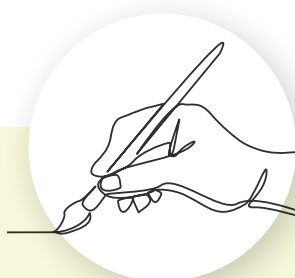


Orientation Guide for Anthroposophic Arts Therapies

NOTES FOR PRESCRIBERS



Content

DIAGNOSIS

The diagnostic process involves the most precise possible evaluation of the initial assessment, symptoms and results by forming an impression of a clinical picture, a condition or syndrome (typical combination of symptoms). The syndrome together with the aetiology, i.e., the contributing factors and the differentiation from similar or related diseases forms the diagnosis (διά- [diá-: "by-"] + γνώσις [gnósis: "knowledge", "judgment"]: synopsis).

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.

We would like to thank the Förderverein Anthroposophische Medizin and the AHA Anthroposophic Health Association for their financial support.

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.

Addiction

(substance-and non-substance-related)

SPECIALIZATION

SPECIFIC APPROACH

APPROACH

Practising self-awareness through centring and promoting connection to creative-spiritual forces.

POSSIBLE INTERVENTIONS

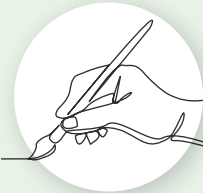
Sculpture & Form-Drawing



To consistently explore/confront the nature of the material (clay or stone). Strengthen life forces through rhythm. Create a relationship with the world. Building a sense of truth.

Continuity of work. Creating something out of own interest; also outdoors/in nature. Creating meaningful objects – shaping internal spaces (pottery, working with soapstone). Allowing strength to be experienced in one's own body. Favourite animals, group of animals. Copy forms.

Painting & Drawing



Stimulating life processes with the means of expression through various media. Strengthening awareness of archaic/elemental creative forces so that they can be experienced again.

Encourage perception by drawing with different media. Stimulate a tactile aspect with pastels or charcoal. Find one's own self-expression through working with colour. The colour green is neutral and helps to gently incarnate through warmth. It is not oppressive like red or withdrawing like blue.

Music & Singing



Anchoring oneself as a person in the here and now with the surrounding space and allow one's own individuality to resonate.

Exercises utilising different directions within a room, (e.g. "Listening Room Therapy"). Instruments such as the crumhorn, clarinet or horn as well as incarnating rhythms (e.g. choriambus _vv_) in particular foster the presence of self/I.

Speech & Drama



Strengthening and focussing the I/ego force in the upper human being, building a protective shell, promoting self-awareness and spiritual experiences through creative-artistic and meditative exercises.

Work with the sounds L N D T, exercises with the vowel E, with communication gestures, e.g. star meditations or "My I carries me" by Rudolf Steiner, alliteration (Stabreim), creative writing or writing poems.

ADHD

Finding connections between gross and fine motor skills.
Experience transitions and promote concentration
through meaningfulness.



Enabling patients to experience and recognise the spatial principles
as well as experiencing the meaningfulness of the activity.
Create a context.

Forming concrete- representational-spatial shapes. E.g. creating a house or an animal.
Pay attention to the back space when kneading the clay.
Form Drawing: Practising centring in a circle (point and periphery).



Harmonising connection between the stressed nerve-sensory and
metabolic-limb systems. This creates a coloured soul space.
Focus concentration and convey steadfastness.

Centre the picture in the middle, paint a tree surrounded by light and adapt it according
to the seasons. Embed a waterfall in a landscape in blue-green colours.
Nurture the soul with carmine or magenta; turquoise and cobalt blue provides stability.
Geometric drawing brings calm to the emotional life.



Guiding from simple to complex exercises on the instruments.
Encourage listening.

For example, exercises with the voice (vocal therapy), string instruments and the brass
instruments, to experience point and periphery in a balanced way.



Speech exercises involving the bodily senses (touch, movement, balance).
From gross motor movement to active rest and listening. Guiding the activity
into meaningfulness and self-efficacy. Supporting the concentration span.

Alternating rising and falling rhythms.
Engaging limb activity through meaningful activities with the help of age-appropriate text content
or role play. Alliteration. Wrestling. Use of aids such as skipping rope, ball, sticks and trampoline.

Allergy

SPECIALIZATION

SPECIFIC APPROACH

APPROACH

To support the formation of boundaries, enliven the interplay between the airy and watery element. Promote ego/I activity and self-expression, invigorate breathing.

POSSIBLE INTERVENTIONS

Sculpture & Form-Drawing



Experiencing resistance and boundaries through the sculpting material. Working with clear or geometric shapes. Finding a balance between concave and convex shapes in the emerging form.

Geometric shapes, platonic solids. Build up a relief-like, flat surface, grow the center/middle area. Modelling free forms and finding balance there between concave and convex shapes.

Painting & Drawing



Enabling form, by focussing on drawing and/or shaping both center and periphery. Experiencing the centre and surrounding boundary.

Drawing lines and geometric shapes, experiencing perspective. Layering technique with green-blue shades. Support and sense of outer containment through building up forms with blue hues. Mapping inner soul spaces. Exercises with charcoal.

Music & Singing



Practising rounds/perpetual canons, holding opposing rhythms and experiencing one's own voice. Experiencing a sense of protection, feeling enveloped by an outer shield.

Active music-making and/or singing perpetual canons/rounds, singing in two voices, rhythmic work, tapping with hands/feet on instruments. Bodily experience of one's own outer boundary through sound and interval perception.

Speech & Drama



Strong, structured speech, "grounding" and the ability to differentiate/assert oneself (yes-no), self-efficacy; strengthening rhythmic coordination.

Breathing exercises with melodic consonants such as M and N and vocal exercises with E. Communication gestures to form boundaries and promote self-expression. Verse meditations to strengthen the self, self-assertion.

Anorexia nervosa

Meeting the individuality in its ideals – at the same time promoting the etheric structure. Favouring the incarnation process.



Guide life forces to the physical body. Strengthen rhythmic, flowing movements. Alternate between periphery and centre. Seek ideals in the spiritual. Address the forces of consciousness.

Expand and contract the clay on the board. Compress and release. Shape relief, concave and convex in equal measure. Form large clay bowls in one's lap. Draw shapes with strong curves, five-pointed star. Shapes with straight lines.



From the idea into the consciousness of the day and into the warmth of creating a connection to the world, observing, and copying nature.

Draw landscapes, household objects, crystals, and animals. Start painting with neutral green and condense it until it has a solid base and can be warmed up with red and brown tones. Stimulate the incarnation process with charcoal exercises and promote a balance between decomposing and constructive forces.



Reduce overstimulation in the nervous-sensory system (and in ideas), strengthen creativity. Warming work.

Singing therapy exercises involving the body to bring warmth into the body. Strengthening the etheric body with sound work (TOA lyre, body tambura, etc.). Improvisation. Working with life processes (musically).



Initially widen controlling thought gestures. Incarnate later.

Sounding vowel exercises, work with subtle nature poetry, breath-body meditations (periphery and star symbol). Finally, grounding through consonants.

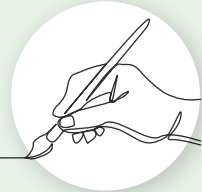
ASD / autism spectrum disorders

Transform mental-spiritual sensitivity/fixation into the ability to relate.



Guide ideas to the sensory world. Activate the limbs and metabolism.
Awaken the mind in the soul.

Knead on the clay board. Build up the rhythm. Together, let the clay fall rhythmically onto a board and listen. Using simple shapes, alternating between angular and round, bind the forces of form to the forces of life.



Set the soul in motion, establish a concrete relationship with the outside world in addition to abstract ideas.
Be active in the here and now by setting clear tasks.

