Feldenkrais Teachers: Knowledge

Are familiar with the original Feldenkrais materials including those from M. Feldenkrais' first assistants and others as well as the relevant literature, transcripts, audio tapes, and the Amherst videos.

Competency 1.1: Working with individuals

Feldenkrais Teachers: Knowledge

Know the principles of biomechanics (e.g. leverage, axis of rotation, center of gravity)

Competency 1.1: Working with individuals

Feldenkrais Teachers: Knowledge

Use the skeleton as a primary reference

Competency 1.1: Working with individuals

Feldenkrais Teachers: Knowledge

Incorporate their knowledge of human, child and movement development.

Competency 1.1: Working with individuals

Feldenkrais Teachers: Knowledge

Are aware of the various theories of perceptual learning styles (e.g. visual, auditory, kinesthetic)

Competency 1.1: Working with individuals

Feldenkrais Teachers: Knowledge

Are cognizant of the dynamics of client/practitioner relationships (e.g. transference, projection, role models)

Competency 1.1: Working with individuals

Feldenkrais Teachers: Knowledge

Are familiar with the principles of perception (e.g. the Weber-Fechner law)

Competency 1.1: Working with individuals

Feldenkrais Teachers: Knowledge

Know about the various perspectives on learning processes, (e.g. from neurophysiology, study of consciousness, philosophy, phenomenology, pedagogy, neurogenesis, evolution, neuromotor function, perception, etc.)

Competency 1.1: Working with individuals

Feldenkrais Teachers: Knowledge

Use language skillfully and carefully, knowing the consequences of word choice, imagery, tone of voice.

Competency 1.1: Working with individuals

Feldenkrais practitioners are able to: Abilities

Create a learning environment that provides for a sense of safety and an appropriate level of challenge.

Competency 1.1: Working with individuals

Feldenkrais practitioners are able to: Abilities

Interview a client to discover his/her intentions and viewpoint.

Competency 1.1: Working with individuals
Feldenkrais practitioners are able to:

**Abilities**
Organize the quality, intensity, and focus of one’s own attention to refine perception

**Competency 1.1: Working with individuals**

**Abilities**
Employ action to initiate, focus, and appreciate learning

**Competency 1.1: Working with individuals**

**Abilities**
Investigate and confirm action patterns. Distinguish qualities and changes in patterns such as flow, direction, pressure, force, muscular effort, magnitude. Follow patterns and vary those qualities. Facilitate the client’s awareness of changes during and due to the process

**Competency 1.1: Working with individuals**

**Abilities**
Apply specific techniques and methodological knowledge of Functional Integration (e.g. refer to standards of practice, training manuals, etc.)

**Competency 1.1: Working with individuals**

**Abilities**
Select strategies such as a series of Fls or ATMs, varying sessions of Fl and ATM, or using them together (e.g. hands on guided ATM)

**Competency 1.1: Working with individuals**

**Abilities**
Maintain awareness of one’s own organization and change it appropriately while working (e.g. patterns of thinking, posture/acture, breathing, gaze)

**Competency 1.1: Working with individuals**

**Abilities**
Collect and reflect on one’s own thoughts during and after the lesson

**Competency 1.1: Working with individuals**

**Abilities**
Help the client process the ATM/Fl experience and relate it to daily activities

**Competency 1.1: Working with individuals**

**Abilities**
Educate the client about Feldenkrais concepts and models as the concepts become relevant in lessons/learning (e.g. organic learning, self image, function, differentiation and integration of movement)

**Competency 1.1: Working with individuals**

**Abilities**
Maintain awareness of the potential for transference and preserve appropriate boundaries

**Competency 1.1: Working with individuals**

**Abilities**
Use props and positioning aids effectively

**Competency 1.1: Working with individuals**

**Abilities**
Evaluate experiences after a series of sessions with a client and adapt future sessions accordingly

**Competency 1.1: Working with individuals**
Feldenkrais Teachers:
Knowledge
Are familiar with the original Feldenkrais materials (Alexander Yanai lessons, video and audio recordings of M. Feldenkrais)

Competency 1.2: Working with groups

Feldenkrais Teachers:
Knowledge
Understand the effects of language, (e.g. consequences of word choice, imagery, and tone of voice).

