

# General Features and Quality of Bowen-Therapy – a Qualitative Approach

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**Background:** Bowen Therapy (BT) is a non-invasive manual therapy, named after Australian Tom Bowen (1916-1982). Some studies concerning single criteria have been conducted within the last 20 years but general features and qualities of BT are not yet described. This pilot study aims to fill this gap by conducting interviews with Bowen experts

## Objective:

- features of BT
- implementation and
- significance of BT in clinics
- personal attitudes to BT

## Method:

- qualitative study design
- eight semi structured interviews with experienced Bowen Therapists
- analysis according to Meuser & Nagel, 2002

## Results:

### treated conditions:

- acute/chronic: pain
- musculo-skeletal
- neurological
- functional
- psychosomatic
- post-surgery after-care
- all ages

### BT special features:

Bowen Move  
Waiting Period  
After-care-advice

### Patients:

pain & medication ↓  
symptoms ↓  
mobility & self-regulation &  
self-empowerment ↑  
quality of life, resilience ↑

### Health Insurances:

medication ↓  
treatments ↓  
surgery ↓  
saving money ↑

### Therapists:

physical effort ↓  
stress ↓  
sustainable results ↑  
success ↑

**Conclusion:** the interviewed Bowen therapists value Bowen Therapy as an essential part of their work. They appreciate BT as a fast, soft, safe, reliable and sustainable method, consisting of a set of 'moves' and waiting periods in between. The constantly growing number of studies and Bowen therapists shows an increasing interest and demand in this therapy. Further research is needed to assess its effectiveness and safety for different diagnoses as well as for the perspective of patients of all ages. For an aging society the perspective of maintaining the therapists working capacities through BT could also be of special importance.