

Dr. Philip Bull is a Consultant Rheumatologist, joint hypermobility specialist, mindfulness champion and bass guitar player. Since retiring full time from the NHS (National Health Service) in 2014 he runs two private clinics and is involved in medical education.

Current positions: Consultant Rheumatologist, The Chaucer Hospital, Canterbury & The One Hospital, Ashford

- Medical Advisor and Trustee, HMSA (Hypermobility Syndromes Association)
- He is also involved in Education for Medical Students from Guy's, King's and St Thomas' Medical School, Junior Doctors and GP's at East Kent Hospitals University Foundation NHS Trust.
- He is the Education lead for the East Kent Community Rheumatology Nursing service.
- Special interests: his main specialty interest is in the Joint Hypermobility Syndromes. He is the instigator of the Kent Hypermobility Network, working with the HMSA charitable trust to improve services for hypermobile patients through education using existing resources. Other interests include gout, soft tissue rheumatism, fibromyalgia and chronic pain.

He has experience in medical leadership and works as a mentor on the IQ leadership program for Rheumatologists.

He has a particular interest in mindfulness and how it applies to the wellbeing of health service employees, working in association with the government's Mindful Initiative leadership team.

He has an ongoing interest in the Alexander Technique and has written educational articles and organized events with the Society of Teachers of the Alexander Technique.

Carol Boggs and Ann Rodiger have presented EDS/HSD workshops at AmSAT ACGMs for the past 4 years. In addition, they have been leading a 30 hour AT Teacher EDS/HSD Post Graduate Course in New York for the past 2 years. The course educates about these conditions and provides hands-on opportunities to ensure that the students avoid the tendency to over-release and most importantly, to avoid any degree of out-away traction, no matter how subtle. Understanding the need in this community for containment, safety, and dialoguing with the teacher is essential. We speak from our own personal experience living with EDS/HSD, having been harmed by AT teachers who have been insensitive and uneducated about our condition. In addition, we have developed the website IntegratingInstability.com devoted to applying the Alexander Technique to EDS/HSD.

Julie Barber has been researching, attending and giving workshops about the Hypermobility Spectrum to AT teachers in the UK since 2011 when her daughter was diagnosed with HSD. Her workshop at the Limerick 10th International Congress was published in the Congress Papers 2015, pp.230-241 (*Too Loose yet Too Tight, working with Hypermobility*). In June 2019 she ran a workshop in Amsterdam at the invitation of NeVLAT, followed by the Memorial Lecture for STAT in London (with Carolyn Nicholls co-presenting) which is currently being written up for the Alexander Journal. Over the past 8 years she has both contributed to STATnews personally and submitted articles by other teachers. All of these are now available under *Hypermobility Articles* in the Members section of the STAT website. <https://alexandertechnique.co.uk/for-members/document/hypermobility-articles>