

FEBRUARY 2021

# HELEN COOPER BOWEN THERAPY & HOLISTIC HEALING



Hello everyone,

Well, January seemed to be interminably long and now February has whizzed by! Mainly, for me, because I have been working my socks off studying.

As the anniversary of the first lockdown looms I have also been reflecting, as I'm sure many of you have, on the past year and what it has brought for me. As a self-employed (mainly hands-on) therapist the setbacks are pretty obvious, so I won't dwell on those, but there have also been some incredible gifts:

- I got to spend precious quality time with both my amazing sons who are now grown men and are flying the nest.
- Also my rescue cats, Meg & Freddie, who I adopted nearly a year ago.
- I've expanded my distance healing business and have now helped people on 5 different continents.
- I have done A LOT of training to broaden my knowledge to enable me to help more people.
- I have rekindled my love of swimming and photography!

Read on for more details.....

## My New Therapy Range:

As I said on page 1, I have spent the past 12 months training. Expanding my therapy knowledge was a way I could feel more connected to you, the people I love to help. I have managed to squeeze in a couple of in-person training courses, but the majority has been online and on zoom.

Interestingly enough, this online revolution has meant I have been able to train with some incredible teachers and listen to inspirational lecturers who I never would have had access to before the pandemic.

It's been very expensive, but my commitment to you is to continue my ongoing professional development and provide you with the best care possible.

Here is a summary of the courses I have undertaken in the last 12 months:

- McLoughlin Scar Tissue Therapy ® (MSTR ®)
- Clinical Hypnotherapy Levels 1 & 2
- Applied Myoskeletal Therapy (energy meridians)
- Infection Prevention and Control (IPC) for Novel Coronavirus (COVID-19)
- Lymphatic Bowen
- Bowen First Aid (guiding a client online to do simple Bowen Therapy moves on themselves or a family member)
- Red Flags Training (serious issues referred to a GP)
- Emergency First Aid (renewal)
- Counselling

Several of these can be used seamlessly within my Bowen Therapy appointments with you, however, a few of these are brand new treatments with their own separate appointments. See page 3.....



## McLoughlin Scar Tissue Therapy ®: (MSTR ®)

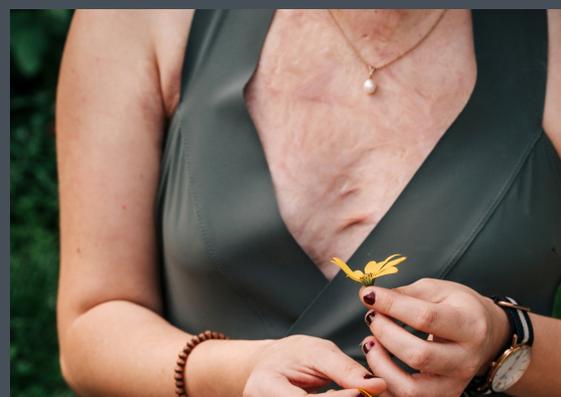
This gentle, highly effective therapy addresses the physical and emotional symptoms caused by fully healed scar tissue of any age.

It has been shown to be effective in improving range of movement, joint mobility, blood & lymph flow, nerve responses like numbness and pain.

Scars which have reported to have responded include:

- Caesarean
- Breast surgery
- Traumatic wounds
- Joint surgery
- Muscle tears
- Plantar fasciitis

Appointments are usually half an hour. Several may be needed depending on age, size and thickness of the scar tissue.



## Clinical Hypnotherapy:

I am very excited that I'm about half way through my training now. My confidence and effectiveness is growing all the time with regular practise. The benefits of this amazing therapy are far reaching and, combined with nearly 20 years of experience in dealing with pain, emotional trauma and long term conditions, I am confident that this will be of huge benefit to many of you.

Zoom practise appointments are now available. I do not formally charge for these, however, a donation to the significant costs of my ongoing training would be gratefully received.

**If all goes to plan my hands-on clinic will fully reopen on Monday 12th April! Please contact me pre-book an appointment.....**



# Pet of the Day Competition



Forest



## Pet of the Day Competition Winner:

Firstly, thank you all so much for engaging in this competition and sending me your wonderful pet photos! I had so much fun getting to know your furry families. It made it very difficult to choose only one winner, however, one stood out for me and that is the lovely three legged Forest.

I am donating £20 to the charity which helped pay for his surgery, British Dalmatian Welfare, and his family will get a Neal's Yard Gift as well.



*Winner  
Forest*

## And finally, let's get personal.....

As I explained in the opening page, my passion for swimming and photography has been rekindled over the past 12 months. These often cross over as I love to take photos of the incredible sunrises I encounter when taking an icy dip in the sea.

Early morning is my favourite time of day and I feel recharged and incredibly happy after my swim, especially if there has been an amazing sunrise. Here are a few of my recent favourites....

(Some people have asked for prints, please let me know if you are interested)

