



# the Poise Project

Maintaining Poise and Personal Growth  
Throughout All Stages and Challenges of Life  
using the principles of Alexander technique (AT)

27 May 2016

**The Poise Project® incorporates as a US nonprofit**

May 2016

**Submitted Therapeutic Pipeline Grant Pre-proposal to Michael J Fox Foundation**  
**"Alexander Technique and Exercise for Parkinson's Disease Motor Symptoms"** (not funded)

**Designed and launched The Poise Project website**  
<https://www.thepoiseproject.org>

June 2016

**AmsAT ACGM in Minneapolis Minnesota**

- Distributed our first professional announcements of the formation of The Poise Project

**Colloquium at Mission Area Health Education Center, Asheville NC**  
**"Interdisciplinary Care for Parkinson's: Building Your Team, Enhancing Your Care"**

- Table with handout materials
- Participated in early discussions about AT as part of interdisciplinary care

September 2016



An initiative of **THE POISE PROJECT**

**4th World Parkinson Congress** in Portland OR

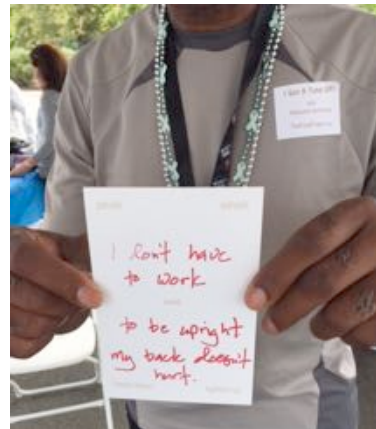
- 18 member AT advocacy team with people living with Parkinson's disease (PLwPD), care partners, AT professionals, and researchers
- Had an exhibit booth on the convention floor
- Delivered Poise mini-lesson "tune ups" & handout materials
- Presented six research poster sessions
- Led three public workshops
- Led two teacher training workshops
- Ran a quarter-page ad in the WPC program
- Submitted two videos for the WPC website
- Made valuable contacts with national and international research scientists, medical and allied health professionals, PD advocacy organization representatives, and dozens of PLwP and care partners

## The Poise Project: 2016-2020



### Launched Tip Card "Takeaways" Photo project

- Photos of members of the Parkinson's community holding cards with their AT tune up "takeaways" written on the back. We have been documenting these at Parkinson's Foundation Moving Day® events around the country and now have over 250 photos. <http://www.thepoiseproject.org/the-poise-project-moving-day-photo-gallery/>



### Sole Support for Parkinson's walk, Parkinson's Resources of Oregon, Portland OR

- Table with handout materials and Poise mini-lesson "tune ups"

### State-of-the-Art Team Care symposium: Impact of Cognition in Rehabilitation

Oregon Health and Sciences University, Portland OR

- Two team members participated with allied health professionals in breakout sessions
- Presented two research posters

### Created The Poise Project Vimeo site to share videos with the public and to share internally with AT professionals

<https://www.vimeo.com/thepoiseproject>

## The Poise Project: 2016-2020

### Parkinson's Association of the Carolinas Symposium, Charlotte NC

- Table with handout materials and Poise mini-lesson "tune ups"
- Gained valuable partners from local Parkinson's community providers

October 2016

### Michael J Fox Foundation *Partners in Parkinson's* symposium, Javits Center, NY NY

- Table with handout materials and Poise mini-lesson "tune ups"



### Continuous Learning Center, London UK (Carrington School)

- Leads AT for Parkinson's teacher training workshop and a public workshop for members of the Parkinson's community. Regina Stratl and three other London teachers from the training launch an AT for Parkinson's initiative in London with the support of the Walter Carrington Trust which continues to grow and adds teacher members and additional post-graduate trainings in AT for Parkinson's. Regina has relocated to Austria and is planning to bring this initiative there as well.

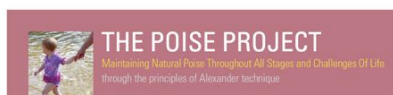
### Alexander Technique International ACGM, Ardingly UK

- Workshop presentation about The Poise Project

April 2017

### Parkinson's Association of the Carolinas Walk, Charlotte NC

- Table with handout materials and Poise mini-lesson "tune ups"



# Tune UP! Station

## The Poise Project: 2016-2020

May & June 2017

### Parkinson's Foundation Moving Day® events in San Francisco and San Jose

- Table with handout materials and Poise mini-lesson "tune ups"
- "Poise Tune Up Station" along the walk course with "I got a tune up with Alexander technique" stickers
- Took photos for The Poise Project Tip Card "Takeaways" project

June 2017

### AmSAT ACGM in San Diego California

- Distributed The Poise Project updates and professional outreach flyer
- Prepared a Diversity Statement document for the AT and Diversity workshop

July 2017-June 2018

### Awarded \$25,000 Parkinson's Foundation NC Triangle Moving Day® Community Grant

- Monika Gross & Belinda Mello design protocols for a ten-week AT-based group course for care partners: "Partnering with Poise"
- Three AT teachers are trained in the protocols
- Delivered many Parkinson's support group presentations across the state
- Course is delivered at eight sites in North Carolina
- IRB approved research project with Dr. Rajal Cohen through the University of Idaho including data collected pre- and post-course, at six months and 12 months



October 2017

### 4th Annual Integrative Healthcare Summit, Charlotte Area Health Education Center (AHEC)

- Delivered presentation to allied health professionals: "A New Member of the Interdisciplinary Care Team: The Skilled Patient - Alexander technique (AT) training for Patient Self-regulation with Long-term Retention of Benefits"
- Participated in discussions and advocated for AT for patient care

