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Goetheanum
School of Spiritual Science
Medical Section
International Coordination
Anthroposophic Medicine/IKAM

Eurythmy Therapy Department: Angelika Jaschke

Eurythmy Therapy Forum Network
Medical Section
Goetheanum
Newsletter No 3 May 2006

Leading Thought

„The healthy social life is found, when in the mirror of each human soul the whole community finds its reflection, and when in the community the virtue of each one is living”

R.Steiner, Motto of the social ethic

Out of the strength of this leading thought we build our International Forum Network in a living way together.

A social entity that only exists because we have a common goal where each individual contributes what they can.

General Information

The International Annual Conference of the Medical Section will take place from 17th to 20th September in Dornach. The theme for all areas of the work will follow chapter 20 of the book Fundamentals of Therapy by Rudolf Steiner and Ita Wegman.

Application forms for the conference through the Medical Section from Rebekka Fuchs > rebekka.fuchs@medsektion-goetheanum.ch <.

On Saturday 16th September the International Conference of Delegates for Eurythmy Therapy will meet from 9am to 5pm. All Country Delegates, Training Representatives and Working Group Reps are warmly invited. Please let Angelika Jaschke know if you are coming.

a_jaschke@gmx.de < Telephone: 0049-2302-941203, Fax: ...941205

We are planning an International Eurythmy Therapy World Conference for 30th April to 5th May 2008 in Dornach.

We have received little feedback about this and would ask you to send your wishes or ideas regarding a theme to Angelika or me.

Many thanks,

Erika Leiste > erika.leiste@web.de <

International Reports

Argentina: Gonzalo Lascano (>lasschalo@hotmail.com<)

Denmark: Solvejg Kristensen (>solvejgkristensen@ofir.dk<)

Germany: Angelika Jaschke (>a_jaschke@gmx.de<)

Through work together with the German Umbrella Group for Anthroposophic Medicine - DAMiD the first contract between anthroposophic doctors, therapists and patients has been secured with a health insurance company („Integrierte Versorgung“). This took place in 2006 and further companies have been approached. Through this, doctors, therapists and patients are involved in close dialogue about human health and well being. This idea which is to be found in Ita Wegmans ‘Thoughts on Therapy ‘ has been known to us for a long time. Lets hope that health care politics will help bring the idea into practical existence in the near future and that eurythmy therapy will be able to play a part.

The regular further training meetings of the Fields of Practice are proving valuable to eurythmy therapists working in the following areas: Schools, Curative Education, Kindergarten, Clinics and Private Practice. A lively exchange of ideas and experience has developed through these courses.

The question of quality control and development for eurythmy therapy continues to occupy us. How to have forms and systems that can still be developed and support learning at a social, practical and formal level? Continued personal development needs to become a firm foundation for our work.

The work together with non anthroposophic artistic therapy associations continues to grow with intensity. The goal is to arrive at a combined recognition of professional standards. Artistic Therapies - Department - Eurythmy Therapy.

England: Daniel Maslen (>danmaslen@hotmail.co.uk <)

Finland: Anne-Marie Somero (>amsomero@welho.com<)

The monthly study of the newly translated Eurythmy Therapy Course continues to flourish and after Easter we were pleased to welcome Frau U. Ziegenbein here again. Her course is organized by the Doctors Association.

Frankreich: Christine Weber-Stoll (>heileurythmie@intergga.ch<)

Georgia: Nino Waschakidse (>umn@access.sanet.ge<)

The Eurythmy Therapy Training for Doctors which began in 2002 had a graduation course this year (2006). Now eurythmy therapy is being practiced in Therapy House, Tblissi, in the Waldorf Schools, and in the surgery in Gori, a town 120 km from Tblissi.

Eurythmy Therapy is practiced under the name Healing Movement Therapy in Georgia. And is officially known as this.

We have no state medical insurance here so patients have to pay privately.

Italy: Maria Teresa Fossati (>elma@msoft.it<)

At the end of January we had a meeting here in Milan between the associations for Art Therapy, Psychotherapy, Rhythmical Massage, Eurythmy Therapy and Nursing. We discussed interdisciplinary liaison work

The doctors here in Milan continue to study the Eurythmy Therapy Course.

