



CANSTAT
PO Box 20011 FAIRVIEW PO
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**CANSTAT QUARTERLY
NEWSLETTER #3, September 15th, 2017**

Dear CANSTAT Members,

This letter is your quarterly CANSTAT update from your Executive Council. Here's what we've been working on to enhance our community and more related news to further your professional practice.

LATEST NEWS FROM COUNCIL

New Website!

We have a new version of our website! www.canstat.ca

Our website is now live and in the first stage of its development; it will be undergoing enhancements and continued development with member feedback to help teachers, the Alexander Technique, and our community grow.

Please visit the site and review the information pertinent to your practice as professional members of the society. Also, be sure to visit the Members section where you can find updated info and resources for practice.

The password to the Members section is: forwardandup321

We welcome your input. If you have feedback, edits, suggestions, or idea to enhance the site, please use the link on the top line of the Members Login section, which will take you to a google document to fill in.



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Town-hall meeting coming up

Our first town hall meeting will be to discuss the CANSTAT Vision and Action plan. The date for the ZOOM video conference is **Sunday, October 22nd at 9:00 AM Pacific Time**, or 12:00 PM (noon) Eastern Time. All CANSTAT members are invited and encouraged to attend. Please read the Vision and Action plan for reference on our website in the Member section (see above).

Pro-D Workshops for A.T. teachers and Trainees

NYC AT teacher Belinda Mello will be returning to Toronto to lead another workshop for teachers interested in working with performers in groups. This workshop weekend will focus on working with AT teachers to give examples of how to teach AT principles in fun activities, and to apply what is learned in the workshop through a hands-on opportunity to watch and team-teach a group of young actors with Belinda.

Dates:

- Friday Oct 20 - Workshop for AT teachers re: teaching in groups.
- Saturday and Sunday Oct 21, 22 - Alexander Technique for actors with application to self-taped auditions.

Belinda will be looking for a small group of AT teachers who would want to observe and assist at the workshop as a continuing ed practicum. This worked very well last time, and is a great opportunity to apply and see the work in action! *Interested teachers, please e-mail Alison Jane Taylor at alisonjanetaylorstudio@gmail.com to be added to the e-mail list of details as they unfold.*

Toronto teacher Elaine Kopman will again be leading professional development workshops for all A.T. teachers and trainees in November. Dates are Saturday November 4, 2017 from 2:00 P.M. to 5:00 P.M. and Sunday November 5, 2017 from 9:00 A.M. to 11:30 A.M. Venue is 620 Wilson Ave., Suite #210, Toronto. At 11:30 A.M. on Sunday, November 5th, Dr. Norman Doidge (author of *The Brain's Way of Healing* and *The Brain that Changes Itself*) will be giving a one hour talk to those present at the workshop who wish to participate. A fee of \$35.00 per person will be paid directly to Dr. Doidge for this talk. Please contact Elaine Kopman to register: elainekopman@rogers.com

Reminder:

Professional development money is available to any group of 5 or more A.T. teachers that organize an event according to the guidelines. Please see the application guidelines and download an application form from the members only section of the website (see above), or contact Helene Bellemare our Pro-D representative info@techniquealexander.ca.

MORE ALEXANDER TECHNIQUE RELATED INFO

2018 International Congress in Chicago



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The next International A.T. Congress is taking place from July 29-August 4th 2018 in Chicago, IL. Registration is now open and available through the Congress website: www.atcongress.com There is also a Facebook page, '11th International Alexander Technique Congress'. Early bird registration has been extended, so check it out! The Directors of the congress, Jamie McDowell and Carol Prentice, welcome you!

Research on Alexander Technique and pregnancy

Leslie Glover, MSTAT, is an A.T. teacher in the U.K. who will be starting research on 'Women's experiences of the Alexander Technique in Pregnancy' in September 2017. She is one of the two supervisors who will be completing the research along with two PhD students at the University of Hull, UK. They hope to draw in the know-how, inspiration and expertise of the whole international AT community and as such, have included the attached article as an initial briefing on the project. Please contact Dr. Lesley Glover, MSTAT if you have any questions: lesleyglover15@gmail.com

For additional links to research for your students please our website canstat.ca for links.

Webinar: Introduction to Hyper-mobility Spectrum Disorder (HSD) and Hyper-mobile Ehlers-Danlos Syndrome (hEDS)

Instructors: Carol Boggs and Ann Rodiger, Balance Arts Center, New York City

This webinar will provide general introductory information about HSD and hEDS. We will be presenting information on how to recognize students who are potentially on the HSD spectrum. We will cover vocabulary associated with HSD/hEDS. We will address common concerns of HSD/hEDS students and how we may be able to help them. We consider this to be an introduction to the Post-graduate course.