## The Poise Project: 2016-2020



### Sept-November 2017 **Parkinson's Foundation Moving Day® events** **In Boston, Chicago, Los Angeles, Dallas-Fort Worth, Boca Raton, West Palm Beach & Cary NC**

- The Poise Project teacher teams informed the local Parkinson's communities about AT at Moving Day® events around the country
- Tabled with handout materials and Poise mini-lesson "tune ups"
- "Poise Tune Up Station" along the walk course with "I got a tune up with Alexander technique" stickers
- Took photos for The Poise Project Tip Card "Takeaways" project

October 2017  
**Jose**

### **The Poise Project AT for Parkinson's Team Building & Training Days: San Francisco & San Jose**

- Led new team training of 25 AT teachers and trainees in The Poise Project strategic model
- Our Medical Consultant, Dr. Maya Katz, a movement disorder specialist at UCSF, and Colleen Fischer, National Coordinator of Signature Events for the Parkinson's Foundation, delivered educational training in Parkinson's disease and in care partner challenges
- Gave initial basic training in best practices for working with AT for Parkinson's
- Included a two-hour public workshop with members of the local Parkinson's communities, where teachers observed group teaching methods, and then worked individually with PlwPD and care partners



## The Poise Project: 2016-2020



### **Launched AT for Parkinson's Bay Area Patient Referral Project**

- Our Medical Consultant, Dr. Maya Katz, a movement disorder specialist at UCSF, started a database of all of The Poise Project trained teachers and began referring patients for AT sessions

November 2017

### **The Poise Project AT for Parkinson's Team Building & Training Days: Greensboro NC**

- Led new team training of 9 AT teachers and trainees in The Poise Project strategic model
- Delivered educational training in Parkinson's disease and in care partner challenges with video and PowerPoint presentations from our Medical Consultant, UCSF movement disorder specialist, Dr. Maya Katz
- Gave initial basic training in best practices for working with AT for Parkinson's
- Included a two-hour public workshop with members of the local Parkinson's communities, where teachers observed group teaching methods, and then worked individually with PlwPD and care partners

January-December 2018

### **Awarded \$10,000 Parkinson's Foundation DC Moving Day® Community Grant**

- Expansion of care partner course to Greater DC metro area
- Three more AT teachers are trained in the protocols
- Delivered support group presentations and public workshops in DC metro area
- Course is delivered at two sites in DC area
- IRB approved research project with Dr. Rajal Cohen through the University of Idaho including data collected pre- and post-course, at six months and 12 months

January 2018

### **Awarded \$2000 Research Grant from AmSAT Research Committee**

- Supports data collection and management for care partner study

February 2018

### **Launching of the International AT for Parkinson's Awareness Year, London UK**

A project initiated by Daniel Shepherd, a trainee in Anthony Kingsley's training program in London. Will conclude on F.M. Alexander's 150th birthday on January 20, 2019

- Led new team training of 23 AT teachers and trainees and training program directors in The Poise Project strategic model
- Delivered to AT teachers and trainees an educational basic training in Parkinson's disease and in care partner challenges with video and PowerPoint presentations from our

## The Poise Project: 2016-2020

Medical Consultant, UCSF movement disorder specialist, Dr. Maya Katz. Basic training in best practices for working with AT for Parkinson's.

- Included a two-hour public workshop with members of the local Parkinson's communities, where teachers observed group teaching methods, and then worked individually with PlwPD and care partners



- Had a full-day public symposium introducing AT for Parkinson's and the role of the AT specialist for the local Parkinson's community, including PlwPD, care partners, allied health professionals, researchers, foundation representatives, and community leaders. The model for this symposium is now a replicable template for community-based, bottom up, promotion of AT to the public.



## The Poise Project: 2016-2020

### **The Poise Project AT for Parkinson's Team Building & Training Days: Dublin**

- Led new team training of 6 AT teachers and trainees in The Poise Project strategic model
- Delivered educational training in Parkinson's disease and in care partner challenges with video and PowerPoint presentations from our Medical Consultant, UCSF movement disorder specialist, Dr. Maya Katz
- Some initial basic training in best practices for working with AT for Parkinson's
- Included a two-hour public workshop with members of the local Parkinson's communities, where teachers observed group teaching methods, and then worked individually with PlwPD and care partners

April 2018

### **The Poise Project AT for Parkinson's Team Building & Training Days: Los Angeles, San Diego**

- Led new team training of 33 AT teachers and trainees in The Poise Project strategic model
- Delivered educational training in Parkinson's disease and in care partner challenges with video and PowerPoint presentations from our Medical Consultant, UCSF movement disorder specialist, Dr. Maya Katz
- Some initial basic training in best practices for working with AT for Parkinson's
- Included a two-hour public workshop with members of the local Parkinson's communities, where teachers observed group teaching methods, and then worked individually with PlwPD and care partners

April-June 2018

### **Parkinson's Foundation Moving Day® events: Ventura County/LA, San Diego, DC, Baltimore, San Francisco, San Jose and Orange County/LA**

- The Poise Project teacher teams informed the local Parkinson's communities about AT at Moving Day® events around the country
- Tabled with handout materials and Poise mini-lesson "tune ups"
- "Poise Tune Up Station" along the walk course with ["I got a tune up with Alexander technique" stickers]
- Took photos for The Poise Project Tip Card "Takeaways" project





## The Poise Project: 2016-2020

May 2018

### **Charlotte Area Health Education Center (AHEC) Introduction to Alexander technique (AT) in Patient Care**

- Newly designed Continuing Ed (CE) Half-Day Course for Medical and Allied Health Professionals

