

Research and the Alexander Teacher

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Why is research important for us?

As a profession

- Hallmark of any profession
- Increase awareness of the AT & build respect for STAT
- Convince outside world of validity/effectiveness
- Ultimately, generate more work for teachers
- Deepen our understanding of the AT
- Improve our teaching methods

As an individual AT teacher

- For professional development
- To increase confidence
- For growing your practice [communication with HCPs & members of public etc]
- Freedom to question anything and everything – enquiring mind

Why is research important for us? Group feedback

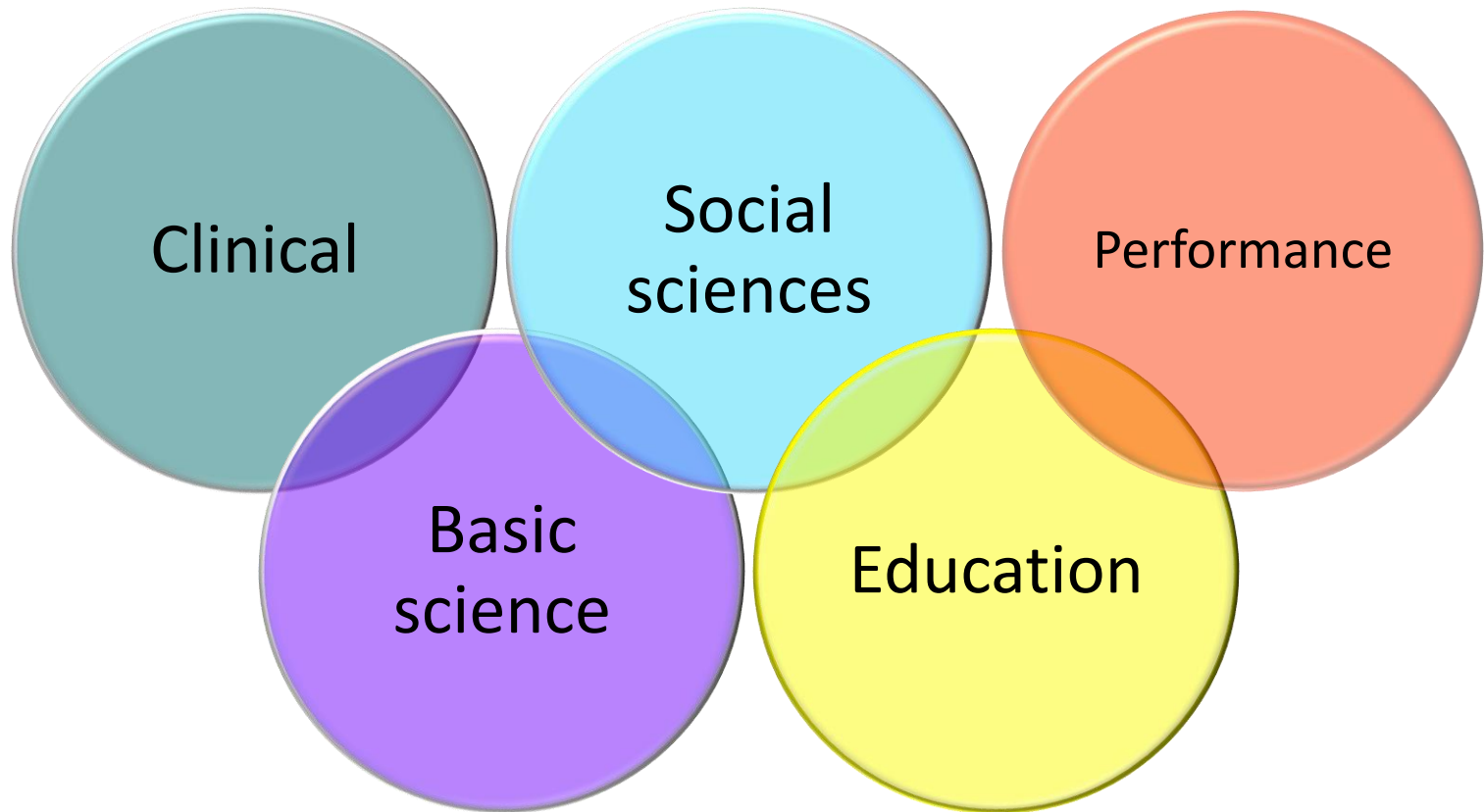
As a profession

- Evidence of effectiveness
- Brings in comparisons with therapies on effectiveness
- Provide consensus for what the AT is, and what it can & cannot achieve
- Discover why and how the AT works
- AT subjective - research makes it more objective (see where patterns are, rather than how we feel)
- Find a language to articulate what it is that we do (& with which to engage healthcare and educational professionals)
- Greater public awareness
- Validation / professional credibility with the public
- Expanding marketing, since research widely valued (& more so now with Covid)
- Link with other relevant & topical research areas (especially neuroscience)
- Promotes an outwards-looking perspective

