



Goetheanum
School of Spiritual Science
Medical Section

International coordination
Anthroposophical Medicine/IKAM

Eurythmy Therapy coordination:
Angelika Jaschke

Eurythmy Therapy Forum/Network Newsletter Number 4. November 2006 (Internal)

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"

The Motto of Social Ethic by Rudolf Steiner.

Out of the strength of these words we actively build the substance of our Eurythmy Therapy Forum/Network. A social *Organ* which only exists through our common *goal* and combined efforts.

General Information

The next international delegates meeting will take place prior to The Medical Section Conference, on Wednesday 3 October 2007, between 9am and 4pm in Dornach..

All country Reps. Professional Associations, Practice/Work Group coordinators and Training Leaders are welcome to attend.

Imagine if ALL the Eurythmy Therapists in the world. .eg: Australia, Japan, Russia, Europe, USA, South America, South Africa, India...gathered together in one place....

The International **World Eurythmy Therapy Conference** will take place in Dornach: 30 April-5 May 2008.

Coordination for the World Eurythmy Conference: Erika Leiste erika.leiste@web.de

Initiative meeting - Amsterdam - 10 June 2006

Angelika Jaschke, coordinator for the Eurythmy Therapy Forum/Network is almost full time in her work-in terms of time but not finance! As she does not wish to carry this work alone and welcomes dialogue with her colleagues, she *turned* to the four directions of space: North, South, East and West in order to find an advisors committee- the Initiative Group which currently includes 7 people: Daniel Maslen(England), Maria Theresa Fossati / standing in for Monika Margesin (Italy), Marieke Kaiser (Austria), Jane Schwab (Sweden), Christine Weber-Stoll (Switzerland), Maria Pintye / standing in for Maria Scheily (Hungary) Liesbeth Hermelijn (Holland).The group met in June 2006 to discuss support and liaison with the Forum coordinator.



Delegates Meeting - Arlesheim

On Saturday 16 September 2006, the International Forum- Network Delegates Group met at the Ita Wegman Clinic in Arlesheim.

We were greeted by Angelika Jaschke who recalled last years meeting ,where we explored the connection between our work and the Medical Section. The Section is the *source*, the *foundation* and the *protection* for our work, and without it, there would be no Eurythmy Therapy. Since 2002 the various groups within the Medical Section have grown so much, that for each, a representative is needed. For Eurythmy Therapy, Angelika Jaschke is responsible and in 2007, a new nomination is due. At present there are 10 associations, 15 country representatives, 6 practice areas, 7 working groups and 12 training centres-all in contact with each other. This *working together* helps us to stand firmly in the world.

This year we took the Doctors meditation (GA 316,2 .lecture, 22.04.1924) .Ursula Ziegenbein brought this meditation into movement . We placed ourselves in a pentagram, did IAO ,moved a simple form, taking the *soul exercises* Love E, Hope U, and Knowledge. In this way, the meditation was brought into eurythmy movement and accompanied us throughout the day.

During one of the conversation periods we explored the terms 'Eurythmy Therapy', 'Art Therapy' and 'Artistic Therapy'. It was felt that each country (folk spirit..)should find the best term to suit them.



Annual Conference of The Medical Section - 17. September 2006 - Dornach

The theme this year was 'Fundamentals of Therapy' (Steiner/Wegman)

All 20 chapters were studied in groups, and at the end of the conference-summarized. In this way, many different aspects of this fundamental work were brought to light and a *symphony of ideas* arose through the sharing of the common work.

In one of the Eurythmy Therapy Work Groups, Werner Barford and Dr Broder and Elke von Laue lead us through chapter 18 of the book ,which describes the path from *art* to *therapy*. We practiced this metamorphosis with special reference to *movement-feeling-character*.

The way to a physiological understanding and practical application of the *sounds* was then deepened with Dr von Laue's help.(His work on this theme

is available in the Persephone publication, number 17-Goetheanum Press)

Another high point of the conference was the afternoon work with Raymond di Ronco who explored

the *subsidiary exercises* and their connection to the *inner path* in the social realm. Today the question of *competence* and *ability* seems to be alive everywhere, and through the rich exchange of experience and the many questions arising in the group, it became apparent that much work is needed in this area.

