

Abstract

THE CONTRIBUTION OF FELDENKRAIS METHOD TO MIND-BODY MEDICINE

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The Feldenkrais Method generates a range of healthful or salutogenic outcomes, yet its contribution to the field of mind-body medicine (MBM) remains largely unexamined. The Feldenkrais Method is a form of somatic education offering both practices and theoretical perspectives for an integrated mind-body approach. Research shows that the Feldenkrais Method produces outcomes on a range of functional, psychophysical, and psychosocial measures. This thesis argues that the Feldenkrais Method is an awareness practice of value for mind-body and integrative approaches to health.

Possible mechanisms and dynamics of action of the Feldenkrais Method are presented. This thesis proposes that non- or preconscious intentionality and “know-how” can be an important aspect of healthy behavior. Somatics practices and somatic awareness can play an important role in creating an intentional arc toward health. This study supports the importance of research into the Feldenkrais Method in relation to MBM and health.