

Alexander Technique Training Course Family Tree

This is only a draft for the purpose of providing a quick overview. It only states from which course a teacher has been certified; some teachers have changed training course during their training. It is not a guide to teaching style as some teachers have been trained in one style and have later adopted another style. Also, some teachers have run training courses jointly and later individually. The list only includes Head of Training (not Assistant Director). Some training courses were/are a 'cooperative', run by several teachers (e.g. ACAT, ATA). ACAT Heads of training include Debborah Caplan, Barbara Kent. Anybody who professes to train teachers here are included, and so it is not restricted to only Alexander and STAT and STAT affiliated training courses. The purpose is not to record teaching styles but to provide an overview of all the Heads of Training/training courses which have run since Alexander's own course. Thus the 'family tree' lay-out provides a structure.

Including F. M. Alexander there have been at least 185 teachers running teachers training courses (including apprenticeships). Note that of course a teacher may have run several training courses, so the actual number of training courses would be greater.

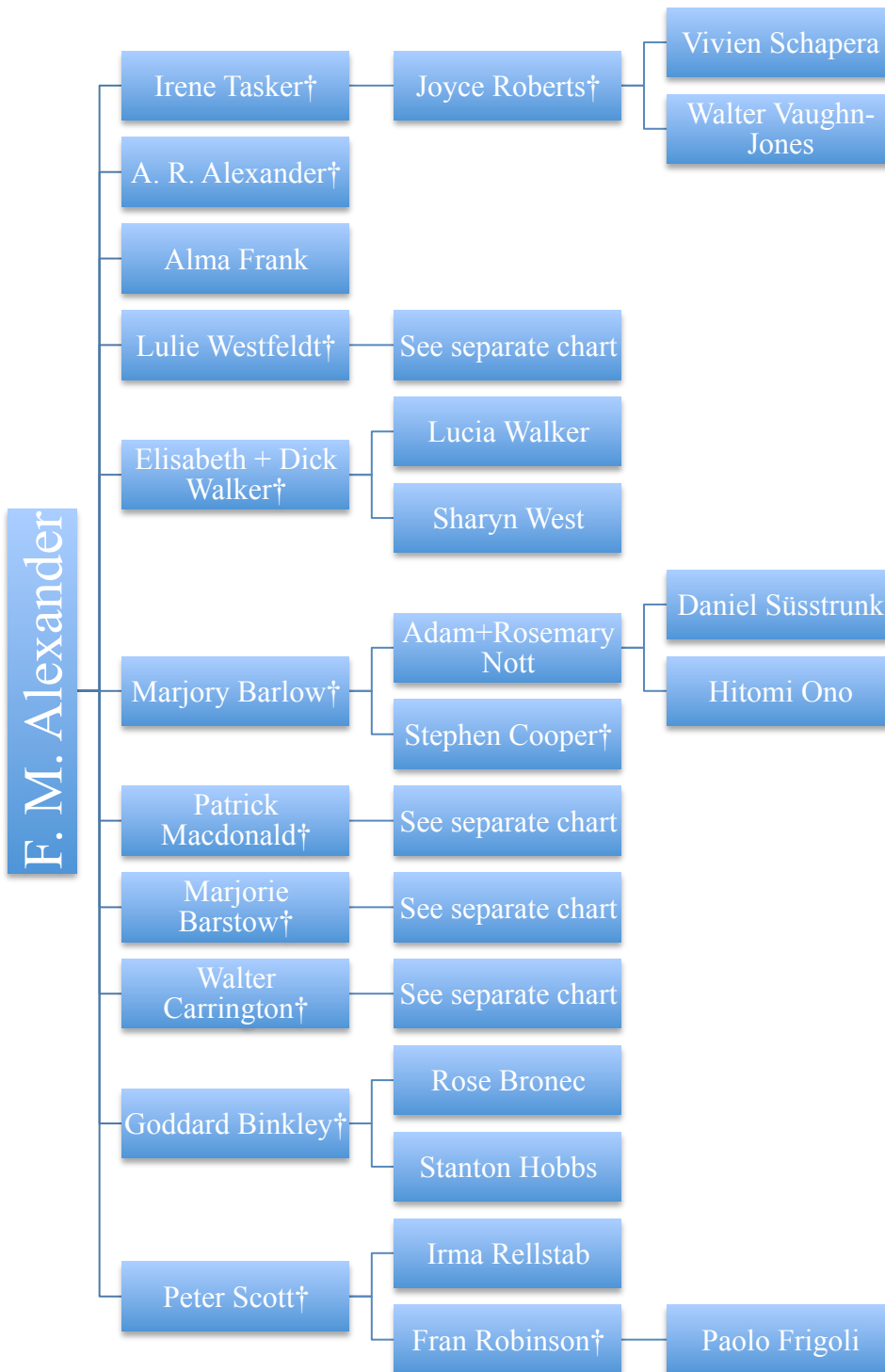
Please see page 8 for a list of teacher trainers who are not in the 'tree' because their training is not known.

