

Stephanie Smith MSTAT, OCN accredited, ITEC

Alexander Technique Curriculum Vitae

July 2008

**A skilled and knowledgeable teacher with a broad range of experience.
Proven capabilities in a range of challenging situations.**

Personal Details

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Website: www.thealexanderpractice.co.uk

Date of Birth: 7th January 1949

Driving Licence: Full, clean licence held

Nationality: British

Alexander Training

1991 – 1994 Essex Alexander School

3-year Alexander Technique Teacher Training Course

Head of Training: Ken Thompson
Assistant Head of Training: Paul Burge

Skills and Expertise

- Teaching of anatomy and form and function in an Alexander context
- Alexander Technique and hypermobility
- Setting up and running the Society's Continuing Professional Development (CPD) programme.
- Writing terms of reference for CPD committee

- Organising events and speakers
- Use of computer to produce publicity materials including creating a screensaver
- Creating and maintaining own website

Profile

Stephanie Smith is a council member, a member of the Publicity Committee and chair of CPD Committee. Following her development of STAT Student Network, Stephanie has co-ordinated STAT's Continuing Professional Development Programme since 1995. She wrote the proposal and terms of reference for the CPD Committee and is the current chair. She believes strongly in maintaining teaching standards and creating opportunities for members to develop their skills.

In 2004 she helped set up and organise the first ever Alexander Awareness Week and the Champagne Centenary Event at Australia House. This work included helping the society's PR company with articles and information for the media.

Stephanie is an active supporter of professional regulation and standards. Since 2008 she has become involved with Alexander Technique Voluntary Self Regulation under the guidance of Complementary and Natural Healthcare Council (CNHC) to set up a single professional register in accordance with government guidelines. She would like to continue creating more work opportunities for teachers and believes that by communicating with other professional bodies The Alexander Technique will become more widely known. Stephanie has been teaching since 1994 and runs The Alexander Technique Practice in West Essex. Stephanie has an Alexander Technique Open College Network accreditation at level 4 and an ITEC in Anatomy and Physiology.

Record of Work for the Society

2008 July	Voluntary Self Regulation First document of CPD Guidelines for the CNHC.
2007 December	Voluntary Self Regulation Wrote discussion document on CPD policy and provision
2005 – ongoing	Chair of CPD Committee
2004 – 2008	Secretary to STAT
2004 – ongoing	Member of PR Committee

2003 – ongoing	Member of Council
2000 – 2004	Member of the Training Course Committee
1995 – ongoing	STAT Professional Development Co-ordinator. Setting up and organising the CPD programme
1992 – 1994	Student Network Co-ordinator. Setting up and organising training workshops for students

Teaching Experience

2008 July 16 th	Presentation Holly House Hospital introductory talk to physiotherapists
2007 October 26 th	Presentation BUPA Roding introductory talk to physiotherapists
2007 October 6 th	Introductory Workshop General introduction for Adult Education
2007 September 30 th	Professional Development Workshop given to Brighton Alexander Technique Teachers
2007 June 16 th	Introductory Workshop General introduction
2007 June 12 th	Presentation Royal College of General Practitioners Staff Development Day at Royal College of Physicians
2007 May 19 th	Student Network Workshop extramural study for trainees
2007 February 28 th	CPD Presentation East London Osteopaths Network Group
2006 October 1 st	Professional Development Workshop given to Brighton Alexander Technique Teachers
2006 March 11 th	Alexander Technique and Singing Alexander Technique workshop to the Hertford Choral Society
2006 February 6 th	Lecture to trainees Alexander Technique College, Brighton <i>'Working with Hypermobility'</i>

2006 January 15 th	STAT Continuing Professional Development Workshop <i>'Four Feet and a Tail'</i>
2005 January 16 th	STAT Continuing Professional Development Workshop <i>'Alexander Technique and Hypermobility'</i>
2004 August 16 th – 22 nd	Professional Development Workshops <i>'Alexander Technique and Hypermobility'</i> Two workshops given to teachers attending the 7 th International Congress of the F. M. Alexander Technique
2004 August 14 th	House of Commons Alexander Technique demonstration and teaching day for BackCare Awareness Week
2003 July 27 th	The Limbless Association Presentation at Roehampton Hospital
2000	East 15 Acting School Teaching Alexander Technique classes for the drama students
1996	ARC Theatre Ensemble Teaching Alexander Technique to the actors
1994 – 2001	Introductory workshops Waltham Forest Adult Education
1994 – ongoing	Introductory workshops Buckhurst Hill Community Centre
1994 – ongoing	Private Teaching Practice

Summary of Experience

Currently chair of the Continuing Professional Development Committee and past Secretary to the Society of Teachers of the Alexander Technique (STAT), Stephanie has had successful experience in developing and introducing current CPD thinking to the society. She has extensive experience in CPD activity through commission, provision and procedure of CPD events. This has included designing a workshop proposal form that outlines course content, aims and objectives; she has instituted certificates of attendance and workshop evaluation forms. She writes a workshop prospectus giving the course description and a brief biography of the presenters. Each prospectus contains approximately six workshops and is published twice a year.

Stephanie has also written several articles on CPD and Supervision that have been published in the society newsletter, STATnews.

Stephanie has worked collaboratively with Council to successfully steer the society through significant change into becoming a limited liability company. Recently she has become involved in the interim management of the society's complaints procedure and will set up the provision of training for members of that committee. She is currently involved in the Society's Voluntary Self-Regulation procedure

Key Achievements

- Development of the Student Network for providing diversity of workshops for trainees
- Planned and managed the regular CPD provision of post-graduate training
- Instigating the Alexander Technique centenary celebrations
- Influencing the PR committee to create a higher profile of The Alexander Technique in the UK
- Working in co-operation with the PR committee to set up Alexander Awareness Week. This is now becoming a worldwide event with many countries organising a simultaneous awareness week

Continuing Professional Development Record

Extensive CPD including the following:

1994 – ongoing Regular attendance of numerous STAT CPD events and summer schools to maintain skills and knowledge approximately 50+ hours per year.

In addition, attendance of various workshops and classes for maintaining practice. These include: Marketing, Website design and Photoshop, The Patent Office: copyright, design, and intellectual property

2006 Stage 2 residential course (completion) for Open College
February Network Post Qualification Pathway
16th – 19th

- 2005
November
24th – 27th Stage 1 residential course for Open College Network Post Qualification Pathway
- 2005 April 15th Seminar: *The Intelligent Body* organised by Sutherland Cranial College of Osteopathy
- 2004
14th November Arranged and attended lecture by Professor Patrick Haggard: 'Conscious Intention and Brain Activity'.
- 1993 – 2003 Ongoing tutorials, lessons and workshops with Dr Christopher Stevens (1943 – 2003)
- Dr Christopher Stevens was a past chairman of STAT, with over 25 years teaching experience. He had also directed training courses. He was a doctor of biomechanics and conducted research at the University of Surrey. He was the author of three books on the Technique and numerous popular and scientific articles.
- 2003
July 19th – 22nd Attendance of Summer School at Alexander Technique College of Sussex
- 2003
26th October Arranged and attended lecture by Professor Patrick Haggard: 'Conscious Intention and Brain Activity'.
- 1996
March – August Attended training to recognize and work with Neuro-Developmental Delay
- 1995 – 1996 Member of the Around Herts Alexander Technique Network and regularly attended practical work-sessions and work swaps