

EMM CHAT

Issue 1 – August 2009

Welcome to our first e-newsletter for everyone interested in the Emmett Technique and its developments. Every second month we will forward a summary of articles, useful tips, testimonials and upcoming training and events for your information and continued involvement in the Emmett network. We will introduce you to our key personnel and keep you informed on any news from Ross including some of his insights, experiences and travels.

We invite you to participate by forwarding to us any articles you might like to share, any experiences or testimonials or simply any topics or areas of interests you might like Ross to explore in future issues.

Enjoy...

ROSS EMMETT COURSES -Upcoming Australia (for Aug & Sep & Oct)

Emmett Technique	Modules 1&2	22/23 August	Sunshine Coast
Emmett Technique	Modules 4&5	24/25 September	Cairns
TBT101 General		18-21 September	Townsville
TBT101 General		26-29 September	Cairns

ROSS EMMETT COURSES - Upcoming International (for Aug & Sep & Oct)

Emmett Technique	Modules 1&2	2/3 October	Singapore
Emmett Technique	Modules 2&3	3/4 October	Singapore
Emmett Technique	Modules 3&4	4/5 October	Singapore

MESSAGE FROM ROSS - 14th August 2009

Introducing our Head Office staff and the initial motivators behind the Emmett Technique.



First off, I would like to thank the many people who helped bring this newsletter to fruition. It has taken many dedicated therapists time to bring this newsletter into focus.

I would like to thank two very special people for putting this together. One is our Promotions Officer, Lynda Mullamphy, who has worked well beyond our expectations. Without her dedication there would be no newsletter. An introduction to Lynda will follow in further issues.

The other person is our Head Office Manager, Sasha Ahnon, who with her assistant Mairi Baxter, has put in tremendous time and persistence in ensuring that the technique has a professionalism that is now being seen worldwide. Again an introduction to the office will follow in our next issues.

I never envisaged that the sharing of this method of treating would have grown to the position of respect it is now being given.

There are many who have encouraged me since the first beginnings. Over time I do hope I get the opportunity to acknowledge all those who have encouraged and pushed me to where we are today. Those who come to mind, apart from those already mentioned, are my partner Karen MacKenzie, my good friend Dr John Hack, and two of the original persuaders Nikola Wilkie and Beth Towner.

I will endeavour to make everyone aware of many others who have supported and assisted me in bringing this method forward so you all may benefit.

I would like to encourage all to share experiences you may have had. You are also encouraged to come forward with information or ideas to help with the delivery of the teachings so we may raise awareness in the general public and within therapists such as yourselves.

Congratulations to you all for your persistence and usage of the technique. Hope to see you all in the near future. You have all been my teachers- thank you.

Ross Emmett



WORDS FROM ROSS - on Baby Wrapping

In our quest for protection, are we losing the ability to create perfection?

When I was a young man I was told, for a child's development, they needed to move freely to create a stable structure in the spine. I often wonder with today's world and fear of SIDS; where we are

encouraged to incarcerate our babies in tight swaddling, whether we are creating developmental problems.

This also may contribute to the inability of developing good chest expansion with the restriction on the intercostals. In our compulsion to keep babies warm could an ill fitting jumpsuit be compressing the stomach expansion and creating discomfort after a baby's feeding? Could ill fitted shoes, not tailored to measure, create instability in the young child's balance due to its inability to complain? Could tight booties or socks restrict foot flexion, discouraging a young child to push themselves up onto their feet therefore restricting their confidence, their curiosity and suppressing their natural ability to explore? I have seen babies lying on blankets, unable to push forward due to restrictive shoes on their feet – no natural toe movement is being developed.

Is our over protective society restricting the mental, emotional and creative ability of the next generation by placing it in a sterile, overly controlling cocoon of today's world? Have we not the right to encourage natural development and to question?

As it is recognized, all people are born unique – so, are we taking away the individuality by making all fit the same mould.

As a therapist we should encourage the parents to look further than clothing trends and social restraints in the name of safety, which allow fear to override the enjoyment of their child's own natural development.

Ross Emmett, August 2009.



ROSS EMMETT SPEAKS TO AUSTRALIAN TRADITIONAL MEDICINE SOCIETY

Demand at the recent *Could What You're Wearing Be Wearing You Out?* Seminar held in the Sunshine coast will see more training of its kind coming to the region.