Country Reports

Austria: Mareike Kaiser Marieke.Kaiser@gmx.at

The association has moved to Graz, where it had its first meeting in June. The statutes had to be altered due to the move. We have doctors who advise us and act as a link to Kindergarten and those working in private practice. We are still seeking state recognition. Dr. Waring recently moved to Graz which should prove helpful to our work.

There will be an extraordinary general meeting and a conference on *Teeth* in November.

Canada: Michael Chapitis

Four Eurythmy Therapists live in Canada. We have a good working relationship to our doctors. Once a year we meet for a medical conference. In February the theme will be *Autism*. (This report arises out of a conversation with Michael in Arlesheim where he was giving a course on the *Four Ethers*. A.Ja.)

England: Daniel Maslen danmaslen@hotmail.co.uk

The new 'Over Arching Body' for Anthroposophical Medicine will soon be in place. It hopes to include all anthroposophical doctors and therapists working in the country.

The Training continues to run well in its new location (Stroud / Stourbridge) and on the 18-19 November 2006 there will be a weekend conference and AGM of the Association in Kings Langley. The theme is *healing forces in zodiac and planets* and Udo Hermansdorfer from *Ways to Quality* has been invited to speak. The London Eurythmy Group will perform Rudolf Steiner's *Twelve Cosmic Moods* (12 Stimmungen) on the Saturday night.

You are all warmly welcome to attend. Venue: Rudolf Steiner School, Kings Langley, Hertfordshire, England. Please contact Daniel Maslen for an application Form.

Finland: Anne-Marie Somero amsomero@welho.com

Eurythmy Therapists working in schools and curative education meet together each month to study. There are only three anthroposophical doctors in Finland, which is not enough! This October Erika Leiste will give a course on pedagogical eurythmy and next spring we look forward to Ursula Ziegenbein coming to work with us on the Eurythmy Therapy Course. This will be for doctors and therapists.

Georgia: Nino Waschakidse umn@access.sanet.ge

We would like to announce that since its beginning, four years ago, the first course to graduate in the Eurythmy Therapy Training for Doctors met for a conference. The mornings were taken up with practice of the basic exercises led by Frau Erika Molin (Sweden), and during the second part of the morning, doctors presented case studies, describing the eurythmy therapy treatment which was given. In the afternoon, Dr. Gudrun Merker (Germany) led us through chapters 7 and 8 of the Eurythmy Therapy Course. The week was attended by nine doctors, five of whom were given a certificate allowing them to *prescribe* Eurythmy Therapy and even to practice it together with their patients! The week concluded with a festive celebration to which many guests came. There was also a more serious part, in that Pauline Grounds ### was remembered. Pauline was one of the founder members of the Training. After a festive meal, songs from Georgia and Germany were sung.

It is a great joy for Georgia that five **doctors** are now able to practice Eurythmy Therapy.

Germany: Florian Hoyer hoyer@bvhe.de

Several Health insurance Companies are working together with the Association DAMID, and with one company a draft contract for 'integrated care' has been agreed. Eurythmy Therapy and Art Therapy are not supported without this contract. A new professional '*statement*' is being drafted which will hopefully include all anthroposophical Artistic Therapies. This is being explored on a political level with the trade union *Verdi*. New legislation and statutes are required and *general recognition* demands a guarantee of *quality* in the profession.

The first meeting between the four recognized Training Centres and the Association recently took place and it will soon be possible to take a Masters Degree in Eurythmy Therapy at the Alanus Hochschule.

Holland: Liesbeth Herelijn NVET@hetnet.NL

Irene Pouwels reported that there is trouble with *state funding* but that a new patient initiative for private health insurance is underway and already proving to be successful.

Hungary: Maria Scheily Scheily@axelero.hu

There are three Eurythmy Therapists in Hungary and a Training which is in its second year. The training is carried by both doctors and therapists.

The political climate in Hungary is changing rapidly. Three years ago a new curriculum for the training was submitted to the government but we are still awaiting a reply! (Government department disputes)

Israel: Jan Ranck jranck@012.net.il

Of the 11 eurythmists living in Israel, only six are actually practicing. In the past there was much more collegial work and study together, but now only a small group remains. There is a new initiative to start a eurythmy therapy training but there is still no formal association. However a state fund for alternative medicine includes eurythmy, which means it can be financed by the state. Israel struggles from a lack of manpower, which makes it difficult to build anything up.

