

Issue No.2 October 2009

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Important Notice from Admin team – Update your information

ROSS EMMETT COURSES -Upcoming Australia (for Nov & Dec & Jan) Contact info@rossemmett.com.au

07-8/11/2009	Gold Coast	Emmett Technique Modules 1 & 2
28-29/11/2009	Brisbane	Emmett Technique Modules 1 & 2
30/11/2009	Brisbane	Emmett Professional Day
04-5/12/2009	Cairns	Emmett Technique Modules 5 & 6
06/12/2009	Cairns	Emmett Professional Day
12-13/12/2009	Townsville	Emmett Technique Modules 1 & 2

Summary of upcoming course dates ...

07-8/11/2009	Adelaide	Modules 3 & 4	Tim Donehue	Contact emmett.adelaide@gmail.com
13-14/11/2009	Melbourne	Modules 4 & 5	Rick Cuthbert	Contact cuthbert.rick@gmail.com
14-15/11/2009	Perth	Modules 3 & 4	Tim Donehue	Contact sharon.sass@hotmail.com
21-22/11/2009	Coonabarabran	Modules 4 & 5	Rick Cuthbert	Contact cuthbert.rick@gmail.com
27-28/11/2009	Sydney	Modules 4 & 5	Rick Cuthbert	Contact cuthbert.rick@gmail.com
12-15/12/2009	Perth	Modules 3, 4, 5 & 6	Regula Scherrer	Contact sharon.sass@hotmail.com

For **more information** on courses in **all locations** check www.rossemmett.com.au course calendars-

- Emmett Technique

- Emm-Tech

- TBT101- Tom Bowen Therapy (Ross Emmett's interpretation)

- Emmett for Animals - next course to be held Narooma, NSW on the 5th and 6th of December

Ross's thoughts on teaching....



Quite often the jockey doesn't make the best horse trainer, just as the best therapist does not necessarily make the best teacher. My greatest learning has come to me through the mistakes I have made.

I am often asked how I have become the teacher I am, where did I learn my teaching style. My advice to my instructors is to openly share your mistakes so they are no longer your weaknesses; they are now everyone's learning. To deny your failings may isolate you and closes the opportunity for others to share their experiences. To admit to these increases the opportunity for students to bond with you.

Closing your mind also shuts down the opportunity of communication with your students.

Many of my experiences are the foundation of many of my stories. I have repeatedly been told that my stories had the greatest impact on many students learning, that the moves were just the mechanics.

It's from my misjudgments that I got my best learning that now allows me to share with others.

For people to say you are wrong leaves you with the responsibility with what has been done – to admit a mistake, on the other hand, allows you the opportunity to change.

At 44 I was willing to share, but I didn't consider that I was a good teacher. Now, in my 60's, I believe I have done my apprenticeship, and through sharing my experiences I now believe I am a better teacher and I look forward to improving even more.

Ross Emmett October 2009

Ross speaks on **Client Reframing - Are your clients conditioned to labels?**



Be aware that a client that presents with a condition that has already been labeled is a more difficult case than a client that has come in to just address the pain, especially if they have been made aware of all the possible symptoms.

Two of the best examples I can remember of conditioning are :-

Case 1:

A client came to me. I asked him how I may help.. he said to me, '*It's this old leg of mine*'. I asked him what was the age difference... he looked at me in dumb silence for about a minute and then his statement was '*Stupid hey!*' My answer was, '*Until you can recognize that both legs were born on the same day to the same mother I will have difficulty making them the same.*' He agreed. With that I commenced the treatment to his leg which took approx 3

minutes. '*Just walk around there for a minute mate... they both look the same to me now, do they feel the same*' I said, to which he replied with '*yes! they feel the same*'.

Case 2:

A client presented with a hand problem. I asked how I may help. He said he had a problem with arthritis in his hands. I commented to him that we don't treat arthritis but where is your pain. I then treated him for the pain and discomfort in his hands. At the completion of the treatment he stated the pain had gone. I then stated it mustn't have been arthritis because I've been told there is no cure for arthritis... we just treat pain and discomfort. He acknowledged this fact and said that all his pain had gone.

This is the therapists' opportunity to do a reframe. To get their client to acknowledge change on a condition that they believe they will always have – They must be encouraged to verbalise the acceptance of the change, thereby confirming in their own ears that the change has taken place.