At the recent workshop held for members of the ATMS (Australian Traditional Medicine Society) Ross Emmett presented a full day focusing on how practitioners can identify common clothing issues which create recurring pain, how to assess and also how to simply correct the created problem. The seminar included Ross's internationally presented public talk "***Could What You're Wearing Be Wearing You Out?***"

The session was held on May 17 at Mantra Mooloolabah on Queensland's Sunshine Coast, Australia, with 84 allied health professionals in attendance - including Massage Therapists, Acupuncturists, Reflexologists, Homeopaths and Naturopaths.

The full day seminar explored the idea that common clothing items were causing pain to recur even after attending a variety of usually effective remedial therapies.

Among the topics covered were:-

1. ***'Could what you're wearing be wearing you out?'*** talk covering some of the negative impacts of certain clothes and accessories, common symptoms of pain and discomfort experienced, the types of clothing culprits to be on the lookout for, and how to simply and easily overcome these problems with simple but specific moves Emmett Therapists learn.
2. How to incorporate the use of Neuro Linguistic Programming (NLP) to enhance client outcomes.
3. Excerpts from Emm-Tech short course.

Common culprits discussed included shoes, bras, belts, watches, baby suits, ties and socks.

"Therapists should remember that it's not just about their therapy. The good result they achieve can be quickly undone just by the clothes and accessories their client chooses to wear. As a therapist, beware that you are not foregoing your therapy or losing your self-belief when all your results maybe negated purely by clients selection of clothing or accessories," Ross said.

ATMS said it was the largest group of members to attend an ATMS seminar to date, demonstrating an overwhelming interest in the emerging therapy of Emm-Tech and Emmett Technique.

In introducing the hot topic that your clothes could be causing your recurring pain, Ross described how he developed the shorter Emm-Tech course for non-practitioners which was now receiving 'acclaim' throughout Europe, UK and Asia.

"Emm-Tech came from watching outback clients come into my clinic after days of pain and hours of travel, only to have a very small, simple release create the changes that were necessary. Emm-Tech is my first aid kit of easy muscle releases for people to help themselves or others. This saves them travel and time out for treatment."

Among the cases he examined during the day was Allan, a man who was under physiotherapy care after breaking his neck many years ago.

Allan told Ross that he needed to stretch every morning in order to maintain any ability to turn his head.

During that section of the workshop, Ross asked Allan to demonstrate his limited range of motion. Ross then performed the simple SCM move (taught in the Emmett Technique for practitioners and in the Emm-Tech short course) which instantly released the restrictions. Ross explained to the members that, as practitioners they should be aware of possible culprits (being glasses, ties and tight shirt buttons).

Ross asked Allan to repeat the demonstration which showed the technique had been 100% effective and the restrictions removed in less than a minute with a simple, one finger move.

Next Ross invited Peter to the front. Peter had experienced severe knee and heel pain for years. Ross demonstrated the Gastroc move, a lower leg release which is commonly used to relieve pain discomfort and oedema. Immediately after the simple move was completed, Peter was able to demonstrate that he could now kneel freely without any pain. Again – results in less than two minutes, with minimal effort.

Next on the list was arm problems in which a lady with an elbow problem volunteered. She demonstrated how she was unable to lift her arm without pain and restriction in her shoulder. Ross also demonstrated that she had very little forearm strength.

Ross gave a 3 minute demonstration of an Emmett shoulder move which gave instant relief and restored movement..

Turning to the effects of bras, Ross found a lady whose shoulder pain and restriction was caused by tight straps. With a minor correction to both her arm and bra straps, the woman was able to demonstrate proper and pain free shoulder rotation.

Another common culprit is the watch, particularly for men. Ross called upon a man whose shoulder soreness was due to wearing a rather large and heavy watch. Once Ross demonstrated a 3 min sequence, he regained full strength and no pain/aching in the shoulder. The man was so impressed his watch went into his pocket and stayed there all day.

Glasses are another commonly overlooked villain of pain. Ross pointed out how the arms of glasses that hook around the ear, often sat differently on one side, pushing into the side of the skull. Ross identified the problem with one man he called upon. "***This causes restriction in neck movement, resulting in not being able to turn his head fully,***" he said.

