



The Society of Teachers of the
Alexander Technique

Aims of the STAT Research Group (SRG)

1. Promote and encourage appropriate research across diverse areas in relation to the Alexander Technique (AT) and its teaching and application to:
 - contribute to the evidence base concerning the efficacy of AT lessons in areas such as health conditions, general wellbeing, self-care and performance skills.
 - deepen our understanding of the AT, how it is taught and learnt in different contexts, the changes that learning the AT can bring about, and how these changes happen.
2. Facilitate communication of research findings to STAT members, health and social care professionals, academic researchers, and the wider public.
3. Promote the continued dissemination of important existing research (such as the ATEAM, ATLAS and Parkinson's trials).
4. Facilitate communication and collaboration within the AT research community worldwide.
5. Review and monitor research that has relevance to AT teaching, learning and outcomes, and communicate as appropriate to the AT community.
6. Endeavour to ensure that research proposals, projects, reports and publications are unbiased, well designed and in line with STAT standards (for example, National Occupational Standards CNH3: Deliver Alexander Technique teaching).
7. Encourage STAT members' interest in AT-related research, and their participation in personal research, as well as in academic research projects where appropriate. In addition, to encourage recruitment of new members to the SRG.

SRG activities include:

- Communicating with STAT members about relevant research and the activities of the SRG. Means of communication include [Alexander Studies Online](#) (ASO), research summaries on the [STAT website](#), website-located materials for members including the *Research Resource*, regular contributions to *Statnews*, and ad-hoc publications and communications.
- Communicating with the public about relevant research. Means of communication include [Alexander Studies Online](#) (ASO), research summaries on the [STAT website](#), and ad-hoc publications.
- Serving as a central contact point for AT-based research in the UK, and facilitating worldwide communication and collaboration between UK and overseas researchers into all aspects of the AT and its teaching methodology.

- Liaising with researchers from academic institutions, and advising, supporting, or collaborating with them to investigate aspects of the AT.
- Contributing to study design & conduct, data analysis & interpretation and communication of research findings, through active representation on study teams.
- Providing an advisory role for STAT in liaising with external organisations and government bodies to represent the interests of the AT teaching profession in relation to research evidence issues, including endeavouring to ensure that the AT is described accurately and appropriately.
- Building a network of contacts with external organisations and individuals to ensure that STAT is seen as the first point of contact for information, comment and opinion about research related to the AT and AT lessons in the UK, and the benefits to be gained.
- Helping build an archive of research-related experience and knowledge of the AT, its teaching and application.