

**טכניקת אלכסנדר בין שיטות מערביות למודעות בתנועה:  
יתרונות ומגבלות**

**צדוק רובן**

**מתוך הרצאה-מצגת, כנס מורים שנתי, נתניה, 12/11/2015  
למידע נוסף: [zruben@patoximed.com](mailto:zruben@patoximed.com)**

# INTRODUCTION

Since the early 20<sup>th</sup> century, many western embodiment practice methods have developed. For example, seventeen well known methods, including the Alexander Technique, are described in the book *Bone Breath and Gesture*. With different views and emphasis, all practices aim toward the same—improvement of one's positive sense-felt presence via sensuous awareness at movement.

With its principles and the nature of the practice and teaching, the Alexander Technique stands out among the methods. A brief review of various methods is presented.

I benefited from my experience with several methods and found them complementing each other. Eventually, I preferred to train as a teacher of the Alexander Technique. The criteria by which I evaluated the methods are provided.

# A CATALOG OF THE WAYS PEOPLE GROW

---

SEVERIN PETERSON

---

0-7103-0233-0 London: Panther Books

**This book (1<sup>st</sup> printing 1971) includes a brief description of over a hundred mind-body methods in various cultures worldwide.**

PATANJALI'S YOGA    AIKIDO    PSYCHODRAMA  
ASTROLOGY    GESTALT THERAPY    MYSTICISM  
CONTEMPLATION    DREAMS    CONSCIOUSNESS  
TAROT    BREATHING THERAPY    MEDITATION  
ENCOUNTER GROUP    YOGA    THEATER GAMES  
T-GROUPS    ALEXANDER TECHNIQUE    ZEN  
HASIDISM    SYNANON    SENSITIVITY TRAINING  
ANALYTICAL PSYCHOLOGY    T'AI CHI CH'UAN  
GROWTH CENTERS    HATHA YOGA    HYPNOSIS  
BIOENERGETIC ANALYSIS    FAMILY THERAPY  
SOCIETY OF FRIENDS    MOVEMENT IN DEPTH  
STRUCTURAL INTEGRATION    YOGA PRECEPTS  
HUMANISTIC PSYCHOLOGY    ESP    PRAYER  
SHAMANISM    TRANSCENDENTAL MEDITATION  
SHELDON'S TYPES    HARA    INNER IMAGERY  
PSYCHOTHERAPY    SENSORY AWARENESS

**Martha Eddy (*J Dance and Somatic Practices*; vol 1: pp 5-27, 2009) presents a lineage chart of western founders of somatic movement trainings and their influence on dance. In addition to F M Alexander, they include Mabel Todd, Moshe Feldenkrais, Rudolf Laban, Irmgard Bartenieff, Gerda Alexander, Milton Trager, Charlotte Selver, Ida Rolf, Judith Aston, Emilie Conrad, Bonnie Bainbridge Cohen, Elsa Gindler-Heinrich Jacoby, and others. Directly from F M Alexander, Eddy points to Ilana Rubnefeld, Sandra Fraleigh and Joan Skinner.**

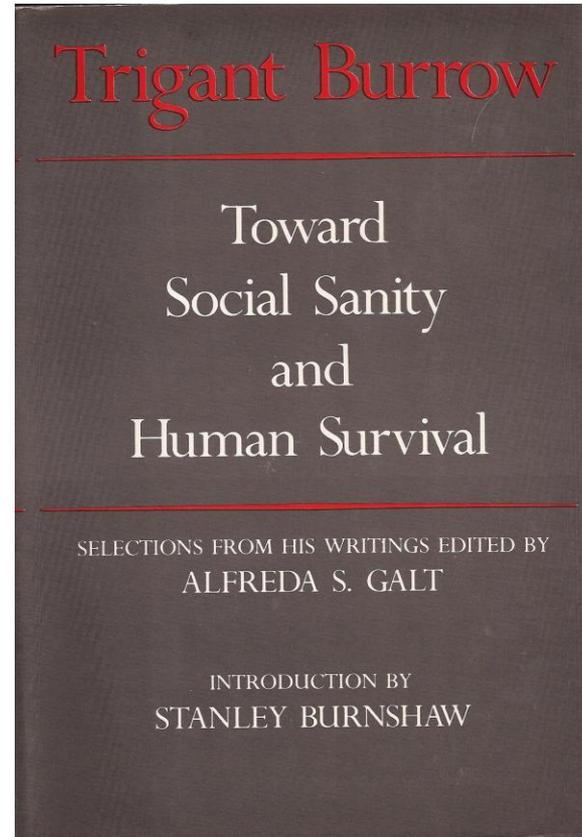
**In the margins of the chart Eddy points to several methods from the East and other cultures, and to pioneers in the fields of psychology, education and the study of phenomenology ; e.g., Sigmund Freud, Carl Jung, Wilhelm Reich, Merleau Ponty, John Dewy, and others.**

