

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

צדוק רובן

**מתוך הרצאה-מצגת, כנס מורים שנתי, נתניה, 12/11/2015
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INTRODUCTION

Since the early 20th 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.

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

ORIGINAL \$1.65

**A
CATALOG
OF THE WAYS
PEOPLE GROW**

SEVERIN PETERSON

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.

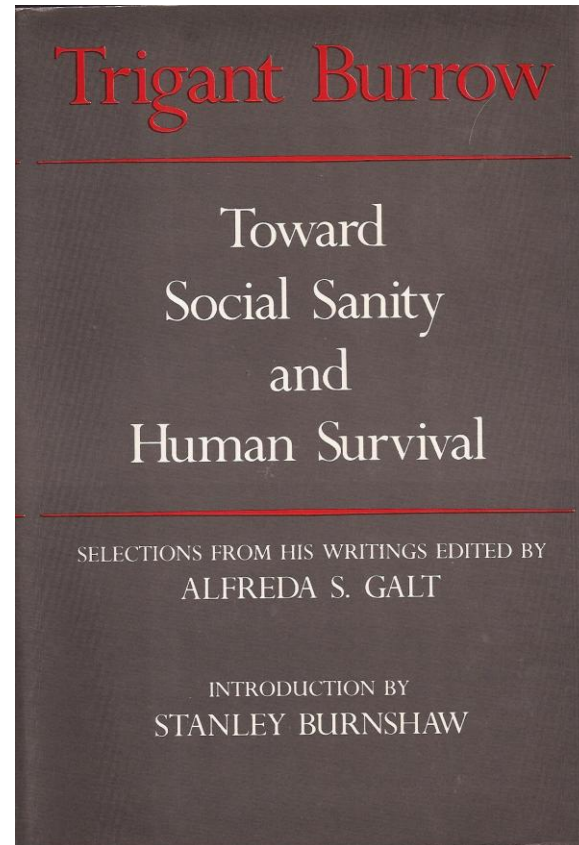
In the margins of the chart Eddy points to several methods from the East and other cultures, and to pioneers in the fields of psychology, education and the study of phenomenology ; e.g., Sigmund Freud, Carl Jung, Wilhelm Reich, Merleau Ponty, John Dewy, and others.

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)

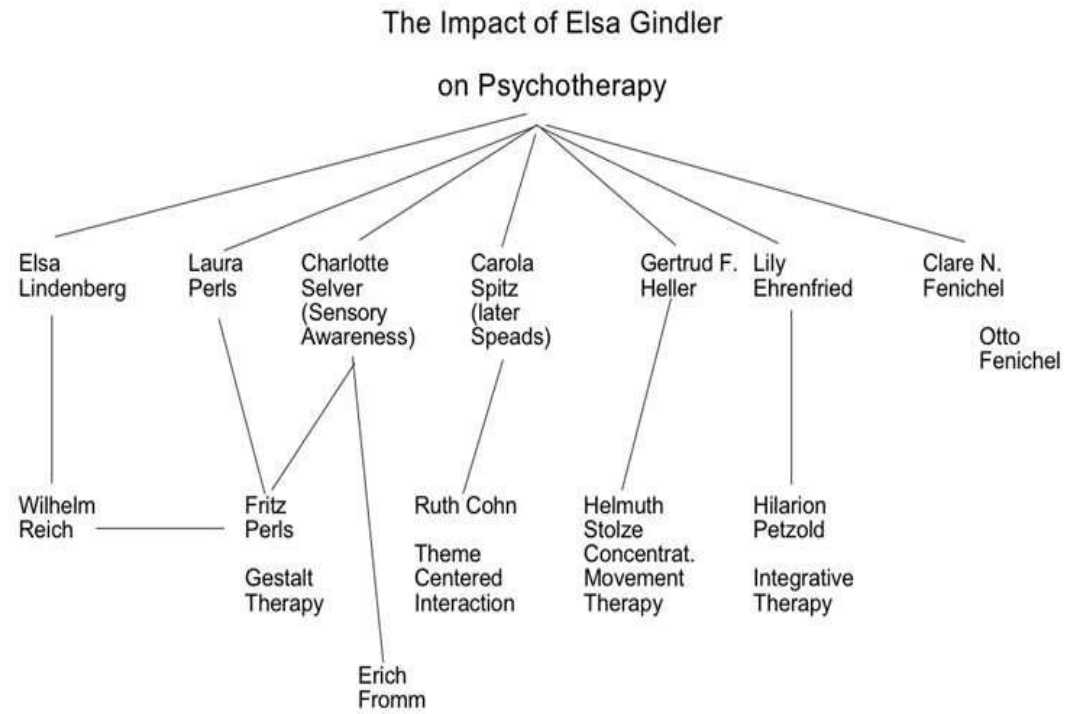
Gymholistique (<https://www.google.com>; www.gymholistique-midipyrenees.fr)

