

Spotlight on Beth-Karin Danielsen, Feldenkrais Practitioner, Chair of EuroTAB Council



Where do you live?

Haugesund, a town on the South West Coast of Norway, I have always lived there except for my 10 years at university in Trondheim (further up the coastline).

How did you discover the Feldenkrais Method?

I actually applied for the training without having had any other experience with the method than some short movements during a training programme in communication skills in 1997. The movements just clicked into my system. I had read about the method in the 70'ties but impossible to travel and do a training. Then it came into my life again and my interest was renewed. It took a lot to organise being away from work – at the time I was running a practice with several employees that had to work extra to replace me.

When and where did you qualify as a Feldenkrais Practitioner?

2001, Chiemsee.

What inspired you to join ETC ?

When I graduated, I joined the Norwegian guild and committee and became interested in the organisation of the Feldenkrais community. Then I was asked to translate the IWG report and the IFF profile and took an interest in the international community. I Joined the ETC in 2007/08 first time, for 3 years, then rejoined in 2015 and am still here.

What sort of tasks do you do in your role in ETC ?

I support and direct. I have been Treasurer, Secretary and Chair over time, these roles gave an insight and interest in how to run ETC more smoothly and professionally. I have tried to build an atmosphere of co-operation both within ETC and with ETAB, the Educational Committee of the ETC. I am interested in seeing

how things are organised in other Guilds and how we can use this knowledge to develop our Feldenkrais community. I have also been the Norwegian rep on IFF for many years due to these interests.

Do you have experience in fields other than Feldenkrais? Other career or previous work or combined with the Feldenkrais Method? In what kind of settings/work environment do you practise / or benefit from the method?

My first study was in educational psychology, went on with language and philosophy, literature being my goal. A book in communication changed my plans – I went ahead with a degree in counselling and psychosocial services including sociology and organisational development and models. Then studied social Medicine and Medical Sociology, which led me into an interest in how to build healthy workplaces and healthy schools besides health institutions/professions. Besides developing curriculums, giving courses and lectures, I counselled leaders and other professionals to develop healthy organisations. I also did client work on a personal level. The adaptations often needed to make it possible for people to learn or function at a workplace, I found most challenging and rewarding to work with. I worked with youth and adults in need of changing career, finding a way to use their abilities in education and work. They had a variation of challenges – both psychosocial and physical challenges- and needed varied paths to get results.

This led me into co-work with different professions and methods. Always with change and development to function as a goal, I was looking for dynamic methods. Then I did the Feldenkrais training in my late 40s. I have used the Feldenkrais Method a lot in organisational work in addition to ATM-groups and Functional Integration ever since.

To sum up my work life – I found the Feldenkrais Method to complement what I could offer in my work – it enabled me to reach beyond the talk and intellectualisation that otherwise often comes in the way of progress. I actually have had much use of the method doing restructuring analysis when counselling leaders. The Feldenkrais Method includes both details and systemic overview. The idea of taking the stand of where the person is (or organisation) and go from there using pacing, leading, present alternatives, fits beautifully in with my 'rucksack' – finally I got the tool I often had lacked when verbal dialogue and development came to a hold. I have first hand experience of establishing and running a new public service and then my own practice.

How has your role in ETC helped your professional development? And your personal development?

I have gained more knowledge of the Feldenkrais Method, how it is used around the world and a deeper understanding of the Method. I want to see more knowledge out in the community, being an advocate for the Feldenkrais Method. Now I really see the importance of the Feldenkrais Method in my worklife and the way the Feldenkrais Method is handled in our educational systems. I see there is some work to be done to benefit the Feldenkrais Method.

What possible future developments do you foresee for the Feldenkrais Method?

I see more structured Trainings and maybe some combinations with other kinds of work and studies in other professions. Not to weaken the Feldenkrais Method but to put it to use in a range of settings.