



The Alexander Technique Training Centre (Ireland)

Ireland's only Alexander Technique Teacher Training Course

Approved by STAT and ISATT



Society of Teachers of the Alexander Technique Irish Society of Alexander Technique Teachers

Kirkullen Lodge, Tooreeny, Moycullen, Co Galway, Ireland

Tel: 091 555800 (or from abroad: 00353 091 555800)

Email: info@alexander.ie

Web: www.alexandertechniqueireland.com

www.alexander.ie



This course is the first and only one of its kind in Ireland. It is approved by STAT (The Society of Teachers of the Alexander Technique UK, www.stat.org.uk), and ISATT (The Irish Society of Alexander Technique Teachers, www.isatt.ie).

The college is primarily designed to offer full training leading to certification as an Alexander Technique Teacher. However you can also choose to visit the college for a week or a month at a time, for your own personal development.

Full training takes three years, and is designed to expand the student's knowledge and apply the principles of the Technique. The course provides all the tools you need to become a confident teacher and fully prepares you for this very rewarding profession.

On completion of the three year training course you will receive an Alexander Teacher's Training Certificate from the College which will enable you to join STAT, ISATT or any of the STAT affiliated Societies (see www.alexandertechniqueworldwide.com) around the world. STAT is the oldest and largest professional society of Teachers of the Alexander Technique, and a STAT Certificate is recognised all over the world by professional societies in different countries.

An Outline of the Training

In order to become a fully qualified teacher you will need to attend the course for a minimum of three years and no less than 1600 hours. Each year consists of 30 weeks, divided into three terms - Autumn, Spring and Summer. The college is open on Tuesday, Wednesday, Thursday and Friday morning.

First Year

During the first year the core-work is primarily devoted to learning how to improve one's own self-awareness and 'use' of the body as a whole. It involves a process of change and individual development, which builds the foundation for the use of your hands and your interaction with others in teaching. You will learn how to 'put hands on' with other participants on the course. You will also study the fundamental principles of the Technique in depth.

Second Year

In the second year, as the growing awareness of the 'use' of the self continues, there will be more emphasis on working on other students. You will learn how to use your hands to help release tension in other people. You will also build up your practical knowledge about ailments that pupils commonly present (e.g. back-pain, RSI, asthma, arthritis etc).

Third Year

In the third year you will progress from practising on fellow students to supervised and then unsupervised practise on members of the public. You will also draw on case study material. The continuing self-improvement, knowledge, skills and individual expression developed in the first two years are enhanced by being put into practice. The main aim for the last year is to refine your practical skills and build confidence in your ability to teach the Technique.

The study of Alexander's four books will be a major part of the whole three years. Other books on the technique and related subjects will also be studied and discussed. Relevant anatomy and physiology will be studied as part of the course. Interaction between the individuals in the group is also used as a preparation for presenting and speaking about the Technique in one's own individual style, with confidence and openness. Students will gain awareness of the possible emotional effects of Alexander work, and how to deal with them. The student's progress is assessed in an on-going way, both practically and by means of some written work.

Specific content of the curriculum

A large part of the course consists of practical Alexander-work. This work aims for a continuous development of the understanding of and feeling for the different principles of the Alexander Technique, even after completing the course.

Those principles that are discussed in great detail include: primary control, inhibition, use and functioning, directions, non-endgaining, doing and non-doing, the means whereby, faulty sensory perception, psycho-physical integration and force of habit.

The most common elements of an Alexander lesson are covered, namely: observation of oneself and others during standing, sitting, walking, bending, constructive lying down (semi-supine) and breathing. We will also examine our use while performing a whole range of everyday activities such as eating, drinking, speaking, writing, washing-up, etc.

These principles are the building blocks on which the Technique is founded. It is therefore of fundamental importance that each student not only learns a more co-ordinated use of their body, but of their mind and emotions as well. Their step-by-step development is worked on under direct guidance by experienced teachers in small groups. The rest of the time the students of different years are together and they can exchange their experiences.

Weekly Course Content

During each week each student has:

- ⊃ Individual short lessons every day
- ⊃ Two to three half-hour "hands-on" groups per week
- ⊃ Some form of directed "daily activity" or established "procedure". Eg chairwork, tablework, whispered 'ah', standing, walking, waiting, sitting, squatting, lying and rising etc
- ⊃ A lecture or discussion period, covering Alexander's books, related literature, anatomy or physiology etc.

Students are also expected to work on themselves, both during course hours and outside course hours. They have access to a growing library of relevant books, articles and videos.

Location

The Training takes place at Kirkullen Lodge, situated a few miles outside Galway on the West Coast of Ireland. Although near lakes and beautiful countryside, it is only a few miles away from the bustling City of Galway and only four miles from the sea at Galway Bay. The beautiful Aran Islands, Connemara and the Burren are all within easy reach.



