



COURSE CATALOG & STUDENT HANDBOOK

The Alexander
Training
Institute
of Los Angeles

Teacher Training in the F. M. Alexander Technique

Come learn with us!



September 1, 2025 – August 31, 2026

Alexander Training Institute of Los Angeles, Inc.

Mailing Address: PO Box 6264, Ventura, CA93006

1526 14th Street, Suite 110

Santa Monica, CA 90404

Hello@ati-la.com

Website: <http://www.ati-la.com>



ATI-LA MISSION

The Alexander Training Institute provides teacher training in the F.M. Alexander Technique, a system of psychophysical re-education. Our mission is to ensure that trainees develop a deep understanding of and embody the core principles of the Technique as passed on

to the faculty by the teachers of previous generations.

While providing a traditional foundation for teaching the Technique, we encourage individual exploration and growth in a supportive, stimulating environment.

We envision our graduates will teach the Alexander Technique inspiring and empowering other individuals to become more conscious through integration of the whole self, thereby responding effectively to the challenges of a complex world.

WELCOME TO ATI-LA

The eclectic teaching styles of our faculty, based solidly on F.M. Alexander's principles, demonstrate an exciting variety of approaches to teaching the Alexander Technique. We explore teaching classic F. M. Alexander procedures, teaching, and learning through daily activities, performance skills, and individual trainees' personal interests. Our trainees benefit from our interest in preserving the traditional pedagogy and exploring new developments in the Technique.

Through our expertise, extensive professional experience, and this unique collective, we offer an exceptionally rich, dynamic Teacher Training Course.

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Pamela Blanc, Head of Training, Founding Training Director, Senior Faculty



received her Alexander Teacher Training with Frank Ottiwell and Giora Pinkas at the American Center for the Alexander Technique (ACAT) in San Francisco (1979) and continued her studies with Marjorie Barstow (1978-1987); Patrick Macdonald (1976-1980); and Walter and Dilys Carrington. Pamela is a Founding Director (1987) and Senior Faculty Member. She is Senior Teacher of Jessica Wolf's Art of Breathing. Pamela presents to Alexander Teachers Nationally and Internationally and has recently presented master classes in the Alexander Technique for musicians at Chapman University, California State Fullerton, USC, The Los Angeles Children's' Chorus and privately to LA Opera Young Artists. Pamela has a private practice in Los Angeles <http://www.PamelaBlanc.com>

Sydney Laurel Harris, Founding Training Director, Senior Faculty, Board President & Treasurer



received her B.A. in Theater from the University of Minnesota. She was subsequently certified at the American Center for the Alexander Technique (ACAT) in San Francisco, 1977, where she continued as an assistant trainer for seven years. Although her primary teachers were Frank Ottiwell and Giora Pinkas, she had the opportunity to do post-graduate work with Marjorie Barstow, Patrick Macdonald, and Walter and Dilys Carrington. In addition to her private practice and teacher-training at ATI-LA, Sydney has taught the Technique in pain clinics as well as in numerous academic and arts institutions including the music department of the University of California at Santa Barbara (UCSB) and The Music Academy of the West. www.alexanderusa.com

Frances Marsden, Training Director, Senior Faculty & Board Secretary



received a B.A. in Sociology from Liverpool University and a Diploma of Education from Leicester University. She trained as an actor at the Royal Scottish Academy of Music and Drama. Frances was certified to teach the Alexander Technique at the Constructive Teaching Center with Walter and Dilys Carrington in 1981 and followed this with postgraduate work at the Alexander Technique Center Urbana with Joan and Alex Murray. Frances has taught the Alexander Technique at California State University of Los Angeles from 2000-2010 and at USC through the Vocal Department from 2007 to 2013. Frances currently teaches at the Claremont Clarinet Festival, Shakespeare at the Huntington, and Occidental College and at her Pasadena studio. www.artofmovement.com

Michael D. Frederick, Founding Training Director, Senior Faculty & Board Member



received his B.Sc. in 1967 from University of Wisconsin-Whitewater. Alexander Technique Teacher trained by Walter & Dilys Carrington in London certifying in 1978 by The Society of Teachers of the Alexander Technique (STAT). Postgraduate work with first generation master Alexander Teachers Marjory Barlow, Elisabeth Walker, and Marjorie Barstow. He is the founding director of the first three International Congresses on the Alexander Technique and is Director of Alexander Technique Workshops International. Michael also trained as an actor at The Bristol Old Vic Theater School and in the work of Sanford Meisner. He is currently teaching the Alexander Technique at The Baron-Brown Studio in Los Angeles. Michael is a former Chairperson of the American Society for the Alexander Technique (AmSAT). www.michaelfrederick.com

Lyn Charlsen Klein, Founding Training Director & Senior Faculty



received a B.A. in English from UCLA where she also studied for a master's degree in Dance. Lyn was certified to teach the Alexander Technique in 1977, training with Frank Ottiwell and Giora Pinkas at the American Center for the Alexander Technique West (ACAT) in San Francisco. Lyn is a past Head of Training at ATI-LA. She taught the Alexander Technique at the USC School of Theater from 1980 to 1995 and for the California State University at Los Angeles from 1989 to 1999. Lyn has given lectures/demonstrations and conducted courses for Alexander training programs and the general public in the U.S. and abroad. She has a private practice in Santa Monica and Van Nuys, California.