**Regarding the link with psychology, refer to slide 8 below, for the influence of Elsa Gindler on body psychotherapy. Her collaborator, Heinrich Jacoby (mentioned above), was an adherent of the Jungian approach to psychotherapy.**



**LENI BENTOVIM** an Israeli psychotherapist: in the 1960s, after reading Alexander's writings, contacted Rika (Meshulam) Cohen with interest in the link between her clinical work and the Alexander Technique. Rika introduced Leni to Shmuel Nelken. This followed with "discussion group" meetings that included other teachers (Zeev Tadmor, Misha Magidov, etc.). I benefited greatly from Leni's insights, in Israel and later in the US.

# Dr. Trigant Burrow and the Lyfwynn Foundation



**Dr. Trigant Burrow was a courageous psychoanalyst who pioneered research on social and authoritarian behavior, and self-responsibility. See his photo, from his letter praising F M Alexander's observations, and Alexander's acknowledgement of him (*The Universal Constant in Living* pp xvii, 116). On the other and strangely, Alexander and Walter Carrington were under the impression that Dr. Burrow plagiarized from Alexander's writings; see pp.280-82 also for Burrow's self-work in group living [*Social Self Inquiry (SSI)*]. I participated in SSI meetings, found them useful, and left because of their lack of "body use" education.**



## **ELSA GINDLER: Gymnastik (work at the human being)**

Gymholistique (<https://www.google.com>; [www.gymholistique-midipyrenees.fr](http://www.gymholistique-midipyrenees.fr))

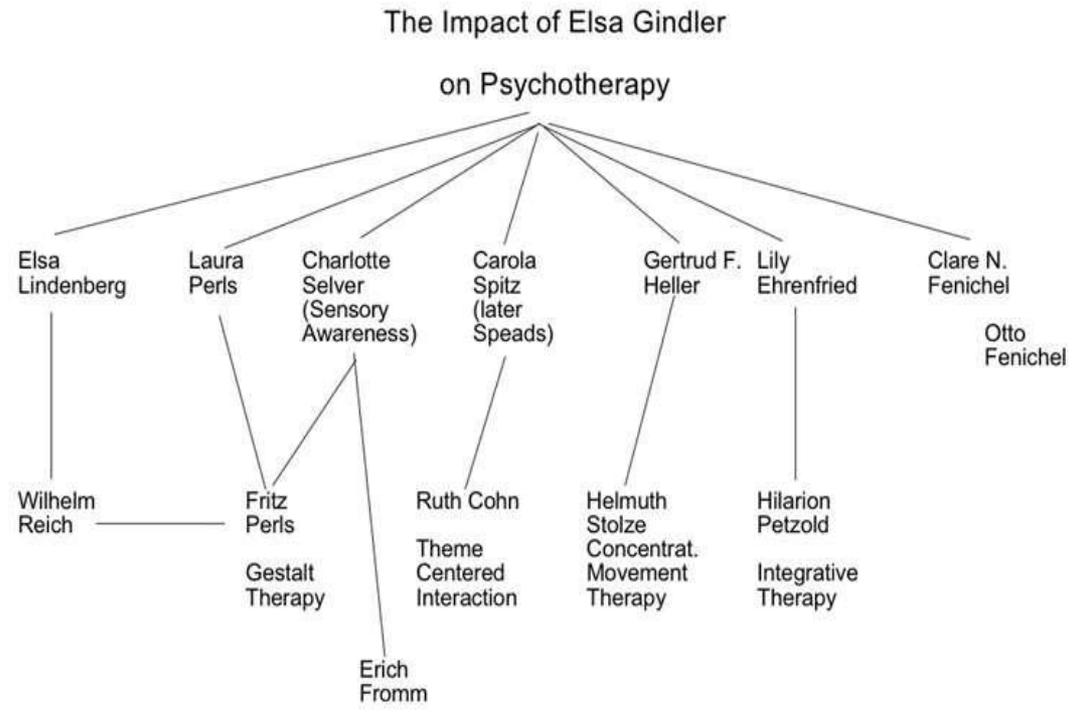
**I my view, Elsa Gindler was among the greatest of the above mentioned founders. Several of her trainees developed different as she emphasized the development of their authentic Self. Note her influence in slide 4 above, and on body psychotherapy in the slide below. Also, she conducted her life courageously under- and tragically suffered from Nazi evil. A tree in her memory is at YAD VA-SHEM. I benefited from C. Selver's *Sensory Awareness* (direct trainee) and the methods of M. Rosen who was taught by Lucy Heyer in the spirit of Gindler's teaching.**

