

# Stephanie Smith MSTAT, OCN accredited, ITEC

Alexander Technique Curriculum Vitae

July 2008

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**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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**Date of Birth:** 7<sup>th</sup> 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 formal council member and has been a member of the Publicity Committee and has chaired 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 was the first 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 and co-ordinated the steering group for the CPD policy. 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	<b>Voluntary Self Regulation</b> First document of CPD Guidelines for the CNHC.
May 28 <sup>th</sup>	Ten minute Radio London interview
2007 December	<b>Voluntary Self Regulation</b> Wrote discussion document on CPD policy and provision
2005 – ongoing	<b>Chair of CPD Committee</b>

2004 – 2008	<b>Secretary to STAT</b>
2004 – ongoing	<b>Member of PR Committee</b>
2003 – ongoing	<b>Member of Council</b>
2000 – 2004	<b>Member of the Training Course Committee</b>
1995 – ongoing	<b>STAT Professional Development Co-ordinator.</b> Setting up and organising the CPD programme
1992 – 1994	<b>Student Network Co-ordinator.</b> Setting up and organising training workshops for students

### Teaching Experience

2010 February 21 <sup>st</sup>	<b>CPD Workshop ‘Hands on the Back of a Chair’</b> Shared workshop presentation with Margaret Edis. Post-graduate presentation of core Alexander Technique skill in hands-on work. Reviewed STATNews May 2010
2009 July 18 <sup>th</sup>	<b>AGM Workshops</b> Two CPD workshops ‘Four Feet and a Tail’
2008 September 20 <sup>th</sup>	<b>Introducing Alexander Technique workshop</b> All day workshop for a group of Reflexologists for their CPD
2008 July 16 <sup>th</sup>	<b>Presentation Holly House Hospital</b> introductory talk to physiotherapists
2007 October 26 <sup>th</sup>	<b>Presentation BUPA Roding</b> introductory talk to physiotherapists
2007 October 6 <sup>th</sup>	<b>Introductory Workshop</b> General introduction for Adult Education
2007 September 30 <sup>th</sup>	<b>Professional Development Workshop</b> given to Brighton Alexander Technique Teachers
2007 June 16 <sup>th</sup>	<b>Introductory Workshop</b> General introduction
2007 June 12 <sup>th</sup>	<b>Presentation Royal College of General Practitioners</b> Staff Development Day at Royal College of Physicians
2007 May 19 <sup>th</sup>	<b>Student Network Workshop</b> extramural study for trainees

- 2007 February 28<sup>th</sup>      **CPD Presentation**  
East London Osteopaths Network Group
- 2006 October 1<sup>st</sup>      **Professional Development Workshop**  
given to Brighton Alexander Technique Teachers
- 2006 March 11<sup>th</sup>      **Alexander Technique and Singing**  
Alexander Technique workshop to the Hertford Choral Society
- 2006 February 6<sup>th</sup>      **Lecture to trainees**  
Alexander Technique College, Brighton  
*'Working with Hypermobility'*
- 2006 January 15<sup>th</sup>      **STAT Continuing Professional Development Workshop**  
*'Four Feet and a Tail'*
- 2005 January 16<sup>th</sup>      **STAT Continuing Professional Development Workshop**  
*'Alexander Technique and Hypermobility'*
- 2004  
August 16<sup>th</sup> – 22<sup>nd</sup>      **Professional Development Workshops**  
*'Alexander Technique and Hypermobility'*  
Two workshops given to teachers attending the 7<sup>th</sup> International Congress of the F. M. Alexander Technique
- 2004 August 14<sup>th</sup>      **House of Commons**  
Alexander Technique demonstration and teaching day for BackCare Awareness Week
- 2003 July 27<sup>th</sup>      **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.

From 2006, Stephanie began to research and devise a system of measurements to show improvement of posture using The Alexander Technique. At first she used stills photography and video capture. After some research she later incorporated measurements from a force plate. This system she now calls Posture PitStop<sup>tm</sup> – a complete postural 'MOT'. Stephanie now has an archive of before and after photographs, etc. to show the effectiveness of The Alexander Technique.

## 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
- 2009  
November 8<sup>th</sup> One-day course A Guide to Identifying Serious Pathology
- 2009  
October 18<sup>th</sup> Emergency First Aid at Work – certificated course
- 2009  
July 10<sup>th</sup> – 11<sup>th</sup> University of Westminster, Integrated Health short course Audit Evaluation and Research, Business Development and Contracting with NHS Primary Care
- 2009  
June 13<sup>th</sup> & 14<sup>th</sup> University of Westminster, Integrated Health short course NHS Contracting and Patient Safety and Risk Management
- 2008 29<sup>th</sup> June ATEAM seminar
- 2006  
August 8<sup>th</sup> Awarded by Open College Network 129 credits at level 4 Post Qualification for Alexander Technique Teachers
- February  
16<sup>th</sup> – 19<sup>th</sup> Stage 2 residential course (completion) for Open College Network Post Qualification Pathway
- 2005  
November  
24<sup>th</sup> – 27<sup>th</sup> Stage 1 residential course for Open College Network Post Qualification Pathway
- 2005 April 15<sup>th</sup> Seminar: *The Intelligent Body* organised by Sutherland Cranial College of Osteopathy
- 2004  
14<sup>th</sup> 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 19<sup>th</sup> – 22<sup>nd</sup> Attendance of Summer School at Alexander Technique College of Sussex
- 2003  
26<sup>th</sup> 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

<b>Publications</b>
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2003 August 23 <sup>rd</sup>	Recorded and edited an interview, 'Alexander Technique: a scientist's approach. Dr Christopher Stevens in conversation with Stephanie Smith MSTAT' Recording (ATMA011) available from The Alexander Trust <a href="http://www.alexandertrust.org.uk">http://www.alexandertrust.org.uk</a>
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