As an individual AT teacher

- Able to reassure our students the work is valid
- Gives us confidence in what we say to students
- Provides foundation for professional development - to keep growing as a teacher
- Deepen our own understanding of the AT and how it works
- Personal self-discovery intrinsic & essential to our work

Some areas of research



Some different research methods

Quantitative

Qualitative

Mixed
methods

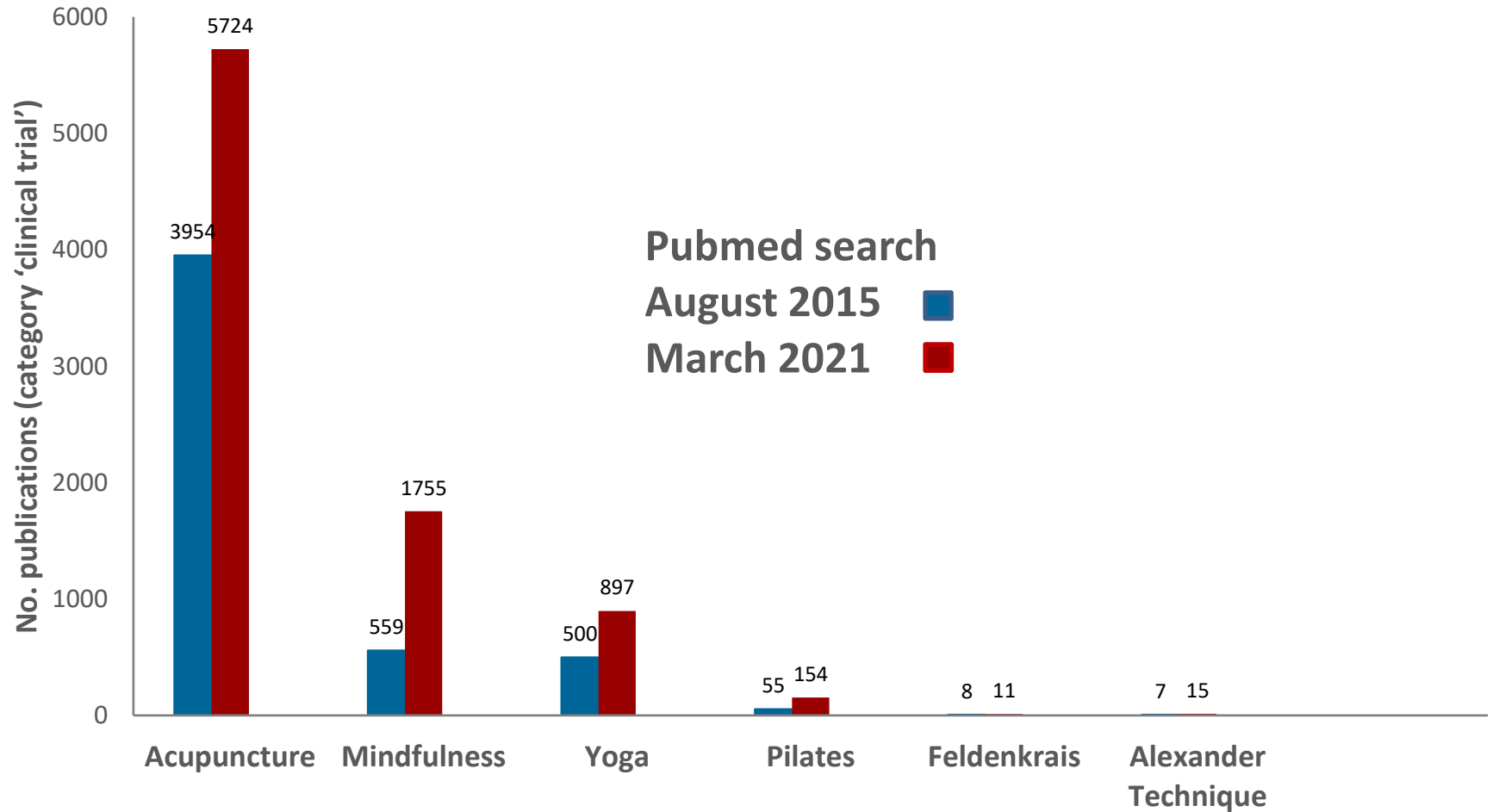
Historical
& archival

Participatory

Health outcomes research

Building the evidence base

Alexander research: still a neglected field



The bar heights give an approximation of the number of clinical studies conducted for each intervention

**What health outcomes research do
we have for the AT?**

Over to you!

What health outcomes research do we have for the AT?

Back pain (5 studies)

Balance (5 studies)

Neck pain (3 studies)

Parkinson's (3 studies)