Italy: Maria Teresa Fossati/Monika Margesin elma@msoft.it

From 6-8 October 2006, seven Eurythmy Therapists and four doctors met together with Titia Jonkmans to study the first lecture of the Eurythmy Therapy Course. The conference was part of AIET (Associazione Italiana di Euritmisti Terapeuti)

In Italy Eurythmy Therapy is practiced in about 10 cities and in Milan, doctors and eurythmists have been studying the Eurythmy Therapy Course together for three years. The various anthroposophical therapy groups meet together regularly and recently they have been formulating a new *statement*: 'What is anthroposophical medicine'.

Japan: Kimiko Ishikawa eu.haus-erde@m3.dion.ne.jp

During the annual meeting 2006 the idea of founding a Eurythmy Therapy Association was discussed for the first time. This will be our main theme this year.

We continue our work with the Eurythmy Therapy Course and together with the doctors we look at 'case studies'.

Last year a translation of the Eurythmy Therapy Course began and we have taken up the theme: *documentation*.

Norway: Friedrun Plementas

There are around 20 Eurythmy Therapists active in Norway. Most working in schools and curative

education. There is sadly hardly any contact with each other. Few conferences or meetings and most people simply work in isolation! An attempt is being made to collect addresses and to form some sort of internal point of contact. Unfortunately there is no delegate from Norway for the International Forum-Network.

Romania: Constantin Gruia corabia_ro@yahoo.com

Warmest greetings from Nalu Enache and Constantin Gruia !

Russia: Tatiana Strizhak strikaza2004@yandex.ru

The political situation is very unstable. The two government departments responsible for education and health are in difficulties due to government reforms. The legal system is changing and new laws concerning non profit making organizations creates problems for the Waldorf Schools and Eurythmy Trainings. On top of this, tax increases are forcing salary rises and putting even more financial pressure on centres which are threatened with closure by the state.

Moscow has a Eurythmy Therapy Training and 20 students are expected to graduate in January 2007. The training is fully recognized by the Goetheanum.

A big 'Thankyou' goes out to all our friends from Holland, Great Britain and Germany for their fundraising efforts for a new Russian publication of the Eurythmy Therapy Course which is planned for December 2006.

South Africa: Christiane Wigand christianew@netactive.co.za

We are five Eurythmy Therapists in the country. One in Johannesburg, at the Michael Mount Waldorf School (1400 km from Cape Town) two in Cape Town-*running around* between the various waldorf schools. One in Camphill Hermanus (120km from Cape Town) and one pensioner who lives in Cape Town. There is a wonderful working relationship and exchange between us all. The Roseway Waldorf School near Durban (800km from Johannesburg) desperately needs a Eurythmy Therapist. In Camphill, we all enjoy receiving guests for short periods who come to share their expertise! That is all from us here in South Africa.!

Sweden: Annica Alvenang annicaalvenang@hotmail.com

Jane Schwab reported that the Vidar Clinic has agreed a new contract with the region of Stockholm which enables anthroposophical therapies to be state funded. Patients only have to contribute around 7 euros towards their treatment. However, this only applies to out-patients of the Vidar Clinic. This may change in time. (See the Internal Newsletter 2006) In September a new branch of the clinic opened in Stockholm and an *over-arching body* SAMT is in progress. We are discussing the statutes for this now.

Switzerland: Christine Weber-Stoll heileurythmie@intergga.ch

The Association is working on a final draft for a recognized group which will include all anthroposophical therapies. Eurythmy Therapy will be called *movement therapy* and will be an HPF study option. (Hoehere Fachprufung Abschluss) . The exam will be set by the association ,which brings up certain questions:

- How does one attain an adult training title?
- Who is actually qualified to set the exam?
- Will the State intervene?

New legislation is planned for 2008 in relation to *registration* etc. and each Swiss Canton may decide differently. 'Icy winds are blowing !' Many differing opinions.