I found it valuable to use the third person 'we' instead of I to disassociate from the pain inflicted in the treatment therefore when the client speaks to me they speak to me as if I didn't inflict it he did.

e.g. labeling any given pain as "Arthritis" and therefore the individual has difficulty in relinquishing the pain because he has been given ownership of label and has no opportunity to "experience" a cure.

Ross Emmett October 2009



Emmett in Singapore

Ross has just returned from his third visit to Singapore teaching therapists interested in the technique.

There were *two* notable events on this tour. The first is the fact that this time he taught modules 1-4 there for the first time so there is now a group of therapists qualified to practitioner level 4 between the Philippines, Singapore and Hong Kong.



The second important event was that Ross was given a unique invitation to teach Emmett to a group of 16 Physiotherapists working at the Rehabilitation Dept of the National University Hospital in Singapore.

These physiotherapists came from different specialty areas of rehabilitation such as Childhood development, Cardio, Neuro, Musculoskeletal as well as post-operative and In-patients.



He was informed that this was the unique situation of a natural therapist being recognized by a Government Hospital and also a great opportunity to expose the Emmett technique to recognized medical institutions.

This meant that the course had to be presented in such a way as to fit their interests to give value for their potential use within the hospital. These physios are not in private practice, but employed by the Government Hospital so they have access to many patients that private physiotherapists would not normally have the opportunity to work with.



The Emmett principles are quite outside the standard approach for qualified therapists with detailed anatomical training. They were quite amazed at the power of such small touches on the body although they were more amazed at the way Ross could assess without asking any details. The most commonly asked questions were “ How do you know these things? How did you know to go to that part of the body ? Is there any research being done on this?”

Although they did not ask lots of questions during class there were discussions during the breaks and they were very keen observers and listened well.

At the close of the course some first class treatments were given and we hope their enthusiasm flows onto all areas of their work in the hospital. It was a very good learning time for Ross also.



Emmett Technique adapted for animals - The story behind how the Emmett Technique developed and is now applied for the care and treatment for animals.

In pain relief on the animal frontier the “Emmett Technique” is becoming more and more popular as a quick, unobtrusive way of treating suffering animals.

The technique’s creator Ross Emmett, said it evolved as a means to treat sick and distressed

animals. Ross had always had a passion for animals, he worked caring for the sick and injured whilst employed at the Animal Research Institute in Brisbane, at the age of 17 years. While employed as an animal attendant for 5 years he began to notice certain traits when handling many of the sick animals, (horse, cattle, sheep and dogs) and developed a method of small moves to treatment to assist with their discomfort.

Ross has had a great interest in dogs and dog training all of his life and in his late twenties he pursued this passion into training dogs in the obedience field becoming a chief instructor and an Australian Dog Obedience Judge. It was in these positions he would notice dogs in difficulty with limbs and incorrect gates and apply the small moves he had developed when he was working at Animal Research Center.

Handlers, who noticed the immediate improvement in their animals, started to ask for Ross’s assistance – in great North Queensland style ‘Hey mate, could you do for me, what you did for my dog?’ Ross soon discovered that the technique he was using to assist the animals worked as effectively on their handlers.

Ross continued to develop the technique over the proceeding 30 years after making the move into fulltime bodywork and in 1980 began working as a Massage and Remedial Therapist. He operated a very busy clinic in Mt Isa where he saw 100 people a week and still took time to treat many of their pets. Working in Australia’s outback, were his clientele had limited access to therapy and limited time for treatment – they often travelled hundreds of kilometres to attend his clinic and were not able to

receive follow-up treatment inspired Ross to find quick and lasting ways to remove pain and discomfort for both man and beast.

In 1983 he began sharing and teaching his knowledge of Therapies and has since taught and shared many other modalities. Through the support of other practitioners and in particular the encouragement of a friend and Townsville Doctor, he started teaching his own technique. Previously referred to as 'Ross's Stuff', it was at this time Ross bowed to pressure to officially call the package the 'Emmett Technique' and this became the foundation of the therapy as we know it today.

The technique has proved particularly successful for horses and dogs. Many people today travel great distances to undertake 'Emmett Technique' training as a means of treating their animals and improving their pet's the quality of life.