Work rhythmically using the layering technique with large, breathing veils of colour.
Indigo as the colour of the consciousness soul makes all other colours glow like on a mussel shell.
Revitalise the all-dominant indigo with red, yellow, orange, and green colours.
Create a relationship with complementary colours.



Deepen breathing processes and bring them into a vibrational ability between you and me.

Mainly stringed instruments in musical "dialogue". String exercises on bowed psaltery or chrotta.
Interval of the fifth and specific breathing therapies, with lyre and/or voice.



Promote breathing and vocal mobility, speech and language skills and facilitate spaces for relationships.
Coordination of speech and movement.

(Playful) exploration and oscillation skills through speech, language, and breathing exercises in combination with movements.

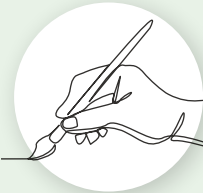
Asthma

Relaxing breathing.
Allowing space for the soul.



Playful rhythmic movement with the material, between both, extreme poles and equilibrium.

Sculpture: Solidifying and dissolving. Experiencing heaviness.
Form Drawing: Lying eight/lemniscate – breathing forms.
Dynamic drawing. Rhythmic movement between inside and outside.



Awaken warmth, reverence and interest in the soul.
Experience inner uplifting on solid ground.

Light violet influences the breathing, turquoise blue cleanses undigested aspects.
Stand upright in viridian green. Create a breathing space with enveloping blue tones.
Nourish with magenta, let warming orange and yellow shine through.
Figurative drawing can awaken devotion towards everyday objects



Guiding from active to receptive music therapy.

A sequence of instruments can help to bring the music from the head into the body:
Overtone flute – Bordunlyre – chrotta – voice.
Working on the flow of breath and resonance are central.



Promoting exhalation. Rhythmising and stimulation of the respiratory flow. Relaxes and loosens the diaphragm.
Expectorant. Harmonises the self and the world.

Falling rhythms (e.g. hexameters) and breathing exercises. Figurative language and poems.
Consonantal and vocal work, e.g. with the exercises Abracadabra, KLSFM, W-T,
or with the syllable OM. Work with the breathing meditation "I breathe the power of life"
by Rudolf Steiner

Burnout

SPECIALIZATION

SPECIFIC APPROACH

APPROACH

Stimulate metabolic activity, warm up.
Observe the centre between lightness and heaviness.
Harmonise the inner and outer worlds.

POSSIBLE INTERVENTIONS

Sculpture &
Form-Drawing

Stimulate the metabolism. The ego organisation is drawn in by the resistance to the sound. Grasp the outflow from below and from above in forms.

Rhythmic kneading of the clay on the board.
Forming and guiding lemniscates on the clay field using water.
Shaping clay bowls. Supporting shapes with convex dominance.

Painting & Drawing



Revitalise the burnt-out soul, nourish it with spiritual content, stimulate the metabolism and life forces.

Invigorate emptiness and tiredness with flowing colours and set them in motion.
Dive from the light into the warmth and rise from the warmth into the light.
Carmine and magenta colours permeate all the limbs, they connect lightness and heaviness.
Talk about the colours and encourage a transfer into everyday life.

Music & Singing



Experiencing warmth and rhythm in the body and life forces.
Realise your own limits.

Singing therapy and rhythmic exercises involving the hands and feet.
Relaxing sound therapy exercises, chrotta and copper gong.

Speech & Drama



Self-autonomy and self-efficacy through the promotion of boundaries, stimulation of life forces. Harmonising the self and the world.
Promoting mindfulness and realisation.

Breathing as a spiritual, life-giving process. Harmonising rhythms such as hexameters; communication gestures; subtle poetry or nature poetry.
Short interventions with small sculpted articulation exercises, followed by rest.
I exercises.

Cardiac arrhythmia

Reorganisation and integration of rhythmic processes in the interplay of life forces and soul space.



The alternation between rhythmic expansion, taking shape and coming to rest. Observing the laws of nature.

Expanding and centring on the clay board.
Working in relief, the main theme in which is formed erectness, lightness and heaviness in balance.
Drawing shapes, also together in pairs.



Practising the relationship between the nervous-sensory system and the metabolic-limb system in their encounter to create space.
To constantly recreate the centre of the rhythmic system.

Encourage charcoal exercises, simple drawing, and perception exercises of objects from nature or everyday life. Depending on the situation, work with shades of blue to raise awareness and calm the mind. Avoid red and paint with blue, green, orange or burnt sienna.
Allow colour encounters to develop through breathing.



Encouraging the oscillating process between experience and self-perception, harmonising the self and the world.

Work in the area of different harmonies (drone lyres) as well as with the rhythm cretic (long - short - long) and others. Copper tubular bells and movement exercises with the body.



Promotion and reorganisation of rhythmic processes, especially pulse and breath. Integration into larger rhythms.
Listening to your own intention: "Listening to your own heart".

Rhythmic work with falling metres, especially hexameters/distichs, breathing exercises to widen and deepen, work with the syllable AUM, vowel exercises (O, A and U), heart and breathing meditations, poetry about the seasons, day and night, sleeping and waking, rest and activity, etc.

Cancer (tumours)

SPECIALIZATION

SPECIFIC APPROACH

APPROACH

Strengthen the ego organisation, which has an ordering effect on the constituent elements of the human being. Be mindful of yourself; who am I? Introduce rhythm into the life forces, balance light and warmth.

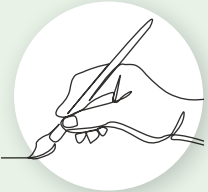
POSSIBLE INTERVENTIONS

Sculpture &
Form-Drawing

Stimulate watery, rhythmic and curved/round shapes.
Work playfully and support new and altering impulses and gestures to stimulate and awaken light and airy qualities.

Leave traces of spirals and lemniscates on the surface of the clay.
Through dropping the clay rhythmically onto the surface facilitate experiencing a sense of both lightness and heaviness in your body.
Out of the entire clump of clay form for instance a group of people with gestures, interacting with each other. Form-drawing together..

Painting & Drawing



Establish a relationship with the archetypal creative forces of light and warmth and their encounter in colour.
"Distract" yourself from pain through painting and creating your own space, feeling grounded/getting your feet back on the ground.

Make the world colourful again: create vast landscapes and be able to breathe in them.
In the green, the gateway to the colours, address the path of incarnation.
Immerse yourself in colour, from cool light colours to bright warm shades with a layered veil painting technique. Stimulate balance between feelings/sensations and consciousness with pure colours. Create structure with turquoise to violet, or dissolve forms with magenta to yellow green, depending on the current state of the tumour process.

Music & Singing



Sense a quality of light in the body and establish ordering sound quality in the etheric/life body.

Work, e.g. on the TAO lyre, stimulates rhythmic flow, invigorates.
Sound ether is strongly addressed. Further structuring work on the following instruments: Chrotta, voice, alto lyre, gongs.

Speech & Drama



Listening to the sounds in language and poetry, promoting presence and mindfulness, self-expression and strengthening rhythmic coordination.

Consonant and vowel exercises. Poems and poetry, oral training. Voice exercises.
Light/warmth/presence meditations. Breathing and rhythm exercises.

COPD

SPECIALIZATION

SPECIFIC APPROACH

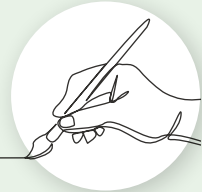
POSSIBLE INTERVENTIONS

Sculpture &
Form-Drawing

Getting into rhythmic movement.
Strengthen life forces and confidence through forming and shaping.
Create warmth and protection. Reduce self-control.

On the clay field: guide lemniscates, condensing and building domes.
Form Drawing: Lively, dynamic, round shapes that are centred. Metamorphosis, transformation of forms.