The Phillipines: Grace Zozobrado gracecurativeeurythmy@yahoo.com.ph

In April we hosted the Kolisko Conference which brought anthroposophy and Waldorf education to peoples awareness. At the same time the International Postgraduate Training (Medical Section) took place. During the conference a wish to form a Doctors Practice arose, and 15 doctors showed their interest. However only 7 attended a recent meeting to discuss the idea.

I am kept busy, partly because I am the only eurythmy therapist here and also because I have decided to study Speech Formation. Michael Burton, speech artist from New Zealand will teach me the basic elements in 3 month block periods. I am looking for sponsorship for this work.

This evening the second doctors meeting will take place. The mood remains one of optimism.

I would be grateful to receive the report of the September meeting. Through such reports I am able to keep in touch with my colleagues abroad.

USA-East Coast: Susanne Zipperlin zippster@earthlink.net

We are working to improve our liaison with doctors at present. The importance of: Location, Availability, Knowledge (of eurythmy) and interest in eurythmy therapy from the doctors side is under discussion. In spring 2007 we will look at these questions in a conference for doctors and therapists. The conference theme is *Imagination, Inspiration, and Intuition*. These are the spiritual forces which can help to carry the working together of doctor and therapist.

ATHENA members and therapeutic eurythmists are looking forward to meeting Angelika Jaschke who will visit the east coast in early spring!

USA-California: Nancy McMahon ncymcmahon@hotmail.com

In Fair Oaks there are three Eurythmy Therapists working. Fair Oaks is 20km from Sacramento, the main city in California. It is also the centre for anthroposophical activities on the West Coast, with five Waldorf Schools, a Teacher Training Course, Christian Community, Bio-Dynamic Agriculture and a Eurythmy Training.

Alongside the good contact that we have to the Association in Chicago we try to maintain our link to all the other anthroposophical centres in the USA.

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Reports from Training Centres and Working Groups:

International Training Group: Titia Jonkmans tpjonkmans@wanadoo.nl

In the carrying group all training centres recognized by the medical section are represented. At present there are twelve. Holland will co-ordinate the next meeting. A new curriculum was drafted in 2005 and it is still being modified. A mandate group looks after new initiatives, helping with questions of finance, entrance criteria, curriculum, quality control, etc. The idea of sponsorship for new initiatives is being explored.

In the case of problem areas and issues: Specific questions relating to the curriculum can be addressed to the Training Group and more complex issues to Angelika Jaschke who will then refer them to the appropriate body.

At present there are new Training initiatives in: Japan, Brazil, Armenia, Georgia, The Czech Republic, Israel, Germany and possibly one in Austria.

Eurythmy Therapy Training Centres:

Prague: Johanna Bonkova jo.bo@seznam.cz

Since the beginning of 2006, our Eurythmy Therapy Training has become more firmly established. Together with Frau B. Stockmar and Frau H. Klima we meet at regular intervals to study Eurythmy Therapy, medicine and human physiology. We have also looked at anatomy and anthroposophy. We are happy that this part-time professional training has been recognized by the Medical Section in Dornach. We have also followed the new *curriculum* and our third term of study will take place in Dornach.

The situation in our country is always changing.

Anthroposophical medicine is growing around the training which has attracted a lot of attention and we feel well supported by the local community.

The Eurythmy therapy lectures have now all been translated.

We would like to thank all those who have helped us so far.

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Kindergarten: Elke Neukirch elke.Neunkirchen@web.de

This year we chose two main themes to work with.

During the Eurythmy Therapy in Schools conference in Munich the Etheric body of the small child was discussed and at the Frankfurt conference the spiritual dimension in the process of *standing upright* was explored.

What does it mean, when we speak of *Dynamics* and *Statics* arising in the spiritual realm? How can we observe this and what do we *see*. What significance does it have for the child's future development when these forces of human uprightness are attacked from outside? We will continue with these questions next year.

To make our work clearer we have differentiated:

A) Eurythmy Therapy with *infants*. B) In the 2nd and 3rd year, C) the 4th and 5th years and- D) the 6th and 7th years of the child's life.

We hope to deepen our work on an international level next year.