Japan: Kimiko Ishikawa (>eu.haus-erde@m3.dion.ne.jp<)

In Japan eurythmy therapy continues to be practiced in Kindergarten, Waldorf Schools, Curative Homes, Clinics and in private Practice even though there are only eight eurythmy therapists in the whole country! Many divide their time between several places.

At our regular meetings we have been exploring the 'sounds' and their etheric 'forms'. At our next meeting we want to look at the four bodies of Man in relation to movement.

An Anthroposophic Doctors Association was founded last May. Two eurythmy therapists lead exercises from the ET Course. This also marked the beginning of working with the new translation.

We are busy making a new brochure to promote our eurythmy therapy work.

The Netherlands: Liesbeth Hermelijn (>NVET@hetnet.NL<)

Together with the doctors we are planning a day of study to end the year. We have been working together now for four years on the eurythmy therapy course and the course for doctors. Last year there were more doctors than eurythmists there!

On the 11th of March we had a further training course with Edmond Schoorel, pediatrition with the theme dyslexia. He asked us about our experience and we shared what we had discovered through our eurythmy work with dyslexia.

The Association organizes further training courses every 4 to 6 weeks. Usually these are attended by around 35 to 40 eurythmy therapists. Some doctors also attend.

Over the past few years the work for eurythmy therapy has got smaller but there is now a new law relating to health care. What this will mean for eurythmy therapy we do not know. Health Insurance Companies are flooding patients with special offers at present. The situation is unstable and we are seeking advice from FAG members (Federatie Antroposofische Gezondheidszorg).

On the positive side, we are glad to announce that one contract has been made between a health

insurance company and anthroposophic medicine.

Austria: Mareike Kaiser (>mareike.kaiser@gmx.at<)

The recognition phase is still going on. Dr. Jeserschek as nominee from the society of anthroposophic doctors in Austria (GAÄÖ) will attempt to submit a finished document/statement for all anthroposophic therapies by early summer. Our association has decided to join the Art Therapists in one big umbrella group. The first steps have been achieved in this direction now. In almost every region working groups between doctors and eurythmy therapists take place. Gerhard Weber with the help of Lasse Wennerschou leads regular weekend courses in Vienna and Hamburg. The work with teeth eurythmy continues to grow (further training courses for eurythmy therapists with in Aesch Switzerland with Claus Haupt and Mareike Kaiser with case study documentation).

Our annual general meeting will be on 13th May 2006 and the association move from Kaernten to Graz has, after a few problems finally taken place.

The Phillipines: Grace Zozobrado (>gracecurativeeurythmy@yahoo.com.ph<)

At present I am employed as school doctor and eurythmy therapist at the Manilla Waldorf School. The school year comes to an end in two weeks as does my work there. We sat together to look at our finances and agreed that the little money that we have needs to have other priorities. We are looking for someone who can offer educational eurythmy here, maybe in 3 week blocks twice a year. I will continue to help the school with speech formation for teachers and children. I am hoping to find a grant in order to study speech formation in Spring Valley. I will also work to earn money abroad. The course in Spring Valley is run by Barbara Renold and she is willing to take me on as the only student there! The school is called "The Speech School in North America".

I thank you all for the work you do and see ever more how important eurythmy therapy is. Those who practice it are giving something of great importance to the world..

Rumania: Constantin Gruia corabia_ro@yahoo.com

In Bucharest there was a Waldorf Teachers Training between 1990 and 2000 which also catered for curative education, kindergarten and eurythmy. Then in 1994 a Eurythmy Training started under the leadership of Walter Weinzierl and Mariana Marcincea. So far two courses have graduated and there is a stage group. The Training is set to continue running in the future if the need is there.

From the students of the teacher training course 12 decided to study eurythmy. Constantin Gruia and Ioan Enache joined the eurythmy therapy training in Stuttgart with the intention of working in Rumania with curative education afterwards. Today they are the only eurythmy therapists in Simeria and Bucharest. They work in name as „ psychological counselling teachers for speech development“ as eurythmy therapy is not recognized as a profession yet.

The Curative Education Association has recently renewed its curriculum and is trying to include eurythmy therapy as a core subject in an anthroposophical training school. There is a recognized sponsorship fund for integrated medicine (anthroposophic doctors) who would like an intensive eurythmy therapy course.

