

# Dear Prospective Student

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Thank you for your interest in learning Bowen Therapy.

The Bowen Technique is based on the late Tom Bowen's work in the treatment of the soft and connective tissues of the body. Thomas Ambrose Bowen (1916--1982) began developing his technique in the 1950s in Geelong, Australia. Although having no formal medical training or qualifications he was astutely aware of the complex interrelationships within the body and continued to develop and refine his work over the course of his life. Tom Bowen was extremely busy in his Geelong clinic, performing about 13,000 treatments a year. This was verified by the 1975 Victorian government inquiry into alternative health care professionals. Considering treatments were seven days apart and most people needed only one to three treatments, an amazing number of clients passed through the clinic and benefited from his unique work. Mr Bowen also held free clinics for children, people with disabilities, and community service workers. The Bowen Technique is a neuromusculoskeletal approach to health care in which treatment is mediated through the soft tissues of the body. Treatment is applied systematically using a series of rolling moves and punctuated by brief but necessary pauses with the aim of correcting mechanical and neural dysfunction.

Each individual treatment is based on holistic appreciation of the systems of the body as well as its complex interrelationships and is intended to stimulate and facilitate the body's innate, natural capacity to self-regulate and heal. The Bowen Therapy Academy of Australia is the original source for the teaching of Bowtech, the original Bowen Technique. It is the pioneering work of the Academy both in Australia and overseas that has seen the spread of Bowen Therapy to over 25 countries worldwide. Setting the standard for: Modular learning programmes for Bowen practitioner training -- (Modules 1 to 7) Continuing Education Programmes Specialised Bowen Procedures 1 to enhance practitioners skills Specialised Bowen Procedures 2 Masters' for the experienced Bowen practitioner Approved Workshops on specific clinical situations, niche areas (e.g. sports, mind/body, back pain, mother & baby, chronic fatigue, stroke, etc)

Practitioner Review Workshops

Instructor Training Programmes Underpinning knowledge, anatomy & physiology, clinical skills etc to ensure well qualified practitioners

Bowen Hands the quarterly journal of the Bowen Therapy Academy of Australia  
International Bowtech Conferences (Australia, Europe, U.S.A.)

## **Bowen Therapy Courses:**

You will learn a comprehensive health system that will enable you to aid the recovery from a large range of internal and musculo--skeletal conditions. You will learn procedures that balance the body overall as well as a range of procedures that address specific areas of the body. After receiving your initial qualification you will then have the opportunity to join a number of post--graduate Bowen Therapy training courses including Ossie and Elaine's Special Bowen Procedures I and Master Class (Special Bowen Procedures II).

Each Bowen Module consists primarily of hands--on training. You will learn through demonstration and immediately practice what you have learned. During the last four modules you will also be required to complete a theory test. During the duration of your Bowen Therapy training you will also be required to complete case studies, outside of your hands--on Bowtech training.

Bowen Training Australia also offers a range of continuing education workshops. While these workshops are not part of the nationally recognised training, they are Bowtech-- accredited and eligible for CPE points with Bowen Association Australia. Bowen Therapy is taught by registered Bowtech Instructors. On completion of the courses accredited practitioners can register with the Bowen Therapy Academy of Australia (BTAA), [www.bowtech.com](http://www.bowtech.com) and their local country association. A strict code of ethics applies to all accredited practitioners.

There are currently over 70 Registered Bowen Instructors worldwide. These highly skilled practitioners have been qualified by the BTAA to teach the Bowen Technique. Registered BTAA Instructors review the coursework each year with Ossie and Elaine to ensure accuracy in teaching. It is the intent of the Academy to remain true to the original teachings of Tom Bowen

## **The Curriculum**

The Bowtech procedures are taught in seven modules, each 16 classroom hours long. The modules must be taken in sequence because each one reviews and builds on what was taught previously. These modules are generally taught in two consecutive days each, over a period of six months or more, with a maximum of two modules taught back--to--back.

The last seminar, "Module 7," is a thorough assessment of the material taught in the first six modules. Requirements for taking Module 7 include satisfactory completion of the written assessments and case study requirements at Modules 3 through 6, and waiting at least one month after Module 6.

The content of each module is standard in every country where BTAA-accredited instructors teach. This means that you can travel and study with any combination of BTAA-accredited instructors and be assured that you will have learned the same procedures as all of your classmates, regardless of their previous instructors.

Every module includes:

- \* Demonstration of each procedure, with detailed explanation of anatomical landmarks
- \* Explanation and discussion of the procedures and indications for their use
- \* Detailed notes, with photographs and anatomical diagrams
- \* Extensive supervised hands-on practice, with feedback from the instructor(s)
- \* Ample review of procedures taught in previous modules

Practical and written assessments, with individual feedback, are given in Modules 3 through 6. You will also be required to submit written case studies (a total of ten) in those modules; and you will receive feedback from the instructor on your choice of procedures, the amount of work done, and other aspects of your work as indicated in your reports.