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)

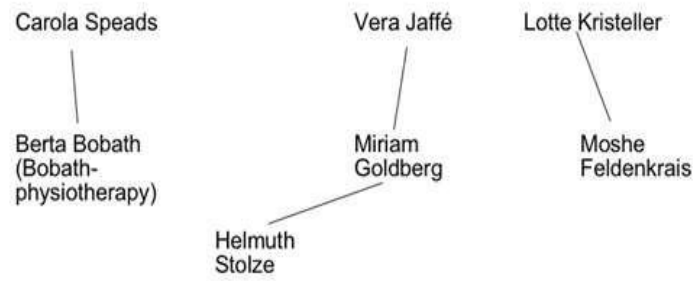
This is a preprint of an article whose final and definitive form has been published in the *Body, Movement & Dance in Psychotherapy – An International Journal for Theory, Research and Practice*, 2010 [copyright Taylor Francis]. Available online: <http://www.informaworld.com>

<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

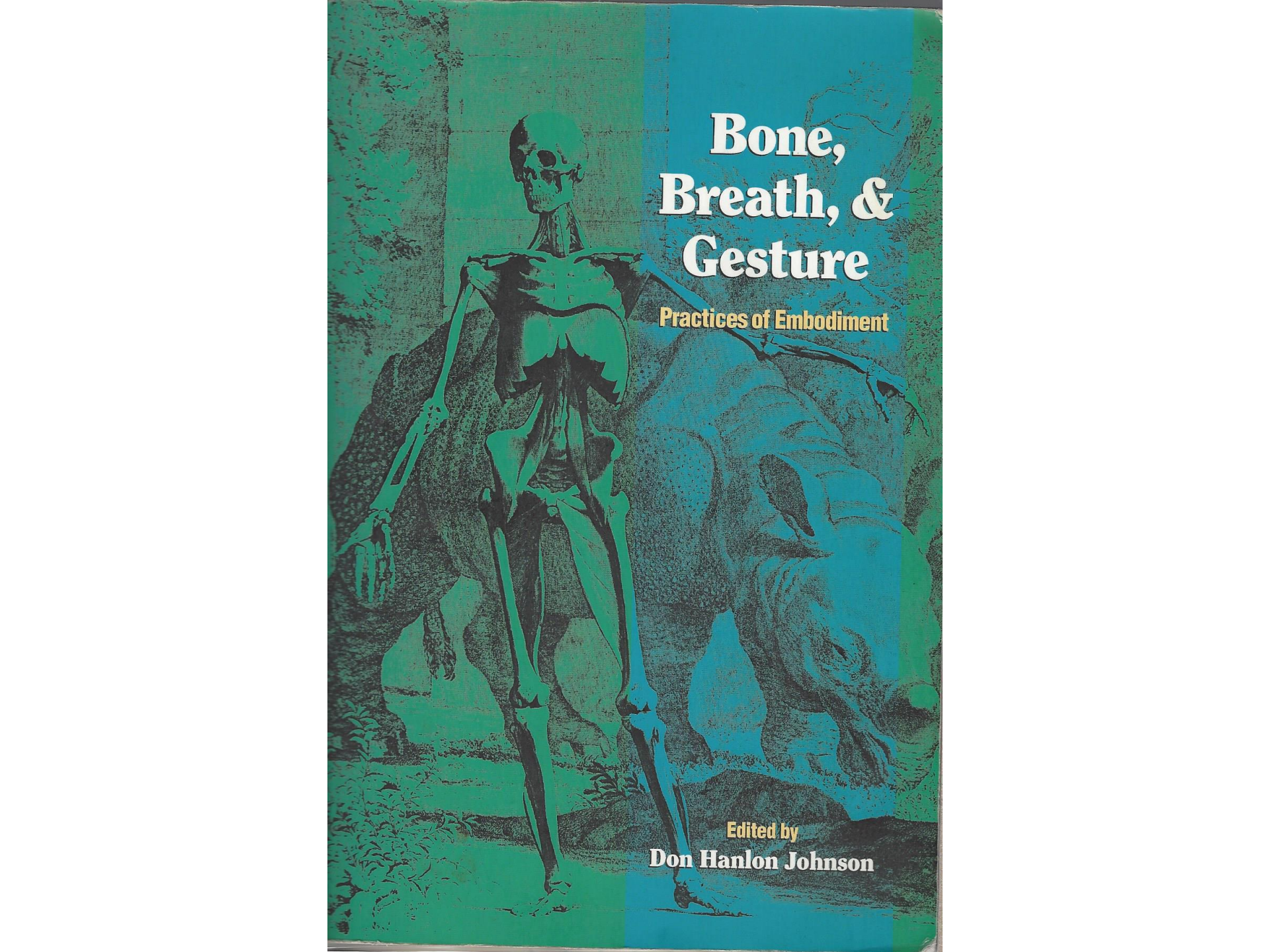
The two slides below relate to an important book where the editor selected writings on seventeen well known contemporary western mind-body methods (including the Alexander Technique). Each chapter is written by the originator or a senior practitioner of the method.