The struggle to exist is very big in Rumania. The two curative education centres are like oasis for

humanity and are deeply rooted in anthroposophy and show determination and hope.

Russia: Tatiana Strizhak (>strikaza2004@yandex.ru<)

In July 2005 the educational eurythmy training in Moscow closed. The strength of this training rested on hygienic eurythmy and the leader of the training -V. Simonov, eurythmy therapist wishes to continue the course at a later date.

14 students graduated from the eurythmy therapy training recently. They are all already qualified in artistic and educational eurythmy with Medical Section certification so are able to work in schools and kindergarten.

The 2nd year of the Moscow ET Training is near to graduation now with 12 students from Russia, The Ukraine and Finland. The next step for them is the practical experience. In the same year 11 doctors from Moscow and St Petersburg are here and our students come to them for advice with their patients. We see how important it is to work together with doctors in our eurythmy therapy work.

Diploma giving will be in January 2007 and the future looks good for the training here in Moscow with the medical section criteria being met for the ET Training (2005)

At present however there are still only six eurythmy therapists actively working here in Russia. All did their training in Great Britain and Germany.

Because of this small number the needs of children and adults are not met (in Russia there are over 100 Waldorf Kindergartens and schools and c. 20 Curative Education centres. Firms like Wala and Weleda and two clinics!). Things are changing though and in Rostov-am-Don (South Russia) and Syktyvkar (North Russia) our colleagues will soon be active. Also in St Petersburg and Moscow there will soon be more qualified people. We are already looking towards developing a further training program for practicing eurythmy therapists and one for doctors who have an interest in eurythmy therapy.

Another task for the future is to establish a professional profile or job description and have it accepted and recognized in law. We see how in other countries, where the profession is not recognized by the state, medical insurance companies will not pay for it and here in Russia it could be even worse because if a profession is not state recognized you are not allowed to advertise it. We do not want our eurythmy therapists to be working in a grey area of the law. One solution would be to integrate eurythmy therapy into an already existing program. Curative education has already does this successfully.

The first steps of obtaining a ‚licence‘ or recognized permit for eurythmy therapy have already been taken.

State recognition for the profession is a goal for the Eurythmy Therapy Training and the Association in Russia. At present five eurythmy therapists are working together on this.

South Africa: Christiane Wigand (>christianew@netactive.co.za<)

At the last count we were seven eurythmy therapists working in South Africa.

- in Durban, at the Roseway Waldorfschool,
- 800 km further, North West in Johannesburg at the Michael Mount Waldorfschool,
- 1400 km south west of Johannesburg - in Hermanus –two eurythmy therapists are working. One in Camphill, the other in a small Waldorf School mainly with children from the Townships.
- 120 km west three colleagues and I are working in Cape Town in private practice and in association with the Waldorf School. We hardly know each other yet but at the Kolisko

Conference on April the 6th we hope to meet.

Sweden: Annica Alvenang (>annicaalvenang@hotmail.com<)

On 29. September 2005 The Vidar Clinic celebrated 20 years or work with anthroposophic medicine in Sweden.

This year the clinic has been running under new management. Maj Len Sundin is the new boss. She was manager of a big hospital in Stockholm before.

We have a new contract with the state: Out patients are now paid for by the state. Patients only have to pay c. 7 Euros for a therapy session eg for eurythmy therapy. This is all very revolutionary! So far it only covers out patients who come in to the clinic for therapy sessions but we hope that it will widen into more possibilities in the future.

The Association has organized courses in Eye Eurythmy and Educational Eurythmy Therapy (the last was together with school doctors and nurses).

One memorable event this year was the course with Lasse Wennerschou to which 50 eurythmy therapists and students came, all moving together with exercises from the 4th lecture of the Eurythmy Therapy Course. It was extremely stimulating and inspiring!

Umbrella Group for Anthroposophic Medicine in Sweden (SAMT):

An Initiative Circle is working intensively in four groups on the work together between Doctor, Therapist, Training.

There will be a wider meeting in September for all who are interested.