Babette Markus, Founding Training Director, Senior Faculty & Board Member



received certification as an Alexander Technique teacher at the American Center for the Alexander Technique (ACAT), New York, in 1979. She completed a year-long post-graduate course through ACAT, The Art of Breathing, taught by Jessica Wolf of Yale University in 2006. Babette is a Professor in the School of Theater at both USC and California Institute of the Arts. She has a specialty in working with people with repetitive strain injuries, including musicians, athletes, and computer users. She taught "Alexander Technique for Fitness Instructors" and "Ergonomics and Alexander Technique" at UCLA Extension for many years. She has an extensive dance and movement background and maintains a private practice in Los Angeles. www.babette-markus.com

Meg Jolley, Faculty & Board Member



received her B.A. in French from Pomona College and her M.A in Dance from the University of Illinois. She also trained in the Dance Program of California Institute of the Arts and has danced professionally in New York and Los Angeles. Meg recently retired from the Dance Faculty at Pomona College where she taught and directed the Movement Studies Program (a wing of the Pomona Dance Major) for over 30 years. Meg received her AmSAT Certification from ATI-LA, and a certificate in The Art of Breathing from Jessica Wolf. She teaches Experiential Anatomy at ATI-LA as part of the ATI-LA curriculum and oversees Continuing Education and local AT Community connections. Meg also teaches the Alexander Technique privately in Pasadena and Malibu. www.alexandertechniquepasadena.com

Julia Caulder, Guest Faculty



received her Bachelor of Music degree from the University of Southern California and a Master of Music Degree from Northwestern University. She has sung professionally with the Los Angeles Opera and Opera Pacific. Julia is an AmSAT certified teacher of the Alexander Technique. She was also credentialed in The Art of Breathing with Jessica Wolf in New York City. She teaches the Alexander Technique at Mount St. Mary's College, The Laura Henry Acting Studio, and privately in Utah. Julia has taught classes at Santa Monica College Extension and done workshops at Google, The University of Southern California School of Music, Pepperdine School of Music, and Santa Monica College Music Department. www.alexandertechniqueparkcity.com

Assistant Faculty

Patty Massey, Assistant Faculty and Board Member



received her Alexander Technique Teaching certificate from ATI-LA in 2016. Patty had her first AT lessons as a music student at Northwestern University. As a professional musician for over 36 years, and as a performing clarinetist and clarinet teacher, she continued to study the AT. As a certified AT teacher, she continues her work as a professional musician while teaching the AT to various groups, including assisting in Cal Arts theater program, working with Parkinson's patients as part of the Poise Project, conducting master classes for musicians at Idyllwild Arts, the Harmony Project, and Cal State Northridge. Patty also teaches in private practice throughout Los Angeles.

Kosta Potamianos, Assistant Faculty & Board Member



received his Alexander Technique Teaching Certificate from ATI-LA in 2009 and has over 2000 hours of postgraduate training from Senior AT teachers from all parts of the world. He has been a lecturer in the School of Dramatic Arts at USC, the Fitwell Program at UCLA and taught small groups at CalArts, LMU, Baron Brown Acting Studio and Dreamworks. Additionally, Kosta has had a private practice in the Greater Los Angeles area since his AT teaching certification.

Laura Parker, Assistant Faculty, Programs Assistant



received her Alexander Technique Teaching Certificate from ATI-LA in 2017. Laura teaches Alexander Technique (AT) in Los Angeles through private lessons, masterclasses, and group courses and workshops. Laura has taught AT for esteemed performing arts programs including Loyola Marymount University, Mount Saint Mary's University, National Children's Chorus, Hussian College/Studio School, Identity School of Acting, CSU Summer Arts, Idyllwild Arts Academy and Marlborough School. Laura is also member of the Judith Leibowitz Scholarship Committee.

In appreciation:

Jean-Louis Rodrigue, Founding Training Director, & Past Board Member
www.alexandertechworks.com.

Frank Ottiwell, Founding Training Director, & Past Board Member

Judith Stransky, Founding Training Director, & Past Board Member

The ATI-LA Faculty includes some of the most experienced teachers in the world.

Come Learn with Us!



"We are forced in our teaching at every point to translate theories into concrete processes."
— F. M. ALEXANDER



PHYSICAL FACILITIES

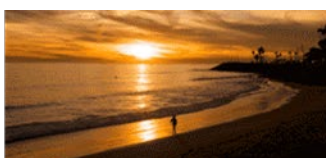
School Location: 1526 14th Street, Suite 110
Santa Monica, California 90404
<https://www.ati-la.com>

The cross street is Broadway Street. Metered parking is available on the street. The school is within 4 blocks of the Metro link station.