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*

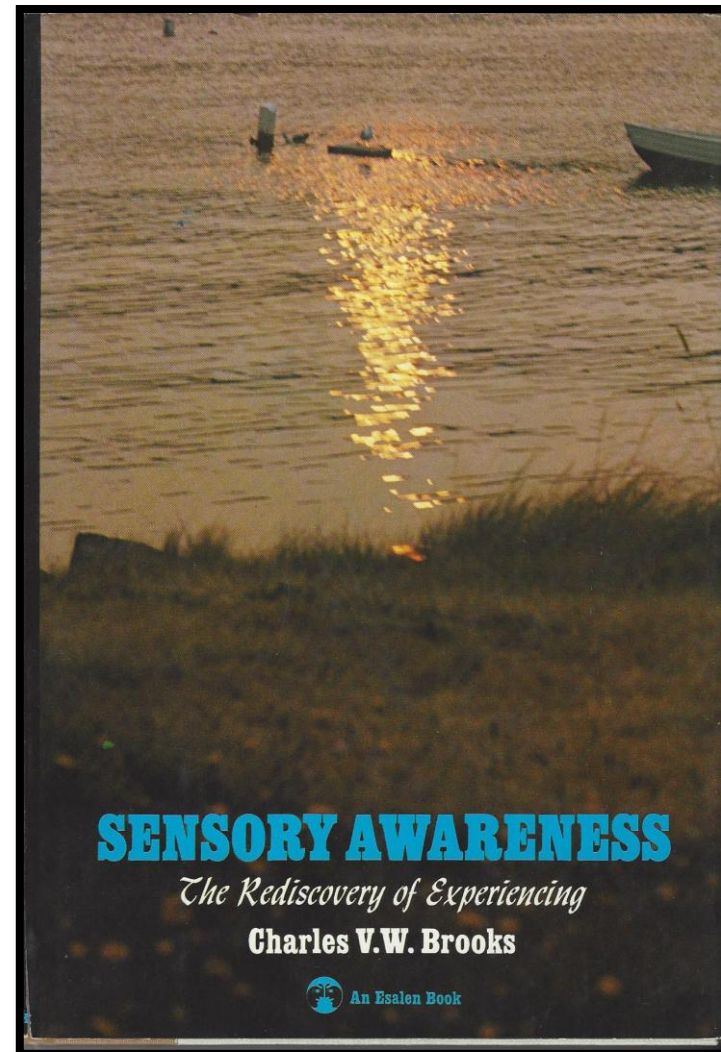
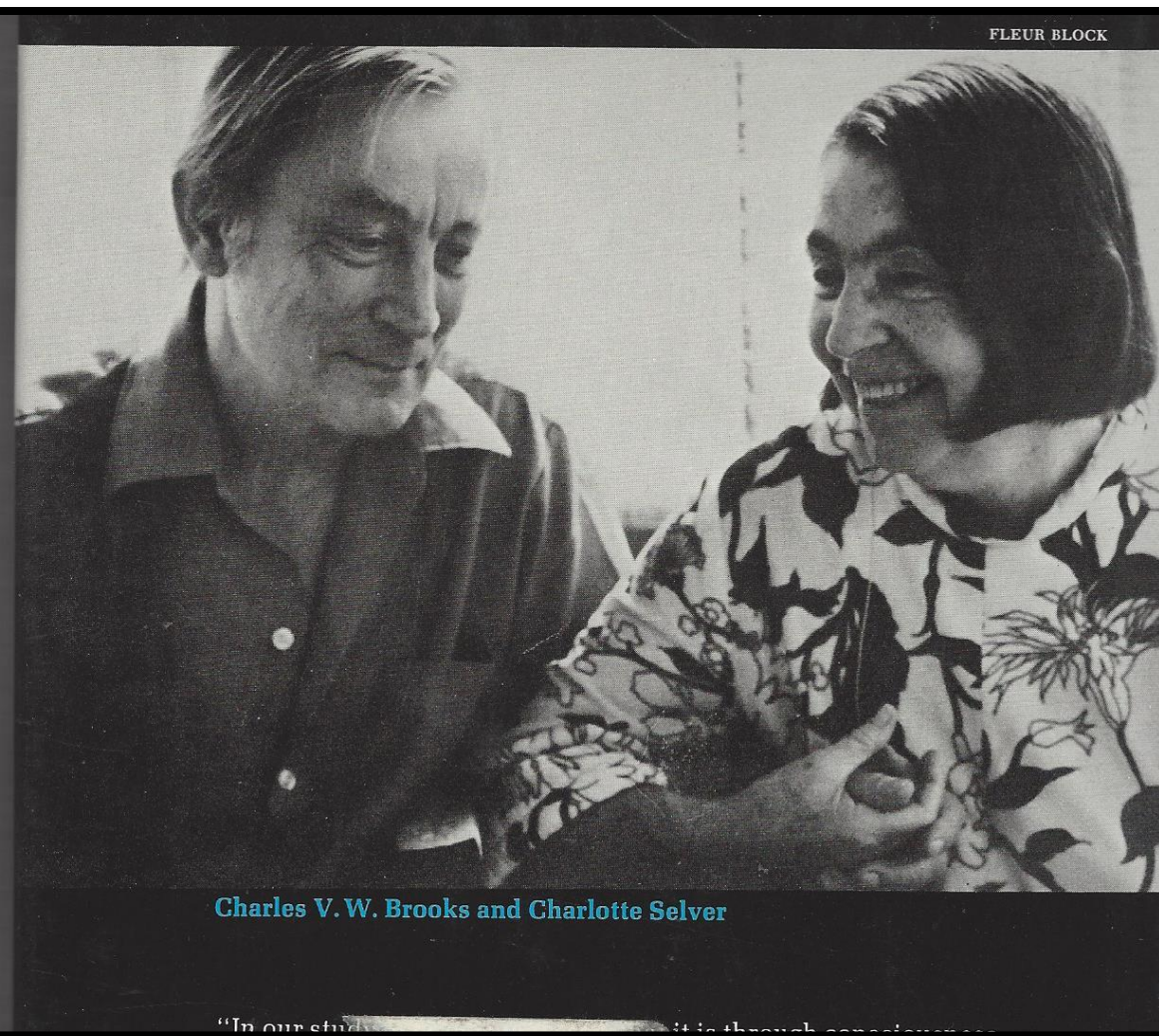
Emilie Conrad: *Continuum*

