

In Touch

A quarterly publication of the
FELDENKRAIS GUILD®
of North America

Winter 2006

An Inspiring Call To Action

—Donna Blank, Trainer and NATAB Member

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A large and diverse group of *Feldenkrais*® practitioners gathered the first evening of the annual conference at Omega to hear Dr. James Gordon inspire, challenge and support the *Feldenkrais* community in developing our work so that it can be known and used more fully in the world.

Dr. Gordon's background and experience is in itself inspiring for our community, in that his own journey has been one of questioning, challenging and perturbing the medical community since he attended Harvard Medical School several decades ago. He is a pioneer in the field of mind-body medicine. Convinced that Western medicine falls short of truly helping people heal, he followed both his intuition and knowledge to create a deeply impressive holistic approach that is ongoing in its development. Originally a research psychiatrist at NIMH,



(From L to R: Barbara Greenfield, Roger Russell, Andrea Wiener, Dr. James Gordon, Donna Blank, and Pat Buchanan)

he later expanded his investigations to include studies of diverse Eastern traditions from acupuncture to Sufism. During this period, he also studied briefly with Moshe Feldenkrais. The integration of these disciplines led to his research in the field of mind-body medicine. Eventually he developed his own school and training program in this field.

He has done extensive research and publishing, trained large groups of people, and brought his work to many war-torn and traumatized places including Kosovo, Gaza and New Orleans. He chaired the White House Commission on Complementary and Alternative Medicine Policy. His recent books include *Manifesto For a New Medicine* and *Health for the Whole Person*.

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The Feldenkrais Guild® of North America (FGNA)

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About *In Touch*

In Touch is the newsletter of the *Feldenkrais Guild*® of North America and serves the Guild's membership. *In Touch* reports news about the international *Feldenkrais*® community and serves as a forum for the presentation and discussion of issues related to the *Feldenkrais Method*® of somatic education. All articles reflect the individual views of the authors, if signed, and the view of the editorial staff, if unsigned. Unless an article explicitly states that it is reporting a Guild policy, it does not reflect any official point of view adopted by *Feldenkrais Guild*® of North America.

Feldenkrais Guild® of North America, an Oregon nonprofit mutual benefit corporation, is the professional organization of certified *Feldenkrais* practitioners and of trainees in accredited programs. FGNA has an international membership and is affiliated with other national professional organizations. As such, FGNA is dedicated to the development of the *Feldenkrais* profession and regulates standards of practice, training accreditation, and ethics. Membership in *Feldenkrais Guild*® of North America is open to graduates of, and trainees in, Guild accredited trainings, and the interested public, as set forth in the FGNA bylaws.

In Touch welcomes your contributions. Unsolicited manuscripts will be returned only if accompanied with a self-addressed, stamped envelope. Email communication to: <intouch@feldenkraisguild.com>

The terms *Feldenkrais Method*®, *Awareness Through Movement*®, *Functional Integration*®, are registered service marks of the *Feldenkrais Guild*® of North America. *Guild Certified Feldenkrais Teacher*® and *Guild Certified Feldenkrais Practitioner*™ are certification marks of the *Feldenkrais Guild*® of North America. *Friends of Feldenkrais*™ is a service mark of the *Feldenkrais*® Educational Foundation of North America.

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In Touch Editorial Policy

In Touch welcomes articles that support and promote the practice of the *Feldenkrais Method*® of somatic education. These will be given priority for publication. Articles will be reviewed by the Editorial Board, which reserves the right to approve submissions and to decide in which section they will be published.

We ask that articles be limited to 1,500 words, although we will make exceptions when necessary.

The Editorial Board reserves the right to edit submissions for length and clarity, in cooperation with the submitting author(s). The Editorial Board is available to persons requesting editorial assistance.

Submissions of an editorial nature will be published as Letters to the Editor and limited to 500 words. Responses to the contents of previous issues will likewise be printed as Letters to the Editor and subject to the same limitations.

Please proof and copy edit your writing before submitting it. You may be asked to provide verification of statements of "fact" prior to publication. *In Touch* is not responsible for typographical errors or inaccuracies. We are not responsible for safekeeping of unsolicited materials. Articles must include a suggested title and author credit as you would like it to appear in the newsletter.

No anonymous submissions will be accepted for publication, however, letters and articles may be printed anonymously at the discretion of the Editorial Board.

Materials deemed inflammatory, judgemental, or in poor taste will not be considered for publication.

Submissions Information:

- Send submission as an e-mail message.
- Send submission as an attachment to e-mail.
- Mail/fax submission as a double-spaced typewritten hard copy.
- Contact Managing Editor about graphics submission.
- All "official business" submissions, all ads, and all questions should go to the Managing Editor at e-mail: <intouch@feldenkraisguild.com>

Submission Deadlines for 2007:

Feb 15, May 15, Aug 15, Nov 15

Published and Mailed Quarterly:

March / June / September / December

An Inspiring Call To Action...

(continued from page 1)

Humble, humorous and very accessible, Dr. Gordon modeled for us ways to move into our own potency. He addressed several themes:

1) In the field of healing (as well as in other fields), there is an arc of development: What is first considered radical can eventually become "complementary," and later become part of the mainstream. If a modality is effective, its becoming mainstream is a matter of time and change of consciousness. Giving acupuncture as an example, he told of wanting to learn about it in the 1970's and going to Chinatown, the only place it was practiced in New York. The acupuncturists there pretended not to understand any English when he approached, assuming he was a law enforcement officer trying to investigate them. From that point of illegality to thirty years later, Western medicine has progressed first to accepting that acupuncture might be useful for a few specific uses, to this moment when many American insurance companies cover acupuncture treatment regularly. It has become mainstream.