Painting & Drawing



Mediate and finding balance between formative and life-building forces.
Work slowly.

Dynamic and Form drawing stimulates and sets the etheric body in motion.
Let the space between green and magenta become wider and wider and let the cobalt blue spread out within it. Allow indigo blue and all colours from magenta to yellow-green to light up.
Working with charcoal: balance light and warmth.

Music & Singing



Deepening breathing and supporting lung function, also by working with the limbs.

Breathing exercises on the lyre, the children's harp and the Bordunlyre followed by singing exercises that involve the body and above all the movement of the limbs.
In an advanced stage of COPD, music therapy is carried out receptively.

Speech & Drama



Encouraging and deepening the exhalation with the inclusion of arm and footwork. Relaxation of the diaphragm. Connecting thoughts with breathing and leading them into self-expression.

Falling rhythms (e.g. hexameters) and breathing exercises. Figurative language and poems.
Consonantal and vocal work, e.g. with the exercises Abracadabra, KLSFM, W-T, or with the syllable OM.
If possible, work with the breathing meditation "I breathe the power of life" (Ich atme die Kraft des Lebens) by Rudolf Steiner.

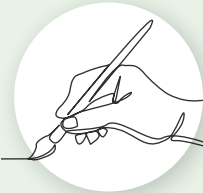
Crohn's disease

Promoting social integration. Stimulating the dynamic of life forces and fostering insight into the illness.
Creating space for the soul to be.



Caution is advised in periods of active and acute inflammation.
Create warmth and protection

Small amounts of material. Guide through a series of shape transformation with a specific goal.
Using small lumps of clay in the palm of the hand to create bowls that vary between themselves.
Drawing self-contained shapes.



Encourage and guide the activity of light forces. Allow colours to move within the soul and vital energy to flow freely.
Move with colours in the soul and allow the life forces to flow freely.

Use dynamic drawing to get moving and warm up inside.
Balance with sap green, green is in the centre. Stimulate movement with shades of red.
Boldly create bright, unfathomable vermilion as a harbinger of change, with light turquoise and light, breathing violet as a background.



Self-expression and showing/"living out" of emotions and then create a new sense of order. Create mental space for something new.

Improvisation can provide the basis for expressing one's own emotions. The choice of instruments creates a connection with one's own self. Experience a new space through listening exercises and search for new sounds that can be in harmony with both, the world and oneself. Encourage moments of silence.



Transforming emotions into personal expressions and promoting insight into illness.

Work with communication gestures involving movement and rest. Role play. Interplay of consonants and vowels as in the exercise "Ketzer-U" by D. von Bonin with subsequent resonance.

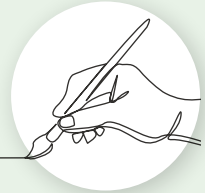
Dementia (Alzheimer's disease)

Bringing thinking, feeling, and willing back into experience through memory images.



Addressing the whole person. Stimulate creativity and playfulness.
From the centre guide the person into familiar forms.

Perception exercises in gauging natural objects. Modelling objects.
Flowing form drawing wet on wet, also together in pairs.



Revitalise the formative forces through repetitive activities.

Drawing plants, stones, memories from nature, taking in the content
of the seasons and festivals and creating them together.



Supporting the middle of the person in their rhythmic system.
Enable joy and exchange.

Sing songs from childhood or from familiar contexts.
Accompany with various rhythm instruments.
Bring harmonies to life with drone lyres.
Play the alto lyre for them to harmonise the whole person.



Embrace the inner world and create spaces for dialogue, creativity, and play.
Promote community.

Picking up familiar song lyrics, poems, rhymes, sayings, and fairy tales
(which tie in with the memory), possibly supported by clapping,
stamping or, for example, throwing balls and working with cloths.

Depression

SPECIALIZATION

SPECIFIC APPROACH

APPROACH

Foster ego activity, light, presence and quality of warmth, grounding.
Promote the interaction of body, soul and spirit.
Stimulate connecting to one's life and will forces.

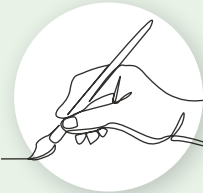
POSSIBLE INTERVENTIONS

Sculpture &
Form-Drawing

Working with clay on a board, kneading it rhythmically, giving it a pulse.
Forming of structured shapes (contraction, expansion) and double-bent surfaces.
Contra indication: severe/major depression.

Build a relief and engage in watery, flowing movements. Create a sphere using the three qualities: stimulus/impulse, movement and loosening. Mould a range of vessels with varying openings from narrow to wide. Dyadic form-drawing.

Painting & Drawing



Establishing a sustaining rhythm that stimulates willpower.
Renewing one's connection with the world and feeling uplifted by it.
Turning towards life, creating images out of the qualities of light.

Observational drawing exercise of plant development, integrating light and shade.
Turning towards the light and its deeds in the world. Engaging in movement via dynamic form-drawing.
Rising with ascending red to yellow-green hues and the healing Christ colour of blue-green, raising oneself up.

Music & Singing



Working with instruments that convey light and brightness in their timbre; light and warmth to foster ego activity. Active music therapy, exercises with the limbs. Creating and experiencing harmonies.

Work with a string psalter or copper sound tubes, lyres, drone lyers, for instance, using musical exercises that have clear melody lines and structures. Work with metal instruments such as xylophones or hand bells, also combined with changing the beat.

Speech & Drama



Grounding and generating energy through articulation exercises in combination with movements according to the principle of dividing and recombining.
Listening to the sounds of language and poetry, promoting presence, mindfulness, self-expression and strengthening breathing.

Exercises with consonants, e.g. with K, H, M, L. Communication gestures, poems and poetry, e.g. with poetic images of nature. Oral training. Voice exercises. Light, warmth, presence meditations. Activation through breathing and rhythm exercises, changing, rising meters. Alliteration. Hexameter.

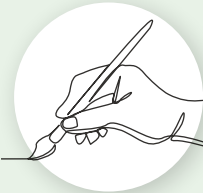
Diabetes mellitus type 2

Support the integration of the ego organisation and organise metabolic activity.



Activate intrinsic warmth in the metabolism.
Appeal to the powers of thought through clear forms.
Activate the power of imagination in its ability to transform.
Lead to warmth.

Start by working with clear hand shapes in variations.
Imitation of vertical shapes, figures, and their further development.
Drawing shapes with straight lines and alternating with curved lines.



The metabolism can no longer absorb the ego, it is blocked, inhibited.
Cleanse the hardened metabolism so that the light can stimulate it again.

Paint with warming and all-connecting carmine and orange, dissolving without form, moving, and expanding upwards. Support the life body in magenta with pure, clean colours. Strengthen the space-creating blue world through the green, ego process and create inner space for soul and ego.



Bring clarity and presence to your own state of mind.
Rhythmise the metabolism.

Find your own melodies and place them in a harmonic-musical context.
Use bass-gramme horn improvisations, e.g. with a bacchius rhythm (short - long - long) for the metabolism.



Promote an adequate relationship between the ego organisation and dynamization/ensoulment.
Stimulation of the periphery and integration of gravity into the body schema.

Sounding speech using vowels and consonants such as R L M, AUM, or Hum Ham Häm, combined with sound-supporting gestures or poetry.
Dynamization and polarisation, e.g. with communication gestures or alternating dark and light vowels.

Dizziness (of unknown origin)

Support the incarnation process until a secure hold in the body is achieved. Stimulate the senses.



Guide the life forces to the physical body.
Express the form forces with spiritual gestures and content.

Rhythmic expansion and contraction of the clay mass on the clay board.
Build up a relief-like dome with small pieces of clay.
Work rhythmically, alternating between large and small.
Perception exercise in the sensory world.



Maintain your uprightness through the inner light,
strengthen your independence.