Respiratory
function

Knee
osteoarthritis

Pain: General

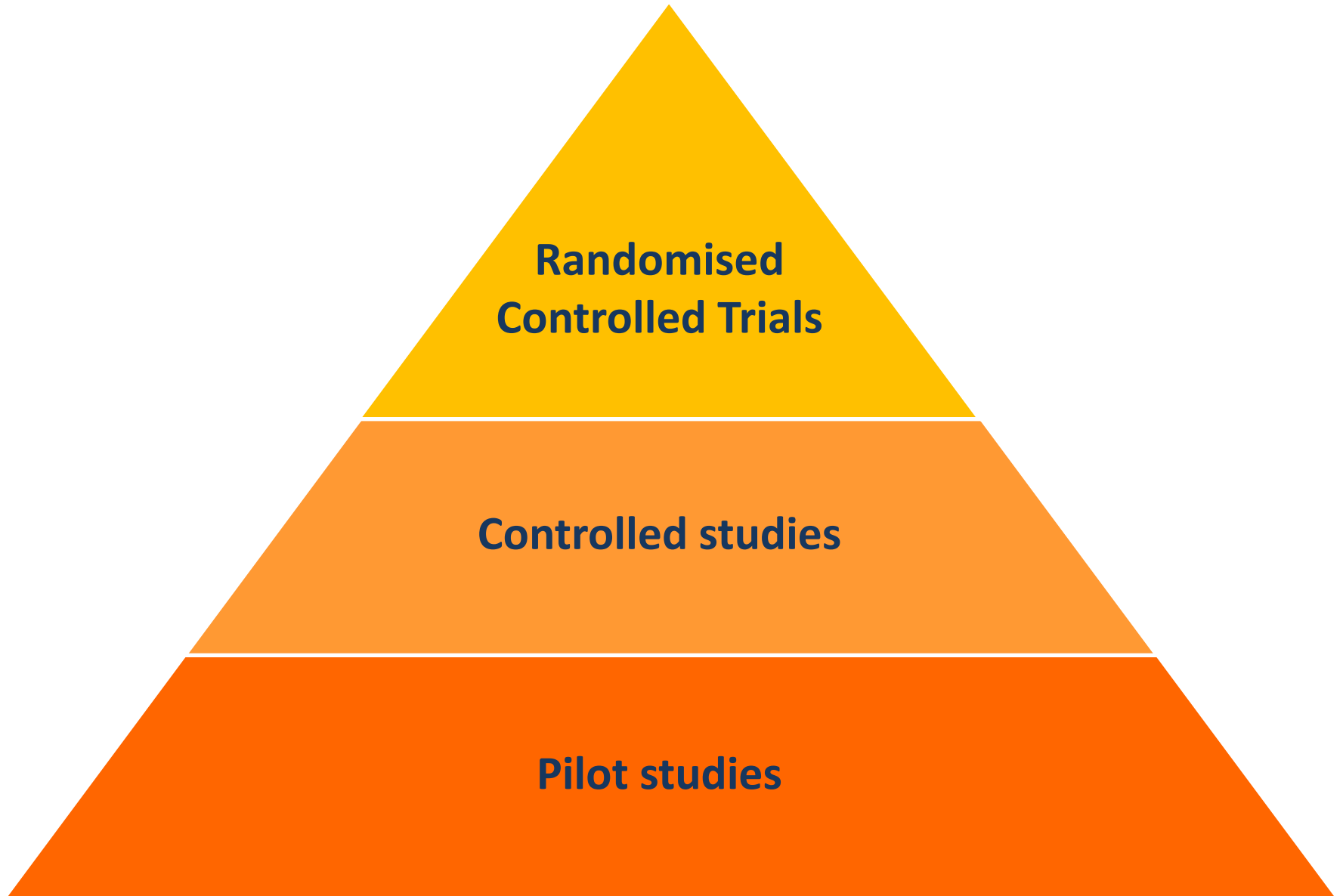
Dementia

Ergonomic