Due to Ross' commitments for teaching Practitioners courses worldwide, he has appointed two qualified Emmett therapist who share his passion for animals to put forward his principals on animal treatment. Living in Queensland, Australia, Kath Hasting and Steve Rochford teach the 'Emmett Technique' course specifically geared at relieving pain for animals.



Emmett for Animals - Equus Muscle Management (EMM)

Based on the Emmet Neuromuscular Release technique as it applies to animals developed by **Ross Emmett** and often referred to as Equine Massage Therapy by the layman, Equus Muscle Management (EMM) is a natural muscle release therapy that has advantages over existing treatments that result in outcomes that are visible, more rapid and longer lasting than other treatments.

Kath Hastings and Steve Rochford founded EMM in 2004 and have been providing treatment services and training programs throughout South East Queensland and Australia. Both Kath and Steve have spent many years working with animals and their love of animals and caring for them has seen them both become qualified therapists.



Steve learned Bowen Therapy for people as part of paramedic training in his previous life and in his search to learn how to apply this technique he uncovered an amazing therapist, Ross Emmett who was developing his own approach called the Emmet Technique.

Ross Emmett had been treating people with the Emmett Technique with great success for many years and was interested in putting together a team to apply the Emmett Technique to horses. As luck would have it, Kath had followed her own journey of discovery and learning of Bowen Therapy which lead her to Ross Emmett. One evening after both Kath and Steve had attended an Emmett Technique training weekend with Ross Emmett for advanced therapists; Ross brought them together over a meal in a local hotel. He formally introduced them noting that they had common interests and made them an offer of a lifetime. Work with him to develop, apply and teach the Emmett Technique for horses.

Well, years later with many training programs under their belt across all the states of Australia, the Emmet Technique for horses, “Equus Muscle Management”, is a proven and respected horse muscle therapy that provides faster, more effective results than any other horse muscle therapy technique.

Operating from their property in Imbil, north of Brisbane, Steve and Kath operate a thriving business training practitioners from all over Australia as well as providing animal treatment services themselves.

Treatment is not limited to horses as the therapy is also applicable to dogs, cattle, wildlife and other animals that have been injured due to stress or overwork. It is very effective on animals whose muscles have become shortened or ‘tight’ from injury or repetitive use. In this condition, muscles can tear, cramp or strain, lose their flexibility, strength and range of motion; thereby decreasing performance and usefulness due to pain. Treatment involves the application of light pressure at particular points that enables the gentle physical release of muscle groups. This allows muscles to regain their flexibility, strength and range of motion; increasing performance and greatly reducing the chance of injury (physical and mental stress).



The treatment provides the following benefits to animals under treatment.

- Fast relief to overstressed/overworked animals. Treatments are often 20 to 30 minutes long and the results are often instantaneous.
- Treatments are very gentle, relaxing the animal in the process
- Provides improved healing and recovery times for injured animals
- Lower rate of injury for performance animals such as horses.
- Results hold as long as the animal is not reinjured
- Provides for injury prevention through increased flexibility

Each course is run over a 2 day time frame. It is essential to complete and revise each course level prior to move onto the next.

Introductory course which provides emergency muscle first aid basic safety horse handling skills.

Advanced level courses which provide assessment skills and further corrections and are delivered as Level 2 and Level 3 with **Practitioner Days** available.

Online Training is now available to overseas participants. Please contact us for details at www.horsemusclecare.com

There is no requirement for prior academic qualifications as a pre requisite to participate in our training courses as sometimes an excessive reliance on theoretical knowledge and preconceptions can inhibit one’s ability to learn and apply these skills.

All we require is a love of animals and a willingness to learn and apply your natural abilities. Next course to be held Narooma, NSW on the 5th and 6th of December.

Kath Hastings and Steve Rochford



Profile of Else Strom Vistisen:

Therapist, Emm-Tech Instructor and Emmett Therapies Co-coordinator in Singapore.

Else has been a therapist since 1984. After completing her education in Occupational Therapy in Denmark, she travelled to work in the USA (Home/Institution for severely physically and mentally retarded children age 0-18 yrs) and Hong Kong (Hospital within Rehabilitation of Cerebral Palsy and Pressure Garment in the Burned Unit.)

