

International Alexander Teacher Training (IATT)

Welcome to our new hybrid training course, now accepting applications for September 2024.

As an international team of teacher-trainers, we've been working to design a flexible, responsive course, enabling you to train under the equivalent of full-time conditions to fit with your own particular life situation.

We have used our expertise of many years of in person teacher training and now online teaching, to build a high-quality, resilient course for a time of uncertain global conditions to ensure your training is rigorous and supportive.

In brief, this course provides a basic distance-learning platform combined with in-person, 'hands-on' opportunities.

Training to teach Alexander Technique requires motivation and commitment. Over three years there are 800 hours of remote and in-person guided learning, plus 1600 hours of individual guided study.

The curriculum is based around online group work, individual personalised tutorials, small group seminars, and guided reading and writing. There are up to five hours of practical work per week in three ten-week terms. This work on everyday use of ourselves combines with guided and individual study of Alexander's work from both a historical and current scientific perspective, including anatomy, physiology and movement studies.

The third year is focussed on pedagogy of the Technique.

Progress throughout the training course is supported and determined by written assessments and practical demonstration. There are formative and summative assessment points each year, with a final practical assessment requiring in-person attendance.

To start, you need to have sufficient experience and interest in the Technique to sustain regular practical work and study. Becoming a teacher of the Technique involves a deep understanding of personal development and the motivation to change. However, you don't need to commit to becoming a teacher. Through the years, people have joined training courses as a more focussed alternative to Alexander lessons. We have built that possibility into our new course. For further details, including fees, and an online conversation to find out if this course is appropriate for your needs and experience, please contact the Secretary of the Professional Association of Alexander Teachers (PAAT) on info@paat.org.uk .