

PROFESSIONAL PROFILE

Professional Profile
for
Eurythmy Therapists
in Europe



**International
Eurythmy Therapy Forum**

Medical Section
of the School of Spiritual Science
at the Goetheanum, Switzerland

IMPRINT

Status of: July 2012
(5th version)

Published by:

**International
Eurythmy Therapy Forum**

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Volksbank Dreiländereck EG

Med. Sektion / Förderstiftung AM

KTO: 970760

BLZ: 683 900 00

IBAN: DE92 6839 0000 0000 9707 60

BIC/Swift: VOLODE66

Reference: 1258-01, ForumHE

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1 Definition of eurythmy therapy

Eurythmy therapy had its inception in 1921. It was developed as part of Anthroposophic Medicine by Rudolf Steiner, PhD, Ita Wegman, MD and a number of other physicians. Anthroposophic Medicine is an integral concept to broaden conventional medicine on the basis of additional diagnostic aspects and methods of treatment. Anthroposophic Medicine is closely related to some traditional approaches to medicine such as classical methods of natural medicine and homoeopathy.

Eurythmy therapy was developed as an independent movement therapy based on the movement art known as eurythmy. It differs from eurythmy as an art form in that with eurythmy therapy, the movement and its therapeutic effect is directed at the body, at the human individual himself.

Repeated body-related movements or sequences of movement are performed with hands, arms, legs and feet, adding walking movements, leaps and movements in space as required.

They have an effect on physiological, psychic and functional processes in the metabolic, circulatory, respiratory and sense organs. The movements are based on the configurative dynamics of the human speech organization in producing vowels, consonants and tones. In this respect eurythmy therapy movements are a metamorphosed conversion of functional speech and sound movement. Every vowel and consonant has its own characteristic movement form, and this relates to specific organ processes. The action of eurythmy therapy on these processes is either tonic and stimulant or structuring and limiting, restoring abnormal dynamics to their original healthy state. The action of eurythmy therapy is directed at the somatic and functional levels, also including the emotional, psychosocial and cognitive level. Together with the therapist the patient is able to proactively shape the healing process in eurythmy therapy, taking personal responsibility for shaping his or her life.

2 Qualification

2.1 General competence

The specialist study of eurythmy therapy takes 18 months, for qualification as a therapist. Based on solid training in practical eurythmy therapy, clinical, methodological and theoretical work, the therapy can be applied in all medical disciplines and curative (special) education.

Eurythmy therapists have completed 4 years basic study and training in the movement art eurythmy, plus the 18 months of specialist training in eurythmy therapy, practical work in nursing and experience in eurythmy as an art or in education.

The basic study confers competence in the movement art eurythmy. The therapists are able to use their body as an instrument for sound or tone movements.

Training in eurythmy therapy leads to qualification as a therapist. It covers practical training in eurythmy therapy, medical, clinical, methodological and theoretical training for the application of eurythmy therapy in all medical disciplines and in special education. Areas specifically covered in medical and clinical teaching are embryology, anatomy, physiology, psychology and pathology. Studies in the arts, practical work, part-time specialist courses, mentoring and supervision are also part of the training. Training qualifies therapists to apply disease-specific eurythmy therapy movements. Therapists are qualified to arrange and organize the clinical work with patients, and cooperate with physicians on the basis of anthroposophic-medical human studies.

Eurythmy therapists work with the patient's physician as experts in their field. The exercises are designed taking account of medication and non-medical treatment, and for the individual medical condition of the patient.

Eurythmy therapy is used in all fields of clinical medicine.

2.2 Clinical competence

Eurythmy therapists are able to design and apply eurythmy therapy designed for the individual patient and his medical condition on the basis of the medical diagnosis and on the physician's prescription.

This includes:

- Establishing a movement diagnosis involving basic knowledge of anatomy and physiology to complement the medical diagnosis.
- Establishing a treatment plan.
- Working with the treatment plan in a flexible way, reviewing it and making changes where new observations indicate the need for this.
- Competent use of the means available in eurythmy therapy.
- Establishing a logical sequence of exercises.
- Setting up exercise rhythms especially with long-term treatment; managing the time form of therapy sessions (organization of the session, advising patients on independent exercises).
- Differentiated perception of short and long-term effects of eurythmy therapy in the patient.
- Written documentation of treatment evolution.

