

School for F.M. Alexander Studies

Newsletter 1 for Term 1, 2017 - January 9, 2016

Hi Everyone

Welcome to the five new students who are joining the course this year. We have a very full term starting on the 30th January with two talented and dynamic visiting teachers teaching at the school - Caren Bayer and Rossella Buono. There is quite a lot of information in this newsletter, including information on upcoming assessment tasks which need to be completed. Please add these dates to your diary. They are also be up on the school calendar.

Please make sure that you are aware of the new requirements which we have in place for the book-reading sessions.

David

Term Dates

- First Day: Monday 30th January
- Residential course 25th February to 1st March
- Labour Day Holiday: Monday 13th March
- Teachers' Meeting: Friday 24th March, 3 - 5pm
- Last Day: Friday 31st March

Business Skills

We are fortunate to have Rossella Buono returning to the school this coming term from 17th February. Rossella has set up practices in both Melbourne and in the UK and is an active and dynamic teacher. She will be running some classes on the process of setting up a practice. There will be one class at the residential course and she will also be doing some on Fridays after the residential course.

Actually what we find is that it is not so difficult to give people all the information about setting up a practice. Often what is missing is the mind-set to follow up on this information. The intention of these classes is to develop the mind-set which will focus people on getting out there and working after graduation.

The assessment requirements for the unit Administer a Practice are on the web-site. They are easily findable in the student Dropbox under 2017 Readings as is the learning guide for this unit. Third years need to go through the assessment document before the start of the term to determine areas in which they need some assistance. You need to be proactive in this regard.

Group teaching classes

- Rossella will also be running classes on group teaching and in addition she is in the process of approaching businesses and music schools who may be open to a free AT class with third year students. We may go into their venue or it may be held here. As far as possible we shall do that on a Friday morning, so even if you aren't coming into school regularly on that day, try to keep it free.
- In addition I will be talking to Julianne about the students running a course for the acting students at the university and Ballarat. If you are interested in doing that you should have your class ready for a practice run at the school residential course. I'm around for the rest of January if you would like to talk to me about that.
- And finally I'll be talking to Tony Smith, a graduate of the school who teaches voice on the VCA actors program about third year students going into his classes.

Book Reading Sessions

Students having an clear and in-depth understanding of Alexanders books is essential underlying knowledge for applying and teaching the Alexander technique. Students' understanding and the development of this understanding is normally assessed informally over the three years in the process of discussions on chapters which everyone is expected to read.

If students are unable to get to a book session, or have not read the full chapter prior to a book group we will ask for a written assignment to be completed on that chapter, based on the Study Guide, developed by the Performance School in Seattle. The study guide for each chapter is in the student Dropbox (2017 Readings/UCL Study Guide. We are also sending out copies for the first four chapters of the book when we email this newsletter. This should be submitted no later than one week after the book group.

We will be reading "The Universal Constant in Living" this year and there is one written assignment based on chapter 3 which is due on 27th March.

- Tuesday 31st January – Chapter One The Constant Influence of Manner of Use for Good or Ill
- Tuesday 14th January – Chapter Two Constant Influence.....in Relation to Diagnosis. pp.15 – 28 (i.e. ending at the start of the case studies.
- Wednesday 8th March – Chapter 2 (second half)
- Tuesday 28th March – Chapter 3 – Review of a Report

Book-reading Assignment number 12 from Chapter 3, UCL

This is due on Monday 27th March

Give a summary of the reasons for F.M. Alexander's claim that physical exercise as normally practiced is both ineffective and harmful (Universal Constant in Living – Chapter 3)

Assessment criteria

- **Minimum of 600 and maximum of 1200 words**
- **Writing will be in a MS Word or pdf document**
- **Any direct quotes will be put in inverted commas and referenced**
- **Writing will indicate a high level of understanding of the reading and a sophisticated level of analysis and judgment.**

Assessment 47 - Make referrals to other health care practitioners

Assessment 53 - Communication for Connection - early term 1 NVC

Assessment 66- communication with different professionals - at school residential - will need to come with information about one modality prior to this

Anatomy Sessions

Monday 30th January: Basic anatomical terminology - the planes, terms for position, terms for movement: **Prior study required: Anatomy Colouring Book - Anatomical Planes and Sections & Terms of Position and Direction**

Monday 13th February; Basic anatomical terminology. - areas of the body, axial and appendicular skeleton **Prior study required: Anatomy Colouring Book - Systems and Regions: Regions of the Body & Cavities and Linings. Skeletal System; Axial/Appendicular Skeleton.**

Wednesday 15th February Anatomy exam - Assessment 20 for 1st and 2nd years.

Monday 20th March - Developmental movement with Jana

Monday March 27th - Developmental movement with Jana

Wednesday March 29th - Developmental movement exam

Counselling and communication

This term Jack will be presenting three sessions on Non-violent communication

1. Wednesday 8th February
2. Monday 6th March
3. Wednesday 15th March

Writing and Research

The final session will be on Friday 3rd February. This will give those who have not yet done so a chance to present their research proposals. **Please note, that this is definitely the final date on which this can be completed. The next writing and research class won't be till 2018.**

Voice and Performance Day

Would people please let me know what session you wish to attend this term as I need to arrange teachers for those sessions. Unless I hear back from you I shall assume that you are coming to the same session as last term - so if you need to change it is important to let me know.

