

# MOVEMENT

## and the Development of Sense of Self

A MULTIDISCIPLINARY SYMPOSIUM ON RESEARCH  
AND THE *FELDENKRAIS METHOD*®

WITH ESTHER THELEN, ALAN FOGEL, BEVERLY ULRICH, PHILIPPE ROCHAT,  
CAROLYN HERIZA, AND MAXINE SHEETS-JOHNSTONE

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**AUGUST 20-22, 2004** SEATTLE UNIVERSITY SEATTLE, WASHINGTON, USA

# MOVEMENT AND THE DEVELOPMENT OF SENSE OF SELF

A Multidisciplinary Symposium on  
Research and the *Feldenkrais Method*

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The *Feldenkrais*® Educational Foundation of North America (FEFNA) invites *Feldenkrais* practitioners, somatic educators, allied health professionals, researchers, teachers, therapists, physicians, movement educators, coaches and others interested in human development and learning to join us for three informative days.

#### THIS SYMPOSIUM INCLUDES:

- Presentations by internationally renowned researchers and scholars
- Commentary and guided movement experiences (*Awareness Through Movement*® lessons) by experienced *Feldenkrais* teachers
- Frequent opportunities for discussion among symposium presenters and participants
- Poster session for researchers, teachers and therapists who want to share the results of scholarly inquiries and to explore future collaborative endeavors
- 15-18 contact hours that may be applied to continuing education requirements
- Special Added Event: Address by theoretical neurobiologist William Calvin, Ph.D., at the opening of the *Feldenkrais Method* Annual Conference

#### "We act according to our self image"

was the introductory sentence in Moshe Feldenkrais's book *Awareness Through Movement*. He based the *Feldenkrais Method* on his understanding of how our self-images develop throughout our life spans. New research in science and philosophy regarding development of the sense of self offers insights that enrich our understanding of the *Feldenkrais Method* of somatic education. Professionals in a wide range of practices with the common objective of helping individuals improve their functioning can apply these insights to their disciplines. In turn, researchers and scholars who examine human development can experience how their knowledge translates into effective practice, and find new avenues of scientific discovery.

#### MAJOR GOALS OF THIS SYMPOSIUM ARE TO:

1. Differentiate between the knowledge that emerges from scientific inquiry and the knowledge of educators and therapists responding to the challenges of everyday practice with their clients
2. Integrate the experience of educators and clinicians with the knowledge of scientists to enrich both practice and understanding
3. Enhance understanding of the complexity of human development while benefiting successful practices with solid foundations in scientific knowledge.

#### SYMPOSIUM PARTICIPANTS WILL EXPLORE:

- Our perception of ourselves in movement
- Our sense of self in the view of the science of human development
- How our perception of ourselves as moving beings is the foundation of the development of our sense of self, and how this remains the core of our identity across our life span
- How we can enrich this sense of self, at any time in our lives, by understanding and experiencing the interrelationships of thinking, moving, feeling and sensing
- How we can translate our insights into effective educational and/or therapeutic methods for our clients of all ages.

## A BRIEF DESCRIPTION OF THE FELDENKRAIS METHOD:

The *Feldenkrais Method* is named after its originator, Dr. Moshe Feldenkrais, D.Sc. (1904-1984), a Russian-born physicist, judo expert, mechanical engineer and educator. The *Feldenkrais Method* is a form of somatic education that uses gentle movement and directed attention to improve movement and enhance human functioning through *Awareness Through Movement* or *Functional Integration*® lessons. The *Feldenkrais Method* is based on principles of physics and biomechanics and an empirical understanding of learning and human development. For more information or to find a teacher near you, visit [www.feldenkrais.com](http://www.feldenkrais.com).

## THIS SYMPOSIUM'S IMPORTANCE

This unique Symposium highlights the synergy of theory and practice. It is a forum where researchers and educators can explore common interests and includes presentations by researchers in health science, science, and philosophy. Their work investigates how sensory-motor development in infancy and the development of a sense of self is grounded in kinesthetic experience. Each researcher presenter is paired with a *Feldenkrais* practitioner presenter who will correlate the research with the *Feldenkrais Method* through commentary, *Awareness Through Movement* lessons, or a *Functional Integration* lesson demonstration. This developmental psychology and movement symposium will provide many opportunities to discuss the relevance of developmental research to issues in movement and the sense of self across the life span.