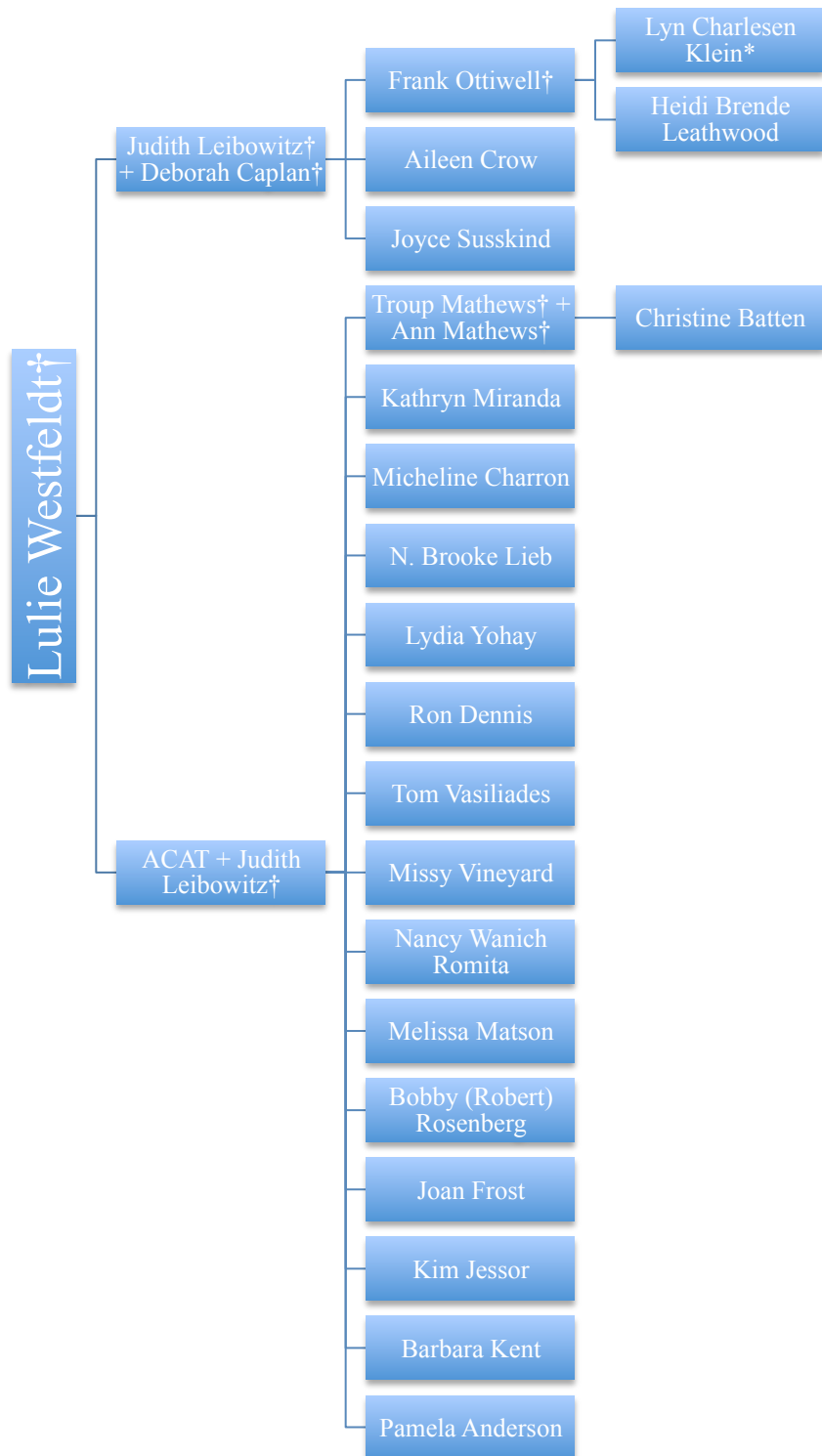
† = deceased.