Ross made the simple correction, and in front of the amazed audience the man was able to move his head to full rotation from either side.

Following the success of this seminar and the positive way in which the ATMS Practitioners embraced demonstrations of the Emmett Technique, more training has been scheduled for the Sunshine Coast area with Modules 1 & 2 to be held in Nambour on 22nd & 23rd August – keep your eye on the website for new course dates in the near future.



EMMETT TECHNIQUE ON DISPLAY **Emmett attracts crowd at AAMT/BTFA Annual Conference in Hobart, May 2009.**

During the recent AAMT National Conference (in collaboration with the BTFA), the Emmett Technique was represented with a stand in the exhibitors pavilion.

Tim Donehue (Emmett instructor from Mt Gambier in South Australia) along with Yanet Roubicek (Emm-Tech tutor and Tasmanian Emmett co-ordinator from Hobart) were on hand to promote the technique during the the two day conference.

Tim said the interest in the technique was overwhelming, *“ It was exciting to have a presence at the conference with so much interest shown over the weekend. This gave us the opportunity to answer a lot of questions and give clarifications regarding the technique and its beginnings. It was also good show that the Emmett Technique stands on its own, as a number of Bowen and Massage therapists thought the technique of Bowen Therapy and Emmett were the same.”*

During the weekend, Tim and Yanet conducted demonstrations. The moves, which are included in the EmmTech course, attracted large crowds of therapists who were amazed at the simplicity and power of the technique.

Yanet said *“What the Therapist’s loved most about Emmett is that they could see the results immediately – they were excited because they could see how this technique would give them results on the table – cutting down treatment times.”*

“People love to travel and were looking for information on one day and professional courses locally and far abroad, many from Tasmania, WA and believe it or not, Townsville (Ross’s home town) registering interest for courses” she said.

Post-conference Emmett and Emm-Tech courses were well accepted and the interest registered since the conference has certainly raised the Emmett profile.

Cheers, Yanet and Tim.

TEACHER PROFILES – (Emmett Technique, Emm-Tech & TBT101)

Regi Scherrer - Austria, Switzerland, Germany, United Kingdom.....



Regi is the representative and Instructor for the Emmett Technique in Austria, Switzerland, Germany and the United Kingdom and has been a highly qualified Instructor for Emmett and Bowen Therapy in Western Australia. She has now progressed to Europe and the United Kingdom.

We asked Regi how she came to be in such a unique position

***“This is to say: never say never!!!!
I have just made a huge change in my life, and NEVER planned to do this...!!!***

So, I have just moved back to the country where I grew up...after 18 years spent in the most beautiful, some say ‘sleepy’ town of Perth, in Western Australia. I have left behind many friends and my beautiful dog Gioia, which I miss a lot.”

Regi trained as a registered nurse in the Kantonsspital, Lucerne. She worked several years in a district hospital, and gained great insight working in a medical clinic.

“Travelling Australia made a profound impact on me. I migrated to Perth in 1991, where I took up a new career path.

I trained in Reflexology, Shiatsu, Massage, Lymphatic drainage, Bowen, Dorn-Breuss and Emmett therapy and established a successful clinic in Perth.

In 1998 I became an instructor in the Bowen Technique with Bowtech and was an enthusiastic teacher of this method till 2008.

I met Ross Emmett as an instructor colleague, and understood very quickly, that he had more answers to my quest of understanding.

I learned the Emmett therapy!

This had a huge impact in my work as a therapist, as I gained so much depth and understanding of the therapy.

Ross has given me in 2007 the opportunity to teach in Europe, which is a most exciting experience in my professional career, and this is just the start...

I am based in Eschenbach SG, close to where my family lives.

My plans in the future are to establish my own clinic, but at the moment I love teaching the Emmett therapy and TBT101 in Austria, England, Germany, Switzerland, and soon in Italy and France.

This involves careful planning of the courses with the help of local coordinators.

Very soon there will be new countries wanting the Emmett technique to be taught...and there is going to be a team ready!”

Rick Cuthbert NSW, VIC, ACT, QLD (South East)



Rick is a highly qualified instructor for the Emmett Technique and Bowen Therapy in New South Wales, Victoria, Australia Capital Territory and South East Queensland.

