



### Characteristics of important psychosocial changes.

We differentiate between various kinds of psychosocial change. Different kinds may be present within one person. Also, there is some overlap between the different types.

In the 14 first-person testimonies that we analysed, we divided the stories into two domains, depending on whether the person was, at the time, independently applying the Alexander Technique principles, or not. We named these two different domains Skill Based Psychosocial Changes (SPC) and Emergent Psychosocial Changes (EPC).

### Skill Based Psychosocial Changes (SPCs)

With the Skill Based Psychosocial Changes, the person is able to independently and actively apply the Alexander Technique principles. In other words they are able to stop or change certain reactions (semi-) voluntarily by recourse to inhibition, direction, mental imagery, using focused attention, and so on. It denotes those with a working knowledge of the primary control, the relationship between the head, neck and back.

An empowering realisation that often accompanies these changes is 'I have a choice'. Applying the AT skills can improve someone's life in many ways; for example, gaining control over depression or anxiety, or improving their handling of stressful situations.

The SPCs tend to be gradual, but we also recorded some people having short ego-dissolving experiences, and other important self-realisation and 'a-ha' moments.

#### Example 1. Control over depression

This man was at the time a dance student, also taking AT lessons with two teachers twice a week. He had had about 40 private lessons and had learned to observe his own psychophysical state and apply the principles.