

FGNA Feldenkrais® Practitioner Profile

GUIDE TO SELF ASSESSMENT

STEP 1

Open your Feldenkrais Practitioner Profile to the first page of the Competency that you want to assess.

STEP 2

Print the corresponding Self Assessment forms in this document.

Gather your red, yellow and green markers, pens, pencils, and/or crayons

Write the date at the top of the first column in the space marked DATE

STEP 3

Read the description of this Competence in Action and reflect on it.

STEP 4

Go to the beginning of the Resources section. *Hint: It often starts with Conceptual Knowledge*

STEP 5

Read each item in the resources. Reflect on it relative to your experience in your current practice. In the space beside each item, and in the column under the date, choose the appropriate color and make a....

RED mark if you feel this skill is critical for you to refine now

YELLOW mark if you're cautiously optimistic, generally you're managing with this but it could definitely be better

GREEN mark if this is a skill toward which you feel a certain level of mastery

NOTE: A mark can be a dot, a check, an X, a smiley face, a squiggle, or a skull and cross bones. While the color is important in this process, the symbol is a personal choice.

Competency 1.0 Self-Organization

1.0 Conceptual Knowledge

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Have....					
Recognize that human...					
Recognize that as one...					
Recognize that improving...					
Recognize that undertaking...					
Know that one's....					
Know the effect....					
Know how the use....					
Know the principles....					
Know that improving....					

1.0 Conceptual Abilities

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Discuss....					
Engage....					
Utilize....					

1.0 Self-Observation Knowledge

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Know how attending....					
Know their own....					
Know their personal....					
Recognize...					
Recognize...					

1.0 Self-Observation Abilities

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Attend to...					
Attune their own attention ...sensing length...					
Attune their own attention ...noticing...					
Attune their own attention ... experiencing...					
Attune their own attention ... operating...					
Attune their own attention ... reducing...					
Attune their own attention ... adjusting...					
Attune their own attention ... improving...					
Attune their own attention ... adjusting quality...					
Routinely assess...					

1.0 Self-Regulation Abilities

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Prepare...					
Alter their self-organization ... improve...					
Alter their self-organization ...heighten...					
Alter their self-organization ... discern...					
Alter their self-organization ... mesh...					
Alter their self-organization ... respond...					
Alter their self-organization client's sensitivity...					
Adjust their own organization ...presence...					
Adjust their own organization ... safety...					
Adjust their own organization ...ground forces					
Adjust their own organization ... power...					
Adjust their own organization ... base of support					
Adjust their own organization ... readiness...					
Adjust their own organization ... transitions...					
Adjust their own organization ... reversibility					

RESOURCE 1.0 Self-Regulation Abilities cont'd	DATE:	DATE:	DATE:	DATE:	DATE:
Adjust their own organization ... inertia					
Adjust their own organization ...resistance					
Adjust their own organization ...range of possibility...					
Adjust their own organization ...balance...					
Adjust their own organization ...skeletal support					
Adjust their own organization ... functional contact...					
Adjust their own organization ... breathing					
Adjust their own organization ... orientation					
Adjust their own organization ... timing...					
Adjust their own organization ...volume, rhythm...					
Adjust their own organization ... freedom...					
Adapt....					
Communicate.... verbally...					
Communicate.... supportive environment...					

Competency 1.1 Working with Individuals

1.1 Conceptual Knowledge

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Understand that utilizing this list...					
Understand that... lesson emerges...					
Understand that...biological necessity...					
Are cognizant of...					
Appreciate...					
Know...discovering multiple...					
Know...functional theme...					
Know that improving an aspect...					
Know...novelty					
Know...relationship to environment...					
Know...biomechanics...					
Know...qualities of touch...					

RESOURCE 1.1 Conceptual Knowledge cont'd	DATE:	DATE:	DATE:	DATE:	DATE:
Are familiar with...books...					
Are familiar with...development					
Are familiar with...Weber-Fechner...					
Are familiar with...anatomy					
Use the skeleton...					
Understand...					
Recognize...					