# Judyth Weaver: Elsa Gindler and her influence on Wilhelm Reich and Body Psychotherapy (2009)

This is a preprint of an article whose final and definitive form has been published in the *Body, Movement & Dance in Psychotherapy – An International Journal for Theory, Research and Practice*, 2010

[copyright Taylor Francis]. Available online: <http://www.informaworld.com>

<http://judythweaver.com/writings/elsa-gindler-and-her-influence-on-wilhelm-reich-and-body-psychotherapy/>



upper row: students of Elsa Gindler; movement therapists  
 lower row: psychotherapist

### Other influences of Gindler's students:



# מדדים להערכת השיטות

מודעות תחושתית ---- בקרה  
"אינהיבישן" רצוני---ירוט---ארגון החיאת התנועה  
סילוף הכרה תחושתית  
מגע--- בד בבד עם הנחיה מודעת-רצונית  
אחראיות המקבל  
אחראיות המורה-מנחה (גם עם עצמו)  
היחסים בין השניים (אמינות --- המקבל ככל יכולתו)  
שקול דעת ופתוח העצמיות

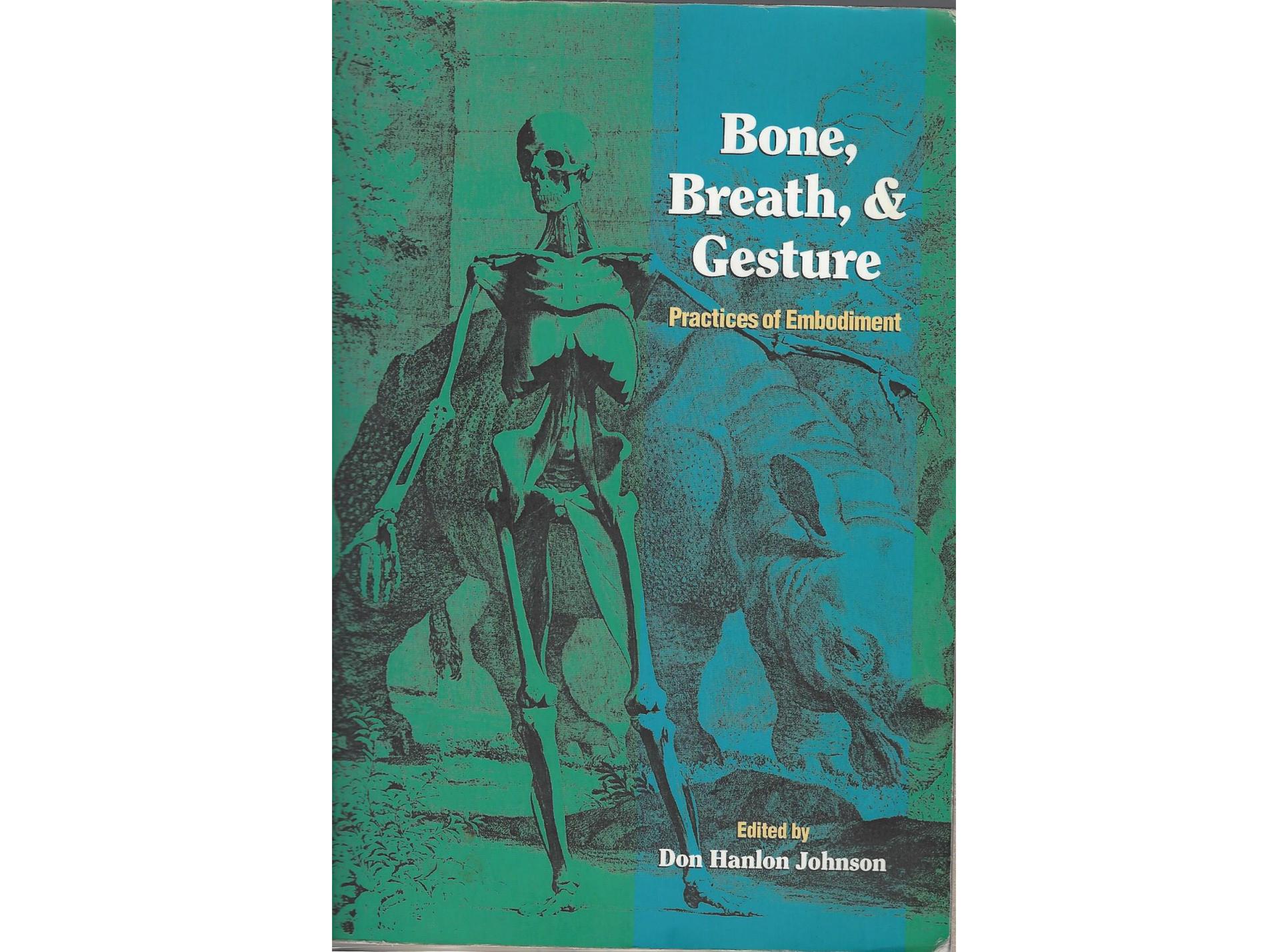
The two slides below relate to an important book where the editor selected writings on seventeen well known contemporary western mind-body methods (including the Alexander Technique). Each chapter is written by the originator or a senior practitioner of the method.

The *Table of Contents* is on the second slide.

Red: methods in which I had a considerable experience.

Blue: methods to which I had some exposure.

Black: other methods.