*Jean M. O. Fischer, February 2020
Last updated 1 April 2026*

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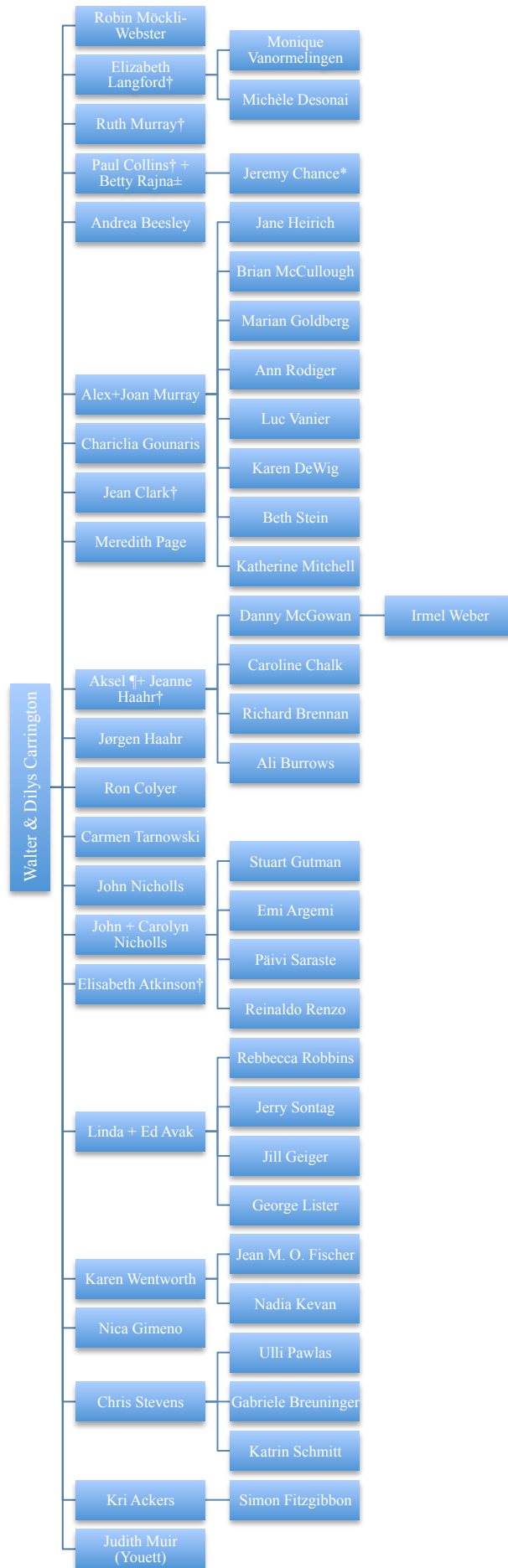
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* At one time run together with Pamela Blanc and Jean-Louis Rodrigue.

Walter and Dilys Carrington Part 1/2.

