

Association of Eurythmy Therapists

EURYTHMY THERAPY - DEFINITION AND GUIDELINES

Eurythmy therapy is a movement therapy. It is a part of the anthroposophical medical approach developed out of the work of Rudolf Steiner, which takes into account both the natural scientific phenomena and the soul-spiritual aspects of the human being.

Eurythmy therapy has been developed from eurythmy as an art of movement. It was created by Steiner out of his insights into the processes which accompany and lie behind speech and singing. The sounds, forms and rhythms of speech are made visible through gestures and through forms moved in space by one person or a group of people. Since the first beginnings of this movement art in December 1911, eurythmy has been further developed and is performed on stage, used in pedagogical contexts and in the workplace.

In the eurythmy therapy the gestures are transformed in such a way, that instead of being artistically carried out in an expressive way, they work more strongly on the organism of the person who practises them. Each sound quality has its own particular activity within the human organism. When brought into movement and gesture these activities work back into the human being on an organic and soul-spiritual level. The foundation of the therapy was laid down by Steiner in 1921 through a lecture cycle which he gave to eurythmists and physicians.

Eurythmy therapy helps to strengthen, regulate, and harmonise. The exercises can influence posture, mobility, spatial orientation, rhythm, breathing, circulation and warmth. Eurythmy therapy stimulates the life forces and powers of healing which are inherent within the human being. It also enhances a sense of self. The therapy is used in the treatment of disturbances of the nerve-sense system, the rhythmic system, the metabolic system and in movement disorders. It is also helpful in the treatment of disturbances of the psyche.

TRAINING AS A EURYTHMY THERAPIST

Eurythmy therapists have completed a basic training in artistic eurythmy and a subsequent additional training in therapeutic eurythmy. Through the basic training they have mastered eurythmy as an art form and are able to use their bodies as sensitive instruments for movement.

In the eurythmy therapy training they learn:

- to transform the artistic eurythmy movements into specific therapeutic ones
- to enhance their capacities for movement observation and description in order to diagnose, evaluate and adjust during the therapeutic process
- to choose and modify exercises according to the illness/condition of the client and his/her individual needs

To facilitate all this the training provides a basic knowledge of anatomy, physiology, pathology and healthy human development. It also conveys knowledge and experience of organisational and professional aspects of the therapeutic work.

PROFESSIONAL EXPERTISE

On the basis of a medical diagnosis and doctor's referral the eurythmy therapist plans and carries out treatment for individual clients or small groups of clients with similar needs. This includes:

- establishing a diagnosis in movement
- creating a therapy plan
- flexibly handling the therapy plan, evaluating and adjusting as occasioned by fresh observations
- planning the therapy sessions including structure, time frame and directions for practise of clients on their own
- keeping written records of the therapeutic process

EXPERTISE IN THE CLIENT-THERAPIST RELATIONSHIP

Eurythmy therapy treatment is designed to meet the needs of the individual requesting treatment. This requires from the therapist:

- appropriate communication with the client
- the observation of the client with understanding and sympathy on the levels of body, mind and spirit
- respect for the client and encouragement towards their independence

COLLABORATIVE EXPERTISE

Eurythmy therapists carry out the eurythmy therapy, collaborating responsibly with a doctor and/or other therapists. This includes:

- regular communication whenever possible with the doctor and/or other therapists involved in the treatment plan
- appropriate communication with others responsible for the care of the client, such as colleagues, teachers, care staff and family
- integration into the framework of the institution when working within a school, surgery, care home or hospital

LEGAL RESPONSIBILITIES

The eurythmy therapist is required to keep himself/herself informed of legal requirements and act responsibly with regards to health and safety regulations, client rights, confidentiality, and financial matters.

CONTINUING PROFESSIONAL DEVELOPMENT

As a registered full member of the Association of Eurythmy Therapists, practising eurythmy therapists have undertaken a commitment to maintain, deepen and improve professional competence through continual professional development.

The aims of CPD include:

- a constant updating of basic medical knowledge necessary for eurythmy therapy
 - further development of one's own movement skills in eurythmy therapy
 - a striving for an ever deeper knowledge of the essence of the speech and music sounds and their inherent creative forces
 - the pursuing of independent research with regard to the healing effects of the therapy exercises
-
- an intensification of the therapist's faculties of perception
 - a deepening of the understanding of the anthroposophical image of man as relevant to the therapeutic process

RECOMMENDED CPD ACTIVITIES AND PEER SUPERVISION

The Association of Eurythmy Therapists has adopted a peer monitoring system. Members are asked to nominate a registered eurythmy therapist to accompany and advise them in their ongoing professional development.

The responsibility has been placed firmly with each therapist to identify their own learning requirements, with the support of their mentor, and to decide on CPD activities to be undertaken.

Recommended activities include:

- courses and workshops in eurythmy therapy
- medical conferences and lectures
- regional working group sessions with other eurythmy therapists
- study and other work related to the anthroposophical medical movement

24 hours of CDP activities per year is required to maintain full membership in the Association of Eurythmy Therapists. 12 of these may be supervision through a qualified eurythmy therapist or doctor.

This may be documented through programmes of conferences and working days, with certificates or proof of attendance, and recorded dates and hours of supervision.

TRAINING CENTRE:

Eurythmy Therapy Training in Great Britain
Ursula Browning
143 Slad Rd.
Stroud, Glos. GL5 1RD