1.1 Conceptual Abilities

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Create...					
Develop...					
Distinguish...					
Facilitate...					
Help...					
Support...					
Use...					

RESOURCE 1.1 Conceptual Abilities cont'd	DATE:	DATE:	DATE:	DATE:	DATE:
Establish...					
Employ...					
Craft...					
Support...					
Invite...					
Navigate...					

1.1 Observational Knowledge

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Recognize...efficient action					
Recognize...student is supported					
Recognize...quality of action...					
Recognize...integrated					
Recognize...confused...					
Recognize...unacceptable...					
Recognize how and when...					

1.1 Observational Abilities

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Use...					
Refine...					
Recognize...simulating...					
Recognize...dynamic relationship..					
Recognize...differentiated					
Recognize...integrated					
Recognize...efficiently executed...					
Recognize...orientation and intention...					
Recognize...client supports...					
Recognize...cross-motivation					
Recognize...extraneous efforts					
Detect... accessible patterns...					
Detect...congruent/incongruent...					
Detect...changes...					
Detect...qualities and changes...					

RESOURCE 1.1 Observational Abilities cont'd	DATE:	DATE:	DATE:	DATE:	DATE:
Sense...level of input...					
Sense...need to rest...					
Sense...rest complete					
Sense...lesson complete					

1.1 Action Knowledge

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Know how to transition...					
Know the effects...					
Know that exploring...					
Know when to use...					
Know when to educate...					

1.1 Action Abilities

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Establish...					
Respect...					
Offer...					

RESOURCE 1.1 Action Abilities continued	DATE:	DATE:	DATE:	DATE:	DATE:
Interview...					
Create...					
Choose...					
Engage...					
Provide...					
Educate...					
Establish...					
Encourage...					
Clarify...					
Provide...					
Touch and move...					
Ask...					
Stimulate...					
Operate...					
Find...					
Employ...context...					

RESOURCE 1.1 Action Abilities continued	DATE:	DATE:	DATE:	DATE:	DATE:
Employ...reference movements..					
Employ...appropriate play...					
Explore...function					
Explore...orientation...					
Explore...non-habitual...					
Introduce...					
Introduce...					
Utilize ... learning style					
Utilize differentiation...					
Utilize auxiliary...					
Utilize oscillatory...					
Utilize rests...					
Utilize compression...					
Utilize lengthening...					
Utilize visualization...					
Utilize props...					

RESOURCE 1.1 Action Abilities continued	DATE:	DATE:	DATE:	DATE:	DATE:
Utilize...					
Change the proximal-distal...					
Change the client's...					
Change the initiation...					
Change the plane of action...					
Follow...					
Facilitate...					
Make effective...					
Regulate...					
Reference previous...					
Reference elements...					
Bring...					
Provide time...					
Help the client...					
Elicit feedback...					
Advise...					

RESOURCE 1.1 Action Abilities continued	DATE:	DATE:	DATE:	DATE:	DATE:
Supply...					
Caution...					
Reflect...					
Discern...					
Engage...					

Competency 1.2 Working with Groups

1.2 Conceptual Knowledge

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Appreciate...spontaneously emerge					
Appreciate movement...self-image					
Appreciate ...efficient action					
Appreciate the difference...					
Understand...biological necessity...					
Understand...process of learning...					
Understand learning themes...					
Understand stability...					
Understand how external...					
Understand that improving...					
Understand that the same functional theme...					
Know that an important...discovering...					
Know that decreasing...increases sensitivity					
Know that a lesson... evolve...					
Are familiar with sources...					

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
1.2 Conceptual Knowledge cont'd					
Are familiar with human development...					
Are familiar with group...					

1.2 Conceptual Abilities

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Encourage...					
Create...					
Create...					
Introduce...					
Use...					
Distinguish...					
Frame...					
Teach a lesson...					
Teach lessons...					