Rick was a licensed builder for 24 years and built more than 650 homes (he is currently building own home). Ten years ago Rick suffered a chronic back injury and after, experiencing 8 months of discomfort discovered alternate therapies. Today, with his partner Kerry, Rick runs two busy clinics in NSW – one in Sydney and the other in beautiful coastal Narooma, 5 hours south of Sydney. Called *“The Pain Relief Clinic”*, they offer over 20 years experience in treating physical and emotional discomfort - specialising in pain relief

combining Emmett Technique, Bowen Therapy, Reiki, Neuro Linguistic Programming and Australian Bush Essences

Rick’s first introduction to the Emmett Technique came in November 2003.

“I saw Ross doing an Emmett ankle release on someone at a Bowen Conference, and was impressed enough to learn his Technique”. As a result his and Kerry’s practice doubled in size.

“On the way through the Emmett Training Ross said ‘would you like to teach for me’ – it took me two years before I thought I was competent to teach Emmett – Ross kept approaching me. That was April 2006.” Thus began a close relationship with Ross Emmett (the man behind the technique) and intense training by Ross to become an instructor of Emmett Technique and Emm-Tech.

“Kerry also under-took Emmett Training and together we travel around Sydney, Melbourne, Brisbane and regional NSW teaching Emmett, Emm-Tech and TBT101 (Tom Bowen’s Therapy from Ross’s understanding). I am now preparing to conduct public talks in these areas, derived from Ross’s clinical experiences and observations, starting with “Could What You’re Wearing Be Wearing You Out”. I will soon be expanding into ACT, with training planned for Canberra before the end of the year.”

Tim Donovan in Tasmania, South Australia and Western Australia...



Tim has over 10 years practical experience as a therapist. He is passionate about his work, both in the sharing of the skills with his students as well as in his extensive practice within his own clinic.

Based in Mt Gambier South Australia with his partner, Tania and their kids, Tim works in a very busy multi-modality clinic with Massage Therapists and Naturopaths. His list of hobbies includes cycling and watching family with their sport.

Tim first became interested in a natural approach to health care through a sporting background that included state and national commitments. His first learnings were in Bowen Therapy which began in 1998 and he went on to become an accredited Instructor. He has also trained in several other therapies including Trigger Point therapy and Smartball (core body training & rehabilitation).

Tim commenced training in the Emmett technique in 2003 and has extended his study to include its NLP components (Emmi) and Emmtech. He said this has enhanced his ability to both teach and practice the skills with care and compassion.

After additional extensive training around Australia with Ross Emmett, Tim was given the opportunity to teach the Emmett Technique, Emm-Tech and TBT101 (Tom Bowen's Therapy – from Ross's understanding). He now presents these courses in locations in South Australia, Tasmania and Western Australia.

We asked Tim to tell us about his experience with Emmett

“My first experience with Emmett was seeing Ross do a presentation at the BTFA conference Melbourne in (I think) 2003. (Yes, the same one Romney [Smeeton] was at). It appeared to immediately ‘ring true’ with what I was noticing within my clients and the direction I was beginning to work myself, however, much more effectively and provided the answers I was hoping for. I couldn’t wait to receive an invitation to learn this amazing technique.

The technique ‘clicked’ for me during Module 4 which I attended in Brisbane. It was shortly after this that Ross hinted to me about the possibility of teaching in the future.

I started teaching Emm-Tech in Adelaide. I then went on to teach this course in Western Victoria and Tasmania with Western Australia scheduled for September this year (2009).

I have been teaching Emm-Tech since 2006 and, with Ross’s encouragement, I have taught Emmett modules and TBT101 in Tasmania and South Australia. There are more planned for the future along with Western Australia and Western Victoria.”

WORLDLY PRACTITIONERS...



Over recent times, as Emmett Technique has become more recognised throughout the world, it has been increasingly noticeable the great distances that many people are willing to travel to undertake Emmett Technique training. Whilst teaching in Germany, Ross noted that some students had travelled through (3) different countries and over 5 hours in cars or trains to attend.

During the latest Emmett Technique training in Townsville in May, 14 of the 18 attendees travelled distances from locations all over the state and across Australia to attend – Melbourne, Port Douglas, Brisbane, Toowoomba were just some of the places of origin.

