

Anthroposophic Music and Singing Therapy

In our understanding, Anthroposophical Music Therapy and Vocal Therapy is defined as follows:

Anthroposophic music therapy is an artistic therapy of anthroposophic medicine, which has its center in the Medical Section at the Goetheanum, Dornach.

The foundations of anthroposophical music therapy are Rudolf Steiner's anthropology (knowledge of man), medicine expanded by anthroposophy, the effectiveness in the macrocosm and its spiritual approach as well as the musical impulse stimulated by anthroposophy in the context of the therapeutic relationship.

This also includes the elaborations of anthroposophical researching music therapists on these musical impulses. In order to support the "new hearing", suggestions have also been taken up in instrument making. Special therapeutic attention is paid to the lyre.

Anthroposophical music therapy relates the effect of music - musical elements, the human voice and instruments in their essential nature - to the spiritual, mental and physical essence of the human being. Human development and the biography of the individual are also taken into account.

In anthroposophical music therapy, the music that is actively played, sung, heard and directly experienced in this way is essential. Anamnesis, therapeutic diagnosis and therapeutic goals form the basis of the treatment.

Training and further training courses adhere to the benchmarks for training in Anthroposophic Medicine¹ and therapists endeavor to be registered with the relevant professional associations in their countries². They are therefore required to undergo further training.

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¹ IVAA 2023, IBAN 9789464787498 (digital version)

² See IFAT: <https://medicalsection.goetheanum.ch/ikam-ifat/member-directory>