

In Touch

A quarterly publication of the
FELDENKRAIS GUILD®
of North America

Matching our Action to Our Intention What's Happening in 2006 and 2007

—Gwendolyn Schwinke on behalf of Board of Directors of FGNA

*Because the Feldenkrais Method® transforms people's lives in deep and profound ways, freeing them to enact their avowed and unavowed dreams: It is the mission of the Feldenkrais Guild® of North America, a membership organization, to act in stewardship of the legacy of Moshe Feldenkrais.
(Mission Statement of FGNA, 2004)*

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Who are these people that the FGNA wants to free to enact their avowed and unavowed dreams? Is it only *Feldenkrais*® Practitioners? Of course not—it is our students, our clients, our friends, neighbors, strangers—it is each and every person we can reach. The primary recipient of our mission (aka primary stakeholder) is... the public. At our recent FGNA Board of Directors retreat, we had a lively discussion around this issue. It became clear to us from staff and member feedback that this philosophy might not make immediate sense to all FGNA members. We are a membership organization—shouldn't the primary recipient of our mission be our members? Are we letting our members down? After all, so many Guild members aren't making a living at this work—should we change the mission of FGNA to focus on making money for our members? At first glance, it's a tempting idea.

FGNA President Lester Loops offers this analogy: when IBM was formed, they made cash registers. The point of making cash registers was to make money for their shareholders, and they did this very well. IBM's primary stakeholder is their shareholders, not the public. Their primary intention is to make money for their stakeholders. As time went by, IBM found they could make more money for shareholders by manufacturing computers instead of cash registers, so they changed their action to match their intention. In order to fulfill their mission, IBM can and will do whatever will make their shareholders the most money. If they discovered they could make even more money by manufacturing sausages, then that is what they would and (in order to fulfill their mission) should do.

This is in contrast to FGNA, the mission of which is to act in stewardship of the legacy of Moshe Feldenkrais in order to free people to enact their dreams. This means that our actions as a Guild are driven by our intention (mission) to provide experiences in and knowledge of the *Feldenkrais Method* to the public. Our mission, unlike IBM's, is not to make as much money as possible for shareholders.



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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>

Upcoming Submission Deadlines for 2007:

May 15, Aug 15, Nov 15

Published and Mailed Quarterly:

March / June / September / December

Matching Our Action to Our Intention...

(continued from page 1)

If that were the case we would take different actions: for instance, we might decide to manufacture computers – or sausages. Or, our Guild could develop a simplified version of the Method, maybe something that people could learn in a short time – and which would help them lose weight! That would probably result in more successful practices for many of our members, right? But we don't choose any of those actions, because they don't match our intention.

This doesn't mean that our Guild doesn't care if its members have successful practices or not. On the contrary, FGNA's Mission and Ends Statement contains Ends (actions) which specifically state that our association must support members' learning, promote the Method, and the further development of the Method. The Mission Statement is the short paragraph at the top of this article. The Ends comprise the next 3 pages of the Mission and Ends Statement. For brevity's sake, we'll list here the three high-level Ends through which FGNA accomplishes its mission. Each of them has within it sub-categories of more specific actions. The three high-level Ends of FGNA are:

- Fosters a dynamic culture of learning within the *Feldenkrais* community.
- Ensures the greatest number of people have meaningful experiences of the *Feldenkrais Method*.
- Supports the *Feldenkrais* community's participation in the development of social, cultural and scientific thought.

What follows is a review of some highlights of the many actions FGNA took to accomplish its Ends and fulfill its mission in 2006. Also noted are action steps planned for 2007. Please know that these actions would not be possible without the tireless efforts of volunteers and staff. There is not room in this article to properly acknowledge each person by name, but your efforts are truly appreciated.

FGNA Actions in 2006 and 2007

End #1: Foster a dynamic culture of learning within the Feldenkrais community. (This End/action has within it sub-categories including those dealing with education, training policy, communication, and functioning of FGNA).

- Hosted the Annual Conference in 2006, providing continuing education & networking. 2007 Conference scheduled for Portland, Oregon.
- Continued collaboration with EuroTAB Council and Australian

Feldenkrais Guild to make improvements in international training policy. Published report (and translations) of the International Working Group's findings and recommendations at www.feldenkraisfuture.org. The North American Training Accreditation Board (NATAB) has contributed vital insight, new ideas and countless hours assisting with this issue.

- An international meeting centered on improving training policy is planned in conjunction with the May, 2007 IFF Assembly.
- Participated in developing the IFF Competency Profile. Information on the IFF Profile was presented at 2006 FGNA Conference. Workshops on using the Working Draft of the Profile are planned for regional events in 2007 and for the 2007 FGNA Conference.
- Provided, for the first time at the 2006 Conference, information on expenditures-by-job (salaries, travel, promotion, website, service marks, etc.) to members, As in past years, FGNA made available 10% of regional dues to regions for their own events and activities.
- FGNA is in the process of developing a new database to track information in a more useful way.
- Planned staff/Board review and improvement of membership policies and member services in 2007.
- Initiated a series of articles (this is the first) to improve Guild/Board communication with members.
- FGNA Board of Directors began developing a long-term plan for the financial stability of FGNA starting in 2007.