Switzerland: Christine Weber-Stoll (>heileurythmie@intergga.ch<)

The amalgamation of various artistic therapies and departments in KSKV (Konferenz der Schweizer Kunsttherapie Verbände) is our main theme and activity at present. A common professional profile is being written. Attached you will find a summary of the evaluation of artistic therapies key skills. This study is part of the development of a higher qualification for artistic therapists of all categories. Although this work is taking place in Switzerland it can be of help in other countries. 1235 therapists received the questionnaire and the response was very good especially from the eurythmy therapists who, having overcome their initial doubts stood fully behind the survey.

Out of the 140 000 signatures collected about a quarter came from surgeries where there are therapists but no doctors working. In Switzerland there are about 15 000 therapists who are not doctors practicing. It is especially good to see that we stand together regardless of the different areas that we come from. We want to be noticed and we are dedicated to the task of gaining recognition for our profession despite the cold political climate that we are surrounded by.

Further information under: www.ja-zur-komplementärmedizin.ch or in brief from www.jzk.ch

We are still looking for people who are able to take on responsibility and help carry the work.

The Czech Republic: Johanna Bonkova (>jo.bo@seznam.cz<)

We are currently in the process of starting a part time Eurythmy Therapy Training in Prag. This would be the first of its kind in our country. Many people are involved with this initiative which we hope will serve the needs of The Czech Republic and help to bring anthroposophy out into the public eye.

We are looking forward to another fruitful dialogue with the Training Leaders Conference in

Dornach and send our very best wishes to all friends around the world!
Warmest greetings from the eurythmy therapy initiative in Prag.

Hungary: Maria Scheily (>scheily@axelero.hu<)

There are 20 Waldorf Schools in Hungary but only two have eurythmy therapy. The parents of the 50 kindergartens all want the eurythmy therapy which is prescribed from two doctors and they do not want to have to wait too long for it.

An anthroposophic medical practice for adults does not provide much eurythmy therapy as there are only two eurythmy therapists working in Hungary at present but since the summer 2005 a eurythmy therapy training which was planned 3 years ago has been running with 12 students. We hope that this will help to meet the great need that there is here.

USA: Susanne Zipperlen (>zipster@earthlink.net<)

There is a major concern with regard to full time jobs for the therapeutic eurythmist in North America. There are only a few (2 or 3) who are hired 100% to do only therapeutic eurythmy (no class teaching) and that is in the Waldorf schools. We struggle to find sufficient ways for public outreach and fundraising. One of our biggest concerns is that of accreditation with a university so that we are fully accepted in the external world as a recognized therapy and also to find health insurance policy for the therapeutic eurythmist who is working independently. We would like to encourage an ongoing dialogue and a working together with the anthroposophical physicians for better understanding of eurythmy as an important and valuable therapy.

One of our needs is to keep open communication and receive information with the international community of therapeutic eurythmists. We are very happy to be able to give grants to therapeutic eurythmists and Waldorf schools to support all those children who need to find their way into our world today. We are having ideas of creating fruitful regional workshops/weekend retreats together and share in the newsletter national and international news. One of our biggest challenge is to find board members to join ATHENA- so many of the therapeutic eurythmists are having a struggle in the face of demands to make a living.

Warmest Greetings to all colleagues,

On behalf of the ATHENA Board members, Cynthia Gelder and Susanne Zipperlen

Training

The Training Course Leaders Conference took the first steps towards committed agreed strategies for the eurythmy therapy training centres at their meeting in November 2005. This is necessary for the care of eurythmy therapy and for a general sense of responsibility as more and more initiatives arise. Some which seem to have no basic eurythmy training behind them or no medical tuition included in the curriculum. Sometimes it concerns a private initiative seeking Medical Section recognition. In general whenever Anthroposophic Medicine is visible in the public sphere and takes its place alongside Homeopathy or Chinese Medicine (TCM) all therapies arising out of it must be monitored for quality purposes. This asks for a clear training

process and profile and meaningful documentation of our eurythmy therapy work and the intention to pursue life long learning and further training.

Sweden: Renée Reder (>dr.reder@planet.nl<)

On 7th Am 7 April 16 freshly qualified graduates received their diplomas. They included two students from Denmark and two from Norway. Most have already found work, at least part time in Waldorf Schools or Curative Homes. On 24th August an induction course for the next training course will take place. This will begin in January 2007 and takes place in several block periods. So far eight students have enrolled and there are still some places free.

