

Feldenkrais Guild® of North America
E2.2.1.7 GUIDELINES FOR CERTIFICATION AS A
FELDENKRAIS® ASSISTANT TRAINER

1. Graduation from a TAB Accredited FFTP.
2. A minimum of five years experience in professional *Feldenkrais*® practice in providing both *ATM*® and *FI*® lessons, (as defined in #6) This is the minimum, we expect most people to meet these requirements in a period spanning more than five years.
3. An average of 20 hours per year of advanced training since graduation. Please list days and hours.
4. A list of *FI* lessons received since graduation from an FFTP:
 - A minimum of 5 *FI* lessons from Trainers and 10 from Assistant Trainers or from experienced practitioners (those with 10 years of full time practice.) for a total of 15. Please write about what you have learned from these lessons.
 - A minimum of another 15 *FI* lessons received from other practitioners/teachers.
5. Membership in a *Feldenkrais* Guild or Association recognized as a full member of the International Feldenkrais Federation. (Membership must be maintained to continue your assistant trainer status.)

The Training Accreditation Boards recognize that individual Feldenkrais Method® practices may vary greatly in emphasis, content and geographical mobility. We are looking for a clear profile of a substantial *Feldenkrais Method* practice and evidence of your readiness to be an Assistant Trainer. As such, the following are recommendations, but not required to the letter:

6. 2-3 *ATM* classes per week for six months per year, 60-70 hours of *ATM* instruction per year, including:
 - Substantial time teaching *ATM* classes: this may also include 1:1 *ATM* instruction
 - 600 *FI* lessons per year over a five year period or more
 - 2 -3 workshops per year
 - 5 presentations per year
7. Attendance in a FFTP other than your own. In order to strengthen your overall application profile, we recommend participating in a *Feldenkrais* training program beyond the one from which you graduated, for a significant time before submitting your application for Assistant Trainer. We encourage applicants to have experience as an *FI* lesson "giver" or "practitioner-assistant" in a training. Please describe your experience, listing trainings and days attending, etc.

Please include with your application:

8. Documentation of items 1 - 7

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9. Complete curriculum vitae, including knowledge and experience in related areas useful in presenting the *Feldenkrais Method* against a broad and varied background.
10. A complete description of your *Feldenkrais* practice including number of *FI* and *ATM* lessons, and workshops per year; a description of presentations, conferences, lectures and presence in the media each year; a discussion of the age groups, types of people and types of difficulties encountered.
11. A presentation of at least three (3) case studies of your work with individuals. Include at least one case study of a series of lessons with one person. Also include one example of a lesson or series that was not a success. Use the suggestions in the NATAB Guidelines for writing case studies, which are available at <http://www.feldenkraisguild.com/assistant-trainer-cert>. Each case study should be at least 2 pages long.
12. A presentation of your experience with groups, showing your ability to present the *Feldenkrais Method* to a group, demonstrating communication skills, ie. how you presented or described the work, and your knowledge of how creating learning experiences (a minimum of at least one, one page in length.)
13. A discussion of how you perceive yourself as a teacher and why you want to become an assistant trainer.
14. If you continue to practice another profession, or if you integrate another method into your *Feldenkrais* practice, please include a full description of how this affects your practice and what influence the other method has in your work and practice. Describe how you differentiate and distinguish the practices.
15. Samples of your advertising.
16. Letters of recommendation. Please include 2-3 letters of recommendation from people who have experienced your work. These letters can come from a variety of sources, such as your students, assistant trainers, trainers or fellow practitioners. The letters should specifically address your skills as a Feldenkrais teacher. We suggest that there be two recommendations from trainers who know your work.
17. The fee of \$450 to be submitted with the application. There will be no refunds if the application is not approved. The fee for a second application will be half the original fee.
18. Include documentation of all credentials you use, e.g., M.A., Ph.D., R.N., P.T., etc.
19. Please include a recent photo of yourself.

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20. We are looking for an overall profile of practice and performance; we look for quality, rather than strictly quantity. Therefore, you are encouraged to write a personal statement which represents your thinking, knowing, doing, evolution and growth in the Method over the years as a practitioner. Please include a description of the difficulties you encounter in your thinking and working and what you are doing or plan to do vis-a-vis them.
21. Continuing education for Assistant Trainers: It is highly recommended that you pursue educational opportunities beyond those required for maintaining Guild certification. You may consider organizing and coordinating any of the following opportunities with fellow Assistant Trainers, so that you can learn in an environment which explores your common needs, levels and questions:
- Continuing education just for Assistant Trainers
 - Viewing the Amherst videos
 - Mentorship with a trainer
 - 5 days advanced training with a trainer
 - Regional study groups attend training forum
 - Curriculum oriented study, i.e., how to design training curriculum, how are basic skills taught in trainings

For applications submitted to NATAB, any confirmed ethics violation and related disciplinary actions currently in place will also be considered.

Appeal - Any decision or action of the North American Training Accreditation Board may be appealed to the Board of Directors of the Feldenkrais Guild of North America, in writing. The secretary or assigned staff person will respond to the request for an appeal within 30 days of receipt, giving the date for a hearing. The Board will begin to hear the appeal within 60 days of receipt of the request.

Precedence of Bylaws

The terms and conditions of the Bylaws shall take precedence over and govern in the event of conflict between the terms and conditions of the Policy and the terms and conditions of the Bylaws.

Last Revised May 24, 2021 by FGNA Board of Directors
Adopted 1997 by FGNA Board of Directors