Scientific Fields - A Curated List

Nicola Zollinger, February 2026

This curated collection of references from books and articles of relevant and related scientific knowledge fields provides a first approximation of scientific literature that can be thematically linked to the theoretical background of the Feldenkrais Method. This list is in no means exhaustive. Rather, it is intended to provide an introduction and inspire the reader to discover more.

Neuroscience

Journal Articles

Assaiante, C., Barlaam, F., Cignetti, F. and Vaugoyeau, M. (2014) 'Body schema building during childhood and adolescence: a neurosensory approach', *Neurophysiologie Clinique/Clinical Neurophysiology*, 44(1), pp. 3–12. doi: 10.1016/j.neucli.2013.10.125.

Beauchamp, K. G., Kahn, L. E. & Berkman, E. T. (2016) 'Does inhibitory control training transfer?: behavioral and neural effects on an untrained emotion regulation task', *Social Cognitive and Affective Neuroscience*, 11(9), pp. 1374–1382. doi:10.1093/scan/nsw061.

Fukutomi, M. and Carlson, B.A. (2020) 'A History of Corollary Discharge: Contributions of Mormyrid Weakly Electric Fish', *Frontiers in Integrative Neuroscience*, 14.

Hartmann, M. J. Z. (2009) 'Active touch, exploratory movements, and sensory prediction', *Integrative and Comparative Biology*, 49(6), pp. 681–690. doi:10.1093/icb/icp107.

Kang, W., Hernández, S.P., Rahman, Md.S., Voigt, K. and Malvaso, A. (2022) 'Inhibitory control development: a network neuroscience perspective', *Frontiers in Psychology*, 13(651547). doi: 10.3389/fpsyg.2022.651547.

Latash, M.L. (2021) 'One more time about motor (and non-motor) synergies', *Experimental Brain Research*, 239(10), pp. 2951–2967. doi: 10.1007/s00221-021-06188-4.

Books

Augustine, G.J., Groh, J.M., Huettel, S.A., LaMantia, A.-S. and White, L.E. (2023) *Neuroscience*. Oxford: Oxford University Press.

Buzsáki, G. (2021) *The brain from inside out*. New York, NY: Oxford University Press.

Northoff, G. (2024) *The spontaneous brain*. Cambridge, MA: MIT Press.

Ataria, Y., Tanaka, S. and Gallagher, S. (2021) *Body schema and body image: new directions*. Oxford: Oxford University Press.

Psychology

Journal Articles

Carden, L. and Wood, W. (2018) 'Habit formation and change', *Current Opinion in Behavioral Sciences*, 20(20), pp. 117–122. doi: 10.1016/j.cobeha.2017.12.009.

Clark, D., Schumann, F. and Mostofsky, S.H. (2015) 'Mindful movement and skilled attention', *Frontiers in Human Neuroscience*, 9(297). doi: 10.3389/fnhum.2015.00297.

Farb, N., Daubenmier, J., Price, C.J., Gard, T., Kerr, C., Dunn, B.D., Klein, A.C., Paulus, M.P. and Mehling, W.E. (2015) 'Interoception, contemplative practice, and health', *Frontiers in Psychology*, 6(6). doi: 10.3389/fpsyg.2015.00763.

Glenberg, A.M. (2010) 'Embodiment as a unifying perspective for psychology', *Wiley Interdisciplinary Reviews: Cognitive Science*, 1(4), pp. 586-596.

Myga, K.A., Kuehn, E. and Azanon, E. (2021) 'Autosuggestion: a cognitive process that empowers your brain?', *Experimental Brain Research*, 240(2), pp. 381–394. doi: 10.1007/s00221-021-06265-8.

Nummenmaa, L., Glerean, E., Hari, R. and Hietanen, J.K. (2013) 'Bodily maps of emotions', *Proceedings of the National Academy of Sciences*, 111(2), pp. 646–651. doi: 10.1073/pnas.1321664111.

