

and behaviours, which are by nature unstable and impermanent conditions, will happen when given the psychophysical space to do so.

Future plans

Traditionally, Alexander Technique training hasn't always been open about the emotional changes and there are still many teacher training courses which don't include information about how to deal with the emotional and psychological side of the work. Some students in our study reported feeling like it was inappropriate to tell their teachers about the psychological and emotional shifts and questions they had. Some felt that their teacher would not know how to handle the information and perhaps it would be 'too much' for them. We wish to work together with the training courses, professional societies and the AT community to bring our learnings into wider use.

The Alexander Technique is a drug-free method that seems to bring positive long-term effects in anxiety, panic attacks and depression. Further research is needed in this area.

One perhaps surprising area of change or growth is suggested by the reports of some study participants' that they experienced increased freedom of expression and changes in sexuality. At the moment, there seems little information available on this topic.

No Story, No Change?

One participant at our workshop at the Congress in Chicago (which was titled 'Watch Out for Thunderbolts'), shared that she has never had a strong emotional experience or release related to the AT, and that sometimes she fears her Alexander Technique experience is less significant compared to those with big dramas and fireworks.

We don't believe this is the case. Many people learn and practice the Alexander Technique without ever experiencing earth moving changes. In our survey many reported having had small changes over a long period of time leading to a major psychological shift over time.

One person in our interviews told us how he went from always preferring plain colours to picking up a flower pattern tea cup during his AT teacher training. Sometimes, maybe more often than we realise, major shifts in personality come gradually without big thunderbolt events and stories.

End notes

1 'This human capability is a spring of natural resilience (Bradford, 2002): an ever-present and ever-readiness to wake up and release a self-limitation whenever we become present and ready to do so.' (Kenneth Bratfold G, 2007)

2 AmSAT, ATI, AUSTAT, DFLAT, APTA, ISTAT, NeVLAT, ATTSNZ, NFLAT, SASTAT, STAT, SBAT/APSTAR