

Feldenkrais® Legacy Forum: Transformation of Trainings Group Interviews with 13 Trainers

No identifying Trainer names, September 2023

Executive Summary

It is no secret that the most experienced Trainers, many of whom studied with Moshe Feldenkrais, are nearing retirement age. To capture their accumulated experience and wisdom, the Feldenkrais Legacy Forum initiated a project in 2022.

To capture their accumulated experience and wisdom, this past year the Transformation of Trainings (ToT) springboard group of the Feldenkrais Legacy Forum (FLF) interviewed some of the most experienced Feldenkrais Trainers/ Educational Directors within the North American Guild.

Thirteen Trainers were interviewed. They were each asked the same four questions. (see below)

The interviews were transcribed, verbatim. Trainers had the opportunity to review their own transcript. For each question the responses from all 13 Trainers were then compiled into a single document for that question. The focus was on the ideas; therefore, the Trainers are not identified by name. 6 attended San Francisco, 5 Amherst, 2 Other

Each of the documents is about 40 pages. They are well worth reading. Recognizing the length, the Legacy Group added a guide to each question to illustrate common ideas or “themes” identified by multiple Trainers. (See below) Each theme heading is only a few words, followed by several verbatim quotes from Trainers. The full transcripts then follow. The themes may make the documents easier to read while preserving the language of the Trainers.

Each reader will take something different from their reading.

The Legacy group has deep gratitude for the Trainers’ willingness to share their thoughts as part of the effort to preserve Moshe Feldenkrais’s work.

Each Trainer brought their perspective as it had evolved and was still evolving in their own journey. Their perspectives were often varied on the same idea. They were reflecting, not endeavoring to impose their truths on the community. They gave a gift to the community and to each individual to use in their own journey and their own reflections.

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***Interview questions**

- 1. What are the essential qualities and characteristics of the Feldenkrais® work – without which it would not be Feldenkrais work and what distinguishes the Feldenkrais work from other professions?*
- 2. What is essential to consider and do in Feldenkrais training to balance personal experience of the work with the development of professional competence in the work?*

3. Where do you see the *Feldenkrais* work going?
4. Does training need to evolve to support that? If so, how?

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THEMES IDENTIFIED FOR EACH QUESTION

Question 1. *What are the essential qualities and characteristics of the Feldenkrais® work – without which it would not be Feldenkrais work? What needs to be carried forward as the essence of this work?*

- *What distinguishes the Feldenkrais work from other professions?*
- *What is the key thing that is still unique?*

Themes

- Integrating the whole self, (Integrating; Exploring functional movement)
- Learning (Questions, Approach to Learning; Correction and learning; One's own experience, self-inquiry.)
- Movement (The doorway to learning; Interaction; The Skeleton)
- Self image (The Importance of self-image)
- Sensory Awareness (Sensory awareness; Listening)

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Question 2. *What do you think is essential to consider and do to achieve the right balance in a Feldenkrais training program between providing a personal experience of the Feldenkrais work and developing a professional competence to begin to work as a Feldenkrais practitioner?*

Themes

- It is not an “either/or”- they are inseparable.
- Personal experience is essential, as a foundation.
- Developing professional competence (in training programs; between segments; after graduation- Lifelong learning)

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Question 3 *Where do you see the Feldenkrais work going?*

Themes

- Success is expanding Feldenkrais into other somatic domains.
- Success is not becoming well known.
- Balancing respect for Moshe's foundational ideas with evolving the work.
- Formulas, techniques, and exploring.

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Question 4. *Do training programs need to evolve? If so, how*

- Zoom (Use of Zoom, FI on Zoom)

- Models and topics (ATM only training; Various models of Training; Training in Europe versus the USA; Process for Trainer Certification; [Evaluating Training Programs](#); Financial)
- Trainings (Improving graduates' confidence and capabilities; Models for Practicums; Apprenticeship; Ongoing Learning)