Although Else is a Dane, she has lived in five different countries in Asia for the past twenty years and made Singapore her home for the past six years. Today she operates a busy clinic that offers **Emmett Technique**, Bowen Technique as well as Occupational Therapy treatment. Her clinic, Combined Therapies Pte Ltd, regulated by the

Singapore Ministry of Health, is located within Camden Medical Centre along with other medical professionals.

Else first became interested in the natural approach to life and health care through practising Chi Qong in Taiwan and the study of Feng Shui in Thailand. Early in the year 2000, she began the study of Bowen Technique in Australia and then in 2005 the **Emmett Technique**. Her love and commitment for these healing art forms grew as she witnessed many people benefitting effectively and attaining gentle and natural relief from pain and physical/emotional discomfort.

Since 2008 Else has represented Ross Emmett in Singapore and organised a number of practitioner courses on behalf of Ross. Recently appointed an instructor of **Emm-Tech** in Singapore, Else conducts regular classes and often presents public speeches on the fundamentals of the **Emmett Technique**.

“Regi Scherrer conducted an **Emm-Tech** class in Singapore 2005. I was impressed with the instant results. Regi introduced my name to Ross and I was very honoured to be invited to his module 1 and 2 in Sydney 2007.

I went to Sydney and understood very quickly that I had been introduced to something very special. Several trips to Sydney followed where I was trained by Ross Emmett and Rick Cuthbert and I became the proud holder of an Emmett Practitioner Certificate in Jan. 2008.

During my training with Ross, I invited Ross and his partner Karen to come and visit me in Singapore. They accepted my invite and during their stay, I had arranged for Ross to present his talk ‘Could what you’re wearing be wearing you out?’ Upon their second visit to Singapore in Sept 08 we managed to arrange two talks and module 1 and 2 for practitioners.

- Introduction of The Emmett Technique at Mount Elizabeth Hospital's Rehabilitation centre
- Speech at Sentosa Golf Club.
- One EmmTech class
- Module 1 and 2 Emmett Technique for practitioners

From having no Emmett Technique in Asia until mid 2008 we now have brought Emmett into Asia and have Module 1, 2, 3 and 4 in October.

Future goals: To assist in the awareness of the Emmett Technique in Asia and to see my clinic flourish with satisfied patients.

Else Strom Vistisen

Emmett Practitioner (Aust)

Bowen Practitioner Dip.B.T. (Aust) (MBAA)

Occupational Therapist (DK) (MSAOT)

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Profile of Heide-Maria Strasser : Emmett Practitioner, Austria.

My name is Heide-Maria Strasser and I'm a very happy and a very committed Emmett Full Practitioner.

Today I want to tell you my story of success and the reason why I'm so happy.

I was born on January 8th, 1957, I'm married and I have 4 children. I was interested in being a body therapist since I was a child. My parents refused to pay attention to my wish so I attended another school. In one of the courses I got to know my husband, who is self-employed and I helped him at the office.

We are a happy family and the health problems we had to go through brought us more and more together.

When my eldest daughter was 7 years old (now 30 years old) she had a stroke. Since her puberty some of her symptoms needed more attention and so she had to take a lot of heavy traditional medical remedies. Looking for better assistance for her I started to get interested in alternative medicine which helped her a lot. My second daughter (now 26 years old) - has had bad headaches since she was 6 years old. She is a very clever girl, interested in so many things and always wants to know why. That might have been one reason for her headaches as well as the fact that there is a genetic connection to her father who suffers from headaches. I could experience the strong connection between body, mind and soul.

Traditional medicine provided no explanations and no help for my daughter's headache pains. They advised her to take very heavy medications. Alternative medicine helped to ease her symptoms but the headaches had their own pattern. After some training in the use of Tissue Salts and Bach Flowers, I did study in Traditional Thai Medicine followed by Bowen training. I did my final examinations in 2006 and I started to be self-employed in 2007. To complete my education I attended the Emmett Technique seminars with great interest and joy. In my daily work I sometimes combine the Emmett Technique with other therapies to address the special needs of each single client, I also use the technique very successfully on its own.

