

**From:** AUSTAT <[info@austat.org.au](mailto:info@austat.org.au)>  
**Sent:** Tuesday, 21 May 2019 1:07 PM  
**To:** Karen  
**Subject:** AUSTAT NEWS - May 2019

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## AUSTAT NEWS

May 2019

Council met on Sunday 12 May. The following items were discussed:

- Action regarding re-instatement of Health Fund refunds – decided to leave any decision until after the Federal election
- Our newest Council member, Aniko Ball, is networking with several overseas contacts regarding recent research into the effectiveness of AT.
- Website improvement, especially the mapping function, still being worked on.
- Treasurer's and Administrator's reports received and discussed.
- *In the Moment* – at present, of the 4 issues per year, 2 are sent to members electronically and 2 printed and mailed out to members, which is a very costly exercise, both in time and money. It was decided to send all four issues electronically, except where members elect to receive a printed copy.
- Council approved teacher membership of, and welcomes, new teacher member Goh Shian Li, who trained at the School for F M Alexander Studies, Melbourne.
- The Training Course Standing Committee reported to Council and was represented at the meeting by Jane Azul.
- Planning for the AUSTAT Conference in October is progressing well.
- Council is still working on the Strategic Plan, due to be presented to the membership soon.

- There have been only 2 submissions from members to be part of the Assessment Project. It would be beneficial for there to be more, say 3 or 4.
  - Discussion about calling upon members to help Karen out on occasion with various tasks.
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Over two hundred dentists learned about the Alexander Technique and its inner ergonomic principles applied to dentistry at the recent Australian Dental Association's Congress held in Adelaide. Anikó Ball was invited to present 'inner Ergonomics: a practical recipe for practitioner longevity'. This was the topic chosen by the organizing committee when Anikó explained how AT helps dentists overcome and prevent occupational chronic pain. The presentation was well received. Afterwards many dentists queued to see practical teaching and demonstrations of the AT principles applied in activity around dental chairs at the Exhibition next door.

Picture - Adelaide-based Chris Raff spent time with Anikó at the Congress Exhibition getting familiar with dental equipment.

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Karen Nankervis does a wonderful job as our Administrator. However, it would be a great help to her, and a cost-saving to AUSTAT, if there were a few members on whom she could call to help out with the occasional jobs. Please contact [info@austat.org.au](mailto:info@austat.org.au) if you would be prepared to be called upon to help out with various tasks, either of a general nature, or if you have a particular area of interest or expertise.

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### **Project:**

**Evaluate the possibility of assessment standards as a pathway for entry to  
AUSTAT Teacher Membership, design and develop potential assessment  
frameworks.**

### **Invitation to members for participation in the design and development of the project.**

AUSTAT invites interest from suitably qualified members to participate in a project team on the feasibility, design and development of new assessment

standards potentially to be used for entry into AUSTAT Teacher Membership.

Council is looking for a team who are willing to undertake research in this area, and provide critical advice to council and the membership on the pros and cons of defining assessment criteria, and if appropriate, to propose a model framework.

Many STAT affiliated societies around the world are considering the use of criteria based assessment to develop a professional model for Alexander Technique teaching. If developed appropriately, assessment would provide a number of benefits to AUSTAT and its members. This would include:

- the provision of a training process that is objectively assured by a third party (AUSTAT);
- the development of quantifiable markers of quality in training;
- agreements and community direction on syllabus for training schools;
- clear external guidelines for student teachers.

Correctly handled these benefits would assist in raising the profile and reputation of AUSTAT accredited practitioners in the greater community and allow for greater recognition for the Alexander Technique and the role it has to play in providing benefits to the general public.

The project scope will be in two stages:

Stage 1) The design of a possible Assessment plan. Consultation with stakeholders. Consultation with all members and the provision of a first recommendation report to AUSTAT Council (estimated 6 months)

and (if feasible),

Stage 2) the design and development of assessment tools and instruments to be used (estimated 18 months)

Any necessary AUSTAT resources and expenditure to support the project will need to be approved by council. Progress reports to Council will be required at agreed times. The project team will need to include consultation with the membership on the proposals throughout, and especially prior to a motion being presented to the membership at an AGM. Depending on the findings of the project, a new Assessment Program, if agreed by the membership at an AGM, might replace the

current Moderation Program.

Ideally, you will have qualifications in adult education, the design and development of assessment tools, as well as experience of working on an Alexander training school.

If you are interested in volunteering for this role, please contact Council (email: [info@austat.org.au](mailto:info@austat.org.au) ) with a brief summary of your background and interest in the role by Friday 7th June.

Thank you to those who have already applied

AUSTAT Council

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## **AUSTAT Conference 2019,**

### **Melbourne**

**"The Breath of Life and Movement"**

with Pamela Blanc

In the year of F M Alexander's 150th birthday we celebrate the man known as the 'Breathing Man' and welcome Pamela Blanc, master Alexander Technique teacher and senior teacher in the Art of Breathing.