2) Self healing and self care are at the core of all health and healing. Awareness and action are required to be a healthy person. Heart disease, diabetes and other illnesses require awareness and life changing action to be overcome.

3) Consciousness is at the root of all development, including one's own consciousness as a teacher and leader, as well as the consciousness within a community of healing people. Moreover, we need to continue to develop our consciousness at all levels in order to "help solve old problems in new ways." Dr. Gordon asserted that there is a greater potential power of consciousness within groups than individually. We need to learn to participate in groups consciously in order to be able to lead them consciously. Meditation is a part of all his programs (including his keynote address to us). He spoke of his using three kinds of meditation: breathing with a soft belly, mindfulness meditation and expressive, moving meditation.

4) *Research*. Here was his strongest message to us: if we want to be known in the world, we must do research and be published. We need to be able to both do the work and articulate the work to the world. He encouraged us to do research in forms that are the most accessible and jump into the research process. Instead of trying to focus our research on understanding why our work works (the most challenging research), we can focus on who it helps (outcome studies and best case studies). Who our work can help could range from familiar possibilities such as children with cerebral palsy, and people with chronic pain to more extended populations: depressed adolescents, students with learning disabilities, etc.

Once we have done the research, *get published wherever we*

can. He emphasized that we need to have a functionally innovative attitude: research what we can, publish where we can, look for openings and possibilities and develop from there.

5) Enthusiasm is at the heart of development. To grow the organization, to do research, to raise money, to attract others to the work, we need to recruit all those people who have been helped by our work or who have a passion for the work. Together, those people can co-create programming, fund raising and development. As more join, money can begin to flow in, which allows us to hire people with expertise to direct and coordinate research and to fundraise and write grants more efficiently than volunteers can do alone. We can progressively (with enthusiasm) begin to organize ourselves more effectively at higher levels.

6) Collaboration. He made the point that the greatest growth comes through collaboration (two is better than one and more can be even better!). Just as two people collaborate to create a *Functional Integration*® lesson, we can collaborate more to build our community. It is required. Moreover, we may grow even richer and deeper by collaborating with other communities and disciplines. This is a new area for us.

Dr. Gordon began the evening with a quiet meditation that shifted us into a fuller presence to hear his talk. He ended with our standing, doing a shaking meditation to music that transitioned into Jimmy Cliff singing "You Can Get It If You Really Want!", as he encouraged us to move expressively, non-judgmentally and non-competitively. Joyfully we moved together, integrating the words into the flow of movement.

Are we ready to take his ideas into our own effective action? I encourage you to buy the CD of his talk. Then let's talk more together! In addition, many practitioners were enthusiastic about taking one of Dr. Gordon's five-day trainings in his Mind Body model as an adjunct to our own knowledge. A group of practitioners are already committing to attend a training in New Orleans. If you are interested, please check it out on the web and also contact Donna Blank at dhblank@aol.com. We will be collecting information and communicating back as this possibility develops.

Inspiring, indeed. »

Interested in purchasing Dr. Gordon's keynote address on CD? Visit www.onsiterecording.net

If you would like more information about Dr. Gordon's five-day Professional Training in the Mind-Body Model, visit: www.cmbm.org/holistic_medicine_PROFESSIONAL_TRAINING_EDUCATION/mind_body_medicine_description.php

New *SenseAbility* Writers' Guidelines

—Lavinia Plonka, GCFP

The new *SenseAbility* is designed to be an information source for the general public as well as a public relations tool for practitioners. In addition to articles, *SenseAbility* will contain information and links to workshops, trainings and products around the country. As we refine the format, we are creating various departments, like any magazine. The New *SenseAbility* will not follow one particular theme. While a PDF version will still be available, articles will also be stored on the web archive under their various themes (for example, Children, Music, the Workplace, etc.) to be printed individually. There will be a call for articles before each issue, but submissions and queries are accepted year round. We are committed to creating a "writing culture" amongst practitioners and are therefore happy to work with you on developing articles for submission.

Following are guidelines for the departments we have developed so far. We are also open to suggestions from members on how to continue to develop this online magazine as a useful tool for promoting our practices.

Call for Articles: The deadline for the next *SenseAbility* is January 15. Use the following guidelines or contact Lavinia Plonka with queries - lavinia@laviniaplonka.com.

Articles of General Interest:

These articles will retain the original flavor of *SenseAbility*. Each issue will contain at least one informational article about a way that the *Feldenkrais Method*[®] of somatic education enhances and improves quality of life. The website archive contains articles on over 35 different themes. New articles on these themes are always welcome, as well as new themes. Some suggestions for new themes include: *Feldenkrais Method* applications for people with brain damage, gardeners, equestrians, etc. Articles can be in the form of testimonials, presentation of research, interviews, and anecdotes. They can include an ATM lesson sequence that connects with the story. Pictures are always welcome. If the article is about your work, you should write it in first person, since all articles will contain a by-line. Remember however, that this article is not about you, but about an application (see featured practitioner at top of next column). Please take some time to read a few *SenseAbility* articles before submitting your writing. Unlike *In Touch*, these articles are read by many people who have never heard of the *Feldenkrais Method*, so please remember this as you write. Unlike the former printed version of *SenseAbility*, we are not limited by printing costs, so articles can go more into depth, up to 1000 words. But short articles (400-600 words) are very welcome.

