

ATMA®

“A treasury of moving arts”

Austin, Texas

Alexander Technique Teacher Training Program

Mission Statement

This training course is dedicated to preserving the traditional and essential principles of the Alexander Technique, with particular emphasis on exploring the Alexander work as it expands the individual human being in terms of health, well-being, and consciousness. Our focus is on training teachers to manifest a meditative, holistic, and compassionate dimension.

Alexander talked about the conscious evolution of human beings. We are continually discovering what that means. The Director has experience and expertise in training dancers and other performing artists, singers, actors, musicians and others in the helping professions. We are interested in and open to training performing artists and therapists in allied professions.

About the Director



Sumi Komo originally trained as a professional dancer and dance therapist. She became deeply involved and dedicated to the Alexander work after a traumatic injury to her foot. The work was instrumental in enabling her to continue to dance, perform and teach. She has a B.A. from Sarah Lawrence College in Dance and Philosophy, and an M.A. from the University of Oregon in Dance, Psychology and Sports Medicine. She originally began studying the Alexander Technique in 1972. She completed Alexander Teacher Training in London, England in 1981 with Patrick Macdonald, and has been actively teaching in the UK and the US since that time. She is also certified as an Advanced Integral Yoga® teacher and has years of experience with the Iyengar style. She has been a Zen Buddhist practitioner and meditation instructor for over 20 years. Sumi Komo is also certified through the Upledger Institute in CranioSacral I and II and Visceral Manipulation I, II, and III. She has also been certified in Jin Shin Jyutsu® and is an instructor of Self Help Classes JSJ®.

Course Layout

First Year

Practical experiential work, familiarity with the principles of the technique.

- Reading and discussion of Alexander's books & related materials.
 - Written essays required periodically
 - Yoga, d Chi, Dance, Voice
 - Functional Anatomy
 - Academic Anatomy
 - Continued improvement of personal use
 - Individualized hands-on work
 - Hands-on practice with fellow students
 - Discussion of Alexander's books
 - Anatomy relevant to an Alexander Technique Teacher
 - Ability to describe simply and accurately history of the Alexander Technique
- **Learn the Five Principles:**
 - Primary Control
 - Directions or Orders
 - Inhibition
 - Non-end-gaining, non-doing
 - **Work with the Procedures:**
 - chair work
 - hands on back of chair
 - table work
 - monkey
 - lunge
 - swinger
 - yo-yo
 - whispered ah
 - voice work

80% of class time spent receiving hands-on work and being involved with interchange of work with fellow students, and volunteers.

Discussion and understanding of work in historical, philosophical, psychological, performance-based, medical profession, and other contexts of interest and application.

Second Year

- Continuation of curriculum as in First Year
- Begin to practice hands-on work with volunteers & fellow students.
- Work with training director to finalize project topic.

Third Year

Practical experiential work, familiarity with the principles of the technique.

- Continued practice with fellow students
- Practice with volunteers that have no Alexander experience
- Work with Building a Teaching Studio
 - Creation of brochure/business cards
 - Giving lectures on the Technique
 - Giving practice lessons
- Internship: teaching two to nine students over the course of the year



Independent Study/Senior Project

As a part of the training, students will complete a research project to apply the technique to an area of their choosing. *At the end of the first year, students will begin to formulate their topic for the project and finalize their decision with the Director for approval in the second year.* The study will involve 160 hours of research time and independent study as a part of the 1600 hour requirement for graduation. At the end of the third year, students will present their project as a class lecture demonstration and submit a paper to the director.

Supervised Internship

During the senior year, the student will be expected to work with two private students per term. This could be done with six pupils or two pupils for the entire year. The Director will supervise the initial lesson and then every fourth lesson after at the cost of the training course student. This gives an opportunity for them to build his/her practice and to have in-training supervision.

General Course Information

Educational Objectives

The objective of this program is to train people to become sensitive, effective teachers of the Alexander Technique who demonstrate a high degree of professional integrity. Students are expected to develop a deep level of commitment to the work.

Performance Standards

Students will be asked to demonstrate ability with the subtle and sensitive hands-on work of the Alexander Technique as the training progresses. This includes learning how to teach chair work, table work, lunges, monkeys, whispered ahs, hands on the back of the chair. Students also need to be verbally fluent in explaining the Technique, its history and its principles.

Admission Procedure

The director will interview each candidate for admission and s/he will need to have a number of private lessons with the Director. First term is probationary.

Evaluation of Progress Towards Certification

Each term, there will be a student-director in-depth conference discussing the student's level of progress towards certification. Any concerns or questions on the part of either director or student will be addressed at this time. These conferences will be held each term, and on an as-needed basis.

Instruction Hours: Length of Program

There are 1600 hours of instruction over a period of three years. The Teacher Training Course is divided into three 12-week terms per year, 15 hours per week. Classes are held four days a week: Monday, Wednesday and Friday mornings: 8:30am-12:30pm; Sunday afternoons 1-4pm.

Tuition and Payment

\$2,000 - Non-refundable Deposit
\$2,200 - per term
\$80 - Internship Supervised Lessons

Upon acceptance to the program, the Student will be expected to make the non-refundable deposit and sign a contract agreement as to rights and responsibilities. Thereafter, tuition is due in full at the beginning of each term and is to be paid on time. However, it is possible to have a tuition agreement wherein payments are made on a monthly basis.

Refund and Cancellation Policy

Students sign a contract in good faith - a commitment to an ongoing three-year training. No refunds will be given if a student drops out in the middle of a term.

If a student is asked to leave for not meeting professional standards, she/he will be given sufficient notice and an opportunity to bring standard up to expected level of competence.

Continuous Evaluation

Students are evaluated on a continuous basis. The first term is considered probationary, and if at any time the student's progress or conduct is thought by the Director to be unsatisfactory, the student may be asked to leave.

Conduct

- **Tardiness** - Student will be expected to be on time and ready to work at designated class times.
- **Absence** - Absences are allowed only for sickness or emergencies. Missed classes (after three) are to be made up with private lessons.
- **Make-ups** - Any extended absence time will need to be made up through private lessons. Three hours of class time equals one private make-up lesson that would need to be paid for by the Student. If the teacher/trainer is sick s/he will offer private make-up lessons (at no cost).

- **Professional deportment** - Students will be expected to demonstrate professional deportment suitable to a prospective Alexander teacher.
- **Continuity of Training** - Students are expected to complete their three-year training in a continuous manner. There is no provision for leave of absence except in cases of illness or other extraordinary circumstances.

Professional Standards

We will uphold and abide by all certification standards as set forth in STAT and AmSAT. We maintain the high standards of expertise involved in training the skilled hands of an Alexander Teacher. The deep understanding and self-awareness needed to explain and teach the principles of the Technique will be developed in each Student.