Competency 1.2: Working with groups

Feldenkrais Teachers:
Knowledge
Are familiar with other sources of ATM recordings, videos, transcripts (class, workshop, training curricula, San Francisco and Amherst training transcripts).

Competency 1.2: Working with groups

Feldenkrais Teachers:
Knowledge
Know various ways to structure ATM lessons

Competency 1.2: Working with groups

Feldenkrais practitioners are able to:
Abilities
Focus primarily on the process, rather than a particular goal, outcome, movement, or action

Competency 1.2: Working with groups

Feldenkrais practitioners are able to:
Abilities
Teach ATM in a variety of ways (timing, rhythm, and learning strategies such as variation, limitation, change of perspective)

Competency 1.2: Working with groups

Feldenkrais practitioners are able to:
Abilities
Integrate one’s own ATM experiences into ATM teaching

Competency 1.2: Working with groups

Feldenkrais practitioners are able to:
Abilities
Observe and analyze clients’ actions, recognize potential for improvement, and adapt teaching to maximize potential

Competency 1.2: Working with groups

Feldenkrais practitioners are able to:
Abilities
Convey lesson content with clarity

Competency 1.2: Working with groups
Feldenkrais practitioners are able to:

 Abilities
Use voice (enunciation, volume, intonation) and language (vocabulary, tempo) as a tool to enhance the clients’ capacity for self perception

Competency 1.2: Working with groups

Feldenkrais practitioners are able to:

 Abilities
Lead a group and facilitate group processes

Competency 1.2: Working with groups

Feldenkrais practitioners are able to:

 Abilities
Use narrative to illustrate and/or promote the learning process

Competency 1.2: Working with groups

Feldenkrais practitioners are able to:

 Abilities
Use Feldenkrais concepts, models, as well as scientific, artistic, and cultural ideas to promote the learning process

Competency 1.2: Working with groups

Feldenkrais practitioners are able to:

 Abilities
Convert ATM concepts or ATM lessons into FI themes

Competency 1.2: Working with groups

Feldenkrais practitioners are able to:

 Abilities
React appropriately in cases of emotional and somatic urgencies

Competency 1.2: Working with groups

Feldenkrais Teachers:

 Knowledge
Know about the structure and function of organizations and workplaces

Competency 1.3: Workplace environments

Feldenkrais Teachers:

 Knowledge
Are familiar with basic elements of work psychology

Competency 1.3: Workplace environments

Feldenkrais Teachers:

 Knowledge
Are aware of forms of interactions and collaborations within and between occupations

Competency 1.3: Workplace environments

Feldenkrais practitioners are able to:

 Abilities
Incorporate oneself respectfully into existing work environments and organizations

Competency 1.3: Workplace environments

Feldenkrais practitioners are able to:

 Abilities
Acknowledge the environmental and work process factors that cannot be changed

Competency 1.3: Workplace environments

Feldenkrais practitioners are able to:

 Abilities
Deal effectively with the multiple issues surrounding demands for high performance (e.g. athletes, artists, high level executives)

Competency 1.3: Workplace environments
Feldenkrais practitioners are able to:

**Abilities**
Differentiate the demands of a work environment or task from the workers’ habitual responses

**Abilities**
Adapt teaching strategies to the work environment (e.g., short ATM or FI at the workplace, use appropriate language)

**Abilities**
Effectively communicate the potential benefits of Feldenkrais in a workplace (to workers, managers, decision makers)

Competency 1.3: Workplace environments

Feldenkrais Teacher:

**Knowledge**
Are aware of aspects of one’s own profession which may be enhanced by Feldenkrais principles/approaches

**Knowledge**
Understand profession-appropriate behavior (relationships, communication, ethics)

**Knowledge**
Know profession-appropriate language, and its potential for integrating Feldenkrais Method

Competency 1.4: Working in other professions

Feldenkrais Teacher:

**Knowledge**
Are familiar with literature which can support/explain the potential benefits of the Method within a specific professional field