Feldenkrais® Resources

NEW Feldenkrais Professional Trainings beginning

Berkeley Summer 2007
New York City Summer 2007
San Diego Still Accepting Students
Baltimore Still Accepting Students

For more information about the Feldenkrais Professional Training Programs, please contact Feldenkrais Resources at 510 540-7600. New York Training intends to apply for accreditation.

Matching Our Action to Our Intention...

(continued from page 1)

End #2: Ensure the greatest number of people have meaningful experiences of the Feldenkrais Method.

- Continued work on website – new launch expected March, 2007.
- In 2006, provided seed money to assist FGNA CORR (Council of Regional Representatives) as they developed a PR Kit. Funding has been approved for new CORR-developed promotional materials in 2007, including a new version of brochure and new promotional postcard that will be available to members in March. CORR also funded a DVD of MaryBeth Smith's marketing seminar, soon to be available to members at very low cost. Additional practice building tools will be available later in 2007.
- Continued to monitor and advise on the proper use of the service marks.
- Continued to monitor and work to resolve regulatory issues.
- The FGNA Board began review of the Standards of Practice – watch for more information in the next *In Touch*.

End #3: Support the Feldenkrais community's participation in the development of social, cultural and scientific thought.

- Continued to support research through FEFNA's Research Forum at 2006 & 2007 annual conferences.
- The first press release on a research study was posted on Guild website.



For for information, please visit
www.feldenkrais.com/conference

Thank You Marilynn Anderson

—Gwendolyn Schwinke, on behalf of the Board of Directors of FGNA

The *Feldenkrais Guild*® of North America thanks Marilynn Anderson for many years of dedicated service. Marilynn resigned from the FGNA Board of Directors in 2006 to assume the position of Treasurer on the Board of Directors of the International *Feldenkrais*® Federation (IFF).

Marilynn served as Vice President of FGNA from 2000 through 2006, also serving as Chair of the Board of Directors. Our organization owes a debt of gratitude to Marilynn who has worked tirelessly to help the organization run smoothly and improve. She is one of the original framers of FGNA's Mission Statement, and contributed much time and creative thought to facilitate FGNA's shift to policy governance.

Marilynn's capable intellect and clear understanding of policy have been a tremendous asset to us – she has provided continuity and clarity as our organization has dealt with long-term projects and policy improvement. Her artistic abilities have enhanced FGNA events and presentations, her wry sense of humor has lightened our meetings, and her ability to think creatively has made our organization stronger than it would have been without her. Her talents will be missed on the Board of Directors, and we thank her for her current work with IFF.



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www.easymovement.com/cds/ideasinaction.html

Major Changes Take Place on Website

—FGNA Staff

We are very excited that the new design for the main page at www.feldenkrais.com is now online. It has been in development for a long time, and we think it is a major visual and organizational improvement over the old site. Even though we'd like to take a break and admire the fruition of our hard work, as is often the case with technology, we can't quite rest yet! Despite all the work that has already been done, there is still a lot to do to get the site fully functional, and there was an unexpected "adventure" that led to the site coming online before it was fully ready.

At the end of February, our previous website was unexpectedly taken offline due to a technical problem that was causing stability problems on the host server. Our former website was run using a type of script and a database structure that is specialized and difficult to support. Many hosts will not even host websites using this technology, and that severely limited our options when it came to finding another host for our former website.

When we evaluated the situation, it was clear that it would take far less time and resources to get the almost ready new design up and running rather than to reconfigure the existing, but terribly outdated and antiquated, website. Add to that the difficulty of locating a provider willing to host our former website, and the decision was clear. The downside, which we all recognize, is that the functionality of searching for a practitioner will be down until we can get the underlying structure in place and tested. But the major upshot is that the new site is now launched and we are moving forward at full-speed.

The Good News

We are pleased that part of the new site is now available for use. Practitioners and the public have access to useful information about the Method, Moshe Feldenkrais, training programs and the profession. The public can now search all trainings that are open for enrollment, which is a new feature. Be sure to check out the "search articles" feature where you can use keywords to find articles on specific subjects. The various forums are also up and working.

Practitioner listings are available in printable documents organized by region. These will be updated weekly. We are aware of the importance of having searchable listings and are doing everything we can as quickly as possible to get these working. In order for this to happen, we have to connect the information in our internal database to the website. This will be phased in over several stages. Each stage will have many steps, including testing. Until the practitioner search engine is up, anyone is able to download practitioner listings as documents and easily search them using the find feature in Adobe Reader, or by printing them and scanning them visually. FGNA will continue to

refer public inquiries to FGNA members who are either certified practitioners or authorized student ATM teachers.

If your contact information changes, or you need to make changes to your online listing, please contact FGNA directly.

