

CNH28 Deliver Feldenkrais Method Teaching

OVERVIEW

This standard is about delivering Feldenkrais Method teaching to learners.

The Feldenkrais Method is a somatic learning method that focuses on embodied awareness. In the Feldenkrais Method movement is used to facilitate learning.

Feldenkrais Method lessons help learners develop self-awareness, proprioception, and interoception. Changes in self-awareness lead to changes in self-image, improved self-regulation and improved nervous system regulation. This can help increase ease and range of motion, flexibility and coordination. Becoming aware of fixed or unconscious habits helps learners rediscover innate capacity for graceful, efficient movement. Integration of new patterns occurs consciously and unconsciously, always at the speed of the individual.

The Feldenkrais Method has two distinct modes: group lessons called Awareness Through Movement (ATM); individual sessions called Functional Integration (FI).

In Awareness Through Movement lessons Feldenkrais practitioners use verbal instructions to provide a structured sequence of non-habitual movements which involve moving, thinking, sensing and feeling. These sequences guide participants to continually explore and differentiate movement options, and offer the possibility to integrate these new experiences/options into their daily lives.

In Functional Integration lessons the Feldenkrais practitioner guides the student to explore a range of movements, using non-invasive touch and verbal instruction. Often the student will lie on a low bench, or sit in a chair. The student remains fully clothed throughout. A Functional Integration lesson encourages learners to explore new ways of moving and organising their whole system (mind, brain, muscles and skeleton). In

sensing new movement patterns, learners find their options expanded. Many also find that their thinking and feeling acquires new ease.

Users of this standard will need to ensure that their practice reflects up to date information and policies.

KNOWLEDGE AND UNDERSTANDING

You will need to know and understand:

1. The history and development of the Feldenkrais Method.
2. The purpose and scope of the Feldenkrais Method.
3. The relevant ethical and professional codes of practice, and current legal requirements.
4. The core range of texts, materials and resources available to support the Feldenkrais method
5. The key principles and concepts of the Feldenkrais Method including:
 - Characteristics of Feldenkraisian learning;
 - The nature of psychophysical self-image;
 - The primacy of awareness;
 - The quality of movement, including the skeleton as primary reference, functional movements, the three elements of timing, orientation and manipulation.
 - The principles of movement, including reversibility, proportionality, differentiation and integration, proximal-distal inversion.
6. Relevant key principles and concepts of anatomy and physiology including
 - The structure and function of the musculoskeletal system;
 - The principles of biomechanics including leverage, axis of rotation, centre of gravity;
 - The structure and function of the nervous system;
 - The respiratory and breathing mechanisms.
7. How to observe, analyse and evaluate learner(s) habits and patterns of movement.
8. How to take into account individual differences including particular beliefs, attitudes and preconceptions which may facilitate, or interfere with, learning.
9. How to teach an Awareness through Movement lesson.
10. How to teach a Functional Integration lesson.

11. How to develop new Awareness through Movement lessons.
12. How to develop new Functional Integration sequences, including from Awareness Through Movement lessons.
13. How to identify challenges or issues that learner(s) may experience and help them find solutions.
14. How to gauge learner(s) progress and understanding.
15. How to help learner(s) process their experience of the lesson and relate it to their daily activities.

PERFORMANCE CRITERIA

You must be able to:

1. Create and maintain a safe learning environment.
2. Explain the role of the teacher in the Feldenkrais Method and obtain consent, including to work with touch.
3. Explain the structure and purpose of a lesson in the Feldenkrais method and the learner(s) role in participating in it.
4. Use a range of strategies, methods and resources to help learner(s) acquire and develop the skills and knowledge they need.
5. Investigate and confirm learner(s) movement patterns and make appropriate adjustments to the teaching to meet identified needs.
6. Facilitate the learner(s) awareness of changes during, and due to, the lesson.
7. Maintain awareness of your own posture and movement according to the principles of the Feldenkrais Method and modify it appropriately during a lesson.
8. Use props and positioning aids when appropriate.
9. Help learner(s) process the lesson and relate it to daily activities.

10. Respond to learner(s) reaction to lessons, and make appropriate adjustments to the teaching to meet changing needs.
11. Evaluate the learning experience after lesson(s) and adapt future sessions accordingly.
12. Work with learner(s) in accordance with relevant ethical and professional codes of practice, and current legal requirements.
13. Complete and maintain records in accordance with professional and legal requirements.

ADDITIONAL INFORMATION

This National Occupational Standard was developed by Skills for Health.