Featured Practitioner(s):

This article is about one or more practitioners who are innovating or collaborating with others in a way that puts the *Feldenkrais Method* on the map. If you think your work should be highlighted, find someone to write the article for you. It can be a colleague, or a professional writer. It should not read like self-promotion. It should be informative and comprehensive. For example, if you know of another practitioner working in a similar direction, perhaps you might ask someone to write about both of you. Or if you are working in another field, you might have someone write about how that field has been impacted by your application of the *Feldenkrais Method*. If you are a writer, perhaps there is a practitioner who has inspired you, or whom you think the world should learn about. Contact that practitioner and see if they would like to be featured. As with the general article, the article can contain research, interview and story. Pictures of the practitioner at work are very useful. Contact information should be included at the end of the article. And before submitting, please make sure all featured practitioners have read the text and approve of what you have written. Please limit it to 1500 words or fewer.

Awareness Through Movement[®] lessons:

Text or audio downloads are both welcome. If the lesson is written, it should be short enough that a person could read and learn without a lot of complicated language. If it is in audio format, it needs to be in MP3 format. It should be written/recorded in such a way that an absolute novice would have no problem following the instructions. Your ATM lesson can have an introduction that talks about its applications, or its benefits. If you are creating an audio download, please make sure the recording is clear and concise. If you are writing text, try reading your instructions to someone and watching them, before submitting what you have written. All ATM lessons will be reviewed by practitioners in order to ensure clarity and fidelity to our work. Include your contact information.

Regional Feature:

Each issue will include a featured Region. These Regions have been contacted by the Guild and all Regional Representatives have received their guidelines. If you would like to write about your Region, contact your Region Rep to volunteer!

(continued on page 5)

New *SenseAbility* Writers' Guidelines...

(continued from page 4)

Events Listings:

Each Region can submit up to five events occurring in each quarter. These events are for the general public only. These can include workshops, open houses, parades, TV appearances or trainings. They do not include on-going ATM classes, private session announcements, advanced trainings or mentoring. If you have an event you would like considered for listing, send the info to your Region Rep before the article due date. It is up to each Region to decide which five events are to be listed. Your listing should contain title, dates, teacher, contact info including website address (if available) and a one sentence description.

All articles and ATM lessons will be evaluated and edited by *SenseAbility* volunteers and staff. We will work closely with each author to continue to keep *SenseAbility* evolving into an exciting E-zine. »

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A Foot in the Door

—Janie Randerson – IFF Academy Committee

—Marie-Christine Schmoetzer – IFF Academy Coordinator

Perhaps you have had an ‘Ah Ha!’ moment in your learning with your peers which you would like to share with others. Or, you have already started a project on your own or with some peers but you do not know how to continue with it public and get feedback about your work. Or you are longing to work together with other practitioners and try out processes other practitioners have used to extend their skills and knowledge in an environment of local and global teamwork, reflection and participation. How can this be done?

The International *Feldenkrais*® Federation (IFF) Academy offers an environment for this to happen.

Over the past 4 years *Feldenkrais* practitioners in Europe, Australasia and North and South America have been experiencing a new way of learning and sharing their discoveries together through contact with each other in the IFF Academy. As in a *Feldenkrais* lesson, an intention is explored; reflected upon; the learning shared and the process evaluated. In this ‘group lesson’ practitioners anywhere can share from their own experience as well as learning from the development experiences of other practitioners towards more quality and competency in their practice.

The IFF Academy is a unique model of reflective practice in the *Feldenkrais* world. Since 2001, processes or workshops have been created and developed by practitioners working in teams on a certain issue and over a certain period. These teams are known as Local Academy Feet – LAF (or Teams – LAT if you prefer this name). The term Feet acknowledges that the *Feldenkrais Method*® is grounded in you, the practitioner.

These Academy activities have been co-practiced, evaluated and are subject to further experience done by other teams. The goal of the IFF Academy is to enable continuity of *Feldenkrais* activities by setting up a frame of co-producing, evaluating and networking designs and outcome within a cooperative and supportive culture of *Feldenkrais* colleagues. You could be one of those teams! For example at www.feldenkrais-method.org/en/node/844 you can find in the list of the IFF Academy Workshops developed by LAF/LAT related to the work of “*Feldenkrais* Practitioners and Psychology”, “*Feldenkrais* and Horse Riding”, and “Air,” just to name a few.

Are you ready to put your foot in the door? The IFF Academy invites you to make use of this open source to enrich your practice and get new impulses. If you want to create your own LAF/LAT, or if you are interested in one of the workshops, please contact the IFF Academy Coordinator, Marie-Christine Schmoetzer for more information at: academy@feldenkrais-method.org. »

Executive Director's Report: 2006 Reflections

—Barbara Greenfield, FGNA Executive Director

Throughout our history, FGNA has served as a primary resource for member practitioners and trainees. We provide the tools and resources to support the FGNA mission and in turn, support the impact our members have in the lives of people in our communities. As an organization we will continue to review and evaluate our programs and services to meet emerging needs.

