

ABSTRACT

ARTICULATING CHANGES

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This thesis presents a cybernetic model of the Feldenkrais Method of neuromuscular re-education. Examining the relationship of perception, action, and intention in human movement. It proposes an understanding of how movement limitations, physical disabilities, and chronic pain can be successfully addressed by an educational approach. A systemic approach to movement evaluation is presented and used to reformulate the definition of common problems. Cybernetic theory provides the basis for understanding the functioning of the sensory-motor loop and the role of perceptual learning in rehabilitation. A specific case study is interwoven with each chapter to provide a concrete illustration of the theoretical issues discussed. The case studies also serve to illustrate the application of Conversation Theory to movement re-education.