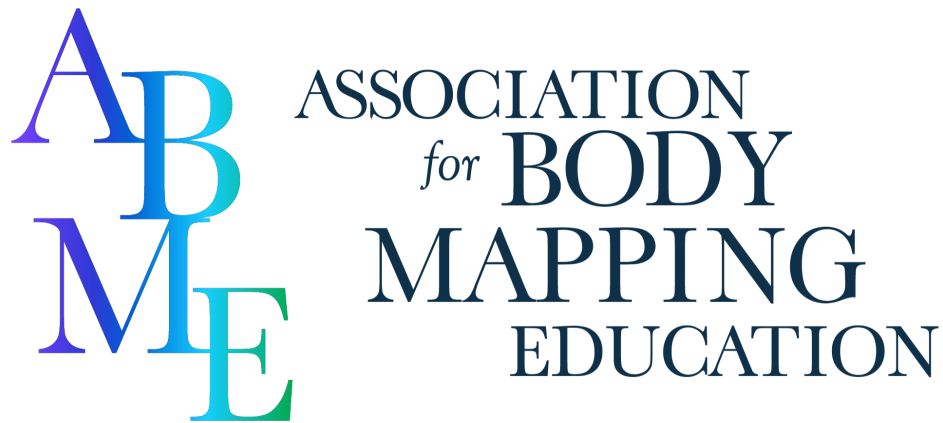




The Training Process for ABME Licensed Body Mapping Educator and Body Mapping Coach

A Licensed Body Mapping Educator (LBME) is licensed to use ABME images and information in the Teaching Manuals and Supplements to teach the course What Every Musician Needs to Know about the Body™ (WEM). The license includes permission to use ABME's materials to offer Body Mapping presentations of any length at workshops and conferences.

Body Mapping Coaches (BMC) are licensed by ABME to use ABME images, Teaching Manuals and Supplements to teach Body Mapping concepts in a private studio, classroom or other professional venue. This license includes permission to present workshops, but **does not** include permission to teach the course What Every Musician Needs to Know about the Body™ (WEM).

ABME will adapt the training process for those with disabilities. Please speak with your Training Mentor (TM) and Sponsoring Teacher (ST) about your specific needs.

Step 1: Become an Affiliate Member.

As an Affiliate, you will receive all the benefits of ABME membership, including online training, webinars, newsletters, a discussion forum, Facebook group, and a subscription to the Visible Body app.

As an Affiliate working toward training, you are expected to:

- Actively participate in online training opportunities, including at least two complete WEM courses taught by two different instructors.
- Take Body Mapping lessons (individual or group) with a Sponsoring Teacher or Training Mentor and keep a [log](#).
- Study Body Mapping books and videos ([listed here](#)) and build your library.
- Refine your own body map and embody the concepts in your own practice, performance, and teaching.
- Observe live and recorded performances to train your perception with regard to musicians' movement.

Note: This training can be under the guidance of a mentor, but is primarily independent and self-structured.

Step 2: Documentation

Documentation should begin at the Affiliate level. It will be important for you to show your ongoing involvement and study as part of your Training Application.

Document the following. Your Sponsoring Teacher must approve your documentation before your trial course is evaluated or your Coach Level test can be taken.

- ☐ Number of lessons taken and logged ([Trainee Lesson Log](#)—all training can be logged on this document)
 - Trainee should demonstrate embodiment of all Body Mapping concepts taught in the WEM course.
 - The number of lessons will vary depending on the level of competency when entering the training process. This could be up to 40 lessons.
 - Lessons taken before becoming a Trainee may count toward this requirement.
- ☐ Attendance at a minimum of two WEM courses, taught by two different LBMEs, at least one in-person, if at all possible.
 - WEM will always be offered at the biennial conference.
 - Other course offerings are posted on the [ABME calendar](#).
 - Attendance before becoming an Affiliate or Trainee counts toward this requirement.
- ☐ While your Training Mentor and/or Sponsoring Teacher will be the primary guide(s) as you train, you must study with a minimum of four different Training Mentors or Sponsoring Teachers during your training. (This could take the form of private lessons or online training.)
- ☐ Complete a minimum of five trainings (online or in-person, synchronous or recorded) offered through ABME after becoming a Trainee. These may include, but are not limited to:
 - Deep dives (Fee and registration required)
 - Group training (Fee and registration required)

