

## Guidelines for the submission of candidacy for certification as a FELDENKRAIS® Assistant Trainer (EuroTAB version)

Your application for certification will be considered by the Training and Accreditation Board (TAB) upon presentation of the following information. Candidates are expected to be of exemplary reputation and character and in compliance with the Certification requirements. Applications will be accepted after the five year anniversary of graduation from an accredited FELDENKRAIS Training Program. Applications must be in English.

### Requirements

1. Graduation from a TAB-accredited FELDENKRAIS Professional Training Program or process.
2. A minimum of 5 years in professional FELDENKRAIS Practice, in both FI and ATM (as defined in #6). This is the minimum; we expect most people to meet these requirements in a period spanning more than five years.
3. A minimum average of 20 hours per year of advanced training, since graduation. (Advanced Training is defined as: "A continuing education (seminar, advanced training, master class etc) that is especially designed for and solely attended by graduated Feldenkrais Practitioners AND is taught/held by a graduated Feldenkrais Practitioner, Assistant Trainer or Trainer." *ET LM Oct 2009*)
4. A list of FI lessons received since graduation from a Feldenkrais Method training program:
  - 4.1 a minimum of 5 FI lessons received from Trainers plus a minimum of 10 FI's from Assistant Trainers OR from experienced Feldenkrais Method practitioners (those with 10 years of full time practice). Please write about what you have learned from these lessons.
  - 4.2 a minimum of another 15 FI's received from other Feldenkrais Method practitioners.
5. Membership in an IFF full member guild or FELDENKRAIS professional association. Membership must be maintained to continue your assistant trainer status, once received.
6. Feldenkrais practice:

*The TABs recognize that individual FELDENKRAIS Method practices may vary greatly in emphasis, content and geographical mobility. We are looking for a clear profile of a substantial practice of the FELDENKRAIS Method and evidence of your readiness to be an assistant trainer. As such, the following two items are recommended, but not required to be followed to the letter:*

  - 2 - 3 ATM classes per week for six months per year (60 - 70 hours of ATM instruction per year); this may also include one-to-one ATM instruction.
  - about 600 FI lessons per year over a five year period or more.
  - 2 - 3 workshops per year.
  - about 5 public presentations.
7. Attendance in at least one training program other than your own for a minimum of 20 days.
8. A complete curriculum vitae, including knowledge and experience in related areas useful in presenting the FELDENKRAIS Method against a broad and varied background.



9. A complete description of your FELDENKRAIS practice including:
  - o the number FI and ATM lessons and workshops each year
  - o a description of presentations, lectures and contributions to the local media each year
  - o a discussion of the age groups and types of people you have worked with and the difficulties you have encountered.
10. A presentation of at least three case studies (at least one page for each study) of your work with individuals. Include a description of the thought processes that went into your work.
11. A presentation of your experience with groups, showing your ability to present the FELDENKRAIS Method to a group, demonstrating communication skills and your knowledge of how to create learning experiences (a minimum of one, at least one page in length).
12. A discussion of how you perceive yourself as a teacher and why you want to become an assistant trainer.
13. If you continue to practice or practiced another profession (especially medicine or physical therapy), or if you integrate another method into your FELDENKRAIS practice, please include a full description of how this affects your practice and what influence the other method has in your work.
14. Samples of your advertising.
15. Two letters of recommendation from a trainer, assistant trainer or organizer. At least one of the two letters of recommendation has to come from a trainer. *[Voted October 2025. Effective November 2025]*
16. A fee of €350 *[Voted April 2018 effective from January 2019]*. An invoice will be sent to you by the office manager as soon as they receive the application. Please arrange payment within two weeks and make sure your name and the reference 'assistant trainer application' are included.
17. Please include documentation of items 1 - 7 above as well as of all credentials you use (e.g., MA, Ph.D., RN, Dr. med., etc.).
18. Send the application as a single PDF or MS Word document to info(at)eurotab.org (replacing (at) with @). If your file is too big to send via email you can use swisstransfer to send it to the address above. All the information you wish to include must be compiled into one document.

### **Requirements regarding the format of the application**

1. Please use a font size comparable to Times New Roman 12pt, and a line spacing of 1.5 to 2
2. Left/right page margins shall be preferably set to 2.5 cm (1 inch).
3. IT IS VERY IMPORTANT that you include a table of contents as well as page numbers.

Thank you!

*EuroTAB, version of May 2nd 2004, modified November 5th 2005, Bank account description modified December 1st 2006. Submitting an application (19.) changed on December 17th 2008. Application fee (17) changed February 2011 and April 2018. Payment system changed January 2020. (15) modified October 2025.*