Next Steps

We are working on multiple tasks at the same time. The main priority right now is creating and testing the searchable practitioner and ATM class listings. The FEFNA online bookstore is being tested this week and we'll send an FGNA News once it is ready for shopping. We are looking forward to the many improvements that this new website will provide. Please explore what is up on the new website thoroughly. We want you to become familiar with the site. Any FGNA or FEFNA pages that you bookmarked have changed so you'll need to update your browser's bookmarks.

Our website is such an important part of our organization, our work, and even our mission at FGNA. It is a tremendous and invaluable promotional tool for practitioners and a source of reliable and accurate information for the public. It is also a way for us to communicate as a community. We are delighted that the new website is moving forward (it has been a long time coming) and we thank everyone for their patience as we work out the kinks and bring this new creation to life.

Please share your questions and feedback with us and be part of this exciting new endeavor.

Email us at: webfeedback@feldenkraishawaii.com.

Hawaii Feldenkrais® Training Starting November, 2007

Educational Director:
Jerry Karzen

Additional Trainers:
Jeff Haller
Donna Ray
Allison Rapp



www.feldenkraishawaii.com

For more information, please visit
www.feldenkraishawaii.com.

Promoting Your Practice: New Tools!

—Barbara Leverone, GCFP

A recent FeldyForum post reminded me that there are, indeed, practitioners of the *Feldenkrais Method*® who have thriving private practices based primarily on referrals. Some even have waiting lists! If you've built your practice to that level, then feel free to skip the rest of this article. But if, like the majority of our colleagues, practice-building is an elusive skill, here are a few easy steps to take, using practitioner-generated information and tools.

Jim Stephens' recently published study, "Lengthening the Hamstring Muscles Without Stretching Using *Awareness Through Movement*®", (available at www.ptjournal.org/cgi/content/abstract/86/12/1641) provides a useful springboard to launch a publicity campaign in your area, targeting athletes, fitness professionals, and the medical community.

Plan a workshop or free introductory class and begin your promotion with a press release to your local newspaper and periodicals. Start with the FGNA press release (www.feldenkrais.com/download/intouch/stephens_press.pdf) and add a short paragraph announcing your workshop and giving a few details about you and your practice. Send that release to all your local papers, magazines, and newsletters. It's important to make a list of the contact info and deadlines for each publication; you'll probably need a two month lead. Most communities have a health oriented magazine that would welcome a free calendar listing or newsbrief of your event. Sometimes it's helpful if you run a small business card ad as well.

The FGNA Council of Regional Representatives (CORR) has created a new tool for members that can be used as a postcard or infocard for your workshop. (www.feldenkrais.com/download/intouch/corr_postcard.pdf) Soon, you will be able to send the file from the members area of the FGNA website to your local printer at no charge, or order copies at minimal cost from the FEFNA bookstore. Most printers have a staff person who can set up the back side of the postcard with the information for your workshop. Mail them to anyone you have on your mailing list, even selecting new contacts from the yellow pages that you think might be interested in your workshop. You can also post the card at health food stores, libraries, churches, etc., according to the rules of each location.

If you're willing to knock on some doors, combine the abstract from the first page of the Stephens study with your info/postcard, and visit likely fitness centers and medical offices (both traditional and alternative). Paraphrasing what Mary Beth Smith said in her Omega conference practice-building seminar, "you've just got to be willing, sometimes, to step outside your apartment" to promote your business.

In a delightful example of synchronicity, one of the morning

series of ATM's at Omega targeted working with athletes. You could use one or two of those lessons for your event. In a recent workshop, I combined two of them: Chava Shelav's "Bending from Supine" from her wonderful book, "A Guide to *Awareness Through Movement*", and "Straightening the Knees While Leaning on the Forearms," Alexander Yanai #198. You can buy those source materials or you can order tapes of those lessons from Onsiterecording at www.onsiterecording.net or from the FEFNA Bookstore.

Practitioner and former Regional Rep Deborah Elizabeth Lotus generously agreed to share her memories of "Lengthening the Hamstrings as Taught by Moshe Feldenkrais in the First Professional *Feldenkrais*® Training Program." I've also used "Lengthening the Hamstrings and Spine" from Frank Wildman's "The Intelligent Body - Volume 1" with great success and it's available at the FEFNA bookstore. We don't need to look far to find a wealth of material to create a memorable class or workshop.

And we don't need to look far to find examples of practitioners who have successfully built their practices. Some were lucky (and talented) enough to easily create a referral network; many of us started with inexpensive, community-based promotion to build a healthy practice. Ultimately, choosing to focus on positive role models can be the most important ingredient in manifesting the business you desire.

Feldenkrais® Resources
BONES FOR LIFE I & II
with Ruthy Alon

Berkeley, CA
Part 1: May 9 - 13
Part 2: Oct. 3 - 7
to register call 510 540-7600

New York City
Part 1: May 23 - 27
Part 2: Oct. 17 - 21
to register call 212 727-1014

For more information about the Feldenkrais Professional Training Programs, please contact Feldenkrais Resources at 510 540-7600.

