



Approved July 2022

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, as represented in F.M. Alexander's writings and contemporary writings regarding the development and practical teaching of his Technique.
2. Maintaining a high standard of use of the self while teaching the Alexander Technique and during ordinary activity.
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 comprehensive knowledge and understanding of F. M. Alexander's writings regarding the development and practical teaching of his Technique, as well as a familiarity with his life, the history of the Technique and additional literature pertaining to the Technique.
8. A basic knowledge of anatomy, physiology, and current research related to understanding and teaching the Alexander Technique.