endurance

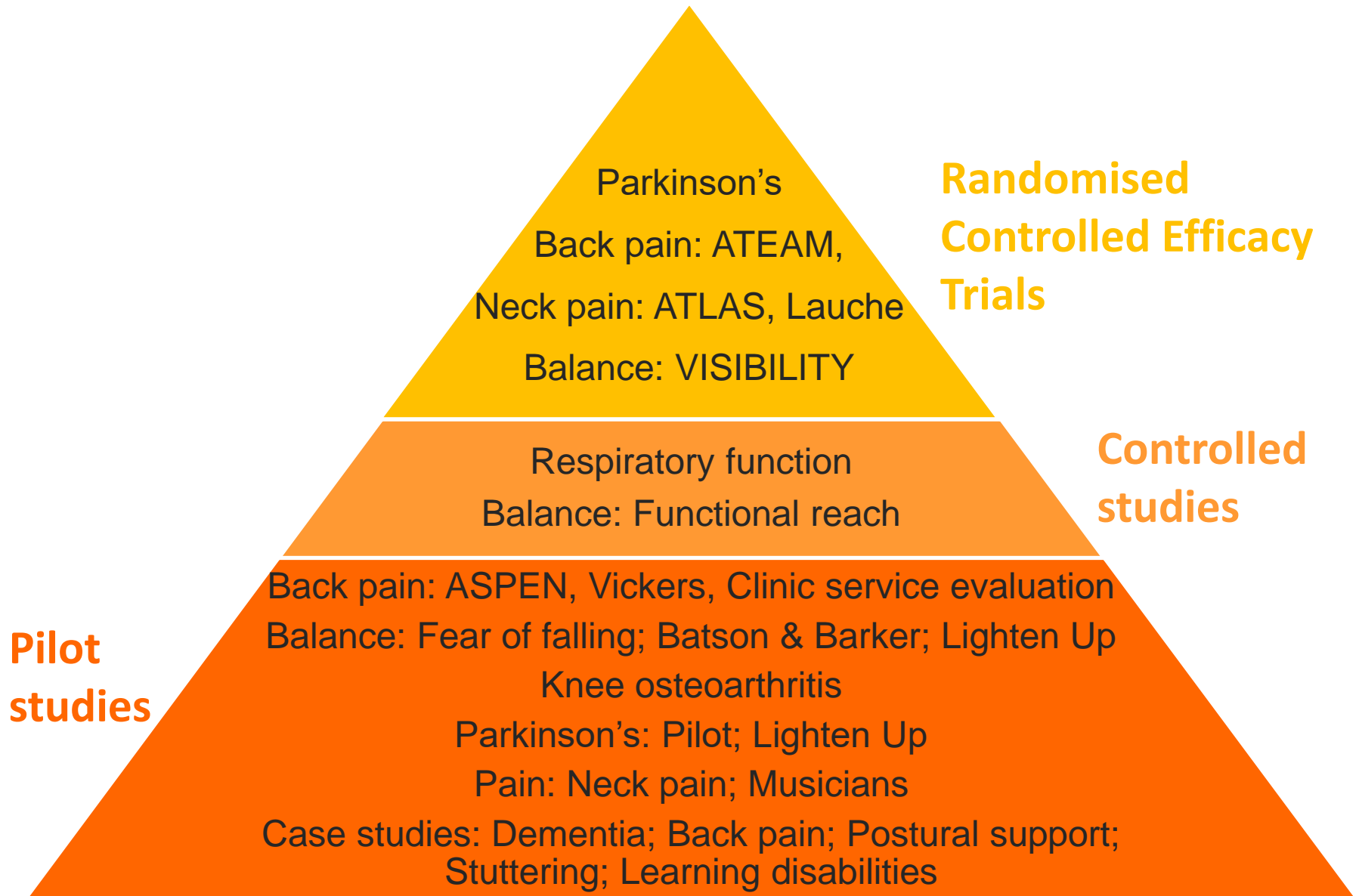
Stuttering

Learning
disabilities

Health research 'hierarchy'



