27 May 2016

The Poise Project® incorporates as a US nonprofit

May 2016

Submitted Therapeutic Pipeline Grant Pre-proposal to Michael J Fox Foundation
"Alexander Technique and Exercise for Parkinson’s Disease Motor Symptoms" (not funded)

Designed and launched The Poise Project website
https://www.thepoiseproject.org

June 2016

AmSAT ACGM in Minneapolis Minnesota
• Distributed our first professional announcements of the formation of The Poise Project

Colloquium at Mission Area Health Education Center, Asheville NC
"Interdisciplinary Care for Parkinson’s: Building Your Team, Enhancing Your Care"
• Table with handout materials
• Participated in early discussions about AT as part of interdisciplinary care

September 2016

4th World Parkinson Congress in Portland OR
• 18 member AT advocacy team with people living with Parkinson's disease (PlwPD), care partners, AT professionals, and researchers
• Had an exhibit booth on the convention floor
• Delivered Poise mini-lesson "tune ups" & handout materials
• Presented six research poster sessions
• Led three public workshops
• Led two teacher training workshops
• Ran a quarter-page ad in the WPC program
• Submitted two videos for the WPC website
• Made valuable contacts with national and international research scientists, medical and allied health professionals, PD advocacy organization representatives, and dozens of PLwP and care partners
Launched Tip Card "Takeaways" Photo project
- Photos of members of the Parkinson's community holding cards with their AT tune up "takeaways" written on the back. We have been documenting these at Parkinson's Foundation Moving Day® events around the country and now have over 250 photos. http://www.thepoiseproject.org/the-poise-project-moving-day-photo-gallery/

Sole Support for Parkinson's walk, Parkinson's Resources of Oregon, Portland OR
- Table with handout materials and Poise mini-lesson "tune ups"

State-of-the-Art Team Care symposium: Impact of Cognition in Rehabilitation
- Oregon Health and Sciences University, Portland OR
- Two team members participated with allied health professionals in breakout sessions
- Presented two research posters

Created The Poise Project Vimeo site to share videos with the public and to share internally with AT professionals
https://www.vimeo.com/thepoiseproject
The Poise Project: 2016-2018

Parkinson's Association of the Carolinas Symposium, Charlotte NC
- Table with handout materials and Poise mini-lesson "tune ups"
- Gained valuable partners from local Parkinson's community providers

October 2016

Michael J Fox Foundation Partners in Parkinson's symposium, Javits Center, NY NY
- Table with handout materials and Poise mini-lesson "tune ups"

Continuous Learning Center, London UK (Carrington School)
- Leads AT for Parkinson's teacher training workshop and a public workshop for members of the Parkinson's community. Regina Stratl and three other London teachers from the training launch an AT for Parkinson's initiative in London with the support of the Walter Carrington Trust which continues to grow and adds teacher members and additional post-graduate trainings in AT for Parkinson's. Regina has relocated to Austria and is planning to bring this initiative there as well.

Alexander Technique International ACGM, Ardingly UK
- Workshop presentation about The Poise Project

April 2017

Parkinson's Association of the Carolinas Walk, Charlotte NC
- Table with handout materials and Poise mini-lesson "tune ups"

[Image of people participating in a workshop]
The Poise Project: 2016-2018

**May & June 2017**
**Parkinson's Foundation Moving Day® events in San Francisco and San Jose**
- Table with handout materials and Poise mini-lesson "tune ups"
- "Poise Tune Up Station" along the walk course with "I got a tune up with Alexander technique" stickers
- Took photos for The Poise Project Tip Card "Takeaways" project

**June 2017**
**AmSAT ACGM in San Diego California**
- Distributed The Poise Project updates and professional outreach flyer
- Prepared a Diversity Statement document for the AT and Diversity workshop