USA: Seth Morrison (>tetna@taconic.net<)

We have just completed another block of study with the twelve students. Our next course will take place in June, 2006. Our students will graduate in February, 2007. We are thinking deeply about the future of the training in North America. How are other trainings which are not in Europe responding to the new curriculum requirements? You are well aware of the difficulties which will arise for many of them. We will make decisions in the near future. In the mean time, our training goes well and we are very pleased with the progress and inner development of our students .

England: Ursula Browning (>urs2browning@hotmail.com<)

This part time ET training started in April 2004 in Stourbridge. Subsequent blocks alternated between Stroud and Stourbridge.

The core faculty are Ursula Browning, Patricia Mulder and Shaina Stoehr for the Eurythmy Therapy. Dr Frank Mulder and Dr James Dyson are the main carrying doctors. In addition to these tutors there are visiting therapists, doctors and artists who give special blocks in their fields of expertise.

The training consists of 5 blocks during Easter time and summer, and practice placements. Students also submit written assignments, case studies and a research project of their own choice. The training takes place over a period of 2 years.

Emphasis is placed on the activity of observation, forming pictures and coming to an understanding of processes so that the students will develop therapeutic skills and capacities for their future work.

The needs of the therapist and the practical activities involved in working with this profession are also addressed.

The training works in close cooperation with the Training Leaders Conference in Dornach, Switzerland.

Fields of Practice

Eurythmy Therapy in the Kindergarten: Elke Neukirch (>elke.neukirch@web.de<)

Due to the growing problem with child development in the first 7 years of life more and more further ET training in this area has been organized in Germany during the past three years.

It is clearly necessary to differentiate between the anthropological conditions of the small child and the later development. The first seven years is crucial for the later development of the child. The Eurythmy Therapy Course was devised for children of school age leaves the question of how to adapt the eurythmy therapy exercises given to the early years child. What would not be appropriate for the very small child?

Parallel to this we continue our work together with the International Kindergarten Association in order to create awareness for the value that eurythmy therapy can have for children.

Eurythmy Therapy in Curative Education and Social Therapy: Carola Adam-Roettig (>adamroettig@oleco.net<)

Last year, from 30 September to 2nd October we held the first specialist conference for doctors and eurythmy therapists in Germany. During these days we addressed the area of speech development - speech initiation - speech disturbances and explored practical eurythmy therapy exercises to meet them.

In order to reach doctors and eurythmy therapists from other countries we will meet again 4 - 6 October at the beginning of the World Conference for Curative Education and Social Therapy. The participants wish is to deepen the work of the previous year with the themes:

Documentation, Mentoring, Remuneration and Teaching load.

The program for the conference will be available in May 2006 from the Section for Curative Education and Social Therapy in Dornach. khs@khsdornach.org .

We look forward to your participation in our work with Curative Education and Social Therapy and its continued development in the future!

Eurythmy Therapy in Schools: Erika Leiste (>erika.leiste@web.de<)

It has become a tradition now in Germany that those working with eurythmy therapy in schools meet together at the School Eurythmy Therapy Conference in Munich every year in March. The conference is usually attended by around 100 eurythmists and ten school doctors. Most come from Germany but a few are from Switzerland, Great Britain, France, The Czech Republic and Croatia. This gives the conference an international flair!

We are working intensively with the theme: The child's etheric body. We have looked for the past two years at the different ethers and where they may be out of balance in the child and how we can help redress the situation.

It is fun trying to see something that is actually invisible!

The discussion in small groups is also a fruitful experience. There we have focused on every day school matters.

Through all this we get to know each other better which is also an important part of such a conference.

Documentation

Sweden: Jane Schwab (>janeandjohn@yahoo.com<)

Effectiveness is now being assessed and this demands careful documentation.

1. Since autumn 2005 the Vidar Clinic has held regular courses in documentation for all therapists. This helps with daily record keeping.
2. Since last autumn the Eurythmy Therapy Documentation Group has been busy analysing individual case studies following CBM criteria so that they can eventually become „Therapeutic Causality Reports“ (TCR)
3. In connection with the Annual General Meeting of the Eurythmy Therapy Association in May all members will be invited to a further training course in documentation.

Switzerland: Anja Meierhans (>anjam@freesurf.ch<)

We have been working to improve the first draft of the Documentation Guidelines which we started in 2004 . We hope to have it finished and ready for printing by 2007.