



# ISBT- Bowen Therapy: Module 1-5

(Course Code : HKOTA-O-00-24-0003 to 0007)

Organized by: The Hong Kong Occupational Therapy Association Ltd.

**Date:**     **Module 1** 13 & 14 April 2024 (Sat & Sun)  
              **Module 2** 20 & 21 April 2024 (Sat & Sun)  
              **Module 3** 22 & 23 June 2024 (Sat & Sun)  
              **Module 4** 24 & 25 August 2024 (Sat & Sun)  
              **Module 5** 14 & 15 December 2024 (Sat & Sun)

**Time:**     9:00 a.m. – 5:00 p.m.

**Venue:**    To be Confirmed

## Targeted participants:

Occupational Therapists who are interested in Bowen Therapy and pain management

## Capacities:

24 **HKOTA member** (First come first served)

## Course Fee for HKOTA members:

Module I to V: (including DVD, book and notes)

Early bird (**18 March 2024**)         \$13,800

After early bird                         \$15,000

## Instructor(s):

Local instructors (Please refer to the Appendix I for details)

## Course Outline:

Please refer to the Appendix II for details

## Language of Instruction:

Cantonese & English

## For enquiries and registration, please contact:

Ms. Lydia Yip (e-mail: [hkوتاemail@gmail.com](mailto:hkوتاemail@gmail.com))

**Deadline for early bird: 18 March 2024**  
**Confirmation will be given by 25 March 2024**  
**HKOTA CPD: 12 Points for each Module**

## Remarks :

1. Certificate of attendance by HKOTA will be issued to participants with **100%** attendance.
2. Certificate in Bowen Therapy will be issued to participants who have completed the full course by ISBT



# ISBT- Bowen Therapy: Module 1-5

*Course Code : HKOTA-O-00-24-0003 to 0007)*

*Organized by: The Hong Kong Occupational Therapy Association Ltd.*

**Date:**     **Module 1** 13 & 14 April 2024 (Sat & Sun)  
              **Module 2** 20 & 21 April 2024 (Sat & Sun)  
              **Module 3** 22 & 23 June 2024 (Sat & Sun)  
              **Module 4** 24 & 25 August 2024 (Sat & Sun)  
              **Module 5** 14 & 15 December 2024 (Sat & Sun)

**Time:**     9:00 a.m. – 5:00 p.m.

**Venue:**    To be Confirmed

## **Targeted participants:**

Occupational Therapists who are interested in Bowen Therapy and pain management

## **Capacities:**

24 **HKOTA member** (First come first served)

**Deadline for Early bird: 18 March 2024**

**Cheque payable to: Hong Kong Occupational Therapy Association Ltd.**

**Address: Workshop D, 13/F., Haribest Industrial Building, No.45-47 Au Pui Wan Street,  
Shatin, N.T.  
Attention: CE Sub-committee (ISBT- Bowen Therapy)**

## **Appendix I**

### **About the instructors**

#### **Ms. Selina Wan**

Ms. Selina Wan started her Occupational Therapy career in physical rehabilitation services of acute general hospital in Hong Kong since 1983. Before her retirement in HA, she was the department manager of Occupational Therapy Department of Kwong Wah Hospital for more than 25 years. She has wide scope of experience in geriatric, medical, neurosurgical and orthopedic areas. Clinically, she understands well pain is one of the areas which hinders patient's performance in home, work and leisure. On 2007, she met the directors of ISBT (International School of Bowen Therapy) Lisa Black and Col Murray and learnt Bowen Therapy. On 2007 and 2010 respectively, she completed all the basic and advanced Bowen Therapy courses. On 2012, she was qualified to be one of the Bowen Therapy instructors in Hong Kong. After that, she had applied Bowen Therapy extensively to patients referred for pain management and was impressed by their significant improvement after the treatment.

Currently, she has retired and is private practice. She has a clinic of her own and provides mainly pain management service. Nevertheless, she is also the coordinator of the special interest group (SIG) in Bowen Therapy of HKOTA.