Galway City is a thriving University town with a population of around 80,000, with many shops, theatres and cinemas and a wide variety of festivals of the arts.

'Galway City is a delight, with its narrow streets, old stone and wooden shop fronts, good restaurants and bustling pubs and has always attracted a crowd of musicians, artists, intellectuals and young people.'

- Lonely Planet Travel Guide

For full directions & map please visit: <http://www.alexander.ie/directions.html>.

Director

Richard Brennan MSTAT, ISATT



Richard comes from a medical family and came across the Alexander Technique in 1983 when it helped him overcome longstanding back problems and sciatica. He was so impressed with the Technique that he decided to train as a Teacher, and qualified in 1989. Since then he has run a busy private practice, first in the UK then in Galway.

He has written four books on the Technique, which have been translated into eight languages. In 1998 he established the first Teacher Training College in Ireland. He travels widely giving courses on the Technique. He also gives talks and lectures at various schools, colleges and universities, for the press and radio, and at health and healing exhibitions. He is a founding member and past chair of the Irish Society of Alexander Technique Teachers (ISATT), and has been a pioneer in helping to make the technique accessible to many thousands of people.

Assistant Director

Michaela Wohlgemuth AmSAT, ISATT



Michaela has been Assistant Director at the Alexander Technique Teacher Training Centre, Ireland, since 2004. She is a co-founder and member of the Irish Society of Alexander Technique Teachers (ISATT).

Michaela was born in Reinbek, near Hamburg in Germany. She left Germany in 1996 for Los Angeles and came to Ireland in early 2003. She has a BA in Sociology and is a fully qualified teacher of the Alexander Technique, having undergone a three year training at the ATI College in Los Angeles, California with the director Lyn Charlson. She was certified by AmSAT.

As well as running a private practice in Castlebar and Westport, she teaches introductory classes and workshops around Mayo. She lives with her family in Westport.

Visiting teachers

Visiting teachers are invited to present the training for one week every term. They are prominent, experienced Alexander teachers from across the world, who have diverse professional backgrounds and bring their own unique perspective to the work.

Teachers who have visited the course include: *David Bainbridge, Glenna Batson, Alan Capel, Jeremy Chance, Barbara Conable, Trish Hemmingway, Alan Mars, Glen Park, Giora Pinkas, Alice Pryor, Rosa Luisa Rossi, Refia Sacks, Aziza Sterling, Tommy Thompson, and Elisabeth Walker.*

Course hours

The complete training consists of 10 terms and the course hours are as follows:

2.30pm till 6.30pm on Tuesday
9.30am till 4pm on Wednesday
9.30am till 1.30pm on Thursday
9.30 – 11.00am on Friday

There will also be approximately 2 to 3 hours of personal study time outside course hours per week.

Approximate term dates

Autumn Mid September – mid December (half term week last week in October)
Spring Early January – mid March (half term week second week in February)
Summer Mid April – end of June (half term week last week in May)

Fees

The fees for the course are €1,950 a term. A €600 deposit is payable when accepted onto the course. The balance is to be paid on the first day of the course. Subsequent fees are due one month before the beginning of each term.

Note: The St Anthony's and Claddagh Credit Union have agreed that Students of the Alexander Technique Centre are entitled to a low interest student loan. Please contact the Director for further details.

To Apply

If you have any questions about the course prior to application, you can write, email or phone the Director, Richard Brennan at:

Alexander Technique Training Centre (Ireland)
Kirkullen Lodge, Tooreeny, Moycullen, Co Galway, Ireland

Tel: 091 555800 (or from abroad: 00353 091 555800)

Skype: rick.brennan

Email: info@alexander.ie

To apply for a place on the full three-year course please complete the application form on the next few pages, and send to the address above.

If you wish to visit the course for a shorter period, please fill in the first page only.

Application Form

*If you wish to visit the course for less than a month, fill in this page only.
Please fill in all pages if applying to do the full training.*

Name _____

Date of birth _____

Address _____

Country _____

Phone: Home _____ Mobile _____

E-mail address *(please print clearly)* _____

Please answer the following questions:

- ⊃ What first brought you into contact with the Alexander Technique?

- ⊃ What experience of the technique have you had to date? i.e. How many lessons, with which teacher(s) and details of any workshops you have attended.

⇒ Which books on the Alexander Technique have you read?

⇒ What are your reasons for doing the course?

⇒ Have you been treated for any physical or psychological problems over the last ten years? If so, what are they?

⇒ Why do you want to be an Alexander Technique teacher?

⇒ What are your expectations of the training?

⇒ Any other comments

Please include a separate sheet if you need more room to answer these questions.

**If you have a CV it would be helpful if you would include it,
but this is not essential.**

Note: All information will be treated confidentially.