- Keep a log of your reading and a journal of observations to share with your Training Mentor and Sponsoring Teacher. Books read before becoming a Trainee count toward this requirement.
 - The revised edition of *What Every Musician Needs to Know about the Body* (Jankowski, 2023)
 - At least one instrument-specific Body Mapping book
 - A minimum of three [Body Mapping articles](#)
 - *How to Learn the Alexander Technique* and/or *Move Well Avoid Injury* videos are strongly encouraged

Step 3: Apply for Licensure Trainee Status

(Body Mapping Coach or Licensed Body Mapping Educator)

Requirements:

- Maintain Affiliate status for at least one year.
- Be at least 21 years of age.
- Be recommended by a Training Mentor or Sponsoring Teacher and score a minimum of 36 on the [ABME Licensure Trainee Readiness Rubric](#).
- Submit your [Licensure Trainee Application](#), which includes submitting a CV and [lesson log](#). All submissions must be in English.

Upon approval of the Licensure Trainee Application, you will receive:

- The ABME Training Agreement to sign and return.
- An invoice for the Media fee. When this invoice is paid, your membership status will be changed to Licensure Trainee, which will give you access to the Teaching Manuals and Images through www.bodymap.org. Please allow up to five days for this change to be processed.

You will be expected to maintain ABME membership at the Licensure Trainee rate throughout your training process.

Step 4: Choose your Path

[Licensed Body Mapping Educator](#) (Links to 5a)
[Body Mapping Coach](#) (Links to 5b)

Step 5a (LBME): Prepare To Present Your Trial Course

- Check your profile to ensure that you have received a second invoice for the balance of the training fees, which can be paid at your discretion, in incremental payments or in full. This invoice must be paid in full before you complete your training.
- Regularly communicate with your Sponsoring Teacher and Training Mentor, if applicable, to coordinate the entire process of creating your course.
- Study the ABME Teaching Manuals and continue to participate in online training offerings, particularly those geared toward Licensure Trainees.
- Be able to demonstrate a solid understanding of the principles of the WEM course with your own instrument to the satisfaction of your primary Sponsoring Teacher.
- Develop visual aids appropriate for teaching The WEM course for your circumstances, to the satisfaction of the primary Sponsoring Teacher.
- Continue to document all lessons and trainings ([sample document](#)).

NOTE: No Affiliate or Trainee at any level may teach a What Every Musician™ course, lesson, or presentation, in person or in a publication, without ABME's permission and supervision.

However, all music teachers are encouraged to incorporate essential information from the [Body Mapping books](#) to prevent and address injury in their own studio and classroom. Licensure Trainees may also present Body Mapping information in a presentation (with review and

approval from a Sponsoring Teacher) as long as they are not misrepresenting themselves as Licensed Body Mapping Educators.

Trial Course Requirements

- All Trial Courses must be recorded ([see guidelines](#)).
- Courses do not need to be presented in six consecutive sections.
- Trial courses should have a minimum of two live attendees for sections 1–5. An added possibility of synchronous online participation is possible, if tech allows.
- Section Six may have attendees at your discretion. If lessons are taught in the context of your private studio, additional attendees are not required.
- Format your Section Six as three 20-minute or two 30-minute lessons.
- Consult with your Sponsoring Teacher about choosing participants for your course.
- Trainees may not charge a participant fee for the Trial Course and must advertise as such.

Step 6: Guidelines for Section Six Preparation

Trainees must have one Section Six lesson approved *before* the trial course takes place.

- Training Fee invoice (accessed through your Wild Apricot profile) should be paid in full before submitting any lessons for evaluation, but not required for Section Six practice sessions.

There are two options for pre-approval:

1) Record a lesson and have it reviewed by a Sponsoring Teacher. If approved, this may count as one of your Section Six lessons to be submitted for your Trial Course. If not, your Sponsoring

Teacher will consult with you about next steps. If approved, evaluation will be covered by the standard Section Six evaluation fee. If not, the trainee will compensate the Sponsoring Teacher at their stated rate.

OR

2) Participate in one online Section Six practice teaching workshop and receive approval from the Sponsoring Teacher hosting that event.

Step 7: Teaching Section Six

Individual/Masterclass Coaching

Section Six (teaching and practical application) must also be reviewed by two additional sponsoring teachers. A masterclass setting for these lessons is preferred, but it is acceptable to submit Body Mapping lessons that have occurred at a different time.