#### **Ms. Rosalia Lee**

Ms. Rosalia Lee started her Occupational Therapy career in Singapore after she graduated in Melbourne, Australia over 25 years ago. During her stay in Singapore, she gained experience in acute and rehabilitation service for orthopedic, stroke and spinal cord injury conditions. Then she returned to Hong Kong to join the Hospital Authority and started to work in Queen Elizabeth Hospital. Rosalia started a new specialization in work rehabilitation since then. She is one of the key developers of the work rehabilitation service at QEH. The comprehensive services include work capacity evaluation, work hardening program, return to work program, occupational safety consultation programs; and work re-settlement service which is collaborated with ERB. In 2004, she obtained her Master degree in Vocational Rehabilitation in which her specialty is in work rehabilitation. Her expertise includes work injury management and occupational lifestyle redesign programs for patient with musculoskeletal injury. Rosalia was awarded for year 2013 "Outstanding Ergonomics Practitioner Award" for her contribution of the assistive device prototypes design for the local Dental Therapist by The Hong Kong Ergonomic Society. She is also the convenor of the Work Rehabilitation Working Group of HA OTCOC from 2019-2023.

Since 2010, Rosalia has a growth of interest to explore new intervention for pain management for musculoskeletal conditions. She completed all the basic & advanced Bowen Therapy courses in 2010 & 2012 respectively and become a certified Bowen Therapist. She has been practicing Bowen Therapy for the pain clinic at Queen Elizabeth Hospital. Rosalia is an active member in the Special Interest Group of Bowen Therapy of HKOTA since 2012. With the accumulated experience of practicing Bowen Therapy, she become one of the local qualified Bowen Therapy instructors in 2021.

**Iorin Chau**

Iorin, in her early years she worked in the government under Medical and Health Department. In the hospital and geriatric day hospital, she worked with orthopedic, medical, geriatric, neurological and oncology clients.

Then she moved to work in the community for information services in rehabilitation and started community occupational therapy. She re-joined the government, under the shelter of Social Welfare Department, CPMS for the twenty years. Her duty was to provide consultation and direct service to DAC, Sheltered Workshop, Hostel and Integrated Nursery. The clientele includes Autistic, MR, global developmental delay with or without physical disabilities. She has completed all the basic and advanced Bowen Therapy courses. On 2012, she was qualified to be one of the Bowen Therapy instructors in Hong Kong. In recent years, she was one of the instructors teaching Bowen Therapy for Hong Kong Occupational Therapy Association and Occupational therapists in Macau.

## **Appendix II**

### **What is ISBT-Bowen Therapy?**

Bowen Therapy is an approach to treat a broad range of physical alignment including muscular, structural and visceral problems. It is a dynamic fascia and muscle release modality by applying single and gentle cross-fibre movements to specific muscles, tendons and ligaments to promote improvement in flow of blood, lymph and energy. These movements are usually applied in precise sequences that often creating self-correcting structural changes to promote overall body balance. It can apply on wide range of clients suffering from traumatic, orthopedic, neurological and geriatric problems. The International School of Bowen Therapy (ISBT) was established to teach Bowen Therapy around the world. It works independently under the regulations and guidelines of the Bowen Therapists Federation of Australia. For details please visit the following website: <http://bowen-therapy.com>

### **ISBT-Bowen Therapy Treatment**

During a treatment the practitioner applies gentle 'rolling' moves on very specific points on the muscles, tendons and ligaments. These moves are often applied in special Sequences. These initiate relaxation of the muscles, flexibility of the fascia and increased circulation of essential fluids and serve to bring about the often profound results positively affecting many conditions in the whole body.

At specific times during the treatment, the practitioner may allow the body to rest; they may even leave the room. This can be an important part of the treatment, when the body is given time to react. It also is a time to relax – the recipient may wish to 'tune-in' to how the body may be responding to the work.

