IMPROVING ACTION, SMOOTHING THE ROAD

Esther Thelen Research Forum
Esther Thelen Research Committee
WELCOME AND THANKS FOR BEING HERE

- Esther Thelen Research Committee
  - Pat Buchanan
  - (Roger Russell)
  - Jim Stephens

- FEFNA
  - Arne Heayn
  - Peter Jenkins
  - Rich Goldsand

- Staff
  - Andrea, Carla, Samantha, Lynn, Molly, Suzane

- IFF Research Journal Editor Cliff Smyth

- Poster Presenters
  - Eveline Wu
  - Pat Buchanan
POSTER PRESENTERS

- Lessons learned and tips from the field
ORGANIZATIONAL UPDATES

- International Feldenkrais Federation Research Journal
  - Cliff Smyth, editor

- Esther Thelen Research Committee
  - Pat Buchanan, Chair
CONTRIBUTING TO RESEARCH

- First, why bother?
- Some more lessons learned
- Some web options for increasing research competency
- Some easier to use, more accessible tools for use in practice
SOME WEB OPTIONS

- Centre for Evidenced-Based Medicine
  - (it’s ok!)
  - [http://www.cebm.net](http://www.cebm.net)
- Mayo Clinic
  - [http://www.mayo.edu/ctsa/education/professional-development](http://www.mayo.edu/ctsa/education/professional-development)
- Scientific Research 101
TOOLS FOR PRACTICE AND RESEARCH

- Centers for Disease Control
  - Health Related Quality of Life “Healthy Days Measure”
  - [http://www.cdc.gov/hrqol/hrqol14_measure.htm](http://www.cdc.gov/hrqol/hrqol14_measure.htm)
TOOLS FOR PRACTICE AND RESEARCH

- RTI Body Awareness Scale
  - Williams-Piehota et al
  - Sirios et al
<table>
<thead>
<tr>
<th></th>
<th>Question</th>
<th>EXTREMELY ▼</th>
<th>VERY ▼</th>
<th>SOMEWHAT ▼</th>
<th>A LITTLE ▼</th>
<th>NOT AT ALL ▼</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>How aware are you of your body in general?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>2</td>
<td>How aware are you of where you hold tension in your body?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>3</td>
<td>How well are you able to release tension in your body?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>4</td>
<td>How much do you notice how your emotions affect your body?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>5</td>
<td>How aware are you of your breathing patterns?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>6</td>
<td>How well are you able to breathe in a relaxed way?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>7</td>
<td>How well are you able to see the connection between your actions or habits and how you feel?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>8</td>
<td>How well are you able to change your actions and responses to improve how you feel?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

**RTI CAM-PRO MIND-BODY AWARENESS SCALE**

As a result of receiving treatments from this therapist, . . .
TOOLS FOR PRACTICE AND RESEARCH

- Multidimensional Assessment of Interoceptive Awareness
  - Wolf Mehling
  - http://www.osher.ucsf.edu/maia/
  - Component measures from 32 questions
    - Noticing
    - Not-Distracting
    - Not-Worrying
    - Attention Regulation
    - Emotional Awareness
    - Self-Regulation
    - Body Listening
    - Trusting
TOOLS FOR PRACTICE AND RESEARCH

- Pictures and Video: Postureco
  - Posture, more clinical focus, generates reports
  - [http://postureanalysis.com/mobile/](http://postureanalysis.com/mobile/)
  - $15 up to ~$60
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- Pictures and Video: Dartfish
  - [http://www.dartfish.tv/DartfishExpress.aspx](http://www.dartfish.tv/DartfishExpress.aspx)
  - ~$5
  - includes easytag app for observational coding (notational analysis) of 9-30 events
IMPROVING ACTION, SMOOTHING THE ROAD

- Pain scales
  - Verbal Report Scale (VRS)
    - On a scale of 0-10 with 0 being no pain and 10 being an emergency, you want to go to the hospital . . .
  - Visual Analog Scale (VAS)
    - Mark on a fresh 10 cm line (0-10)
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- Pain diagram
  - One example: Formotus Health Pain Questionnaire
DIMENSIONS OF RESEARCH

- With thanks to Deborah Forster
LET’S TALK DOCUMENTATION

- Some suggestions from Catherine Rosasco Mitchell
  - What are the circumstances (background, history, concerns)?
  - What did you do (perhaps sketch your FI position)?
  - What were the outcomes?
LET’S TALK DOCUMENTATION

- Some suggestions from Cathy Kerr
  - Record, record, record
  - Audio, video, notes
LET’S TALK DOCUMENTATION

- Your suggestions?
NEXT ACTIONS TO SMOOTH THE ROAD
IMAGINE OUR POTENCY, ACHIEVE OUR POTENCY

- Iowa’s Field of Dreams
  - “If you build it, he will come”

- Thelen Fund
  - If we fund it, the researchers will come
  - Esther Thelen Research and Education Fund of FEFNA
    - Research grants
    - Events, actions such as FeldSciNet and Research Symposium
    - (Training)
    - General (unspecified)
    - See flyer with registration materials
IMAGINE OUR POTENCY, ACHIEVE OUR POTENCY

- Rep. John Lewis
  - Aug. 24, 2013
  - “We cannot give up, we cannot give out, we cannot give in.”