Things We Don't Talk About

—Larry Goldfarb, CFT

Have you noticed that very few of Moshe's Alexander Yanai *Awareness Through Movement*® lessons start with a scan?

Maybe the scans are missing because they were edited out? Both Jeremy Krauss and Ellen Soloway assured me that this is not the case, that the lessons in the AY books are unedited and that no scans were removed.

Of course, it's not just these lessons that begin without "checking-in" with the contact with the floor. For instance, the same is true of the lessons from the London workshop and the ones in the *Moshe's Awareness Through Movement* book. Occasionally, Moshe ends a lesson with a short scan. A few—a very few—lessons start with a scan. Rarely the scan is the entire lesson, every once in a while a lesson begins with a short talk, but most often lessons just start.

How Moshe structured his lessons—for example, how often he used a scan or a test movement—is an area ripe for systemic research and systematic analysis. Only then will we begin to see how Moshe's teaching developed over time. It's not hard to imagine that his encounter with the human potential movement and humanistic psychology in the 1970s demanded innovations and inspired the exploration of new pedagogical directions.

When we do further research, we will see that as he continued to teach, over time Moshe explored various approaches to facilitate learning. As we investigate how the originator continued to originate, we will unearth an evolution of scanning, complete with dead ends, punctuated equilibria and the unfolding of a successful line, one which we have continued to develop.

In the ATM lessons you have taught most recently, did you include some type of scan? How long was it? One minute or two minutes? Four or five? More than eight minutes? Considering all of the ATM lessons you taught last year, how many had no scan whatsoever?

(Just to be clear, let's differentiate between a scan and a test or reference movement. By scan, I mean the process of asking your students to attend to specific aspects of their sensory experience while still.)

I've asked the above questions to some of my closest collaborators, to colleagues at the FGNA conference this past October and to practitioners in my advanced trainings in Europe and North America.

Guess what? Almost every one of us usually starts our lessons with some kind of scan. Our scans are anywhere from two to

five minutes long. Only a small percentage of us teach lessons without any kind of check-in process at all. This is especially so for those of us who only teach the public. Almost no one guides students through a scan only at the end of a lesson.

What I find most interesting about this evolution in our pedagogy is that it was spontaneous and widespread. There was no poll, no vote. We never had a committee meeting about whether we should change how we teach, and no one made a rule requiring it.

Given that Moshe's public lessons—as well as those from the San Francisco and Amherst lessons—do not regularly include a scan, have we lost our way? Are we no longer really teaching true *Feldenkrais Method*® lessons?

Quite the opposite. I think we—each one of us—recognized the importance of taking inventory of what we notice, and expanding our perceptual horizon, at the beginning of a lesson. Not only does it mark a transition from the world of accomplishing and arriving, to a time for noticing the journey, but we appreciate how the scan creates an important benchmark for tracking the changes that unfold as the lesson progresses and then concludes.

Perhaps it is this appreciation—one that we have as students of the method—that is the inspiration for this unprompted development in our pedagogy. Though Moshe did ATM on his own—or maybe I should say, though ATM developed from Moshe's process of self-exploration—I am not sure that he appreciated the need for some kind of bridge from everyday consciousness to the kind of noticing needed to benefit from an ATM. Maybe he made the transition to listening to himself spontaneously?

Obviously, I'm guessing. What matters is neither why there were so few scans in the founder's lessons nor why we have incorporated them into our teaching, but that we have made this change. That the work is developing from our own experience as students and as teachers...And that this evolution happens in the community from the bottom up, without conscious decisions, committee meetings, policy papers or debate.

New!

Mind In Motion has created an online forum where we welcome your responses to Larry's article.

Click on the Following Link:

<http://mindinmotion-online.com/phpBB2/viewforum.php?f=6>

Certification and the NEW Certificate

—Allegra Heidelinde, GCFP, FGNA Membership and Certification Coordinator

Why the new Certificate format?

I have received phone calls and emails from members who adore the new certificate format and some from those who don't. I wanted to take a moment to explain the context within which we made the change. There have been repeated requests for new projects in the areas of Marketing and Publicity. In order for FGNA to be able to actively promote the method or the service and certification marks, we need funds to do so. Where would the money come from? One way is to provide existing services at a lower cost. The new certificate format is less expensive to produce, cheaper to mail and requires less staff time to assemble.

What IS Certification anyway?

Certification is not permanent; it must be renewed annually. Graduates of accredited Professional *Feldenkrais*® Training Programs are eligible to be certified for up to one year at a time. Certification includes authorization to use the FGNA service and certification marks, provided that you follow the guidelines for their use. Certification indicates that you have completed the annual requirements of continuing education and professional practice and that you agree to abide by the Code of Professional Conduct, and the Standards of Practice. The Code of Professional Conduct, the Standards of Practice, certification requirements and other relevant documents are available for you to read at <http://www.feldenkrais.com/content/profession/index/185/>.