## HOW CAN I PARTICIPATE IN THE POSTER SESSION?

The Symposium Committee invites submissions of abstracts of recent research relevant to movement, development of the sense of self, and the *Feldenkrais Method*. Accepted authors will be invited to also display their posters during the *Feldenkrais Method* Annual Conference immediately following the symposium. Contact Carly Brown: [conference@feldenkraisguild.com](mailto:conference@feldenkraisguild.com) or 866.333.6248 for abstract and poster guidelines.



## THE SYMPOSIUM SCHEDULE

### FRIDAY, AUGUST 20

8:00-8:45	Registration
8:45-9:00	Welcome and Introductions—Roger Russell and Esther Thelen
9:00-9:55	Researcher/Scholar Lecture: Alan Fogel
9:55-10:25	Break and Transition
10:25-11:15	Commentary and <i>Awareness Through Movement</i> Lesson: Roger Russell
11:15-11:30	Break
11:30-12:15	Discussion
12:15-2:00	Lunch Break
2:00-2:55	Researcher/Scholar Lecture: Beverly Ulrich
2:55-3:25	Break and Transition
3:25-4:15	Commentary and <i>Awareness Through Movement</i> Lesson: Patricia Buchanon
4:15-4:30	Break
4:30-5:30	Discussion
5:30-7:30	Welcome Reception and Poster Session

### SATURDAY, AUGUST 21

8:45-9:00	Announcements and Comments—Roger Russell and Esther Thelen
9:00-9:55	Researcher/Scholar Lecture: Philippe Rochat
9:55-10:25	Break and Transition
10:25-11:15	Commentary and <i>Awareness Through Movement</i> Lesson: Chava Shelhav
11:15-11:30	Break
11:30-12:15	Discussion
12:15-2:00	Lunch Break
2:00-2:55	Researcher/Scholar Lecture: Carolyn Heriza
2:55-3:25	Break and Transition
3:25-4:15	Commentary and <i>Awareness Through Movement</i> Lesson: Sheryl Field
4:15-4:30	Break
4:30-5:15	Discussion

### SUNDAY, AUGUST 22

9:00-9:10	Announcements and Comments—Roger Russell and Esther Thelen
9:10-10:05	Researcher/Scholar Lecture: Maxine Sheets-Johnstone
10:05-10:25	Break and Transition
10:25-11:15	Commentary and <i>Awareness Through Movement</i> Lesson: Carl Ginsburg
11:15-11:30	Break
11:30-12:15	Discussion
12:15-2:00	Lunch Break
2:00-2:55	Summation: Roger Russell and Esther Thelen
2:55-3:15	Break and Transition
3:15-4:05	Round Table Discussions
4:05-4:15	Break and Transition
4:15-5:00	Group Discussion—Question and Answer Period—Closing Comments
5:00-7:00	Dinner Break
7:00 onward	<i>Feldenkrais Method</i> Annual Conference Keynote: William Calvin, Ph.D.

# REGISTRATION

PLEASE PRINT YOUR INFORMATION BELOW:

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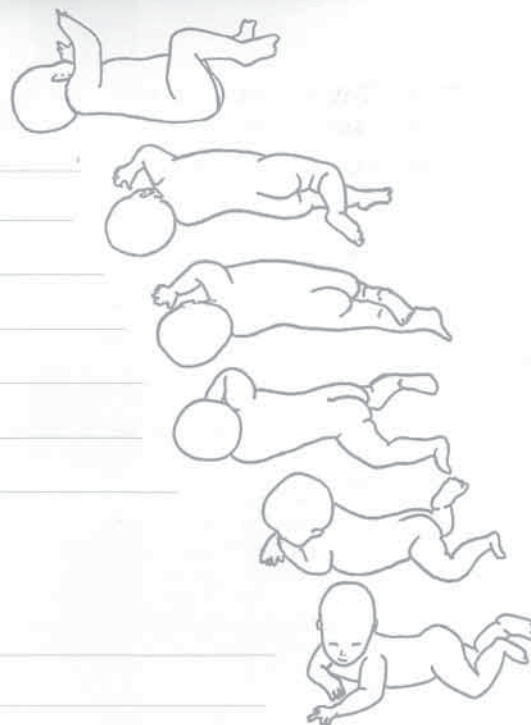
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## METHOD?