PIECING TOGETHER

Elizabeth Bhenke: *Phenomenology of the Body*

Thomas Hanna: *Somatics*

Milton Trager (Deane Juhan): *Trager Approach*

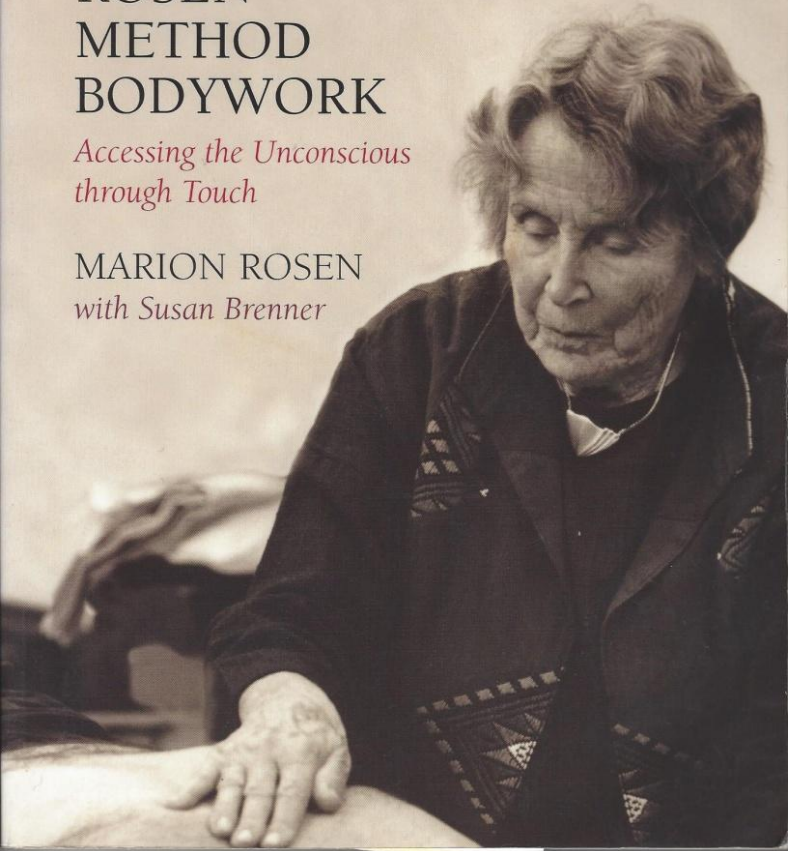


CHARLOTTE SELVER SENSORY AWARENESS

ROSEN METHOD BODYWORK

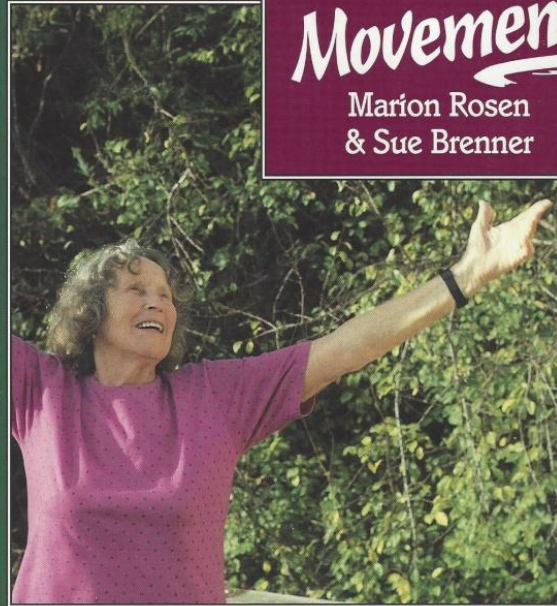
*Accessing the Unconscious
through Touch*

