazon as soon as possible. Our combined YouTube and Facebook videos have had well over 100,000 views and have assisted in further spreading the word about Bowen worldwide.

I believe that Tom has somehow been guiding this film. My takeaway from Tom is that we are all just passing through this life, and this inspires me to ask what good I can bring to the world in this short time. Tom's story reminds me that we all have gifts, and he inspires me to have the courage to develop and follow my intuition. I thank him for being an inspiration and a true humanitarian.

Tom's story has deeply moved almost everyone who has watched this film. It will significantly contribute to bringing this therapy further into the light. I ask Bowenwork practitioners to stay united as a community and work together to make Bowen therapy a household name. I encourage you to capture and share your success stories far and wide, to trust and follow your intuition, as Helen did. Please take advantage of the enormous work done in this film and our trailers by promoting and sharing it. You are the torch holders of this work, and it is up to you where this therapy goes.

CE Classes March - June 2023

These fixed-date classes are shown with the number of hours earned. For more information, click on the class names. (Classes that can begin at any time are listed [here](#))

[Distance Bowenwork.](#)

Online. Ongoing, 8 CE hrs.

[Ethics for the Bowenwork](#)

[Practitioner.](#) Online. Ongoing, 8 CE hrs.

[Anatomy by the Modules.](#)

Online. Ongoing, 6 CE hrs.

[Deep Anatomy of SP2 Part 1](#)

[Iliacus Release, Gluteal Release, Adductor Magnus Release.](#) Online. Ongoing, 3 CE hrs.

[Anatomy and Physiology for](#)

[Bowenworkers.](#) Online. Ongoing, 120 CE hrs.

[Workplace Hygiene Health and](#)

[Safety.](#) Online. Ongoing. 6 CE hrs.

Leverage Bowenwork in Your Community by Becoming an Associate Instructor

Successful completion of this training qualifies you to teach the 4-hour introductory class: Bowenwork – An Introduction to Wellness in [Your](#) Hands.

Associate Instructors teaching the class report an increase in clientele, a shift in their role in their communities, and a noticeable improvement in their own Bowenwork technique.

Here is one student's feedback after taking Bowenwork-An Introduction to Wellness in [Your](#) Hands, taught by Associate Instructor, Crystal Maceira:

[Intro to Equine Bowenwork.](#) April 14-16, 2023, 9 AM-6 PM. Brainerd, MN. 24 CE hrs.

[Dynamic Fascial Assessment](#) May 1-2, 2023, 9 AM-6 PM. Seattle, WA. 16 CE hrs.

[Intro to Equine Bowenwork.](#) May 21-23, 2023, 9 AM-6 PM. Mill Spring, NC. 24 CE hrs.

[Associate Instructor Training.](#) May 26-29, 2023. 9 AM-6 PM. Gentry, AR. 32 CE hrs.

[Intro to Equine Bowenwork.](#) June 9-11, 2023, 9 AM-6 PM. Chester, NH. 24 CE hrs.

Intro to Equine Bowenwork:

My day-to-day job is working on humans... humans are scared to show those healing emotions and this course makes my heart full. I find myself meeting all sorts of animals and just working on them because it is so gratifying now that I know the proper procedures. - Laura

I just wanted to tell you how wonderful I feel. From my knee that was accidentally taken out by my dog 2 years ago to my everyday discomfort (degenerative hip and disk disorder), I felt more alive and less uncomfortable in my own body than all these years combined in just one walk...I am really interested in taking the next step forward. And I would really appreciate it if you were the one to help me reach the goals I'm looking for.

The Academy's next Associate Instructor Training will be held May 26-29 in Northwest Arkansas, taught by Karin Twohig and Nancy Pierson.

If you would like to bring Bowenwork to the attention of greater numbers of persons in your area and make extra money while doing so, this may be a program for you.

Prerequisites are Mod 9 and current ABA registration. Please ask Steven for an application.



Bowen & 80/20 Meetups with Andrea Jones:

Would you like to be a model of Bowenwork and the 80/20 for your clients? Would you like to resource your clients with a lender library of free ways to implement the program of healing foods that support Bowenwork best? Would you like to learn the latest studies in nutritional psychology, glycobiology, and the reversal and prevention of chronic illness? All practitioners are invited to learn together at the "Bowen & 80/20" meetups held by video. Send an email to reserve your spot/get your meeting recap video and resource email:

Andrea@BowenUS.com

CLASSES scheduled now

Click [here](#) to use our Find a Class tool. Search by the class you want or your favorite instructor, or search by dates or even by state to find the latest listings of classes available.

MILESTONES practitioners, students

We post the names of practitioners who have earned certificates. Click [here](#) to see the latest achievements

PRODUCTS Bowenwork-related

Find products here that are effective in promoting their Bowenwork practices. To find these or to pay your annual administrative fee, click [here](#).

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