**July 2017-June 2018**
**Awarded $25,000 Parkinson's Foundation NC Triangle Moving Day® Community Grant**
- Monika Gross & Belinda Mello design protocols for a ten-week AT-based group course for care partners: "Partnering with Poise"
- Three AT teachers are trained in the protocols
- Delivered many Parkinson's support group presentations across the state
- Course is delivered at eight sites in North Carolina
- IRB approved research project with Dr. Rajal Cohen through the University of Idaho including data collected pre- and post-course, at six months and 12 months

**October 2017**
**4th Annual Integrative Healthcare Summit, Charlotte Area Health Education Center (AHEC)**
- Delivered presentation to allied health professionals: "A New Member of the Interdisciplinary Care Team: The Skilled Patient - Alexander technique (AT) training for Patient Self-regulation with Long-term Retention of Benefits"
- Participated in discussions and advocated for AT for patient care
Sept-November 2017

**Parkinson's Foundation Moving Day® events in Boston, Chicago, Los Angeles, Dallas-Fort Worth**

**Boca Raton, West Palm Beach and NC Triangle**
- The Poise Project teacher teams informed the local Parkinson's communities about AT at Moving Day® events around the country
- Tabled with handout materials and Poise mini-lesson "tune ups"
- "Poise Tune Up Station" along the walk course with "I got a tune up with Alexander technique" stickers]
- Took photos for The Poise Project Tip Card "Takeaways" project

October 2017

**The Poise Project AT for Parkinson's Team Building & Training Days: San Francisco & San Jose**
- Led new team training of 25 AT teachers and trainees in The Poise Project strategic model
- Our Medical Consultant, Dr. Maya Katz, a movement disorder specialist at UCSF, and Colleen Fischer, National Coordinator of Signature Events for the Parkinson's Foundation, delivered educational training in Parkinson's disease and in care partner challenges
- Gave initial basic training in best practices for working with AT for Parkinson's
- Included a two-hour public workshop with members of the local Parkinson's communities, where teachers observed group teaching methods, and then worked individually with PlwPD and car partners
Launched AT for Parkinson's Bay Area Patient Referral Project
• Our Medical Consultant, Dr. Maya Katz, a movement disorder specialist at UCSF, started a database of all of The Poise Project trained teachers and began referring patients for AT sessions

November 2017

The Poise Project AT for Parkinson's Team Building & Training Days: Greensboro NC
• Led new team training of 9 AT teachers and trainees in The Poise Project strategic model
• Delivered educational training in Parkinson's disease and in care partner challenges with video and PowerPoint presentations from our Medical Consultant, UCSF movement disorder specialist, Dr. Maya Katz
• Gave initial basic training in best practices for working with AT for Parkinson's
• Included a two-hour public workshop with members of the local Parkinson's communities, where teachers observed group teaching methods, and then worked individually with PlwPD and care partners

January-December 2018

Awarded $10,000 Parkinson's Foundation DC Moving Day® Community Grant
• Expansion of care partner course to Greater DC metro area
• Three more AT teachers are trained in the protocols
• Delivered support group presentations and public workshops in DC metro area
• Course is delivered at two sites in DC area
• IRB approved research project with Dr. Rajal Cohen through the University of Idaho including data collected pre- and post-course, at six months and 12 months

January 2018

Awarded $2000 Research Grant from AmsAT Research Committee
• Supports data collection and management for care partner study

February 2018

Launching of the International AT for Parkinson's Awareness Year, London UK
A project initiated by Daniel Shepherd, a trainee in Anthony Kingsley's training program in London. Will conclude on F.M. Alexander's 150th birthday on January 20, 2019
• Led new team training of 23 AT teachers and trainees and training program directors in The Poise Project strategic model
• Delivered to AT teachers and trainees an educational basic training in Parkinson's disease and in care partner challenges with video and PowerPoint presentations from our
The Poise Project: 2016-2018

Medical Consultant, UCSF movement disorder specialist, Dr. Maya Katz. Basic training in best practices for working with AT for Parkinson's.

