Reflection on Awareness through Movement

Student’s Name

Course Title

Institution

Date

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In light of this class, I must admit that this has been one of my most exciting classes this semester. While at the beginning of this class, I had a limited understanding of the interlocking between the nervous system, the learning processes, behaviors and emotions and feelings, this class has allowed me to broaden my knowledge in the above-mentioned aspects. To be precise, this class has been discovery-filled and interesting to take. In fact, this class has given me a new perspective regarding the overall functioning of the mind and the body. In some incidences, this class has literary take me from class into experimental settings and for this reason, I have found the class quite interesting. Interestingly, different methods and approaches helped me learn more about how implicit learning occurs among human beings, the interaction between emotions, feelings and behaviors, and the brain's modification in terms of its organization and responses; through experience and learning. At the end of this class, I can admit that it has been an educative and exciting experience taking this class.

While I have had several interesting things that I have learned in this class, one of the most useful elements that I have learned is the concept of brain modification in terms of organization and responses through experience and learning (neuroplasticity). Crafted by Feldenkrais, the latter element (neuroplasticity) can be very useful in my career as I could apply its concepts to back up various interventions that I may use when treating various neurological disorders as well as mental health and psychological disorders. The other useful element from this class is implicit learning. I explain how some aspects are learned among human beings and how human beings predict outcomes, adapt to various environments, develop habits and aversions, and make optimal decisions when presented with persons with different conditions and characteristics.

The other element that I found quite useful from this class was electroencephalography. The latter elements involve measuring the brain's activity, which I could use in the future when examining the brain acidity of patients to determine their brain. On the other hand, some of the unhelpful elements from this class include the depreciation of the brain as time goes by. This concept existed beforeFeldenkrais came up with the idea of neuroplasticity. It proposed that the brain was hardwired and that each area was predetermined and it gradually lost its ability to learn. This element is not useful as it can no longer explain why some mental and neurological disorders arise as people grow.

If I were involved in a tense situation, there are several elements from this class that I would apply. One of the elements that I would borrow from this class and use is the concept of conflict resolution. In this case, I would approach the other party with positive emotions and energy since this would appeal to them and make them cool down and resolve the existing tension. The other element that I would apply in the above case would be explicit learning. The latter element would be helpful since it would help me to learn how to handle the other party depending on how they react during the tense situation. This would allow me to know how to go about the tense situation and handle the other party.

While there are different elements that I have learned about in this class, one of the most surprising elements that I learned about during this class was the reconciliation of animals and specifically primates. This caught me by surprise as I did not think that animals reconcile after conflicts as I previously believed that they had no emotions and feelings. However, findings from this classed quite surprised me as I learned that primates such as chimpanzees reconcile and express their emotions after a conflict. The other surprising element was the unexplainable concept of implicit learning, where people learned to make appropriate decisions and accurate predictions without their knowledge. Surprisingly, they are mostly right. This surprised me as I found it amazing that one could make accurate decisions and predictions from time to time and have no explanation of how they came to make their selections.

While I have learned a lot from this class, I found specific materials particularly relatable. As far as the readings in this class are concerned, I found the reading on “Basic intelligence: learning by osmosis” quite relatable. I could resonate with its most evident element (implicit learning). Having worked at an ice-cream shop for some time, I resonate with the concept of implicit learning as I knew the right amount of ice-cream scoops to make for different prices without measuring the weights and in most cases, I never had losses from serving excess ice-creams. This reflects the implicit learning process described in the "Basic intelligence: learning by osmosis, as I could not explain how I managed to serve the correct amount of ice-creams. On the other hand, I resonate best with the "Feldenkrais on his method for children with cerebral palsy - Interview from 1981" video. Having lived with a cerebral palsy person in the past, I understood when Feldenkrais said that such a child doesn't feel magical movements over time since they can't repeat a move, making them slow in learning how to walk. One of my distant nieces had cerebral palsy and having stayed with her long enough, I could resonate with everything that was addressed in the latter video as far as such children are concerned.

While I found this class particularly important to my future career,one of the things that I feel should be removed if I were to continue with the work is that focus from cerebral palsy should shift as far as the Feldenkrais Method. Instead, I would focus on neurological disorders in general rather than focusing on cerebral palsy as findings of this work may be inapplicable to other disorders. The other thing that should be removed if I were to continue with the work is focusing on movement alone. Instead, I would Feldenkrais Method with other human aspects such as sleep and sitting and talking to determine how effective it is in correcting other aspects of the human body. However, a critical thing that I would add to this work would be to compare the effectiveness between Feldenkrais Method and pharmacological treatments for various neurological disorders. Overall, this class has been immensely impactful and I believe I have understood the human body better through this class. Today, I have a broad perspective about the interaction between the human brain and body, courtesy of this class. Conclusively, more practical videos about Feldenkrais Method and other concepts addressed in this class need to be provided as videos are more practical and memorable.