



Rapport

 BOWEN FASCIAL RELEASE TRAINING · MONDAY, 31 OCTOBER 2016

We have all had that 'first' time of experiencing a situation where we feel vulnerable, first day at school, first ever job interview, first time publicly speaking. Those thoughts and feelings now spinning inside your internal system may leave you feeling say.... vulnerable.

Now add a sore back, sleepless nights, a difficult job, no job, family problems etc. Would it be possible to state that this may be the majority of your clients?

Building rapport with an individual can make the difference between feeling 'good' and feeling 'wow' post a treatment session.

What do we mean by rapport.

Finding similarity or an understanding in their values, beliefs, knowledge and behavior's.
Building trust and confidence and most importantly listening!

How good a listener are you?

Listening comes in many forms, we can look like we are listening, we can hear what the client is stating, we can observe their body language and we can empathise with them.

What is it that they need or asking for? Who knows? Do they even know?

As practitioners we have the skills and knowledge to give insight into what we believe that they may need but that's about as far as it goes. What we 'feel' they need is not necessarily what they need either.

The body is a functional, practical, informative machine. It knows what it requires and sometimes needs that gentle reminder.

Rapport in 'touch'

The confidence in the ability to feel the individuals muscle tension, resistance, movement and understand where and when the 'touch' is appropriate.

Making the most out of your Bowen move is paramount. Taking time to feel the structure, observing it, having confidence to execute it and then leaving it to allow the body to listen, to build rapport with the information it has just been given.

This is the significant and most important part of a Bowen Treatment, the invaluable break between moves. Allowing the body time to respond.

How do we interpret the response?

Change! Change in the feel of muscle tension, temperature, the atmosphere, the client...

We are an intelligent, integral system that when asked the right question we can find the solution. We just need that gentle reminder.

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