FGNA has the opportunity to provide unique resources for its FGNA members with programs that assist them in their role as *Feldenkrais*® teachers. FGNA has an obligation to conduct our activities with transparency, integrity and accountability. A critical role for a nonprofit is knowing how to form, govern and manage the organization. The growth and progress of FGNA depends on developing and improving this body of knowledge.

One of the most significant factors in the success of our programs is the number, quality, and commitment of our volunteers, to guide, implement and promote our organization. Volunteers have many roles, and getting the right person to fill each of these roles is essential. I'd like to extend a very special thank you for the great work, integrity, and the thousands of hours contributed by our volunteers. Without you FGNA would not exist.

Relocation of Our Guild Office

Our current lease is up at the end of May 2007, and our landlord is planning a substantial increase in rent. We have begun to look for a new office space in Portland. I'll keep you posted through the newsletter and FGNA News.



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Reflecting on Some FGNA Activities In 2006:

1. PR Kits were developed for members by FGNA Council of Regional Representatives (CORR) in conjunction with staff, to assist practitioners with their continuing work to educate the public about the *Feldenkrais Method*® of somatic education.
2. Redesign of our database was a high priority for staff this year. We worked closely with a consultant on the redesign, and that will be completed in 2007.
3. We continued work on the new website. Prior to the website re-launch, the new database must be able to interact with the website. The website launch is schedule for the first part of 2007.
4. We continue to increase the interaction between volunteer groups: the FGNA Board of Directors, CORR, and NATAB, and between the Governing Bodies of the NATAB, EuroTAB, and AusTAB.
5. Existing programs have been reviewed and evaluated in order to make them more transparent, and in alignment with our mission.

FGNA and FEFNA Volunteer of Excellence Awards 2006.

We had several nominations this year for our Volunteer of Excellence Award. Members were invited to nominate people within our community who have volunteered for a project or program, and who have displayed excellence in their work. Those names were then submitted to the Boards and the CORR for selection.

I am delighted to inform you that the FGNA Volunteer Of Excellence Award 2006 was presented by Lester Loops, FGNA President, to the developers of the PR Kit: Barbara Leverone, Laura McMurray, Karen Donelson, and Kathy Yates.

The FEFNA Volunteer Of Excellence Award 2006 was presented by Dwight Pargee, FEFNA President, to Mark Reese (posthumously) for his work on the *Moshe Feldenkrais Biography*.

Congratulations to all. »

“Awareness Through Meeting” The Trainers and Assistant Trainers Meeting Report

—Alice Friedman, Assistant Trainer and NATAB Member

This year's conference at Omega was a wonderful opportunity to meet with many members of our vibrant *Feldenkrais*® community. The setting was beautiful and conducive to spending time with each other to exchange ideas and information. One such opportunity for “Awareness Through Meeting” was the Trainer/Assistant Trainer meeting. The trainers and assistant trainers met together with the Board of Directors of FGNA and NATAB members. It was a very well attended meeting with people from all across North America as well as Germany, Israel and Great Britain. It was also the first time the trainers and assistant trainers had been together with the BOD and NATAB to discuss timely issues. George Krutz was present, as well, to answer questions about the International Working Group on Training Policy (IWG) report and to clarify issues raised by the trainers and assistants in the room.

The main purpose of the meeting was to inform the trainers and assistant trainers about what had transpired since the IWG report was presented and to discuss issues of concern to those present. Primary among these concerns were how to entertain alternative training models and the necessity of evaluating current and future models as the method continues to mature. (Please see article on page 11 of this issue for more information about the formation of a task force to evaluate alternative training models.)

There was a large turnout and the trainers and assistant trainers took the opportunity to listen to each other and share thoughts on the future of our profession and our training process and policies as well as the difficulties and challenges faced in their respective countries and regions. Having the Board and NATAB present was a great way to bring ideas, thoughts and concerns into a wider conversation.

The intention was to engage all the talent present to bring forth our most creative vision of the future. What followed was an in-depth conversation about where we are as a community in terms of knowing what we are doing in training programs and what we want to see in the future for our work. Donna Blank, who chaired the meeting, set the ground nicely and what emerged was the passion with which we all see the *Feldenkrais Method*® and a forward looking conversation expressing hope for its future.

Many of those present spoke in support of the task force being formed by the Board to identify the process for evaluating alternative training models. There was also strong support voiced for: a) continuing with the development of a Competency Profile for a new graduate; b) developing evaluation tools, standards and criteria for assessing competence; and, c) proposing a protocol for evaluating alternative training models that fall outside the current International Training Accreditation Guidelines (TAGs). In response to the stated concern about how effective the current policy is in producing competent graduates, we also identified the need to more formally evaluate outcomes of training programs accredited under the current policy.

Among the most enjoyable results was meeting new people and the process by which concerns were discussed. Many participants expressed appreciation for the meeting, saying that it felt like an exciting opportunity to advance the *Feldenkrais* profession. There was respect and willingness to listen and hear many viewpoints and we left the meeting with a renewed sense of community and optimism. It is hoped that the format of open discussion with the Board and NATAB will continue at the next conference.

I would like to express special appreciation to George Krutz for his contributions through the work of the IWG.

I will look forward to having more opportunity to work and play with everyone next year. »

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The Art of Membership

—Allegra Heidelinde, GCFP, FGNA Membership Coordinator

For several weeks my “to do” list had the words “Member Art” at the top. “Member Art” stood for “Membership Article.” The words were there to remind me to write for the next In Touch newsletter.