Green stands for the path of incarnation and has a physical effect on the spine and a spiritual effect on inner realisation. Turquoise is guided by light and has a clear geometric shape. Like a crystal, straightforwardness, support, and a centre full of light provide security and a foundation. Drawing geometric, architectural shapes or offer perspective.



Deepen and calm your breathing.
Strengthen body awareness.

Receptive music therapy with the alto lyre; active music therapy with calm motifs from light to dark tones.
End on C, e.g. with the kantele or the chrotta.
Singing therapy with body movements.



Integration into the space and into the body
(spatial directions, sense of balance and sense of touch).
Promotion of the centre and presence.

Body and movement meditations and directional exercises;
hexameter strokes, articulation exercises with the feet.
Work with the consonants LNDT, I exercises and L with movement of the joints.

Endometriosis

SPECIALIZATION

SPECIFIC APPROACH

APPROACH

Support creative formative forces in the reproductive organs.
Deepen and balance the breathing in the rhythmic system.

POSSIBLE INTERVENTIONS

Sculpture &
Form-Drawing

Strengthen and warm up the metabolism.
Reduce and relax the forces of consciousness in the metabolism.
Stimulate and strengthen the principles of life forces.

Knead the clay in waves on the board or board on the floor, let the clay fall onto it and listen.
Build a dome with both hands. Form large clay bowls in your lap. Shape bowls blindly.
Draw large shapes on the wall, focusing the work at pelvis height.

Painting & Drawing



Direct the light impulse into the metabolism and organise the creative forces.
Stimulate the balance between form and substance.

Apply the colours of the all-sustaining and penetrating warmth in pure magenta or carmine and bring them into the flow. The light-filled orange, yellow and yellow-green colours form the bridge to the space-creating blue colours. Alternate the colours of the sentient soul from magenta to yellow and the colours of the intellectual soul from yellow-green to turquoise.

Music & Singing



Guide the light forces into the metabolic area, practise warmth and creativity in the world of thought. Breathing is central.

Breathing exercises and vocal therapy for a good connection to your own body.
Specific music therapy for the organs of reproduction and rhythm work in the metabolism, e.g. with a xylophone and improvisation of melodies.

Speech & Drama



Reduction of top-heaviness. Anchoring and experience of a comfortable centre of gravity, stimulation and shaping of the metabolic pole, promotion of individuation.

Consonant exercises with the root of the breath (lower abdominal wall).
Speech and movement exercises with the pelvis and feet. Communication gestures. Subtle poetry.

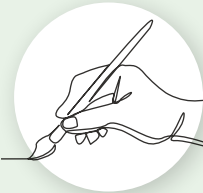
Exhaustion / Fatigue

Centre the nervous-sensory system, free the life forces.
Make it easier to feel.



Calm the centre and from there work upwards into lightness and downwards into heaviness.

Connect the impressions in the clay on the clay board and join them together to form a bowl.
Note the inside design of the bowl. Rhythmically contract and expand a ball.
Observe the threefold aspect of the shapes. Form drawing with strong dynamic forms.



Create simple colour exercises and say "yes" to what becomes possible as a result. Consciously lead your life without excessive degrading forces.

First form a soul skin with enveloping blue colour qualities. Nourish and revitalise the nervous system with magenta or light pink. Stimulate thinking, feeling and willing in a balancing way. Paint light, warming and space-creating, using large colour movements without strong formal elements.



Engage the forces of consciousness so that the forces of life can unfold.
Leading into the here and now.

Accompany songs and breathing melodies with drone lyres. Lead into a rhythmic, swinging musical movement. Exercises with the copper ball in your hands to centre yourself well.
Shape a "blossom": Ni-ing.



Strengthening the organising ego forces through concise brief interventions.
Enabling spaces for activity and rest. Energising the will centre.

Short and small sculpted articulation exercises, e.g. with S or the sound sequence R-L-M.
Cultivation of rest. Avoiding tiring conversations. Sounding vowel exercises.
Rhythmic work with hexameter, if necessary, hexameter body swabs receptively.
Breathing meditations. Activation e.g. with G and H.

Fears

Creating clarity, stability, and order via the nervous-sensory system.
Regulating the relationship between self and the environment.



Finding the centre between periphery/lightness and heaviness.
Train your thinking by looking at nature/pictures.

Clear forms, e.g. Platonic solids, transform them into polar forms. Modelling sculptures with soul gestures and transforming them.



Interrupt the flow of thoughts with devotion to the world, look at the world in amazement again.

Drawing nature without judgement, i.e. perceiving it objectively, e.g. following the annual cycle of a plant. Putting on a cloak of soulful warmth in cobalt blue as radiance of the soul and creating protection for the frightened soul. Welcome people, nourish them with red to yellow tones and counter feelings of fear with enthusiasm.



Strengthen self-awareness and self-esteem through small, clear, and concise exercises. Enveloping and warming.

Exercises e.g. with xylophones (will). Playing and replaying, free musical dialogue and rounds. Receptive music therapy, e.g. with the alto lyre.



Strengthen autonomy and self-esteem through centring in the nervous-sensory system, demarcation, and grounding. Voice experience. "Exposing fears".

Exercises with grounding consonants and with the sounds L N D T, work with communication gestures (especially antipathic gestures), vocal exercises with the vowels E and U, breathing exercises to regulate breathing (deepening and widening). Promoting erectness with I.

Hashimoto's disease

Thyroid gland

Expressing oneself and stimulating the lower body.



Centre oneself, find one's inner core. Stimulate life forces. Activate warmth. Experiencing the joy of doing things but don't challenge.

Experience of inner centre and life force: Sphere and spherical transformations. Foster self-expression, addressing the will aspect. On the Clay field: Expanding and centring. Developing forms/the sphere further based on the emotional state. Creating favourite animals. Drawing self-contained shapes with big, soft pastel.



One's own individual Light guidance revitalises and balances thinking, feeling and willing. Stimulating colours in painterly expression, guiding and actively shaping the process.

Addressing and strengthening the inner power of self, including haptic/tactile painting with soft pastels, feeling inspired and realise stimuli. Inspire perceptual exercises in drawing everyday objects with light and shadow. Create biographical moments of life in pictures.



Place thinking, feeling and willing in the context of melody and rhythm in a balanced way through the element of harmony.

Work with the keys, on drone lyres and other stringed instruments. The melodic elements are added by the voice or metallophone. Rhythm is perceived and cultivated in a differentiated way.



Regulation of hormonal activity with the help of differentiated sound work, which stimulates the breathing to have a harmonising effect on the nervous system in its mediating activity to the metabolism. Promote voice and self-expression.

Melodious sound work with the cardinal exercise "Iron Anne engraved is: see inner hint Vegan Wagner's vain..." (author unknown). Joyful self-experience through voice exercises, poems, role play and communication gestures.

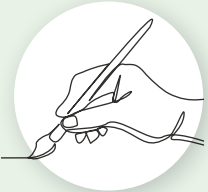
Hyper-sensitivity

Find an inner centre and shape it as an anchor point.
Strengthen the life forces through meaningful mental activity.



In grasping the clay, bind the life forces to the physical body.
Soften the form forces and strengthen the life forces.

Reach forcefully into the clay with your hands. Slowly steady your hands.
Smooth over the surface. Work into a relief. Create Platonic solids from a sphere.
Draw shapes with self-contained forms. Mix angular and round shapes.



Strengthen the connection to reality.
Penetrate, feel, and rediscover the solid, watery, airy, and fiery
in the environment using various means.

Working with the hands. What is hidden in the sense of self is revealed in the sense of touch.
Create with charcoal, pastels or, depending on the situation, with watercolours.
Draw everyday objects with light and shadow.



Train discernment skills, promote warmth and self-expression.

Singing therapy exercises and work with instruments that provide envelopment and warmth:
Chrotta, gong, sound harp, TAO lyre / body tambura.