**Bone,  
Breath, &  
Gesture**

**Practices of Embodiment**

**Edited by  
Don Hanlon Johnson**

## COMING TO OUR SENSES

**Elsa Gindler:** *Gymnastik (Work at the Human Being)*

**Charlotte Selver:** *Sensory Awareness*

**Marion Rosen:** *Rosen Method Bodywork; Rosen Method of Movement*

**Carola Speads:** *Optimal Breathing*

**Ilse Middendorf:** *Experiential Respiration*

## STRUCTURAL WISDOM

**F M Alexander:** *Alexander Technique*

**Moshe Feldenkrais:** *Feldenkrais Method (Structural Integration)*

**Ida Rolf:** *Rolfing*

**Bonnie Bainbridge Cohen:** *Body-Mind Centering*

**Judith Aston:** *Aston-Patterning*

## MOVING INTELLIGENCE

**Irmgard Bartenieff:** *Irmgard Fundamentals*

**Mary Starks Whitehouse:** *Authentic Movement (Moving in Depth)*

**Gerda Alexander:** *Eutony*

**Emilie Conrad:** *Continuum*

## PIECING TOGETHER

**Elizabeth Bhenke:** *Phenomenology of the Body*

**Thomas Hanna:** *Somatics*

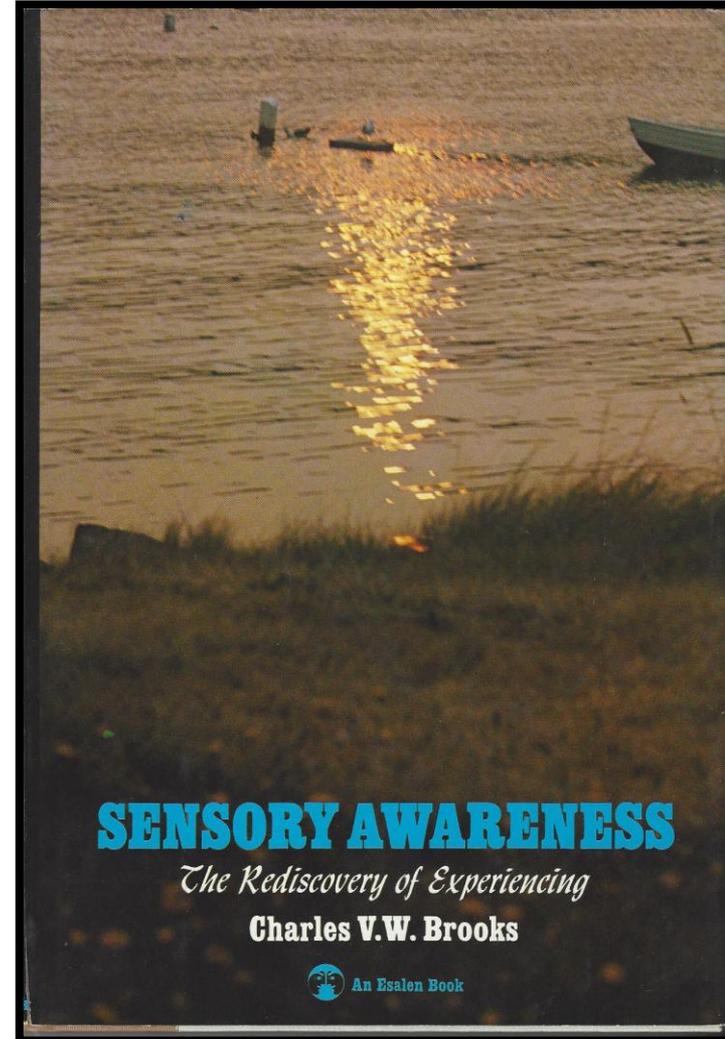
**Milton Trager (Deane Juhan):** *Trager Approach*

FLEUR BLOCK



Charles V. W. Brooks and Charlotte Selver

"In our study... it is through consciousness..."