What are "the marks?"

Feldenkrais®, *Feldenkrais Method*®, *Functional Integration*®, and *Awareness Through Movement*® are registered service marks; and *Guild Certified Feldenkrais Practitioner*™, *Guild Certified Feldenkrais Teacher*® and *Feldenkrais Awareness Through Movement Teacher*™ are certification marks of the *Feldenkrais Guild* of North America. *Prise de conscience par le mouvement*™ and *L'intégration fonctionnelle*™ are marque déposée, registered in Canada by the *Feldenkrais Guild*® of North America.



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Reframing Certification

The primary discontentment with the new certificate format is that it "does not fit the frame" that was used in the past. Because it is smaller, some members feel it doesn't look as "professional." I have reviewed other professional licensing documents and the new certificate we created is comparable. What I am hearing is a desire for an official looking document that attests to the public that you are qualified to do what they are coming to you for. Namely, teach our particular form of somatic education. Consider your diploma.

Graduation is permanent. Certification is temporary.

Certification may come and go. You may let your certification lapse while you pursue another career or raise children; later you may renew your certification and teach the *Feldenkrais Method* again. Certification is dynamic. Graduation is permanent. Once you have graduated from an accredited Professional *Feldenkrais* Training Program, no one can take that away from you. Your diploma is the document that indicates to the public that you have completed extensive training in the field of somatic education. Your annual certification indicates that you have kept up with your professional development and may use the FGNA marks to promote your practice.

Moving Forward

I hope the information in this article is useful. To help you understand and track the annual continuing education and professional practice requirements for certification renewal, I have created a downloadable form for you to use. The Annual Certification Worksheet is available for download at www.feldenkrais.com/download/certworksheet.pdf. Comments? Questions? Please contact me at membership@feldenkraisguild.com or 800.775.2118 x125.



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CD Review: The Feldenkrais-Pribram Discussions

—Carl Ginsberg, CFT

The year was 1975, and we were in the early weeks of the first *Feldenkrais*® training held outside of Israel. The air was vibrant with excitement as we began to explore the unique lessons and wisdom of Moshe. On June 20, 1975 Moshe invited professor Karl Pribram of Stanford University to a dialog in front of the class. We were just becoming familiar with the thinking involved with what we were doing, as Moshe understood it. Much of it was new and radical to those of us attracted to finding out what this work was about. We were pioneers in a very new endeavor to experience ourselves in a unique process. We collectively knew very little about what Dr. Pribram would bring to the discussion through the wisdom he had developed over years of groundbreaking research into the nature of the nervous system and its relation to human psychology.

Feldenkrais, for his part, sought out Karl Pribram, because he wished to interest a leading neuroscientist in his own discoveries. As his intuitions and experience led him to speculate about how the nervous system worked, he wanted scientific corroboration of his thinking, which stemmed from his very practical explorations. Could he and Pribram find a common understanding coming from their very different perspectives? Pribram, who had been a student of Karl Lashley, had written a groundbreaking book, *Languages of the Brain*, published in 1971 (he also wrote a follow up book, *Brain and Perception*, in 1991). Lashley was famous for having shown that memory was not localized in the brain as everyone had imagined. This discovery had created a paradox, which Pribram wanted to resolve. His research slowly moved him to abandon the behaviorist reflex model of brain activity. He began to investigate the possibility first of neuron activity beyond the process of nerve transmission of signals, which had been well investigated by 1970, and then to explore this secondary activity in terms of wave fronts and interference patterns.

Because Pribram's books are highly technical and his ideas difficult for many of us to understand, I suggest first listening to Pribram's keynote address at the 1987 *Feldenkrais Guild* annual conference, which is included on this CD as a bonus track. Here Pribram traces his discoveries and the development of his thinking from his early research up to 1987, in trying to solve a very vexing problem in understanding how brain, perception and behavior are related. He also speaks about how he and Feldenkrais were in fact kindred spirits in this search, though Feldenkrais came primarily from his practical work in the development of human awareness as a pathway to improving the integration of human action and functioning. Integration is a key word. How indeed are sensations integrated into perceptions, and how are neuro-muscular twitches integrated into what in these talks are labeled, the image of achievement? As Pribram indicates in his keynote lecture, the standard models of neuron activity are not enough to explain the integrative processes.

At the end of the discussion of July 23, 1975 Feldenkrais demonstrates a *Functional Integration*® lesson with the daughter of one of the students in the training. Among this young woman's difficulties is that spasticity in her leg prevents her from standing normally on one side, her foot is twisted and her hip restricted. Feldenkrais talks through the lesson step by step and explains how his procedure effects an integration in the action of standing that allows the young woman to stand and walk normally at the end of the lesson. (Please note that the final success of the lesson is not recorded. However, I attest to the fact, having been a witness to the demonstration).

