

THE
ART
OF
PRACTICE

FOR FELDENKRAIS® PRACTITIONERS

An educational program that goes
from the practical to the conceptual,
from technical skill to professional action.
We are committed to improving the quality
of your practice of the *Feldenkrais Method*®.

A Focus on Practice

The focus on practice will include:

- what it means to work with the 'whole person'— especially when the client seems concerned only with pain or injury.
- 'talking the talk': discussing how to engage your students in the process; listening for how the client understands themselves and the world; and using language in a way to help move your clients forward.
- observing a number of *Functional Integration*® lessons taught by the teachers with real clients in our private practice, during the workshops and in the practitioner practicum.
- case presentations of real clients from the teachers, from your experience and from other participants.
- talking about professional concerns when interacting with the medical world: medical models, communicating with health professionals, report writing, knowing when to consult and refer.

Welcome

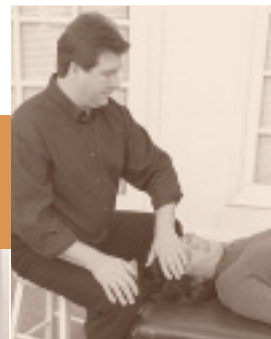
to the Art of Practice. Here you will read about our unique vision for the next step in professional education for *Feldenkrais*® Practitioners.

Our vision for The Art of Practice is to go to the next phase of learning, learning from a new model—a practice based, professionally oriented curriculum, with the content developed from the needs of the participants.

Individual Supervision and Guidance

You can choose some or all of the following opportunities as part of the program:

- Practitioner practicum—an opportunity to give a *Functional Integration*® lesson to one of your clients or a member of the public during the workshop and get supportive and negotiated feedback.
- Individual feedback session—you can choose to use this personal time with us in several ways. You could get quality feedback from a *Functional Integration* lesson you give one of us or from our observation of your work with a client or friend.
- ATM coaching—tape one of your public *Awareness through Movement*® classes and one of your teachers will do the lesson and give you feedback.



The Aims

- Help you to reflect on your practice of the *Feldenkrais Method*®. For example: identify your strengths, what gives your practice life, what you value most in your work and how to enhance it.
- Provide you with feedback in ways that are useful to your development as a practitioner.
- Learn ways of how to be a more reflective practitioner and increase your ability to think about what you are doing as you are doing it.
- Provide you with enhanced tools of inquiry into your FI and ATM teaching and the *Feldenkrais Method*.
- Review your current FI and ATM teaching skills to know better what you already know and do.
- Learn new FI strategies and techniques.

The Themes

There will be several learning themes combining theory and practice including:

- *Functional Integration* essentials—forms of inquiry in the FI process, constructing lessons, beginnings and endings, progressing clients through a series of lessons, 'home work' for clients.
- *Functional Integration* technique will be taught in context—both in function and what you want to learn. The small group presents fertile ground for the content to arise from your questions, your work with specific clients and from your observations of our lessons with real clients.
- Using the Alexander Yanai ATM lessons to improve your understanding of function and to learn to generate creative and effective FI lessons.
- Improving your effectiveness in working with people in pain including current theories of pain, the role of the autonomic nervous system, how to engage a student's curiosity, adapting FI and ATM strategies.

The Art of Practice will feature a range of learning processes, including:

- daily ATM relating to workshop themes
- analysis of ATM lessons
- discussion time for your questions
- 'practitioner practicum'
- course notes and handouts
- 'case' presentations and discussions
- observation of FI and FI practice
- clear teaching of new FI skills.

- Improve your ability to "think like a *Feldenkrais* practitioner".
- Enlarge your teaching repertoire and use of Alexander Yanai ATM lessons.

The teacher-student ratio is low. This will allow you to learn FI directly through the skilled touch of one of the teachers.

The Teachers



Deborah Bowes, PT, *Feldenkrais* Trainer and Cliff Smyth, Assistant Trainer, will be the core staff for the Art of Practice program. They have a successful practice in San Francisco, in the same location for 16 years, working with all kinds of clients.

They have taught trainees, practitioners and the public in Australia, New Zealand and Europe, as well as in the USA and Canada. They are known for applying their study of science and art that underlies the *Feldenkrais Method*. They include knowledge of such areas as anatomy, neuroscience, psychology, education and medical literature, to inform their professional practice.

Deborah has a background in physical education, biology, physical therapy, yoga, tai chi and belly dance. She works with babies, young people, and adults with neurological and pain difficulties. She has developed a specialized ATM program addressing pelvic floor dysfunction and one for pain relief.

Before coming to *Feldenkrais*, Cliff worked extensively in education, the arts and community development—designing, co-ordinating and teaching workshops and adult education programs. From his work for the IFF, Cliff brings years of reflection on professional competency into the design of activities for these workshops. As a poet and writer he has a strong interest in the use of language and imagery in working with students. He specializes in working with people with hand and arm injuries.

Deborah and Cliff also have been innovators in developing new forms of continuing education that help *Feldenkrais* practitioners be more confident in bringing out what they know. For example, by initiating and facilitating colloquia at *Feldenkrais* conferences in Australia and North America on topics such as working with people with overuse injuries, and working with people with pain.

Feldenkrais®, *Feldenkrais Method*®, *Awareness Through Movement*®, and *Functional Integration*® are registered service marks and *Guild Certified Feldenkrais Practitioner*™ is a certification mark of the FELDENKRAIS GUILD® of North America.