Our research evidence base



ATEAM key messages

- 'Fake news':
 - '6 lessons nearly as effective as 24'
 - AT is 'in the NICE guidelines for back pain'
- On the other hand:
 - Striking & sustained benefit after 24 lessons
 - Published in 'top 5' journal
 - 6 lessons approximately half as effective as 24 lessons
 - 6 lessons followed by exercise 65–72% as effective as 24 lessons
- ATEAM & ATLAS: two RCTs in chronic pain conditions of the spine

ATLAS key messages

20 Alexander lessons led to:

- Clinically meaningful long-term reduction in neck pain and associated disability
- In a 'difficult-to-treat' population
- Benefit related in part to increased self-efficacy
- Greater ability for self-care
- Participants empowered and more 'embodied'
- Published in 'top 5' journal
- Sits alongside ATEAM

Parkinson's trial key messages

24 Alexander lessons led to:

- Reduced disability associated with Parkinson's
- Recommendation in NICE guidelines
- Skills retained
- *Suggestion* of slowing of rate of medication increase

It's not just about numbers



Resources: STAT website

Public site

The screenshot shows the STAT Public site homepage. The top navigation bar includes the STAT logo, a search bar with the text "Find a Teacher", and a menu icon. Below the navigation bar, there are several sections: "Home", "Published Research" (with a sub-section "What is it?" and "History"), and "STAT Research Group". The "Published Research" section contains text about the organization's commitment to research and a search facility. The "STAT Research Group" section describes the group's active role in monitoring and supporting research. A sidebar on the right lists various research topics: Back Pain, Neck Pain, Pain: Other, Osteoarthritis, Parkinson's, Postural Tone & Posture, Ergonomic Skills, and Balance.

Members' section

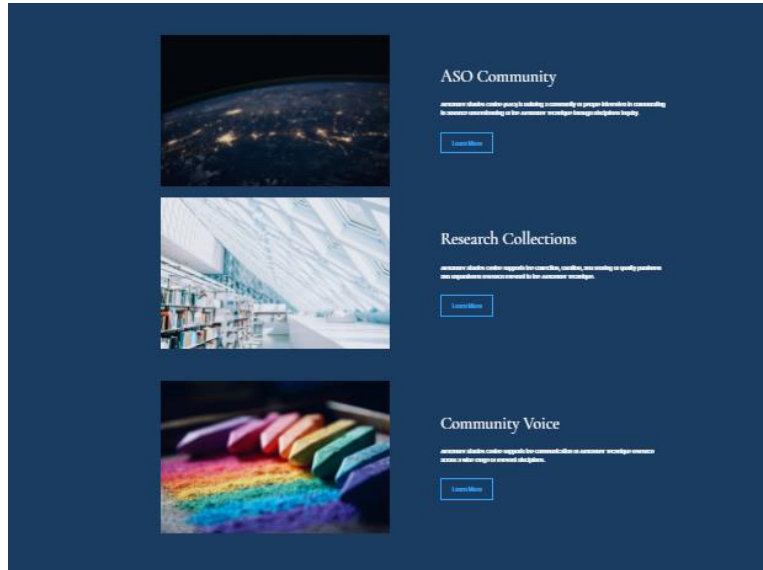
The screenshot shows the STAT Members' section homepage. The top navigation bar includes the STAT logo, a search bar, and a "Log out" button. Below the navigation bar, there are several sections: "Home", "Resource Library" (with a sub-section "2009 Summary or ATEAM Results" and a "Back problems" button), and a search area. The search area includes a search keyword input field, a dropdown menu for categories (with "Back problems" selected), and a filter by content type section with options for "Any", "Audio", "Document", and "Link".

Research Resource



The grid contains 24 thumbnails, each representing a different research resource. The thumbnails are arranged in a 3x8 grid and are numbered 7 through 24. The resources include: "Published overviews of areas (systematic reviews)", "Also keep a look-out for", "Overviews of available research", "Health-related research overview", "Alexander research: BTE a neglected field", "Randomised controlled trials (RCTs)", "Other studies", "Our key health-related studies: ATEAM, ATLAS & Parkinson's trial", "ATEAM resources", "ATLAS resources", "Parkinson's resources", "RCTs in health-related research: References", "Other health-related research: References", "Performance-related research overview", "Performance-related", and "Performance-related: References".