During the following discussion, Feldenkrais demonstrates again with a man named John, who suffered from cerebral palsy, and a failed surgical intervention that further disturbed his speech. This demonstration comes toward the end of the August 8 session. Feldenkrais explains how in a first lesson, John was able to let go of a clonic throbbing movement that persisted primarily in his hand and arm. Feldenkrais pointed out that the clonic pattern was spread throughout the system. Unfortunately the talking, attention, and how Feldenkrais touched the arm re-evoked the clonus. Feldenkrais then tried to repeat the first miracle, but now his own intentionality in relation to the audience interfered. At this point on the CD there is a long silence interrupted with a few remarks. It is hard for the listener to follow what happens. At the end Feldenkrais stroked John's chin to evoke the emotion that was just below the surface. John breaks out in tears. Feldenkrais explained how important this lesson was for John, as the plan was to work with speaking. He then did a brilliant lesson with John, working with the movements of the tongue and jaw, getting John to feel how the automatic movements he made with his tongue disturbed his speech. It is a shame that we had no video available that day in 1975, but it is worth moving ahead to the part of the session where Feldenkrais describes his work with speaking.

If you still are not sure what *Functional Integration* is all about, listen to Feldenkrais' descriptions a few times, especially in the lesson with the young woman. You will be amazed by the detail with which he follows the process, and the degree to which his thinking transcends all our ideas of what we are doing in our work. Feldenkrais' idea of function and integration are well corroborated in Pribram's research and thinking. Today many of these ideas have become more mainstream, and new research into the motor cortex, the pre-motor cortex, and the dynamics of the nervous system have expanded our knowledge base for Moshe's practical discoveries. The important realization is the extent to which Feldenkrais worked with the entire pattern of a function, guiding the person to go where the person is unable to go by him or herself. Pribram called this pattern of function or action, 'the image of achievement', and stated a number of times that he saw that Feldenkrais worked exactly in perfecting or improving this 'image' in the lesson process by using his own organization in dancing together with the client.

(Continued on Page 10)

CD Review: The Feldenkrais-Pribram Discussions

(Continued from Page 9)

'Image of achievement' needs some explaining. Pribram sees it as a dynamic pattern, linking movement to an intended action that becomes a temporary plan in the nervous system to effect the action. He specifically uses 'image', since he understands the dynamic pattern in relation to how a visual image is possible, but notes that it is not visual, but kinesthetic. The two senses of 'image' are related in his theoretical stance, in that they are both produced as an interference pattern in wave fronts within the activity of the nervous system. Pribram argues in the case of vision that the light that enters the lens of the eye is not in the form of an image, but is a pattern of scattered light, which can be described mathematically using what is known as Fourier series. This mathematical device allows one to plot any wave front, including the interference patterns, as a combination of simple wave patterns. The lens acts as a Fourier transform device to resolve the interference pattern back into the image. What is transmitted from the retina is again an interference pattern. Pribram got the idea from the work of Dennis Gabor, who developed the hologram. In a hologram, the interference pattern is recorded on a film. You cannot see any image on the film. But when coherent light is passed through, a three-dimensional virtual image appears in space. As it also turns out, every part of the hologram can reproduce the image, but the smaller the part, the more degraded the image. The 'image of achievement' is a kinesthetic, body spatial, virtual image that organizes the motor neurons in action. Pribram's ideas here are not widely accepted. Nevertheless, I believe they may eventually resolve a number of problems in understanding the dynamics of perception, movement organization, consciousness, and many other aspects of nervous system processes.

Lastly, I would like to point out how both Feldenkrais and Pribram anticipated other discoveries about the nervous system as they dialoged, especially in the first discussion. I was particularly impressed, for example, by Feldenkrais' speculation that the nervous system wipes the slate clean below awareness every so many milliseconds. This turns out to be approximately every 500 milliseconds, as later established by a number of researchers. Pribram's notion that the motor cortex actually evokes whole action patterns has also been reconfirmed by recent research. Many other topics were discussed in these sessions, including Feldenkrais' ideas and observations about awareness, the relation of structure and function, and aspects of the autonomic nervous system.

I highly recommend ownership of this CD. It includes four sessions and the 1987 *Feldenkrais Guild* conference keynote address by Karl Pribram, for a total of five hours. These recordings are in MP3 format; they can be played via a computer, digital audio player and recent model CD or DVD players. The material is difficult, and it will require time to catch everything that is going on. It is also important for us

and none of it is out of date. It will enrich your understanding and your practice and it may open up your appreciation of the depth and importance of what we are doing within the *Feldenkrais Method*®.

Recently released CD includes a Bonus Track of Karl Pribram's 1987 Keynote Address to The Feldenkrais Guild® Annual Conference. Produced for the IFF Distribution Center by Richard Ehrman.

Please visit:
www.iffmaterials.com/materials.php#archivedvd

2007 Annual Conference Is On the Way

—Suzane Van Amburgh, FGNA Conference Coordinator

"Coming to our Senses" is the theme for our 2007 Conference. This year's line up of presenters is impressive. The quality of education will be top notch. Because confirmations were still being finalized at press time, I can't include details in this article. I encourage you to check the Conference homepage beginning in April for the most accurate and up to date resource for all your Conference needs. Don't wait for the brochure to come in the mail!