Promotion of ego strength and demarcation (ability to differentiate
between ego and the world) as well as meaningful activity through
integration in the body and by strengthening intentionality.

Body movement meditations/exercises, working with boundary zones in togetherness, vowel exercises
with E and I, experiencing strength in alliteration and in communication gestures (effectiveness
and centring), breathing exercises for self-regulation, articulation exercises with the feet for grounding.

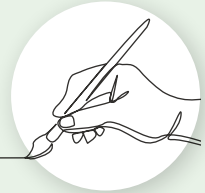
Inflammation, low-grade fever

Support the forming, shaping, life-suppressing, catabolic forces.
Stimulate consciousness forces of consciousness.
Via ego activity, structure, clarify, cool and discharge.



Pay attention to rhythms. Balance, harmony between surfaces and the edges in relation to the form. Highlight convex shapes.

Work with clear shapes, e.g. Platonic solids, and transform them into polar shapes.
Use vertical shapes, e.g. the human form. Form-drawing with straight and curved lines.



Where the human being is permeated with life and vigour, the power of form is cooling and purifying.

Drawing simple, clear geometric shapes, discovering perspective in the landscape.
To affirm one's own point of view, perceptual exercises, draw crystals with cool turquoise.



Cooling (receptive if necessary) through so-called cold or cool sound qualities.
Providing form and support: through targeted rhythmic sequences, structure can be introduced to counterbalance the otherwise outflowing occurrences and processes.

Calm and deepen the breathing. Exercises with sound sticks/chimes (e.g. hexameter or other affirming rhythms) or with plucked instruments, especially a children's harp or kantele.



Dissipating from the center to the periphery by relaxing the breathing.
Clarifying, cooling, structuring.

Structuring and resounding consonant and vowel exercises. Rhythmically touching one's own body, including speech, dissipating into the periphery, e.g. from the knees to the feet with hexameter.
Active as well as receptive exercises.

Long Covid

SPECIALIZATION

SPECIFIC APPROACH

APPROACH

Support the life body and thereby enable the higher systems of formative forces to connect with the physical body, as well as the person's own impulses in life.

POSSIBLE INTERVENTIONS

Sculpture & Form-Drawing



Strengthen the life forces, the protective layers, and intensify the contact with the physical body.
Support the relationship with the sensory world.

Through kneading the clay, both rhythm and flow are strengthened.
Develop clear forms. Observe how the form can grow intimate and become ensouled, while also paying attention to the symmetry of the unfolding form.
Focus on closed, self-containing shapes with form-drawing.

Painting & Drawing



Relieve emotional pressure associated with the condition.
Reconnect with the world of colour, with the light and the rainbow in the soul.

The quality of flow is particularly stimulated with the wet-on-wet watercolour technique.
The colour magenta supports warming and all-pervading life forces.
Bright shining yellow radiates and gives form. Orange shades elate and enthuse.
Green helps to incarnate gently; it gives time and is timeless. Blue protects and creates space.

Music & Singing



Support the flowing aspect in the etheric body; stimulate rhythms in the living movement. Create inner peace through the breath and active, conscious listening.

Fluent musical exercises on the TAO lyre, the Chrotta or other stringed instruments.
Special attention is given to the low tones and their resonance. Deepening of breathing and listening skills through receptive music therapy and singing therapy exercises.

Speech & Drama



Strengthening and harmonization of the relationship between self and the world by promoting breath flexibility, breath width and depth, the soul's ability to resonate and the incarnation impulse.
Promotion of life affirmation (self-strengthening and individualisation).

Harmonising breathing exercises, e.g. with hexameter and meditations, vocal exercises.
Working with voice and poems to strengthen one's life impulse and affirmation of life.

Migraine

SPECIALIZATION

SPECIFIC APPROACH

APPROACH

Imbue metabolic activity with rhythm and warmth.
Support the connection between the soul and the life forces.
Activate and order the watery element, bestowing rhythm.

POSSIBLE INTERVENTIONS

Sculpture &
Form-Drawing

Stimulate the metabolic system through rhythmic and clear shapes.
Work blindly, with eyes closed. Create a connection to the sensory world.

Kneading the clay on the board with big movements, while experiencing rhythm.
Build up crystalline-like forms with both the fingers and heels of the hand
(developing Platonic solids through polar opposites). Creating groups of animals and people.
Form-drawing with round and strongly curved shapes.

Painting & Drawing



Finding rest, possibly through receptive painting. Take your time, experience vastness and exhalation through coloured spaces. Looking for balance between light-filled and space-enlivening colours.

Working with your hands. Charcoal exercises promote balance between rest and movement.
Envelop the red and dynamic colours with blue and "put red in its place" with more and more blue, so it comes to rest. "Breathing" through the course of the day with images from dawn to dusk.

Music & Singing



Guide the concentration and rigidity of the upper human being into the less animated lower human being.

Leading from light to dark tones, from top to bottom. This applies both to terms of tone and choice of instruments. Preferably no wind instruments, but stringed instruments.
Vibroacoustic intervention on the feet.

Speech & Drama



Contraindicated during acute attacks. Work prophylactically by ordering and dissolving. Release pent-up energy from the head area downwards. Direct the voice downwards. Strengthen the breath: invigorate the lower abdominal region with the breath, alternately forming and releasing. Center the upper pole (head).

Invigorate the base of the breath (energy-center) through consonant exercises with H and K. Loosen voice, e.g. with M. Tooth-tongue exercises, e.g. with St or T in combination with radiant arm movements for centring.

Morbus Parkinson

Support the flow of movement in the limbs.
Stimulate dopamine production through artistic activity.
Keep moving.



Enable the limb movement to become fluent.
Support rhythm in developing the forms.
Warm up the limbs and keep them warm.

Use a broad space for kneading the clay; observe and support rhythm.
Create large generous lemniscates with the clay or forms with cross overs.
Shape spheres with three aspects: impulse, movement and release.
Make slight indentations. Drop pieces of clay rhythmically.



Enliven a feeling for colours. Connect gently with the will and
inspire the mind with colour and warmth.

Transform intense colours into increasingly transparent qualities, right up into the imponderable.
Cover a paper entirely with pure magenta using the wet-on-wet technique and within this
create freely a composition made with the colours of the rainbow. Support upright movement
paint with green – paint the green like a beam of light to achieve a gently incarnating effect.
Cobalt blue is a protection for the nervous system.



Bringing movement sequences into oscillation through musical activity.
Bringing emotional experience into musical expression.
Stimulate and "reintegrate" limbs through vibroacoustic interventions.

There are well-known songs and pieces of music with light, lively rhythms as well as
accompanying movements with the limbs. The active playing of instruments familiar to those
affected also brings a lot of relief and self-confidence. The movement sequences that are
still present in the unconscious continue to be trained. Vibroacoustic therapy with body tambura.



Stimulation and enlivening of movement, the gait pattern and the senses.
Maintenance of fine motor skills (swallowing, tongue mobility
and facial expressions, writing). Work on the appearance of the letters.
Stimulation of warmth and mental-emotional mobility.

Strengthening articulation exercises, balancing rhythm exercises, vocal exercises and (playful)
work with text/poems with a focus on experiencing the sound in the body and emotional expression
(e.g. communication gestures). Warmth meditations. Exercises applied to speaking, writing
and moving (walking).

Multiple sclerosis (MS)

Resolving overly formative tendencies and enabling emotional experience and warmth processes.



Bringing emotionally charged forms into resolution and allowing a spiritual experience to emerge from the activity. Create a relationship with the sensory world and experience it.

Working with relief, or work with transformation of forms (shaping and transforming). Working on the Clay field: Smooth surface. Form a figure eight in transformation with both hands, using the whole space. Draw shapes with big soft pastels.



