

even at the very first touch of a teacher. They may also follow a period of intensive practice, as during an AT teacher training course.

Descriptions of this EPC include reported experiences of finding ones' 'true' self or calling, or realising or remembering something that was previously hidden or misinterpreted.

### Example 1. Embodying a traumatic experience, childhood abuse

One young woman sought lessons because a crippling knee inflammation had not improved by any other treatment for many months. Her healthcare provider also offered alternative therapies, and she randomly chose the Alexander Technique.

During the initial meeting, the teacher laid her down on a massage table. On the first touch of the teacher's hands she was flooded by bodily sensations she found hard to describe. These were accompanied by strong emotions of mortification and shame. She said nothing to the teacher, but surprisingly decided to return the next week for another lesson.

Subsequently she came to understand that a traumatic sexual assault suffered in childhood had never been felt in her physical body; the teacher's connection with her through touch seemingly opened the embodied awareness of what had happened.

The result after a course of lessons was deep psychological healing as well as a resolution of her knee problem. She also continued further with psychotherapy and later decided to transition as a man. Currently he is studying to become a body psychotherapist himself.

### Example 2. Work Identity

On the first touch of her first teacher, this person experienced a new way of 'being in the world' that was so deeply positive and compelling that she determined then and there to completely reorient her life.

At the time she was working as a physiotherapist and therefore was used to analysing what was happening in the body, as well as between the therapist and client. She describes how the aid provided by the teacher's hands helped her to experience a new psychophysical re-organisation. She reported having had an immediate conviction that if she could spend more time in this state she would be happier and healthier. She also 'knew' she was supposed to be teaching this to other people as well.

She soon gave up her work as a physiotherapist, moved to the other side of the country and embarked on a new career, training as an AT teacher.