

Informed Consent Form **Pilot Project *Feldenkrais*® Training Program**

Training Program: Inside Moves™ *Feldenkrais* Training Academy I
Sponsor: Inside Moves, LLC
Accrediting Body: North American Training Accreditation Board (NATAB) of the
Feldenkrais Guild® of North America (FGNA).
Beginning Date: October 15, 2018

This Informed Consent Form has two parts:

- Information Sheet (to share information about the study with you)
- Certificate of Consent (for signatures if you choose to participate)

You will be given a copy of the full Informed Consent Form.

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Inside Moves™ Feldenkrais® Training Academy Pilot Project

Part I: Information Sheet

Introduction

You have expressed interest in enrolling in the **Inside Moves Feldenkrais Training Academy I** pilot project. This document will provide you with information about the nature of the pilot project. You do not have to decide today whether you will participate in the program. Before you decide, you can talk to anyone you feel comfortable with about the program, including representatives of the sponsor or the accrediting body, North American Training Accreditation Board (NATAB) of the *Feldenkrais Guild*® of North America (FGNA).

Purpose of the Pilot Project

Pilot Project *Feldenkrais* training programs are accredited by FGNA in order to provide a framework that will support innovation in the structure of accredited *Feldenkrais* training programs. We want to gather information about different educational models, to help us in ongoing assessment of our policies and requirements.

Participant Selection

You are being invited to take part in this training program because we feel that your experience as a trainee can contribute much to our understanding of how to provide the best learning experience to future participants in *Feldenkrais* training programs.

Voluntary Participation

Your participation in this training program is entirely voluntary. If your application is accepted, it is your choice whether to participate or not.

Procedures

We are asking you to take part in this pilot project to help us learn more about a new model of *Feldenkrais* training program. If you accept, you will be asked to enroll in the **Inside Moves Feldenkrais® Training Academy I**. To graduate from the training program, and in order to become certified by FGNA and eligible to use FGNA service marks, you will need to fulfill the requirements that are specified in the enrollment agreement, and summarized in Table 1 below. These include requirements for attendance, practica, clinics, home study, reading assignments, assessments, feedback, and payment of applicable fees.

Table 1 outlines how the requirements for the **Inside Moves Feldenkrais Training Academy I** differ from accreditation requirements for other *Feldenkrais* training programs accredited by FGNA.

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Table 1. Comparison of Requirements: Inside Moves Feldenkrais Training Academy I and Other FGNA Accredited Training Programs

As this program is a pilot, the Educational Director reserves the right to alter the training dates and requirements, subject to approval of NATAB.

	Inside Moves Feldenkrais Training Academy I	Other FGNA Accredited Training Programs
Training Hours and Staffing	<ul style="list-style-type: none"> • Minimum of 732 hours in-person training, taught by at least 4 certified Trainers, each teaching a minimum of 30 hours, except: <ul style="list-style-type: none"> ○ Each certified Assistant Trainer with 320 days experience may teach up to 60 of these hours, under the direct supervision of a Trainer. ○ The Director of Competency and Learning, who is an Assistant Trainer, may teach up to 120 of these hours, under the direct supervision of a Trainer. • Minimum of 118 hours, small group, online, mentoring training taught by the Educational Director. • Minimum of 11 hours, whole group, online classes taught by the Educational Director • Minimum of 50 hours online marketing classes. 	<ul style="list-style-type: none"> • Minimum of 800 hours in-person training, taught by at least 4 certified Trainers, each teaching a minimum of 50 hours, except: <ul style="list-style-type: none"> ○ Assistant Trainers with 320 days experience may teach up to 40 of these hours without a Trainer present.
Graduation requirements	<ul style="list-style-type: none"> • Satisfactory completion of ATM® practicum; • Satisfactory completion of FI® practicum; • Educational Director, staff and trainee assessment of readiness to graduate; • Make up missed training hours according to plan approved by Educational Director; • Review a minimum of 120 hours of video recordings of Dr. Feldenkrais; • Completion of a competence portfolio, based on the FGNA Feldenkrais Practitioner Profile; • Teach a minimum of 100 documented ATM® lessons; • Provide a minimum of 100 documented FI® lessons; • Teach 4 hours documented full-day workshop; • Knowledge of at least 30 ATM lessons; • Read the following books: <i>Awareness through Movement, Body and Mature Behavior, Potent Self, Elusive Obvious</i>, and <i>Moshe Feldenkrais – A Life in Movement</i>; • Satisfactory completion of all homework; • Adherence to all training policies; • Compliance with proper usage of service marks; 	<ul style="list-style-type: none"> • Satisfactory completion of ATM practicum; • Satisfactory completion of FI practicum; • Educational Director assessment of readiness to graduate; • Make up missed training hours according to plan approved by Educational Director; • Additional requirements as specified by Educational Director.