The classroom is approximately 300 sq. feet within a two-story commercial building with its own outside entrance; it also has a private patio and bathroom. The room is well-lit with natural, overhead and floor lamp lighting. The library and desk are housed in this room. Equipment included in the space is a CD/Video Player and Screen, a whiteboard, and two bulletin boards. There are enough chairs for all trainees as well as guests, and "AT teaching tables." ATI-LA, the facilities it occupies and the equipment it utilizes fully comply with any and all federal, state, and local ordinances and regulations, including those requirements as to fire safety, building safety and health.

ATI-LA does not own and operate dormitory facilities. ATI-LA does not provide assistance to prospective trainees for finding housing. The forms of housing available in the area are primarily shared or single rental spaces. Rentals may range from \$1200/mo. to \$4000/mo.

"Change is carrying out an activity against the habit of a lifetime."
— F. M. ALEXANDER



TEACHER TRAINING COURSE INFORMATION (TTC)

The TTC is a **three-year** program comprised of 1620 training hours leading to *certification* as a teacher of the Alexander Technique. It is a course of study and training in the principles of “psychophysical re-education of the use of self” as discovered by F.M. Alexander: recognition of the force of habit, faulty sensory perception, inhibition, direction, means-whereby and end-gaining. This method of psycho-physical re-education develops an in-depth understanding and a highly refined experience of natural coordination and functioning. Participants learn to identify, evaluate, and change habitual patterns in daily life.

Course Title: *Alexander Technique Teacher Training Course (TTC)*

Duration: 1620 total training hours

ATI-LA is not accredited by an accrediting agency recognized by the United States Department of Education. However, it is approved by the American Society for the Alexander Technique (AmSAT), the largest professional organization of teachers of the Alexander Technique in the United States.

TTC SCHEDULE

The three-year training course at ATI-LA is comprised of nine trimesters. Each School Year has three 10-week trimesters per year. There is a teaching practicum entailing 63 hours taking place outside of class time during the final year. The 1620 Teacher Certification requires attendance for a minimum of three years with a *recommended* maximum of five years, based on the needs of an individual trainee. The current class schedule is available on request.

School Holidays: Labor Day, Indigenous People’s Day, Veteran’s Day, Thanksgiving, Christmas, New Year’s Day, Martin Luther King, Jr. Day, President’s Day, Memorial Day, Juneteenth and July Fourth, three days for professional meetings (AmSAT annual conference), and individual religious holidays.

Hours: The training program meets in Daily Sessions from 9:30 a.m. to 12:30 p.m., Monday through Friday. Administrative hours are currently **by appointment only**.

Important scheduling information (operating hours, holidays, vacations, class schedules, and revisions of them) will be announced to trainees in advance.

CURRICULUM

Training to become a teacher of the Alexander Technique involves learning to direct others in the discovery and application of the principles. Though it is presented in a group setting, the training is individual. At least 80% of the total class hours consist of practical work in the Alexander Technique. The average ratio of students to certified teachers shall be not more than 5:1.

The mode of teaching Alexander Technique is mainly experiential. It makes use of all learning styles, demonstration, guidance through touch, and verbal guidance. There are also group discussions around reading materials and philosophical ideas.

The curriculum that occurs *throughout the entirety of the program* consists of:

- Daily personal instruction in the “use of self”
- Observation and analysis of postural efficiency at rest and in movement
- Application of the Technique to a wide range of activities in daily life
- Learning about anatomy in relationship to the Technique

During the first 540 hours of training the trainee primarily works on themselves, developing skills of:

- Observation of habits
- Recognition of the force of habit
- Learning how to inhibit habitual patterns
- Redirecting the self (whole psycho-physical organism)
- Improving their coordination as a whole

During the second 540 hours trainees begin to learn how to use their hands to guide others:

- Learning how to inhibit excessive pressure when using their hands
- Learning how to use the AT directions through their hands to encourage the improvement of “use of the self” in others
- Teaching the AT principles of *good use* through procedures developed by F. M. Alexander

During the final 540 hours trainees are:

- Working to integrate the use of their hands with their verbal directions.
- Practicing teaching groups
- Learning how to set up a teaching practice – insurance, marketing, public demonstrations
- Outside practice teaching under supervision

Specific learning outcomes:

- Self-observation and Self-awareness
- Accurate kinesthetic perception
- Embody the principles of the Alexander Technique
- Accurately Observe others
- Able to use hands to guide others in the principles of the Alexander Technique
- Being articulate in communicating these principles

- Trainees are expected to have a comprehensive knowledge and understanding of F. M. Alexander's writing, using his books Man's Supreme Inheritance, The Use of the Self, Constructive Conscious Control of the Individual, The Universal Constant in Living, and articles. Other writings are brought in as supplements to these books.