June 2018

### **2nd Pan American Parkinson's Disease and Movement Disorders Congress, Miami, Florida**

- Four member AT teacher team
- Had an exhibit table on the convention floor
- Made valuable contacts with neurologists and research scientists in South America, Central America and North America, as well as in the Caribbean

July 2018-June 2019

### **Awarded \$20,000 Parkinson's Foundation NC Triangle Moving Day® Community Grant**

- Monika Gross & Monica Norcia design protocols for an eight-week course for PlwPD and their care partners: "Poised for Parkinson's"
- 6 AT teachers are trained in the protocols
- Four total courses are delivered at three sites in North Carolina
- IRB approved research project with Dr. Rajal Cohen through the University of Idaho including data collected pre- and post-course, at three months, and at six months, and with one control group

July 2018

### **AmSAT ACGM in Chicago, Illinois**

- Led two workshops on The Poise Project's strategic model
- Distributed The Poise Project updates and professional outreach flyer



August 2018

### **11th International Alexander Technique Congress, Chicago, Illinois**

- Dr. Rajal Cohen delivers the Science Plenary lecture
- Workshop led by Dr. Rajal Cohen, Dr. Anikó Ball, and Monika Gross: "AT Research 101: You can be a researcher!"
- Organized a panel about AT in Education with Catherine Fleming, Monika Gross, Alice Olsher and Wolfgang Weiser, moderated by Robert Britton

## The Poise Project: 2016-2020

- Organized a panel about The Poise Project with Monika Gross, Dr. Rajal Cohen, Dr. Anikó Ball, Dr. Stephanie Young and Belinda Mello, moderated by Rosa Luisa Rossi



September 2018

### **Parkinson Association of the Carolinas Annual Symposium, Charlotte, North Carolina**

- Table with handout materials and Poise mini-lesson "tune ups"

### **The Poise Project AT for Parkinson's Team Building & Training Days: Washington DC**

- Led new team training of 9 AT teachers and trainees in The Poise Project strategic model
- Delivered educational training in Parkinson's disease and in care partner challenges with video and PowerPoint presentations from our Medical Consultant, UCSF movement disorder specialist, Dr. Maya Katz
- Some initial basic training in best practices for working with AT for Parkinson's
- Included a two-hour public workshop with members of the local Parkinson's communities, where teachers observed group teaching methods, and then worked individually with PlwPD and care partners

### **5th Annual Integrative Healthcare Summit, Charlotte Area Health Education Center (AHEC)**

- Delivered presentation to allied health professionals: "Caring for Care Partners - The Alexander Technique Approach"

October 2018

### **The Poise Project AT for Parkinson's Team Building & Training Days: Boston & Chicago**

- Led new team training of 17 AT teachers and trainees in The Poise Project strategic model
- Delivered educational training in Parkinson's disease and in care partner challenges with video and PowerPoint presentations from our Medical Consultant, UCSF movement disorder specialist, Dr. Maya Katz
- Some initial basic training in best practices for working with AT for Parkinson's

*"What else can I do besides my exercises?"*

# Alexander Technique for Rehabilitation

Partners in rehabilitation and recovery,  
AT specialists support patient self-monitoring,  
promoting independence and lifelong improvement.

an initiative of **the Poise Project**



## 95th American Congress of Rehabilitation Medicine conference, Dallas, Texas

- Eight member Poise Project Team of AT teachers and researchers
- Had an exhibit booth on the convention floor
- Presented two research posters, one on an AT and neck pain pilot study, and one on the care partner course
- Made valuable contacts with national and international rehabilitation medicine medical and allied health professionals, research scientists, and health service providers
- Delivered a half-day introductory course, "How Alexander Technique Can Complement Rehabilitation Research and Practice"
- Delivered symposium about the care partner course, "Community-based Group Alexander Technique Programming to Promote Long-term Health, Independence, and Agency"



## The Poise Project: 2016-2020



October-November 2018

### **Parkinson's Foundation Moving Day® events in Boston, Chicago and NC Triangle**

- The Poise Project teacher teams informed the local Parkinson's communities about AT
- Tabled with handout materials and Poise mini-lesson "tune ups"
- "Poise Tune Up Station" along the walk course with "I got a tune up with Alexander technique" stickers]
- Took photos for The Poise Project Tip Card "Takeaways" project

October 2018 - ongoing

### **American Congress of Rehabilitation Medicine networking groups**

- Ongoing representation and participation in many ACRM networking & taskforce groups
  - Complementary and Integrative Rehabilitation Medicine
  - Neurodegenerative Diseases
  - Athlete Development & Sports Rehabilitation
  - Stroke
  - Military-Veterans Affairs
- Invited to participate on symposium panel with Neurodegenerative Diseases Networking Group on caregiving interventions for the ACRM Annual Conference in Chicago in November 2019

## The Poise Project: 2016-2020



### December 4 & 5, 2018 **Conference: The Role of Nonpharmacological Approaches to Pain Management National Academies of Science, Washington DC**

- Executive Director, Monika Gross participated in two day conference
- Made valuable contacts with government representatives, medical and allied health professionals, research scientists, insurance industry professionals, and health service providers
- Promoted awareness of AT as an intervention strategy in pain management
- Learned more about the potential for bringing AT into the mainstream of patient care
- Learned more about the current national focus on opioid addiction
- Video clip of the above discussion at the conference: <https://vimeo.com/308895781>

### January 5 & 6, 2019 **The Poise Project AT for Parkinson's Team Building & Training Day: Chapel Hill NC**

- Led new team training of 6 AT teachers in The Poise Project strategic model
- Delivered educational training in Parkinson's disease and in care partner challenges with video and PowerPoint presentations
- Some initial basic training in best practices for working with AT for Parkinson's
- Led a public workshop for local members of the PD community
- Monica Norcia and Monika Gross trained 6 AT teachers in the first level of the "Poised for Parkinson's" course for 2018-2019 Parkinson's Foundation NC Triangle Moving Day Grant



## The Poise Project: 2016-2020



January - May 2019

### "Poised for Parkinson's" courses delivered: Chapel Hill, Charlotte & Asheville NC

- Four AT-based eight-week courses meeting once a week for 90 minutes are delivered, serving 38 people living with Parkinson's and care partners.
- 31 people also participated in our research pilot study for the course through the University of Idaho, with an additional 8 recruited for a control group.