A big experience and a great help for me was being able to treat myself with the Emmett moves. I love to do the psoas, shoulder, sinus, gastrocnemius and balance moves on my body by myself. I always feel so much better afterwards and I get a deeper and deeper understanding on the effect of these moves and on possible Emmett reactions.

I'm also allowed to assist two of my clients in my village who are ultra marathon runners. The Emmett Technique was an effective method during their 12 hours runs. A few Emmett moves proved to be very effective.

But my greatest joy and pleasure was to help my daughter with her headaches. The previous therapies I used helped a little bit to balance my daughter body, however since I commenced using Emmett moves on her, she is much better still.

The beginning was the Emmett neck move. When I treated her the first time with the Emmett Technique I did the moves trapezius, shoulder 45 followed by the neck move. She suddenly got a head flush and her head remained very hot for the next 10 min. During that time it seemed that the headaches would increase. It had been very exciting 10 minutes for both of us. I had to trust in my abilities and the Emmett technique and my daughter had to go through some difficult changes in her body. After these 10 minutes she was free of headaches!!!! The best of all her improvement remained.

My daughter is now a doctor of medicine and she still has to work a lot with her brain. She has periods where she is free of headaches for more than 3 weeks. She now just has to take normal medicine remedies when she can't get treated. I always vary the moves depending to what she needs and I always finish with the neck move. It makes me very happy that based on the Emmett Technique her quality of life has improved so much.

Profile of Heide-Maria Strasser : Emmett Practitioner Austria (above article in German translation)

Mein Name ist Heide-Maria Strasser und ich bin eine sehr überzeugte und glückliche Emmett-Anwenderin. Heute möchte ich euch meine Erfolgsgeschichte erzählen und berichten, warum ich so glücklich bin. Ich bin am 8.1.1957 geboren, verheiratet und ich habe 4 Kinder. Bereits in meiner Kindheit wollte ich Körpertherapeutin sein. Meine Eltern lehnten jedoch meinen Wunsch ab und so absolvierte ich eine Modeschule. In einem meiner Ausbildungskurse lernte ich meinen Ehemann kennen. Er war selbständig und ich half ihm im Büro. Wir sind eine glückliche Familie und die familiären Gesundheitsprobleme, die wir durchzustehen hatten, haben uns nur noch mehr zusammen geschweißt.

Als meine älteste Tochter 7 Jahre alt war (sie ist heute 30 Jahre alt) hatte sie einen Schlaganfall. In der Pubertät verstärkten sich manche ihrer Symptome und sie musste sehr starke schulmedizinische Medikamente nehmen. Auf der Suche nach besserer Unterstützung für sie, begann ich mich für Alternative Medizin zu interessieren. Die Alternative Medizin half meiner Tochter sehr gut.

Meine zweite Tochter (sie ist heute 26 Jahre alt) hatte sehr starke Kopfschmerzen seit ihrem 6. Lebensjahr. Sie ist ein sehr kluges Mädchen, an allem interessiert und sie hat schon immer nach den Erklärungen gesucht. Die Kopflastigkeit meiner Tochter gemeinsam mit der Tatsache, dass es eine genetische Komponente zu ihrem Vater gibt, könnten Gründe für ihre Kopfschmerzen sein. Auch er leidet an Kopfschmerzen. Ich habe gelernt, wie stark die Verbindung zwischen Körper, Geist und Seele ist.

Die Schulmedizin bot viele Erklärungen, aber keine Hilfe gegen die Kopfschmerzen meiner Tochter. Die Ärzte verordneten ihr sehr starke Medikamente, aber erst die Alternative Medizin half ihre Symptome zu erleichtern. Die Kopfschmerzen hatten jedoch ihr eigenes Muster.

Ich absolvierte Ausbildungen über Schüssler Salze und Bachblüten, dann besuchte ich Kurse über die Traditionelle Thailändische Medizin und ich machte die Ausbildung zum Bowen Therapeuten. Meine Abschlussprüfung bestand ich 2006 und seit 2007 habe ich meinen Gewerbeschein gelöst und arbeite nun selbstständig. Um meine Ausbildung zu vervollständigen absolvierte ich mit großem Interesse und Freude die Seminare der Emmett Technik. In meiner täglichen Arbeit kombiniere ich manchmal die Emmett Technik mit anderen Therapien, um möglichst individuell auf die speziellen Bedürfnisse jedes einzelnen Klienten eingehen zu können. Ich wende die Emmett Technik aber auch sehr erfolgreich als Alleintechnik an.

