

## Overview

This standard is about delivering Alexander Technique teaching to learners. The Alexander Technique teacher will work with learners to enable them to learn the Alexander Technique and will monitor and evaluate their progress in understanding and applying it. The Alexander Technique (AT) is a taught practical discipline with significant healthcare implications. AT lessons help people to free themselves from unhelpful postural and movement habits and develop a more intelligent and skilled control of the manner in which they engage in activity. An important part of teaching is the use of specialised hand contact combined with verbal instruction and explanation which helps learners identify and reduce interference with the working of their innate mechanisms of balance and coordination. Users of this standard will need to ensure that practice reflects up to date information and policies.

# SFHCNH3

## Deliver Alexander Technique teaching

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### Performance criteria

*You must be able to:*

- P1 ensure that the environment is suitable for learners' requirements
- P2 maintain your own conscious direction of use according to the principles of the Alexander Technique
- P3 determine individuals' requirements in relation to learning the Alexander Technique in a manner which encourages their participation
- P4 provide individuals with all the necessary information to support their decision making about learning Alexander Technique
- P5 determine with individuals if there are reasons why taking lessons might be inadvisable or inappropriate at the time and if necessary help them to consider other options
- P6 evaluate the information obtained and determine an appropriate course of action with the individual
- P7 obtain consent to work with your hands with individuals as part of teaching the Alexander Technique
- P8 enable learners to learn the Alexander Technique by working with them in accordance with professional codes of practice, and legal and organisational
- P9 deal effectively with the learners responses and make appropriate adjustments to the teaching to meet any changing needs
- P10 monitor and evaluate the learners' progress in their understanding and application of the Alexander Technique and give the required support where needed
- P11 review with learners' their progress in understanding and applying the Alexander Technique in daily life
- P12 provide clear and accurate advice with regard to future plans and actions
- P13 maintain confidentiality within the requirements of the law
- P14 complete and maintain records in accordance with professional and legal

### Knowledge and understanding

*You need to know and understand:*

- K1 the history and development of the Alexander Technique
- K2 the purpose and scope of the Alexander Technique
- K3 the published works of Alexander
- K4 the writings of teachers trained by Alexander and other relevant texts
- K5 the key principles and concepts of the Alexander Technique including:
  - K5.1 conscious guidance and control
  - K5.2 direction/giving consent
  - K5.3 end-gaining/means-whereby
  - K5.4 inhibition/withholding consent/non-doing
  - K5.5 nature of habit
  - K5.6 primary control
  - K5.7 psycho-physical unity
  - K5.8 re-education
  - K5.9 sensory appreciation
  - K5.10 use and functioning
- K6 how to maintain your own conscious direction of use when engaging with learners
- K7 how to establish a good learning environment
- K8 how to develop a professional relationship and effective two-way communication with learners
- K9 how to identify learners' initial and changing requirements including problems, challenges or aspirations which learners' wish to address, and other factors which need to be taken into account
- K10 how to observe, analyse and evaluate the conditions of use present in learners
- K11 how to take into account individual differences including particular beliefs, attitudes and preconceptions which may interfere with or facilitate learning
- K12 how to judge whether lessons in the Alexander Technique are appropriate for the individual
- K13 how to explain the Alexander Technique and the commitment necessary to acquire skills in applying it
- K14 how to deliver one-to-one teaching and, where appropriate; group teaching
- K15 how to plan and deliver lessons which engage learners in a variety of ways in order to facilitate practical understanding of the principles and procedures
- K16 how to evaluate the purpose, advantages and limitations of classical/traditional teaching procedures, activities of the learner's choice or activities devised by the teacher
- K17 how to evaluate, choose and implement different ways of working with

- learners including:
  - K17.1 working with hands
  - K17.2 oral explanation
  - K17.3 being an example
  - K17.4 examination of underlying ideas and beliefs that interfere with learning
  - K17.5 demonstrating and working through practical procedures and activities
  - K17.6 answering questions, giving advice, responding to concerns
- K18 how to determine the most appropriate ways of working with different learners and their requirements
- K19 how to adapt your teaching appropriately for each individual
- K20 how to identify problems that learners may experience and help them find solutions
- K21 how to engage in effective two way communication and provide feedback by sensitive questioning, listening, use of hands, verbal instruction and explanation
- K22 how to recognise and interpret the indications that can be used to evaluate the understanding of the learner
- K23 how to evaluate learners' progress and understanding
- K24 how to involve learners' in evaluating their own progress and understanding
- K25 the structure and function of organs and systems
- K26 the structure and function of the skeletal system including the types of joint, their individual structure, function and range of movement
- K27 the structure, function and location of muscle
- K28 the postural mechanisms and the control of movement
- K29 the structure and function of the nervous system
- K30 the respiratory and breathing mechanisms
- K31 pathology relevant to teaching Alexander Technique

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### Additional Information

#### External links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB7 Interventions and treatments

#### Related Functions

Principles of Good Practice

CNH1 Explore and establish the client's needs for complementary and natural healthcare

CNH2 Develop and agree plans for complementary and natural healthcare with clients

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<b>Developed by</b>	Skills for Health
<b>Version number</b>	1
<b>Date approved</b>	June 2010
<b>Indicative review date</b>	June 2012
<b>Validity</b>	Current
<b>Status</b>	Original
<b>Originating organisation</b>	Skills for Health
<b>Original URN</b>	CNH3
<b>Relevant occupations</b>	Health, Public Services and Care; Health Professionals; Healthcare and Related Personal Services
<b>Suite</b>	Complementary and Natural Healthcare
<b>Key words</b>	Complementary, complimentary, natural, well-being, wellbeing