

AmSAT ™

Professional Training  
in the Alexander Technique

A Guide to  
AmSAT  
Teacher  
Training



“The Alexander Technique ... We cannot ask more from any system, nor, if we seriously desire to alter human beings in a desirable direction, can we ask any less.”

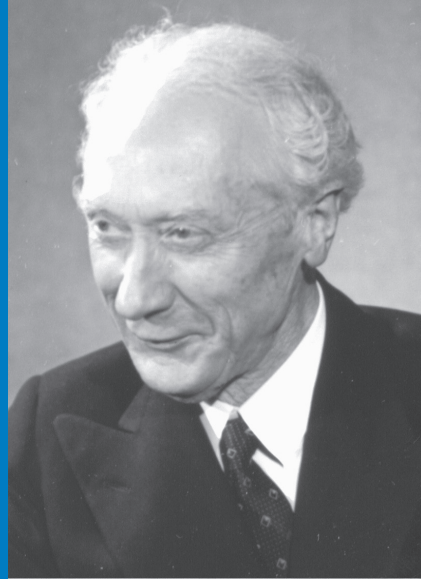
ALDOUS HUXLEY

If you are interested in becoming a teacher of the Alexander Technique, you should know that AmSAT is the only professional organization in the U.S. that oversees standards of teacher training in the Alexander Technique by ensuring that all AmSAT teachers have completed a three year training program. This consists of a minimum of sixteen hundred hours of training. AmSAT members then continue their professional development by fulfilling our society’s continuing education requirement. Further, they agree to abide by the AmSAT code of professional conduct, and are affiliated with teachers all over the world who share these standards of training and professionalism.

AmSAT training course directors have the highest levels of skill and experience in the Technique. Each teacher training course is operated independently, reflecting the director’s point of view about the principles and practices of the Technique. AmSAT teacher training courses undergo regular re-approval to ensure that trainees are receiving the appropriate standard of instruction with respect to both qualitative and quantitative measures.

“... I am offering a  
psycho-physical  
approach to the problem  
of translating ideals, theories  
and beliefs into practice and  
have shown that this calls for  
a fundamental change in the  
use of the self...”

F.M. ALEXANDER  
1869-1955



“I am very happy to be teaching private lessons in the Alexander Technique as my full-time profession and my life’s work. I teach an average of 35 lessons per week to a diverse population of students from many walks of life.

My work contributes to my community, offers guidance for my own life, and connects with colleagues in this uniquely rich form of education.”

JEANNE BARRETT  
AmSAT CERTIFIED  
TEACHER  
WASHINGTON

AmSAT approved teacher training courses are places to develop personally while learning the art and craft of becoming a skilled professional, a teacher of the Alexander Technique.

AmSAT trainees attend a teacher training course for at least three years. In each week of training, trainees attend class twelve to twenty hours and from two to four total class hours on a given day. The total training is a minimum of sixteen hundred hours. Individual attention is the hallmark of AmSAT teacher training. The ratio of students to teachers is maintained at a five to one ratio.

An AmSAT teacher training course provides learning through practical experience. Class time is devoted to instruction in the “use of the self,” in developing hands-on skills, and utilizing pedagogical techniques. Each teacher training course maintains its own standards for acceptance into its program and develops its own policies concerning: student attendance, lateness and make-up, tuition payments and refunds, and evaluation of trainee progress.





AmSAT certified teachers have a thorough knowledge of F.M.

Alexander's writings, his life and the history of the Technique. They are familiar with other literature relating to the Technique, demonstrate a basic knowledge of anatomy and physiology, have achieved a high level of technical ability, and have a thorough understanding of F.M. Alexander's principles. They have reached a high standard in "the use of the self" when teaching the Technique, both through words and through the use of their hands.

Familiarity with the purpose of Alexander's basic procedures—chair work, table work, positions of mechanical advantage, "whispered ah," putting hands on the back of a chair, and lunge—as well as proficiency in demonstrating them in individual lessons, are essential skills developed in AmSAT teacher training courses. All this gives an AmSAT-certified teacher confidence to teach in any circumstance.



AmSAT's high standards ensure quality training and qualified teachers.



## Alexander Technique Teacher Training

### Past

F. M. Alexander began training teachers in London in 1932. From the very beginning, Alexander's teacher training course was a full-time commitment. After his death, teacher training courses were opened by some of Alexander's most prominent students: Wilfred and Marjory Barlow, Walter Carrington, Patrick Macdonald, and Dick and Elizabeth Walker.

"I am now in my third year of training. When I was first introduced to the Alexander Technique, I knew I wanted to do this work for the rest of my life."

As is often the case when learning something new, I am finding that the further I progress in the training, the more I discover."