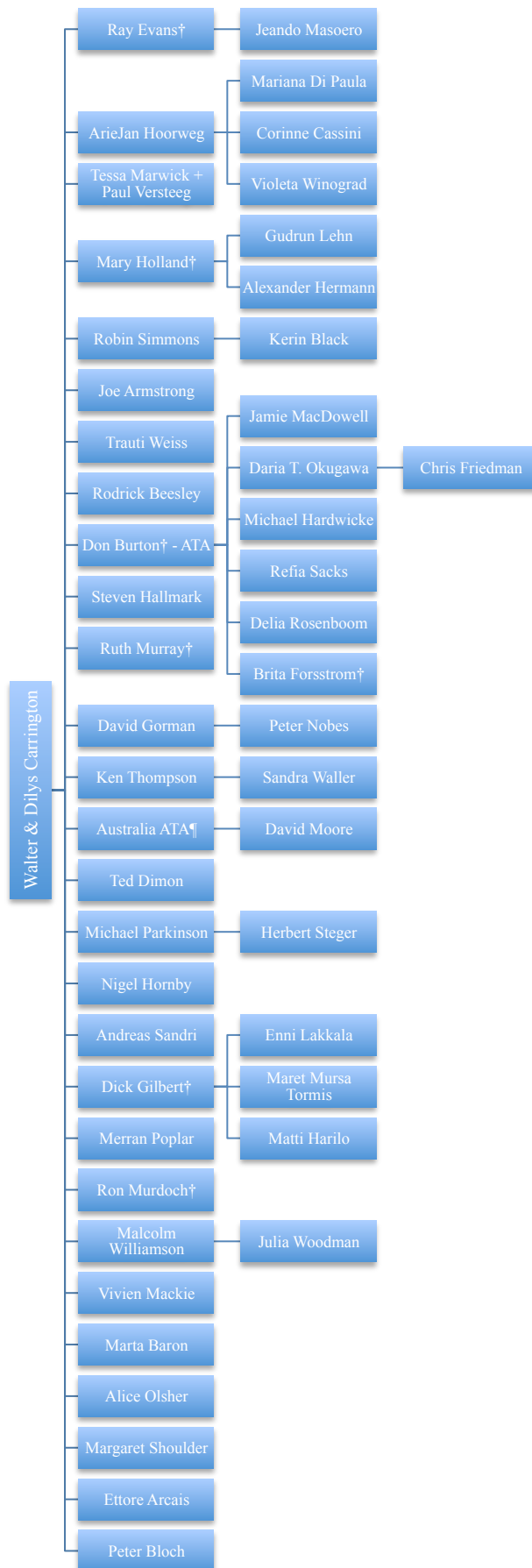


± Later Elizabeth Langford.

† When Aksel died in 1984, Mary McGovern became Assistant Director until 1985. Then Jørgen Haahr became Assistant Director.

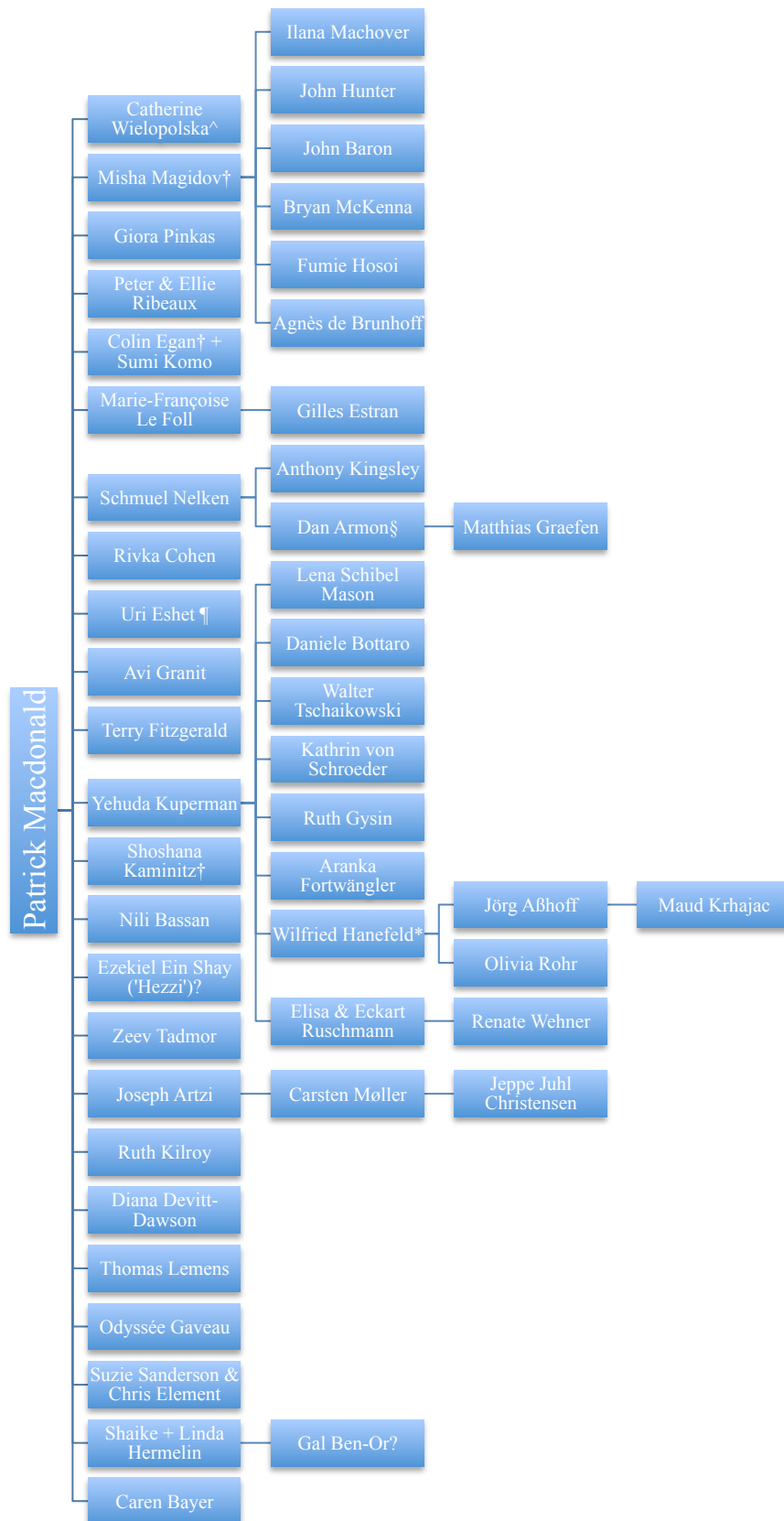
* Jeremy Chance adopted Marj Barstow's teaching style.