### **Outline ISBT-Bowen Therapy**

ISBT-Bowen Therapy is a stand-alone manual therapy treatment method or it can be very successfully incorporated with many other modalities. The therapy is a gentle Australian healing system, ISBT-Bowen Therapy, is applied to treat a broad range of physical ailments including muscular, structural and visceral complaints.

It is a dynamic fascial and muscle release modality, with single, gentle cross-fibre moves being applied to specific muscles, tendons and ligaments to improve flow of blood, lymph and energy. These moves are usually applied in precise sequences. When required, these Sequences often create self-correcting structural changes to promote overall body balance.

It is a minimalist approach to bodywork, doing away with the need for repetitive and often invasive action. It is especially useful with its ability to be effectively applied when many other therapies cannot, such as with extreme trauma, frail, elderly people and very young babies.

The philosophy behind ISBT's modality is based on the osteopathic principle that the structure of the body governs its function. Correcting the structure to improve overall well-being is often the aim.

The visceral impact of correcting basic structural imbalance can, in itself, often be profound. Add to this, specific ISBT Sequences aimed at visceral dysfunction and a truly holistic approach to many health problems results.

## **Appendix III - Workshop Outline**

### **Module 1 13 & 14 April 2024 (Sat & Sun); 9:00 a.m. – 5:00 p.m.**

- Sequences include full back and neck plus sacrum, hamstrings and shoulders.
- Below outline is **for reference only** and is **subjected to changes** according to participants' progress.

<b>Day 1</b>	<b>Content</b>
8:45 – 9:00	Registration
9:00 – 10:45 (1 hr 45 mins)	Module 1 – Part 1
10:45 – 11:00	Break
11:00 – 13:00 (2 hrs)	Module 1 – Part 2
13:00 – 14:00	Lunch
14:00 – 15:30 (1 hr 30 mins)	Module 1 – Part 3
15:30 – 15:45	Break
15:45 – 17:00 (1 hr 15 mins)	Module 1 – Part 4; End of Training Day (Total Training Time: 6 hrs 30 mins)
<b>Day 2</b>	<b>Content</b>
8:45 – 9:00	Registration
9:00 – 10:45 (1 hr 45 mins)	Module 1 – Part 5
10:45 – 11:00	Break
11:00 – 13:00 (2 hrs)	Module 1 – Part 6
13:00 – 14:00	Lunch
14:00 – 15:30 (1 hr 30 mins)	Module 1 – Part 7
15:30 – 15:45	Break
15:45 – 17:00 (1 hr 15 mins)	Module 1 – Part 8; End of Training Day (Total Training Time: 6 hrs 30 mins)

### **Module 2 20 & 21 April 2024 (Sat & Sun); 9:00 a.m. – 5:00 p.m.**

- Sequences covers arms (including carpal tunnel), legs and feet, plus pelvic and coccyx work.
- A unique strapping strategy for ankle and foot problems is also included.
- Below outline is **for reference only** and is **subjected to changes** according to participants' progress.

<b>Day 1</b>	<b>Content</b>
8:45 – 9:00	Registration
9:00 – 10:45 (1 hr 45 mins)	Module 2 – Part 1
10:45 – 11:00	Break
11:00 – 13:00 (2 hrs)	Module 2 – Part 2
13:00 – 14:00	Lunch
14:00 – 15:30 (1 hr 30 mins)	Module 2 – Part 3
15:30 – 15:45	Break
15:45 – 17:00 (1 hr 15 mins)	Module 2 – Part 4; End of Training Day (Total Training Time: 6 hrs 30 mins)
<b>Day 2</b>	<b>Content</b>
8:45 – 9:00	Registration
9:00 – 10:45 (1 hr 45 mins)	Module 2 – Part 5
10:45 – 11:00	Break
11:00 – 13:00 (2 hrs)	Module 2 – Part 6
13:00 – 14:00	Lunch
14:00 – 15:30 (1 hr 30 mins)	Module 2 – Part 7
15:30 – 15:45	Break
15:45 – 17:00 (1 hr 15 mins)	Module 2 – Part 8; End of Training Day (Total Training Time: 6 hrs 30 mins)

### **Module 3    22 & 23 June 2024 (Sat & Sun); 9:00 a.m. – 5:00 p.m.**

- Sequences presents many techniques designed for visceral complaints (including asthma, kidney and lymph) plus jaw, headache and anterior neck. Additional shoulder, chest and leg moves are also included. Group Case Study discussions are incorporated to develop greater understanding of the use of the work.
- Below outline is **for reference only** and is **subjected to changes** according to participants' progress.