**Knowledge**
Know about other relevant methods (e.g., Alexander, Eutony, Rolfing, Ideokinesis, somatic psychology, physiotherapy)

**Knowledge**
Are familiar with profession-specific equipment, materials and procedures

Competency 1.4: Working in other professions

Feldenkrais practitioners are able to:

**Abilities**
Integrate knowledge and experience from both professions

**Abilities**
Relate one’s professional activities and literature to the Feldenkrais Method

**Abilities**
Adapt Feldenkrais principles, elements and techniques to one’s professional field

Competency 1.4: Working in other professions
Feldenkrais practitioners are able to:

Abilities
Utilize the fundamental principles of the Feldenkrais Method

Competency 1.4: Working in other professions

Feldenkrais practitioners are able to:

Abilities
Effectively communicate Feldenkrais ideas to members of one’s professional field

Competency 1.4: Working in other professions

Feldenkrais practitioners are able to:

Abilities
Create a network of Feldenkrais practitioners working in similar professional situations, communicate and collaborate.

Competency 1.4: Working in other professions

Feldenkrais Teachers:

Knowledge
Know about advanced training opportunities and sources (association/guild, trainers, assistant trainers, colleagues, advanced training programs, IFF Academy, supervision)

Competency 2.1: Professional development

Feldenkrais Teachers:

Knowledge
Are familiar with professional educational resources (e.g. journals, internet, books/publications, Feldenkrais trainers, IFF)

Competency 2.1: Professional development

Feldenkrais Teachers:

Knowledge
Are familiar with various Methods of somatic education

Competency 2.1: Professional development

Feldenkrais Teachers:

Knowledge
Have knowledge of research studies and outcomes which relate to the Feldenkrais method

Competency 2.1: Professional development

Feldenkrais Teachers:

Knowledge
Are familiar with cultural discourses (e.g. linguistic, philosophical, artistic, societal, psychological) which may impact one’s development within the Feldenkrais Method

Competency 2.1: Professional development

Feldenkrais practitioners are able to:

Abilities
Develop an individual style of Feldenkrais practice

Competency 2.1: Professional development

Feldenkrais practitioners are able to:

Abilities
Use movement experience and skeletal awareness to stimulate learning and integrate new knowledge into practice

Competency 2.1: Professional development

Feldenkrais practitioners are able to:

Abilities
Accept accountability for one’s work with individuals and groups

Competency 2.1: Professional development
Feldenkrais practitioners are able to:

- Shape interactions responsibly

**Competency 2.1:** Professional development

Feldenkrais practitioners are able to:

- Reflect on one’s own work style

**Competency 2.1:** Professional development

Feldenkrais Teachers:

**Knowledge**

- Know of various means for reflecting on one’s own actions (e.g. supervision, counseling, self-assessment)

**Competency 2.2:** Personal development

Feldenkrais Teachers:

**Knowledge**

- Are familiar with cultural discourses (e.g. linguistic, philosophical, artistic, societal, psychological, etc.) which may impact one’s development

**Competency 2.2:** Personal development

Feldenkrais Teachers:

**Knowledge**

- Are cognizant of personal strengths and weaknesses

**Competency 2.2:** Personal development

Feldenkrais practitioners are able to:

- Use ATM for self-exploration and development

**Competency 2.2:** Personal development

Feldenkrais practitioners are able to:

- Create a vision for one’s future

**Competency 2.2:** Personal development

Feldenkrais practitioners are able to:

- Engage in introspection regarding thoughts, feelings, perceptions, and ideas

**Competency 2.2:** Personal development

Feldenkrais practitioners are able to:

- Open oneself to new learning experiences (e.g. accept being a beginner)

**Competency 2.2:** Personal development

Feldenkrais practitioners are able to:

- Cope with uncertainty

**Competency 2.2:** Personal development

Feldenkrais practitioners are able to:

- Search for new self perspectives and question courses of action

**Competency 2.2:** Personal development

Feldenkrais Teachers:

**Knowledge**

- Understand concepts of balance within a complex environment

**Competency 2.3:** Maintaining one’s own balance
Feldenkrais Teachers:
Knowledge
Are familiar with relevant communities, target markets, and networking opportunities

Competency 3.2: Marketing

Feldenkrais Teachers:
Knowledge
Know small business marketing principles and strategies

Competency 3.2: Marketing

Feldenkrais practitioners are able to:
Abilities
Take entrepreneurial actions

Competency 3.1: Practice management

Feldenkrais practitioners are able to:
Abilities
Assert oneself in negotiations

Competency 3.1: Practice management

Feldenkrais practitioners are able to:
Abilities
Organize and schedule one's own daily work

Competency 3.1: Practice management

Feldenkrais practitioners are able to:
Abilities
Use information technology to one's own advantage

Competency 3.1: Practice management

Feldenkrais practitioners are able to:
Abilities
Assess business decisions (e.g. bills, offers, complaints, opportunities)

Competency 3.1: Practice management

Feldenkrais practitioners are able to:
Abilities
Acknowledge difficult business situations. Resolve them effectively.

Competency 3.1: Practice management

Feldenkrais practitioners are able to:
Abilities
Conduct basic business processes (correspondence, telephone contacts)

Competency 3.1: Practice management

Feldenkrais practitioners are able to:
Abilities
Express oneself effectively both verbally and in writing

Competency 3.1: Practice management

Feldenkrais practitioners are able to:
Abilities
Know fundamentals of small business financial management (cash flow, tax reporting, projections)

Competency 3.1: Practice management

Feldenkrais practitioners are able to:
Abilities
Take entrepreneurial actions

Competency 3.1: Practice management
Feldenkrais Teachers:

Knowledge

- Are familiar with local and professional association/guild resources for marketing assistance (e.g., marketing kits, web designers, workshops)

Competency 3.2: Marketing

Feldenkrais Teachers:

Knowledge

- Know about creating and using a client database

Competency 3.2: Marketing

Feldenkrais practitioners are able to:

Abilities

- Analyze the local and regional market for similar services

Competency 3.2: Marketing

Feldenkrais practitioners are able to:

Abilities

- Identify target groups and garner interest with effective communication

Competency 3.2: Marketing

Feldenkrais practitioners are able to:

Abilities

- Direct the design and production of one’s own advertising material

Competency 3.2: Marketing

Feldenkrais practitioners are able to:

Abilities

- Give appealing public lectures

Competency 3.2: Marketing

Feldenkrais practitioners are able to:

Abilities

- Give effective public FI and ATM demonstrations

Competency 3.2: Marketing

Feldenkrais practitioners are able to:

Abilities

- Collaborate with colleagues on regional marketing projects

Competency 3.2: Marketing

Feldenkrais practitioners are able to:

Abilities

- Use anecdotal evidence to promote understanding and respect for the Feldenkrais Method

Competency 3.2: Marketing

Feldenkrais Teachers:

Knowledge

- Are familiar with relevant professional and/or scientific fields and methods

Competency 3.3: Interdisciplinary collaboration

Feldenkrais Teachers:

Knowledge

- Know strategies for incorporating Feldenkrais principles into other fields and projects and vice versa

Competency 3.3: Interdisciplinary collaboration
Feldenkrais Teachers:

Knowledge
Are familiar with conferences and symposia where one can attend and/or present Feldenkrais principles and propose collaborations

Competency 3.3: Interdisciplinary collaboration

Abilities
Articulate interdisciplinary commonalities, the potential for mutual benefit, and propose projects

Competency 3.3: Interdisciplinary collaboration

Feldenkrais practitioners are able to:

Abilities
Establish effective interdisciplinary networks

Competency 3.3: Interdisciplinary collaboration

Feldenkrais Teachers:

Knowledge
Are familiar with the structure, function, and processes of the association/guild

Competency 4.1: Work in the professional association

Abilities
Maintain flexibility and integrity within a joint project framework

Competency 3.3: Interdisciplinary collaboration

Feldenkrais practitioners are able to:

Abilities
Demonstrate the benefits of collaboration between Feldenkrais practitioners and other professionals