Statement on F.M. Alexander's Writings:

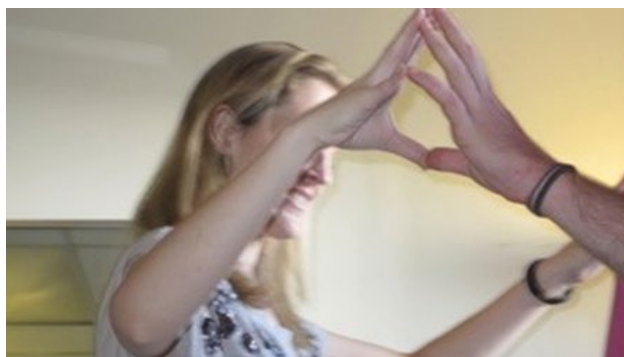
As AmSAT Teacher Training Directors, we strive to create diverse, equitable, and inclusive training environments. A thorough knowledge of the writings of F.M. Alexander (1869-1955), the founder of the Alexander Technique, is required for AmSAT teacher certification. Within these writings Alexander expresses ideas that are racist and sexist. We acknowledge and reject all racist and sexist ideas, both expressed and implied, in that material.

LIBRARY

ATI-LA has an extensive library with books, DVDs and other materials on the Alexander Technique and related topics which is accessible to the trainees. Periodically the trainees will need to purchase reading materials for required reading assignments.

ATI-LA ALSO PROVIDES:

1. **Provisional Interval** – provides an opportunity to join the TTC to determine whether training to be an Alexander Technique Teacher at ATI-LA is appropriate. This Provisional Interval does **not** lead to *certification* as a teacher of the Alexander Technique unless the student continues on the three-year TTC. If the student continues as a trainee on the three-year TTC within six months of completion of the six-week provisional period, credit hours may be applied toward hours for *certification*.
2. **Post-Graduate Studies** – provides an opportunity for certified teachers of the Alexander Technique to join the TTC to refine and refresh their teaching skills. The cost is determined by the hours spent on the course.
3. **Seminars & Webinars** – for the community of certified Alexander Technique Teachers and the public.



ADMISSIONS/APPLICATION REQUIREMENTS

Trainees may be accepted for enrollment at the beginning of each trimester in which openings remain.

Prerequisite: it is required that at least 2 private lessons with a senior ATI-LA faculty member have been taken prior to being admitted to the training program.

Trainees should be able to participate in the English language-based course with an ability to comprehend the daily work and to communicate effectively. A student should have a minimum score of 80 on the TOEFL iBT Test or have completed a high school or higher-level ESL program.

ATI-LA is not eligible for student visas and does not provide services related to visas and/or US residency status. ATI-LA does not vouch for student visa and/or residency status and will not be responsible for any charge related to student visa and/or residency status.

If English is not the student's primary language, and the student is unable to understand the terms and conditions of the enrollment agreement, the student shall have the right to obtain a clear explanation of the terms and conditions and all cancellation and refund policies in his or her primary language. An interpreter will be provided who can interpret the material at the student's written request.

Required application documentation:

1. A letter of recommendation from the applicant's Alexander Teacher(s) is required.
2. Copy of High School Diploma or equivalent or higher. The State of California requires all enrollees to have a high school diploma or its equivalent. *
3. Application
4. \$100 non-refundable application fee

***California Education Code (CEC) §94811** defines an ability-to-benefit (ATB) student as a student who does not have a certificate of graduation from a school providing secondary education, or a recognized equivalent of that certificate.

Under **CEC §94904(a)** an institution is required, prior to executing an enrollment agreement with an ATB student, to have the student take and pass an independently administered examination from the list of examinations prescribed by the **United States Department of Education (USDE)**. This school accepts Wonderlic Basic Skills Test (WBST) Verbal forms VS-1 & VS-2, Quantitative Forms QS-1 & QS-2 with a passing score of Verbal – 200 and Quantitative – 210.

RIGHT TO REFUSE ADMISSION

The Alexander Training Institute of Los Angeles is an educational, nonsectarian, nondiscriminatory teaching institution. However, the Director(s) reserve the right to refuse admission.

TRANSFER OF CREDIT HOURS TO AND FROM OTHER EDUCATIONAL INSTITUTIONS

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION: The transferability of credits one earns at ATI-LA is at the complete discretion of an institution to which one seeks to transfer. Acceptance of the *hours or certificate* earned in *teacher training of the F.M. Alexander Technique* is also at the complete discretion of the institution to which one seeks to transfer. If the *credits or certificate* earned at this institution are not accepted at the transfer institution, you may be required to repeat some or all of your coursework at that institution. For this reason, you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending ATI-LA to determine if your *credits or certificate* will transfer.

ATI-LA has no binding agreements with other Educational Institutions, including other AmSAT-approved training courses. The maximum number of credit hours that ATI-LA will accept from another school is 1060 credit hours. If the trainee has had previous training at an AmSAT approved, AmSAT Affiliated Society approved teacher training course appropriate credit may be allowed at the discretion of ATI-LA's Co-Director(s). An assessment of the applicants' understanding of the Alexander Technique and the applicant's skill level will be done by the Head of Training. ATI-LA does not offer credits for experiential learning (life experience).

To receive a certificate of completion from ATI-LA, the final year (540 hours) of training must be completed at ATI-LA. The first two years or 1060 hours may have been completed on another course. The completion of hours at another course for Alexander Technique Teacher Training should be documented by that course's Director of Training. ATI-LA has not entered into specific transfer or articulation agreements with any other training courses.