- Included a two-hour public workshop with members of the local Parkinson's communities, where teachers observed group teaching methods, and then worked individually with PlwPD and care partners.

- Had a full-day public symposium introducing AT for Parkinson's and the role of the AT specialist for the local Parkinson's community, including PlwPD, care partners, allied health professionals, researchers, foundation representatives, and community leaders. The model for this symposium is now a replicable template for community-based, bottom up, promotion of AT to the public.
The Poise Project: 2016-2018

The Poise Project AT for Parkinson's Team Building & Training Days: Dublin
- Led new team training of 6 AT teachers and trainees in The Poise Project strategic model
- Delivered educational training in Parkinson's disease and in care partner challenges with video and PowerPoint presentations from our Medical Consultant, UCSF movement disorder specialist, Dr. Maya Katz
- Some initial basic training in best practices for working with AT for Parkinson's
- Included a two-hour public workshop with members of the local Parkinson's communities, where teachers observed group teaching methods, and then worked individually with PlwPD and care partners

April 2018

The Poise Project AT for Parkinson's Team Building & Training Days: Los Angeles, San Diego
- Led new team training of 33 AT teachers and trainees in The Poise Project strategic model
- Delivered educational training in Parkinson's disease and in care partner challenges with video and PowerPoint presentations from our Medical Consultant, UCSF movement disorder specialist, Dr. Maya Katz
- Some initial basic training in best practices for working with AT for Parkinson's
- Included a two-hour public workshop with members of the local Parkinson's communities, where teachers observed group teaching methods, and then worked individually with PlwPD and care partners

April-June 2018

Parkinson's Foundation Moving Day® events: Ventura County/LA, San Diego, DC, Baltimore, San Francisco, San Jose and Orange County/LA
- The Poise Project teacher teams informed the local Parkinson's communities about AT at Moving Day® events around the country
- Tabled with handout materials and Poise mini-lesson "tune ups"
- "Poise Tune Up Station" along the walk course with "I got a tune up with Alexander technique" stickers]
- Took photos for The Poise Project Tip Card "Takeaways" project
The Poise Project: 2016-2018

May 2018

Charlotte Area Health Education Center (AHEC)
Introduction to Alexander technique (AT) in Patient Care

- Newly designed Continuing Ed (CE) Half-Day Course for Medical and Allied Health Professionals

June 2018

2nd Pan American Parkinson's Disease and Movement Disorders Congress, Miami, Florida

- Four member AT teacher team
- Had an exhibit table on the convention floor
- Made valuable contacts with neurologists and research scientists in South America, Central America and North America, as well as in the Caribbean

July 2018-June 2019

Awarded $20,000 Parkinson's Foundation NC Triangle Moving Day® Community Grant

- Monika Gross & Monica Norcia design protocols for an eight-week course for PlwPD and their care partners: "Poised for Parkinson's"
- Many AT teachers are trained in the protocols
- Course is delivered at three sites in North Carolina
- IRB approved research project with Dr. Rajal Cohen through the University of Idaho including data collected pre- and post-course, at six months and 12 months, and with two waitlist control groups

July 2018

AmSAT ACGM in Chicago, Illinois

- Led two workshops on The Poise Project's strategic model
- Distributed The Poise Project updates and professional outreach flyer

August 2018

11th International Alexander Technique Congress, Chicago, Illinois

- Dr. Rajal Cohen delivers the Science Plenary lecture
- Workshop led by Dr. Rajal Cohen, Dr. Anikó Ball, and Monika Gross: "AT Research 101: You can be a researcher!"
- Organized a panel about AT in Education with Catherine Fleming, Monika Gross, Alice Olsher and Wolfgang Weiser, moderated by Robert Britton
The Poise Project: 2016-2018

- Organized a panel about The Poise Project with Monika Gross, Dr. Rajal Cohen, Dr. Anikó Ball, Dr. Stephanie Young and Belinda Mello, moderated by Rosa Luisa Rossi