Russell, T.A. and Arcuri, S.M. (2015) 'A neurophysiological and neuropsychological consideration of mindful movement: clinical and research implications', *Frontiers in Human Neuroscience*, 9. doi: 10.3389/fnhum.2015.00282.

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Diehl, M., Hooker, K. and Sliwinski, M.J. (eds.) (2014) *Handbook of intraindividual variability across the life span*. Abingdon: Routledge. doi: 10.4324/9780203113066.

Gallagher, S. (2014) *The Oxford handbook of the self*. Oxford: Oxford University Press.

Segundo-Ortin, M. and Raja, V. (2024) *Ecological Psychology*. Cambridge: Cambridge University Press (Elements in Perception).

Kinesiology

Journal Articles

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Adolph, K.E. and Hoch, J.E. (2019) 'Motor development: embodied, embedded, enculturated, and enabling', *Annual Review of Psychology*, 70(1), pp. 141–164. doi: 10.1146/annurev-psych-010418-102836.

Dhawale, A.K., Smith, M.A. and Ölveczky, B.P. (2017) 'The role of variability in motor learning', *Annual Review of Neuroscience*, 40(1), pp. 479–498. doi: 10.1146/annurev-neuro-072116-031548.

Ernst, J.H. and Zahno, S. (2022) 'Beyond task-space exploration: on the role of variance for motor control and learning', *Frontiers in Psychology*, 13. doi: 10.3389/fpsyg.2022.935273.

Hinnekens, E., Barbu-Roth, M., Do, M.C., Berret, B. and Teulier, C. (2023) 'Generating variability from motor primitives during infant locomotor development', *eLife*, 12. doi: 10.7554/elife.87463.

Latash, M.L. (2021) 'Understanding and synergy: a single concept at different levels of analysis?', *Frontiers in Systems Neuroscience*, 15. doi: 10.3389/fnsys.2021.735406.

Ranganathan, R., Lee, M.-H. and Newell, K.M. (2020) 'Repetition without repetition: challenges in understanding behavioral flexibility in motor skill', *Frontiers in Psychology*, 11. doi: 10.3389/fpsyg.2020.02018.

Ruffino, C., Papaxanthis, C. and Lebon, F. (2017) 'Neural plasticity during motor learning with motor imagery practice: review and perspectives', *Neuroscience*, 341(341), pp. 61–78. doi: 10.1016/j.neuroscience.2016.11.023.

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von Hofsten, C. (2004) 'An action perspective on motor development', *Trends in Cognitive Sciences*, 8(6), pp. 266–272. doi: 10.1016/j.tics.2004.04.002.

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Bernstein, N.A. (2014) *Dexterity and its development*. Hove: Psychology Press.

Feldman, A.G. (2015) *Referent control of action and perception*. New York, NY: Springer.

Haywood, K. and Getchell, N. (2020) *Life span motor development*. 7th edn. Champaign, IL: Human Kinetics.

Magill, R.A. and Anderson, D.I. (2021) *Motor learning and control: concepts and applications*. 12th edn. New York, NY: McGraw-Hill.

Toner, J., Montero, B. and Moran, A. (2022) *Continuous improvement*. New York, NY: Oxford University Press.

Dynamical Systems Theory & Cybernetics

Journal Articles

Cope, B. and Kalantzis, M. (2022) 'The cybernetics of learning', *Educational Philosophy and Theory*, pp. 1–37. doi: 10.1080/00131857.2022.2033213.

Kimmel, M. (2022). Complexity Regulation Competencies: A Naturalistic Framework. *Nonlinear Dynamics, Psychology, and Life Sciences*, 26(1), pp.45–79.

Sigmundsson, H. (2017) 'What is trained develops! Theoretical perspective on skill learning', *Sports*, 5(2), p. 38. doi: 10.3390/sports5020038.

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Thelen, E. (2005) 'Dynamic systems theory and the complexity of change', *Psychoanalytic Dialogues*, 15(2), pp. 255–283. doi: 10.1080/10481881509348831.

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