2.3 Methodological competence

Eurythmy therapists are able to organize the necessary continuous up-dating and training of their faculties for themselves.

This includes:

- Constantly up-dating and deepening the knowledge in medicine, the specialist therapy, and anthroposophical human studies required for professionally qualified standards of work.
- Further development of one's own capacity in eurythmy therapy movements.
- Sharing professional views and experience with colleagues through intervision and supervision.
- Epistemological insight into the essential nature of sounds and tones and the configurative power connected with them.
- Independent research approach to the qualities of sounds and tones in clinical terms.
- Refining and deepening powers of perception.
- Training powers of perception for the different levels and spheres of the human constitution to develop one's own insights in human medicine.
- Working independently with the basis and training elements of anthroposophy with reference to the clinical process.
- Working with standards and values in a conscious and committed way.

2.4 Patient-related competence

Eurythmy therapists enter into the therapeutic dialogue in a form that is comprehensible and takes account of time and age; they are able to adapt in the clinical situation and respect the patient's autonomy

This includes:

- Establishing a therapeutic process that has integrity and sovereignty.
- Certainty based on one's own work in eurythmy therapy and medical knowledge in dealing with patients.
- Empathy in communicating with patients.
- Indication-specific work with patients.
- Respecting and encouraging the patient's independence.
- Encouraging patients' own activity, their independent practice and experience.

2. 5 Communicative competence

Eurythmy therapists are able to communicate on their own responsibility and with competence with physicians, therapists, professional colleagues and the patient's social environment

This includes:

- The ability to communicate professionally in case conferences with physicians and professional colleagues, and in collaborating with other therapists involved, and collaborating with others in responsible positions, such as teachers, nurses, parents or other reference persons.
- The ability to present and represent one's own specialist field appropriately.
- Regular case conferences with the patient's physician.
- Assessing one's own area of competence and refusing treatment or if indicated refer patients with disorders and conditions that lie outside one's own area of competence.

2. 6 Social competence in institution-specific contexts

Eurythmy therapists are able to integrate their work in the clinical and social framework of institutions (e.g. medical centres, schools offering medical care and therapies, special education and social therapy centres, hospitals, homes for the elderly and sanatoria).

This includes:

- Being able to enter into the specialist aspect of an institution.
- Ability to share professional experience with colleagues; endeavour to be collegial; readiness to question one's own activities.
- Continuous further training in study groups with physicians, professional colleagues and others in responsible positions.
- Responsible participation in internal conferences and meetings.
- Sharing responsibility for organizational matters and the institution's self administration.

2. 7 Subject competence

Eurythmy therapists have a professional attitude which enables them to be independent in their work

This includes:

- Being aware of the professional profile and working on the quality standards for the profession.
- Commitment to the further development of professional standards and quality assurance criteria.
- Reflective approach to the financial, legal and health policy conditions relating to one's work.

3. Basic literature

[GA = vol. no. of original works in German]

- Rudolf Steiner and Ita Wegman: *Extending Practical Medicine. Fundamental Principles based on the Science of the Spirit.* GA 27
- Rudolf Steiner: *Anthroposophical Spiritual Science and Medical Therapy.* GA 313
- Rudolf Steiner: *Eurythmy Therapy* GA 315
- Rudolf Steiner: *Course for Young Doctors.* GA 316
- Rudolf Steiner: *Education for Special Needs. The Curative Education Course.* GA 317
- Rudolf Steiner: *The Healing Process. Spirit, Nature and Our Bodies.* GA 319

Studies

Hamre, H.-J., Kiene, H. AMOS-Anthroposophic Medicine Outcomes Study 2004-2007

You will find the contact details and addresses of professional associations and training centers on the website of the Eurythmy Therapy Forum in the Medical Section at the Goetheanum, Dornach, Switzerland:

http://www.heileurythmie-medsektion.net/en/pr/professional_associations and

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