Portland, Oregon in the summer offers a feast for the senses: the beauty of Mt. Hood against a clear blue sky, the sound of the breeze through the trees, and the texture of grass between your toes. You'll be ensconced in the beautiful Reed College Campus; just steps away from the fragrant Crystal Springs Rhododendron Garden. The smells and tastes of Portland area restaurants are world-renowned. Near the Reed College campus in Westmoreland you'll find Saburos' Sushi which is recommended in the Japanese guide books to Oregon. Visit Caprial's Bistro of the popular cooking show "Caprial and John's Kitchen". The mere mention of Papa Haydn's desserts will evoke a quivering lip and a glazed look in the eyes of any local Portlander. Cheese shops and grocery stores are just blocks away, in the Woodstock neighborhood, so you can easily bring goodies back to campus. Consider coming to town early or staying a few days after. Portland is the perfect destination for a family vacation.

Mark your calendars and plan to "Come to Your Senses" in Portland July 29 through August 3. Pre-conference begins July 27.

FGNA Annual Elections Results

Board of Directors:

Gwendolyn Schwinke, Vice President, term Q3 2007- Q3 2009
 Rich Goldsand, Board Director, term Q3 2007- Q3 2009
 Barbara Leverone, Board Director, term Q3 2007- Q3 2009
 Peter Jenkins, Board Director Canadian Seat, Q3 2007- Q3 2009

("Q3" refers to the 3rd quarter meeting of the Board of Directors)

Grievance Board: (all terms 1/1/07- 12/31/07)

Diane Arneson
 Sister Mario Pavoni
 John Quinn

Member Advocate:

Ruth Hurst, term 1/1/07- 12/31/07
 (filling vacant seat)

M. Candace Conino, term 1/1/07- 12/31/09

Nominating Committee:

Rosa Murnaghan, term 1/1/07-12/31/09

NATAB:

Naffie Fischbacher, term 1/1/07-12/31/09

Congratulations to all!

FGNA Office Move

—Barbara Greenfield, FGNA Executive Director

The Guild office will be relocating towards the end of April.

Our new address will be:

5432 N. Albina Ave
 Portland, OR 97217
 503.221.6612
 503.221.6616(fax)

The phone numbers are the same as before. Anyone who has prepared for a move can relate to the sometimes-daunting number of small and large tasks that must be completed in order to ensure an easy transition. The preparation has created added responsibilities and stress on staff and we ask for your patience during this time. We're excited about moving across town, to an older building across from the community college, where the doorways still have their old moldings and the doorknobs look like they are from the 1920s, with intricate designs that wrap around the handles. To top it off, we'll also have windows that actually open, so we'll be able to feel the notorious Portland weather as it twists and turns from manic, solid rain to blue skies with sunshine in a manner of minutes.

Postcards will be sent out before the move, reminding you of our new address and alerting you to the days that we will be closed in order to pack and unpack our new space.

I'd like to give a special thanks to Carla Feinstein for her work in coordinating this move and bringing sanity to this process.

Notice of Change in FGNA Bylaws

Article 2.1.1. of the bylaws was revised by a vote of the FGNA Board of Directors on January 27, 2007. According to the bylaws, members who oppose this change may submit their written notice of opposition to the Guild office no later than April 20, 2007. If written opposition is received by 35 or more voting members, this amendment must be voted by the membership. Otherwise, this revision will take effect on June 20, 2007.

ARTICLE 2. MEMBERSHIP and VOTING RIGHTS

Current language:

2.1.2 Associate Members. Associate Membership shall be open to any person who has graduated from an accredited *Feldenkrais*® Professional Training Program, who is not actively practicing the *Feldenkrais Method*®, and pays the applicable membership fee.

Revised language:

2.1.2 Associate Members. Associate Membership shall be open to: any person who pays the applicable membership fee and either: a) Has graduated from an accredited *Feldenkrais* Professional Training Program and is not actively practicing the *Feldenkrais Method*; or b) meets the requirements to be certified as a *Feldenkrais Awareness Through Movement Teacher*™.

(*Feldenkrais Awareness Through Movement Teacher* certification is available only to individuals who have completed 540 hours in an FGNA-accredited Anat Baniel MethodSM of *Feldenkrais* training.)

***In Touch* Newsletter Spring 2007 — Announcements**

Professional Liability Insurance Renewal

Below is a letter from Marsh regarding members' access to professional liability insurance for 2007. If you have any questions about this, please contact me at 1.800.775.2118 x111 or e-mail executivedirector@feldenkraigslist.com.

Thank You,

Barbara Greenfield
Executive Director, FGNA

We are pleased to announce Marsh has successfully secured Chicago Insurance Company's approval to continue the Guild's original Claims-made policy form, and its 2006 premium pricing, for members of the FELDENKRAIS GUILD® in 2007.

