

In Touch

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NEW GDPR FRAMEWORK

DIAMOND DAC LESS BLUE?

NEW CHILDREN'S CLINIC



Bowen

TAKING CARE OF THE THERAPIST?

Carole Justice Gray



FRANK SAYS: "MAKE SOME TIME TO TAKE CARE OF YOURSELVES AND RELAX".

2017 was one heck of a year, a really crappy year for me, for many 2017 was something of a challenge. Personally, I was faced with elements of life that are considered the most stressful things; death of a parent, selling a house, buying a house, building work and a very sick family member, my dog Frank.

Why am I sharing this with you, you may be asking? **No**, I don't need sympathy; **Yes**, on some level this is cathartic. As a collective of therapists spending time with clients whose lives can be difficult, do we ever truly consider **us, the therapist?** Do we take enough care of ourselves, considering self-care as something valuable, affecting the quality of our work? When I teach / spend time with many therapists, my experience is no, not enough of us are taking care of ourselves and for many of us who do, life still happens... Grrrrrr! Us therapists, we are vulnerable too. The pace, stress levels and expectations of life seem to be increasing, it's not conducive to our being 'effective' therapists.

You may have heard me talk about my work with dogs, it is an incredible gift – they indeed do feed the soul. When we are working with them as a Canine Bowen Technique Practitioner, we need to be there for them, supporting their needs only, to do that we need to be able to listen and respond continually, if we are not resourced then we cannot truly do that. I also love to share this incredible work with dogs and teach. When teaching Canine Bowen Technique, we owe it to the learners (and most importantly the dogs they will work with) to offer incredibly high levels of support, this goes way beyond the time in the classroom. It was impossible to think I could continue with a full human/canine clinic or anything more than a handful of canine clients, let alone a huge teaching schedule.

During 2017, I did manage to spend time looking at our established Canine Bowen Technique Practitioner training, considering ways to further support our learners in this current pace of life. People should enjoy the process of learning, have enough time to see what the dogs teach us as our course reveals itself. When we decide to train, we all want to pass and get going but, honestly, we need to minimise the pressure of learning, enjoying your time with the dogs during the case studies and not feel too rushed. The course now gives more time and a further module to deepen the quality of the learning experience,

embracing a less pressured approach to what should be a truly magical journey. Thankfully, 2017 has ended; I was one of the lucky ones. I could step down my clinics and teaching significantly, I don't think it would have been ethical to do anything other than that.

So, what do **you** do to care for yourself as a therapist? Would you be able to hear above the white noise of life and see if you needed to take 'a moment'? Do you schedule in time for you? How often do you have your own Bowen? Many of us are overstretched and I know when I chat to my students / therapist colleagues many can relate to times when you are chatting to a client and you think, 'yes, I should be doing that too / that's me too'.

Having had M.E. in the past, I've had many lessons in listening to my body, also many years of working with Sally Askew who continually inspires me to take care of **me** and showed me the wonder of Chi Kung, amongst so many other things. Towards the end of 2017 I presented a CPD workshop to EGCBT (European Guild of Canine Bowen Therapists) members which touched on care of selves as part of our work as therapists. I almost feel stupid writing this, isn't this just blooming obvious? Apparently, not.

We all have the wonder that is Bowen, I know what nurtures me, I have my love of Chi Kung, Buteyko and Core Process Psychotherapy... wonderful, incredible tools that I know I need. I am lucky, I have found my combination for wellbeing which works for me. Life still throws me those curve balls and I have to trust my balance will continue to be a rollercoaster. But if I recognise where I am, I

can adjust how I work to ensure I can properly, ethically care for my clients, as well as me. I can catch my breath, work with these fantastic modalities and allow myself the time to recover.

Know I am writing this without the intent of telling you what to do or to assume any sort of 'wisdom'. Find whatever resources / tools / modalities fit you and value yourself. Trust this time is worth it, it will increase the quality of your work, your clients will value it, but most of all so will **you**. Here's to a very happy, healthy and positive 2018. Be 'selfish', regularly, **please!**

If you would like to find out more about Carole Justice Gray, her Canine Bowen Technique training (starting again in September, giving her more time to recoup) or her Chi Kung Weekend workshops, please see her website www.caninebowentherapist.co.uk or email Carole on carole@caninebowentherapist.co.uk for details.

Canine Bowen Technique

The holistic, 'light touch' therapy offering dogs a gentle, non-invasive and effective hands-on technique which aims to relieve stress, promote healing and body/energy rebalancing.

Practitioner Course

Acceptable for Bowen CPD points only upon completion



Carole Justice Gray
EGCBT authorised teacher
"Helping Dogs towards Optimum Health"



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CANINE
BOWEN
THERAPISTS

07535 980007

www.caninebowentherapist.co.uk

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