1.2 Observational Knowledge

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Are cognizant...					
Recognize what factors...					
Recognize when...					
Understand...					

1.2 Observational Abilities

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Attend to...					
Recognize potential...					
Simulate...understand...					
Track...throughout lesson					
Observe...					
Recognize the students' orientation...					
Notice students' interpretation...					
Notice students' emotional...					
Notice students' responses...variations...					
Notice students' left/right confusion...					

RESOURCE 1.2 Observational Abilities cont'd	DATE:	DATE:	DATE:	DATE:	DATE:
Notice students' qualitative shift...					
Notice students' size of movement...					
Notice students' speed...					
Notice students' sequence...					
Notice students' movements...integrated					
Perceive changes...					
Perceive the students' initiation...					
Perceive congruity...					
Perceive parasitic movements...					
Perceive extraneous effort...					
Perceive relationships...					
Perceive the students' orientation...					
Perceive the student's habits of attention...					
Perceive the students' habits of self-image...					
Monitor students' ability...					
Recognize when to ask...					

1.2 Action Knowledge:

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Know about sources...					
Recognize how...context...					

1.2 Action Abilities

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Access...					

Awareness Through Movement® Lesson Development and Preparation

Choose an appropriate...the composition...					
Choose an appropriate...the learning theme...					
Choose an appropriate...the spatial..					
Choose an appropriate...the constraints...					
Choose an appropriate...the structure...					
Choose an appropriate...positions...					
Choose an appropriate...alternative versions...					
Prepare...safety...					
Identify...cues					
Select appropriate...strategies, tactics...					

RESOURCE 1.2 Action Abilities cont'd	DATE:	DATE:	DATE:	DATE:	DATE:
Select approach...ending...					
Awareness Through Movement Series Development and Preparation:					
Establish...					
Study...					
Sequence...					
Link...					
Select...					
Leading an Awareness Through Movement Lesson:					
Establish one's own...					
Lead...					
Interview...					
Establish the students' familiarity...					
Adapt resource materials...					
Adapt the starting position...					
Establish reference...orientation...					
Use props...					

RESOURCE 1.2 Action Abilities cont'd	DATE:	DATE:	DATE:	DATE:	DATE:
Attend to the environment...					
Attend to restrictive...					
Address external...					
Address inappropriate...					
Introduce and establish...reference movement					
Teach in a variety...					
Shift...					
Convey...					
Use voice...					
Communicate...self-referential...					
Communicate...taking rests...					
Communicate...comfort...					
Communicate...avoiding pain...					
Communicate...effort...					
Communicate...guiding...					
Communicate...making fine...					

RESOURCE 1.2 Action Abilities cont'd	DATE:	DATE:	DATE:	DATE:	DATE:
Communicate...benefits...					
Communicate...observed...					
Communicate...behaviors...					
Communicate...habits...					
Communicate...self-image					
Communicate...guiding the students' to...					
Communicate... guiding the students' awareness					
Communicate...suspending...					
Communicate...discovering...					
Communicate...sensing...					
Communicate...assuming responsibility					
Communicate...perceive change					
Bring the lesson to a close by... creating...					
Bring the lesson to a close by... highlighting...					
Bring the lesson to a close by...revisiting...					
Bring the lesson to a close by...facilitating...					

RESOURCE 1.2 Action Abilities cont'd	DATE:	DATE:	DATE:	DATE:	DATE:
Bring the lesson to a close by...guiding...observe changes					
Bring the lesson to a close by...guiding ... transition					
Complete the lesson...					
Respond appropriately...somatic urgencies					
Observe students'...post lesson					

Competency 1.3 Working in other Professions

1.3 Knowledge

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Understand Feldenkrais principles...					
Are aware of aspects.....					
Know how... FGNA Standards of Practice....					
Are fluent in both...					