Competency 3.3: Interdisciplinary collaboration

Feldenkrais Teachers:

Knowledge
Know relevant laws, statutes, regulations and guidelines which apply to those who work in the association/guild

Competency 4.1: Work in the professional association

Abilities
Recognize and articulate the needs of the organization’s membership

Competency 4.1: Work in the professional association

Feldenkrais practitioners are able to:

Abilities
Communicate within one’s own association/guild and with other associations/guilds

Competency 4.1: Work in the professional association

Feldenkrais Teachers:

Knowledge
Are cognizant of opportunities for training in organizational work (e.g. staff, resource and financial management, conflict resolution, communications and governance)

Competency 4.1: Work in the professional association

Abilities
Cultivate professional relationships based on shared values and mutual goals

Competency 4.1: Work in the professional association
Feldenkrais practitioners are able to:

**Knowledge**
Understand the fundamental demands of public relations work

**Competency 4.2:** Public relations work

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Feldenkrais practitioners are able to:

**Abilities**
Offer one's skills in marketing, interdisciplinary collaboration, and public relations to the professional association/guild

**Competency 4.2:** Public relations work

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Feldenkrais practitioners are able to:

**Abilities**
Define potential target groups for public relations work

**Competency 4.2:** Public relations work

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Feldenkrais practitioners are able to:

**Abilities**
Assume responsibility for short, medium, and long term planning

**Competency 4.2:** Public relations work

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Feldenkrais practitioners are able to:

**Abilities**
Resolve conflicts. Invite assistance from outside the association when appropriate

**Competency 4.1:** Work in the professional association

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Feldenkrais practitioners are able to:

**Abilities**
Effectively assume executive roles (board/working group membership, discussion moderator, project leadership)

**Competency 4.1:** Work in the professional association

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Feldenkrais practitioners are able to:

**Abilities**
Understand and articulate the relationships between the goals of the association/guild and its ongoing projects

**Competency 4.1:** Work in the professional association

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Feldenkrais practitioners are able to:

**Abilities**
Pursue education/training to improve one’s effectiveness within the association

**Competency 4.1:** Work in the professional association

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Feldenkrais practitioners are able to:

**Abilities**
Communicate in more than one language

**Competency 4.1:** Work in the professional association

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Feldenkrais Teachers:

**Knowledge**
Know about the organization and efficacy of different types of media and how to access them

**Competency 4.2:** Public relations work

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Feldenkrais Teachers:

**Knowledge**
Are familiar with past efforts, ongoing projects and future plans for public relations activities by the professional organization/guild

**Competency 4.2:** Public relations work

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Feldenkrais Teachers:

**Knowledge**
Understand the fundamental demands of public relations work
Feldenkrais practitioners are able to:

**Abilities**
- Set and prioritize public relations goals

Competency 4.2: Public relations work

Feldenkrais practitioners are able to:

**Abilities**
- Engage in public and private dialogues with colleagues, media personnel, and public figures

Competency 4.2: Public relations work

Feldenkrais Teachers:

**Knowledge**
- Know the standards of practice and ethical guidelines of the professional association/guild

Competency 5.1: Quality assurance & quality improvement

Feldenkrais Teachers:

**Knowledge**
- Are familiar with general methods of quality assessment (e.g., observation and reflection, surveys, interviews)

Competency 5.1: Quality assurance & quality improvement

Feldenkrais practitioners are able to:

**Abilities**
- Alternate attention between work experience and reflection about the results.

Competency 5.1: Quality assurance & quality improvement

Feldenkrais practitioners are able to:

**Abilities**
- Articulate the relationship between experience and the results

Competency 5.1: Quality assurance & quality improvement

Feldenkrais practitioners are able to:

**Abilities**
- Discuss quality assurance and improvement with colleagues and professionals from other disciplines. Maintain a respectful focus on possible solutions to quality assurance issues

Competency 5.1: Quality assurance & quality improvement

Feldenkrais practitioners are able to:

**Abilities**
- Use a variety of methods for quality assessment such as consultation with colleagues, observation and feedback, self and peer assessment

