



## ATI Demonstration of Knowledge of Alexander's Writings

### 1. Give a brief summary of Alexander's life and work. Be sure to include:

- a. Key elements of F.M. Alexander's story as they related to his development of the technique;
- b. Where and when he was born and died;
- c. The names of his four books;
- d. What other kind of writing he did;
- e. What his early work focused on; and
- f. The role his brother played in F.M.'s work.

*Readers will check to ensure all six items above are addressed.*

### 2. What literature (by Alexander or other authors) would you recommend to a pupil and why?

*Readers will check that recommendations seem relevant to learning and teaching the Alexander Technique.*

### 3. Consider these 8 Alexander Technique Ideas:

Conscious Direction  
End-Gaining  
Faulty Sensory Appreciation  
Inhibition  
Means Whereby  
Primary Control  
Psycho-Physical Unity  
Universal Constant (use affects functioning for better or worse)

### For each Alexander Technique Idea above, answer the 4 questions below:

- a. What the idea means to you;
- b. How F.M. Alexander discovered it with reference to the first chapter of *The Use of the Self* (provide page citations);
- c. How it has influenced your development as a person;
- d. How it has influenced your development as a teacher.

*The 8 ideas are listed above in alphabetical order. You may respond to them in any order. Readers will check that all four points are addressed for each of the eight ideas. Following their initial submission, the Candidate will be contacted by a Reader to discuss their responses. During this conversation, the Reviewer may ask the Candidate to say more about their responses and relate them to direct quotes from the text.*

## **FORMAT GUIDELINES for ATI Demonstration of Knowledge of Alexander’s Writings:**

Candidates may submit their Demonstration of Knowledge in writing, as a video, or a combination of both. Candidates should observe the following guidelines out of consideration for their Reader:

### **Individual Written**

Not to exceed 20 pages, double-spaced. The briefer the better so long as it is complete. Section 1.1, “Key elements of F.M. Alexander’s story as they related to his development of the technique,” should be especially concise. It is the answer you would give to a new pupil who asks, “Who was F.M. Alexander?”

### **Individual Video**

Not to exceed 30 minutes. Others may appear on the video if they are helping the Candidate complete their Demonstration of Knowledge (for example: to read the prompt). Please be sure to identify yourself at the beginning of your video. If others appear on the video with you, please be sure that you are directly addressing each aspect of the prompt yourself.

### **Group Video**

Up to 3 Candidates, not to exceed 45 minutes. The video should begin with each Candidate identifying themselves. Each individual must still complete section 1 in their own video or in writing. For Section 2 and Section 3, **each** Candidate must respond to **each** part.

Others may appear on the video if they are helping Candidates complete their Demonstration of Knowledge (for example: to read the prompt or to facilitate the group discussion).

## ATI Demonstration of Knowledge of Anatomy

### 1. The Relationship Between the Skull and the Spine

- a. Describe the relationship between the skull and the spine (the atlanto-occipital joint) as it relates to the use of the self as a whole.
- b. How does changing that relationship affect functioning throughout the whole body?
- c. What information about the location and structure of the atlanto-occipital joint do you believe would be useful for a pupil to know and why?

*Readers will check to ensure all three items above are addressed.*

### 2. Anatomical Conceptions

- a. Discuss how a pupil's concept of their anatomy may impact their use, movement, and/or behavior.
- b. Give examples of some typical misconceptions and their results.
- c. Give examples of accurate conceptions and their results.

*Readers will check to ensure all three items above are addressed.*

### 3. Breathing

- a. Describe the inherent, natural process of breathing.
- b. Describe some ways that a person could interfere with this process, and the effects of that interference.

*Readers will check to ensure both items above are addressed.*

*Following their initial submission, the Candidate will be contacted by a Reader to discuss their responses. During this conversation, the Reader may ask the Candidate to say more about their responses.*

## **FORMAT GUIDELINES for ATI Demonstration of Knowledge of Anatomy:**

Candidates may submit their Demonstration of Knowledge in writing, as a video, or a combination of both. Candidates should observe the following guidelines out of consideration for their *Reader*:

### **Individual Written**

Not to exceed 10 pages, double-spaced. The briefer the better so long as it is complete.

### **Individual Video**

Not to exceed 20 minutes. Others may appear on the video if they are helping the Candidate complete their Demonstration of Knowledge (for example: to read the prompt). Please be sure to identify yourself at the beginning of your video. If others appear on the video with you, please be sure that you are directly addressing each aspect of the prompt yourself.

### **Group Video**

Up to 3 Candidates, not to exceed 30 minutes. The video should begin with each Candidate identifying themselves. **Each** Candidate must respond to **each** part.

Others may appear on the video if they are helping Candidates complete their Demonstration of Knowledge (for example: to read the prompt or to facilitate the group discussion).

## **ATI Demonstration of Knowledge of Ethics**

Please refer to the ATI Code of Ethics and the Ethics Scenarios, which can be found on the ATI website.

- 1. Choose Six Tenets from the ATI Code of Ethics:**
  - a. Two from “Teacher-Student Relationship”;
  - b. Two from “Teacher-Teacher Relationship”;
  - c. Two from “Teacher-Professional Responsibility Relationship.”
  
- 2. Refer to the Ethics Scenarios. For each of the six Tenets you have chosen, find an Ethics Scenario that you believe potentially violates that Tenet:**
  - a. Two from “Teacher-Student Relationship”;
  - b. Two from “Teacher-Teacher Relationship”;
  - c. Two from “Teacher-Professional Responsibility Relationship.”
  
- 3. Respond briefly (no more than one paragraph each) to each Ethics Scenario you have chosen. Say what you would do if you found yourself in that situation.** (Be sure and list the Ethics Scenarios and Tenets you are talking about in your responses.)

*Readers will check to ensure you have responded to six total Ethics Scenarios, two for each section of the Code of Ethics. Following their initial submission, the Candidate will be contacted by a Reader to discuss their responses. During this conversation, the Reader may ask the Candidate to say more about their responses.*

## **FORMAT GUIDELINES for ATI Demonstration of Knowledge of Ethics:**

Candidates may submit their Demonstration of Knowledge in writing, as a video, or a combination of both. Candidates should observe the following guidelines out of consideration for their Reader:

### **Individual Written**

Not to exceed 6 pages, double-spaced. The briefer the better so long as it is complete.

### **Individual Video**

Not to exceed 20 minutes. Others may appear on the video if they are helping the Candidate complete their Demonstration of Knowledge (for example: to read the prompt). Please be sure to identify yourself at the beginning of your video. If others appear on the video with you, please be sure that you are directly addressing each aspect of the prompt yourself.

### **Group Video**

Up to 3 Candidates, not to exceed 30 minutes. The video should begin with each Candidate identifying themselves. **Each** Candidate must respond to **each** part.

Others may appear on the video if they are helping Candidates complete their Demonstration of Knowledge (for example: to read the prompt or to facilitate the group discussion).