1.3 Abilities

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Utilize the fundamental principles....					
Communicate Feldenkrais ideas...					
Adapt Feldenkrais principles...					
Establish cooperative relationships...					

Competency 2.1 Professional Development

2.1 Knowledge

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Know that self and peer assessment...					
Know about methods of quality assurance...					
Know how to research...					
Are familiar with professional education resources...					
Know about.... other methods...					
Are familiar with cultural discourses...					

2.1 Abilities

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Reflect on their own work style					
Accept accountability...					
Discover...habitual tendencies...					
Develop strategies...					
Develop new ways of acting...					
Constantly define, refine...					
Initiate and participate...supervised professional learning...					

RESOURCE 2.1 Abilities cont'd	DATE:	DATE:	DATE:	DATE:	DATE:
Initiate and participate...independent professional learning...					
Initiate and participate...allied disciplines...					
Assess....programs....for relevancy...					
Research pertinent sources...					
Use movement experience..					
Evoke and utilize feedback...					
Prioritize.... learning plan...					
Take action... learning plan...					
Continue to develop clarity...					

Competency 2.2 Personal Development

2.2 Knowledge

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Know of various means...					
Are aware of personal...					

2.2 Abilities

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Open themselves to...					
Cope with uncertainty					
Demonstrate an understanding...					
Attend to movement, intentions...					
Engage in introspection..					
Develop and maintain awareness...					
Respectfully respond...					
Use Awareness Through Movement for self...					
Continue to integrate...					
Use the Feldenkrais Method® as a...					
RESOURCE 2.2 Abilities cont'd	DATE:	DATE:	DATE:	DATE:	DATE:

Search for new self-perspectives...					
Utilize assistance...					
Consider “setbacks” as potential...					
Develop intentions for the future					

Competency 3.1 Practice Management

3.1 Ethics Knowledge

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Know the importance of confidentiality					
Understand that they are teachers...					
Differentiate teaching...					
Are cognizant of the scope...					
Understand that neither...					

3.1 Ethics Abilities

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Comply with... law					
Adhere to FGNA...					
Protect the confidentiality..					
Limit activities...					
Refer clients/students to physicians..					
Keep the welfare and needs...					
Respect the legal and civil rights...					

RESOURCE 3.1 Ethics Abilities cont'd	DATE:	DATE:	DATE:	DATE:	DATE:
Create a safe environment... avoid physical...					
Create a safe environment... prevent unreasonable risk...					
Create a safe environment...maintain the professional relationship...					
Be honest...					
Do no fraud or...					
Do no practice under the influence...					
Cooperate fully... reasonably respond...					
Cooperate fully... furnish papers and...					
Cooperate fully... follow the result...					
Cooperate fully... avoid interfering					

3.1 Communication/Logistics Knowledge

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Know pertinent governmental regulations					
Know the standards of practice/ethical....					
Understand basic business principles...					
Understand time management...					
Understand basic hygiene					
Know about resources...					
Are familiar with local and professional...					

3.1 Communication/Logistics Abilities

RESOURCE	DATE:	DATE:	DATE:	DATE:	DATE:
Describe themselves as teachers...					
Clarify when one is...					
Provide the client(s) with information about... Insurance provision					
Provide the client(s) with information about... Code of Professional Conduct					
Provide the client(s) with information about... Standards of Practice					
Provide the client(s) with information about... Ancillary services					
Provide the client(s) with information about... Details about their professional...					

RESOURCE 3.1 Communication/Logistics Abilities cont'd	DATE:	DATE:	DATE:	DATE:	DATE:
Provide the client(s) with information about... Hours and location...					
Provide the client(s) with information about... fees, conditions...					
Organize and schedule...					
Conduct basic business processes					
Establish a class schedule					
Direct the design, production...					
Enroll prospective client(s)...					
Establish the logistics...					
Select an appropriate venue					
Provide a physical space...					
Make premises...					
Seek assistance and/or supervision...					
Express themselves effectively...					
Be sensitive and appropriately...					

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