

An Interview with John Wilks

Many of you will know John Wilks who is an International Bowtech Instructor who is based in the UK.

John has recently written a new book called The Bowen Technique – the Inside Story, which is available to order now – details below.

We interviewed John to ask him more about himself and his new book.

Q: How did you discover Bowen?

A: Well actually it was completely by accident. I was doing a lot of different advanced massage courses at the time and someone mentioned Bowen. This was in 1993 when no one knew about it really. So I went along to a four day course where they taught everything in four days and I was hooked. I started using it immediately in the clinic and it very soon took over my work completely.

Q: What have been your most memorable or inspiring Bowen moments?

A: We all have amazing stories of clients recovering but I think actually teaching this work is one of the most extraordinarily rewarding things because you see the results that students get with the technique. Most of the inspiring stories come from students or other practitioners and some of them bowl me over. For me doing charity work is the most rewarding and in some ways I wish I could do it all the time. We started the project in Bosnia just after I had finished training so I wasn't very skilled then, but to work in such situations and with people who were so generous and grateful was the best thing. It's the same thing in Central America but its so difficult to get funding for these sort of projects.

Q: And the funniest?

A: Actually they are unrepeatable as they involve situations in class where people sometimes miss-hear things. I am terrible for making fault-pas' in class sometimes.

Q: How did the idea of your new book come about?

A: It came from thinking about providing some course notes for my courses on back pain and then I realised there was so much material that it needed a book to cover it! I think there is also a dire need to begin to really understand what we are doing with this work and put it into some understandable context.

Q: And what it is about?

A: It covers many different aspects of the work – there is a large section on how we affect connective tissue (particularly muscles and fascia) with a whole load of research references. There is a lot on how to assess clients to be more effective and efficient. There is a section on working with chronic conditions and there is a whole piece on the client – practitioner relationship. Many of the things covered in the book are not often talked about and the whole thing is geared to making the practitioner much more efficient and knowledgeable.

Q: Can we request signed copies of your book?!

A: Yes of course – the books are available now. Details are below. The book is quite large – 288 pages and full of colour plates and diagrams to its well worth the money!

The Bowen Technique – the inside story by John Wilks

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