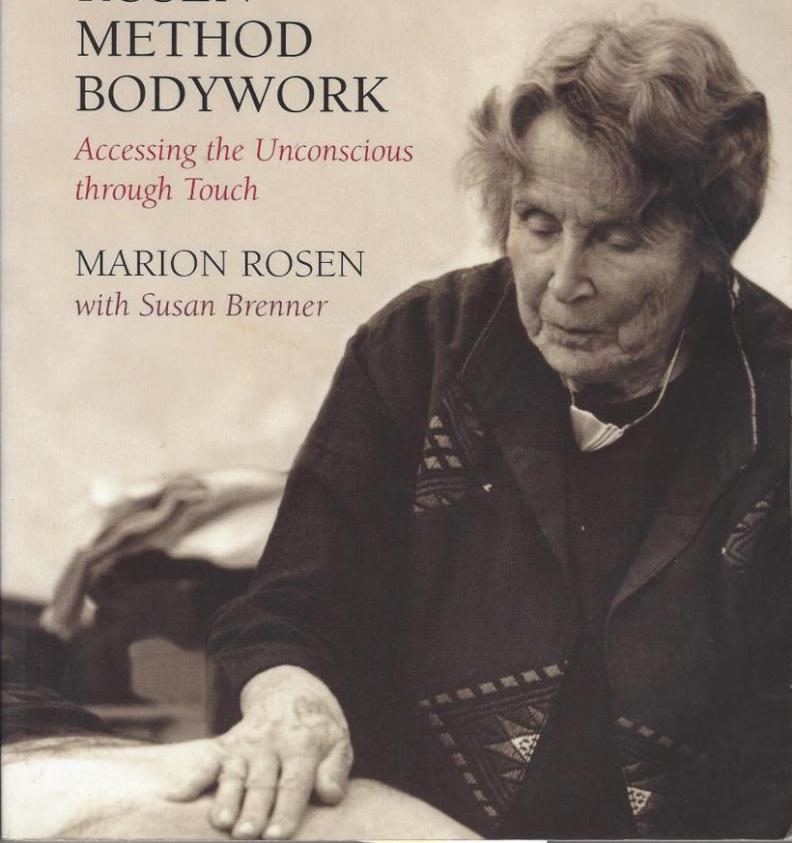


# CHARLOTTE SELVER SENSORY AWARENESS

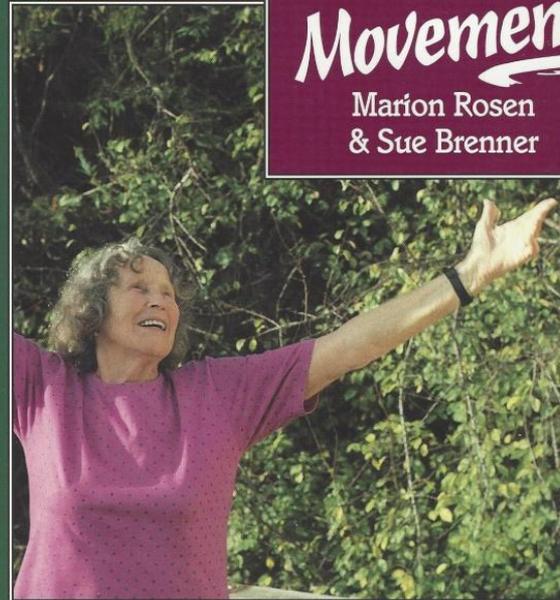
ROSEN  
METHOD  
BODYWORK

*Accessing the Unconscious  
through Touch*

MARION ROSEN  
*with Susan Brenner*



The  
Rosen  
Method  
of  
*Movement*  
Marion Rosen  
