

Anthroposophic Painting and Sculpture Therapy

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

Anthroposophical painting and sculpture therapy is based on Rudolf Steiner's anthropology (study of man), Goethe's phenomenology, anthroposophical medicine, the effectiveness in the macrocosm and its spiritual approach as well as the effectiveness of various artistic materials on the body-soul-spirit structure of the human being.

The following artistic methods have been developed from an anthroposophical point of view and are recognized by the Medical Section: Painting therapy according to Dr. Margarethe Hauschka-Stavenhagen, painting therapy according to Liane Collot d'Herbois (light, darkness and color), color meditations according to Rose Maria Pütz, painting therapy based on the training sketches by R. Steiner, painting therapy according to the "Stella Maris" method and metal color light therapy according to Marianne Altmaier.

An essential part of anthroposophic painting and sculpture therapy is the visual art that is actively created or perceived in the therapeutic encounter. Anamnesis, therapeutic diagnosis and therapeutic goals form the basis of the treatment. Through the three- or four-part view of the work, references to the physical-vital and mental-spiritual expression of the person can be recognized and taken into account for the therapy.

The therapists are trained to use the various artistic materials in a targeted manner. Imaginative stimuli, sensory impressions, emerging feelings and thoughts are used to create paintings and drawings or moulds and sculptures in clay. The therapeutic approach in the context of visual arts is always action- and experience-orientated.

Indications and contraindications are derived from the clinical or psychotherapeutic diagnosis as well as the art therapy diagnosis.

Painting and drawing therapy is offered on an inpatient and outpatient basis in art therapy studios, therapies, clinics, rehabilitation centers, curative and special educational institutions, social therapy facilities, in prisons and as part of international emergency disaster relief missions.

(Accredited) 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.

¹ IVAA 2023, IBAN 9789464787498 (digital version)

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