

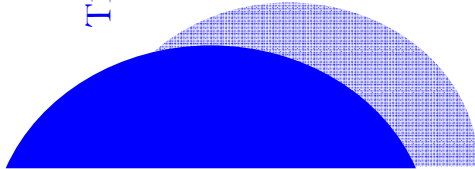


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THE AMERICAN
CENTER FOR THE
ALEXANDER
TECHNIQUE, INC.



TEACHER CERTIFICATION PROGRAM

ACAT's Teacher Certification Program is at once a remarkable journey of self discovery and a systematic training in the principles of the Alexander Technique.

The certification program is a **three year, 1600 hour course**. Candidates may choose to **train weekday mornings, or in the evening/weekend schedule**. Classes are in session from September through June. Graduates receive certification from both ACAT and AmSAT, the American Society for the Alexander Technique

The most valuable knowledge we can possess is that of the use and functioning of the self

-F. M. ALEXANDER

The ACAT Teacher Certification Program is approved by The American Society for the Alexander Technique (AmSAT) and is licensed, as required by law, by The New York State Department of Education.

TO APPLY

The pre-requisites are:

- 26 lessons with one or more certified teachers of the Alexander Technique
- At least 21 years of age
- A bachelor's degree or the equivalent of at least three years of full-time undergraduate study. ACAT reserves the right to waive this requirement on a case-by-case basis for individuals with a professional background in the performing arts (music, theater or dance), fitness (holds the necessary credentials in the state or country they currently practice), or massage (holds the necessary credentials in the state or country they currently practice).

The application process requires:

- Completion of an application form
- Copies of College Transcripts or a copy of Bachelors or Masters Degree
- A confidential letter of recommendation by the teacher from whom the majority of Alexander lessons have been taken.
- Two admissions lessons - one with the Director of the TCP, and one lesson with a member of the Admissions Committee (scheduled personally by the applicant, fee \$55 per lesson payable to the teacher)
- An application fee of \$25 (\$50 for foreign students)

Application Deadlines:

- Fall term: July 1; Winter term: November 1;
- Spring term: March 1 *

*** Applications after the deadline can be accepted if there is space in the program**

FOREIGN STUDENTS

This school is authorized under federal law to enroll nonimmigrant alien students.

THE ACAT FACULTY

ACAT is unique in having such a diverse faculty. Teachers offer a variety of approaches to the technique, as well as bring backgrounds of experience from other professions, such as physical therapy, psychotherapy and the performing arts. Teachers work closely together to exchange ideas and to develop and refine the training program curriculum. ACAT faculty create a multifaceted, supportive and responsive environment that encourages students to develop an individual appreciation of the technique and to explore their own personal teaching style.

"I felt inspired every day of ACAT's extraordinary training. The consistently high caliber of instructions, paired with the teachers' steady flow of warmth and support, set it apart from any other educational experience I've had."

-Joan Arnold, ACAT Graduate 1986

"My teacher training experience at ACAT was one of the most creative, fulfilling experiences of my life. At 38 years of age my family and I moved to New York - the ACAT Teacher Certification Program was my destination. I found a warm healthy learning environment, and an approach to teaching that thrilled me. I found an eclectic teaching style that allowed me to develop my own unique teaching skills. I found myself immersed in the language, philosophy, and dynamic study of the Alexander Technique. My teacher Training experience at ACAT was a unique learning experience that has shaped my life both as a teacher of the Alexander Technique and as a human being living in this ever changing and very stimulating WORLD."

- Judith Stern, Registered Physical Therapist, ACAT Graduate 1987

“Being in the process with another person as they discover more effective ways of functioning in their lives is one of the exciting things about being a teacher of the technique.”

CURRICULUM INFORMATION, CONT.

Founded in 1964, the American Center for the Alexander Technique (ACAT) was the **first teacher certification program of its kind established in the United States**. Built upon the vision and dedication of Judith Leibowitz and Deborah Caplan (who both took private instruction with F. M. Alexander), ACAT is a progressive organization taking a **leading role in the training of Alexander teachers**.

The essence of the program is an **enduring commitment to the work to Frederick Mathias Alexander**.

ACAT is proud to have trained more than a third of the country's Alexander teaching population.

