

Linda D. Taylor Witness Testimony HB 81
House Labor and Commerce Committee
May 25, 2021

Chair Stein, Vice Chair Johnson, Ranking Member Lepore-Hagan and members of the Committee:

Thank you for the opportunity to submit testimony on House Bill 81, a bill to revise laws governing massage establishments and massage therapy.

I am writing as an Interested Party with a personal and professional knowledge of three disciplines of somatic movement education: the Anat Baniel Method NeuroMovement, The Feldenkrais Method, and the Alexander Technique.

I recently completed a video documentary *Champions Together: An Anat Baniel Method NeuroMovement Practitioner Works with Special Needs Children and Their Parents* (2021) with the Ohio State University Department of Theatre, Film and Media Arts.

I have also have studied and experienced the benefits of all three movement education methods/techniques for many years.

All three methods/techniques require years of specialized study to be certified as a Practitioner/Teacher. Although each of these disciplines includes touch as integral to their movement educational practice—they do NOT practice Therapeutic Massage. The purpose of touch in movement education is different from Therapeutic Massage.

In the Anat Baniel Method NeuroMovement and the Feldenkrais Method, touch by the Certified Practitioner creates greater awareness of movement, interacting with the student's nervous system, helping to create new neural pathways in the brain, taking advantage of brain plasticity. As shown in my documentary *Champions Together*, an infant with a Brachial Plexus birth injury regained full use of a paralyzed left arm without surgery.

The Feldenkrais Method and the Anat Baniel Method NeuroMovement are now being studied by academic researchers at the forefront of the brain plasticity movement.

In the Alexander Technique, touch guides the student to connect with better body use, reduce unnecessary effort and tension, and overcome faulty kinesthetic habits. For example, I have improved my posture and no longer have backaches. I also witnessed a virtuoso oboist learning better use of herself so that she no longer has pain during hours of practice.

The Alexander Technique is taught to musicians, conductors, singers, dancers, actors and performers worldwide, including at The Ohio State University.

All three disciplines help to create greater ease of movement, improve functioning, and decrease pain by getting at the root cause of the student's difficulties, often providing long-lasting relief and educating students to bring awareness to movement thereby empowering themselves.

The Federation of Therapeutic Massage, Bodywork & Somatic Practice Organizations was formed to deal with commonalities and differences among its member organizations. They are united in their fundamental values of professionalism, high ethical standards, commitment to service, public education and **the right to practice** to benefit individuals and society at large. The Federation advocates mutual support and respect for the diverse identities of their disciplines and recognizes that Bodywork and Somatic Practice disciplines are NOT forms of Therapeutic Massage. <http://www.federationmbs.org/mission.html>

It is vital that HB 81 be amended to recognize these distinctions and **to add an exemption to Sec. 4731.15 (F) of the Revised Code**, for persons who: (a) use touch, words and directed movement to deepen awareness of existing patterns of movement as well as to suggest new possibilities of movement; and (b) are recognized by or meet the established standards of either a professional organization or a credentialing body that represents or certifies the respective practice based on a minimum level of training, demonstration of competency, and adherence to ethical standards.”

As an individual who has greatly benefited from my studies with the Anat Baniel Method NeuroMovement, The Feldenkrais Method, and the Alexander Technique, I want to affirm their importance for the betterment of Ohio and Ohioans.

I respectfully request an amendment to exempt somatic movement education disciplines from HB 81.

Sincerely,

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Here is the link to the 5 minute trailer for my documentary: *Champions Together: An Anat Baniel Method NeuroMovement Practitioner Works with Special Needs Children and Their Parents* (2021) which I hope you will share with the members of the committee.

<https://www.youtube.com/watch?v=gXLxTsKQ9Fg>

The trailer briefly shows the use of touch by the Anat Baniel Method NeuroMovement Practitioner and the benefits of the method for two special needs children.

The full documentary shows much more of the process used by the Practitioner. It also explains the connection with The Feldenkrais Method. Anat Baniel, the founder of the Anat Baniel Method NeuroMovement was a colleague and protege of Moshe Feldenkrais, the founder of the Feldenkrais Method.