



Keeping in Touch

news & updates May 2023



Maggie Simpson-Ralls performing Ankle Hammer Toe Bunion on a client at her clinic in Glendale, Arizona.
photo by Ray Ralls

Don't let friendships cloud your Bowenwork judgment

-by Maggie Simpson-Ralls, who lives and practices with her spouse, Ray, in Glendale, Arizona.

I made a mistake while providing Bowenwork sessions for a friend. It is not as it sounds. I did not do any erroneous Bowenwork techniques. What occurred was a “sin of omission.” I have rectified this error and am telling you about it, in case it helps you in your practice.

Some history: When Covid came, numerous “coincidences” occurred, resulting in my retiring from my beloved medical career. I was feeling a pull to study this novel technique called Bowenwork/Bowtech due to its profoundly positive effect on my life. Then I found out my Bowenwork practitioner, Dr. Audrey Butko, was about to retire! No! I said a few prayers and was blessed to get the flights and take the classes I needed to become a practitioner in quick succession. A church friend encouraged her work colleagues to be my models. They came and I dealt with many health scenarios. These allowed me to get a phenomenal amount of practice time and to see the tremendous healing action of Bowenwork.

Back to this story: I have been friends with a man I will refer to as Carl, for many years. We worked in the same career field and built camaraderie and friendship over time. I married in 2019, and my spouse Ray, my friend Carl, and I have become good friends, often sharing meals and activities. Carl has been one of my Bowenwork models since my Module 1 in 2020, and a client since I became a practitioner in 2021.

About Carl: He suffers from peripheral and ocular neuropathy related to Type 2 Diabetes and had a mild stroke last year. He works incredibly hard as a single parent, works full-time+, and is about to turn 65. Working extensively on him has brought him only short periods of relief over time. Overall, unfortunately, his pain and other issues have not responded well to Bowenwork. Why?

Recently, while we were sharing breakfast, a thought came to me. I had talked to my main instructor, Nancy Pierson, the night before about a different client, for which Coccyx Neck was suggested. Since I had tried everything else, I thought maybe this would help Carl. We discussed the idea and decided, yes, I should do Coccyx Neck on him. I had done Coccyx Neck a few times, but frankly was feeling a bit timid about doing a "touchy" move on my friend. Having my spouse be okay with our friendship is important, so I have made it a point to never do anything that might be construed as improper. With my spouse and Carl sitting there at breakfast, I explained the procedure, a bit shyly, and he agreed to proceed.

Please understand that I have performed several Coccyx Neck procedures and done many coccyx checks with the resulting, as-needed procedures for right-angled, left-angled, and oblique-angled tail bones. I've seen so many profound improvements using this technique when Hamstring, Pelvic, Gracilis, etc., don't seem to be working for the various clients' low back, achy back, and vaguely multi-related symptoms and issues. I have felt the shock and awe of seeing excited clients as they begin moving without limping and without pain. They come back to the clinic with improved digestion, clarity of thought, and reproductive organ health. The list is long. I am continuously humbled in doing my practitioner part in Bowenwork healing.

The session time arrived, and I was looking through Carl's chart in preparation for the moves. As I was checking my records on him, in a moment of shocked clarity I realized I had never done a coccyx assessment on him in all the months I was addressing various symptoms. Never! I shared my error of omission with Carl, apologized, and then explained the coccyx assessment in detail. I then dutifully checked his coccyx to find (why am I not surprised!) that he had an obvious, four-digit, "C" shaped, midline coccyx oblique positioning. I did my prep for Coccyx Oblique, did the procedure, and draped him with two blankets. Within a few minutes, he curled up into himself, lay on his side, and slept for over 30 minutes.

Thinking about it now, Coccyx Oblique makes so much sense. I have been working on Carl for over two years and I'm sure that my hesitation was because of our past as "single" friends and our more restricted friendship, now that I'm married. I'm upset with myself for allowing my wish to be an appropriate friend to cloud my professional judgment. I was hesitant to be perceived as "touchy" with him. However, I let this get in the way of my better judgment and my knowledge and skills acquired through Bowenwork training. My husband laughs about this today. He is also a Bowenwork practitioner and tells me that this knowledge and confidence takes time and mental skill development.

Coincidentally, the day after I performed Carl's Coccyx Oblique procedure, we had him over for breakfast again. He looked bright, relaxed, and fresh. I don't remember the last time I saw him with bright shiny eyes or smiling as much. I know he's got many days of shifting to go, but that was a very good day! I just wish I could have helped him get to this new level of comfort many months earlier. It's important to remember your limitations, but never limit yourself when it comes to helping people with this beautiful modality called Bowenwork.

Congratulations On Your Achievement !

Check out the accomplishments of your fellow practitioners in April 2023

Professional Bowenwork Practitioner 500 Hours Certificate

Mishelle Knuteson

Barbara Bason

Specialized Procedures 2 Certificate (SP-2 Module 12)

Kara Bunch

Specialized Procedures 1 Certificate (SP-1 Module 10)

Skylar Bennie
Diana Green
Dana Hardegree
Jenny O'Dell
Denise Walther
Caran Johnson
Alisha Johnson

CE Classes May - August 2023

These fixed-date classes are shown with the number of hours earned. For more information, click on the class names.

[Intro to Equine Bowenwork](#). May 19-21, 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.

[Deep Anatomy: Exploring Structure and Choice in Bowenwork Moves](#). August 10-11, 2023. 9 AM-6 PM. 16 CE hrs. Strafford, New Hampshire.

These online classes can be started anytime. For more information, click on the class names.