Eine große Erfahrung und eine große Unterstützung für mich selbst war die Möglichkeit, die Emmett Griffe auch bei mir selbst anwenden zu können. Ich liebe die Psoas, Schulter, Sinus, Gastrocnemius und Balance Griffe. Ich fühle mich nachher immer so viel besser und ich bekomme ein tieferes und tieferes Verständnis über die Wirkung dieser Griffe und die möglichen Reaktionen.

Auch durfte ich zwei meiner Klienten aus meinem Dorf unterstützen, die Ultra-Marathon-Läufer sind. Die Emmett Technik war eine sehr effiziente Methode während ihres 12 Stunden Laufs. Einige wenige Emmett Griffe boten beste Unterstützung.

Aber meine größte Freude und mein größtes Vergnügen war meiner Tochter bei ihren Kopfschmerzen helfen zu können. Alle Therapien, die ich vor der Emmett Technik versucht habe, halfen den Körper meiner Tochter ein bisschen zu stabilisieren. Seit ich jedoch die Griffe der Emmett Technik verwende, geht es ihr viel besser. Der Durchbruch war der Emmett Nacken Griff. Als ich bei ihr das 1. Mal mit der Emmett Technik arbeitete, verwendete ich die Griffe Trapezium, Schulter 45° gefolgt vom Nacken Griff. Unmittelbar nach dem Nackengriff bekam sie einen ganz heißen Kopf und es schien als würden sich ihre Kopfschmerzen verschlimmern. Der Zustand dauerte ca. 10 Minuten und diese Minuten waren sehr spannend für uns beide. Ich musste meinen Fähigkeiten und der Emmett Technik vertrauen, und meine Tochter musste durch einige tiefgreifende Veränderungen in ihrem Körper gehen. Nach diesen 10 Minuten war sie frei von Kopfschmerzen!!!! Eine deutliche Verbesserung ist geblieben.

Meine Tochter ist heute Ärztin und sie muss noch immer viel mit ihrem Kopf arbeiten. Sie hat manchmal 3 Wochen, in denen sie frei von Kopfschmerzen ist. Sie braucht nun nur noch schulmedizinische Medikamente, wenn ich sie nicht mit den Griffen der Emmett Technik behandeln kann. Je nach ihrer Tagesverfassung variiere ich die Emmett Griffe, aber ich schließe immer mit dem Emmett Nackengriff ab. Es macht mich sehr glücklich, dass die Emmett Technik ihre Lebensqualität so sehr verbessert hat.



Emm-Tech viewed by a Practitioner

We are often asked if we will run review days for practitioners to improve their accuracy and skills. I believe that the article below will allow therapists the opportunity to see where the value lies in refreshing their extremity skills by attending an Emm-Tech course with a qualified Emm-Tech tutorer. The article below has been contributed by Francine Pullman, a qualified therapist in many modalities and Emmett Practitioner. I thank her for this insight.

Ross Emmett

Do I Need Emm-Tech? By Francine Pullman

Emm-Tech is a concise system of simple muscle release techniques that anyone can master in just a few hours. But even more exciting is the fact that it is a brilliant refresher course for practitioners who have already begun training in the Emmett Technique.

As an already qualified Emmett Practitioner, I found Emm-Tech was a great revision course and helped me to fine tune my existing skills.

The fact that it is taught as a stand-alone pain treatment plan for anyone was great as it meant no getting bogged down in detail. I was free to practice, share and learn and in fact it provided me with a great opportunity to observe how easy and beneficial it is for mums and dads, coaches and carers to learn too.

It gave me a great overview of the most useful and simple components of the practitioners longer course, a reminder that most of us really need from time to time.



The day I went through this brilliant little short course, the group consisted of:

- a journalist,
- a charter boat skipper,
- a kinesiologist,
- a stay-at-home mum,
- a disability career,
- an office worker,
- a nurse,
- a personal trainer and
- a kid's football team coach.

Although not all of the modules are covered in so short a time, there is enough time to cover the 12 basic sequences you should all know and use regularly and therefore is hugely beneficial to qualified therapists and their clients.