MARION ROSEN
with Susan Brenner



The Rosen Method of *Movement*

Marion Rosen
& Sue Brenner



MARION ROSEN

ROSEN METHOD BODYWORK and ROSEN METHOD OF MOVEMENT



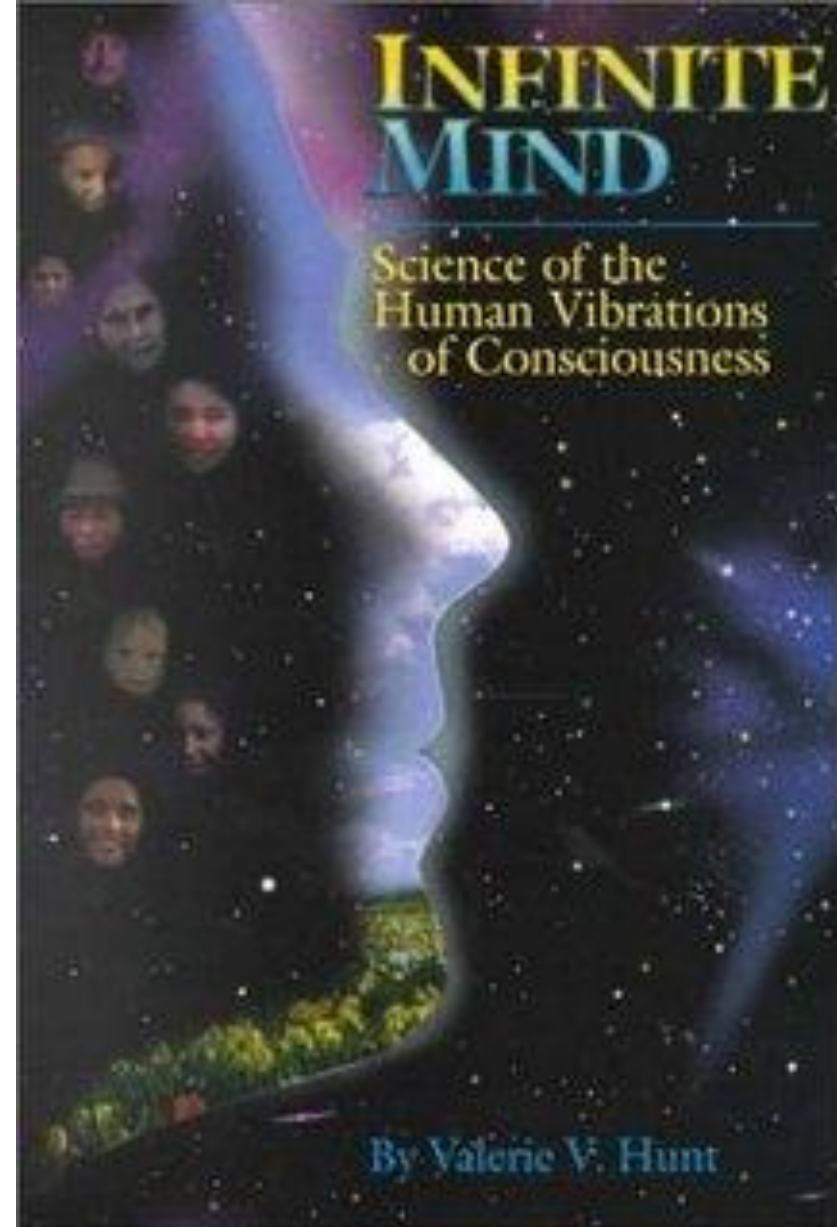
EMILIE CONRAD
CONTNIUUM

Emilie Conrad
Life on Land
THE STORY OF CONTINUUM



Foreword by Valerie Hunt
and her of the Sea Study, a series of the Human Values of Continuum