As the weeks rolled past, other activities supplanted this one. I answered questions about certification requirements, responded to hundreds of emails and phone calls, gathered information for the FGNA Board of Directors, processed membership and certification forms, edited directory listings, and so forth.

One day I glanced at the list and the words “Member Art” struck me differently. Member Art. “What is the Art of being a Member?” I asked. And it occurred to me that there is an art to it! Membership is more than sending in dues and completing your directory listing. Membership is the practice of belonging; it is the process of creating, shaping and steering. To use another metaphor, you are the “member –captain” of this here FGNA “ship.” Membership. You are reading this article because you are a member and therefore receive *In Touch*. Not everyone is eligible to be a member of FGNA. The fact that you are indicates something unique about you. Namely, you are either a graduate of a *Feldenkrais*® Professional Training Program, or you are currently enrolled as a student. While the number of our colleagues continues to grow worldwide, we number only thousands. We are a


special, small and strengthening community. Belonging to a membership organization is a way to band together to amplify our efforts and the collective voice of our profession.

Today, I opened my email and discovered this quote, “When you change the way you look at things, the things you look at change.” So said Max Planck, a Nobel Prize-winning physicist. I guess in my own way, this is what I want to share with you. Part of the gift of this work that we do/learn/teach is that we cultivate our capacity to change the way we look at things. We play with our perception, and in so doing we can invite our students to be themselves in all of their beauty and humanity. So what does this have to do with the Art of Membership? Well, it’s an invitation. I invite you to practice being a member. Do what you can to stay connected with our community. Get involved. Volunteer. Learn what is happening in your Region. Call up a colleague you haven’t met and introduce yourself. Find out who is on the Board of Directors. Attend the annual conference.

Membership is an art and a practice, just as the *Feldenkrais Method*® is an art and a practice. I encourage you to practice both.

Thank you for being a member during 2006. Thank you for delving deeply into the *Feldenkrais Method* of somatic education. Not everyone is so lucky. »

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Defining Success and Framing Our Future

—Anastasi Siotas, Chairperson, Annual Conference Program Committee

As the program chair, I had a unique perspective on the events of this year's conference at the Omega Institute in Rhinebeck. My feeling that it was a wonderful conference was confirmed by all those with whom I spoke, both during the event and in the weeks immediately following. After over a year of planning, it was great to finally be there and experience the many facets of this annual gathering of practitioners from around the country and the globe. Like the last time we were there 3 years ago, our senses were stimulated in the peaceful landscape of the Omega retreat, surrounded by yellows, oranges, reds and browns in the characteristically crisp fall weather of October in upstate New York.

Once the Program Committee had settled on the theme of "Defining Success and Framing Our Future," we set about the task of finding an inspiring keynote speaker. Deborah Lotus mentioned Dr. Jim Gordon, who was familiar to us through his having chaired the White House Commission on Complimentary and Alternative Medicine. Dr. Gordon was not an easy target, mostly because he was on the move so much between his various projects in post-trauma management both in the US and Europe. Finally, with the help of Donna Blank we were able to set up a phone conversation. I was amazed by Jim's humility (given his own considerable achievements) and delighted to hear of his belief in the value of the *Feldenkrais Method*®. Jim described Moshe as a genius and a man well ahead of his time. I was also happy to hear that Jim had met Moshe, having studied briefly with him during his early exploration of alternative methodologies. He was full of praise for our work and was surprised that we had not published more on our successes so far.

On Sunday night the 22nd of October, ending with his delicious "shaking" meditation, Dr. Gordon helped us officially launch the 2006 annual conference. I had already heard glowing reports by those who had attended the pre-conference offerings by Donna Ray, Roger Russell and Jeff Haller, and was now excited about what the week ahead would bring. Each day began with a recurring theme at breakfast: always lots of old and new friends to chat with and then feeling torn between continuing a conversation and getting to a room in time for an ATM lesson; the ATM always won out. Many people told me how much they enjoyed the themes that were presented this year in the morning ATM lessons. I would like to thank the coordinators of each track: Richard Ehrman, Barbara Forbes, Richard Goldsand, Mark Hirschfield and Deborah Lotus, for their work in putting these great lessons and teachers together. This year we were again treated to a wonderful series of breathing lessons, all taught by Ned Dwell. All the lessons I participated in were well attended and each teacher I experienced did a great job. Some of the teachers told me how rewarding the experience was, not only in finding the courage to teach their peers but also in the opportunity to receive valued feedback that would help improve their teaching. I highly recommend the CD's of these ATM lessons that you can order from On Site Recording (see Ed. Note for more info).

For seven and half days we physically came together as a community and to me it always felt like a kind of homecoming. One of the items high on my personal wish list as the chair was to see people connect with others they had not met before, in work, meetings, conversations and of course, play. I am pleased to report that I saw this happening many times over, day and night, all week long. I was also delighted by the large numbers who attended the scheduled afternoon and evening meetings. The interest on all of the scheduled subjects was fantastic, especially with regard to possible future research projects, the competency project, the trainers meeting, the IWG report and the proposed changes to international training policy. Considering our short time together, as a group we managed to cover many diverse topics and were able to hear opinions from every level of experience within our work, from our most senior teachers through to people in their first year of training. I feel the level of engagement at these events speak volumes regarding the maturity we have achieved as a community. Since Moshe's centennial in 2004 I have seen a steady growth in our ability to create an environment where members feel safe and comfortable enough to voice their opinions and know they will be heard.