On this particular course held in Townsville, Gina Lee, a Chinese Medicine Practitioner, travelled all the way from the Philippines’, following her first introduction to Emmett in Singapore earlier in the year. After making this huge commitment, it seemed only fitting that Gina should be our first ‘Student Profile’.

STUDENT PROFILE --- Gina Lee – Philippines



Gina is a Traditional Chinese Medical Practitioner who owns her own clinic in Manila. She has a passion for body work and uses a combination of therapies including acupuncture and Tuina (traditional Chinese massage and physical therapy).

She has always been taught by renowned, high profile teachers, who have developed their own techniques, have an international following and have published internationally. She had been studying another modality but had become dissatisfied with the results, so Gina and a friend went

looking for something that was quicker, more effective and powerful and which produced results on the table. They surfed the web, checked the internet and ended up at the Ross Emmett website.

Gina and her friend, another highly qualified practitioner, travelled to Singapore to complete her first Emmett Technique Modules with Ross in September last year. Gina discovered that she was able to use the Emmett Technique straight away on her return to the clinic and was amazed and excited with the immediate results she was getting. She knew this was the direction she had been looking for and flew back to Singapore in early May 2009 to continue her training. She then made a decision to go through to practitioner level as soon as possible, so flew into Townsville at the end of May and completed her training through to Module 5.

To her great surprise, although she had come to learn for her clients, she soon discovered the added benefits of **Emmett Technique** training... the healing that happens to you on the course itself. Through her participation she experienced releases from aches and pains she had carried for more than 11 years as a Professional Therapist. By the end of the first days training Gina knew she was going home with personal knowledge on new insights into how the body works and how it can reset and reprogram itself.

Gina brought with her to the course a shoulder issue which resulted in her not being able to lift her arm without pain. It was the result of an accident she had in 2007 where she had also fractured both ankles – in the course of the days training she was amazed that she could now put hands on hips, lift her arm up, stand straighter and could kneel for the 1st time in 10 years.

Gina said ***'I can now sit and stand gracefully. I didn't even realise I had that issue – you get used to the discomfort. Now I have freedom of movement in my body from head to toe. I feel so relaxed!'***

'I enjoy the way Ross conducts the course. To do it again and again helps me to remember. Working hands-on with different bodies and different people made the moves easier to understand. This is the same as working with people in the Philippines.'

'I look forward to coming back for review. What I have learnt and found is that by using Emmett I will be working smarter, more productively, effectively and spending less time with less effort as the technique is so powerful. I found exactly what I had been looking for.'

'Ross teaches how to work better as a therapist. He has taught me how to integrate this learning with what I already know and use. The joy of learning is not over for me because I realise there is still a lot to learn from here on – I am very excited about that.'

World News –

World News from Ross Emmett currently being reviewed for possible release into Italy and France.

Congratulations to German members of the Chameleon Club and Regi Scherrer for developing a guiding body of motivated therapists to promote Emmett Therapies in Europe. They have produced a website and information flyers.

To view the website www.emmett-therapie.de

A special mention to Debbie Kinley in the UK who, along with other members, has created a similar website to keep all our English members informed.

To view the website www.emmett-technique.co.uk

A special thanks to Else Vistisen for establishing our gateway to Asia as the Co-ordinator for courses in Singapore. This caters to people from Hong Kong, Malaysia and the Phillipines.

Also special thanks to Geoff and Vicki Toomby, Emm-Tech tutors, who have taken Emm-Tech to the outback. I am delighted, as this means my 'first aid course' has been taken to the people who originally inspired the idea of '***Emm-Tech – a first aid kit in muscle management***'. They will be offering courses in Western Queensland and Northern Territory; towns including Blackall, Longreach, Mt Isa, Katherine and Tennant Creek. To achieve this they have been successful in obtaining sponsorship from Bayer Pharmaceuticals.

Something to see – recently published articles

AAMT – Spring Issue – “Could what you’re wearing be wearing you out!”

What’s in Next Issue ...

Emmett for Animals - meet Steve & Kath who have worked with Ross to develop an Emmett Technique course for horses and small animals.

Exciting news – Ross has been invited to teach Physiotherapists at the National University Hospital in Singapore more details to come.

Ross Comments – “When just a little more is too much!!”

To view the newsletter please visit:

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

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