Walter and Dilys Carrington Part 2/2.



¶ An unusual training course as it had a number of different directors who stayed for a term or more from the UK – Don Burton, Vivien Mackie, Jean Clark, Christine Ackers and Andrea Beesley, approx. 1982–1985.

Patrick Macdonald



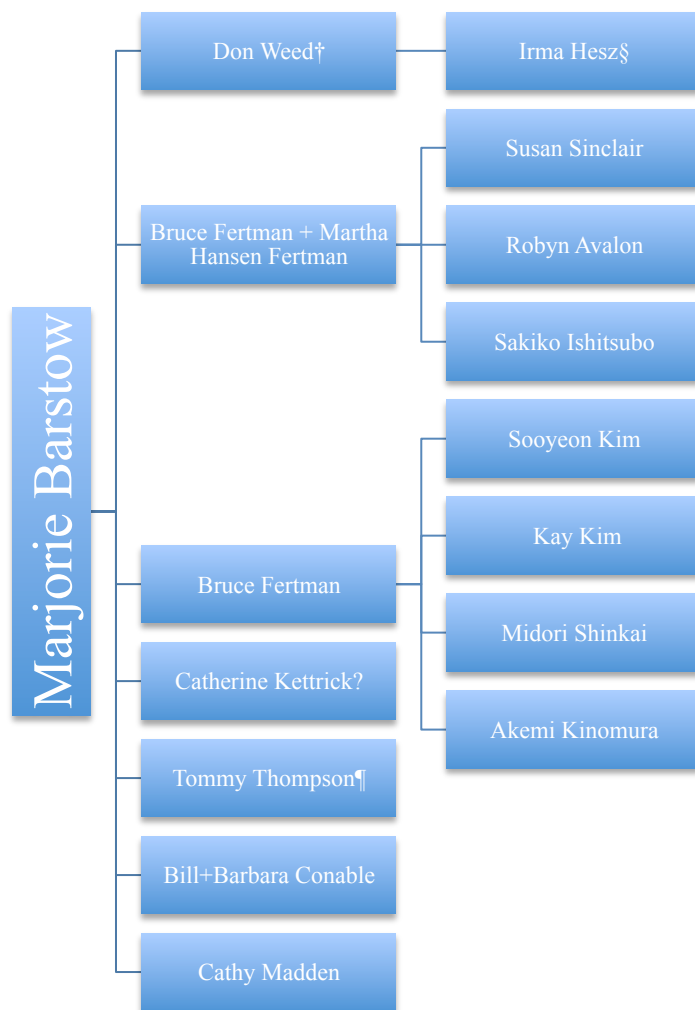
[^] 'Kitty' Wielopolska started on F. M. Alexander's first training course, but finish later with Macdonald.

^{*} A training course run together with Dan Armon.

[§] See also Wilfried Hanefeld.

[¶] Ran a training course run together with Yehuda Kupermann.

Marjorie Barstow



¶ Did part of his training with Joe Armstrong.

§ First trained with Dan Armon 1991–94; with Weed 1997–2001.

Teachers running (or ran) training courses where knowledge of their training is not known:

Greg Holdaway (Australia)

Adrian Mühlebach (Switzerland)

Thomas Fehr ?

Eva Maria Keller ?

Klaus Bartmann (Germany)

Eulalia Sagarra (France)

Galit Zeif (Israel)

Colin Hogan