All new and renewal policies issued for your group in 2007 will run for a full twelve month policy term. (i.e. Should you have a policy that expires on November 1, 2007, its renewal term will be issued from 11/1/2007 to 11/1/2008.)

For those of you that have received notice of nonrenewal, Marsh will provide a formal (nonrenewal) rescinding letter.

Insureds having received a nonrenewal notice will also be provided with a Claims-made renewal application and a invitation to continue coverage effective from their original 2007 policy renewal anniversary date. A copy of this application has been attached for your convenience.

The application can be found at: www.seaburychicago.com/plans/FGNA

Individuals who may have secured the new Occurrence coverage will have the opportunity to convert their policy back to the Claims-made form, effective from their 2007 policy renewal anniversary date.

Our negotiations were long, but structured to ensure continuity in coverage at an acceptable price. We appreciate your patience regarding this matter, and hope to be of service to you and the members of your organization in years to come.

Best regards,

Gail Farrett, CPCU
Vice President
Marsh Affinity Group Services
gail.farrett@marshpm.com

FEFNA Research Symposium scheduled for 2008

The *Feldenkrais* Educational Foundation of North America (FEFNA) is planning to present a three-day Research Symposium July 25-27, 2008 in Boulder, Colorado. Four distinguished scientists from the fields of evolution, neuroscience and human development will team up with Roger Russell, Deborah Bowes and Chris Lambert to present a multi-disciplinary three-day tutorial illuminating theoretical science, and fine-tuned to apply directly to your teaching of ATM and FI lessons. The FEFNA Research committee intends to build on the success of the 2004 Seattle Symposium, and adapt to our community's changing needs to design a potent educational experience not to be missed! The Symposium precedes the 2008 Annual Conference, so mark your calendars for July 25 - August 1, 2008. Look for more information in upcoming issues of *In Touch*.

2008 Conference Program Committee

The 2008 Symposium (July 25-27) and Conference (July 27- August 1) will be held in Boulder Colorado.

We are delighted to announce the 2008 Conference Program Committee:

Katrin Smithback, Chair
Diana Razumny
Chris Wismer
Sissel Rhyme
Ginger Mitchell

i-Tunes discovers the *Feldenkrais Method*®

Ryan Nagy recently used his technological expertise to set-up a *Feldenkrais*-themed "podcast" show that is now available on Apple's iTunes. Every week Ryan is having conversations with people of interest to the *Feldenkrais* community. Current guests include Martin Weiner, Larry Goldfarb and Alan Fogel. Rumor has it that John Grinder, Steve Gilligan, Alan Questel and Jerry Karzen are soon to make their appearances....

It's free and open to the entire world, so look up "*Feldenkrais*" on iTunes or go to <http://utahfeldenkrais.org/blog> to download the latest episode!

In Touch Newsletter Spring 2007 — Announcements

IFF/DC Has Moved

The International *Feldenkrais* Federation Distribution Center (IFF/DC), located in Portland, OR has recently moved to a new location, nearby the former location. The e-mail address and phone number will remain the same. Here is the updated contact information:

IFF/DC
4621 SW Kelly Ave.
Portland, OR 97239
503.243.FELD (3353)
iff@peak.org

FGNA Move Update

The FGNA office will be moving on April 28, 2007. We will be closed during the week of April 23. Please see the article in this issue of *In Touch* for more information.

Our New Address:
5432 N. Albina Ave.
Portland, OR 97217

New FEFNA Online Bookstore FGNA Member Discount

The FEFNA online bookstore is being redesigned and will be open for shopping soon—look for an announcement in FGNA News. To get your member discount when shopping at the new store enter the Discount Coupon of **member2007** during checkout.

2007 Membership Directory

The 2007 FGNA Membership Directory has been mailed. If you have not yet received it, you will shortly. If you do not receive it by March 28, please send an email to: membership@feldenkraisguild.com. Directory corrections of any errors/omissions caused by FGNA will be sent via email in April. Please contact membership@feldenkraisguild.com, if you feel there is an error in your directory listing.

The Feldenkrais Journal created by and for *Feldenkrais*® Practitioners

Call for Authors

We at *The Feldenkrais Journal* are welcoming submissions for Issue #21 of *The Feldenkrais Journal*.

This issue will have a general theme.

All manner of written or visual material is accepted such as poetry, manuscripts, interviews, drawings, or letters to the editor.

If you have a piece that was submitted to another publication, please edit this for the practitioner audience before sending it to us.

The editorial staff is also happy to comment on first drafts or works in progress.

Deadline for Issue #21

September 1, 2007

Please send a copy of your piece directly to:

Gay Sweet Scott
Editor, *The Feldenkrais Journal*
2747 Woolsey St.
Berkeley, CA 94705
gayscott@sbcglobal.net

And a second copy to:

Elaine Yoder
ATTN: Journal
472 Clifton Street
Oakland, CA 94618

For additional information about format, length, computer compatibility, etc., please contact Elaine at:

elaineyoder@earthlink.net