

ICAAT Annual Report 2024

The ICAAT (International Coordination of Art Therapies – Painting & Modelling, Music & Singing, Speech & Drama) has completed a busy year!

- What were the challenges in 2024?

The atS symposium entitled ‘Therapeutic intuition – Source, Word and Deed – Therapeutic tools in the Drama Course’ took place in October 2024 as the international specialist conference on therapeutic speech and drama therapy. For the first time, the conference was held in German, English and Spanish, which enabled many new and young colleagues from Spanish-speaking countries to find their way to the Goetheanum. In addition, the preparatory team faced the challenge of breathing into the conference a new gesture of togetherness and a stronger practical relevance, which, according to much positive feedback, we succeeded in doing in a touching and groundbreaking way.

The new concept for the International Study Days for Anthroposophic Art Therapies: In January 2024, the preparatory group – composed of representatives from all specialist areas – started a four-year cycle on the therapeutic significance of the etheric heart and its influences in the different seven-year periods of human life. Lectures, patient case studies presented in tandem (therapist/physician) and a variety of working groups, as well as the concluding breakfast, appear to be well-suited to the times and have been very well received. The financing of translations, not only into English but also into Italian and French, remains a challenge.

Online conference 2024: This provided space for further exploration and research into the topics raised in Dornach in January 2024. We largely undertook the translations ourselves in order to minimise costs.

- What special events have shaped the work in the coordination field?

New flyers: With immediate effect, ICAAT has new flyers in postcard format – colourful and fresh; such as we understand our work, wishing to be visible and in the public consciousness.

Guidance: The guidance for prescribers of art therapies has been supplemented with additional diagnoses and published in booklet form and online. Thanks to many donations and the support of the anthroposophical medical association in Italy and the Anthroposophic Health Association in the USA, a translation into Italian and English has been made possible.

Networks: New contacts were established and maintained, which will hopefully remain connected to the ICAAT network in the future, including in the USA, Spain, New Zealand and South Africa. In addition, with the help of the Ifaam team (Initiative for Training in Anthroposophic Medicine), we were able to expand financial support for students in basic training in all disciplines. Networking on our Instagram channel has been further expanded. Here insights, events and inspiration from around the world can be found.

- What news is there to report from the specialist area?

Specialist books: At the beginning of 2024, the specialist book on therapeutic speech “Therapeutische Sprachgestaltung” was published by Salumed Verlag. The team of authors Dietrich von Bonin, Franziska Schmidt-von Nell, Esther Böttcher and Jan-Gabriel Niedermeier describe the basics, indications and implementation, as well as over 100 exercises with videos that can be accessed directly via QR codes. Salumed Verlag also published the specialist book “Plastisch-Therapeutisches Gestalten” by the team of authors Markus Sommer, Anne Sommer-Solheim and Karl-Hermann Lieberknecht, as well as the specialist book “Anthroposophische Maltherapie” edited by Dagmar Brauer and Matthias Girke, with contributions from 35 additional authors. Both books describe the fundamentals as well as providing a wide range of practical examples.

Training worldwide: In 2024, iARTe was able to re-accredit its music therapy further training programme in Japan.

In Germany, a study programme in anthroposophic music therapy finally began in autumn 2024 at the Alanus University of Arts and Social Sciences in Alfter. This is currently undergoing the accreditation process.

- What plans and projects are pending for the coming period?

Research: In the area of research, ICAAT needs support primarily in the form of mentoring for colleagues who wish to conduct research or participate in a research project, as well as for the creation of a database to provide access to many theses and case studies from the training programmes.

Networking and establishing contact with art therapy graduates: We would like to try to attend graduation ceremonies and inform future colleagues about ICAAT. Many receive the certificate from the Medical Section/ iARTe.

Connecting art therapies with the environment: In the ‘People & Medicine’ thematic area, the aspect of the environment is becoming increasingly relevant. We want to explore the question of whether and how art therapies could represent an important aspect in harmony with nature – or even for nature.

We also hope to be able to provide support for the establishment of a new training programme in therapeutic speech in German-speaking countries.

We are grateful for all the idealistic and financial support! Without it, our work would not be possible. It is wonderful to represent our profession around the world and to shape its future together with you.

Laura Piffaretti - Esther Böttcher - Linda Teipen



Patienten-Meditation

Ich fühle in meinem Kopf
Warme Liebekraft
Ich fühle in meinem Herzen
Leuchtende Gedankenmacht,
Die warme Liebekraft
Vereint sich mit der Leuchtenden
Gedankenmacht
Davon werden stark
Meine Hände
Zu gutem menschlichen Wirken.
Ich fühle mich.

Rudolf Steiner

gegeben am 26.11.1923 für Irene Althea
Bergsma.
Peter Selg, Patientenmeditationen von R. Steiner
Verlag des Ita Wegman Instituts, 2019

Meditation for patients

I feel in my head
Warm power of love
I feel in my heart
Radiant power of thought
The warm power of love
Unites with the radiant power
of thought
This strengthens
my hands
In human deeds for the good
I feel myself.

(translator unknown)

Méditation de patient

Je ressens dans ma tête
La force chaleureuse de l'amour.
Je ressens dans mon coeur
La force lumineuse de la pensée.
La chaleureuse force d'amour
Se relie à la
Lumineuse force de la pensée.
Ainsi mes mains deviennent fortes
Pour agir humainement
Dans le sens du Bien,
Je me ressens moi-même !

Traduction: A. D.-H.

Meditazione per una paziente

Io sento nel mio capo
Calorosa forza di amore
Io sento nel mio cuore
Luminosa forza di pensieri.
La calorosa forza d'amore
si congiunge con
la luminosa forza dei pensieri.
Grazie a questo, le mie mani
diventano forti
per un buon agire umano
Io mi sento.

Traduzione: T. I.