Research and Further Information*

*Citations in dark red are the most relevant to neurodegenerative or neurological disorders.


Fisher K (1988). Early experiences of a multidisciplinary pain management programme. *Holistic Medicine, 3*(1):47-56. (Note: the journal has since been renamed *Journal of Interprofessional Medicine.*)


Glover L, Wolverson E, Woods C (2022). ‘I am teaching them and they are teaching me’: Experiences of teaching Alexander Technique to people with dementia, *European Journal of Integrative Medicine, 56*(3), 102200.


Online Alexander Research Resource Pages

Alexander Technique Science: Peer-reviewed Research on Mind, Movement, and Posture
https://www.alexandertechniquescience.com/

Alexander Studies Online
https://www.alexanderstudiesonline.com/

The Poise Project: Alexander technique for Parkinson's research page
https://www.thepoiseproject.org/alexander-technique-for-parkinsons-research/

The Poise Project: Abstracts presented at conferences
https://www.thepoiseproject.org/tpp-research

Society of Teachers of the Alexander Technique (STAT): AT research page
https://alexandertechnique.co.uk/alexander-technique/research

Videos & Podcasts of Interest

Dr. David Griesemer, Neurologist on the role of AT and the AT specialist in patient care.
https://vimeo.com/265621618

"Pilot Study in the Efficacy of Using Alexander Technique in Improving Balance in Healthy Elderly"
Univ of SC (2007) - Pre- and Post-course movement assessments
https://www.youtube.com/watch?time_continue=1&v=INf5bGRwhZA

"Alexander Technique British Medical Journal Back Pain Study"
https://www.youtube.com/watch?v=coVXuDJHrfM

"Changes in Self-management in Functional Patterns of Movement after Minimal Alexander-based Training" (2016) Pre- and post-course assessments of Parkinson's Rock Steady Boxing participants
https://vimeo.com/183099747

"Alexander technique for non-surgical treatment of the cervical herniated disc"
https://www.youtube.com/watch?v=P1VSSq9zuUM&t=20s

Alison Wood - Alexander based way of addressing freezing of gait
https://www.youtube.com/watch?v=eZsqJc5cclE

Paul Recker talks about Alexander technique for Parkinson's
https://vimeo.com/316280145

Janet Gary talks about Alexander technique for Parkinson's
https://vimeo.com/316279566

Poised for Parkinson's Course: Post-course interview - Alice and Chuck
https://vimeo.com/346987631

Poised for Parkinson's Course: Post-course interview - Jim and Monica
https://vimeo.com/346978375

Partnering with Poise Course: Post-course interview - Tom in NC
https://vimeo.com/316280770

Partnering with Poise Course: Post-course interview - Betty in NC
https://vimeo.com/316280376
To locate Alexander specialists with post-graduate training in working with people living with neurodegenerative conditions or other specialized trainings, please contact:

Monika Gross  
Executive Director, The Poise Project  
828-254-3102  
monika.gross@thepoiseproject.org  
www.thepoiseproject.org

To find AT specialists in Pan America, or anywhere in the world, please visit these websites:

- Asociación de Profesores de Técnica Alexander de España  
  www.aptae.net  
- Asociacion de Profesores de Alexander Technica de Mexico  
  www.aptamexico.wordpress.com  
- Asociacion Argentina de Profesores de Tecnica Alexander  
  www.asociaciontécnicaalexander.com.ar  
- Asociacion Brasileira da Técnica Alexander  
  www.abtaalexander.com.br/  
- Esquela Uruguaya de Técnica Alexander  
  www.tecnicaalexander.com.uy/  
- American Society for the Alexander Technique  
  www.amsatony.org  
- American Center for the Alexander Technique  
  www.acatnyc.org  
- Canadian Society of Teachers of The Alexander Technique  
  www.alexandertechniquecanada.ca  
- Alexander Technique International  
  www.alexandertechniqueinternational.org  
- Society of Teachers of the Alexander Technique  
  www.alexandertechnique.co.uk  
- Alexander Alliance  
  www.alexanderalliance.org  
- Interactive Teaching Method  
  www.itmalexandertechnique.org  
- Professional Association of Alexander Teachers  
  www.paat.org.uk  
- Internationally Affiliated Societies  
  http://www.amsatonyline.org/aws/AMSAT/pt/sp/international