Mediating between forming and catalysing light forces and all-pervading warmth and darkness.

Magenta envelops through gentle warmth, penetrating everything, deeply inhaling, uplifting and releasing. Viridian green supports the power of light and uprightness, provides support and stillness. Violet helps to let go, supports breathing out and calming down. Colours can meet in large pure veils and remain independent.



Get stagnant movements to flow, both in your movements and in your thoughts. Expand the emotional world.

Drawing on musical memories (songs, instrumental pieces) and moving along with them. String instruments help people to start moving and flowing. New things create joy, flexibility and relaxation.



Perceptive, incarnating exercises with consonants and the limbs. Connecting thoughts with breath and movement. Nourishing, releasing, warming and energising content.

Work with the sounds R - L - M, melodious voice work e.g. with the syllable OM and the warm, dark vowels A O U. Work with the exercise 'in the immeasurably wide spaces' or 'Abracadabra' by R. Steiner. Nature poetry.

Myoma, Lipoma, Fibroid

Rhythmicize and warm up the metabolism.
Connect the soul with the life forces.
Activate, rhythmicize and order the watery element.



Pay attention to rhythm and warmth within the process of creating the sculptures. Work with polarities and find the center. Draw attention to soul and spirit.

Form lemniscates on the moist clay surface. Pull the intersecting points up and down to find the center again. Try to create flow forms on the clay relief. Build up small geometric shapes alternately with the fingers and the heels of your hands. Form-drawing together.



Stimulate inner emotional enthusiasm with pure colours. It is light (the I) that stimulates warmth and illuminates the colours.

Stimulate creativity through light, but not through feeling. Painting in layers on large paper, beginning with the colours before the light, magenta to yellow-green, to the colours behind the light, turquoise to violet, can bring movement into the soul.



With the music therapy exercise, the ego is instructed to become present with interest in the lower part of the human being.

Bringing the presence of the individuality right down into the feet: walk clear forms, supported by the intervals of prime, fourth, octave. Singing exercises. Treat life processes musically (receptive or active, e.g. with lyre).



Enlivening the integration of the ego. Promoting ego structure in the body by releasing breathing, promoting voice modulation.

Consonant exercises and stimulation of the energy-center with K, F. Vocal exercises with A, O and U. Meditations with reference to body and movement. Alliteration. Rhythmic breathing exercises.

Palliative care

Approach to end-of-life care:
Supporting letting-go processes,
breathing and relaxation. Pain-relief.



Form Drawing.
Stimulate letting-go or bringing back to the present moment.

Releasing, flowing, relaxing forms. Possibly by guiding the patient's hand.
Place natural objects or Platonic solids in the patient's hands. Perceptive inquiry.
Drawing forms for the patient – watching and listening to the drawing.



Align/focus on the liberation of the self. Expand the senses across
the threshold with colours, symbols and images in free images.

Offer pure, vibrant colours and combine plain areas of colour using the wet-on-wet technique.
Create transitions in active painting therapy or foster self-expression and biographical moments.
Use passive painting therapy to accompany the palliative situation in a stimulating or calming way.
Pay attention to the width in the image.



Create inner balance and experience acceptance within the very moment.
Nourish the soul and self.

In the final phase of palliative care, music therapy is often receptive.
The warmth and light of the lyre, as well as its direct connection to the heart fill people with
love, hope and freedom.



Releasing and expanding the breath through receptive exercises, possibly
with touch on the legs. Content that gives meaning, support and peace.

Meditative-religious texts or prayers, hexameters, falling rhythms, the syllable OM.
Expansive lyrical images, as in the poem "Mondnacht (Moonlit Night)" by Joseph von Eichendorff
or "Night and Peace" by Edward Rowland Sill.

Pulmonary Arterial Hypertension

To strengthen the rhythmic system, promote a harmonious connection between the upper and lower part of the human being.



Warming up with interest to one's own creative activity.
Finding a way to reduce tension by working the clay.
Develop polarities and use them as a base to find the centre.

Allow bits of clay to drop rhythmically, while listening to the falling sound and the impact it makes.
Condense the loose pieces of clay and form a "skin" around them. Develop forms, for instance animals.
Sense the pile of clay with your hands and try to find the back of an animal. Form-drawing.



Our internal mental balance is influenced by the polar qualities found in the upper formative and lower warming upbuilding pole.
The center is stimulated from both sides and is in perpetual motion.

Charcoal exercises, aiming to constantly find balance anew Light gives rise to movement in the darkness.
Movement in the lower human being moves upwards and is influenced and pushed back by the light in the upper being, thus creating new rhythmic connections. Depending on the patient's condition, red hues may stimulate the building-up and warmth in the lower part of the human being too much.
Whereas yellow, green and blue shades may bring order, calm and structure. Observation exercise and drawing of plants, animals, landscapes and simple objects.



To find ways to express one's own emotions musically.
Deepen and relax the rhythmic system, above all the breathing.
Release "pressure".

Working in-depth with string instruments, especially tuned in harmonies (Bordun lyre), but also with light wind instruments, for instance the overtone flute: balancing and strengthening the person's breath-pulse ratio through breath work. Working with harmonies enables a differentiated, colourful expression of emotions, moods and sensitivities, thus allowing to become aware of them and balance them.



Synchronisation of breathing and heart rate variability, promotion of vagotonia, ability to oscillate between upper, nerve-sensory system and the lower metabolic-limb system (releasing mental and spiritual "bottling up" in the lower pole). Dealing with emotions and feelings.

Harmonising rhythmical exercises with hexameter, promoting exhalation. Vocal exercises with A O U.
Connecting thoughts and breath, for instance via meditation.

Sclerosis

SPECIALIZATION

SPECIFIC APPROACH

APPROACH

Stimulate the watery element and warmth in the metabolism.
Dissolve condensations through rhythm.
Order and connect the formative systems constituting the human being.

POSSIBLE INTERVENTIONS

Sculpture &
Form-Drawing

Foster a relationship with the sensory world by working with clay.
Build up bodily warmth, create your own sense of warmth.
Discover unknown traces. Encourage playfulness.

Expansion of the clay surface towards a relief. Limit too much form.
Allow rhythm and transformation in the development of the series of forms and metamorphosis.
Sculptures with interior spaces. Form-drawing together and/or with retrograde forms.

Painting & Drawing



First, form the outer shell and inner space. It nurtures a sense of security and confidence to enliven the red hues, without getting lost in them.
Red hues invigorate, they generate warmth and dissolve hardening tendencies.

Envelop and protect the warmth with a blue coat. Loosen and harmonize the different bodies with shades of red to stimulate the metabolic system. Promote flow with wet-on-wet exercises, expand the colours expansively.

Music & Singing



Mobility and warmth can be achieved through the loosening/relaxing qualities of musical instruments and their sound qualities, but also through making music and singing in general.

Set a musical impulse (e.g. with a bell) and then create an inner and outer expanse.
Then enliven it with further sounds. Ideal: the note D – lungs – Mercury quality. Strings.

Speech & Drama



Articulation exercises with movement units according to the principle of ordering and recombining. Enlivening the sense of language; guide into listening. Release and dilation of breathing. Full, warm vocal input.

Melodic consonant exercises, e.g. with M, N, L, involving the limbs. Vocal exercises with A, O, U.
poetry and poems, e.g. with impressions from nature. Activating breathing and rhythmical exercises.

Sleep disorders, general

Practise presence, activity and concentration,
alternating with resolution, calmness, and relaxation.



Support sensory perceptions in observing nature.
Stimulate the lower senses.
Strengthen inner image motifs.
Stimulate mental work.

Spread the clay on the board, shape the lemniscate on the watery clay with the palm of your hand.
Sculpt a development series, from the most closed to the most open form possible.
Form-drawing: flowing forms with backward movements to finish the form.



