

Certified Teacher Training in the F. M. Alexander Technique

# Alexander Technique Urbana

Co-Directors: Rose Bronec & Rick Carbaugh 217. 344. 5274  
608 E. Burkwood Court, Urbana, Illinois [rbronec@synidetics.com](mailto:rbronec@synidetics.com)

## Outline of Schedule & Course Fees

Teacher trainees complete a total of 1600 hours over three or more years in accordance with the *American Society for the Alexander Technique (AmSAT) Bylaws and Teacher Certification Requirements*.

### Daily Schedule

The course meets 9:00 – 12:00; Tuesday – Friday mornings for 43 weeks per year.

### Class Structure

9:00–10:00	Chair and/or Table Work
10:00–10:45	Game/Study of the Week
10:45–11:30	Break + Reading/DVD/Paper/Report
11:30–12:00	Q&A/Review/Journal/Quiet Time

### Yearly Schedule

- Ten weeks from early January – mid-March.
- Ten weeks from end of March – early June.
- Ten weeks from mid-June – late August
- Thirteen weeks from mid-September – mid-December.
- Fifteen private lessons with an assigned teachers.

### Time Off

- One week for Spring break.
- Two weeks in early Summer.
- Two weeks in late Summer.
- One week for Thanksgiving
- Three weeks for Winter Holidays.

### Training Fees

2017 training year total is \$6,942. @ \$36/day.\*

- Ten week sessions are \$1,440. per session.
- The thirteen week session is \$1,872.
- Private lessons are \$50/each; a total of \$750.
- Textbooks, copies, and field trips are trainee expenses.

\*A 3% cost-of-living increase is applied in January each year.

## Curriculum Notes

### Basic Teaching Procedures

- Chair work
- Table work
- Wall work
- Hands on the Back of the Chair
- Positions of Mechanical Advantage
- Breath/Voice

### Additional Studies

- Specialized Activities
- Dart Procedures
- Developmental Movement
- Building a Teaching Practice
- Ethical Teaching Practices

### Basic Reading

- FM Alexander (books and related material)
- Walter Carrington (books and related material)
- *Freedom to Change* by Frank Pierce Jones
- *The Ground Rules* by Marjory Barlow

### Anatomy/Physiology/Movement Concepts

- *Understanding the Human Body* (Teaching Company)
- *Understanding the Brain* (Teaching Company)
- *Skill and Poise* by Raymond Dart
- *Amazing Babies* by Beverly Stokes

### Written Work

- One short paper per session.
- One book review per session.

### Independent Study

Independent study (up to 10% of the total hours; 160 hours) is under the discretion of the Director and assigned to either make-up or replace class hours.

### Third Year Trainees

- Work alongside the Director for class chair turns.
- Give class turns to fellow trainees.
- Teach practice students.
- Attend practice lessons with the Director.
- Create a promotional piece.
- Assist with public demonstrations/classes.

## Training Course Policies & Enrollment Agreement

### Payment/Refund/Trial Period

Once enrolled, payment is due at the beginning of each session. Trainees withdrawing prior to the start of the session will receive a full refund. Trainees withdrawing after the first week of a session will not be refunded except in cases of personal emergency or in agreement with the Director. The first session of training is considered a trial period for both the trainee and the Director.

### Absence

Notification by email or phone prior to class is requested when a trainee will be absent for the day. Absences beyond a total of ten per year must be made up through additional attendance on the training course, additional private lessons, and/or Independent Study. Additional training hours and private lessons are at the trainee's expense. A one session leave of absence is allowed, if the trainee's personal circumstances warrant it.

### Evaluation/Conduct/Dismissal

Trainees will receive a verbal evaluation of their progress at each session's private lesson. Breaches in conduct that affect the operation of the training course, or that call into question a trainee's ability to responsibly teach the Technique on a professional basis, will be addressed privately. Dismissal is seen as a last resort.

### Certification

Certification is given once 1600 hours of training is completed to the satisfaction of the Director. In the event that a trainee does not meet the level of proficiency required, further study will be arranged between the Director and the trainee prior to the second session of the third year of training. If any additional training is required, it will be at the trainee's expense. Teacher trainees are not to present themselves as teachers of the Alexander Technique until they have received written certification.

### Complaints

Complaints may be submitted to the Director in person or in writing. If the complaint has not been resolved to the trainee's satisfaction, they may submit complaints to:

**American Society for the Alexander Technique**  
P. O. Box 2307, Dayton, OH 45401-2307  
800.473.0620

## Visting Alexander Technique Urbana

Thanks for taking the time to find out more about **Alexander Technique Urbana**. Choosing a training course is a very personal decision.

Individuals interested in learning more about teacher training are asked to attend the training course\* for a minimum of two days and include a private lesson and an interview with the Co-Directors. We welcome your visit and the chance to discuss our training course and your future plans in greater detail.

*\*Visitors pay the same per day and per lesson as do trainees.*

## Alexander Technique Urbana

is directed by Rose Bronec and Rick Carbaugh  
and approved by the  
*American Society for the Alexander Technique*  
to train and certify teachers of  
the F. M. Alexander Technique.

Upon completion of the 1600 hour training,  
graduates will be designated as an  
*AmSAT Certified Teacher of the Alexander Technique*  
and eligible for teaching membership in AmSAT.

## About the Directors

**Rose Bronec** is a certified teaching member of the *Society of Teachers of the Alexander Technique (STAT)*, London, England and the *American Society for the Alexander Technique (AmSAT)*. She was a Co-Director at the *Urbana Center for the Alexander Technique* from 1991–1999 before founding *Alexander Technique Urbana* in the Fall of 1999.

Rose has been teaching the Technique since 1980. She has been an active member of *AmSAT* serving as Secretary, President and on various committees. She is a graduate of the *Chicago Center for the Alexander Technique* under the direction of Goddard Binkley with post-graduate study at the *Constructive Teaching Centre*, London, England.

**Rick Carbaugh** is a certified teaching member of the *American Society for the Alexander Technique (AmSAT)*. Rick began his training with Goddard Binkley at the *Chicago Center for the Alexander Technique* in 1979 graduating in 1994 from Joan and Alex Murray's *Urbana Center for the Alexander Technique (UCAT)*. He continued as a teaching assistant at *UCAT* for an additional four years before co-founding *Alexander Technique Urbana* at its inception in 1999.

For more information on the Alexander Technique,  
please visit our web site:  
[www.synidetics.com](http://www.synidetics.com)