**October 4 (4pm-9pm) 5 and 6 (9am-5pm)  
Conference Dinner 6pm-10pm, Saturday 5 October**

*(This is the week after the AFL Grand Final and a long weekend in NSW, ACT and SA)*

Venue: **Victorian College of the Arts**  
Building 879m 28 Dodds St, Southbank, Melbourne  
*Walking distance from Flinders St Station*

Pamela Blanc has a private practice in Los Angeles, CA and is a founding director (1987) and senior faculty of The Alexander Training Institute of Los Angeles (ATI-LA), a Private Postsecondary School licensed by the State of California to train individuals to become certified teachers of the F.M. Alexander Technique. Pamela also oversees continuing education for AT Teachers at ATI-LA.

Pamela's first Alexander teacher was Frank Ottiwell (1975) in San Francisco and trained with Frank and Giora Pinkas, graduating 1979.

She met and worked with Patrick Macdonald in early 1976; Marjorie Barstow in 1978; Walter & Dilys Carrington in 1979. Encouraged by her teachers and committed to her own learning process Pamela pursued studies before, during, and after graduation with these first generation teachers as well as with Marjory Barlow, Peggy Williams, and Elisabeth Walker.

Pamela is the senior teacher of Jessica Wolf's *Art of Breathing*, having been introduced to the principles of Breathing Coordination by Jessica Wolf in 1998; Pamela had a series of private lessons with Mr. Carl Stough in 2000; enrolled in the first Graduate Training Program of Jessica Wolf's *Art of Breathing* at the American Center for the Alexander Technique, NYC (2002-2003); and has assisted Jessica in teaching this course of study to other Alexander Technique Teachers. Pamela continues her private studies with Jessica and has integrated this influence into her own teaching.

During her 40-year career she spent eleven years as adjunct & guest lecturer in the Music Conservatory of Chapman University and previously adjunct at other universities in southern California where she continues to present master classes.

Pamela is delighted to be the Key Note Speaker for the 2019 AUSTAT Conference in Melbourne. [www.PamelaBlanc.com](http://www.PamelaBlanc.com)

**Ticket sales are now open**  
**Book at <https://www.trybooking.com/BBBWP>**

Early bird prices apply for full AUSTAT members until 1 September 2019, so book early.

Ticket price includes pizzas Friday night, dinner Saturday night and lunches on Saturday and Sunday.

Full Conference ticket: \$455, Early Bird \$355  
Friday only ticket: \$75, Early Bird \$55

Saturday only ticket: \$240, Early Bird \$190

Sunday only ticket: \$170, Early Bird \$120

Rates available for Students, Observers and non-AUSTAT members - see online booking page for details.



## Accommodation

This year we have arranged a special accommodation rate with Seasons Botanic Gardens. As a conference attendee you can book a Studio Queen room apartment for \$155 per night or a 2 bedroom apartment for \$245 per night. This accommodation is very comfortable, clean, some with views and is located less than 10 minutes walk from the conference venue. There is the added benefit of being the location of the conference dinner on Saturday 5 October and the post conference workshop in Melbourne. The hotel is across the road from the Shrine on St Kilda Road, in an attractive and convenient position for public transport and Melbourne's central sights.

To book click the link below, go to "Book Your Stay" in the side bar of your computer or the "Book" tab on your mobile phone, and log in under "client login" using the following user name and password to receive the special rate.

<http://www.sahg.com.au/seasons-botanic-gardens-melbourne>

Username: AUSTAT

Password: Welcome1

## **Call for Conference Presenters**

If you are interested in giving a presentation or running a workshop please send details to [Penny@harmonicmotion.com.au](mailto:Penny@harmonicmotion.com.au) or call her on 0428 377 060.

### **A conference is a time to**

- share ideas,
- share work,
- learn something new,
- feel empowered as our community gathers.

You always feel good after an AUSTAT conference!

Looking forward to seeing you there.

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### **Post Conference Workshops with Pamela Blanc**

#### **Melbourne**

October 7<sup>th</sup> and 8<sup>th</sup> - 9.00am to 5.00pm.

Venue Seasons Botanic Gardens, 348 St Kilda Road Melbourne

Cost : \$250.00

#### **Sydney**

October 12<sup>th</sup> and 13<sup>th</sup> 9.00am to 5.00pm.

Venue: Cammeray Golf Club, Park Ave, Cremorne

Cost \$250.00

**Book at <https://www.trybooking.com/BBBWP>**

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Website



Members Login



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Facebook

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You are invited to submit details of coming events and/or links to relevant articles you feel may be of value and interest to other members.

Letters to the Editor – it has been decided to include a “Letters to the Editor” section in the Newsletter. Short, concise letters are invited.

Please send correspondence to: [info@austat.org.au](mailto:info@austat.org.au)

Helen Thomson  
Newsletter Compiler

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