Check  Money Order  Master Card  Visa  Discover

**CIRCLE ONE:** Prior to July 30th \$250 US  
After July 30th \$300 US

I do not want my information included on the FEFNA mailing list.



## FOUR WAYS TO REGISTER:

- 1 MAIL** this form with payment to:  
FEFNA  
3611 SW Hood Ave., Suite 100  
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- 2 FAX** this form to 503.221.6616 with credit card information.
- 3 PHONE** 866.333.6248 or 503.221.6612 with your credit card information after completing this form.
- 4 REGISTER ONLINE** at [www.feldenkrais.com](http://www.feldenkrais.com) with credit card information.

Registration will not be accepted without payment and is on a first-come, first-served basis. You are encouraged to register early to assure your place at the Symposium.

You will receive an e-mailed confirmation of your registration.

## HOUSING, DINING, AND TRANSPORTATION

Affordable residence hall housing is available in Seattle University's Campion Tower: Single occupancy (\$65/night/person) and double occupancy (\$52/night/person). Rate includes three meals per day at Seattle University's Cherry Street Market. Go to [www.feldenkrais.com](http://www.feldenkrais.com) or call FEFNA for housing reservations. It is highly recommended that you arrange a shuttle, cab, public transportation, or carpool to Seattle University as parking is limited and daily parking permits must be purchased.

## EXTEND YOUR STAY FOR THE MOSHE FELDENKRAIS CENTENNIAL CONFERENCE

The *Feldenkrais Method* Annual Conference will be held August 23–27 at Seattle University. You are invited to join *Feldenkrais* teachers and trainees for these five days of movement workshops and events. More information is available at [www.feldenkrais.com](http://www.feldenkrais.com), or contact the FEFNA/FGNA office to request a brochure.

**NOTE:** You may register for conference workshops and this symposium concurrently on our website, by phone, or by submitting the separate conference brochures' registration forms.

## FOR FURTHER INFORMATION, CONTACT:

Feldenkrais Educational Foundation of North America (FEFNA)  
1.503.221.6616 or 1.866.333.6248 (toll free), FAX 1.503.221.6616  
E-Mail: [conference@feldenkraisguild.com](mailto:conference@feldenkraisguild.com)  
Website: [www.feldenkrais.com](http://www.feldenkrais.com)



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### THE SYMPOSIUM COMMITTEE MEMBERS:

Co-chairs & Moderators: Roger Russell, M.A., and Esther Thelen, Ph.D.  
Members: George Krutz, president, Feldenkrais Guild® of North America, Patricia Buchanan, Ph.D., Jim Stephens, Ph.D.



## INVITED SCHOLARS AND FELDENKRAIS TEACHER PAIRINGS:

**ALAN FOGEL, PH.D.**, is professor of psychology at the University of Utah, Salt Lake City, a distinguished researcher and author of *Infancy* (2001) and *Developing Through Relationships* (1993), as well as co-author of several other books on child development. He included *Feldenkrais* lessons in each chapter of *Infancy*. Dr. Fogel conducts research on the development of infant embodied self-awareness in the mother-infant relationship. Dr. Fogel also explores embodied self-awareness through his Rosen Method Bodywork practice in Salt Lake City. He will introduce us to the viewpoint of developmental psychology regarding movement, kinesthetic perception and sense of self, outlining the main themes of the symposium.

**ROGER RUSSELL, M.A.**, trained with Dr. Feldenkrais. He is a physical therapist, movement scientist, and *Feldenkrais* Trainer in Heidelberg, Germany, and author of two books in German about the *Feldenkrais Method*. Following Dr. Fogel's lead, he will draw on his own research in development to relate how each important theme can be found in the *Feldenkrais Awareness Through Movement* lessons.