TUITION AND FEES

Application Fee (non-refundable)	\$100.00	Due with application
Deposit (Non-refundable)	\$200.00	Due one month prior to the start date and will be applied to the first trimester's tuition.
BPPE STRF (no longer collected by Institution)	\$0	"(\$0) per one thousand dollars (\$1000) of institutional charges."
TOTAL CHARGES DUE UPON ENROLLMENT:		
10-week Fall Trimester	\$4,140.00	Due two weeks prior to the start of the Trimester
10-week Winter Trimester	\$4,140.00	Due two weeks prior to the start of the Trimester
10-week Spring Trimester	\$4,140.00	Due two weeks prior to the start of the Trimester
Annual Tuition:	\$12,420.00*	*There will be a tuition increase of not more than 5% per academic year.
Tuition Total for the Full Three-year Course	\$37,260.00*	*There will be a tuition increase of not more than 5% per academic year.
*Possible fees if additional time is <u>required</u> .	TBD	*Will be based on current tuition rates at the time of additional hours
TOTAL PROGRAM CHARGES:	\$37,360.00	

Other Fees:

- Reading material required during the course may be borrowed from the ATI-LA library or be separately purchased at the trainee's personal expense. ATI-LA will provide additional handouts.
- Additional fees may apply if make-up time is required and/or the trainee requires additional time to fulfill the requirements of certification.

Cancellation Policy:

The trainee has the right to cancel the enrollment agreement and obtain a refund using the following guideline:

- The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session, or the seventh day after enrollment, whichever is later.
- The effective date of notice of cancellation will be the postmark date, or the date of the email to which the PDF of the notice is attached or the date on which the notice of cancellation is delivered to ATI-LA by the Trainee.
- The written notice is to be sent Head of Training, Alexander Training Institute of Los Angeles, P.O. Box 6264, Ventura, CA 93006 or mail to:Registrar@ati-la.com

Refund Policy:

The trainee has a right to a full refund of all charges according to the above cancellation policy. The trainee is entitled to a refund of moneys not paid from federal trainee financial and program funds. In addition, the trainee may withdraw from a course after instruction has started and receive a pro rata refund for the unused portion of the tuition and other refundable charges if the trainee has completed 60% or less of the instruction of the first trimester.

If a trainee has attended 61% or more of the first Trimester and withdraws, there will be no refund.

% of attendance time	Amount of Refund
Up to 10% of course	90%
25%	75%
50%	50%
61%	No Refund

WITHDRAWAL AND LEAVE OF ABSENCE POLICIES

Withdrawal:

Trainees may withdraw from the course at any time and at least four-weeks' written notice of withdrawal is required. Trainees who withdraw having completed 61% or more of the first trimester of the course will be responsible for payment for the whole trimester involved. Notification should be sent to Attention: Administration, Alexander Training Institute of Los Angeles, P.O. Box 6264 Ventura, CA 93006, or admin@ati-la.com

Leave of Absence:

Trainees who need to take time off during a trimester but are not withdrawing from the course are responsible for payment for the whole trimester involved. **At least four-weeks' written notice to be addressed to the Head of Training is requested** for Leave of Absence.

The trainee taking the leave of absence will become eligible to re-enter the class at the first subsequent opening. In this case, the total course fee would increase by that amount since the trainee would still be expected to attend and pay for his/her full 1620 hours of training.

If a trainee is taking a leave of absence due to hardship, along with the four-weeks' notice the trainee may petition ATI-LA, in writing, to waive a portion of the payment for the trimester involved. Granting such a waiver will be at the discretion of the directors.

Mandatory Leave of Absence:

If the School Directors determine that an injury or illness creates a safety hazard to other persons at the school, or otherwise significantly prevents a trainee from participating in his or her program of study at the desired level of commitment and/or skill, the school Directors may, with or without warning, issue a Mandatory Leave of Absence. Notification will be via a written notice indicating the date range and reason for the Mandatory Leave of Absence. The school Directors will propose a means whereby the trainee can make up incomplete coursework. This Mandatory Leave of Absence is in lieu of dismissal from the school because the school Directors have determined that upon healing from the injury or illness, the trainee will be able to reenter their program of study at the desired level of participation. If a trainee does not agree to the terms of the Mandatory Leave of Absence, the trainee can choose to withdraw from the school (See "Trainee Right to Cancel").

FINANCIAL AID & STUDENT LOAN INFORMATION

ATI-LA does not participate in or administer any Federal or State financial aid programs.

The following information is required by the California Bureau for Private and Postsecondary Education:

- If the student has received federal student financial aid funds, the student is entitled to a refund of moneys not paid from federal student financial aid program funds.
- If the student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund.
- If the student is eligible for a loan guaranteed by the federal or state government and the student defaults on the loan, both of the following may occur:
 - (1) The federal or state government or a loan guarantee agency may take action against the student, including applying any income tax refund to which the person is entitled to reduce the balance owed on the loan.
 - (2) The student may not be eligible for any other federal student financial aid at another institution or other government assistance until the loan is repaid.
- If the student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund.
- If the student is eligible for a loan guaranteed by the federal or state government and the student defaults on the loan, both of the following may occur:
 - (1) The federal or state government or a loan guarantee agency may take action against the student, including applying any income tax refund to which the person is entitled to reduce the balance owed on the loan.
 - (2) The student may not be eligible for any other federal student financial aid at another institution or other government assistance until the loan is repaid.