& Sue Brenner



**MARION ROSEN**

**ROSEN METHOD BODYWORK and ROSEN METHOD OF MOVEMENT**



**EMILIE CONRAD**  
**CONTNIUUM**

Emilie Conrad  
*Life on Land*  
THE STORY OF CONTINUUM



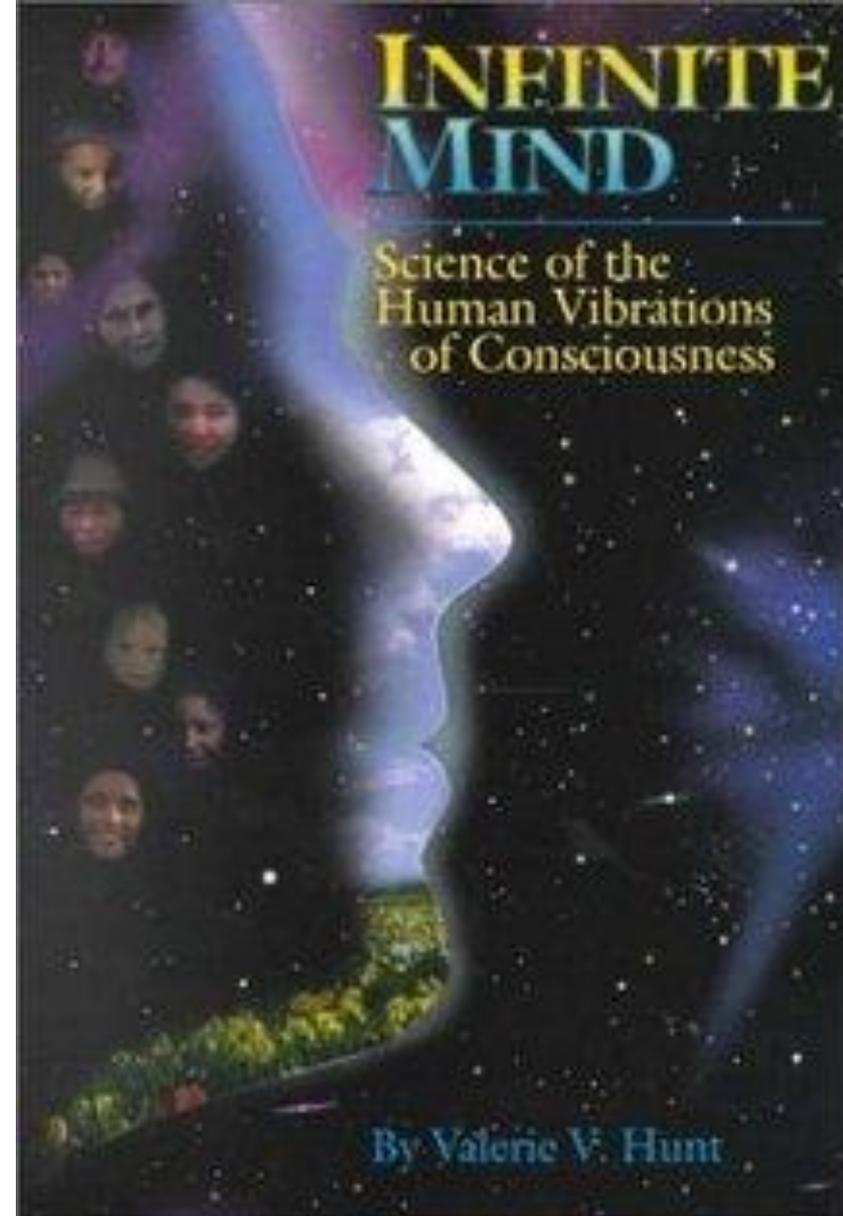
The Writings-Resurrection  
Soul-Discovery and  
Mystical Journeys

