

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)

## Schedule & Tuition

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*. Trainees are provided with a Certification Plan, Tuition Sheet, House Rules and Curriculum.

### Daily Schedule

Tuesday – Friday 9:00 – 12:00

### Class Structure

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

### Yearly Schedule

Winter Term January – March  
Break  
Spring Term March – June  
Break  
Summer Term July – August  
Break  
Fall Term September – December  
Break

### 2020 Training and Tuition

- 44 weeks at \$39/day = \$6864\*
- Specifics appear on the Tuition Sheet

### Required at trainee's expense/year

- Five lessons w/Director at \$50/lesson
- Textbooks, papers, articles, field trips
- Eleven hours of Independent Study

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

## Curriculum Notes

### Basic Teaching Procedures

- Chair and Table
- Wall Work
- Hands on the Back of the Chair
- Positions of Mechanical Advantage
- Breath/Voice
- Walking

### Additional Studies

- Variations on Basic Teaching Procedures
- Specialized Activities
- Dart Procedures
- Developmental Movement
- Teaching a Lesson
- Ethical Teaching Practices
- Building a Teaching Practice

### Basic Reading

- F.M. Alexander
- Walter & Dilys Carrington
- Frank Pierce Jones
- Marjory Barlow
- AT books on breath and voice

### Anatomy/Physiology/Movement Concepts

- *Understanding the Human Body* with Dr. Anthony Goodman
- *Understanding the Brain* with Prof. Jeanette Norden
- *Skill and Poise* by Raymond Dart
- *Amazing Babies* by Beverly Stokes

### Written Work

- Assigned papers and/or book reports each term

### Independent Study

- Specifics appear on the Tuition Sheet
- Approved IS used as make-up hours

### Third Year Trainees

- Work alongside the Director
- Daily turns to fellow trainees and guests
- Teach practice students
- Schedule practice student 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 in the first week of each term. Trainees who have paid for the term and withdraw prior to the start of the term will receive a full refund. Trainees who withdraw after the first week of the term will not be refunded except in cases of personal emergency or in agreement with the Director. The first term of training is considered a trial period for the trainee.

### Absence

Notification of absence, by email or phone, before 8:00 a.m. on any given class day is required. Absences beyond a total of four per year must be made up, at the trainee's expense, through private lessons with the Director; approved classes, lessons, projects; and/or additional weeks on the course. Two week notification is required when taking one or more weeks away from training. If personal circumstances warrant, a one term hiatus is permitted.

### Evaluation/Conduct/Dismissal

Trainees will receive a verbal evaluation of their progress at each term's private lesson. This is also an opportunity for the trainees to offer their input. 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 individually. 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 term of the third year of training. If 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 receive written certification.

### Complaints

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

**American Society for the Alexander Technique**  
11 W. Monument Ave., Suite 510, Dayton, OH 45402-1233  
937.586.3732/800.473.0620

## 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 are eligible for teaching membership in AmSAT.

## About the Directors

**Rose Bronec** is a certified member of the *American Society for the Alexander Technique (AmSAT)* and of the *Society of Teachers of the Alexander Technique (STAT)*, London, England. She has been teaching the Technique since 1980. She is a graduate of the *Chicago Center for the Alexander Technique*, under the directorship of Goddard Binkley and has done post-graduate study at the *Constructive Teaching Centre*, London, England, with Walter Carrington.

Rose founded *Alexander Technique Urbana* in 1999 following twelve years of assisting Joan and Alex Murray with their training course and their annual refresher courses. She is an active member of *AmSAT* having served as Secretary and President and continues to serve on committees.

**Rick Carbaugh** is a certified 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 teaching assistant at *UCAT* for four years before co-founding *Alexander Technique Urbana* at its inception in 1999. He is an active member of *AmSAT*, serving multiple terms as Chair and continues as an active Board member.

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