September 2018  
*Parkinson’s Association of the Carolinas Annual Symposium, Charlotte, North Carolina*
- Table with handout materials and Poise mini-lesson ”tune ups”

The Poise Project AT for Parkinson's Team Building & Training Days: Washington DC
- Led new team training of 9 AT teachers and trainees in The Poise Project strategic model
- Delivered educational training in Parkinson’s disease and in care partner challenges with video and PowerPoint presentations from our Medical Consultant, UCSF movement disorder specialist, Dr. Maya Katz
- Some initial basic training in best practices for working with AT for Parkinson’s
- Included a two-hour public workshop with members of the local Parkinson’s communities, where teachers observed group teaching methods, and then worked individually with PlwPD and care partners

5th Annual Integrative Healthcare Summit, Charlotte Area Health Education Center (AHEC)
- Delivered presentation to allied health professionals: ”Caring for Care Partners - The Alexander Technique Approach”

October 2018  
The Poise Project AT for Parkinson's Team Building & Training Days: Boston & Chicago
- Led new team training of 17 AT teachers and trainees in The Poise Project strategic model
- Delivered educational training in Parkinson's disease and in care partner challenges with video and PowerPoint presentations from our Medical Consultant, UCSF movement disorder specialist, Dr. Maya Katz
- Some initial basic training in best practices for working with AT for Parkinson’s
The Poise Project: 2016-2018

95th American Congress of Rehabilitation Medicine conference, Dallas, Texas

- Eight member Poise Project Team of AT teachers and researchers
- Had an exhibit booth on the convention floor
- Presented two research posters, one on an AT and neck pain pilot study, and one on the care partner course
- Made valuable contacts with national and international rehabilitation medicine medical and allied health professionals, research scientists, and health service providers
- Delivered a half-day introductory course, "How Alexander Technique Can Complement Rehabilitation Research and Practice"
- Delivered symposium about the care partner course, "Community-based Group Alexander Technique Programming to Promote Long-term Health, Independence, and Agency"
October-November 2018  
**Parkinson's Foundation Moving Day® events in Boston, Chicago and NC Triangle**  
- The Poise Project teacher teams informed the local Parkinson's communities about AT  
- Tabled with handout materials and Poise mini-lesson "tune ups"  
- "Poise Tune Up Station" along the walk course with "I got a tune up with Alexander technique" stickers]  
- Took photos for The Poise Project Tip Card "Takeaways" project

October 2018 - ongoing  
**American Congress of Rehabilitation Medicine networking groups**  
- Ongoing representation and participation in many ACRM networking & taskforce groups  
  - Complementary and Integrative Rehabilitation Medicine  
  - Neurodegenerative Diseases  
  - Athlete Development & Sports Rehabilitation  
  - Stroke  
  - Military-Veterans Affairs  
- Invited to participate on symposium panel with Neurodegenerative Diseases Networking Group on caregiving interventions for the ACRM Annual Conference in Chicago in November 2019

December 2018  
**American Congress for Rehabilitation Medicine Training Institute**  
- Invited to deliver Introductory Course in AT in Rehabilitation in Chicago in April 2019  
- Organized with participation of two Poise Project Team Teachers in Chicago
December 4 & 5, 2018  **Conference: The Role of Nonpharmacological Approaches to Pain Management**  
**National Academies of Science, Washington DC**  
- Executive Director, Monika Gross participated in two day conference  
- Made valuable contacts with government representatives, medical and allied health professionals, research scientists, insurance industry professionals, and health service providers  
- Promoted awareness of AT as an intervention strategy in pain management  
- Learned more about the potential for bringing AT into the mainstream of patient care  
- Learned more about the current national focus on opioid addiction  
- Video clip of the above discussion at the conference: [https://vimeo.com/308895781](https://vimeo.com/308895781)