<b>Day 1</b>	<b>Content</b>
8:45 – 9:00	Registration
9:00 – 10:45 (1 hr 45 mins)	Module 3 – Part 1
10:45 – 11:00	Break
11:00 – 13:00 (2 hrs)	Module 3 – Part 2
13:00 – 14:00	Lunch
14:00 – 15:30 (1 hr 30 mins)	Module 3 – Part 3
15:30 – 15:45	Break
15:45 – 17:00 (1 hr 15 mins)	Module 3 – Part 4; End of Training Day (Total Training Time: 6 hrs 30 mins)
<b>Day 2</b>	<b>Content</b>
8:45 – 9:00	Registration
9:00 – 10:45 (1 hr 45 mins)	Module 3 – Part 5
10:45 – 11:00	Break
11:00 – 13:00 (2 hrs)	Module 3 – Part 6
13:00 – 14:00	Lunch
14:00 – 15:30 (1 hr 30 mins)	Module 3 – Part 7
15:30 – 15:45	Break
15:45 – 17:00 (1 hr 15 mins)	Module 3 – Part 8; End of Training Day (Total Training Time: 6 hrs 30 mins)

### **Module 4    24 & 25 August 2024 (Sat & Sun); 9:00 a.m. – 5:00 p.m.**

- Further develop exceptional palpation and visual diagnostic skills and gain greater understanding of patient conditions so as to increase their treatment effectiveness. Additional arm, hand, shoulder, leg, foot and visceral work is also presented. A written assessment based on treatment strategies is also included.
- Below outline is **for reference only** and is **subjected to changes** according to participants' progress.

<b>Day 1</b>	<b>Content</b>
8:45 – 9:00	Registration
9:00 – 10:45 (1 hr 45 mins)	Module 4 – Part 1
10:45 – 11:00	Break
11:00 – 13:00 (2 hrs)	Module 4 – Part 2
13:00 – 14:00	Lunch
14:00 – 15:30 (1 hr 30 mins)	Module 4 – Part 3
15:30 – 15:45	Break
15:45 – 17:00 (1 hr 15 mins)	Module 4 – Part 4; End of Training Day (Total Training Time: 6 hrs 30 mins)
<b>Day 2</b>	<b>Content</b>
8:45 – 9:00	Registration
9:00 – 10:45 (1 hr 45 mins)	Module 4 – Part 5
10:45 – 11:00	Break
11:00 – 13:00 (2 hrs)	Module 4 – Part 6
13:00 – 14:00	Lunch
14:00 – 15:30 (1 hr 30 mins)	Module 4 – Part 7
15:30 – 15:45	Break
15:45 – 17:00 (1 hr 15 mins)	Module 4 – Part 8; End of Training Day (Total Training Time: 6 hrs 30 mins)

**Module 5    14 & 15 December 2024 (Sat & Sun); 9:00 a.m. – 5:00 p.m.**

- Strong tutorial aspect, including continued group ‘workshopping’ of case studies with fellow students in addition to a one-to-one case study session with instructors. Extensive full-course revision is also undertaken on the first day prior to the Competency Level Practical Assessment on day two.
- Below outline is **for reference only** and is **subjected to changes** according to participants' progress.

