

Anthroposophic Body Therapist

Core Curriculum

Definition

Anthroposophic Body Therapies are based on both conventional body therapeutic approaches and the anthroposophic knowledge of the human being. They aim to strengthen and balance the organism as a whole: strengthen the physical body, stimulating life processes (etheric organization), balancing the soul life (astral organization), and improving the warmth organism ("I"-organization).

The anthroposophic body therapist provides one or more of the Anthroposophic Body Therapy modalities such as Rhythmical Massage Therapy, Oil Dispersion Bath Therapy, Simeon Pressel Massage Therapy, and Spacial Dynamics.

Oil Dispersion Bath Therapy

Form of balneotherapy where essential oils are dispersed into the bath through a special glass vortex device, also known as vortex mechanism. Treatment is performed with a structured underwater brush massage to increase the transcutaneous permeation of the oil, modulate sensitivity and stimulate capillary circulation.

Pressel Massage Therapy

Massage that alternates between upper and lower body varying sessions to initiate a current and energy flow to the opposite part of the body, intended to strengthen, vitalize and balance the organism as a whole and to improve the patient's fluid organism by loosening tense and shaping tense and hardened tissues and making them permeable again.

Rhythmical Massage Therapy

A gentle, deep soft tissue approach of remedial massage using a gentle rhythmical breathing quality of touch. Movements are rounded with an element of suction to influence the flow of fluids through the body. It aims to stimulate and harmonize tissue and organ processes, stimulate self-healing processes and improve warmth distribution. Different oils and ointments can be applied according to therapeutic indication.

Spacial Dynamics

Movement therapy developed by Jaimen McMillan that treats the human being in motion as a fluid continuum of body, space, and awareness. It re-establishes a healthy dynamic between the body and its surrounding spaces through slow motion exercises and hands-on-techniques that are characterized by rhythms of curved forms, such as spirals, lemniscates, vortices, and spheres. Spacial Dynamics progresses from assisted muscle-mapping toward self-directed dynamic movement re-patterning.

1. Entrance requirements

Category 1 – no prior healthcare training:

Conventional body therapy training, leading to a license, registration or certification to physically examine or treat patients (“license to touch”)

Category 2 – prior conventional healthcare training:

Any health practitioners duly licensed, registered or certified to physically examine or treat patients (“license to touch”) may enter an Anthroposophic Body Therapies training program.

Category 3 – prior TCI training:

Any TCI practitioner duly licensed, registered or certified to physically examine or treat patients (“license to touch”) may enter an Anthroposophic Body Therapies training program.

2. Core syllabus

1. Anthroposophic understanding of the human being and nature
2. Anthroposophic understanding of health and disease
3. Competencies specific to Anthroposophic Body Therapies
4. Professionalism, collaboration, patients’ rights and research

3. Core competencies

1. Anthroposophic understanding of the human being and nature

Describe the anthroposophic understanding of the human being and nature

2. Anthroposophic understanding of health & disease

Assess the patient’s distinct situation with regard to the four formative forces and the threefold nature through phenomenological observation and touch

3. Competencies specific to the therapeutic practice

- Treat common disease situations with one or more of the Anthroposophic Body Therapy modalities
- Plan, implement, adapt and evaluate treatment processes, observing safety precautions and possible contraindications
- Use Anthroposophic Body Therapies for preventative purposes

4. Professionalism, collaboration, patients’ rights and research

- Demonstrate an appropriate inner attitude in the therapist-patient relationship
- Develop reflective self-perception and inner development as the basis of continuing professional development
- Contribute to inter-professional teamwork
- Establish a trusting therapist-patient relationship through comprehensive observation, communication, counselling and shared decision-making with patients
- Understand organizational aspects of practice management and know how to deal with errors and complaints

- Understand research methods in AM and demonstrate basic skills in writing and presenting anthroposophic case reports

5. Graduation criteria

Requirement for certification:

- Completion of training curriculum, including project work
- Completion of mentored practice
- Passed examination or equivalent evaluation

Examination covers:

- Oral and practical exam

Overview to the curriculum:

Duration of training at entrance category 2 & 3 is 1000 hours divided as follows:

- Contact time: 350 hours
- Self directed learning: 350 hours
- Mentored practice, thesis, research: 300 hours

Subjects	Hours
1. Anthroposophic understanding of the human being and nature	55
2. Anthroposophic understanding of health and disease	55
3. Competencies specific to the therapeutic practice <i>patient evaluation and therapy and planning</i> <i>Principles and practice in one the Anthroposophic Body Therapy modalities methods, including observation of safety issues and contraindications: Simeon Pressel Massage Therapy, as accredited by the Medical Section of the Goetheanum</i>	525
4. Professionalism, collaboration, patient rights, research <i>Anthroposophic path of medical-spiritual development</i> <i>Therapist-patient relationship</i> <i>Inter-professional teamwork</i> <i>Dealing with medical errors and complaints</i> <i>Research methods and case reports writing</i>	65
5. Mentored practice	200
6. Project work	100
Total duration	1000