Emm-Tech viewed from the Instructor's perspective

Regi Scherrer sent this insight from her experience on a recently run Emm-Tech course held in Switzerland:-

I taught an Emmtech course yesterday, where the 9 participants (all therapists) were amazed by the simplicity, speed and response. With the demo of the diaphragm release, I had a strong response...so I needed the rescue moves. The change in her face, posture and general attitude was observed by everyone. It was such a great way to see the immediate effect. Another participant, with knee joint replacement could squat with so much more ease after ITB/Sartorius... A participant with whiplash, could for the first time in years turn her head to look over her shoulder. What a great way to introduce the technique... more than half have enrolled to the Emmett course next year. **Regi**

EMMETT NETWORK NEWS



News from Singapore - Else Strom Vistisen, else@combinedtherapies.com

- New module 1 and 2 started with 10 participants.
- Module 3 and 4 done with students from overseas, including Philippines and Australia.
- Singapore's first 2 Emmett students finished module 4.
- Ross and Karen were invited to teach at National University Hospital for 16 physiotherapist.
- Emmett is getting on the South East Asia map and spreading. More and more students for Emmett classes and Else Vistisen teaching EmmTech classes every month.
- 8th of November Else Vistisen has been invited to give a talk on The Emmett Technique for a group of health professionals. (Physiotherapist, OTs, Bowen therapist, Osteopaths, Chiropractors, Jin Shin Jiytsu etc.



News from Europe - Regi Scherrer, regi.scherrer@bluewin.ch

This second half of the year has started with the new website www.emmett-therapy.com.

Germany, Austria and Switzerland contacts are linked together. A new German brochure/booklet has been printed and can be ordered through me. The brochure can also be downloaded from the website. The team of tutors and coordinators is growing. Regular phone conferences have been successful in building up a good teamwork.

- In **Switzerland**, the first class will complete Mod 6 this November.
- Emmett courses are held regularly through **Germany, Austria**. The first course in **Italy** is planned with Ross in Rome, next year.
- Great interest in TBT101 course in **Durham, UK**...Sue Gassick will be a new instructor in the UK for the Emmett technique.
- I have been invited to teach the Emmett technique in **Hungary**...where I negotiate terms of teaching through a school of therapists.
- I return to **Perth** in December for Emmett and TBT101 courses and a few weeks of summer holiday.



News from England and the UK - Debbie Kinley, debbie@dktherapies.co.uk

There are now 73 therapists in UK qualified to level 4 or above. Of these, 49 have completed all six modules. Following the courses scheduled for Oct31 to Nov 3, I expect these numbers to rise to 82 and 55.

- The first UK TBT101 course will be taught by Regi Scherrer near Durham in North East England, on 27-29 October. It is fully booked, having a mixture of those qualified in Bowen therapy and people from other disciplines.. Part 2 will be held in January 2010.
- New instructor, Sue Gassick, will host Module 1 and 2 in England in April 2010: Ross Emmett will be in attendance to meet students and support Sue.
- The UK team of Regi, Sue and Debbie is working hard to spread the Emmett "word" to differing bodywork modalities. In particular, they have contacted McTimoney Chiropractors, a group called the "Osteomyologists Association", and Physiotherapists, having identified a liaison person in each group. Some of these valuable contacts have been made through Sue's work with Emm-Tech.
- During 2009, eight Emm-Tech tutors have been active, reaching both therapists and non-therapists in many areas in which Emmett has not yet been seen. The majority of courses have been delivered to therapists and this has led to a good number of conversions to the full technique.
- The existing Emm-Tech website is to be amalgamated with the Emmett site for UK in November 2009. The URL www.emm-tech.co.uk <http://www.emm-tech.co.uk> will redirect the user to www.emmett-technique.co.uk

IMPORTANT NOTICE

To help us keep in easy contact with you it would be most helpful if you could advise us of any changes to your personal contact details.

We have had some unsuccessful attempts of late. If you have had any change to either your email address, postal address, phone or mobile numbers please contact us either by phone 07 4725 8458 or email – ross.emmett@bigpond.com.au.

Your assistance is sincerely appreciated.

Admin Team

To view the newsletter please visit:

<http://www.rossemmett.com.au/EmmChat>

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