Finally, the success of this year's conference was also reflected in the fabulous performance and party that was once again so elegantly mastered by the very talented Candy Conino. The performances were outstanding; we heard beautiful music, singing and poetry readings, we saw breathtaking dancers and we heard some hysterical comedy. Candy's sometimes-spontaneous auctioneering interludes brought tears of laughter to many including myself. We could not have ended the night without some serious dancing too, which went on well after I was too pooped to pop.

Thank you again to all those who generously contributed their time and energy: the presenters, be that for meetings, workshops or ATM lessons; the volunteers and staff of FGNA, especially Julie Flint and Andrea Wiener; Candy Conino, Sonja Johansson and the Program Committee: Pat Buchanan, Kira Charles and Deborah Lotus, for helping to make the 2006 FGNA conference the success that it was. I encourage all those members that were not able to be there, to save the dates for next year's meeting which will be in FGNA's hometown of Portland, Oregon. I hope to be there and continue to witness our growing maturity and evolution. »

Ed. Note: Many thanks to Anastasi Siotas and the other members of the program committee for creating this inspiring and high quality educational event for our community. Recordings of the conference can be purchased from www.onsiterecording.net

It's Time For Research

—Suzane Van Amburgh, Member Student

The Omega Institute in Rhinebeck New York was a beautiful Fall setting for the annual conference. The trees were in breathtaking full color. On Sunday night, Dr. James Gordon presented the keynote address. Near the conclusion of his presentation he displayed a slide with these simple words: *It's Time For Research!*

Dr. Gordon encouraged the *Feldenkrais*® community to start where you can and let it grow. Don't get hung up on the idea that you need a major grant from a foundation before you can start research. Most of his projects began with personal connections. Go to your clients, and look to each other for support in launching research projects. Even if one person can't single-handedly fund a project, people can contribute to research in a variety of ways. Resources needed often include access to facilities, expertise in designing the structure of a research project so that it gets read and has influence, and connections to someone who has connections. Where interests align, people will invest time, offer free professional advice, provide access, lead you to your next step, and sometimes even donate money. There are labs that will work with you and Journals that will publish your findings. Dr. Gordon advised us to start with small projects, and reminded us that they can lead to bigger projects.

The following evening the community held a forum on research, lead by Pat Buchanan, Jim Stephens, and Roger Russell. Turnout was good. There were over 100 participants. People were clearly interested in developing research and documenting the effectiveness of the *Feldenkrais Method*® in a variety of fields.

Some practitioners have research projects that have reached conclusion this year. On exhibit, there were posters, display boards and laptops with video of research *Awareness Through Movement*® lessons in progress. These examples helped concretize how a small project could be undertaken and successfully completed.

Jim Stephens gave a slideshow presentation, on the basics of starting a research project. His presentation illustrated the fundamental structure of any research project.

You need three things to get started:

1. A question to ask
2. A method of assessment and
3. Resources to make it happen.

Some of the questions that have been asked in past projects are: Do ATM lessons improve....

Kids' performance in grade school?
Balance and mobility?
Post stroke gait?
Post heart attack quality of life?
Hamstring muscle lengthening?

The method of assessment should be carefully designed, but you don't have to re-invent the wheel. You can model your project after one that has been done before. Tried and true methods of assessment give your project results and credibility.

Resources to make it happen include people to participate and a place to conduct the project. Not all projects necessarily require funding. The most important resource is you -- it takes a *Feldenkrais* practitioner to get a project going. What questions would you like to explore?

At this point in the evening, Pat Buchanan directed us to the back of the room where large pads of paper and markers awaited us. People wrote down their ideas for specific research projects and/or strategies to develop and improve research within our community. People discussed their ideas informally, and then we came back together as one group to share and pool all the suggestions.

As the evening drew on, it was suggested that the FGNA website forum, (www.feldenkrais.com/guild/forums/index.php) could serve as a place to continue the conversation and exchange information among those interested in starting projects, and those who have experience.

Awareness Through Movement and *Functional Integration*® lessons apply to so many fields and there is a great potential for a diverse array of research projects. As Roger Russell said, we need to develop our "research language" to be able to talk with professionals in other fields. As we build a body of work that clearly demonstrates the effectiveness of the Method, we will open opportunities for interdisciplinary collaboration, large-scale research projects, and we will increase public awareness and respect for the *Feldenkrais Method*.

Thanks to everyone who made this year's conference a success. I look forward to seeing how research about the *Feldenkrais Method* has progressed when we return for next year's conference in Portland. »

Future of Trainings Event

—By Gwendolyn Schwinke, Chair, FGNA Board of Directors

On Wednesday, October 25, at the FGNA Conference, community members gathered to discuss recommendations from the International Working Group (IWG) on Training Policy. The purpose of this event was to provide a format for our community to discuss some of the ideas in the report, to stimulate ongoing discussion, and to provide the FGNA Board of Directors with feedback on some of the principal recommendations in the report. This gathering was one step in an ongoing discussion which will continue at future events, in an online forum, and at a International Special General Assembly tentatively planned for late 2007.

To read the entire IWG Report on Training Policy and discuss ideas in an online forum with international colleagues, please visit www.feldenkraifuture.org.

