

Introduction and how to use this guide

The Orientation Guide Anthroposophic Art Therapies (in some countries the professional title may be Anthroposophic Therapeutic Arts) aims to enable physicians* to find suitable possible art therapy applications for their patients. The authors are aware that the information is generic. The approaches and interventions presented provide an initial approach and are not exhaustive. Since the manifestations as well as progression of a disease are individual, the therapist will develop and apply a therapeutic approach which is responding to the patient's specific needs, based on the therapist's wealth of experience and knowledge.

The way in which "Diagnosis", "Discipline-Specific Approach" and "Possible Interventions" are deployed here takes account of the way of thinking and approach in the medical profession.

The Orientation Guide Anthroposophic Art Therapies supports the physician in the consultation with their patients to provide a guiding decision-making tool for the choice of the most suitable and beneficial therapy. Reading through the short descriptions aims to encourage a feeling of "that could work", a sense of congruity, "this could be the right direction". It may be unusual for the medical profession to follow a sense of coherence when deciding on a choice of therapy, though.

Moreover, the present document actually shows clearly that all anthroposophic arts therapies are meaningful treatments for all sorts of possible conditions and recovery processes. In fact, all artistic, creative activities stimulate body, mind, soul and spirit. It might therefore be helpful to look at the artistic means and materials of the different art therapy disciplines:

In the visual arts, painting and drawing, as well as sculpture and form-drawing, we work with concrete matter, substance, with "spatial art" so to speak. Thereby, at the end of the therapy session, something visible and tangible has emerged, which can be built on in another session. It is a physical projection of self "outside oneself", a self-image, an emotional and spiritual experience. On the other hand, when we apply music, singing and language, we work with the "temporal arts". In the form of a musical instrument, a text and, above all, working with and experiencing one's own body by means of movement, breath, voice, resonance and language; here the chosen means becomes sensory-physically perceptible. The therapeutic intervention leads to bodily sensations and experiences as well as affecting our emotions, mind and spirit. Generally speaking, both effect and challenge within the first mentioned visual arts therapies are based on dealing with the physical art material outside one's body – being in touch with the world. This aims to support the physical-etheric organisation towards strengthening the psyche and spirit.

The latter forms of therapy nurture an inner stability. They focus more on developmental processes of both soul and ego/I. All forms of therapy can be used actively as well as receptively.

We refrain from an introduction to anthroposophic terminology and refer at this point to the overview in www.anthromedics.org. Anthroposophic arts therapies work with and take into account, both constitutional aspects of anthroposophic medicine in the sense of the threefold nature of the human being with its nerve-sensory system (upper part, thinking), the rhythmic system (middle part, feeling) and the metabolic-limb system (lower part, willing) as well as the levels of the physical body (body), etheric body (life), astral body (psyche) and ego/I.

A qualified therapist can either be found through the professional associations/health insurances (see page 75 for links and references) or through one's professional and personal connections.

The Orientation Guide for Anthroposophic Arts Therapies can be found in an updated format on the ICAAT website (www.icaat-medsektion.net).

In order to get a complete picture of anthroposophic therapies and interventions, we would like to point out the many possible applications of body and movement therapies as well as eurythmy therapy.

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Short videos as insights into the arts therapies can be found on YouTube or on our website.



[www.youtube.com
@icaat.medical.section](https://www.youtube.com/@icaat.medical.section)



www.icaat-medsektion.net

*We have used inclusive, gender neutral language using gender neutral pronouns "they", "them" and "their", referring to both singular and plural nouns.