

VII. National Occupational Standards 2

Develop and agree plans for Alexander Technique lessons with individuals

Overview

It is important that the planning of Alexander Technique lessons takes place through discussion and agreement with the individual and relevant others (e.g. carers). This competence is about developing and agreeing plans that meet the individual's needs and requirements. Such plans may be subject to change as the lessons proceed.

Knowledge and Understanding

- K1 the range, purpose and limitations of different teaching methods or approaches that meet learners' individual needs and requirements
- K2 how to determine the most appropriate teaching method(s) for different individuals and their particular needs and requirements
- K3 how to recognise those occasions when Alexander Technique lessons complement healthcare which the individual is currently receiving
- K4 the alternative options available to individuals for whom lessons in the Alexander Technique may be inappropriate at the time
- K5 the role which learners (and others) may take, and may need to take, if the outcome is to be successful
- K6 how to support and advise individuals to make informed choices
- K7 how to work with individuals and relevant others to plan the approach
- K8 why evaluation methods should be determined at the planning stage and what the learner's role will be in the evaluation
- K9 the importance of encouraging and empowering learners to be as actively involved as possible
- K10 the relationship of learners' involvement to the promotion of their health and well-being
- K11 the procedures for record keeping in accordance with legal and professional requirements.

Performance Outcomes

- 1 explain the available option(s) which meet(s) the individual's identified needs and circumstances
- 2 explain any restrictions and possible responses and advise on realistic expectations
- 3 advise the individual when lessons in the Alexander Technique may be inappropriate at the time and help them to consider other options

- 4 discuss the approach to be taken, the level of commitment required and the potential outcomes and evaluation with the individual
- 5 check that the individual understands and support them to make informed choices
- 6 obtain the individual's consent and complete records in accordance with professional and legal requirements.

Related Functions

Principles of Good Practice

- NOS 1 Explore and establish the individual's needs for learning the Alexander Technique
- NOS 2 Deliver Alexander Technique teaching
- LLUK 2 Facilitate learning or deliver teaching

Additional Information

This National Occupational Standard is based upon CNH2: 'Develop and agree plans for complementary healthcare with clients' 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 criteria.