March - September 2019 **Awarded a \$5,000 Alzheimer's Foundation of America Grant**

- For expansion of the AT-based "Partnering with Poise" course to include care partners of people living with Alzheimer's disease and related dementias
- 2 new AT teachers are trained in the care partner course protocols
- Course delivered at 2 new sites in North Carolina



## The Poise Project: 2016-2020

April 2019

### "Partnering with Poise" course contracted at IONA Senior Services in Washington DC

- Iona Senior Services contracts The Poise Project to deliver course
- Funded through IONA Senior Services with funding from the DC Department of Aging and Community Living

April 18 - 22, 2019

### "Partnering with Poise" course teacher training: Mount Holly NC

- Two new teachers are trained to deliver the "Partnering with Poise" course for care partners



April - October 2019

### "Partnering with Poise" courses delivered: Chapel Hill & Mount Holly NC

- Our AT-based "Partnering with Poise" course delivered at two sites, serving 13 care partners of people living with Alzheimer's disease and related dementias, funded by a grant from the Alzheimer's Foundation of America.

April 2019

### American Congress for Rehabilitation Medicine Training Institute

- Delivered Introductory Course in AT in Rehabilitation in Chicago with Poise Project Team Teacher, Rachele Tsachor



April 2019-June 2020

### Awarded \$17,000 Parkinson's Foundation Southeast Regional Community Grant

- "Poised for Parkinson's" course for people living with Parkinson's and their care partners will be delivered at three sites in North Carolina: Chapel Hill, Raleigh & Greensboro
- Additional AT teachers will be trained in the protocols
- Video documentation will be collected, including post-course interviews, as well as pre- and post-course surveys and evaluations

## The Poise Project: 2016-2020



May 2019

### The Poise Project AT for Parkinson's Team Building & Training: Tokyo and Kyoto

- Led two team trainings of 19 AT teachers & 12 AT trainees in The Poise Project strategic model
- Delivered education in Parkinson's disease and in care partner challenges with video and PowerPoint presentations designed by our Medical Consultant, UCSF movement disorder specialist, Dr. Maya Katz
- Gave initial basic training in best practices for working with AT for people living with Parkinson's
- Led public workshops attended by a movement disorder specialist and local members of the Tokyo and Kyoto PD community

### "Partnering with Poise" course teacher training: Tokyo, Japan

- 8 new teachers are trained to deliver the "Partnering with Poise" course for care partners, 6 from Japan and 2 from Hong Kong



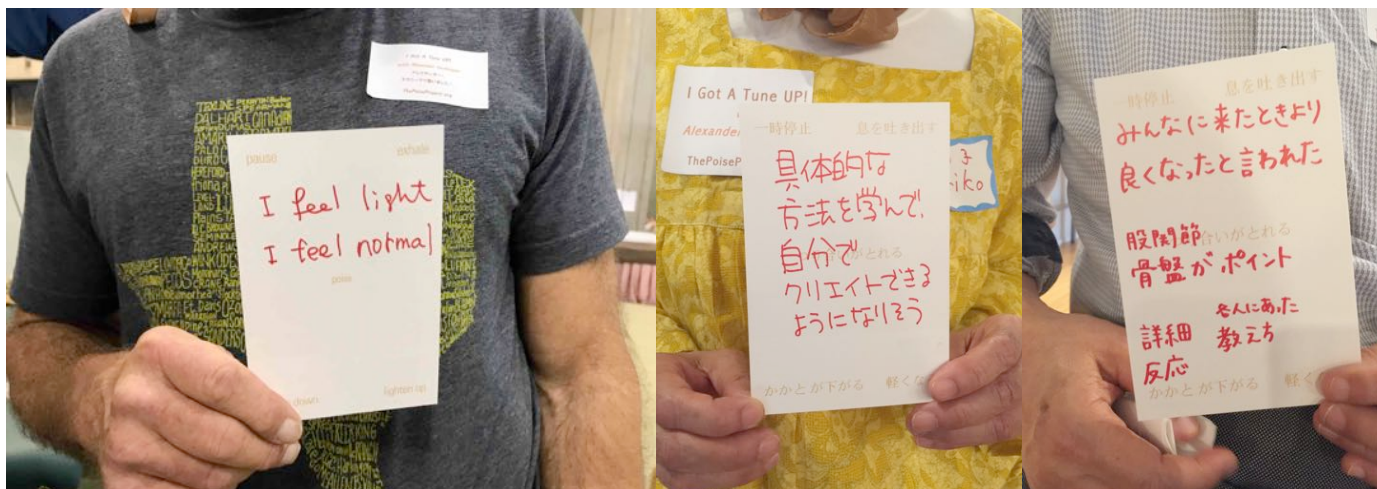
June 4-7, 2019 **5th World Parkinson Congress, Kyoto, Japan**

- Staffed two exhibit booths - one for the general public and the other for health and other professionals - where team members offered information and AT "tune ups" to delegates
- Presented two research posters on our two AT based courses: "Partnering with Poise" and "Poised for Parkinson's"
- Led Care Partner workshop in the Wellness Room



## The Poise Project: 2016-2020

- Networked with international Parkinson's disease community members, medical and allied health professionals, researchers, and non profit foundations and other funders



June 8, 2019

### Public Symposium: "AT for Parkinson's" Community Outreach, Osaka Japan

- Using the model created in February 2018 in London, we ran a full-day public symposium introducing the role of AT and the role of the AT specialist for Parkinson's for the Japanese Parkinson's community.
- Attendees included PLWPD, care partners, allied health professionals, neurologists, and community leaders.
- Monika Gross led a team of 9 AT teachers and 9 AT trainees in conducting six different breakout sessions.



