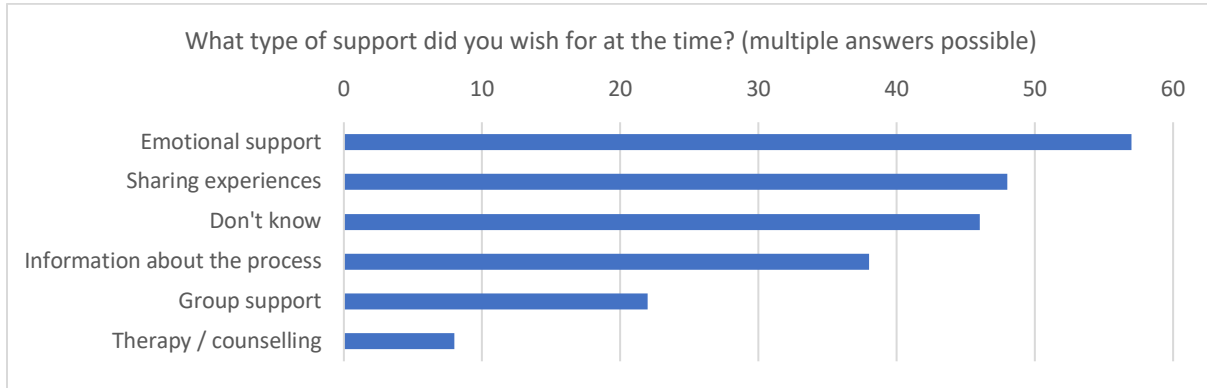
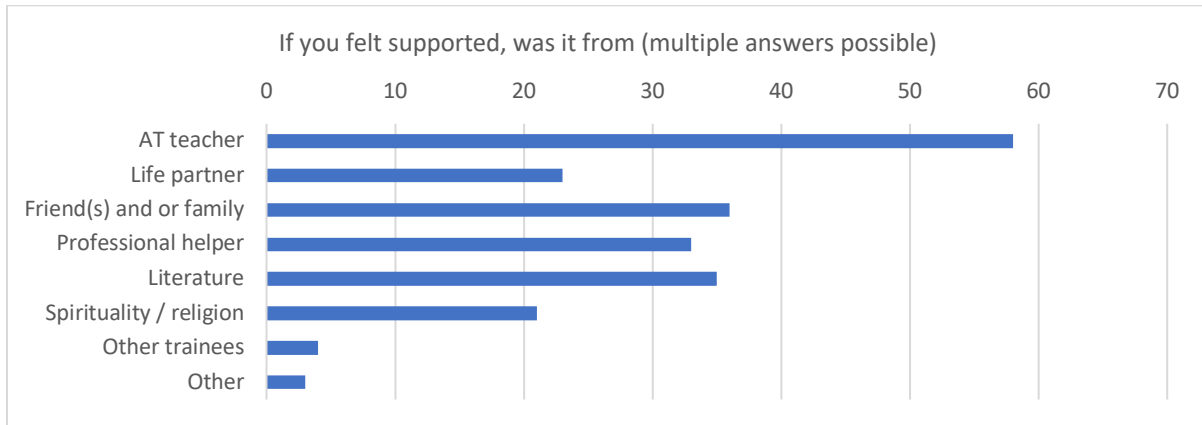


Of those who had had important psychosocial changes, 53% reported a wish for support during the changes. We asked what kind of support they wished for. What seems to be important is emotional support, as well as an opportunity to share the experiences with someone, and receive information about the process.



The first source of support is the Alexander Technique teacher. People also turn to friends, family, literature and professional helpers like psychotherapists and counsellors.



The data also indicated that the important psychosocial changes linked to the Alexander Technique have strong positive long-term effects. 94% of the respondents reported that the long-term effect on their life quality in general has been either significantly positive (69%) or positive (25%).