



# CARING FOR PATIENTS WITH FIBROMYALGIA: A BRIDGE BETWEEN MEDICINE AND THE FELDENKRAIS® METHOD

Online training course for Feldenkrais practitioners, physicians, and patients

## Program

### Online digital modules for Physicians and Feldenkrais Practitioners

**April 28 - May 5 - Meet the expert:** Individual access to 6 online lessons introducing various professional perspectives: Rheumatologist, Psychiatrist, Exercise Medicine Doctor, Neurophysiologist, and Feldenkrais Method Practitioner.

### Experiential pathway for Physicians and Feldenkrais Practitioners

**May 5, 8:00 PM - 10:00 PM – Opening Session: "Understanding and Managing Fibromyalgia: Integrating Knowledge and Practices".**

- **Presentation of the project and webinar goals**
- **Meeting of minds:** Dialogue between physicians and Feldenkrais practitioners based on the shared training modules, with a moderated Q&A session.

**May 21 & 28, 8:00 PM - 9:30 PM - Experiential CAM® session and shared training.**

- **Short CAM practices suitable for people with fibromyalgia**
- **Shared training:** Intersection points between Feldenkrais strategies and clinical approaches

**July 22, 6:00 PM - 8:00 PM - Final Plenary Session: "Building Bridges and Synergies Among Professionals: The Integrated Management of Fibromyalgia Syndrome"**

- **Summary of the journey:** Key insights from knowledge integration
- **Building the future:** Ideas for continuing the path and operational proposals for ongoing collaboration between physicians and Feldenkrais practitioners

### Two cycles of 8 CAM® sessions for fibromyalgia patients

**From May 28 to July 17 -** Real-life experience of Awareness Through Movement lessons shared among patients, physicians, and Feldenkrais practitioners.