## The Poise Project: 2016-2020



The model for this kind of public AT for Parkinson's symposium is now a replicable, working template for any community-based, bottom up, promotion of AT to the public.



June 27-30, 2019

### **American Society for the Alexander Technique Annual Conference and General Meeting: NYC**

- Presented two workshops: "AT Principles are a Human Right, not a Privilege"
- Presented two research posters on the "Partnering with Poise" course and the "Poised for Parkinson's" course.



June 22-26, 2019

### **The Poise Project "Partnering with Poise" course training: New York City**

- Co-writers of the course protocols, Belinda Mello and Monika Gross, trained one new teacher from Salt Lake City in the course protocols

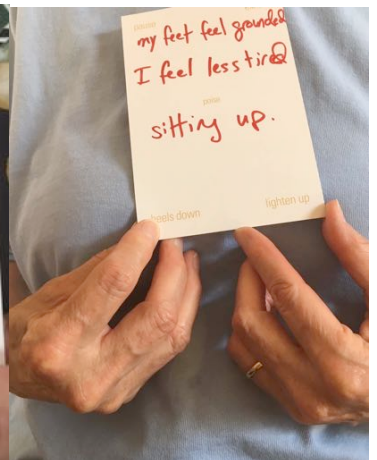
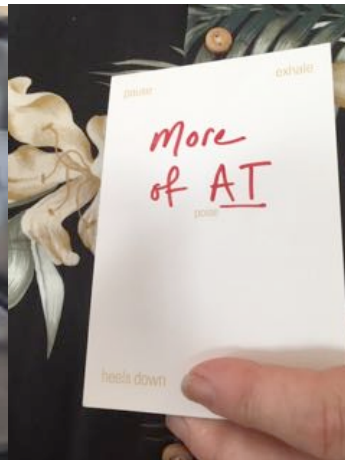
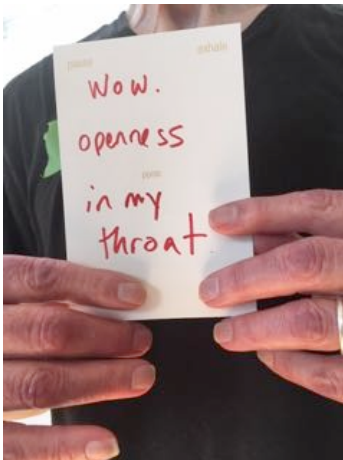
## The Poise Project: 2016-2020



July 1 & 2, 2019

### The Poise Project AT for Parkinson's Team Building & Training: New York City

- Led new two-day team training of 5 AT teachers & 2 AT trainee in The Poise Project strategic model
- Delivered education in Parkinson's disease and in care partner challenges with video and PowerPoint presentations designed by our Medical Consultant, UCSF movement disorder specialist, Dr. Maya Katz
- Gave initial basic training in best practices for working with AT for people living with Parkinson's
- Led public workshop for local members of the New York City PD community



## The Poise Project: 2016-2020

July 14-18, 2019

### The Poise Project "Poised for Parkinson's" course training: Mount Holly NC

- 5 AT teachers are trained in the eight-week course for PlwPD and their care partners: "Poised for Parkinson's"
- Three new courses will be delivered at three sites in North Carolina with funding from the Parkinson's Foundation



September 5 & 6, 2019

### The Poise Project AT for Parkinson's Team Building & Training: Budapest, Hungary

- Led two-day team training of 9 AT teachers & 3 AT trainees in The Poise Project strategic model
- Delivered education in Parkinson's disease and in care partner challenges with video from our interviews with PD and care partner participants, and PowerPoint presentations designed by our Medical Consultant, UCSF movement disorder specialist, Dr. Maya Katz
- Gave initial basic training in best practices for working with AT for people living with Parkinson's



## The Poise Project: 2016-2020



September 6, 2019

### **Led public workshop for local members of the greater Budapest, Hungary PD community**

- Part of two-day AT4PD teacher training and team building. Training teachers observed Monika lead a group intro to AT for PD, and then worked individually and in small groups with participants who decided what they wanted help with from the teachers.



September 7, 2019

### **Public Symposium: "AT for Parkinson's" Community Outreach, Budapest, Hungary**

- Using the model created in February 2018 in London and again in June 2019 in Osaka, we ran a full-day public symposium introducing the role of AT and the role of the AT specialist for Parkinson's for the Hungarian Parkinson's community.
- Attendees included PLWPD, care partners, allied health professionals, neurologists, and a Hungarian Parkinson's Association representative.
- Monika Gross led a team of 8 AT teachers and 5 AT trainees in conducting seven different breakout sessions, as well as an opening group presentation and a final guided group discussion and closing sharing session.

## The Poise Project: 2016-2020



## The Poise Project: 2016-2020



The Poise Project: 2016-2020





## The Poise Project: 2016-2020



## The Poise Project: 2016-2020

September 8 - 12, 2019

### "Partnering with Poise" course teacher training: Budapest, Hungary

- Four new teachers are trained to deliver the "Partnering with Poise" course for care partners, expanding our teacher team for this project in replicable AT-based programming to Hungary.



