



Alexander Technique INTERNATIONAL

The named nominee for Sponsoring Member will employ the ATI approved criteria in evaluating prospective Teaching Members who wish to join ATI.

ATI Criteria for Evaluating the Competencies of Teachers Adopted by the Membership, October, 2000

In order to be eligible for certification by Alexander Technique International, teacher-candidates should be of good character, have a clear understanding of the Alexander Technique concepts and principles and have the basic skills to convey these concepts and principles clearly to a pupil.

I. Conduct

- A. Demonstrate qualities of patience, compassion, honesty, and respect in interactions with peers and students. Completion of an Alexander Technique training process shall be considered representation by the candidate's trainers that the candidate has satisfactorily demonstrated these characteristics of patience, compassion, honesty, and respect in interactions with peers and students, provided the examining teacher sees no evidence to the contrary.

II. Knowledge

- A. Demonstrate an embodied understanding of the commonly used Alexander Technique concepts and principles by consciously allowing a positive change in their own psycho-physical coordination, and continue this change throughout any activity in order to improve the quality of their performance. This positive change can be observed as 1) an initial movement of the head in relation to the spine which results in a quality of lengthening throughout the body, allowing the person to respond in a fluid and continually adaptive way to gravity; 2) an enhanced alertness, awareness, fluidity and poise; 3) and a speaking voice that is full, clear, and fluent.
- B. Demonstrate a knowledge of Alexander's ideas by discussing their own understanding of the Technique and how Alexander's ideas have influenced their development as a person and a teacher; and suggest what literature (by Alexander or other authors) they would recommend to a pupil and why.
- C. Demonstrate an understanding of anatomy and physiology as they relate to Human movement and behavior; be able to help pupils understand how mistaken ideas about their structure interfere with their best use; answer pupils' basic questions about anatomy, and refer them to other sources for more detailed answers.
- D. Demonstrate an understanding of the ATI Code of Ethics, an appreciation of safety issues, and know when it is appropriate to refer a pupil to another professional.

III. Teaching Skills

- A. Demonstrate an ability to clearly and simply communicate and demonstrate the concepts and principles of the Alexander Technique by giving clear demonstrations and verbal explanations that are appropriate to the pupil's learning in the moment; when using hands, to use their hands sensitively and appropriately. Both verbal explanations and any use of hands will allow pupils to effect a positive change in their psycho-physical coordination.
- B. Demonstrate an ability to observe themselves while teaching, and later articulate to an observer the choices they made with regard to using their hands, verbal explanations and physical demonstrations.