Allow daytime consciousness and sleep consciousness to be experienced.
Support being fully awake in the "here and now" and alternate
with nourishing, restorative qualities. Overcome perpetual dreaming.

Wake up with bright colours such as viridian green or turquoise to cobalt blue.
From below, a light sienna brown can warm you up, while carmine red can be used
to build up and connect all of the four systems of formative forces.
Create alternating images: stimulate and allow etheric forces to flow with magenta.
Experience light spaces with blue tones and create a relationship with three-dimensional space.



Consciously experience activity and rest.
Practice opposites.

Alternating between active body-emphasised music therapy and receptive music therapy
with an alto lyre. Metallophones, percussion, and wind instruments, e.g. alphorn, crumhorn,
overtone flute.



Calming, harmonising, and releasing the breathing and voice,
"Emptying the head".

Speaking the syllables Mo - Le - Le or hexameter texts; prayer, and meditation practice, e.g.
with turning to the guardian angel and with the meditation "I carry peace within me" by R. Steiner.

Sleep disorders in old age

Perform rhythmic activities creatively. Don't let the decreasing regenerative forces in the metabolism lie fallow in the soul.
Rhythm and movement affect the quality of sleep.



Finding rhythm and calmness in the metabolic system.
Strengthening the connection with the physical body.
Anchoring the soul more in the etheric.

Knead on the clay board and notice the rhythm. Support transforming the shapes on its surface.
Use a sphere as a starting point and sculpt a series of developmental processes.
Form-drawing together, focus on the experience of closeness and distance. Draw self-contained shapes.



Trying to find a renewed balance between anabolic and catabolic forces.
The hormones influence the feelings; those are associated with colours and nurture the soul.

Engaging in art courses and being creative in many different ways. Blue colours help to create distance, clarify feelings and bring calm. The inwardly warming red hues build up, dissolve hardening processes and invigorate. Perception and observation exercises of nature and everyday objects supports formative forces.



Alternating between activity and relaxation as well as slightly pushing back the astral body.

Alternation between active and receptive exercises as well as stimulation of deep breathing, e.g. through exercises on wind instruments. The alphorn or the overtone flute are particularly suitable here. Furthermore, singing therapy exercises can be helpful for the harmonization of the lower human being.



Finding a healthy polarisation of the astral body by alternating creative, self-leading activity (self-expression) with rest and relaxation.
Stimulation of vagotonia.

Activating exercises, e.g. with alliteration, calming rhythms and breathing exercises (especially exhalation), e.g. with hexameter before going to bed. Exercises with the six communication gestures. Speak poems and write your own. Self-experience and self-leadership through voice work.

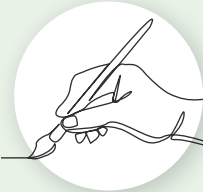
Trauma PTSD

Enabling order and stabilisation.
Promoting positive self-awareness.
Experiencing of meaningful freedom.



(Be careful with sculpture, as feelings are stimulated/triggered via the lower senses, which may be overwhelming OR too challenging).
Gently stimulate stabilisation in the three spatial dimensional directions as well as life forces so that the pent-up feelings can slowly be released. Foster a relationship with reality.

Controlled work in which meaningfulness and self-realisation can unfold. New things should be able to emerge. Search for the right motif and let it be found. Work on the Clay field: Slowly let an impression of self take shape. Allow strength to be experienced. Clear forms. Repetition of shapes. Form Drawing: with reversing bindings.



Support the self/I to get to reconnect, know and guide their/one's own body again. Permeate everything with warmth, affection and humour.

Working with a light source that unites everything. Using veil/layering techniques, charcoal work, drawing or hatching to stabilise and consolidate the self. Bringing colours together without getting lost in them. Offer exercises with plant metamorphoses in order to experience a longer continuous period where everything is allowed to develop and fade away.



Experience mental balance. Cultivate a new connection to healthy nature.

Music therapy interventions to deepen breathing and the ability to express emotions. String instruments and vocal exercises are well suited. Music therapy in and for nature creates a healthy reconnection with the world.



Symptom and process-orientated therapy: Foster protection, a sense of boundaries, order and support through speech exercises with the legs. Self-regulation and dealing with emotions. Integration through the promotion of self-experience, self-expression and autonomy.

Exercises that create a sense of protection, order and support with palate sounds and body meditations, such as "Standing firm, I place myself in existence" or "My I carries me" by Rudolf Steiner. Self-regulation with the help of breathing exercises, communication gestures, poems e.g. by Hilde Domin, Rose Ausländer and through creative writing. Self-expression through voice exercises, communication gestures and role play.

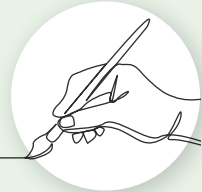
Ulcerative colitis

Stimulating order in the metabolism.
Invigorating inner space.
Promoting stabilisation of the individual.



Make sure not to strain the sculpting forces too much. Do not work with clay during an acute flare-up, as the body is already too engaged with watery/fluid and shaping processes. Promote a pleasant experience. Guide towards will forces.

Creating platonic solids, sensing boundaries, holding the inner space where form and substance are in balance. Work with the convex form, then slowly move toward concave shapes. From Drawing; draw the lemniscate in an upright position (portrait format), where inner and outer form can be rhythmically connected in a balanced way and the centre also be shifted. Braided bands and its inversions stimulate the formation of boundaries.



Capture the overactive consciousness on the outside and gently guide toward immersing in the inner warmth of the soul. Overcome separations. Revitalise the metabolic limb system. Check to which extent the body can deal with the watery nature of the watercolour. Use dry soft pastels if necessary.

Apply the veil/layering technique or use soft pastels with cobalt blue to form protective layers to strengthen and create an interior space. Incarnation exercise: from emerald green into sap green via orange into the brown of the earth. Build up surfaces with life-stimulating colours from magenta to yellow, experience transitions. Observe plant metamorphosis and visualise the process with soft pastel.



Redirect the forces of consciousness into the upper part of the human being and allow warmth to develop in the lower part of the human being/body.

Moving from defined melodic patterns to improvisation. Finding free expression of one's own self in the melody. Using the bass Gämshorn or the chrotta to building warmth and supporting the etheric organisation.



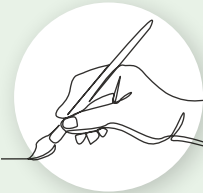
Symptomatic treatment: During a flare-up/relapse: strengthening the pelvic floor and bowel structure. Positive relationship to one's own body. Between flare-ups/during remission: Promoting boundaries and self-expression.

During a flare-up/relapse: stimulate a structuring force through palate sounds such as D, N and B. Between flare-ups/during remission: promote a radiant energy through consonant exercises such as "Hot, Radiant" or: Is stumbling star; Master of mystic steps; Stand always in earnest endeavour; Star street steadfast; Standing still sternly; On steps of constant striving. In perpetual mood" by R. Steiner (The Art Of Recitation And Declamation GA 281)

Unfulfilled desire to have children



Stimulate warmth in the metabolism.
Address loosening and forming aspects.
Stimulate the forces of consciousness.



Incarnate from the spiritual pole into soul qualities and immerse yourself in warmth. Form force, dampened by the soul, triggers the impulse for movement in the etheric.



Opening up to new things, perceiving yourself in your body, leading to self-expression.



Integration into the body's centre of gravity; with alternation between peaceful-round and radiant-straight movements.
Promotion of deep breathing, vocal, pleasurable expression.
Connection to the spiritual world.

Mental and spiritual integration in the reproductive organs.
Promotion of creativity.

Warm the clay mass in your hands by gripping it firmly. Come to rest by creating a ball.
Form a bowl on your lap. Shape the inside of the bowl warmly.
Form-drawing on a wall, swing a bowl with chalk. Turn with a drop shape.
The body swings with it.

