



TEACHER CERTIFICATION REQUIREMENTS

In order to be eligible for Certification by the American Society for the Alexander Technique (AmSAT), an individual must demonstrate a high level of proficiency in each of the following areas:

1. A practical understanding of F. M. Alexander's basic principles associated with the use of the self, inhibition, direction, primary control, end-gaining and the means-whereby, doing and non-doing, faulty sensory appreciation, and conscious control.
2. Maintaining a high standard of use of the self as defined in F. M. Alexander's four books and other writings while teaching the Alexander Technique and during activities of daily living.
3. Performing and teaching Alexander's basic procedures: positions of mechanical advantage, chair work, table work, whispered "ah," and hands-on-the-back-of-the-chair.
4. Teaching the basic concepts of the Technique to a student through manual skills in combination with verbal explanation and instruction.
5. Applying the principles of the Technique using manual and verbal instruction while assisting a student in the performance of specialized activities.
6. Aiding the student in applying principles of the Technique independent of the teacher.

In addition to a high level of proficiency in the above teaching skills, a person eligible for certification demonstrates:

7. A thorough knowledge of F. M. Alexander's writings, his life, and the history of the Technique, as well as a familiarity with other literature pertaining to the Technique.
8. A practical knowledge of anatomy and physiology as it applies to the principles of the Technique.