www.continuum.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)**

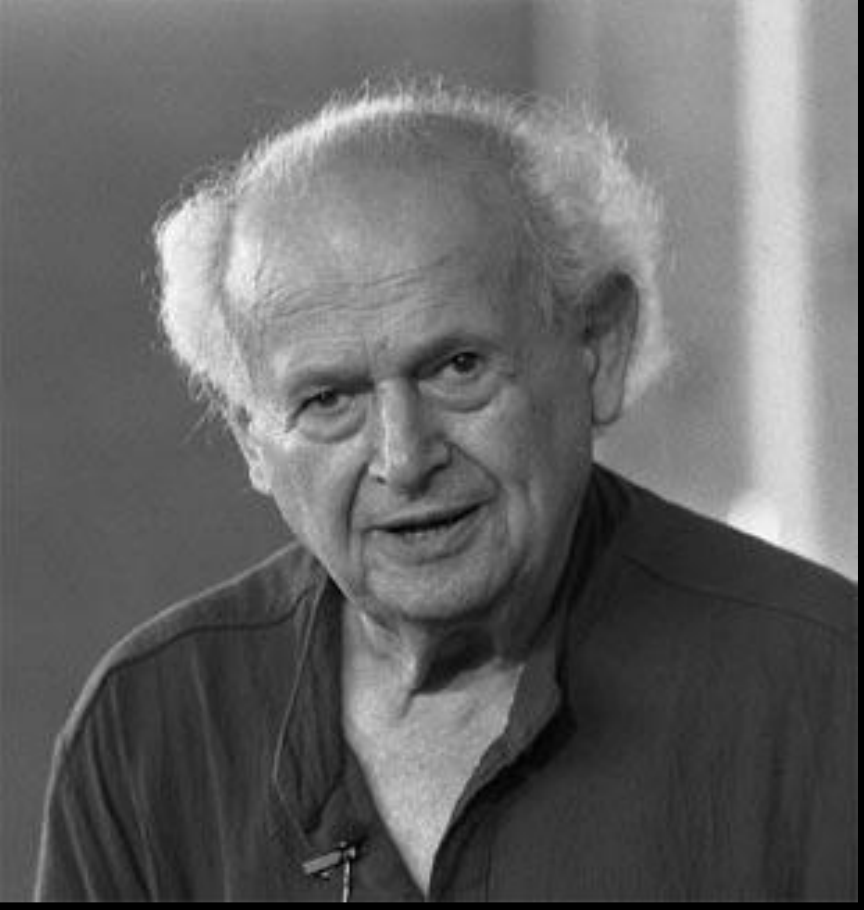


Mary Whitehouse- Authentic Movement

<https://www.google.com>; www.authenticmovementjournal.com



IDA POLNE ROLF
ROLFING



MOSHE FELDENKRAIS



Feldenkrais
METHOD

<http://www.google.com;>
www.ease-of-movement.com

