

From: AUSTAT <info@austat.org.au>
Sent: Wednesday, 21 August 2019 9:22 AM
To: Karen
Subject: AUSTAT NEWS - August 2019

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AUSTAT NEWS

August 2019

Council Report

Council met on Sunday 14 July to discuss the Strategic Plan, and also on Sunday 11 August. Amongst items discussed at the most recent meeting were:

- Arrangements for AUSTAT's AGM on Sunday 10 November
- AUSTAT Conference 2019 to be held in Melbourne 4, 5, 6 October 2019 and associated workshops in Melbourne and Sydney
- Welcome to newly-graduated teachers Emma Hyland and Ben O'Loughlin
- Review of fees to be put to members at the AGM
- Council vacancies (see below)
- Further work improving AUSTAT's website, including Council minutes being added
- Strategic Plan – to go to members shortly, also asking for feedback from members
- ITM coming shortly with new editor Kieran Stubbs
- Submission to Chief Medical Officer regarding review of Health Fund status – see below



AGM Reminder

A reminder that AUSTAT AGM will be held on Sunday 10 November. You will be informed of the venues at a later time,

but please put the date in your diary and attend if you possibly can.

It is the end of tenure for Chris Raff (Secretary) and Helen Thomson (ordinary member), so we are looking for replacements for them. Aniko Ball (who was co-opted to replace Kaye Ashton during the term of this Council) is standing for election.

Please consider whether you can make a very rewarding contribution to our Society by standing for election.

[AGM Notice](#)

[Nomination form](#)

[Proxy Form](#)



AUSTAT Conference 2019

Melbourne

Friday 4 October - Sunday 6 October

“The Breath of Life and Movement”

with Pamela Blanc

EARLY BIRD CLOSING 1 SEPTEMBER

For more information, including Conference Timetable and booking details, please go to: <https://www.austat.org.au/event/2019-austat-conference>

To book go to: <https://www.trybooking.com/BBBWP>

Pamela will also be giving workshops

Melbourne 7 & 8 October

Sydney 12 & 13 October

To book, please go to: <https://www.trybooking.com/BBBWP>

Private Lessons

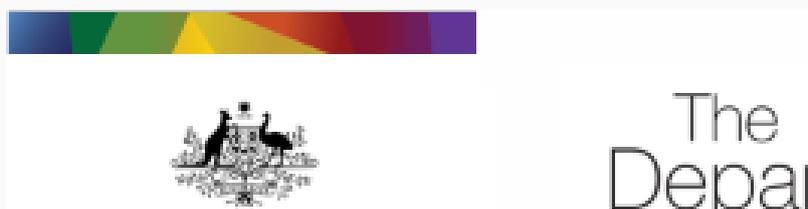
Sydney Friday 11 & Monday 14 October

Melbourne Thursday 3 & Friday 4 October

To book, please email Pamela: blanc.pamela@gmail.com

Timetable for the 2019 AUSTAT conference			
(as at 23 July 2019)			
Date	Time	Session Presenter	Session Title
Friday 4th Oct	4.00-5.00pm	Meet and Greet/registration	
	5.00pm-7.00pm	Keynote - Pamela Blanc	
	7.00 -7:30pm	Pizza and drinks	
	7:30-7.45pm	Performance from Harmonic Motion Alexander Teacher Training developed by Jane Refshauge	
	7.45pm to 8.15pm	FM Alexander "Who do you think you are" a <u>presentation</u> tracing back the time line of FM. Presented by Leo Canales and Penny McDonald based on the research of Derek Smith.	
	8.15pm to 8.30pm	Judging of the 30 second Grab Comp	
Saturday 5th Oct	<i>Every delegate will get to participate in one x 2 hour session with Pamela Blanc. You will get to choose which sessions you will attend at registration.</i>		
	8am-8:45am	Penelope Carr	Qi Gong
	9am-11am	Pamela Blanc - Group one	The Breath of Life and Movement
	9am-10am	Diana Devitt Dawson	Coming to our Senses with Alexanders Principles
	10am-11am	Lawrence Bruce	Golden Ratio Breathing
	9am-11am	Terry Fitzgerald	Revisiting Semi-supine
	9am-11am	Michael Stenning	Attitude and Perception: Developing Our Quality of Attention
	9am-11am	Work share room	
	11am-11:30	Break - Morning Tea	
	11:30-12:30	Discussion with all delegates on Continuous Professional Development	
	12:30-1:15pm	Lunch	
	1:15pm-3:15pm	Pamela Blanc - Group two	The Breath of Life and Movement
	1:15pm-3:15pm	Shona Innes	"Living in your Axis" - lessons from Barbara Clark
	1:15-2:15pm	Jeremy Woolhouse	The embodied Hand
	2:15-3:15pm	Jane Coker	Breath, Sound and Song
	1:15pm-3:15pm	Work share room	
	3:15-3:45pm	Break - Afternoon Tea	
3:45pm-5pm	Discussion with all delegates - Building a Successful Practice		
6.00pm to 10.00pm	Conference dinner at Seasons Botanic Gardens (walking distance from the VCA)		

Sunday 6th Oct	8am-8:45am	Caroline Blackshaw	Yoga
	9am-11am	Pamela Blanc - Group Three	The Breath of Life and Movement
	9am-11am	Jane Shellshear	FM meets body mapping
	9am-11am	Raymond Taylor	The ABC - "Art Beauty and Compassion" - of folding
	9am-11am	Work share room	
	11am-11:30	Break - morning Tea	
	11:30-12:30	Discussion with all delegates - Training	
	12:30-1:15pm	Lunch	
	1:15pm-3:15pm	Pamela Blanc - Group Four	The Breath of Life and Movement
	1:15pm-3:15pm	Aniko Ball	Translating the AT for health professionals and applying it to Dentistry
	1:15pm-3:15pm	Simon Fitzgibbon	"When your back is ready, you will be able to teach" FM Alexander
	1:15pm-3:15pm	Janet Davies	Alexander Technique as "Bio-Tensegrity": a model for musicians and all who practice AT
	3:15-3:45pm	Break - Afternoon Tea	
	3:45pm-5pm	Discussion with all delegates - Marketing the Alexander Technique and closing	



New Review of Natural Therapies for Private Health Insurance

The Minister for Health has commissioned a new review to 'assess additional available evidence for natural therapies and provide advice to Government on whether certain natural therapies should be eligible for subsidy through the private insurance rebate'.

