

Standing Tall

The Campaign Against State Regulation

Though the Alexander Technique and Psychotherapy are different disciplines, each requires that its practitioners acquire a particular expertise which cannot be reduced to formulae. Our unique approach to improving the human condition – described by Walter Carrington in his essay *On Categorizing the Alexander Technique* – is a method of re-education by example. As such, it is unavoidably denatured by regulations that reduce experience to format. Our teachers, besides employing a particular skilled use of their hands, also need freedom to improvise and to use imagination to transmit F. M. Alexander's principles in solving movement and postural problems.

The argument that state regulation thwarts meaningful outcomes in psychotherapy applies equally to our work in that it reduces the teaching of the Alexander Technique to a ritual denuded of its opportunities for creative interaction.

We therefore thank the Alliance for Counselling and Psychotherapy for their kind permission to post their statement on our website.

You can sign the Alliance's petition to the UK Government here:

<http://www.petitiononline.com/statereg/petition.html>.