



International Guidelines for Trainer Candidate and Trainer Certification

Revised and Approved Internationally, November 20014

"Trainer candidacy" is a process of transition; it is meant for those actively seeking full trainer certification. After five years, should more time be required, the "trainer candidate" may request a review by the TAB for continuance of the process. If you choose to withdraw from the process please notify the TAB to whom you submitted your application.

In exceptional circumstances, an applicant may present a request for an exception or an alternative to a particular requirement to this policy. If applying for an exception to any requirement please include your rationale. This will be considered first by the TAB to which you make your application and then presented with a recommendation to the other TABs for consideration. Agreement by all TABs is required for an exception to a particular requirement to be granted.

In the process of applying to become a trainer, the first phase is to fulfill the criteria necessary to enter the "trainer candidacy phase". The second phase is to work with a guidance committee (or an alternate way- see 2b. below) to fulfill and demonstrate "trainer competencies."

The following presents the **criteria for trainer candidacy**. An application must be submitted to and approved by the TABs according to the following:

1. Experience required to apply - Must be an assistant trainer for a minimum of three years and have worked as an assistant for a total of 120 - 160 days in an accredited FPTP. It is recommended that the work be distributed across each of the four years of training and that the experience be gained in more than one training program.

If an applicant has at least 160 days of working experience, up to 40 of those days can be gained while having worked as an experienced practitioner, given the following conditions: the days were worked at least 5 years since graduation; the applicant was in full attendance during the training days, and was a formal member of the training staff.

2. Reports and Sponsorship from Trainers

The TABs recommend Trainer sponsorship with a Guidance Committee. This committee would guide the candidate through the phase of fulfilling and demonstrating trainer competencies. If this is not the way chosen by the applicant, then he/she is to propose to the TAB alternate ways for receiving support and supervision during this process.

- 2.1. Trainer Sponsorship with Guidance Committee — The applicant must have the sponsorship of at least three TAB Certified Trainers who are willing to recommend in writing a) the potential of the applicant to move toward becoming a Trainer, and b) the applicant's readiness to enter the process at this time. One of the three is to agree to be the primary sponsor. The Guidance Committee will consist of the primary sponsor and 2 other trainers. The Committee may also have up to 2 additional members who may be trainers or



experienced assistant trainers. Please submit your committee structure to the TAB for approval. Please refer to the Guidance Committee letter for further requirements and an outline of how you and your committee might work together.

These sponsors are to provide support and supervision, provide objective assessments, give direction for further learning, assist in establishing learning experiences, and in general guide the candidate through the process towards readiness to be a trainer. Each member of the committee must recommend the candidate for full trainership to the TAB. Sponsors may not be family members or in a position to derive immediate financial benefit from the candidate's becoming a trainer; Not more than one sponsor can have a long term, direct financial business connection with the candidate, such as joint financial interest in a training program.

- 2.2. Alternate Ways - the TABs are open to alternate ways for becoming a trainer that provide support, supervision, and demonstration of competencies. The TAB may require more detailed information and other criteria deemed relevant to the candidate's competency to be a trainer. Explain, in detail, the rationale for the way chosen.

The TAB requires reports (assessment of competencies) from all trainers whom you have assisted at least in the last 3 years. (These are not considered "sponsoring" trainers). If you are not able to obtain these, explain the circumstance to TAB. These are not to be letters of recommendations, but reports addressing competencies. Every competency does not need to be addressed by every trainer, but together the reports need to include sufficient assessments of all the competencies for the TABs to be confident in your skills and abilities. The trainers may submit these reports directly to the TAB if they choose. In some cases, the TAB may require additional experience, based on your experiences and the assessments received.

3. Curriculum Vitae – include an updated Curriculum Vitae, including any study in adjunct fields since becoming an Assistant Trainer.
4. Description of your work in Training Programs since becoming an Assistant Trainer - Describe, in detail, your work in training programs, since becoming an Assistant Trainer.
5. Continuing Education - Must have attended at least 100 hours of advanced training, workshops, and/or practitioner study groups in the Feldenkrais Method® since becoming an assistant. These may also include Master Classes and/or Assistant Trainer Academy. (List dates, with whom studied, subjects covered, etc.)
6. Conducting Advanced Trainings/Study Groups - Must have given and/or taught at least 75 hours of advanced training, workshops at regional or annual Feldenkrais® conferences, and/or study groups for trainees or practitioners in the Feldenkrais Method since becoming an assistant; include a written description of the focus and planning of at least 3 days (15 hours) of actual teaching experience you have done.
 - 6.1. include a description of the relationship between the presentations of theory, ATM and FI elements in the curriculum of the three days (15 hours).
 - 6.2. reflect on what you learned, challenges you faced, and the abilities you gained through this experience.



7. Case Studies – Submit a minimum of 2 case studies of your work with individuals, since becoming an assistant trainer. Include one case study that is a series of lessons over time with one person, and one case study of one lesson only.
8. Self-learning and growth – How do you pursue learning and growth as a Feldenkrais Practitioner and Assistant Trainer through your personal use of FI and ATM? You may describe other strategies or methods you employ, both within the Feldenkrais Method and outside of it. Describe how these activities have enhanced your learning and growth.
9. Familiarity with the work of Moshe Feldenkrais – Discuss your familiarity with the work of Moshe Feldenkrais
 - 9.1. How are you developing (increasing) your knowledge, familiarity with his work?
 - 9.2. How are you using ATM materials from each of the following: Amherst, San Francisco, and Alexander Yanai?
 - 9.3. What is your plan for further study of these materials?
10. Strengths and Weaknesses – Using the Trainer Competency Profile as a reference tool, please reflect and discuss the level of your development in each area, at this point in your career. Please outline your plan for developing those aspects which you believe require further attention. You may wish to include descriptions of any unique qualities and perspectives in your work.

This application is to be submitted to the TAB for the local area where you live; it will also go to all trainers for review and comment before a decision is made by all the TABs.

Requirements regarding the format of the application

1. Please use a font size comparable to Times New Roman 12pt, and a single line spacing.
2. Left/right page margins shall be preferably set to 2.5 cm (1 inch).
3. Furthermore we want to ask you to provide a table of contents, as well as continuous page numbering.
4. Please send your application to the office. We are happy to accept applications as MS Word or PDF email attachments. Any files larger than 2 MByte will need to be re-organised. The office can offer applicants advice about reducing your file size.
5. The application is to be submitted to the TAB for the local area where you live; it will also go to all trainers for review and comment before a decision is made by all the TABs.

Thank you!