A working group was formed by Aniko Ball, Mick Gleeson and Ben O'Loughlin to prepare the submission on behalf of AUSTAT. The group received expert advice and guidance from Assoc Prof Rajal Cohen (Idaho) and Julia Woodman (UK) and contribution from Bronwyn Munro.

The submission was completed and sent to the Department of Health on 5 August 2019 with the hope that the new Review Panel will return the freedom of choice of natural therapies for PHI members and restore AT rebates.

A full report will appear in the next ITM.

Proposal to include Continuous Professional Development as a requirement for Teacher Membership to AUSTAT

Jeremy Woolhouse, AUSTAT Chair

Most professional societies require their members to undertake Continuous Professional Development (CPD). This is the way the society can guarantee to the public that their members have a current degree of competency in the relevant discipline. CPD ensures that not only are practitioners' skills kept up to date but also they are exposed to current and emerging trends and relevant research or developments in the field.

AUSTAT has received questions from health-related service providers asking about how the society ensures its members maintain up to date skills. In a profession where a regular examination is not appropriate, engaging with peers is a way for the society to maintain standards. Regular professional development activity means we can collectively build the teaching profession, explore and grow the work. It promotes a culture of ongoing learning, exchange and mutual support among professionals.

In response to multiple suggestions from the membership and the general expectation from the wider community, AUSTAT Council is proposing a motion to the next AGM to include CPD as a membership requirement.

This is a proposal only and subject to amendment before formal submission.

Council would like to hear from the membership any feedback on the idea.

Making CPD mandatory is a way to represent our professionalism and commitment to the public and I hope members will be pleased to make this part of AUSTAT's rules.

Proposed Administration:

The activities which make up CPD points are outlined on the AUSTAT website. If this motion is passed, AUSTAT will require teachers to submit their activities amounting to 10 points per year to be considered eligible for teacher membership. The previously established bi-annual 40 points of Continuous Professional Development applies to those teachers who wish to retain their eligibility for Health Fund recognition in anticipation of its reinstatement. The general membership is not being required to take out indemnity insurance or first aid training unless they choose to maintain their eligibility for Health Fund recognition.

Proposed Motion to the AGM:

That Bye-Law 2 be amended to read:

Bye Law 2 - Continuing Professional Development

- A teacher member must participate in the Continuing Professional Development program prescribed by the Society.
- AUSTAT Council will determine a schedule of approved CPD activities at its Council Meetings. This schedule will be evaluated and reviewed on an ongoing basis.
- It is the teacher member's responsibility to keep accurate and up-to-date records of their Continuing Professional Development activities and to provide these to Council on request.
- The schedule of approved activities may be altered by a majority vote of Council.
- Council or a standing committee appointed by Council will administer the Continuing Professional Development Program.

Bruce Fertman Post Grad Course in Australia 2020/2021

- Have you completed your training as an Alexander Teacher?
- Do you love AT for the benefits you have received, even knowing there are more to come?
- Would you like to make a living doing what you love, and help others to share the same benefits?
- Are you frustrated that your Alexander teaching business is not meeting your expectations?

Bruce Fertman recognizes the good training AT teachers have received, honours it, and builds upon it. A Swiss graduate from an Alliance Post Grad program writes:

In my classical training, I thought I understood how AT work has nothing to do with posture or position. However, working with Bruce taught me, in a much more profound way, how good use has nothing to do with outer form and posture. It enables change in the student and myself in a way that is applicable in everyday life. And most importantly, it feels natural.

It is a truly inspiring program which will absolutely improve your skill as an AT teacher. It will give you confidence in your abilities to further develop your existing skills as well as teach you numerous new ones to complement your work. Bruce's knowledge is so profound that you will benefit no matter which training school you came from before.

"If we as an Alexander community at large are to survive and thrive in society, these uncertain times may be our "critical moment". That term sometimes makes my students

nervous. I choose more often to use the term, which I learned from Meade Andrews, **“the moment of opportunity”**.

But there is no reason for us to be nervous. *There is every reason to be positive and excited about this moment of opportunity now offered to us.* Do we have the courage to embrace change, to let go into the unfamiliar, to open up and welcome the unknown, to try something new?”

Bruce Fertman

You are invited to this unique **“Moment of Opportunity”**

AT Post-Graduate course with Bruce Fertman, post graduate certification awarded upon graduation by the Alexander Alliance International

Two Residential Retreats – location near Sydney (venue to be confirmed)

Dates: **2020** -Jan 8 to 22 and **2021**- Jan 7 to 21 (**early-bird confirmation date 10 Sept 2019**)

For more information please contact **Clive and Anthea** on 0468 416 935 or clive.anthea@gmail.com



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 – short, concise letters are invited for inclusion in this monthly newsletter.

Please send correspondence to: info@austat.org.au

Helen Thomson
Newsletter Compiler



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