SUSAN LEHOTSKY CARLISLE, M.A.  
AmSAT TRAINEE

Knowing the importance of continuing Alexander's work and maintaining his standard for training teachers, they adopted the British educational authorities' standard that constituted a full time course: fifteen hours a week, three twelve week terms, and three years duration. In subsequent years when teacher training courses were established throughout the world, the Alexander Technique Affiliated Societies was formed to maintain these standards.



## Present

While enrolled in an AmSAT teacher training course, trainees can attend the AmSAT Annual General Meeting where senior teachers and international guest teachers present workshops, classes, discussion groups, and lectures giving teachers and trainees the opportunity to develop their skill.

International Congresses offer trainees further opportunities for study. Recently, they have been held in England, Switzerland, Australia, Israel, Germany, and the USA.

## Future

AmSAT provides the newly certified teacher with ongoing support in their professional development. It has continuing education requirements for members consistent with those of other professions. This guarantees commitment to excellence by AmSAT teachers.



“I work in a pain management clinic as well as having a private teaching practice. In the clinic, I work in conjunction with physicians, psychologists, and physical therapists. I help people who suffer with chronic pain to better manage their condition by teaching them the principles of the Alexander Technique.”

LINDA NEWTON  
AmSAT CERTIFIED  
TEACHER  
CALIFORNIA





AmSAT training directors are the foundation of the profession. Some have over thirty years of experience training teachers in the Alexander Technique.

## AmSAT Training Course Directors— A Professional Collaboration

Although each AmSAT-approved teacher training course is owned and managed separately, all training directors are active members of AmSAT and together they comprise the AmSAT Training Directors Committee.

This group was formed to give training directors an opportunity to exchange ideas and work together. Some of our training directors have over thirty years of experience training teachers in the Alexander Technique. Our training directors are the foundation of the profession. Sharing their experience contributes to the high standard of training offered and to the growth and development of the Technique.

AmSAT training directors know each other well, network, brainstorm, and meet regularly. This professional collaboration serves as a think tank for training teachers in the Alexander Technique.





## AmSAT Training Course Directors Demonstrate Competence and Excellence

To become an AmSAT training course director, one must be certified by AmSAT or an affiliated society for at least ten years.

Each AmSAT training course director must submit required documentation for detailed review by AmSAT specialists, must have accumulated post-graduate credit, provide letters of recommendation, and satisfactorily complete a personal interview.

An AmSAT-approved director of training demonstrates a solid knowledge of the Alexander Technique through extensive teaching experience, legitimate qualification, skilled interpersonal communication, and professional integrity.



“I love my new life as an Alexander Teacher. I serve full time on the faculty of the School of Drama at the North Carolina School of the Arts. I bring all of the passion I have for theater and the art of acting into my teaching of the Technique. Training young actors to shift habitual responses in themselves both on and off the stage, renews for me the joy of being alive.

I can't think of anything I would rather be doing with my life than teaching the Alexander Technique.”

GEORDIE MACMINN  
AmSAT CERTIFIED  
TEACHER  
NORTH CAROLINA



## International Training Standards


Training to be a teacher of the Alexander Technique at an AmSAT-approved course has many professional advantages including international professional recognition.

The Alexander Technique Affiliated Societies comprise fifteen national societies of teachers of the Alexander Technique who recognize each others' professional qualifications and maintain the same standards for the training and professional conduct of Alexander Technique teachers worldwide.

All training course directors of Alexander Technique Affiliated Societies are guaranteed to have the necessary skills and experience to train Alexander Technique Teachers.

The Alexander Technique Affiliated Societies assure that the standards of training that originated with F.M. Alexander are upheld. These standards include the requisite sixteen hundred hours of training.

The Alexander work brings us to a place of wholeness, and offers the person who trains, a work that is of invaluable benefit to both oneself and others and perhaps, even to our world.



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## Alexander Technique Affiliated Societies

- Maintain and improve professional standards
- Prevent abuse and exploitation by untrained people
- Educate the public about the Technique
- Facilitate contact and communication between members
- Encourage research into the Technique
- Promote the Alexander Technique internationally



F.M. ALEXANDER





## THE AmSAT MISSION

To establish the Alexander Technique as a basic and recognized resource for health, productivity, and well-being.



### ADDRESS

11 West Monument Ave.  
Suite 510  
Dayton, OH 45402

### TELEPHONE

(937) 586-3732  
(800) 473-0620

### WEBSITE

[www.AmSATonline.org](http://www.AmSATonline.org)

### EMAIL

[info@AmSATonline.org](mailto:info@AmSATonline.org)

### PHOTOGRAPHY

Bob Britton  
Nick Erickson  
Richard Simpson

### PHOTOGRAPHS OF F. M. ALEXANDER

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Alexander Technique,  
London

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