

Kate Eldridge Bowen Therapy GUIDELINES FOR CLIENTS

The aim of this information sheet is to give you clear information about your course of Bowen Therapy treatments and to make bookings and treatments easier and more enjoyable. If there is anything you need me to clarify, please just ask.

Bookings

I maintain my own diary so please contact me directly to make a booking. I am often quite busy seeing both human and equine clients and will make every effort to fit you in as soon as possible. When I am with clients I cannot answer the phone so if you reach my voicemail please leave a message and I will call you back as soon as I can.

Treatments

At the first appointment we will discuss a suitable course of treatments and agree a schedule and frequency for those treatments. As Bowen can work cumulatively it is important that this schedule is maintained in order to gain maximum benefit. I will discuss your progress with you regularly but if you have any questions about your treatment or Bowen therapy in general please feel free to ask me anything.

Each appointment usually lasts 45 minutes to 1 hour, but some treatments may be longer or shorter depending on your responses. Please wear loose, light clothing for the treatment and/or be prepared to remove heavier items – jeans are too tough to work through so will need to be removed in order for Bowen to work. Please let me know if you are on any medication (prescribed or over-the-counter) or if the prescription of your medication changes.

To get the most out of each Bowen treatment please read and follow the aftercare guidelines I have given you.

Cancellations

Please give 24 hours notice if you need to cancel or change an appointment.

Appointments cancelled with less than 24 hours notice will be charged the full fee.

Professional Conduct and Ethics

I am a member of the Bowen Therapists Professional Association and a Practitioner with the European College of Bowen Studies and I adhere to their codes of practice and ethics, including client confidentiality and am registered with Data Protection. For the benefit of patients I may discuss treatment with a professional supervision group, and in these cases the patient remains anonymous. I am a first aider, have public liability insurance and have completed a Safeguarding and Protecting Children course.

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