Topics discussed at the conference event included:

- What are our purposes and principles regarding training policy?
- What should guide our intentions in accrediting training programs, trainers and assistant trainers?
- Should we separate graduation from certification?

Purposes and principles regarding training policy suggested by individuals participating in the discussion included: Exposure to the ideas of Moshe Feldenkrais, competency, and maintaining the international nature of our Method.

Participants offered suggestions for what our intentions should be in accrediting training programs, including: high standards, public confidence, and establishing ourselves as an independent profession. Regarding certifying trainers and assistant trainers, participants offered intentions including: minimum body of knowledge, high standards, and accountability. The group also discussed the question of how to balance evaluation in action and reflection on action. In the discussion, there was wide support for maintaining written materials as a significant part of trainer applications, and participants noted a necessity for teachers to speak and write articulately about our work.

Many voiced a desire for separating graduation from certification – although questions and concerns remained for some. It should be noted that FGNA has committed (based on a vote at the 1997 Annual Meeting) to move toward competency-based certification. Exactly how this might be accomplished remains a topic of exploration and discussion. At a separate event at the conference, the community heard updates on competency projects currently underway. »

Task Force For Alternative Training Models Formed

—By Gwendolyn Schwinke, Chair, FGNA Board of Directors

On September 21, the FGNA Board of Directors voted to form a task force for evaluating alternative training models in cooperation with NATAB. Our intention is to generate discussion about our current measures of competency and begin to study outcomes. In other words: How do we know what we know? As competency measures become clear we would be able to study pilot programs for alternative training models. Alternative training models could be evaluated in pilot study form to see whether those models generate competent practitioners (an essential consideration would be the expectations of and obligations to students in those pilot studies).

The Board and NATAB are still formulating the intention and scope of the Task Force. Once those tasks are completed, we will be able to move on to the next step of finding volunteers who are interested in moving that intention into action. Please look for more information about this project in future issues of *In Touch*.

(At the recent FGNA Conference at Omega Institute, there was already the opportunity to begin discussions with trainers and assistant trainers about the development of this task force. Please see related article on page 7 of this issue). »



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FGNA Annual General Meeting Summary

—Peter Jenkins, Secretary

Wednesday, October 25, Omega, New York

1. Chair describes the Ends process used during the Meeting:
2. Lester Loops, FGNA President reads Mission Statement
3. Kathy James, NATAB Chair, reads one End
4. Sissel Rhyme, FGNA CORR Chair, reads one End
5. Dwight Pargee, FEFNA President/Chair, reads one End
6. Volunteer of Excellence Award, presented by Lester Loops, to the developers of the PR Kit: Barbara Leverone, Laura McMurray, Karen Donelson, Kathy Yates
7. Dwight Pargee, FEFNA President/Chair, introduces FEFNA Board and presents FEFNA Award of Excellence posthumously to Mark Reese for his Biography of Moshe Feldenkrais
8. Ten Year Award is presented to Executive Director, Barbara Greenfield
9. Marilynn Anderson, FGNA BOD Vice President is leaving the Board and speaks of her role on the International *Feldenkrais*® Federation (IFF)
10. Richard Ehrman, IFF Distribution Center Chair, speaks about the IFF and the source material of Moshe Feldenkrais, IFF website, Photo Gallery, Audio Lesson, Academy Project
11. Pat Buchanan, Research Committee, updates meeting on the work of the committee
12. Sissel Rhyme, FGNA CORR Chair, introduces all regional representatives present and mentions those absent from the meeting
13. Kathy James, NATAB Chair, introduces all the Board Members present: Keith Johnson, Alice Friedman, and Executive Secretary, Andrea Wiener
14. Olivia Cheever, Ethics Committee member, speaks of the role of this committee
15. Michael Purcell, National Regulation Coordinator, acknowledges all the members in the room who have supported his work in regulation
16. FGNA Board of Directors are introduced
17. Anastasi Siotas, Conference Program Committee Chair, introduces committee members
18. Pat Buchanan, 2007 annual conference Chair, announces conference location and dates: Portland, Oregon from July 27th 2007 to August 3rd, 2007 at Reed College.
19. Julie Flint, Conference Coordinator, is introduced and acknowledged for her contribution to the success of the conference.
20. Lester introduces Marty Weiner, the first president of the *Feldenkrais Guild*®

21. Karen Dold and Rosa Murnaghan present the Nominating Committee's report and make the following nominations for the open positions:

Term Q3/2007 – Q3/2009:

Board of Directors Vice President: Gwendolyn Schwinke (was incumbent in Director Seat #4)

Director, Board of Directors, Seat #1: Rich Goldsand (incumbent)

Director, Board of Directors, Seat #4: Mary McCutcheon

Director, Board of Directors, Seat #8: Barbara Leverone

Director, Board of Directors Canadian Seat: Peter Jenkins (incumbent)

Term 1/1/2007 – 12/31/2007:

Grievance Board, 3 seats open

John Quinn (incumbent)

Diane Arneson (incumbent)

Sister Mario Pavoni (incumbent)

Nominated from the floor and agreed to stand:

Michael Carmody

Member Advocate Seat #1

Ruth Hurst completing Pat Siebert's term, who resigned

Member Advocate Seat #2

Candace Conino (incumbent)

Nominating Committee, Seat # 2

Rosa Murnaghan (incumbent)