## The Poise Project: 2016-2020



September 14 & 15, 2019

### The Poise Project SBAT-FORUM 2019: Basel, Switzerland

- Swiss Society of Alexander Technique Teachers organized a weekend training by three Poise Project international team members: Monika Gross (USA), Belinda Mello (USA), and Dr. Aniko Ball (Australia)



- Monika Gross led a half-day training for 30 teachers and trainees in The Poise Project strategic model, and then also delivered a half-day educational course on AT for people living with Parkinson's disease and in care partner challenges



## The Poise Project: 2016-2020



- Belinda Mello delivered a half-day course on working with group teaching and skills with managing group dynamics skills.
- Dr. Anikó Ball delivered a half-day educational lecture in how to interact with dental and other medical professionals when introducing the AT principles



## The Poise Project: 2016-2020



September 16, 2019 **The Poise Project AT4PD Teacher Team Training: Rheinfelden, Switzerland**

A full-day follow-up to the weekend workshop, with additional basic training in best practices for working with AT with people living with Parkinson's and their care partners



September 16, 2019 **Led public workshop for local members of the Basel area Parkinson's community**

Part of one-day AT4PD teacher training and team building. Training teachers observed Monika lead an intro to AT for PD for three PlwPD, and then worked individually with them.



## The Poise Project: 2016-2020



### September 16-20, 2019 **"Poised for Parkinson's" course teacher training: Rheinfelden, Switzerland**

- Five new teachers are trained to deliver the "Poised for Parkinson's" course for people living with Parkinson's and their care partners, expanding our teacher team for this project in replicable AT-based programming to Switzerland, Italy and France.



## The Poise Project: 2016-2020



September 22-26, 2019

### **International Congress of Parkinson's Disease and Movement Disorders: Nice, France**

- Three member AT teacher team with an exhibit table in the nonprofit exhibitor area
- Made valuable contacts with neurologists and research scientists from around the world.



## The Poise Project: 2016-2020

- Presented two research posters on our two AT based courses: "Partnering with Poise" and "Poised for Parkinson's".



Dr. Jennifer Goldman, Movement Disorder Specialist and a medical research consultant for The Poise Project

### September 27-28, 2019 **The Poise Project AT4PD Teacher Team Training: Nice, France**

- Trained 2 French AT teachers with a two-day basic training in best practices for working with AT with people living with Parkinson's and their care partners.





## The Poise Project: 2016-2020

November 2, 2018

### Parkinson's Foundation Moving Day® NC Triangle event

- The Poise Project teacher team informed the local Parkinson's communities about AT and local AT teachers and provided handout materials
- Recruited for our two "Poised for Parkinson's" Spring courses that are covered by our Parkinson's Foundation 2019 Southeast Community Impact Grant
- Poise mini-lesson "tune ups" with "I got a tune up with Alexander technique" stickers
- Took photos for The Poise Project Tip Card "Takeaways" project



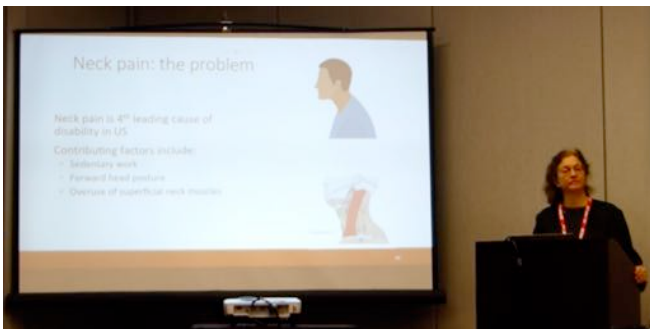
*Jim Paisner, "Poised for Parkinson's" course instructor, with Maureen and Shannon, participants in the Chapel Hill NC course funded by the Parkinson's Foundation*



November 4-8, 2019

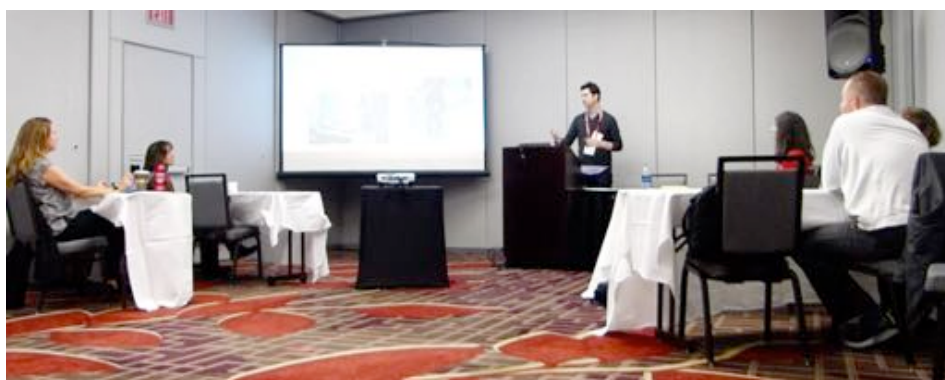
### 96th American Congress of Rehabilitation Medicine conference, Chicago IL

- Monika Gross was part of a three-person symposium along with Iracema Leroi of the Global Brain Health Institute, Trinity College, Dublin, and Fofi Constantinidou, a clinical neuropsychologist from the University of Cyprus, on "Caregivers in Neurodegenerative Disorders: Interventions with the "Invisible Patient"



## The Poise Project: 2016-2020

- Rachelle Tsachor, Andrew McCann and Monika Gross and delivered a half-day introductory course, "How Alexander Technique Can Complement Rehabilitation Research and Practice"



- The Poise Project presented two research posters, one on the care partner course and one on the Parkinson's course
- Made valuable contacts with national and international rehabilitation medicine medical and allied health professionals, research scientists, and health service providers and went to special interest group and task force meetings with clinicians and researchers



