



Canadian Society of Teachers of The Alexander Technique (CanSTAT) Member Update

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Dear CanSTAT Member,

This letter is an update from your executive Council to keep you connected to CanSTAT news and progress.

Alexander Technique in the news

New evidence to support your practice:

Research recently published in a prestigious medical journal, The Annals of Internal Medicine, demonstrates The Alexander Technique as an effective approach to long-standing neck pain.

This large study, completed in the UK with over 500 patients, involved research on both Alexander Technique and Acupuncture. A video clip can be found below providing a brief overview of study as discussed by Dr. Art on Global News.

Here is the link to Global News, a 2 minute clip:

<http://globalnews.ca/?s=dr+art+nov+7>

A link to the study can be found here or on our CanSTAT Facebook page:

<http://annals.org/article.aspx?articleid=2467961>

**Please don't hesitate to contact CanSTAT with other A.T. news items important to be shared with our member's community.*

Congratulations to the Ottawa A.T. School

We are delighted that the Ottawa School of the Alexander Technique has now successfully completed its two-year probationary requirements. We have received glowing reports from Caren



Bayer who supervised the school in its first two years. Congratulation to Brigitte Caron for a job well done, and best wishes for continued success training new Canadian Alexander Technique teachers.

Digitizing of CanSTAT documents

Council is happy to report that the digitizing of most old CanSTAT documents has been finished. This process was undertaken to allow Council (and future Councils) to serve its members better each year. CanSTAT documents and history are now better-organized and accessible through shared secure-digital folders; this allows Council to complete more paperwork, faster, more consistently, and with steadily increasing quality of documentation for members. Furthermore, the digitization process has eliminated the problem and cost of having boxes of old papers to store and ship across the country with each new Council! The remaining CanSTAT stored documents have been reduced to one box of legal papers and historical documents that must be kept in hard copy format.

A big job finished!

Call for Book Reviews

Are you reading an Alexander Technique book that is interesting? Or have you found some online articles that are helpful? Please help us by sending in a one-paragraph book review of an Alexander Technique book or article that you've read, so we can share it with other members. Please don't forget to include full reference information, so that others know how to find it.

Professional Development Opportunities

There is an upcoming CanSTAT endorsed Professional Development (PD) opportunity in January 2015. It is a two-day workshop at Elaine Kopman's office in Toronto on Saturday January 23 from 2:00 P.M. to 5:00 P.M. and Sunday January 24 from 10:00 A.M. to 1:00 P.M.

The workshop is open to any A.T. teachers and students in the Toronto School of the Alexander Technique. Elaine will be working with each participant individually and taking hands, as well as demonstrating and orchestrating procedures in the Technique. There will be work exchanges for the participants. There will also be a half hour group discussion regarding facets of the Technique. To reserve a spot, please contact: elainekopman@rogers.com

Special thanks to Elaine for creating this PD opportunity for members!

CanSTAT Committees

CanSTAT is a volunteer run non-profit organization. In order to function it relies on the support of members and committees. Council has now finalized some of the committees, committee members, and extra help that is being offered to move our society forward; an overview can be found below. Thanks to all involved!



1. Professional Conduct Committee

Role: The Professional Conduct Committee (Formerly Complaints Committee) will hear, investigate, adjudicate, and resolve any complaints in an ethical, professional, and fair manner. Complaints for resolution may come from the public against teachers, or arise between teachers. The committee will ensure member conduct is in line with CanSTAT by-laws and professional conduct.

Members: Heather Campbell, Johanna Godliman, and Marta Hunter

2. Teacher Training Committee

Role: The Teacher Training Committee will oversee issues pertaining to the training of new teachers and to review applications for new training courses. As per CanSTAT by-laws members of the Teacher Training Committee are directors or co-directors of a CanSTAT certified training course, of which there are three in Canada: Vancouver, Toronto, and Ottawa.

Members: Gaby Minnes Brandes, Marta Hunter, and Brigitte Caron

3. Professional Development Committee

Role: The Professional Development Committee (formerly known as Grants and Research) will initiate and support professional development and research efforts across CanSTAT, will create guidelines for grant applications and will adjudicate and approve proposals. Proposals for professional development may come from either training schools or communities of 5 or more AT teachers. Research proposals may come from groups or individual members. If a member of the committee is applying for a grant, the decision will be finalized by executive council.

Members: Helene Bellmare, Lawrence Smith, Johanna Godliman, with back-up by Brigitte Caron

4. Technology Committee:

The Technology Committee will improve and update communication options between CanSTAT members, and upgrade and increase accessibility and functionality of the CanSTAT website. Current work is to research & initiate ways of upgrading and updating the website, focusing on dynamic ways of communication among members, and finding improved conference technology for the AGM.

Members: Philippe Bourskela and Desmond Price, with back-up by Guido Heistek

5. Public Relations Committee:

The Public Relations Committee will increase and enhance communication between CanSTAT members and the public. They will create & maintain a Facebook page, monitor news/events listings on website (once available), monitor and transfer STAT and AmSTAT media/PR info, and work to develop other means of public relations.



Members: Alison Taylor (Facebook) – more back-up needed when website is updated.

6. R.E.S. Representatives:

Regroupement pour l'éducation somatique (RES) is a non-profit association in Quebec that provides private insurance for Alexander Technique teachers in Canada. CanSTAT is required to send 2 representatives to act on the administration council of RES. These members are required to pay a representative fee on behalf of the Alexander Technique, which is reimbursed by CanSTAT. This allows other CanSTAT members to gain insurance through RES.

Members: Hélène Bellemare, Sarah Russell

We would also like to take this opportunity to thank Heather Campbell for spending a few hours in conversation with Council on ways to increase member participation in CanSTAT activities, ways to reach out to the community at large, and ideas on how to develop CanSTAT as an organization that is attentive to its members' needs.

Thanks to all the volunteers! These committees have the opportunity to create a new and exciting presence of the Alexander Technique; not only across Canada, but around the world.

Please don't hesitate to contact us with ideas, and suggestions.

We wish you all a wonderful fall.

Sincerely,

Heather Walker

On Behalf of CanSTAT Council-

Gabriella Minnes Brandes (President)

Heather Walker (Secretary)

Mark Vasak (Treasurer)