

Introduction to Volume 7: Researching Diverse Applications

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I am very pleased to be writing the Introduction to Volume 7 of the *Feldenkrais Research Journal*: Researching Diverse Applications. What you find here is the first tranche of articles available for publication, and we anticipate having all articles before the end of 2023. In addition to many new articles here and yet to come, in this volume we return to some practices from our early volumes of the journal by the reprinting of articles that are important and interesting for our field, and also return to publishing more of our articles in translation from their original language. For the first time we also introduce systematic reviews of research into the Feldenkrais Method. Taken together they will provide a wide view of the diverse ways the Feldenkrais Method is applied in the world, and diverse approaches to researching those applications.

Original Research

This first approximation of Volume 7 includes original studies on the application to piano playing (Chiang), music improvisation (Eikmeier), and workplace stress (Smith, Barnes, Mason, and Broome). In preparation are articles on self-awareness and motivation among adolescent dance students, traumatic brain injury and functional movement, as well as incontinence and pelvic floor function.

Original Reflections on Practice, and Hypothesis and Theory

In addition to the original research studies, this volume features two interesting articles by authors applying the theory, principles, and educational strategies of the Feldenkrais Method in the fields of education (Ménasé) and the practice of acting (Rahir). Both were kindly translated from the French by the authors.

Systematic Reviews

Included in this volume is the important systematic review of randomized controlled research trials up to 2016 conducted by Hillier and Worley. This will appear in the original English version, as well as a new translation into Spanish by Rosa María Sánchez Cantú.



In preparation are additional systematic reviews of all published research trials to the present, with the first of these reviews, on the theme of mobility, function, and balance, planned for this volume.

Translation

A number of Spanish-speaking Feldenkrais practitioners, who are members of REDFLA (Redfla Red Feldenkrais Latinoamericana), have formed a group to translate Feldenkrais Method research literature into the Spanish language. This is a great way to introduce Feldenkrais research to our Spanish-speaking colleagues and the Spanish-speaking world, for whom there had been a paucity of literature in their own language. We are very pleased to be working with them to publish Spanish translations of the articles in this volume of the Feldenkrais Research Journal, making Feldenkrais Method research available to wider audiences. The Spanish Translation Group for the IFF Research Journal is composed of the following practitioners (listed here with their Feldenkrais guild membership): Rosa María Sánchez Cantú (México), María del Carmen Cortés (México), María Clara Reussi (Argentina), Lucía Porta (Argentina), and Consuelo M. Toral (Colombia). Also included in Volume 7 will be the first publication in English and Spanish of original research by Eikmeier into the Feldenkrais Method and music improvisation, published in German in Volume 6 of this journal.

Reprinting

Reprinting articles has the virtue of making more accessible some articles that have been hidden behind journal firewalls, or perhaps available but in some least accessible corners of the Internet. It is appropriate to print some articles that are of particular interest, where they can be read in the context of other literature in the development of a professional field. We are pleased to include in this volume Hillier and Worley's 2016 important systematic review. Also in this volume, Smith, Barnes, Mason, and Broome's valuable 2016 study of mindfulness and mindful movement, in the form of the Feldenkrais Method, for early service teachers dealing with geographical displacement. This is also published in a Spanish language translation by Consuelo Maldonado Toral.

Coming Up

I invite you to return to the journal to read the new articles as they are published.

This Introduction will be updated as new articles are added. An Editorial, reflecting on this volume and developments in research into the Feldenkrais Method, will be added as the publication of articles finishes up. Volume 8 of the FRJ, on research methods, is in preparation.

A special thanks to all the authors, reviewers, and editors who have contributed this volume.

Thanks also to JoAnne Page for administrative and editorial assistance, as well as proofreading and formatting, and to Jessica Taylor Foster for her design work.