## The Poise Project: 2016-2020

November 7-10 2019

### **4th National Caregiving Conference, Chicago IL**

#### **The Poise Project Executive Director, Monika Gross, awarded 2019 Caregiver Visionary Award**

- Nominated by two care partners in NC and DC who participated in the "Partnering with Poise course for her work in developing and implementing this replicable, scalable AT-based course
- Named one of 5 award winners presented at the **2019 National Caregiving Conference** in November in Chicago
- Presented a workshop to family care partners and care providers and sat on a " Visioning Caregiving Solutions" panel
- Podcast interview with Caregiving.com Executive Director, Denise Brown: <http://bit.ly/CaregivingVisionaryPodcast>
- Video interview with Caregiving.com Executive Director, Denise Brown <https://www.caregiving.com/2019/05/caregiving-summit-day-7/>



September 2019 - Present

**Coordinating European Teacher Teams:** Translation of materials and videos; preparing for teacher trainings to expand 'Poised for Parkinson's', and 'Partnering with Poise' courses in Europe.

January-March 2020

**Research & Funding grant proposals** were submitted to Alzheimer's Society UK, Parkinson's Foundation (USA), and American Center for Alexander Technique (ACAT). Research Abstracts were submitted to International Somatic Movement and Therapy Association Conference (Santa Barbara CA); International Dystonia Symposium (Dublin Ireland); International Congress for Parkinson's Disease and Movement Disorders (Philadelphia PA); and American Congress for Rehabilitation Medicine (Atlanta GA).

February 1, 2020

#### **The Poise Project AT4PD Teacher Training: NYC**

- Two Westchester County AT teachers received basic AT for Parkinson's training

## The Poise Project: 2016-2020

February 14-16, 2020 **3rd Pan American Parkinson's Disease and Movement Disorders Congress, Miami, Florida**

- Three member AT teacher team
- Exhibit table on the convention floor
- Made valuable contacts with neurologists and research scientists in South America, Central America and North America, as well as in the Caribbean
- Connected with pharmaceutical companies with an interest in supporting AT-based programs to improve quality of life for PD patients and caregivers
- Presented two research posters



## The Poise Project: 2016-2020

February-March 2020 **AT for Parkinson's public workshops in Montpellier, France**  
Led by France Poise Project Teacher Team Leader Marie-Laure Deplaix with Joelle Schneider-Nougier.

June-Present 2020 **Online AT for Parkinson's public workshops in Montpellier, France**  
France Poise Project Teacher Team Leader Marie-Laure Deplaix launches online workshops



March 16-May 14 2020 **"Poised for Parkinson's" Online Course Delivery:** Due to Covid19 pandemic, this Parkinson's Foundation funded course was moved from in-person delivery in Mount Holly NC to online delivery for 13 participants (7 PWP, 6 Care Partners).



## The Poise Project: 2016-2020

June 22-August 17 2020

**"Poised for Parkinson's" Online Course Delivery:** Due to Covid19 pandemic, this Parkinson's Foundation funded course was also moved from in-person delivery in Greensboro NC to online delivery for 10 dyad participants (5 PWP, 5 Care Partners).  
IRB



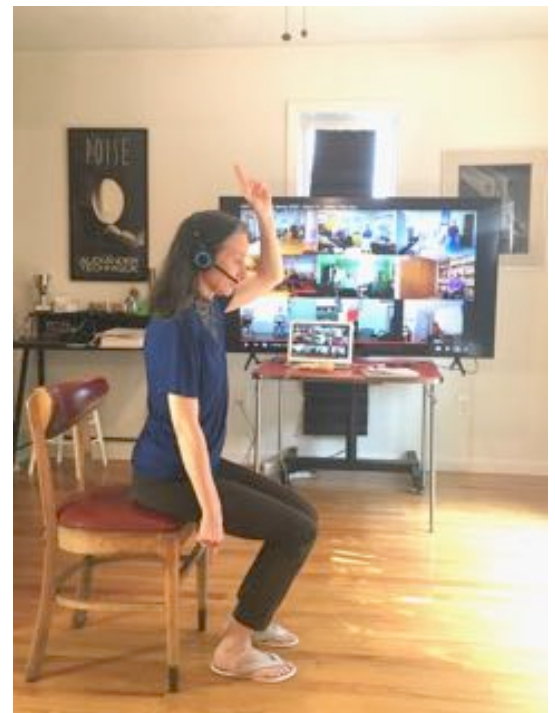
July 2020-June 2021

### **Awarded \$15,000 Parkinson's Foundation Community Impact Grant**

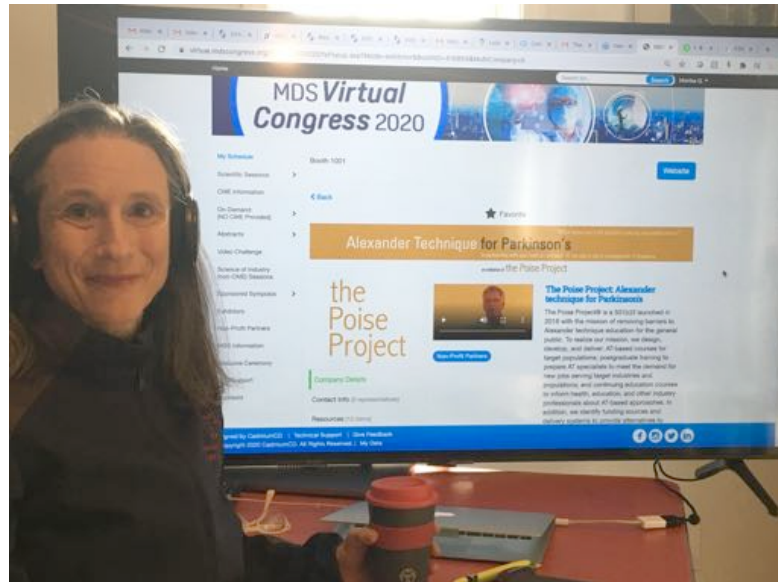
- "Poised for Parkinson's" course for people living with Parkinson's and their care partners will be delivered in North Carolina and for the first time in South Carolina, too.
- Courses will be delivered twice online in Fall 2020, and then in person at two sites in Spring 2021 if the pandemic allows.
- Additional AT teachers will be trained in the protocols
- Video documentation will be collected, including post-course interviews, as well as pre- and post-course surveys and evaluations

