

Registration with the CNHC for Alexander Technique teaching

In order to be eligible to apply for registration with CNHC practitioners must have

- undertaken a programme of training that meets, as a minimum, the Alexander Technique National Occupational Standards and the [Alexander Technique Core Curriculum](#). The minimum level of qualification required is equivalent to 5 (England and Wales); 6 (Northern Ireland); 8 (Scotland) on the [UK Qualification Comparison Chart](#)

OR

- have achieved competence to the level of the Alexander Technique National Occupational Standards by means of relevant experience of at least three years and been assessed as having met those Standards.

Please note, courses delivered entirely by distance learning do not meet CNHC requirements.

The following Alexander Technique Teacher Training courses meet the National Occupational Standards and the Alexander Technique Core Curriculum:

ITM Alexander Technique Teacher Training Course

Interactive Teaching Method (ITM)

c/o 48 Mendip Rd

Bristol

BS3 4NY

Tel: 0117 963 4496

Email: bristolalexander@yahoo.co.uk

<http://www.alexandertechnique-itm.org/>

Professional Association of Alexander Teachers Training Course

Professional Association of Alexander Teachers (PAAT)

Room 706

The Big Peg

120 Vyse St

Birmingham

B18 6NF

Tel: **01743 241478**

Email: info@paat.org.uk

<http://www.paat.org.uk/index.php>

Society Of Teachers of the Alexander Technique Approved Training Courses
Alexander Technique Teacher Training Courses

Alexander ReEducation Centre

Head of Training: Ronald Colyer

Location - Hurley, Berkshire

Website: www.alexanderteachertraining.org

Trainees graduating prior to August 2022 are eligible to apply for CNHC registration.
Trainees who graduated after August 2022 are required to follow the APEL process to apply for CNHC registration.

Alexander Teacher Training South West

Head of Training: Gunda Fielden

Location - Totnes, Devon

Website: www.alexandertechniquesouthwest.com

Trainees from this training course are eligible to apply for CNHC registration upon graduation.

Brighton Alexander Technique College (BATC)

Head of Training: Carolyn Nicholls

Location - Hove, East Sussex

Website: www.alexander-technique-college.com

Trainees graduating prior to August 2022 are eligible to apply for CNHC registration.
Trainees who graduated after August 2022 are required to follow the APEL process to apply for CNHC registration.

Edinburgh Alexander Training School (EATS)

Head of Training : Julia Woodman

Location - Edinburgh, West Lothian

Website: www.edinburghalexandertraining.com

Trainees from this training course are eligible to apply for CNHC registration upon graduation.

London Centre for Alexander Technique and Training (LCATT)

Heads of Training: Refia Sacks, Judith Kleinman and Roger Kidd

Location - Highbury, London

Website: www.lcatt.org.uk

Trainees graduating prior to August 2022 are eligible to apply for CNHC registration.

Trainees who graduated after August 2022 are required to follow the APEL process to apply for CNHC registration.

Manchester Alexander Technique Training School

Head of Training: Peter Bloch,

Location - Wilmslow, Cheshire

Website: www.manchesteralexandertraining.com

Trainees from this training course are eligible to apply for CNHC registration upon graduation.

The Alexander Teacher Training School

Head of Training: Anthony Kingsley

Location - Finchley Road, London

Website: www.alexanderteacher.co.uk

Trainees graduating prior to August 2022 are eligible to apply for CNHC registration.

Trainees who graduated after August 2022 are required to follow the APEL process to apply for CNHC registration.

The Alexander Technique Studio

Head of Training: Karen Wentworth

Location - Wandsworth Common, London

Website: <https://atstudio.co.uk/>

Trainees graduating prior to August 2022 are eligible to apply for CNHC registration.

Trainees who graduated after August 2022 are required to follow the APEL process to apply for CNHC registration.

The Constructive Teaching Centre

Head of Training: Alan Philps

Location - Imperial Wharf, London

Website: www.constructiveteachingcentre.com

Trainees graduating prior to August 2022 are eligible to apply for CNHC registration.
Trainees who graduated after August 2022 are required to follow the APEL process to apply for CNHC registration.

Closed Training Courses

Alexander Technique School, Queen's Park

This Training Course closed end of 2018

The Brighton School for Alexander Technique

This training Course closed Nov 2017

Bristol Alexander School

This course is valid up to September 2013. Students who have graduated following this date may be assessed by STAT to become STAT members and can then apply for CNHC registration. This Training Course closed September 2022.

Centre for the Alexander Technique

This Training Course Closed 2017

Centre for Constructive Awareness and Related Education

This Training Course closed 2018

City Alexander Technique School

Trainees graduating prior to August 2022 are able to apply for CNHC registration without further requirements. Trainees who graduated after August 2022 will be required to follow the APEL process to apply for CNHC registration. This training course closed May 2023.

Cumbria Alexander Training

This Training Course closed September 2022

Oxford Alexander Training School

Courses completed before May 2014

Victoria Training Course for the Alexander Technique

Courses completed before February 2014

Westminster Alexander Training Course

This course closed in March 2016

York Alexander Technique School

This Training Course Closed 2020



Complementary & Natural
Healthcare Council

See [Apply to Register](#) for further information on applying to register with CNHC.

NOTE: Any organisation (that is not a CNHC Verifying Organisation) that wishes a course to be added to those listed above is invited to submit to CNHC detailed documentation that demonstrates how the course delivers all the outcomes of the National Occupational Standards (NOS) and the requirements of the Core Curriculum. The documentation will be copied to the Alexander Technique Profession Specific Board (PSB) so that the PSB can advise the CNHC whether the list should be updated.