School Residential Course

This will start at noon on 25th February and end at noon on 1st March. We have 10 trainees (and the partner of one trainee) from the Sydney school joining us, plus their teachers, Greg Holdaway and Anne Finlay. There will also be quite a large number of other teachers attending the residential. Most of the Sydney school attendees will be getting to the centre by bus, but we will need to be organising lifts for some from New Zealand or interstate and for those without cars.

Could you please let us know in the office if you have a car, and how many people you can take. Most people from outside of town will meet at the school at 10am on 25th. We will soon be sending out an information form which we will ask people to fill in. We need to know any food requirements. Food will be gourmet vegetarian, with the same cook as last year.

There are a total of 41 rooms at the centre. We have three couples, but it looks like we may need to have a few people share the dormitory rooms. Another option may be to camp - I'm checking with Maitripa at the moment. If they will allow that it will be slightly cheaper by \$50. So please let us know if this may be an option for you.

Please note that there will be no school on the days immediately preceding and following the residential.

Caren Bayer workshops for Teachers

Caren's two three day workshops for teachers are fully booked so I've opened up a couple of other times.

1. Monday 20th to Thursday 23rd February from 2 - 4pm. For maximum of 8 teachers - Cost \$100
2. Wednesday 1st March - post residential workshop at Healesville from 2 - 5pm. Cost \$100

Other visiting teachers for 2017

- Cathy Madden will be at the school in term 3 from 7 - 10 August. She is running a weekend workshop from 12 - 13 August.
- Pedro de Alcantara will be at the school in term 4 from 13th - 15th November. He will be running a teachers workshop on Saturday 11th and a master class for musicians on Sunday 12th November.

Public Talk by John Nicholls

John will be giving a public talk at Open Heart Yoga Studio at the Abbotsford Convent on Friday 10th February from 7 - 9pm. The cost is \$25 and bookings should be made with Jane Refshauge jref@pacific.net.au I have enquired with her as to whether there is a reduced fee for trainees.

Looking for accommodation

Meredith Connie <http://meredithconnie.com/> who is starting the course this term is moving to Melbourne from Coffs Harbour. She needs accommodation. If anyone has a room which they can offer on a short-term or longer term basis, please let us know.

Ethics and Code of Professional Conduct.

Monday 6th February

For second and third years

Over the holiday break please read the chapter on Ethics in Walter Carrington's *Chapter on Ethics p111 – 117 "Thinking Aloud," CCCI Chapter VI – "Unduly Excited Fear Reflexes, Uncontrolled Emotions & Fixed Prejudices" and the AUSTAT Code of Professional Conduct.* (If you don't have access to these the relevant readings are in the school Dropbox in the folder 2017 Readings)

This chapter by Walter Carrington raises a number of interesting questions some of which relate to what we have read in Alexander's books, what is covered in our counselling and communication course, and to our code of professional conduct. The reading opens up very relevant questions as to the appropriate limits of our work and what psycho-physical re-education means.

In no more than three pages give your thoughts on the following. This will be followed up by a discussion at the school.

1. WC states (Teachers) "are not justified in intruding into (pupils') emotions, their thoughts, their feelings, their beliefs, their attitudes." In this chapter by Alexander he says that "Unduly excited fear reflexes, uncontrolled emotions, prejudices and fixed habits, are retarding factors in all human development. They need our serious attention..." Presumably for a person to change their habit of use these factors FM enumerates have to be change. Do you think it is possible to help people change their pattern of use without dealing with people's emotions, thoughts, feelings and beliefs?
2. If the answer is "no" how might we relate to these aspects without "intruding"? If the answer is "yes", then how would these retarding factors be dealt with?
3. What does WC suggest and what are your thoughts?
4. In regard to "unduly excited fear reflexes, uncontrolled emotions, prejudices and fixed habits" and "individual errors and delusions" how does FM propose that we approach these "retarding factors"?
5. If you can accept that some types of beliefs are harmful to a persons use and others not harmful pick an example of a harmful and a non-harmful belief.
6. If a pupil is undertaking a procedure, treatment or doing exercises, which are clearly impacting badly on their use, what is a teacher's responsibility? If you decide that it is appropriate for a teacher to give advice in such a case how could this be done?

7. What light does the AUSTAT Code of Professional Conduct shed on these questions and matters raised in this chapter?

Additional Info:

Group Teaching Opportunities

In addition to the group teaching classes and opportunities mentioned in the last newsletter, the school is running three large group classes which third year trainees are encouraged to attend and to assist at. They are running at the following times:

- Friday 10th February – 6 – 8pm
- Sunday 18th March – 2 – 4pm

Extra Discount for trainees for John Nicholls Talk

I've received the following email from Jane Refshaug regarding John Nicholls talk.

It's been brought to my attention that trainee students are financially constrained and that the \$ 5 reduction to the fee for John Nicholls Public Talk may not be adequate and so in order to make the Public Talk affordable and to encourage the trainee students to attend I've decided to lower the fee a further \$ 5 and so **for SOFMAS trainee students only ~ the fee will be \$ 15 ~> and for the FIRST 10 students to contact me it will be \$ 10.**

They will need to book as there is limited space in the One Heart Yoga Studio and we will be bringing in extra chairs

Details for the talk:

ATTITUDES OF EMBODIMENT: the relevance of the Alexander Technique today.

Friday 10th February, 2017 7pm-9pm

One Heart Yoga Studio ~ The Abbotsford Convent, 1 St Heliers Street, Abbotsford