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	<ul style="list-style-type: none"> • Meeting of his/her financial obligations. • Additional requirements as specified by Educational Director. 	
Trainee authorization to teach	<ul style="list-style-type: none"> • Temporary authorization to teach ATM lessons after 300 hours of training and additional requirements; • Temporary authorization to offer FI lessons after 700 hours of training and completion of additional requirements. 	<ul style="list-style-type: none"> • Temporary authorization to teach ATM lessons after 400 hours of training and completion of practicum.
Accreditation process	<ul style="list-style-type: none"> • Proposal reviewed by NATAB and by two additional Educational Directors; • Proposal must include: <ul style="list-style-type: none"> ▪ Rationale for expanded role of Assistant Trainers; ▪ Qualifications of proposed Assistant Trainers. 	<ul style="list-style-type: none"> • Proposal reviewed by NATAB.

Feedback

You will be asked to provide NATAB with feedback about your learning experience. Your name will not be shared in conjunction with your feedback without your permission, unless required by law.

Duration

The time commitment is specified in the **Inside Moves™ Feldenkrais Training Academy I** enrollment agreement.

Fees

Fees and financial policies are specified in the **Inside Moves™ Feldenkrais Training Academy I**.

Risks

Feldenkrais training programs involve movement, touch, and experiential learning.

Benefits

- In-person and online learning formats;
- Access to archival recordings;
- Training in use of FGNA *Feldenkrais* Practitioner Profile and self-assessment processes;
- Eligibility to apply for FGNA *Feldenkrais* practitioner certification, upon successful completion of training program requirements;
- Participation will also benefit future trainees and the development of the *Feldenkrais Method*® profession.

Sharing the Results

The knowledge that we get from this study may be made available to the *Feldenkrais* training community.

Right to Refuse or Withdraw

You do not have to take part in this training program if you do not wish to do so. You may stop participating in the training program at any time. Please see enrollment agreement for financial policies regarding cancellation.

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Who to Contact

This training program has been accredited by NATAB, the board that is responsible for implementing the Feldenkrais training accreditation policies of FGNA. If you wish to find about more about NATAB, the pilot project or the accreditation of this training program, please contact:

NATAB Administrator, c/o FGNA
401 Edgewater Place, Suite 600
Wakefield, MA 01880
Phone: 781.876.8935; Email: natab@feldenkraisguild.com

For information about the **Inside Moves Feldenkrais Training Academy I**, please contact:

Inside Moves, LLC
15081 SE 54th Place
Bellevue, WA 98006
Phone: 425.502.8346; Email: jeff@insidemoves.com

1/23/2018

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Part II: Certificate of Consent

I have been invited to participate in the **Inside Moves Feldenkrais Training Academy I.**

By checking this box I confirm I have read the foregoing information, or it has been read to me. I have had the opportunity to ask questions about it and any questions I have been asked have been answered to my satisfaction. I consent voluntarily to be a participant in this project. I understand that I will need to complete the application process and enrollment agreement before enrollment is complete.

Name of Participant

Email address of Participant

Date

1/23/2018