**BEVERLY ULRICH, PH.D.**, is professor and dean of the Division of Kinesiology at the University of Michigan, Ann Arbor. Dr. Ulrich will focus on the role of movement in human development, based on her own extensive research with infants and children. She will illustrate the role of exploration and intrinsic structures in the emergence of functional and skilled patterns. She will show that multiple pathways can lead to the same functional outcome and argue for a more "relaxed" approach to the issue of developmental milestones. Attention to research methods, including the challenges and rewards of longitudinal research, and study designs that facilitate addressing both *Feldenkrais Method* and dynamic systems issues will be infused in the talk.

**PATRICIA BUCHANAN, PH.D.**, is a *Feldenkrais* teacher, certified athletic trainer, physical therapist, and assistant professor in the School of Human Movement, Sport, and Leisure Studies at Bowling Green State University, Bowling Green, Ohio. She will build on Dr. Ulrich's presentation to further explore the parallels between theory and research in movement science and the practice of the *Feldenkrais Method*. She will propose research questions that may interest both movement scientists and *Feldenkrais* teachers, and that hold practical relevance for our own lives and for our work with our clients.

**PHILIPPE ROCHAT, PH.D.**, is professor of psychology at Emory University in Atlanta, Georgia, and is editor of *The Self in Infancy* (1995) as well as author of numerous scientific articles. He has done research regarding kinesthetic experience and the developing child's sense of self. Part of the developmental literature has shown that the attunement process between mother and infant depends on the interrelationship of the rhythms of attention, movement and communication between them. Dr. Rochat will give us an overview of this research and his thoughts on what this means in practice for each of us in our lives and work.

**CHAVA SHELVAV, PH.D.**, trained with Dr. Feldenkrais and acted as his assistant for many years. She is the author of *Movement as a Model of Learning* (*Bewegung und Lernen*, 1999) and other books relating to the *Feldenkrais Method*. She is the originator of Child Space, a method

based on the teachings of Moshe Feldenkrais. Child Space emphasizes developmental support for babies and teaches parent-child interaction. Dr. Shelhav will offer a glance into the world of experiencing developmental stages through movement and its impact on various aspects of life. She will demonstrate how this process of attention and attunement can be applied to working with children and adults.

**CAROLYN HERIZA, P.T., ED.D.**, is associate professor and Director of the Physical Therapy Program at the University of Colorado Health Sciences Center in Denver, Colorado. Her expertise in infant neurological development will help us to understand the role movement plays in how the nervous system coordinates a coherent sense of self.

**SHERYL FIELD** trained with Dr. Feldenkrais, is an Assistant *Feldenkrais* Trainer, and directs the Center for Children's Integrated Development in Montclair, New Jersey. The center is dedicated to eliminating long-term difficulties faced by children with motor disorders through the use of the *Feldenkrais Method*, family involvement, education and scientific research. She will give us examples of how the neurological and developmental themes introduced by Dr. Heriza are translated into work with children with developmental problems. She will also lead us through an *Awareness Through Movement* lesson making these themes apparent in our experience; thus demonstrating that developmental themes are life span themes for each of us.

**MAXINE SHEETS-JOHNSTONE, PH.D.**, received her doctorate in dance and philosophy and studied toward a second doctorate in evolutionary biology. She was a professor of dance before turning to philosophy. She is currently a Courtesy Professor of Philosophy at the University of Oregon, Eugene, and an independent scholar and lecturer. Her books, *The Primacy of Movement* (2000) and *The Roots of Thinking* (1990) have brought her international attention. We have invited her to give us her observations and reflections about how philosophy, psychology, evolution, and development intersect with kinesthesia, and further, how kinesthesia constitutes the core of our sense of self.

**CARL GINSBURG, PH.D.**, was a professor of chemistry at Syracuse University in New York. Trained by Dr. Feldenkrais, he is a *Feldenkrais* Trainer and author of numerous articles relating the *Feldenkrais Method* to science and philosophy, including two recent articles in the *Journal of Consciousness Studies*. Dr. Ginsburg will show how Husserl's words ring true in the *Feldenkrais* lessons: "The only way to check your definition is to experience an act—you have to jump in there feet first and experience it yourself."





**FEFNA**

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