FASCIAL KINETICS

Bowen Therapy for the discerning healer.

Fascial Kinetics, researched and developed by Russell Sturgess, is one of the longest running Bowen courses, and Fascial Kinetics graduates are trained to become highly competent practitioners.

The course covers more than just the basic therapy, developing comprehensive skills and knowledge in a wide range of areas that will ensure you complete the course as a highly competent practitioner. It looks at the mechanical, physiological and emotional relationships that exist within the body, and demonstrates how Bowen Therapy is able to assist in bringing harmony to these relationships.

Russell Sturgess studied with Ossie Rentsch, one of Tom Bowen’s students, in 1987 and began teaching his Fascial Kinetics course in 1989. The course honors the tradition of Bowen, but grounds it in science and healing philosophy.

Russell is no longer teaching Fascial Kinetics as a team of instructors now run courses in Australia and New Zealand.

The Principles of Fascial Kinetics

Our course creates opportunities for change through working with the most dynamic medium of our body, the fascia, to access and transform the deeper parts of our being.

Fundamental to Fascial Kinetics is the belief that the body heals itself given the right conditions and the results achieved by a healer is a reflection of the healing achieved within the healer. It’s not just the techniques, but the attitude that determines one’s success.

What sets Fascial Kinetics apart from the other modalities is that it balances the science of healing with the art of healing. It supports both anatomical structure and function, and addresses the body, mind and spirit.

Who can learn Fascial Kinetics?

Fascial Kinetics offers training for students both new to Bowen Therapy, and to any bodywork. For trained Bowen Therapists Fascial Kinetics training deepens their understanding and enhances the application of their skills as a healer.

The Training Program

Fascial Kinetics is a comprehensive training program designed to teach Bowen Therapy in a progressive manner giving participants time to integrate the information and fine-tune the skill of the technique in preparation for clinical practice. The course is supported with detailed colour manuals and supporting material.
Course Material

The complete three part Manual, contains the BT 1, 2 and 3 course material, which comprises the most comprehensive publication on Bowen Therapy available.

Each procedure is explained with detailed notes and coloured diagrams, as shown below.

- Treatment guidelines and planning are explained for each move; applications for the move; and associated symptoms and assessments are given.
- Guidelines are given for medical considerations; nutritional considerations; adjunctive therapies and rehabilitation; and first aid applications.
- Suggestions and a quote are given to explain the body, mind and spirit connections.

- BT 1 teaches more than just the Bowen Therapy moves –
  - The place that Bowen Therapy holds in the whole framework of natural therapies is explored.
  - Guidelines for use, and safety considerations are extensively covered.
  - The unit on fascial anatomy introduces the student to a detailed anatomical and physiological understanding of how the therapy works. The unit is unique to this course, and includes extensive research in fascial anatomy.
  - “It’s not the technique, but the attitude you bring to it that determines the outcome of the healing.” The Healing Philosophy unit helps develop an awareness of the student’s place in the healing process.
Fascial Kinetics Practitioner Course Outline

The Practitioner Course is a blend of 12 teacher contact days and self-paced distance education. The course is taught over 3 modules (courses) focusing on the practical work of Bowen Therapy as well as a detailed explanation and demonstration of how the therapy works. This is supported by theory which teaches the guidelines for giving safe Bowen Therapy treatments and for running a practice. All teaching is supported by the comprehensive student manual with each module.

**Bowen Therapy 1**
Teacher contact – 4 day workshop:
The Bowen procedures are learnt through demonstration, discussion and application. The practical component is supported by essential theory incorporating an understanding of how Bowen Therapy works, history, healing philosophy, guidelines for use, clinical procedure and basic fascial anatomy. Healing philosophies of the different modalities are examined.
Outcome:
At the end of BT 1 you will be able to, with some confidence, use the technique within a restricted scope of practice to give basic treatments.

**Bowen Therapy 2**
Teacher contact – 4 day workshop:
Additional Bowen procedures are learnt through demonstration, discussion and application. All the procedures are practised, and students are taught to put together a basic body balance sequence and basic treatment plans, with clients in a variety of positions. The final day covers an important module on client assessment and treatment protocol. Both theory and practical are supported by a unit on the art of listening and awareness in healing, which forms the basis of the Fascial Kinetics philosophy.
Outcome:
At the end of BT 2 you will be able to, with confidence, use the technique within a basic scope of practice to give complete treatments for simple health problems.

**Bowen Therapy 3**
Teacher contact – 4 day workshop:
This workshop focuses on deepening the skills and knowledge required to work successfully as a Bowen Therapy practitioner. The Bowen Therapy procedures are revised and fascial anatomy is investigated in greater depth to give a deeper understanding of how each move in each procedure impacts on key fascial, muscle, nerve, circulatory and lymphatic structures. Treatment plans and case scenarios are practised in a simulated clinic environment. The key skills for practice management are developed and the final unit on healing philosophy is explored.
Outcome:
At the successful completion of BT 3 you will be able to use Fascial Kinetics within an expanded scope of practice at a practitioner level, incorporating client assessment skills and deeper understanding of the technique, to address a wider range of health problems.

**Self paced distance education:**
BT 1 – 3 Distance Education Workbooks
80 (NZ) /100 (AUS) logged and recorded case studies
Experience and report on 3 Bowen treatments
Anatomy & Physiology covering all systems of the human body
Workplace First Aid or equivalent

At the successful completion of all units you will be able to use Fascial Kinetics within an expanded scope of practice at practitioner level, incorporating client assessment skills and deeper understanding of the technique. (Attendance at all teacher contact days is required to be 100%)