NOTICE: YOU MAY ASSERT AGAINST THE HOLDER OF THE PROMISSORY NOTE YOU SIGNED IN ORDER TO FINANCE THE COST OF THE EDUCATIONAL PROGRAM ALL OF THE CLAIMS AND DEFENSES THAT YOU COULD ASSERT AGAINST THIS INSTITUTION, UP TO THE AMOUNT YOU HAVE ALREADY PAID UNDER THE PROMISSORY NOTE. *

**ATI-LA does not provide loans; however, tuition is collected by term.*

TRAINEE PROGRESS/RECORDS MAINTENANCE

The trainee's first year will represent a probationary period, terminating with a director/faculty appraisal to consider the trainee's suitability for continued training. If a commitment is made to continue the course, dismissal will occur only in the case of unsatisfactory work or conduct as determined by the Director/Faculty of the school.

State Law requires that progress reports be kept. No "letter grades" are given; a student's progress is assessed by the faculty based on skill level and understanding of the Alexander Technique. Progress reports will be written at least three times a year, and these will be available to the trainee for perusal and discussion. Records include transcripts, attendance log, copy of certificate granted and the date granted, the course on which the certificate is based, and if applicable withdrawal & cancellation logs. ATI-LA will *permanently maintain trainee transcripts only*. Trainees are cautioned that State Law requires this institution to maintain trainees' records for only five years.

Satisfactory Progress:

A trainee's progress is assessed on their ability to demonstrate, understand, and communicate the principles of the Alexander Technique, their embodiment of the principles through their "use," and the competence with which they are applying all elements of the curriculum. A trainee must maintain a satisfactory level of progress throughout the year based on the curriculum. The faculty meets regularly to discuss trainees' progress. If a trainee's work is deemed unsatisfactory, he/she/they will be notified with a written evaluation of unsatisfactory progress and will be put on probation as outlined below. Any problems occurring after a probation period can become grounds for further administrative action (including expulsion) without a new probation period.

TRAINEE STATUS AND CONDUCT

AmSAT CONDUCT:

The American Society for the Alexander Technique (AmSAT) is a professional organization of Alexander Technique teachers in the United States. ATI-LA is approved by AmSAT, provides training that meets the AmSAT Teacher Certification requirements, and abides by AmSAT's By-Laws. Becoming a trainee on an AmSAT approved training course automatically confers AmSAT trainee membership to the trainee. If a fee is required, it will be paid by the trainee.

As trainees of ATI-LA and trainee members of AmSAT, trainees are expected to abide by AmSAT's Code of Professional Conduct during their time on the training course. If a trainee's conduct violates the Code as determined by the Director, faculty and, if necessary, AmSAT's Professional Conduct Committee, the trainee may be dismissed from the course. Trainees will be provided AmSAT's professional conduct policy during the enrollment process.

ATI-LA CONDUCT:

Trainees are expected to conduct themselves as students in an environment of positive learning. Any marked departure in the form of conduct detrimental to this environment, as determined by the Directors/Faculty, could result in dismissal.

ATTENDANCE:

Attendance is mandatory. State law requires that absences be recorded, and failure to attend regularly could result in dismissal. A detailed copy of the current policies for Attendance and Credits will be provided. Additional fees may apply if make-up time is required and/or the trainee requires more time to fulfill the requirements of certification.



PROBATION AND DISMISSAL

A trainee may be put on probation for excessive absence or lateness, as outlined above, or for any of the dismissal reasons outlined below in 1,2 and 3. The trainee will be notified in writing of his or her probationary status, the reason(s) for the action, the expectations for advancement through the probationary period, and the date that the probationary period will end. Probation will end with a faculty-trainee meeting wherein the trainee will either be taken off of probation or dismissed. Once a trainee has been put on probation any continued unexcused lateness or absence will become possible grounds for further administrative action including possible expulsion without a renewed probationary warning. Determination of the need for a probationary warning is made by the school Directors.

A trainee may be dismissed from the school because:

1. It has been determined that the trainee is not able or willing to participate in the program at the desired level of commitment and/or skill; because he, she, or they lack(s) the mental, emotional or the physical health to successfully complete the program; or because he, she, or they lack(s) the maturity to complete the program. Such dismissal will be preceded by a written probationary warning as indicated above. Determination of the need for such a probationary warning and dismissal is made by the school Directors upon the recommendation of the faculty.
2. A trainee may be dismissed from the school for behavior creating a safety hazard to other persons at the school, for disrespectful behavior to other trainees, administrators, faculty members, for sexual misconduct, or for any other stated or determined infraction of conduct. Depending on the severity of the behavior, such dismissal may or may not be preceded by a probationary warning. The possession of weapons or firearms in school facilities is grounds for immediate dismissal.
3. ATI-LA is a drug-free campus. Such laws are strictly enforced, and violations can lead to dismissal from the school.

