

THE ACAT NEWS

NEWSLETTER OF
THE AMERICAN CENTER
FOR

THE ALEXANDER TECHNIQUE, INC. (R)

Ron Dennis, Editor

SUMMER

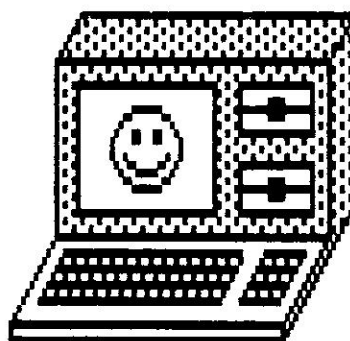
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NEW GROUPS OFFER IMPORTANT SERVICES

Two relatively new groups in the somatic therapy/education field, the Associated Professional Massage Therapists and Allied Health Practitioners International^R (APMT) and the International Movement Therapy Association (IMTA), have in recent months solicited for members among Alexander organizations and/or teachers. Since some of the services offered are of considerable potential benefit to Alexander teachers, the ACAT Board has undertaken to present this special report to the membership.

In a nutshell, APMT has obtained professional liability coverage for their members, and IMTA has defined the Occupational Title "Registered Movement Therapist^R" (R.M.T.) with the U.S. Dept. of Labor. Professional liability insurance protects a practitioner in case of suit for malpractice, bodily injury and/or property damage, and liability in other areas such as operations on or off business premises, sale of products, and certain contractual agreements. The professional title "Registered Movement Therapist" designates an officially-recognized occupation, in which, up til now, many individuals of different trainings and disciplines have been working without a clear definition of practice, a potential source of legal conflict with other health professions.

APMT and IMTA are similarly organized with regard to basic objectives, largely concerned with promoting the benefits and maintaining the professional and ethical standards of their respective disciplines. APMT specifically states as an objective that of providing professional liability insurance, and IMTA aims to "insure the legal and unharassed practice of Movement Therapy by Registered Movement Therapists"



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Likewise, both organizations state clear definitions of their disciplines, APMT saying, in part, that Massage Therapy/Bodywork is "application of a scientific system of manipulations to the muscular structure and soft tissues of the human body for therapeutic purposes," and IMTA characterizing Movement Therapy as "hands-on repatterning and verbal instruction to teach clients and students to recognize and improve psycho-physical and cognitive-motor problem movement patterns and stress-related emotional conditions which restrict functional aspects of their lives"

Thus, as far as Alexander teachers are concerned, IMTA has the more compatible definition of practice, and would appear to be the organization of choice for those individuals wishing to avail themselves of the registered occupational title and other benefits of membership. On the other hand, only APMT offers the insurance, which for many would be the main incentive for affiliating outside of NASTAT and other Alexander organizations. Fortunately, APMT and IMTA have an arrangement whereby two-thirds of IMTA's annual dues are deductible from APMT's, meaning one could join both without undue additional expense.

The ACAT Board realizes that some Alexander teachers may have strong reservations about joining organizations for movement and massage therapy, given the traditional Alexandrian emphasis on education plus the fact that we have our own society in NASTAT. In view of the possible benefits involved, however, the Board felt that it was appropriate not only to inform the membership but also attempt to provide a measure of guidance. Thus, the Board feels, on the basis of review and discussion of the literature, conversations with officials of both organizations, as well as with a representative of the insurance company, that APMT and IMTA are worthy of consideration by Alexander teachers interested in the particular benefits offered.

Of course, it is extremely important that each individual read the literature carefully and make whatever inquiries seem necessary. For instance, the APMT brochure does not disclose that there is a \$1,000 deductible on the liability policy, and also that the "general aggregate limit" (total insurance available) of \$1,000,000 would be reduced by the amount of each payment for damages made by the insurance company during the annual policy period. Likewise, it would seem prudent for a concerned individual to investigate further IMTA's claim that an R.M.T. would be able to teach courses and offer trainings legally in any state or country, solely on the basis of IMTA approval, as specified in the brochure. These examples are not cited to discourage anyone toward these organizations, but simply as a reminder of **caveat emptor**.

In terms of membership qualifications, graduates of ACAT training courses have fulfilled all the educational requirements of both APMT and IMTA. According to their brochure, IMTA requires in addition 200 hours of post-graduate experience in teaching or private sessions, and four letters of recommendation. APMT's dues are \$195 annually; IMTA's are \$30. For further information you may contact APMT at: 1746 Cole Blvd., Suite 225, Golden, CO 80401-3210 (303) 526-1740. And IMTA at: P.O. Box 4777, Berkeley, CA 94704 (415) 540-5335.



EDITORIAL

The illustration modestly adorning this issue fairly represents my enthusiasm for ACAT's new computer, delivered in late May. (For the technically curious: IBM-compatible, 640 K RAM, 20 Mb hard & 360 K floppy drives, **Multimate Advantage II** word processing & file manager, **DAC Easy-Light** accounting, and **Byline** desktop publishing.) Getting "up" on the system by mid-June, we have already produced the new ACAT school catalog plus all the correspondence, schedules, and labels for the Fall Term mailing. The present newsletter was still produced on my small machine at home, but you can expect a new look here soon, also.

Another application I'm excited about is computerizing our public inquiries for use by the membership. Now in the form of stacks of 3 by 5 cards, this valuable information is not very accessible. Once on the computer, however, we will be able quickly to supply names and addresses (even mailing labels) in terms of any or all available search criteria (state, city, etc.) Since ACAT receives well over 500 inquiries per year, access to this select database promises to be a genuine resource.

CENTER NEWS

The month of July has seen publication of ACAT's first **school catalog**, a comprehensive description of the training for the benefit of prospective candidates (new designation for "trainees") as well as for current candidates & faculty. The catalog is one outgrowth of our accreditation process, another of which is a name change for the Teacher Training Program, henceforth "Teacher Certification Program" (TCP), felt by both the Board & Director **Pamela Anderson** to be more accurate & dignified. . . . **Trisha Hemingway**, AT Teacher from England, visited briefly at the Center recently, and has since sent us a copy of former husband Chris Stevens' new AT book . . . **Connie Serchuk** has donated two videotapes of Walter Carrington to the Center in **Lori Schiff's** name . . . Many thanks to **Trisha & Connie**, & also to **Nona Fiering**, our expert consultant for the computer purchase . . . Recent graduate **Andy Zavada** is relocating to Seattle & requests any of your Seattle or Portland referrals; contact him via the Center office . . . The **Center brochure** has been attractively reprinted & is still \$.20/copy; also available are copies with very minor printing flaws at \$.10.