

# **The Child and the Emerging Possibilities**

**Paris May 30 – June 1, 2008**

Sabine Pfeffer und Myriam Pfeffer, Prof. Dr. Alain Berthoz

## **Movement and the Development of Sense of Self Presentation: Roger Russell**

Our ability to coordinate our movement for effective action is the foundation of who we are. We learn this coordination in our infancy and our sense of our bodies moving forms the core of our sense of self. Two fascinating questions are: how this learning to move actually unfolds? And; how moving makes us who we are? We can answer these questions by carefully observing what infants do in the first months of their lives.

In this presentation we will be able to observe infants as their learning unfolds in video studies made by Roger Russell and Ulla Schläfke at the Feldenkrais Zentrum Heidelberg. While we are following their progress of mastering the emergent possibilities of their bodies we will consider what the children are doing from different perspectives:

- The perspective of developmental psychology, especially that of Daniel Stern in his book: *The Interpersonal World of the Infant*.
- The perspective of biomechanics concerning the question of how infants discover smooth, gracious movements.
- The neuroscience perspective of how learning to coordinate movement enables a coherent sense of self.
- The dynamic systems perspective of how the child's exploration of its body's potential leads to constantly evolving movement possibilities.

Finally we can ask the pragmatic "So what?" question about what we know, or as William James wrote: "What sensible difference to anybody will this truth make?" The answer can be found pragmatically in a Feldenkrais lesson that demonstrates that understanding how we learn to move as infants can make an immediate difference in our lives today. This learning skill is available to us across our life span. Our sense of ourselves and our emerging possibilities is also transformed.

More Information:

Internet: [www.accordmobile.com/accord\\_mobile/accueil.html](http://www.accordmobile.com/accord_mobile/accueil.html)

Email: [accord@accordmobile.com](mailto:accord@accordmobile.com)