

VI. National Occupational Standards 1

Explore and establish individuals' needs and requirements for Alexander Technique lessons

Overview

Alexander Technique teaching relies on exploring and establishing individuals' needs, requirements and expectations. This may take place at the outset, but also during the delivery of Alexander Technique teaching. This allows the teacher to consider whether it is appropriate to offer lessons to the individual, the type of lessons that should be offered, and any required modifications to the lessons.

Knowledge and Understanding

- K1 the concept of health and well-being that is consistent with the practice, principles and theory underlying the Alexander Technique
- K2 the nature of the service provided and fee structures
- K3 how individuals' health history may affect their health and well-being in relation to learning the Alexander Technique
- K4 how the psychological and emotional balance, as well as diet and lifestyle, of individuals can affect their health and well being
- K5 how the context in which people live affects their health and well-being
- K6 the importance of a suitable environment and making learners feel welcome
- K7 how to select and use different methods for exploring learners' needs and requirements
- K8 how to establish valid and reliable information about learners needs and requirements, and determine the priority of need, in order to plan your teaching
- K9 the potential risks of various courses of action for learners
- K10 how to work with learners to determine the appropriate actions
- K11 the appropriate actions to take to suit identified needs and requirements
- K12 the circumstances in which teaching the Alexander Technique is appropriate and those where it is necessary to proceed with caution
- K13 conditions for which taking lessons in the Alexander Technique may be inadvisable at the time and for which the individual should seek advice from other sources
- K14 how to judge whether self-care procedure(s) relevant to the Alexander Technique are appropriate for the learner
- K15 the anatomy, physiology and pathology necessary for safe and effective Alexander Technique teaching

K16 the procedures for record keeping in accordance with legal and professional requirements.

Performance Outcomes

- 1 evaluate requests for Alexander Technique lessons and take the appropriate action
- 2 explain the nature of the lessons and fee structures to individuals
- 3 provide an appropriate and safe environment for the lessons
- 4 make individuals feel welcome and ensure they are as comfortable as possible
- 5 discuss individuals' needs, requirements and expectations, and ask relevant questions
- 6 encourage individuals to ask questions, seek advice and express any concerns
- 7 establish individuals' needs and requirements in a manner which encourages their effective participation
- 8 determine any contra-indications or restrictions that may be present and take the appropriate action
- 9 evaluate the information obtained and determine the appropriate action with individuals
- 10 complete and maintain records in accordance with professional and legal requirements.

Related Functions

Principles of Good Practice

NOS 2 Develop and agree plans for Alexander Technique lessons with individuals

NOS 3 Deliver Alexander Technique teaching

LLUK 2 Facilitate learning or deliver teaching

Additional Information

This National Occupational Standard is based upon CNH1: 'Explore and establish the clients needs for Complementary Healthcare' developed by Skills for Health.

The National Occupational Standards are awaiting approval by UK Commission for Employment and Skills, and may need to be modified to meet their requirements.