

SEFT

SEATTLE EASTSIDE FELDENKRAIS® TRAININGS

WHAT IS SEFT?

SEFT is a **fully accredited** Feldenkrais® Professional Training that:

- ⊕ Is a ***proven design*** with each iteration continuously refined and improved over the last **16 years**.
- ⊕ Provides ***intensive experiential learning*** in 4-week segments, spring and fall, over a period of 4 years, all shared with a close-knit community of peers. After 8 segments of 20 days each, for a total of 800 hours, you graduate and become immediately eligible to receive an ***internationally recognized Certificate from the Feldenkrais Guild®*** of North America (FGNA).
- ⊕ ***Allows sufficient time for optimum integration*** of kinesthetic experiences and ample opportunities to apply what's being learned between segments through ***self-paced experimentation*** with optional mentoring available.
- ⊕ Offers ***all 800 hours of training in person*** in order to maximize the quality of interpersonal connections, attune to individual learning styles and support the needs of each student from moment to moment. ***Unlimited free access to online SEFT recordings*** is available utilizing Vimeo.
- ⊕ Limits our teaching staff to an elite set of ***highly experienced certified Trainers*** with over 140 years of combined teaching experience. Our visiting Guild Certified Feldenkrais® Trainers studied under the direction of Moshe Feldenkrais, as did Angel. Not one but ***two Educational Directors*** mold the 4 year learning experiences; one of them is always in the room for support.
- ⊕ Uses an ***adult-oriented, student-centered, community based*** learning model, created specifically for SEFT in collaboration with a Guild-Certified Feldenkrais Practitioner® with a PhD in Human and Organization Systems that supercharges learning and meets *students'* goals.

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What to consider when choosing a *Feldenkrais* Training

Is this a fully accredited Training with a proven track record?

Not every training using the Feldenkrais Method® is a time tested professional training program. Contact the *Feldenkrais North American Training Accreditation Board* if in doubt. Check to see if the one you are considering is an experimental (pilot) or “beta-test” design. Ask how many students are currently enrolled and what is the minimum number required to prevent a Training from being cancelled.

Does the training equip me to be a life long learner no matter what my professional and personal goals are or is the focus on a specific technical skill set?

SEFT students not only graduate with technical skills and an immediate certification to practice but also go into the world with sufficient self-directed learning skills, awareness, integrity, and maturity to achieve mastery over time and “become the best that they can be” following their passions to achieve personal success.

How flexible is the training format?

SEFT Trainings emphasize the quality rather than the quantity of learning hours. That's why our graduates are a cut above. We meet all accreditation board standards to guarantee that your Training will be recognized and respected throughout the world. Beyond this “minimum” we support you to do whatever enhances your learning between segments. As a self directed learner, *you* create a learning program that meets your needs, rather than being asked to fit into a generic “one-size fits all” schedule with rigid standards.

How much value will I gain for my commitment?

All our choices, from the format we use, to the faculty we select, are made with one goal in mind: to create the most effective and efficient program possible, to maximize the value of your investment in experience, time and money.

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If I want to start a private practice once I graduate, will I have sufficient skills and enough training experiences under my belt to succeed?

Success does not come from a specific set of technical skills or the amount of supervised practicum hours you complete, but rather from your self-confidence, your self-reliance, and skills as a life-long learner. In SEFT, the emphasis is on your self-development rather than repetitive practice, so you can achieve whatever success means to you. We create a learning container that supports the whole person and nourishes intimate, personal connections so that core competencies emerge organically. Through your personal self-assessment, you'll appreciate your strengths and seek out only the adjunct training and professional expertise you truly require.

Will I learn how to market the work to the world?

Yes. Angel Di Benedetto will be one of your Educational Directors. She spent years as a marketing and sales professional prior to learning the *Feldenkrais Method*. In 1975, she was the first woman granted the Million Dollar Round Table Award of America. The MDRT is a valued, member-driven, international network of leading insurance and investment financial services professionals/advisors who serve their clients by exemplary performance and the highest standards of ethics, knowledge, service and productivity.

Since 1983, Angel has offered workshops internationally and privately consulted on how to build a Feldenkrais® practice. She seamlessly integrates her experience and wisdom into her SEFT Teaching. Angel also offers individual mentoring to those who desire more personal support.

What kind of students are accepted into SEFT?

Because SEFT programs have always been guided by Moshe Feldenkrais' emphasis on eliciting and developing self-reliance, our acceptance process is not based upon your personal or professional goals after graduation. Rather, we seek students who take responsibility for their own self-directed learning, are committed to their learning. SEFT students learn to know and trust themselves.

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We attract students who are energized by the discovery process that forms the foundation of the Feldenkrais Method®. Students who thrive in our programs are inner-directed and don't appreciate being expected to conform to someone else's vision and goals. They are committed to developing themselves and will do what it takes to polish their "instruments" before working with others.

Students looking for "experts" or gurus to teach "how-to" formulas will be disappointed in our programs. Our emphasis is on the creativity and artistry inherent in the work. By the end of the second year, students are energized and comfortable with "not knowing" because they've developed the skills and curiosity to "find out."

"I don't teach,
I provide conditions for learning"
Moshe Feldenkrais

SEFT Graduates are:

Chefs not Cooks,
Artists", not "Technicians,
Composers" not Players,
Life long learners not Test-takers,
Outstanding not Average.

SEFT Graduates are empowered to
Become the Best that They Can Be!!

SEFT — Becoming the Best that We Can Be!