

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>

Alexander ReEducation Centre

Alexander Technique Teacher Training course

Head of Training: Ronald Colyer

68 Wantage Road, Reading, Berkshire RG30 2SF

Tel: 07733 253 056 (Enquiries: anytime)

Email: www.alexanderteachertraining.org/contact.asp

www.alexanderteachertraining.org

Bristol Alexander School (BAS)

Alexander Technique Teacher Training course

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.

Cumbria Alexander Training

Alexander Technique Teacher Training course

Co-heads of Training: Jamie McDowell and Michael Hardwicke

Fellside Centre, Low Fellside, Kendal, Cumbria LA9 4NH

Tel: 01539 733 045 or 01539 531 781 (Enquiries: anytime)

Email: jamie@fellside.f9.co.uk or michael@fmalexandertechnique.co.uk

www.fmalexandertechnique.co.uk

Centre for Constructive Awareness and Related Education

Alexander Technique Teacher Training course

Co-heads of Training: Daniel McGowan and Sarah Paice

Bowden House, Totnes, Devon

Correspondence and calls to: 11 Bridge Road, Totnes, Devon TQ9 5FG

Tel: 01803 862899

Email: ccare.danny@googlemail.com

www.constructiveawareness.com

Brighton Alexander Technique College (BATC)

Alexander Technique Teacher Training course

Head of Training: Carolyn Nicholls

ACT (Academy of Creative Training) 170a Church Road Hove BN3 2DJ

Correspondence to: 87 Woodbourne Avenue, Brighton BN1 8EJ

Telephone: 01273 562595 (Enquiries: 14.00 - 21.00)

Email: carolyn.nicholls@me.com

www.alexander-technique-college.com

The Brighton School for Alexander Technique

Alexander Technique Teacher Training course

Co-heads of Training: Suzie Sanderson and Chris Element

7 College Place, Brighton, East Sussex BN2 1HN

Tel: 01273 605226 (Enquiries: anytime)

Mobile: 077 388 210 56

Email: info@alexandertechnique.org.uk

www.alexandertechnique.org.uk

City Alexander Technique School

Alexander Technique Teacher Training course

This Alexander Technique Teacher Training course is now accepting enquiries and applications with a projected start date of September 2013.

Head of Training: Brita Forsstrom

82 Great Easter Street, London EC2A 3JL

Tel: 020 7749 7246 or 07739 796 514

Email: brita.forsstrom@me.com

www.cityats.org

Alexander Technique School, Queen's Park

Alexander Technique Teacher Training course

Head of Training: Ilana Machover

5 Milman Road, Queen's Park, London NW6 6EN

Tel: 020 8969 5356 (Enquiries: evenings)

Email: queensparkat@ntlworld.com

<http://homepage.ntlworld.com/ilana.m/>

London Centre for Alexander Technique and Training (LCATT)

Alexander Technique Teacher Training course

Head of Training: Refia Sacks

Assistants: Judith Kleinman and Roger Kidd

137 Grosvenor Avenue, Highbury, London N5 2NH

Tel: 020 7226 1815

Email: refiasacks@lcatt.org.uk

www.lcatt.org.uk

The Alexander Teacher Training School

Alexander Technique Teacher Training course

the centre for psychophysical education

UKBA International Student Sponsor

Head of Training: Anthony Kingsley

16 Balderton Street, London W1K 6TN

Tel: (day) 020 7629 1808 or (evening) 020 8883 2105

Email: anthony@alexanderteacher.co.uk

www.alexanderteacher.co.uk

Centre for the Alexander Technique

Alexander Technique Teacher Training course

Co-heads of Training: Eleanor and Peter Ribeaux

46 Stevenage Road, London SW6 6HA

Tel: 020 7731 6348 (Enquiries: 12.45 - 13.00 and 16.00 - 20.00)

Email: peter@ribeaux.com

www.ribeaux.com

The Alexander Technique Studio

Alexander Technique Teacher Training course

Head of Training: Karen Wentworth

6 Ravenslea Road, Wandsworth Common, London SW12 8SB

Tel: 020 8673 3853 (Enquiries: evenings)

www.atstudio.co.uk

The Constructive Teaching Centre

Alexander Technique Teacher Training course

Head of Training: Ruth Murray

13 The Boulevard, Imperial Wharf, London SW6 2UB

Administrative address: 45 Lady Somerset Rd, London NW5 1TY

Tel: 020 7727 7222

Email: constructiveteachingcentre@gmail.com

www.constructiveteachingcentre.com

Victoria Training Course for the Alexander Technique

Alexander Technique Teacher Training course

Courses completed before February 2014

Westminster Alexander Training Course

Alexander Technique Teacher Training course

Head of Training: John Hunter

8 Hop Gardens, St. Martins Lane, London WC2N 4EH

Telephone: 020 3239 1212

Email: teachertraining@the-alexander-technique.eu

www.the-alexander-technique.eu

This course closed in March 2016

Manchester Alexander Technique Training School

Alexander Technique Teacher Training course

Head of Training: Malcolm Williamson

Named assistant: Nigel Evans

Royal Northern College of Music,

124 Oxford Road, Manchester M13 9RD

Telephone and Fax: +44 (0) 161 224 1112

Correspondence to: Malcolm Williamson (MATTS), Flat 25, Thorne House, 279 Wilmslow

Road, Manchester, M14 6DW

Email: williamm@rncm.ac.uk

www.alextechteaching.org.uk

Oxford Alexander Training School

Alexander Technique Teacher Training course

Courses completed before May 2014

York Alexander Technique School

Alexander Technique Teacher Training course

Head of Training: Lena Schibel-Mason

5 Thorpe Street, York, YO23 1NJ

Tel: 01904 651367

Email: yats@thorpsestreet.org

www.yorkalexandertechniqueschool.co.uk

See [Apply to Register – A Step by Step Guide](#) for further information on applying to register with CNHC.

NOTE: Any 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.

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