

micromove® - the working concept of Elsa Gindler (1885-1961)

Abstract

The treatise on Elsa Gindler's work concept broke new ground in 2010. For the first time, the bequeathed documents were reviewed in their entirety and edited scientifically. The present version reduces the text to the essentials and refrains from repeating the scientific elaboration. Newly added is a course documentation, which illustrates how work with young people was done in Switzerland today in the spirit of Elsa Gindler. A new chapter describes the current practice in the USA and the worldwide network that has developed from Elsa Gindler's work.

The biography, education and professional practice of Elsa Gindler provide insight into the story. Born in Berlin, she was trained there as a gymnastics teacher by Hede Kallmeyer in 1912. The special tradition line of her training and its remarkable transatlantic history shows the intercontinental network of relations. The encounter with the music educator Heinrich Jacoby had a fundamental influence on Elsa Gindler and established her claim to a general education in the sense of movement education as human education. Her further professional career and her work within the German gymnastics movement, especially in the German Gymnastics Federation from 1925-1933 gave her profile and authority. Her late courses were characterized by her humanity, which had been severely tested and comprehensive after experiencing two world wars.

Elsa Gindler changed her work empirically-pragmatically-researching throughout her life. In the three courses from the years 1927, 1936/37 and 1959 that will be presented, the teaching is reconstructed from the sources. The changes in content in the course of the 32 years are shown. Derived from practice and condensed, the chapters on the concept of work systematically present the basic orientation, methods and technique of Elsa Gindler's work. The basic orientation in Elsa Gindler's work is the human being in all his possibilities of relationship to himself, to his body, to his life, to his fellow human beings and to his environment. The method includes the working community (adult education courses) as a group form, the process-oriented experiments, the selection of working materials in relation to their functionality, the specific working tools, as well as the conversations and reports as a way of becoming aware. The course practice she developed, called laboratory by Gindler, uses as technique the mindful perception of condition and behavior, comparative experiments with everyday actions, and increasing awareness through language. Always improvisational, the course practice is a process-oriented happening in a therapeutic and/or educational setting. The goal of the work for the individual is an increase in awareness of the basic conditions of existence and satisfying action in everyday life.

Elsa Gindler was a pioneer in the development of an educational concept for the personal development of the individual in his or her present situation. With her life's work, she had a fundamental influence on body-oriented psychotherapy. Less handed down was the educational concept for individual unfoldment. It is therefore a special concern of the author to share an example from her pedagogical work with young people under the title: "Getting up with Elsa Gindler".

From the website of the Institute for Movement Research Dr. Edith von Arps-Aubert

www.bewegungsforschung.ch the bibliography can be downloaded.

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