Competency 5.1: Quality assurance & quality improvement

Feldenkrais practitioners are able to:

**Abilities**
- Prioritize quality assurance issues and quality improvement tasks

Competency 5.1: Quality assurance & quality improvement

Feldenkrais practitioners are able to:

**Abilities**
- Take action on quality improvement tasks

Competency 5.1: Quality assurance & quality improvement

Feldenkrais practitioners are able to:

**Abilities**
- Process client's complaints according to professional association/guild guidelines

Competency 5.1: Quality assurance & quality improvement
Feldenkrais Teachers:

Knowledge

Know research methods which are applicable to Feldenkrais work

Competency 5.2: Research

Feldenkrais Teachers:

Knowledge

Know previous and ongoing Feldenkrais research

Competency 5.2: Research

Feldenkrais Teachers:

Knowledge

Know previous and ongoing research in relevant fields

Competency 5.2: Research

Feldenkrais practitioners are able to:

Abilities

Are cognizant of diverse scientific concepts including those to which Dr. M. Feldenkrais made reference in his work

Competency 5.2: Research

Feldenkrais practitioners are able to:

Abilities

Are familiar with opportunities for publication and the potential benefits of each opportunity

Competency 5.2: Research

Feldenkrais practitioners are able to:

Abilities

Review and summarize the research literature related to a topic

Competency 5.2: Research

Feldenkrais practitioners are able to:

Abilities

Formulate, describe, and investigate hypotheses

Competency 5.2: Research

Feldenkrais practitioners are able to:

Abilities

Collect and analyze qualitative and/or quantitative data

Competency 5.2: Research

Feldenkrais practitioners are able to:

Abilities

Document and present research and results in a meaningful way

Competency 5.2: Research

Feldenkrais practitioners are able to:

Abilities

Conduct research in the context of one’s own Feldenkrais practice

Competency 5.2: Research

Feldenkrais practitioners are able to:

Abilities

Establish professional dialogue with other researchers around common research interests and goals

Competency 5.2: Research

Feldenkrais Teachers:

Knowledge

Know national and international training regulations

Competency 5.3: Training tasks
Feldenkrais Teachers: Knowledge

Know the structure of training programs and the current discussion on basic training programs and advanced trainings

Competency 5.3: Training tasks

Feldenkrais Teachers: Knowledge

Know about stages of learning

Competency 5.3: Training tasks

Feldenkrais Teachers: Knowledge

Feldenkrais practitioners are able to:

Are familiar with various theories on self-reflection in the learning process and the transfer of learning.

Abilities

Synthesize multiple forms of information and feedback while teaching

Feldenkrais practitioners are able to:

Recognize and respond appropriately to the needs of students. Continuously adapt teaching activities and methods to these needs

Feldenkrais practitioners are able to:

Facilitate smooth transitions between oneself and other teachers

Feldenkrais practitioners are able to:

Discuss training experiences, both from the teaching and learning perspectives with colleagues

Feldenkrais practitioners are able to:

Describe and reflect on experiences in writing

Feldenkrais practitioners are able to:

Use original Feldenkrais material effectively

Feldenkrais practitioners are able to:

Create learning opportunities for shifting between practical experience and theoretical reflection

Feldenkrais practitioners are able to:

Create opportunities for students to transition into self-directed learning

Competency 5.3 Training tasks

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Competency 5.3 Training tasks
Feldenkrais Teachers:

Respect the individuality of human beings.

Maintain the highest ethical and professional standards as stated in the national codes of conduct.

Transfer responsibility to their clients for their own learning processes.

Feldenkrais Teachers:

Offer the opportunity to explore actions (movement) in order to become self-determined.

Embrace experimental learning.

Initiate self exploration via movement.

Feldenkrais Teachers:

Communicate clearly. Expand their perceptions, while exploring situations, actions and relationships.

Avoid judgment.

Support the potential for creativity, authenticity, flexibility, curiosity, openness.

Feldenkrais Teachers:

Engage in ongoing self-reflection.

Continuously acquire knowledge and improve their ability.