As it is possible to injure students who are hyper-mobile we will discuss the need for AT teachers to be educated in theory and hands on work for HSD and hEDS students. We will outline the HSD spectrum and give examples of how the AT has helped those with HSD and hEDS. Hands-on AT protocols for working with this population will be covered in the post-graduate training detailed on our website.

Date: October 21, 2017

Time: 4-5 PM EDT

Fee: \$45

Logistics: The webinar will be broadcast via Ustream. When you register you will be given a password to join in on the broadcast.

Register at: www.balanceartscenter.com

News from STAT:

International Alexander Awareness Week

This year's International Alexander Awareness Week will run from the 9th to the 15th October, and the theme is: Stress? Take it lying down. It is focused on how the Alexander Technique can help us combat stress. For the first time ever STAT is introducing the National Lying Down Day for the 9th October, the first day of the IAAW. As in previous years, STAT has prepared a press release for you to use as well as tips on how to best use it (both attached). This year the promotion of the IAAW is focused on Twitter and other social media. STAT has prepared a guide on how to set up a Twitter account and how to add to the Social Media Storm (also attached.)



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Alexander Technique Thesaurus (As per Joe Abbott-Gribben (joe@stat.org.uk), Administrative Officer)

How do you define the Alexander Technique in words? Have you ever struggled to explain it? Is 'use' always useful? Words are usually the first point of access for newcomers to the Technique. But translating the experiential, or Alexander's prose, into everyday communication can prove difficult.

As part of STAT's ongoing thesaurus work, our next call out for contributions is for alternative ways to describe 'inhibition'.

- What words do you use to explain 'inhibition'?
- With what audience do you think these worked best?

If you have not come across the Alexander Technique Thesaurus before, here is a bit of background on the project:

To help our members effectively explain the possibilities of the technique and how it works, STAT is compiling an Alexander Technique Thesaurus. Our hope is that this resource will enable members to communicate with confidence and even tailor their descriptions to different audiences.

Looking forward to hearing from you,

- Joe Abbott-Gribben (joe@stat.org.uk), Administrative Officer

NICE Guidelines - AT and Parkinson's - good news and update

The updated NICE guidelines for the management of people with Parkinson's disease were due to be released in April this year but were delayed due to a legal challenge regarding a pharmaceutical product. In the draft version of this latest update, NICE had removed the existing and long-standing recommendation for Alexander lessons as an option for people with Parkinson's to help them make lifestyle adjustments. The omission was a result of their misclassification of Alexander lessons as a type of physiotherapy (and since physiotherapy continues to be recommended, they thought there was no need to mention Alexander lessons)!

STAT made a comprehensive submission challenging this assumption and calling for the recommendation for Alexander lessons to remain. They received very strong support in this from the Complementary and Natural Healthcare Council (**CNHC**), which made its own submission to NICE, making the same case. The new guidelines have now been published (mid-July), STAT's argument has been accepted, and NICE has apologised for its error in miscategorising Alexander Technique lessons. The updated guidelines contain the following statement in the section called 'Non-pharmacological management of motor and non-motor symptoms': '1.7.4 Consider the Alexander Technique for people with Parkinson's disease who are experiencing balance or motor function problems.'

To **see the new guidelines**, 'Parkinson's disease in adults' visit: www.nice.org.uk/guidance/ng71

Julia Woodman, SRG Chair

A.T. videos, articles, book reviews



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We are always looking for links to new online articles, videos, or books that you find interesting. We would like to include more of this in our newsletters. Please email us if you have something to share.

Moving forwards and up!
Sincerely,
Heather Walker

On behalf of CANSTAT Executive Council -

President and Co-director: Gabriella Minnes Brandes (president@canstat.ca)

Secretary and Co-director: Heather Walker (info@canstat.ca)

Treasurer and Co-director: Mark Vasak (treasurer@canstat.ca)

The Canadian Society of Teachers of the F.M Alexander Technique (CANSTAT) is a volunteer run Canadian not-for-profit corporation that leads efforts to support the Alexander Technique across Canada.

Our Mission

To support the Alexander Technique to become a continuously developing, healthy profession in Canada. One with an open, sharing, collaborative culture of teachers whose work is recognized as: A modern, powerful, and practical approach that enhances health and well-being; An essential aspect of artistic training and performance across Canada; and a source of further discovery of the cognitive-neurophysiological understanding and embodiment of human potential.



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