COMPLAINTS/GRIEVANCES

Trainees may register complaints verbally or in writing to the Directors of the school. Directors can be regularly available one-half hour before and after scheduled class hours. If a complaint is against a Director, a Director/Faculty member will be appointed by the Board of Directors to fulfill the obligations of investigating a complaint. Any questions or complaints that have not been satisfactorily answered by the Directors of ATI-LA may be addressed to

The American Society for the Alexander Technique (AmSAT), Attention: Professional Conduct Committee (PCC). Please see the following link:

<http://www.amsatonline.org/members/committee/professional-conduct>.

Additionally, questions and complaints may also be made to the **BPPE** at any time:

Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at 1747 N. Market Blvd, Suite 225. Sacramento, CA 95834 or P.O. Box 980818, West Sacramento, CA 95798-0818, www.bppe.ca.gov, (888) 370-7589, (916) 574-8900 or by fax (916) 263-1897.

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 toll-free or by completing a complaint form, which can be obtained on the bureau's internet web site www.bppe.ca.gov.

Directors have the authority:

1. To investigate complaints, including interviewing all people and reviewing all documents that relate or may potentially relate to the complaint.
2. To reject the complaint if, after investigation, it is determined to be unfounded, or to compromise or resolve the complaint in any reasonable manner, including the payment of a refund.
3. To record a summary of the complaint, its disposition, and the reasons, place a copy of the summary, along with any other related documents, in the trainee's file, and make an appropriate entry in the log of trainee complaints.
4. If the complaint is valid, involves a violation of law, and is not resolved within 30 days after it was first made by the trainee, to notify the Council, and law enforcement authorities of the complaint, investigation, and resolution or lack of resolution. A person who has a duty to provide notice under this paragraph is not required to disclose any matter to the extent of that person's privilege under Section 940 of the California Evidence Code.
5. If the complaint is valid, to determine what other trainees, if any, may have been affected by the same or similar circumstances and provide an appropriate remedy for those trainees.
6. To implement reasonable policies or procedures to avoid similar complaints in the future.
7. To communicate directly to any person in control regarding complaints, their investigation, and resolution or lack of resolution.

If a trainee orally delivers a complaint and the complaint is not resolved either within a reasonable period or before the trainee again complains about the same matter, the institution shall advise the student that a complaint must be submitted in writing and shall provide the student with a written summary of the institution's complaint procedures.

If a trainee complains in writing, the institution shall, within 10 days of receiving the complaint, provide the trainee with a written response, including a summary of the institution's investigation and disposition of it. If the complaint or relief requested by the student is rejected, the reasons for the rejection will be noted.

The trainee's participation in the complaint procedure and the disposition of a trainee's complaint shall not limit or waive any of the trainee's rights or remedies. Any document signed by the trainee that purports to limit or waive the trainee's rights and remedies is void.

PLACEMENT ASSISTANCE and STUDENT SERVICES

This Educational Program may result in freelance or self-employment:

- The work available to graduates of this program is usually for freelance or self-employment.
- This type of work may not be consistent.
- The period of employment can range from one day to weeks to several months.
- Hours worked in a day or week may be more or less than the traditional 8-hour workday or 40-hour work week.
- You can expect to spend unpaid time expanding your networks, advertising, promoting your services, or honing your skills.
- Once graduates begin to work freelance or are self-employed, they will be asked to provide documentation that they are employed as such so that they may be counted as placed for our job placement records.
- Students initialing this disclosure understand that either a majority or all of this school's graduates are employed in this manner and understand what comprises that work style.

ATI-LA offers no placement assistance for graduates. Qualified teachers are eligible to become members of the American Society for the Alexander Technique (AmSAT) and have their names and particulars included in the list of teachers that is circulated nationally in response to requests for information about the Technique. All ATI-LA graduates are also eligible to be listed on the Resources page of ATI-LA's website.

GAINFUL EMPLOYMENT JOB CLASSIFICATIONS

Job Classifications List for Employment and Self-Employment:

Employment may be found in various related fields. The following is a list of job classifications, obtained through the Department of Labor's Occupational Classification Codes:

25-1120 (Arts Communications, and Humanities Teachers, Postsecondary)
25-3021 (Self-Enrichment Education Teachers)
25-3099 (Teachers and Instructors, All Others)
27-1019 (Artists and Related Workers, All Other)
27-2000 (Entertainers and Performers, Sports, and Related Workers)
27-2020 (Athletes, Coaches, Umpires, and Related Workers)

27-2030 (Dancers and Choreographers)
27-2040 (Musicians, Singers, and Related Workers)
27-2090 (Miscellaneous Entertainers and Performers, Sports, and Related Workers)

An objective source of information used to substantiate the salary disclosure is found at The U.S. Department of Labor, Bureau of Labor Statistics.

http://www.bls.gov/oes/current/oes_stru.htm

ENROLLMENT AGREEMENT

Trainees are required to sign an enrollment agreement before entering the TTC. This agreement contains a statement that trainees will not undertake to teach the Alexander Technique or to present themselves as teachers until they have received a Certificate of Completion.

