



THE AUSTRALIAN
Feldenkrais
Guild
INCORPORATED

ABN No. 19 518 898 438

“To serve the student, facilitate the teacher and foster the Feldenkrais Method.”

PROCESS FOR BECOMING AN ACCREDITED ASSISTANT TRAINER IN THE FELDENKRAIS METHOD

Please read this documentation carefully to ensure your application meets and contains all requirements. This will enable AusTAB to process your application in an efficient and timely manner.

Section A: Eligibility

You will Need to Fulfil These Requirements:

1. Graduation from a TAB accredited Feldenkrais Professional Training Program
2. A minimum of five years (post graduation) practice in both FI and ATM
3. Membership of a Feldenkrais Guild or professional association that is recognised as a full member of the International Feldenkrais Federation (IFF)
4. Attendance at an average of 20 hours per year of advanced training in the Feldenkrais Method since graduation
5. You must have received:
 - 5.1 A minimum of 5 Functional Integration lessons (FI) from Trainers
 - 5.2 Plus a minimum of 10 FI's from Assistant Trainers OR experienced Feldenkrais Practitioners (those with 10 years of full time practice)
 - 5.3 Plus a minimum of another 15 FI'S from other Feldenkrais Practitioners

AusTAB acknowledges/respects there are many different ways in which practitioners choose to operate their Feldenkrais practice, and that proximity to training programs and other practitioners may be an issue for some individuals. Therefore while points 6, 7 & 8 are recommended, some variation in meeting requirements may be considered.

6. You have had substantial experience and time teaching ATM Classes over a minimum of a 5 year period. Substantial experience is considered as;
 - 6.1 Two to three ATM classes per week for six months of the year, and/or
 - 6.2 Sixty to seventy hours of ATM instruction per year including;
 - One to one ATM
 - 2-3 workshops
 - Presentations
7. You have given 600 FI lessons per year over a five year period or longer. Please include in your application a table that provides evidence of the years and numbers of FI's per year. (See appendix 2)
8. You have attended Feldenkrais Training Program(s) other than your own, preferably as Program Practitioner or as a practitioner who gives FI lessons as part of a training program.

Section B: Submitting an Application

Writing your Application

Please submit your application as one complete document with numbered pages and with a table of contents.

Where there is a quantitative requirement please present your information in a table or list form

Your application will need to include, in this order:

- a) Response to items numbered 1- 8 in Section A and include:
- A complete and professional curriculum vitae
 - A complete description of your Feldenkrais Practice. In addition to the number of ATMs, FIs and workshops per year (Section A, Numbers 6 & 7), please provide:
 - A description of presentations, lectures and contributions to local media each year.
 - A discussion of the age groups and types of people you have worked with and the difficulties you have encountered.
 - If you continue to practice another profession or if you integrate another method into your Feldenkrais practice, please include a full description of how this affects your practice and what influence the other method has on your work.
 - A presentation of at least three case studies (two pages or more for each case study) of your work with individuals. Each case study should cover a series of lessons over a period of time. Include a description of the thought processes that went into your work. Please follow the suggestions for writing case studies included in this document (Appendix 1).
 - A description of a presentation that you have given to a group, showing your ability to communicate and your knowledge of how to create a learning experience (a minimum of one occasion, and one page or more in length).

- A description of what you have learned from FI's received (Section A, no. 5). This could be presented as a reflection on your experience of several of the FI's.
- A description of your learning experience from attending other trainings. (Section A, no. 8)
- A discussion of how you perceive yourself as a teacher and why you want to become an assistant trainer
- A personal statement which represents your thinking, knowing, doing, evolution and growth in the method over the years as a practitioner. Please include a description of the difficulties you encounter in your thinking and working, and what you are doing or plan to do regarding those difficulties.

b) Additional items:

- Samples of your advertising.
- Documentation of all credentials (qualifications) you use.
- A recent photo of yourself.
- Letters of recommendation. Please provide two recommendations from trainers who know your work, and two to three letters from other people who have experienced your work. These letters can come from a variety of sources such as students, assistant trainers, or fellow practitioners. The letters should specifically address your skills as a Feldenkrais Method teacher.

c) Fee for application:

Please contact AusTAB for the current fee, which is to be submitted with the application. There will be no refunds if the application is not approved. A subsequent application will be half the fee.

Please note information provided needs to adequately demonstrate your learning and experience in the Feldenkrais Method. You may be required to submit further responses to the requirements. This will increase the length of time for your application to be processed. **If you have any further queries please contact the current Chair of AUSTAB at:-**

austab@feldenkrais.org.au

Appendix 1:

Preparing case studies for your assistant trainer applications:

While the TABs encourage creativity and individuality in the presentation of case studies, following these guidelines will help us in their evaluation. We are interested in your:

...Thought Processes

- How you decided what to do
- How you altered that decision when necessary
- What you were paying attention to before, during and after a lesson
- At least one example of this thinking in terms of a series of lessons

... Functional Strategies

- Something about the progression of specific manipulations – more than “I touched along their spine and they felt better”
- Include some descriptions of what you were sensing and how that information lead you to explore something else

... Learning

- We are interested in how and what **you** learned in a given session
- Include at least one example that was not a success and how you responded to that lesson or series of lessons

Appendix 2

Presented below are two examples of a table summarizing the number of Awareness Through Movement Classes and Functional Integration Lessons given by you per year.

	ATM	FI
2005	140 weekly classes 100 workshops	600
2006	140 weekly classes 18 workshops	720
2007	130 weekly classes 15 workshops	578
2008	130 weekly classes 40 workshops for the public 4 workshops for practitioners	500
2009	160 weekly classes 15 workshops for the public	620

Example 1

OR

	Awareness Through Movement Classes	Functional Integration Lessons
2005	65 Weekly Classes	480
2006	80 Weekly Classes	520
2007	80 Weekly Classes	590
2008	50 Weekly Classes	575
2009	50 Weekly Classes	650
2010	60 Weekly Classes	720

Example 2