Curative Education: Carola adam-Roettig adamroettig@oleco.net

Four years ago we formed a co-ordination group which meets annually prior to the Medical Section Conference in Dornach. We are currently exploring three areas: Documentation, Supervision and Mentoring. Also on our agenda is the question of Finance.

Between 15 and 20 doctors are currently working in curative education and social therapy in Europe.

Schools: Erika Leiste erika.leiste@web.de

Our work rests on three pillars: The Arts Section, Medical Section and Pedagogical Section. The trend in state schools is to integrate extra help and therapy more and more into the system. In Waldorf Schools however, the opposite is occurring! Something which needs our urgent attention.

Regional meetings have been held between doctors and therapists with such themes as *eating disorders* and the *quiet child* and 120 people attended a recent conference in Munich, where the theme was *Child Study*.

The island of Meloy in near Oslo has been host to larger conferences, and in 2008 the World Eurythmy Conference will take place in Dornach. If anyone wishes to contribute to this, or to put forward a colleague they should contact Erika Leiste.

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Documentation:

Anja Meierhans/Switzerland anjam@freesurf.ch

In 1999 a small group took up the theme *documentation*. Dr Keller-Roth and Peter Heusser have taken this work further. One suggestion is that *Documentation* be included in the Eurythmy Therapy Training curriculum. There could also be a book: *Documentation*. Up until now only scattered articles and reports have been published.

For Anja Meierhans the important thing is to learn to *observe* from an artistic point of view before setting things down on paper. Weekend conferences have been held (also in England) where participants practiced writing down their observations then sharing and discussing the results with each other. Always beginning with an *inner picture, movement* and *imagination* before moving on to documentation and detail.

Jane Schwab/Schweden janehamptonschwab@yahoo.se

In Sweden Documentation is practiced in the light of 'cognition based medicine'.

There will be an intensive course for doctors and therapists on 17 January 2007 at the Vidar Clinic.

Elizabeth Rieger/Germany erieger@havelhoehe.de mentioned the work some doctors have done with reference to Study of Man (posture/movement) and the significance of fingers and toes, arms and hands in human physiology. Frau Ziegenbein again mentioned the transformed /metamorphosed eurythmy in this context.

Eye Eurythmy: Margreth Thiersch thorwald.thiersch@goetheanum.ch

Rosemarie Kampe Rosemarie.Kampe@gmx.de

Frau Knauer was a doctor at Lauenstein and when Dr Steiner died, Dr Ita Wegman invited her to the clinic in Arlesheim. She was given the task to research *eyes*. Everything at that time was based on the Eurythmy Therapy Course and during the war she ran a eurythmy therapy training. She discovered that the human *periphery* is especially permeated by ego forces, and that by moving fingers and toes - the eyes are addressed! Frau Thiersch and Frau Rosemarie Kampe offer further training seminars on *eyes*. Their latest research project focuses on disturbances of the blood circulation in the eyes.

Dates for your diary:

Forum Delegates meeting: Wednesday 3 October 2007 .9.00 - 16.00

Medical Section Conference: 04 -07 October 2007 Dornach

World Eurythmy Conference: 30 April - 03 May 2008 Dornach

Homepage Medical Section: www.medsektion-goetheanum.org (IKAM Adressen - Forum HE)

MEDICAL SECTION

Michaela Gloeckler

Cur.Edu. R.Grimm	Doctors P.Zimmerman	Arttherapy D.Brauer	EurythmyTherapy A.Jaschke	Nursing R.Heine	Physiotherapy U.Niedemann	Psychotherapy A.+ H.Decker	Pharmacy M. Kohlhasse
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Initiative Group

18 Countries

AG, BR, CA, CZ, DK,
FI, GE, HU, IE, IL, IN,
JP NO, NZ, PH, RO,
SP ZA

6 Areas of Practice

Clinics, Geriatrics, Schools,
Kindergarten,
Curative Education
Private Praxis

DELEGATES

10 Professional Associations

AT, CH, DE, FR, GB,
IT, NL, RU, SE, USA

12 Training Centres

CH, DE (4), FR, GB,
HU, NL, RU, SE, USA

7 Working Groups

Training, Documentation, Research, First Class,
Finance, Eyes, Teeth

Forum –Network Eurythmy Therapy 2006

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