22. Financial Report: Rich Goldsand, Chair Finance Committee, delivers financial report
23. Barbara Greenfield, Executive Director, introduces FGNA staff
24. Allegra Heidelinde, Membership and Certification, briefly updates meeting regarding the statistics of membership increases and decreases
25. New Business: FGNA BOD Chair, Gwendolyn Schwinke presents the proposal she has submitted to FGNA Board of Directors regarding "Growing the *Feldenkrais Method*®" »

North American Training Accreditation Board (NATAB) Report

—Andrea Wiener, NATAB Executive Secretary

Current members of the NATAB

Kathy James (Chair), Jeff Haller, Marina Gilman, Keith Johnson, Alice Friedman, Ellen Soloway, Donna Blank

Meeting Dates:

August 7 and 21, September 11 and 25, October 9, November 6 and 27, December 4

Activities:

- Approved Berkeley 6 accreditation request
- Approved Mexico 3 accreditation request
- Approved Hawaii 6 accreditation request
- Provisionally approved Santa Fe 4 accreditation request
- Approved University of Colima Administrative Standing Protocol
- Approved Stephen Rosenholtz Educational Standing Protocol
- Approved Ulla Schläfke Trainer application (by consensus of AusTAB, EuroTAB, NATAB)
- Granted request for exception to requirement to complete training within seven years.
- Participated in monthly InterTAB meetings
- Participated in meeting at FGNA annual conference with trainers, assistant trainers and Board of Directors
- Provided informational session for applicants at FGNA annual Conference.
- Continued discussion of proposal for an alternate model for training programs.
- Submitted recommendation to Board of Directors to request alternative training models from the training community, and to establish a pilot project task force to develop criteria, evaluate proposals and select pilot projects
- Discussed NATAB composition, and recommended candidates to Board of Directors for nomination to member-elected position
- Discussed future revisions to Trainer Candidacy policy »

Mary Healy 1958-2006

—Tracy Trumbly, GCFP

Mary H. Healy, *Feldenkrais*® practitioner, dear friend and inspiration to many, died this September from metastatic melanoma. Mary graduated from the San Francisco II training with Paul Rubin and Julie Casson in 1996. She quickly incorporated the teachings of Moshe Feldenkrais into her work as a physical therapist and into her own life as well.



Mary's life was a well-examined one. Spiritually aware and committed to personal growth and development, Mary had a radiance that attracted and nourished all who had the privilege to be part of her world. She made deep, lasting connections with many associates and patients and left a beautiful impression on everyone, even those who only met her briefly.

In 1998 Mary married Michael Brent and moved from the San Francisco Bay Area to Portland, Oregon. There Mary developed her private practice, volunteered for the *Feldenkrais Guild*®, taught *Awareness Through Movement*® and balance classes for the elderly, and enjoyed the flourishing community of practitioners in her area.

Though Mary's life was too short, her wisdom and presence will have a lasting impact on all of us who knew her. »



An invitation to submit presentation proposals and the presenter proposal form is available on-line at: www.feldenkrais.com/guild/members/conference_2007_proposals.htm.

Proposals are due on or before Friday, January 12, 2007. Forms can also be requested from Julie at conference@feldenkraigslist.com

***In Touch* Newsletter Winter 2006 — Announcements**

“Mentor With A Master”

An Intensive Mentorship for Practitioners with Martin Weiner PhD, '77
March 23-25, 2007 in Ventura, California
Please call Christine at 805-272-5242 for more information.

Yearly *Feldenkrais*® Advanced Training and Supervision Workshop With Yvan Joly, M.A. (Psy.)

Registered Psychologist and Certified *Feldenkrais* Practitioner-Trainer

Montréal, Québec, Canada, June 2007
13 to 17 June 2007 Monday to Sunday
Extra: on June 11 and 12, FI lessons with Yvan and free FI observation

Analogs: working with patterns from various points of view Corollary theme: The face as expression of the whole self

Cost: \$550 US (\$600 CAN, 400 euros)
Early bird registration (if PAID before April 15 2006): \$475 US (\$525 CAN, 350 euros)

For more DETAILS visit: www.yvanjoly.com “Workshops for *Feldenkrais* Practitioners”

Information and Registration:
NICOLE AUBRY, CFP
Telephone: 1-450-674-1405
email: nicole.aubry08@vl.videotron.ca

FEFNA Bookstore – New Products

Whether you're scrambling for a last minute gift, or just looking for something to ease a December-dark funk, the FEFNA Bookstore has got some new materials to fulfill your needs. Some of these were sold at this year's annual conference in New York and were so popular we added them permanently to the bookstore. Others were simply too fantabulous not to carry. To see a list of the new products visit www.feldenkrais.com/movement/index.php/intouch/article/fefna_bookstore_product_release/

Be sure to log on using your email address and member ID in order to receive your member discount.

www.feldenkrais.com/store

***2007 Feldenkrais Method*® Annual Conference Proposals**

The theme for the 2007 Conference is “Coming To Our Senses”. The conference will be held at Reed College in Portland, Oregon from July 27 – August 3, 2007.

An invitation to submit presentation proposals and the presenter proposal form is available on-line at:
www.feldenkrais.com/guild/members/conference_2007_proposals.htm.
Proposals are due on or before Friday, January 12, 2007. Forms can also be requested from Julie at conference@feldenkraisguild.com