Prior to signing the enrollment agreement, the enrollee will receive and read the following documents:

1. A copy of this catalog.
2. A copy of the enrollment agreement.
3. A copy of the School Performance Fact Sheet.
4. A copy of AmSAT Professional Conduct requirements from the Members' Handbook.
5. AmSAT's Teacher Certification Requirements (see catalog).
6. A copy of the Current Policies for Attendance and Credits.



CERTIFICATE OF COMPLETION

Issuance of a **Certificate of Completion** will depend on:

1. The completion of a minimum of 1620 hours by the trainee.
2. The agreement of the Directors and Faculty of the ATI-LA that the trainee has obtained a satisfactory level of proficiency teaching the Alexander Technique.
3. Trainee has met the requirements for Teacher Certification established by the American Society for the Alexander Technique. Document attached.
4. Completed payment of any monies owed.

If all the conditions have been met the trainee will receive a Certificate of Completion signed by a Co-Director of ATI-LA.

If a trainee does not meet the level of proficiency required at the completion of the prescribed 1620 hours, a continued course of study will be arranged mutually between the Directors of ATI-LA and the trainee.

ATI-LA abides by and enforces the AmSAT rule that all trainees must undertake not to hold themselves out as Alexander Teachers, nor teach the Alexander Technique, except as supervised and permitted by the Training Directors, until they have duly qualified and have received an official Certificate of Completion from ATI-LA.

Teaching the Alexander Technique is not a licensed profession.

STATE OF CALIFORNIA

The Institution does not have a pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years, or has not had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy.

STUDENT TUITION RECOVERY FUND (STRF) DISCLOSURES

(a) A qualifying institution shall include the following statement on both its enrollment agreement and school catalog:

"The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if you are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition.

You are not eligible for protection from the STRF, and you are not required to pay the STRF assessment, if you are not a California resident, or are not enrolled in a residency program."

(b) In addition to the statement required under subdivision (a) of this section, a qualifying institution shall include the following statement in its school catalog:

"It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 N. Market Blvd, Suite 225. Sacramento, CA 95834 or P.O. Box 980818, West Sacramento, CA 95798-0818, www.bppe.ca.gov, (888) 370-7589, (916) 574-8900 or by fax (916) 263-1897.

To be eligible for STRF, you must be a California resident or are enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
2. You were enrolled at an institution or a location of the institution within the 120 day period before the closure of the institution or location of the institution, or were enrolled in an educational program within the 120 day period before the program was discontinued.
3. You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by

the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.

4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.

5. The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law, or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.

6. You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.

7. You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF.

A student whose loan is revived by a loan holder or debt collector after a period of non-collection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law.

However, no claim can be paid to any student without a social security number or a taxpayer identification number."

GENERAL DISCLOSURES

The Alexander Training Institute of Los Angeles, Inc. (henceforth known as “ATI-LA”) offers a three-year professional teacher training course leading to *certification* as a teacher of the Alexander Technique.

ATI-LA is a California corporation, incorporated in September 1987.

The Institution does not have a pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years, or has not had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy.

ATI-LA is a private institution that it is approved to operate and offer educational programs for non-accredited institutions by the California Bureau of Private Postsecondary Education (BPPE), and that approval to operate means compliance with minimum standards contained in the California Education Code and the California Code of Regulations.

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

You are also encouraged to review the Professional Conduct requirements from the AmSAT Members’ Handbook, and AmSAT’s Teacher Certification Requirements. This catalog is updated annually and is available on ATI-LA’s website www.ati-la.com or by request at Hello@ati-la.com





Approved July 2022

TEACHER CERTIFICATION REQUIREMENTS

In order to be eligible for Certification by the American Society for the Alexander Technique (AmSAT), an individual must demonstrate a high level of proficiency in each of the following areas:

1. A practical understanding of F. M. Alexander's basic principles associated with the use of the self, inhibition, direction, primary control, end-gaining and the means-whereby, doing and non-doing, faulty sensory appreciation, and conscious control, as represented in F.M. Alexander's writings and contemporary writings regarding the development and practical teaching of his Technique.
2. Maintaining a high standard of use of the self while teaching the Alexander Technique and during ordinary activity.
3. Performing and teaching Alexander's basic procedures: positions of mechanical advantage, chair work, table work, whispered "ah," and hands-on-the-back-of-the-chair.
4. Teaching the basic concepts of the Technique to a student through manual skills in combination with verbal explanation and instruction.
5. Applying the principles of the Technique using manual and verbal instruction while assisting a student in the performance of specialized activities.
6. Aiding the student in applying principles of the Technique independent of the teacher.

In addition to a high level of proficiency in the above teaching skills, a person eligible for certification demonstrates:

7. A comprehensive knowledge and understanding of F. M. Alexander's writings regarding the development and practical teaching of his Technique, as well as a familiarity with his life, the history of the Technique and additional literature pertaining to the Technique.
8. A basic knowledge of anatomy, physiology, and current research related to understanding and teaching the Alexander Technique.

The Alexander Training Institute of Los Angeles

Teacher Training in the F. M. Alexander Technique

Come learn with us!