Foreword by Valerie Hunt

and her of her work, a collection of her most vibrant and creative

[www.emilieconrad.com](http://www.emilieconrad.com)

**Professor Valerie Hunt was open to Emilie Conrand's observations on the potential for enlivening movement in paralyzed patients, and together they conducted research in UCLA.**



**Professor Valerie Hunt  
(UCLA)**

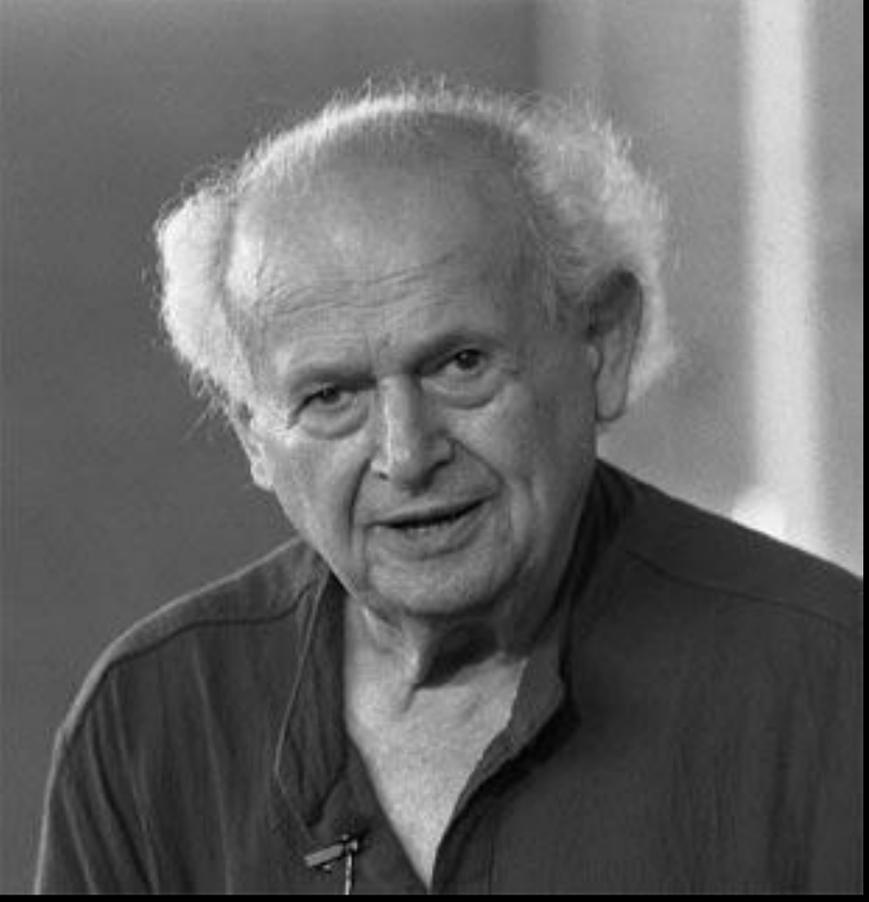


**Mary Whitehouse-  
Authentic Movement**

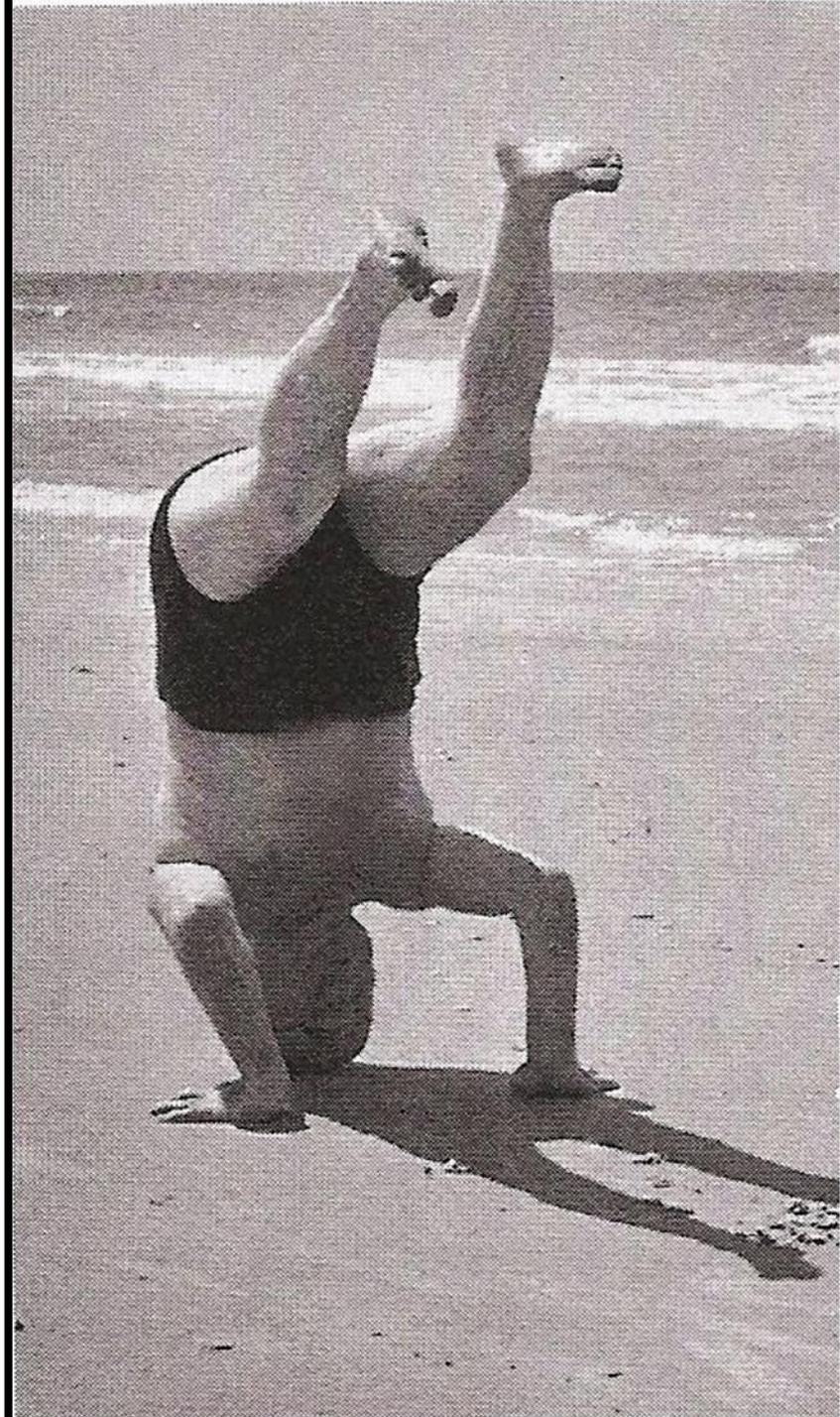
<https://www.google.com>; [www.authenticmovementjournal.com](http://www.authenticmovementjournal.com)



**IDA POLNE ROLF**  
**ROLFING**



**MOSHE FELDENKRAIS**



<http://www.google.com>;  
[www.ease-of-movement.com](http://www.ease-of-movement.com)