Resources: Alexander Studies Online



The image shows a dark blue sidebar with three sections. Each section has a representative image on the left and text on the right. The first section, 'ASO Community', features a night view of Earth from space. The second, 'Research Collections', shows a modern library interior with bookshelves. The third, 'Community Voice', displays a row of colorful, folded paper objects. Each section includes a small 'Learn More' button.

ASO Community
Alexander Studies Online provides a community of people interested in connecting to research, knowledge, or for assistance in navigating Alexander's legacy.

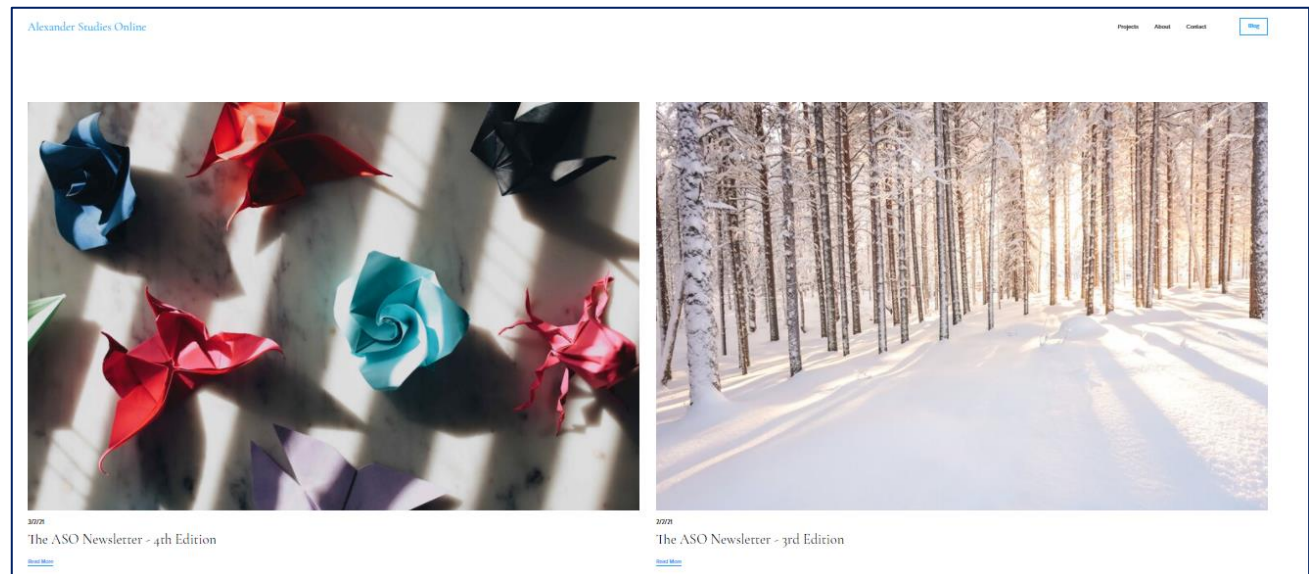
[Learn More](#)

Research Collections
Alexander Studies Online supports for research, reading, and writing in quality journals and magazines recommended by the Alexander community.

[Learn More](#)

Community Voice
Alexander Studies Online supports for communication in Alexander's legacy across news or other digital or printed disciplines.

[Learn More](#)



The image shows a screenshot of the Alexander Studies Online website. At the top left is the site name 'Alexander Studies Online'. At the top right are links for 'Programs', 'About', 'Contact', and a 'Home' button. Below the navigation are two large images. The left image shows several colorful paper roses (red, blue, purple) on a light surface. The right image shows a snowy forest path with tall trees. Below each image is a caption and a 'Read More' link.

Alexander Studies Online

[Programs](#) [About](#) [Contact](#) [Home](#)

2024
The ASO Newsletter - 4th Edition
[Read More](#)

2024
The ASO Newsletter - 3rd Edition
[Read More](#)

How can I use the research?

- My marketing materials (website, leaflets etc)



-be aware of Advertising Standards:

- [Committee for Advertising Practice copy advice](#)



- Talks to public / health professionals / business etc



What claims can we make in our marketing materials?

‘The AT is clinically proven to cure back pain’

What’s wrong with this statement?



Create your action plan

What will you take forward from today?

How can we help each other?