<b>Day 1</b>	<b>Content</b>
8:45 – 9:00	Registration
9:00 – 10:45 (1 hr 45 mins)	Module 5 – Part 1
10:45 – 11:00	Break
11:00 – 13:00 (2 hrs)	Module 5 – Part 2
13:00 – 14:00	Lunch
14:00 – 15:30 (1 hr 30 mins)	Module 5 – Part 3
15:30 – 15:45	Break
15:45 – 17:00 (1 hr 15 mins)	Module 5 – Part 4; End of Training Day (Total Training Time: 6 hrs 30 mins)
<b>Day 2</b>	<b>Content</b>
8:45 – 9:00	Registration
9:00 – 10:45 (1 hr 45 mins)	Module 5 – Part 5
10:45 – 11:00	Break
11:00 – 13:00 (2 hrs)	Module 5 – Part 6
13:00 – 14:00	Lunch
14:00 – 15:30 (1 hr 30 mins)	Module 5 – Part 7
15:30 – 15:45	Break
15:45 – 17:00 (1 hr 15 mins)	Module 5 – Part 8; End of Training Day (Total Training Time: 6 hrs 30 mins)



## APPLICATION FORM

**Course Code: HKOTA-O-00-24-0003 to 0007 (ISBT- Bowen Therapy: Module 1-5)**

Name: (In Block Letters) \_\_\_\_\_ ( English) \_\_\_\_\_ ( Chinese)

HKOTA member ☐ (Membership No : \_\_\_\_\_) OT Reg. Number : \_\_\_\_\_

Occupation: \_\_\_\_\_ Years of experience in OT : \_\_\_\_\_

Contact Tel. No. : \_\_\_\_\_ E-mail: \_\_\_\_\_

Work organization / Institution: \_\_\_\_\_

Address \_\_\_\_\_

Amount pay: \$ \_\_\_\_\_ Bank: \_\_\_\_\_ Cheque#: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Deadline for Early bird: 18 March 2024**

**Cheque payable to: Hong Kong Occupational Therapy Association Ltd.**

**Address: Workshop D, 13/F., Haribest Industrial Building, No.45-47 Au Pui Wan Street,  
Shatin, N.T.**

**Attention: CE Sub-committee (ISBT- Bowen Therapy)**



## Payment and Refund of the HKOTA course

1. Admission is on a first-come, first-served basis. Enrolment will be confirmed once you have made the payment. You will receive a payment confirmation after payment has been made successfully. You are advised to keep your payment confirmation for future enquiries.
2. Fees paid are not refundable regardless of whether the applicant has or has not attended the classes. Should there be any exceptional personal circumstance(s), please kindly appeal in writing. It is subjected to the Association's discretion. In such occasion, an administrative charge equivalent to 15% of the application fee will be charged. Should there be any course cancellation due to unforeseeable circumstances, refund after deducting administrative charges from third parties, e.g. PayPal, can be arranged.
3. Fees on courses cannot be transferred from one qualified applicant to another. Once accepted to a course, the studentship cannot be changed to another one. In case of exceptional personal circumstance(s), please kindly apply in writing and transfer of studentship will be subjected to HKOTA approval.
4. Should the applicant fails to comply to the payment and refund policy, his/ her enrollment to subsequent HKOTA courses will be affected. Admission is on a first-come, first-served basis. Enrolment will be confirmed once you have made the payment. You will receive a payment confirmation after payment has been made successfully. You are advised to keep your payment confirmation for future enquiries.

## Bad Weather Arrangement

### For workshop or seminar that have not yet started:

If typhoon Signal No. 8 or above or Black Rainstorm Warning is in force after the following times, workshop or seminar will be cancelled as indicated

6:00 a.m.	Morning workshop or seminar that start before 2:00 p.m.
11:00 a.m.	Afternoon workshop or seminar that start between 2:00 p.m. & 6:00 p.m.
3:00 p.m.	Evening workshop or seminar that start from 6:00 p.m.

### For workshop or seminar that have already started:

workshop or seminar

When Typhoon Signal No 8 or above is hoisted      Immediately suspended

When Black Rainstorm Signal is in force      Continue