Sept-Nov 2020 **"Poised for Parkinson's" Online Course Delivery:**

Due to Covid19 pandemic, this Parkinson's Foundation funded course was also moved to online delivery for 10 dyad participants (5 PWP, 5 Care Partners) in the North Carolina Coastal Area.



## The Poise Project: 2016-2020



Sept 12-16, 2020

### International Congress of Parkinson's Disease and Movement Disorders Conference

Exhibited in the virtual Exhibit Hall. Congress was attended by over 20,000 delegates from 140+ countries. Numerous presentations and panels allowed us to interact with movement disorder specialists from around the world and to share our videos and handouts via our virtual booth.

October 15-16, 2020

### National Institute of Health Rehabilitation Research: Embodying a Functional Future

Presented a research poster, "Embodying Agency: Alexander technique based group interventions for people living with Parkinson's and their care partners" Networked with attendees from academic and research institutions across the United States, and with Federal and other granting organization representatives.



## The Poise Project: 2016-2020

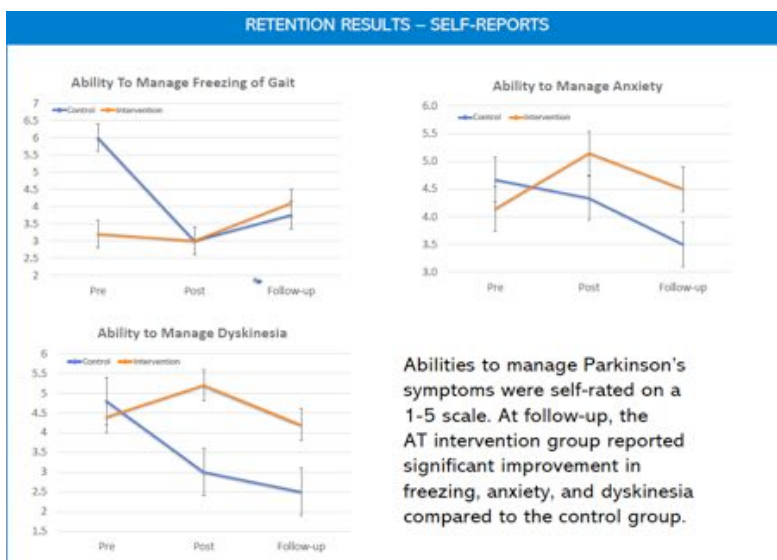
### Fall 2020 The Poise Project Teacher Team Training for Online Delivery

A team of three AT specialists trained with Executive Director Monika Gross via Zoom to meet the challenges of leading instruction in the Poised for Parkinson's course with synchronous delivery via Zoom.



### October 21-24, 2020 American Congress for Rehabilitation Medicine: Virtual Annual Conference

Presented two research posters, *'Poised for Parkinson's': Retention of Benefits from Alexander Technique Group Course for People Living with Parkinson's Disease* and *'Poised for Parkinson's': Online Group Delivery of Alexander Classes for People Living With Parkinson's Disease/Care Partner Dyads*. Networked with presenters from academic and research institutions across the United States, and allied health professional clinicians. We made significant contacts to advance our research and programming partnerships.



*'Poised for Parkinson's': Retention of Benefits from Alexander Technique Group Course for People Living with Parkinson's Disease*



## The Poise Project: 2016-2020

**DESIGN & INTERVENTION**

**Design**

- Feasibility study with no control group. 120-min sessions, twice weekly over 8 weeks.
- Classes and data collection occurred via Zoom. Participants received materials to complete physical and balance assessments at home.

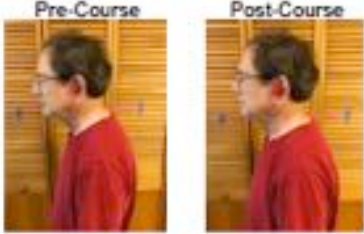


**Intervention**

AT-based coursework included functional anatomy and self-management strategies taught through verbal instruction, physical demonstration, visual aids, and activities (individual and partnered). Awareness-enhancing practices were embedded in everyday movement including gait, sit-to-stand, and functional IADLs. Care partners were included to increase potential for retention and follow-through.

**RESULTS – UPRIGHT NECK ANGLE**

When the participants were asked to stand with what they thought was their best posture, 80% of them had a more upright neck angle after class.



**RESULTS – MOTOR BEHAVIOR**



**Average Improvement**

Task	Average Improvement
Simulated eating	26%
Forward reach	37%

On average, participants decreased simulated eating times by 26% and increased forward reach by 37%.

In contrast to our previous work, no significant improvement was found for Physical Performance Test or Brief BC3Test. We believe this may be because 40% of our sample had substantial back pain and another 40% had substantial cognitive decline.

*'Poised for Parkinson's': Online Group Delivery of Alexander Classes for People Living With Parkinson's Disease/Care Partner Dyads*