Freely painted pictures show the current situation of the soul.
When everything is flowing and constantly changing, support the power of form and wrap the blue cloak around yourself. When everything quickly forms, separates, and isolates itself, create areas of colour, dreamily come into flow.
Move from "I want" to "letting things happen", stimulate the play of colours.

Practise improvisation and create your own melodies. Experience harmonies.
Chrotta and krummhorn bring warmth to the body. Deepen your breathing.

Consonant and breathing exercises with H, F, K and M combined with circular pelvic exercises, Vocal exercises with A, O and U. Exploration with the communication gestures.
Meditation and prayer practice, e.g. combined with an energising of breathing via "star breathing" or exercises with the Sistine Madonna.

Additional diagnoses

The orientation guide (version 2025) has now been completed. We have deliberately not included all possible and known diagnoses that can be treated through the various specialist arts therapies. Instead, we would like to encourage users to take inspiration from the described examples for conditions that are not listed here. Further developments of treatments i.e., reflecting the process from diagnosis to therapeutic interventions should not be a difficulty for professionals (prescribers and therapists with appropriate further training in anthroposophic medicine and therapy). Non-professionals and interested people are welcome to contact art therapists directly with their questions in order to receive comprehensive and in-depth answers.

The guide is not intended as a prescription book, more as an opportunity to find a therapeutic direction for patient's individual issues (see introduction). This is also why we thought it important not to define all possible diagnoses in a conclusive form. However, the orientation guide can be used for peer supervision in therapist circles, where interventions for missing diagnoses can be worked out together.

For ICAAT and the editorial group of the orientation guide

Laura Piffaretti, ICAAT Coordinator in IKAM, Medical Section at the Goetheanum
Summer 2025

Notes

Literature & Links

- Rudolf Steiner

- GA 27 Fundamentals of Therapy
- GA 271 The Nature and Origin of the Arts
- GA 275 Art as Seen in the Light of Mystery Wisdom
- GA 280 Creative speech: The Formative Process of the Spoken Word
- GA 281 Poetry and the Art of Speech
- GA 282 Speech and Drama
- GA 283 The Inner Nature of Music and the Experience of Tone
- GA 291 Colour

- M. Sommer, A. Sommer-Solheim, K-H. Lieberknecht: Plastisch-Therapeutisches Gestalten. Salumed-Verlag 2023
- D. Brauer, M. Girke (Hrsg.): Anthroposophische Malthérapie. Salumed-Verlag 2024
- D. von Bonin, F. Schmidt-von Nell, E. Böttcher, J-G. Niedermeier: Therapeutische Sprachgestaltung. Salumed-Verlag 2024
- Anthroposophische Musik- und Gesangstherapie. SaluMed Verlag: in Vorbereitung

FINDING A THERAPIST:

Switzerland: Lists of therapists from EMR and ASCA as well as from the professional association SVAKT

US: <https://www.anthrohealth.org>

All other countries: addresses of the professional art therapy associations under <https://ifat-medsektion.net/en/members>



The aim of integrative medicine is to help a passive patient who is deeply unsettled by the shock of their diagnosis to become motivated and active, a “shareholder of their own health” so to speak, promoting their self-efficacy under professional medical guidance.

Dr. med. Marc Schläppi

Glossary

From the Who Benchmarks for Training in Anthroposophical Medicine.

Brussels: Internationale Vereinigung Anthroposophischer Ärztgesellschaften 2023. Lizenz: CC BY-NC-SA 3.0.

Astral organization: The system of formative forces behind the emergence of consciousness, feeling and instincts as well as movement, respiration, and other body functions, as in animals and humans. It is one of the four formative forces of the human being.

Etheric organization: The system of formative life forces that form the physical body and maintain the integration of material substances into living organisms, such as in plants, animals, or humans. The etheric organization is considered responsible for growth and regeneration and is central to restoring health. It is one of the four formative forces of the human being.

Formative forces of the human being: Four force systems involved in the shape, form, structure, function and organization of minerals, plants, animals, and humans, existing in addition to physicochemical interactions. The dynamic composition of the four systems of formative forces (Wesensglieder in German) constitute the human being: physical organization (formative physical forces), etheric organization (formative life forces), astral organization (formative soul forces) and "I"-organization (formative forces of the human spirit).

Goethean science and observation method: Scientific, phenomenological observation approach based on the work of the German writer and scientist Johann Wolfgang von Goethe, further developed by Rudolf Steiner. By letting phenomena speak for themselves through various observation methods, functional relationships become visible, so that complex phenomena can be understood in terms of a simpler, ultimately irreducible archetypal phenomenon.

"I"-organization: The system of forces of the human spirit, the "I" (or ego), that provides the capacity for uprightness, thinking, insight, self-reflection, freedom, morality and the development of art and culture, as well as its expression and integrating capacity in the human warmth organization and other bodily functions. It is one of the four formative forces of the human being.

Living body: State of the body when the etheric organization is acting within the physical organization of a plant, an animal or human being.

Neurosensory system: Refers to the dynamic that prevails in the nervous and sensory system but is also found in all processes related to form, structure, catabolic activity, consciousness and thinking. It is a systemic part of the threefold nature of the human organism.

Physical organization: The physical body in its distinct human form, made up of physical matter and physicochemical interactions. The form and functions of the physical body are organized by formative forces, primarily by the etheric organization. The physical organization is one of the four formative forces of the human being.

Rhythmic system: Refers to all rhythmical processes and functions of human life, in particular the circulatory and respiratory system, and is also linked to feeling. Rhythmical processes allow mediation between the polarities of the neurosensory system and the system of metabolism and limbs. It is a systemic part of the threefold nature of the human organism.

Seven life processes: Life in the Anthroposophic view can be differentiated into seven processes: breathing, warming, nourishing, secreting, maintaining, growing, and reproducing.

Soul (in Anthroposophic understanding): Refers to the dimension by which the human being links things to his or her own being and inner space, through which he or she experiences pleasure and displeasure, desire and aversion, joy and sorrow and other feelings and thoughts. The soul, in Anthroposophic understanding, is closely related to, and derived from the astral organization.

Spirit (in Anthroposophic understanding): Refers to the dimension that manifests in the human being when he or she looks at the spiritual nature of things. The spirit of the human being is his or her imperishable core.

System of metabolic/ism and limbs: Refers to the digestive system in its widest sense, internal abdominal organs, and the musculoskeletal system in the limbs, as well processes related to movement, metabolism, regeneration, reproduction, and volition (will). It is part of the threefold nature of the human organism.

Threefold/d nature of the human organism: Functional polarity between catabolic processes necessary for the emergence of consciousness (neurosensory system) and anabolic, regenerative processes (system of metabolic/ism and limbs), held in balance through rhythmical processes (rhythmic system).

Tria principia: Latin expression for the ancient concept of three principles – salt, sulfur, and mercury – described by Paracelsus (1493-1541). Tria principia reflect processes rather than substances: salt process (structure), sulfur process (dissolution) and mercury process (harmonic flow). This concept is further developed in Anthroposophic medicine.

Twelve senses: In the Anthroposophic view, sensorial perception is categorized into twelve main sense modalities: of touch, life, movement, balance, smell, taste, sight/vision, temperature/warmth, hearing, speech/language, thought, and sense of the inner individuality ("I") of the other human being.

Warmth organization: Summarizes the various aspects of heat and warmth in the human being as a self-regulating whole: heat and heat distribution within the body, thermosensation and the feeling of physical and emotional warmth. Considered closely related to and controlled by "I"-organization.

Contact

The IKAM Coordination of Anthroposophic Art Therapies (ICAAT) in the Medical Section, Dornach, is responsible for the Anthroposophic Art Therapies Orientation Guide.

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