

POSTURAL ASSESSMENT, TENSEGRITY AND THE FASCIAL LINES FOR BOWEN PRACTITIONERS



Kelly Clancy

2 days / 16 hours

Prerequisite: Module 8

This workshop explores:

- the concept of Tensegrity and its application to the fascial system
- specific knowledge of the fascial lines, the anatomical structures within these lines and the pathologies commonly associated with them
- tools to provide a more targeted and effective treatment for clients
- selection of appropriate Bowen moves based on Myofascial Testing outcomes
- the use of objective measurements to educate clients as to the source of their discomfort, to communicate client progress to other providers. and to document outcomes for further Bowen research

In this workshop:

- objective analysis and documentation of postural limitations in the fascial lines, utilising Myofascial Testing, will be explored
- the most appropriate Bowen moves will be determined, avoiding overtreatment and in line with Tom Bowen's "less is more" mission
- a customised Bowen treatment plan based on objective findings will be established
- objective evaluation and documentation of pre- and post-treatment measures to determine the efficacy of treatment will be explored

One of the greatest distinctions I see with this work (Bowenwork) in comparison to other bodywork modalities is its direct but subtle nature. Bowenwork is speaking directly to the fascial and nervous system in a way that the nerve endings can respond and reset abnormal tension patterns. It is exciting because it is gentle on the client and the practitioner but can be profound in its effects.' - Kelly Clancy

Kelly Clancy, OTR/L,SMS, LMT, Reg. Bowenwork Instructor (USA) has been practicing in the field of occupational therapy for over 28 years. She uses her skills as a manual therapist and ergonomist to

address the postural components that contribute to pain and dysfunction addressing not only the structural issues that may be present, but also ergonomic factors and the relationship of stress and its impact on the body's nervous system.

Through body awareness techniques, education, nutrition, movement and exercise, she focuses on multifaceted evidence-based components that lead to greater wellness. Kelly is passionate about teaching and sharing her knowledge of healing with other practitioners.

She is a structural medicine specialist, a board-certified structural integrator and holds certifications in hand therapy and Bowenwork. She is also a licensed massage therapist specializing in a new form of manual therapy that she developed called Tensegrity Medicine™. Kelly has obtained certification in holistic health counseling from the Institute for Integrative Nutrition and is on the clinical faculty at the University of Washington's rehabilitation department where she lectures on the topics of ergonomics, fascia and hand therapy.

She is the owner of the Seattle Center for Structural Medicine in Washington state, which is an integrative therapy clinic housing multidisciplinary practitioners. In addition to treating patients, the centre houses a teaching studio from the same location - The Northwest School of Structural Therapy which provides ongoing educational opportunities for manual and movement therapists.

Kelly has published and lectured nationally, in the U.S., and internationally on the topics of fascia

and its primary role in musculoskeletal dysfunctions, and she currently teaches classes on manual therapy strategies to affect overall alignment and function.

'Teaching other practitioners about the human body and the latest research about fascia and its effects on multiple systems is my passion. We are on the cutting edge of learning about the role of our connective tissue and how it influences the health and well being of the rest of the systems. I love to teach practitioners about the interconnectedness of the human body and how by working on one part of the body, you can affect other parts. By using my 28 years as an Occupational Therapist and an owner of an integrative multidisciplinary clinic, I am able to educate my students about the many facets of healthcare, healthcare delivery, integration of Bowenwork into the medical model, how to talk to other practitioners about this amazing work and how to document it for those who are needing insurance reimbursement.' - Kelly Clancy

Kelly Clancy contributed two chapters to John Wilks' and Isobel Knight's book - 'Using the Bowen Technique to Address Complex and Common Conditions'

Web: www.scfsm.com. www.northwestschoolforstructuraltherapy.com

Workshop: 2 days (16 hours CE)