Module 7 is a full two-day assessment by a senior instructor, covering all procedures and aspects taught in the first six modules. Accreditation as a practitioner requires passing the Module 7 assessment and submitting proof of three additional requirements:

## **Module Breakdown**

### **Module 1**

Prerequisites: none, although good foundations in anatomy and a complementary therapy may be helpful. In this module students learn the core principals of the Bowen Technique and procedures for addressing the lower back, upper and mid-back and neck and shoulders. These procedures are prerequisite to many of the procedures taught in the other modules. The core procedures can be used to re-balance a client, to set a good foundation for further work, and to address specific back and neck pain. In addition, you will also learn procedures that address the kidney area and the head.

### **Module 2**

The previously learned material is reviewed. The new procedures address the respiratory system, the shoulders, the hamstrings and cramp.

### **Module 3**

All material previously learned is reviewed. New procedures address the pelvis, the elbow and wrist, the sacrum and the knee. Case studies based upon two clients are due at the beginning of the class and will be returned with useful feedback.

#### **Module 4**

All material previously learned is reviewed, with new procedures to address the ankle, Hammertoes and bunion, the upper respiratory tract, TMJ and forearm. This module also covers working with babies and children and working with a client in a seated position. Two more case studies are required.

#### **Module 5**

All material previously learned is reviewed. The new procedures address the coccyx, shoulder, gall bladder and chest areas. Three case studies are required for this module.

#### **Module 6**

All material previously learned is reviewed. The new procedures address bedwetting in children, buttock and perineal pain, bursitis, the thoracic area and recommendations to aid conception. The remaining three required case studies are due in this module. Throughout modules 3 – 6 there will be on-going assessment of practical skills and Modules 3 – 6 also contain a theory assessment of the work covered previously.

#### **Module 7**

Thorough practical assessment of all aspects taught in Modules 1 to 6.

#### **Structural Medicine Teaching and Training**

My name is Sean Johnson and I have been a Bowen Therapist for 19 years and an instructor for the Bowen Therapy Academy of Australia for 14 years. I was president of The Bowen Association of South Africa for 2 years and have travelled internationally to deepen my knowledge on Bowen Therapy being mentored by some of the top therapists in the world

I run my own Alternative Bodywork and Natural Therapies clinic called Structural Medicine have numerous natural therapy qualifications as well as an Honours degree in Psychology for Applied Contexts. I am a qualified Educator. Besides treating in clinic, I write, teach, consult and speak on all things health, wellness and human performance.

I first came to study Bowen Therapy after a career threatening back injury was treated with “Bowen” and I was so amazed with the results that I had to understand how it worked. I have transitioned from a professional athlete to full time Bowen Therapist and Instructor and am looking forward to guiding you on your bodywork journey.



## Details for the next course in Johannesburg

### Date:

Module 1: 5 & 6 September 2026\*

Module 2: 17 & 18 October 2026\*

Module 3: 7 & 8 November 2026\*

Module 4: 5 & 6 December 2026\*

Module 5: 6 & 7 February 2027\*

Module 6: 6 & 7 March 2027\*

Module 7: 20 & 21 March 2027\*

\*These dates are subject to change according to student availability

### Cost:

Module 1 R5518,60.00

This includes your registration with Bowen SA as well Bowen Australia and includes cost of your manuals, CEU cards, test papers etc.

Module 2 R4748,22

Module 3 R4748,22

Module 4 R4748,22

Module 5 R4748,22

Module 6 R4748,22

Module 7 R5850,50\*

\*This module is your examination, which another instructor will facilitate.

The full amount **DOES NOT** have to be paid upfront but payment can be made before the beginning of each module completed. The cost doesn't include food but does include water, tea, and coffee and possibly some snacks

A deposit (R4000.00) needs to be paid two weeks before module one to secure your spot. The remainder (R1518,0,00) needs to be paid one week before the commencement of module one. Please note the course is capped at 8 students to facilitate a positive teaching experience with enough individual attention.

Cash payments qualify for a discount on your tuition fees except for Module 7. This examination module is not exempt from any form of discount. Contact me directly for more information.

**Venue:**

Courses are generally run at my clinic because of the availability of treatment beds and training materials.

Structural Medicine

The Ridge Wellness Centre

1 Ateljee Stree

Randpark Ridge

However larger classes require more space and beds so it is possible that I hire a bigger venue. This is all communicated to you in due course

**General:**

There are no prerequisites to do the training but a background or knowledge of anatomy and physiology helps. A good sense of humour and open mind also goes a long way to helping you acquire the necessary skills to become a good Bowen Therapist. Comfortable loose fitting clothing helps as training is done clothed.

Please note I have a strong “no dickheads” policy for courses. The alternative health industry, for some reason, tends to attract some strong egocentric people that I don’t work well with. So if you are offended by the above statement the course probably isn’t for you and there are other instructors you would probably fit better with.

When you are ready to make some significant change in your life, and others, and are sure that learning Bowen Therapy is something you want to do please contact me via email on [study@structuralmedicine.co.za](mailto:study@structuralmedicine.co.za)

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I look forward to guiding you on your journey

Sean Johnson

Bowtech Instructor

Bowen Therapeutic Academy of Australia