- Section Six must include two 30-minute or three 20-minute lessons. It may also include addressing questions from the group or group oriented integration exercises, such as constructive rest. If this is the case, your section six will be longer than 60 minutes and needs pre-approval from your Sponsoring teacher.
- Lessons may be submitted by video file, or in person. However, even if the lesson is in-person, they must be recorded ([see guidelines](#)). If the lesson is submitted via video, it must first be sent to the primary Sponsoring Teacher. It may have already been submitted with the Trial Course, but must be approved before it can be sent to additional Sponsoring Teachers.
- When the two additional Sponsoring Teachers have reviewed your Section Six, they will confer with your primary Sponsoring Teacher.

Outcomes:

- a. The three Sponsoring Teachers may approve your Section Six teaching.
- b. You may be asked to redo a lesson, if the Sponsoring Teachers feel it would benefit you to have more practice and guidance in teaching one-on-one lessons. Note: this is a normal part of the training process, and it is intended to promote a high level of confidence in the Trainee before being licensed.
- c. You may be asked to meet with any of the Sponsoring Teachers as a follow-up to your Section Six teaching. It is expected that you will participate in such a meeting as a beneficial part of your learning process.

LBME TRAINING COSTS

Affiliate Membership	\$100 annually
Trainee Membership	\$125 annually
*Media Fee	\$650 (one time)
*Trial Course Evaluation	\$1700 (one time)
Online Training Courses	Up to \$25 per hour
LBME Membership	\$150 annually

*Prices confirmed through February 2028

Note: Individual lessons with Training Mentors or Sponsoring Teachers are billed separately by individual teachers and are not included in the ABME Training Fees.

Step 5b (BMC): Prepare to Complete Your Coach Level Licensure

- Online Tests: Once your mentor(s) affirms that you are ready, they will recommend you to take the online tests on each of the first five sections of the Teaching Manuals.
 - You will be sent an email invitation (to the email address in your Wild Apricot profile) to take the test.
 - You will be invoiced through the testing platform and must pay in full before you have access.
 - The test is self-graded. You may repeat it as many times as needed.
 - You must achieve 100% on each section.
 - Tests can be taken in any order, and there is no time limit.
- Preparation for Video Submission:
 - Regularly communicate with your Sponsoring Teacher/Training Mentor, to work on teaching Body Mapping concepts.
 - Study the ABME Teaching Manuals and continue to participate in online training offerings.
 - Be able to demonstrate a solid understanding of Body Mapping concepts with your own instrument/voice to the satisfaction of your Sponsoring Teacher/Training Mentor.
 - Develop visual aids appropriate for teaching Body Mapping concepts for your circumstances, to the satisfaction of the primary Sponsoring Teacher/Training Mentor.
- Video Submission: After completing the test, BMC applicants will send a 60-minute composite video of their teaching.
 - You will be invoiced for the video assessment fee. This must be paid in full before your video is evaluated.

- Applicants are strongly advised to have their TM or ST review the video before submission. ([See video recording guidelines](#))
 - In this video, you will be asked to demonstrate the application of specific Body Mapping topics relative to their area of specialization. ([Link to Coach Level Teaching Video Criteria](#))
 - This video will be assessed by a panel of three TMs/STs who have knowledge applicable to the specialization of the applicant.
 - If the video does not pass, another may be resubmitted for evaluation. An additional fee of \$300 will apply.
- Interview: After the video is approved, you will be invoiced for the online interview. You must pay the invoice before the interview will be scheduled. The interview will be conducted by the three evaluators and will last up to 60 minutes. The interview may include:
 - Discussion of your teaching video.
 - Plans for using your licensure.
 - Feedback about your licensure process.
 - Next steps: BMC onboarding

BMC TRAINING COSTS

Affiliate Membership	\$100 annually
Trainee Membership	\$125 annually
*Media Fee	\$650 (one time)
*Test Fee (\$100 per section)	\$500 (one time)
*Section Six Video Assessment Fee	\$300 (each time)
*Interview	\$150
BMC Membership	\$150 annually

*Prices confirmed through February 2028

Note: Individual Lessons with Training Mentors or Sponsoring Teachers are billed separately by individual teachers and are not included in the ABME Training Fees.