THE TECHNIQUE

The Alexander Technique is an **educational process** for improving the use of the whole self. Alexander students learn to **perceive and change habits that interfere with their natural design for movement and expression**. Through a teacher's verbal, visual and hands-on skills, the Alexander student receives the **necessary experiences for facilitating change**. Benefits of practicing the technique include **improved coordination, poise and the alleviation of pain caused by postural stress**.

THE PROFESSION

Teachers of the Alexander Technique participate in a **stimulating process of physical, psychological and intellectual growth**. The technique is taught in private lessons, where the one-to-one relationship can **maximize individual attention and the hands-one experience**; and in groups, where **self-observation and self-work skills** can be developed through a combination of activities and hands-on instruction within the group.

Graduates of ACAT, in addition to establishing private teaching practices, currently teach or have taught at such internationally respected institutions as **The Juilliard School, Yale University, The Mannes College of Music, The Aspen Music Festival, Sarah Lawrence College, New York University, Barnard College and The New School**. Many also conduct a wide variety of group classes and **workshops throughout the country and abroad**.

-Sarnell Ogus, Former ACAT Faculty, Long Island, NY

THE TRAINING

ACAT's Teacher Certification Program is at once a remarkable journey of **self discovery** and a **systematic training** in the principles of the Alexander Technique.

In the training process, **students attain a high level of self-awareness and develop the subtle, sophisticated hands-on skills** that are the **hallmark of the technique**. The curriculum is based on **F. M. Alexander's concept of the use of the self**. Learning efficient ways of working and of using oneself is essential for communicating the technique to others.

Teaching skills are built gradually over three years. The emphasis is on **learning by experience** and the majority of classroom hours consist of **practical hands-on work**. A **conceptual framework** is provided through **lectures, demonstrations, readings and discussions**. Included are the writings of Alexander, related literature, Anatomy and Kinesiology. Additionally, an **independent study program** allows students to explore areas of particular interest.

Individual instruction is an important component of the training, both **within class time** and as **private lessons**. The **student/teacher ratio** within class is **5:1 or lower**.

During **third year students** begin **supervised teaching** of students from outside the program, typically **teaching over 60 supervised lessons** prior to certification. A **course on marketing, communications and professional development and ethics** prepares students to develop a teaching practice.

The program is a three year, 1600 hour course. Classes are conducted weekday mornings, or evening/weekends* (*starting as early as September 2011 based on meeting minimum enrollment requirements.) Classes meet from mid-September to late June. Graduates receive certification from ACAT and can apply for an AmSAT certification, the American Society for the Alexander Technique, with no additional training.

CURRICULUM INFORMATION

Term 1:

Readings in the Literature (Every term)

1 Private Lesson per Week (every term)

Anatomy/Kinesiology (Every term)

Awareness Exercises

Developing Teaching and Communication Skills

Use of the Self, Awareness, Inhibition, Direction and

Primary Control

Approved Independent Study (AIS)

Observing Senior Teacher Give First Lesson to

Someone Outside the Program

Term 2:

Developing Hands-On Skills

Developing Chair and Table Work Skills

Developing Awareness of Self and Other

Term 3:

Hands-On, Giving Direction, Initiating Movement

Term 4:

Developing Verbalization with Hands-On while Giving Direction & Initiating Movement

Term 5:

Continued refinement of communicating direction and initiating movement, shaping a table lesson

Term 6:

Putting together the elements of a lesson

“I learned a lot of facts as an undergraduate at Princeton University, but I learned how to “think” at ACAT. My ACAT teachers challenged me to confront and evaluate all my beliefs and supported me through the difficult, enriching experience of true change. They also prepared me thoroughly to teach the Alexander Technique to others and to develop a flourishing practice. Now, only two years after certification, I am supporting myself fully as an Alexander teacher. I gratefully consider the ACAT faculty the most important positive influences in my development as a human being.”

-Michael Hanko, ACAT Graduate 2003

FOR MORE INFORMATION

Students considering applying to train are encouraged to visit the training course and observe two to three classes.

Potential applicants also have the option to enroll full- or part-time for a term or more through ACAT's Alexander Technique Health and Well Being Intensive. Visit www.acatnyc.org to read more about the program, and download the brochure and application