



Continuing Education Information

Please note: The full text of the Requirements are included in the Standards of Practice section of this handbook.

Overview

The goals of the AmSAT Continuing Education Requirements are intended to:

- 1) maintain a high level of teaching skills within the profession by stimulating interaction among teachers of many levels of experience and by prompting inquiry into the history, development and application of the Alexander Technique; and
- 2) to maintain a high degree of professionalism and self-regulation within the AmSAT community by establishing requirements consistent with those of other professions.

Continuing Education Cycles (CECs) take place over three years, during which time members are required to complete a total of 75 hours of Continuing Education during their first twelve (1-12) years of teaching, and 60 hours within each CEC during years thirteen through twenty-one (13-21) of teaching. Members who have been teaching for more than twenty-one years are exempt from Continuing Education Requirements..

Responsibilities

- 1) You must complete at least 25 hours (1-12 years) and at least 20 hour (13-21 years) of structured interaction (in a one-on-one or group setting) with a Voting Member of AmSAT or of an AmSAT recognized Affiliated Society (STAT, CanSTAT, GLAT, etc.). This interaction may take the form of lessons, exchanges, workshops, observation of a training course, attendance at an AGM – or any situation in which you set aside time to interact with AmSAT or affiliated teachers in order to develop your understanding of the Technique and/or your teaching skills. Should you wish to complete more than 25 hours in this category, you are welcome to do so.
- 2) You may complete up to 20 hours (for 1-12 years) and 15 hours (for 13-21 years) of self-study in the Alexander Technique through the reading or writing of books and/or journal articles, viewing or production of instructional videos, etc. Please note that this portion of the requirements carries a maximum number of hours, while Category 1 carries a minimum.
- 3) You may complete up to 30 hours(1-12 years) and 25 (12-21 years) of Continuing Education by participating in any structured activity or study that you assess as being beneficial to your development as an Alexander teacher due to the opportunity to apply the Alexander Technique to this other activity. This category, as you can see, is quite open and flexible. It is important that you schedule time for the activity or study, that you consider it beneficial to your development as an Alexander Teacher (not, more broadly, to your overall development as a person); and that you are using your time to explore the application of the Technique to this activity. Please note that this category also carries a maximum number of hours.
- 4) You will not be required to submit any specific documentation of your hours to the Continuing Education Committee. However, it is strongly recommended that you keep a record of your activities (perhaps in the form of a journal), and that you keep documentation (in the form of receipts, canceled checks, workshop brochures, etc.) for yourself. Prior to the completion of your CEC, you will be sent a simple form, which must be signed and returned to the committee. The form will state simply that you attest that you have fulfilled your Continuing Education Requirements.