

AN INTRODUCTION TO THE ALEXANDER TECHNIQUE FOR MAMMOGRAPHERS

THE COURSE
ON 16 SEPTEMBER
IS NOW FULLY BOOKED.
SECOND DATE ADDED
DUE TO POPULAR DEMAND

13 January 2011

SCoR Headquarters, London SE1

This **interactive practical workshop** is an introduction to the Alexander Technique, and specifically its application to working as a **mammographer and correlated upper limb misuse**.

The Technique makes the individual aware of the way the body and mind are 'used' in all activities and specifically of tensions building up when stressed or working under pressure. With the help of the Technique these bad postural habits can be identified. Once you have become aware of when you are using the body inefficiently, a new way of using yourself can be introduced to facilitate a release of tension and a better way of performing the numerous activities carried out every day.

Workshop outline

The workshop, led by practitioners accredited by the Society of Teachers of the Alexander Technique (STAT), will be split into morning and afternoon sessions. The morning session will cover the principles of the Technique and there will be activities to demonstrate the Technique in a practical way.

The afternoon session will be practical, with a demonstration and practice of the Technique's semi-supine procedure. Participants will then be split into two groups and teachers will give individual hands-on work to all participants. There will be time for feedback and questions and answers.

The Technique is a practical method which involves the participants taking part through direct hands-on work from the teachers, self-observation and participants' observation of each other.

Learning outcomes

Participants will gain the following from this course:

- An understanding of the Alexander principle that the way you 'use' yourself influences how you function in everyday life as well as in work
- Recognise patterns of posture and movement, which may be causing excessive tension, aches and pains, shallow breathing, restricted movement, stiff joints, etc
- Recognise the importance of adopting a better postural balance

At the end of the workshop each participant will have had individual and group experience of how the Technique can help in these outcomes. They will be able to begin to apply the Technique's principles to all activities and learn coping skills for stressful work patterns.

Workshop participants will be able to assess how applying the Technique can benefit them and whether further learning in the form of individual lessons would be appropriate.

Background

Back problems, RSI and stress cost employers over £5.7 billion annually (HSE, 2005) with 566 million days of work lost (Etcorn ergonomic study, 2006). One of the main reasons for this enormous waste can be traced back to the way we use our bodies both in and out of the workplace. Throughout life, most of us slowly and unconsciously develop bad postural habits that can eventually lead to back, neck and shoulder pain and upper/lower limb disorders. These conditions are then aggravated by stress and demanding working conditions.

Significant long-term benefit from Alexander Technique lessons for low back pain has been demonstrated by a major study published in the British Medical Journal on 20 August 2008.

Summary of the study:

- 24 lessons proved to be most beneficial
- Six lessons followed by exercise were about 70% as effective as 24 lessons
- Long-term benefits unlikely to be due to placebo effect
- Lessons were one-to-one, provided by experienced STAT teachers
- This was a scientific randomised controlled trial

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