

**Teacher Training Workshop:
Teaching Alexander Technique to People Living With Parkinson's**

Instructor: Bill Connington

Learn how to apply Alexander technique to working with People Living With Parkinson's (PLWP). A pioneer in the field, Bill brings 30 years of experience to this workshop. He ran a group class that was sponsored by NYU Langone Hospital and the Jewish Community Center in New York. Over six and a half years Bill developed a series of mind-body protocols for People Living with Parkinson's (PLWP) to help improve balance, alignment and movement, and prevent falls and "freezing."

Learning Objectives for this workshop

The main objective of the class is to learn Bill's protocols so that you can teach small group classes for people with Parkinson's with confidence, effectiveness and compassion, and with safety for the clients. The main objective for Bill's group class protocols for PLWP is to be able to help them improve iADLs (instrumental activities of daily living) and to provide hope by guiding them to an improved conscious control.

Workshop Course

7:30 - 7:35pm	Introductions
7:35 - 7:40pm	Definition of Parkinson's and symptoms.
7:40 - 7:45pm	Explanation of how Bill started working with Parkinson's patients, first individually, then with the NYU Langone/JCC programs.
7:45 - 7:55pm	Explanation of how traditional Alexander technique educational methodology can be adapted for this population.
7:55 - 8:00pm	Description of how the class at NYU Langone/JCC is structured.
8:00 - 8:05pm	Description of Bill's particular holistic approach to working with PLWP.
8:05 - 8:40pm	Practice of the protocols Bill has developed <ol style="list-style-type: none">1. Sitting2. Standing3. Shifting weight4. Sitting/standing5. Walking6. Lying down7. Breath and speech
8:40 - 8:45pm	Discussion: Psychological implications in working with a degenerative disease, both for participants and for teachers.
8:45 - 8:50pm	Discussion: Describing the DVD of Bill's protocols that he is developing to be used by PLWP to practice at home with their caregivers.
8:50 - 9:00pm	Discussion: How Alexander teachers can work effectively with PLWP both individually and in small groups, and questions from participants.

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