

Handout for Advanced Training In Tel Aviv December 2007
by Yochanan Rywerant

For a deeper view on the subject; read The Feldenkrais Method Teaching by handling

How to plan an Fl?

What is the thinking behind the doing?

How to teach it?

- A. Strategy: bringing the client into accepting alternative options of acting.
- B. Tactics: using various ways to address "adverse" factors.
- C. Increasing the likelihood of having the change assimilated (integration).

- A. Strategy: bringing the client into accepting alternative options of acting.

- 1) Find out what change might be needed:
 - a) the client's story, eventual complaints.
 - b) visual appraisal: posture, walking, etc., lying on the table.
 - c) kinesthetic appraisal, mainly stiffness and over tonicity (exploring manipulons).
 - i) supine, loose knees, shoulders not pressed down, elbows, head rotation, lifting, flexing-extending.
 - ii) prone, bending knees, lifting shoulders, moving dorsal vertebrae, rotating thighs in hip-joints.
 - iii) on side, stiffness of chest-pelvis by moving them horizontally, rotation of upper thigh by lifting upper foot, moving head horizontally.
 - iv) sitting, stiffness of trunk by looking down and up.

2) What changes, significant for the situation, are more likely to be accepted:

- a) go with the system (conforming manipulons), avoid anti-patterns (security !) that are controlled by the lower level
- b) address patterns already "wired in" in the CNS
 - i) the use of the skeleton in the field of gravity
 - ii) the use of the skeleton for propagating forces
 - iii) straightening a joint and thus freeing muscles for action
 - iv) using supports for saving, on energy
 - v) righting reflexes for enhancing survival value
- c) draw attention to the sensory feedback (verbally or not).
 - i) various sensory modalities, especially kinesthetic
 - ii) draw attention to parts that move, or not (proximal involvement)
 - iii) what is expected with the action (corollary discharge)
 - iv) changing the front (orientation).
 - v) attention to new (non habitual) patterns.
 - vi) be aware of change in the level of control
- d) lead into change (leading manipulons), by changing first one of the parameters: direction, speed, amount of displacement, amount of force used.
 - i) choosing which parameter first.
 - ii) look for signs of acceptance: moving easier than before, lowering of tonus, deeper inhalation, verbal remarque.
 - iii) persisting at the displaced situation (the "extreme") or not.
 - iv) acknowledge a very clear sign of acceptance.
 - v) proceed with making use of the gained freedom Juxtaposing and integrating manipulons).

B. Tactics: using various ways to address "adverse" factors.

- 1) The "adverse" factors that could hamper acceptance:
 - a) the dynamic self-image incomplete and not being developed adequately.
 - b) the sensory feedback that comes with an intentional action (the corollary discharge) not clarified
 - c) patterns and anti-patterns habituated (controlled by a lower level), perhaps with lack of security, sometimes lack of interest
 - d) antagonists that interfere
 - e) social constraints or preconceived ideas.
- 2) Ways to address the "adverse" factors:
 - a) effort substitution.
 - b) non-differentiated movement, then differentiated.
 - c) the neutral point, starting with small changes only.
 - d) the Judo" –principle
 - e) distal versus proximal involvement.
 - f) relative conjugate movements.
 - g) giving security by bringing limbs nearer to the trunk rather than extending, providing supports
 - h) muscles involved in more than one pattern.
 - i) avoid touching precarious places.
 - j) go slowly.

C. Increasing the likelihood of having the change assimilated (integration).

- 1) Various ways for integrating the changes:
 - a) changing the position (the direction of gravitation relative to the self)
 - b) combining elements.
 - c) changing the support
 - d) changing the context, or the purpose of the intentional action.
 - e) doing everyday-like actions that make use of the new pattern : moving, doing work, handling objects, breathing, while preserving the freedom of choice
 - f) reassuring an improved adaptability to various circumstances, and daring to go to extremes.
 - g) realizing that the self-image has changed and accepting this..
- 2) Advices to follow after the session:
 - a) to remember the new patterns as options and not just to avoid the previous ones.
 - b) to do a few exercises as a reminder, without spending much time on them.