This last year, 2014 – 2015, has been a very good year for research into the Feldenkrais Method in general, and also for the IFF’s Feldenkrais Research Journal. The general trend of greater involvement of Feldenkrais practitioners with academic institutions, and a larger amount of research and publishing, had continued strongly. This is evidenced, for example, by the review of randomized controlled trials by Hillier and Worley (2015), which was partly funded by the IFF and the Australian Feldenkrais Guild. In 2014 the valuable qualitative study by Pugh and Williams into the use of Feldenkrais method for people with low back pain and its role in empowering them was published. This year the paper by Verrel, Almagor, Schumann, Lindenberger, and Kühn (2015) was the first to use functional MRI to detect neurophysiological effects of a Feldenkrais intervention – the use of the ‘artificial floor’.

The editorial committee and myself are pleased to report that much progress is made on the Journal this year.

1. Submission Guidelines were prepared, and published on the Journal website. These give detailed information about the kinds of articles we looking for, and some of the themes and topics that were hoping authors will take up. The use of the Harvard referencing system and format will provide a consistency for formatting for the papers in the Journal. You can find the Submission Guidelines at: http://iffresearchjournal.org/volume/5/submission-guidelines

2. A Call for Contributions was circulated at the end of 2014. In addition to being placed on the Journal website, this was circulated widely within the Feldenkrais community. Many guilds/associations sent the call directly to their members, or published it in their newsletters or on their websites. The NATAB also assisted us in getting the word out to the trainers and assistants. The Call for Contributions also appeared in the IFF Newsletter, which was circulated directly to many practitioners, and also distributed through many guilds or associations. Thanks to Chrish Kresge for getting it in the IFF Newsletter. Thanks to all the IFF member organizations who helped with this. You can see the Call for Contributions at: http://iffresearchjournal.org/volume/5/call-for-contributions

The result was a strong and positive, with a number of practitioners and some other researchers, either submitting papers for the next Volume of the Journal (Volume 5), or expressing an interest in submitting in the future. The process and brought out a number of people in our professional community who are interested or engaged in research whom the editors had previously had not known about.

3. Submissions for Volume 5. Around 15 articles have been submitted, or are in the process of being finalized for submission – some authors wanted us to take an initial look and get back to them. Many of the articles are now out being edited. There will be a process of getting feedback back to the authors with suggestions for recommended
improvements. This of course takes some time with an all-volunteer committee – and busy authors.

So far a wide range of topics have been addressed by the submitted and expected articles, including:
- some original research on the use of Feldenkrais for different conditions and outcomes
- reports on Feldenkrais research conferences
- critical reflections on dance, choreography, the teaching of dance and Feldenkrais
- theory and hypothesis articles or discussions on Feldenkrais, neuroscience, somatics, and psychology.

In addition, we are gathering together news on new research projects, and particularly a list of research published since the last volume of the Journal, Volume 4 in 2008

We are looking forward to an interesting and diverse Journal.

4. Online ‘pre-press’ publication and anticipated publication of full Volume. Consistent with many other online journals, the editors have decided to publish some of our articles as they have been completed in the editorial process, so that they can be available to interested readers ahead of the formal completion of each Volume of the Journal. This is generally referred to as ‘pre-press’ publication, even for online only journals.

However, will keep some of the articles for the official launch of Volume 5, which we anticipate will be in August or September this year.

5. Process. The editors meet every couple of months. Multiple meetings are needed because of the multiple time zones stretching from Adelaide to Tel Aviv. Even though we meet in 2 or 3 small groupings, we have been able to achieve a great deal of consensus on policies and process. We have worked out an initial editorial process for this next Volume of the Journal, which we will review again after this first time around with Volume 5. In addition, we are still in the process of developing further policies, for example, our systematic criteria for assessing papers, and policies for particular kinds of submissions, such as case studies.

6. Networking and Community. There is a real sense of commitment and camaraderie amongst the editors. In addition to the regular Editors and Advisory Editors – all of whom have been active in developing policies and procedures, and reviewing articles, we have also recruited some other members of the community to act as readers for specific articles in which they have knowledge and expertise.

We have discovered that producing a journal is not just a process of calling for papers, editing and publishing. In a professional community like ours, it is very much about developing a network of people who are interested, active, and able to contribute – now, or in the future.
6. **Research List.** In reviewing the Journal website page, and listening to the requests from practitioners, it was realized that the research list used by the Journal website needed to be updated and upgraded. Cliff Smyth, Wolfgang Säckl, and Jenni Evans met to discuss this and it was agreed that this list needed to:
- be updated
- include only research studies (rather than other articles that mention Feldenkrais Method but do not present research, which of course can be included in other kinds of bibliographic lists)
- include information about the nature of the research article so the searcher can decide on the relevance
- draw on the best of the existing lists.
This was discussed with the Journal editors, who were in support of such an initiative to improve the list.

7. **Costs:** Most of the cost of producing the Journal is met by the volunteer work of the editors. We did purchase a contract for the use of the GoToMeeting teleconference service, which allows us to have face-to-face meetings over the Internet with a minimum of technical disruption, and thus maximizing the effective working time of the editors in these meetings. To date, we have not made use of the allocation for translation, but this remains an important item to keep in the budget going forward. In addition, further costs for production are becoming clearer. In addition to continuing the expenditure for communications and translation, we are seeking some additional funds this year to help pay for transcription of interviews/dialogues with some leading thinkers, which will be included in the Journal. Some authors of also requested assistance with the use of the Harvard referencing system for their papers. So, additional funding for transcription and formatting services are included in the budget for the next year.

8. **The value of research and publication to our professional community.** While it’s very hard to quantify this, a recent study by the FGNA sheds some light on the ongoing importance of research in general, and the research lists, and the IFF Research Journal in particular. In a recent survey of its members (with 275 responding), the FGNA found that in the last year:
- 28.8% had accessed research articles and case studies 5+ times,
  and further:
- 43.3% had access research articles and case studies 1 to 5 times.

See this link for more details:
http://www.feldenkrais.com/article_content.asp?adminkey=27a9fee34512dde15203c626e531f6e1&article=284

9. **How can you help?**

In addition to the continued support of the Journal through the Assembly and the Board of the IFF, do please keep your members informed about the Journal. We will certainly be sending out an announcement for the launch of Volume 5. Please direct anybody who is interested in research to the Journal website or to be in touch with the Journal through our email: researchjournal@feldenkrais-method.org
We could certainly use more contacts with researchers, authors, and potential editors in countries where English isn’t the first language, or widely spoken. We would love to hear from people from, for example Argentina, France, Italy, Japan, Mexico, or Spain.

As noted above, developing a successful Journal, also involves developing a network and community of those engaged with and interested in Feldenkrais and research to left is


*Cornelia Berens, Hillel Braude, Karol Connors, Dianne Hancock, Zoran Kovich, Aarti Rana, Pat Buchanan, Susan Hillier, and Roger Russell.*

References