[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.

What Students are Saying:

Intro to Equine Bowenwork:

I find Michelle exhibits a wealth of knowledge in both Equine and human Bowen... Making sure one understands the placement of moves and procedures is done in a kind and non-judgmental atmosphere, and only continues when she feels you are comfortable. I thoroughly enjoyed the class and highly recommend Michelle as an accomplished instructor. -Susan Tveit, Associate Instructor, AZ.



The lightness of Bowenwork touches the heart of this Nakota horse born in the wild. *photo by Michelle Patterson*

Introducing new Instructor, Gisela Bosch



-by Gisela Bosch who lives and practices in Brighton, Michigan.

Born near Stuttgart, Germany, Gisela and her husband came to the US in 1984 for business and ended up staying and raising their three children. In Germany, Gisela was trained as a Nationally Certified Midwife. She has always been interested in natural techniques to support herself and her family's health. As a gentle and precise practice to facilitate self-healing of the body, Bowenwork fits right in. Gisela shares her journey to becoming an instructor here:

My first Bowenwork session with Dena Bowen relieved back pain and energized my body. As I continued receiving Bowenwork, the rounding of my upper back disappeared, bringing long-term relief. Low back pain became a rare occurrence. Because I was so supported by Bowenwork, I volunteered in Karin Twohig's classes whenever possible. After experiencing the significant impact of Bowenwork, I wanted to learn enough to help my family feel better and stay better. I took Mod 1 & 2 with Karin in California during a visit to my son. Once I practiced on a couple of friends I was astonished at what a tremendous effect it had and I realized it is what I wanted to do. I finished my practitioner training in 2014, but I kept going because there was always the next thing to learn. In 2016, I was invited to become an Associate Instructor for the American Bowen Academy.

Because I loved teaching and hearing about my student's results with the moves they learned, I applied to become a Bowenwork Instructor as soon as I could. The first step was the Independent Home Study and Teleseminar for Bowenwork Instructor Training. It taught us to research more deeply online and in books. Everyone gained a deeper understanding of the anatomy associated with each move, what we do, and why we do it.

Then the instructors-in-training went to Arkansas to be with Karin and Nancy for a week of Instructor Boot Camp with three other students. It was a great way to learn from each other and go from knowing how to do the moves to explaining the moves- sometimes with hilarious results. One time my hands were two moves ahead of my mouth explaining what to do! Then of course we discovered there is also something called "Gisela's Left." Since we were working in a setting that was not our usual space right and left were mixed up frequently and the right side was dubbed "Gisela's Left."

Seeing the other students explain things differently helped so much throughout the process of starting to teach. It was nice to check in with each other and know that there was someone rooting for you. We covered one module a day, so it was fast-paced. By the end of the week, we were much more comfortable talking in front of a group and giving explanations.

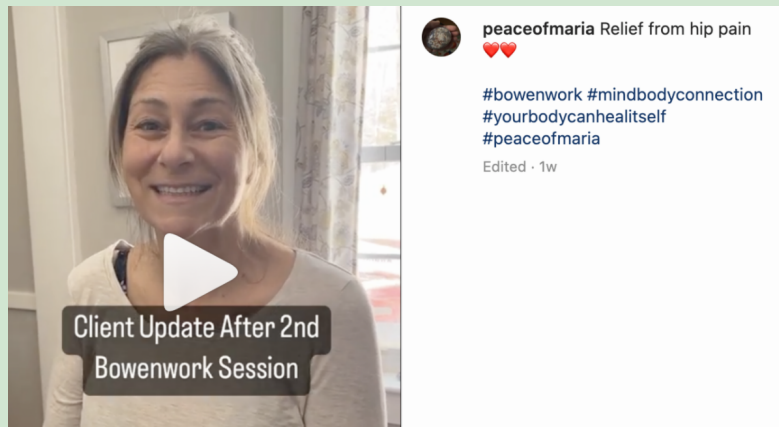
The next step was co-teaching with Karin. We started with Mod 1 & 2 in June 2022, a month after Instructor Boot Camp. Ten months later, at the beginning of April 2023, our students passed Mod 7. It is fabulous to see how much they have grown in this time. I look forward to hearing their success stories. I have my next Mod 1 & 2 trainings scheduled already. Since I have already taught some modules by myself (under Karin's mentorship), I feel pretty confident. I am sure there is still a lot to learn as I continue to teach. After all,

each student brings their individual gifts and challenges. I feel that this process has improved my work and deepened my understanding, making me a better practitioner.

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:

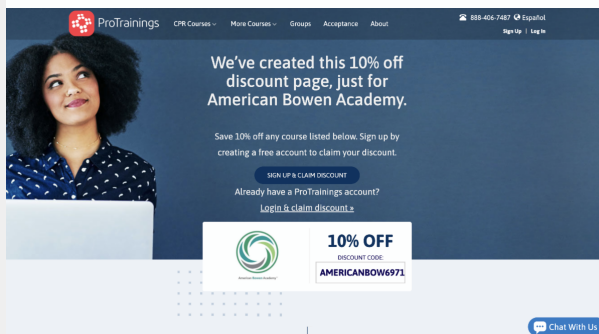
- Successes
- Interviews
- Lessons learned
- Client testimonials
- Business strategies
- Anything else you think your community would find of interest

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

Guidelines for content:

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



Is your CPR about to Expire?

Has your CPR certification lapsed or is your renewal getting close? American Bowen Academy members get 10% off online CPR training with ProTrainings. To take advantage of this offer use the link below.

<https://www.protrainings.com/client/AMERICANBOW6971>

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