

International Professional Profile

Anthroposophic
Arts and Eurythmy Therapies

June 2013



INTERNATIONAL FEDERATION OF ANTHROPOSOPHIC ARTS & EURYTHMY THERAPIES

IMPRINT

Published by:



IFAAET
International Federation of
Anthroposophic Arts and Eurythmy Therapies

council@ifaaet-medsektion.net
www.ifaaet-medsektion.net

June 2013

Bank details:

Basellandschaftliche Kantonalbank
BIC/Swift: BLKBCH22

CHF Account: 4006.5370.200 1
IBAN: CH28 0076 9400 6537 0200 1

Euro Account: 4006.5370.200 2
IBAN: CH98 0076 9400 6537 0200 2



International Professional Profile

Anthroposophic Arts and Eurythmy Therapies

1. Definition of Anthroposophical Art/Eurythmy Therapies

Anthroposophic Art Therapies and Eurythmy Therapy were developed by doctors and artists in the first half of the 20th century on the basis of Rudolf Steiner's spiritual anthropology and in the context of anthroposophic medicine, curative education and social therapy. They are based on a holistic perception and treatment of the healthy and the ill human being, as it comes to expression in body, soul and spirit.

Anthroposophic Art Therapies and Eurythmy Therapy activate and support the human being's creative (salutogenic) potential for inner growth; for bringing into equilibrium pain and the manifestations of illness; for self-regulation; for stabilising their situation based on their own resources; and for finding a new orientation in life. Through the application of artistic non-verbal media and processes and a therapeutic relationship, sustainable therapeutic effects in the bodily, vital, soul and spiritual functions can be achieved. This approach can be taken up by people of all ages.

Within Anthroposophic Medicine there are artistic therapies. These include Eurythmy Therapy and the other art therapeutic disciplines, namely:

- Anthroposophic Art Therapy – Sculpture
- Anthroposophic Art Therapy – Painting and Drawing
- Anthroposophic Art Therapy – Music
- Anthroposophic Art Therapy – Speech Formation

The professional profile accordingly describes the fields of activity of these specialities within Anthroposophic Art Therapies and Eurythmy Therapy, as well as the principal competencies of Anthroposophic Art and Eurythmy Therapists; also the application of Art/Eurythmy Therapeutic media in the specific areas of practice.

2. Fields of activity

Anthroposophic Art¹ /Eurythmy Therapists² are active in the clinical and therapeutic fields; in promotion and maintenance of health; and in prevention, rehabilitation and after-care. Their activities include:

- treatment to promote and maintain development and health
- therapeutic support in crisis situations and illness
- treatment for acute and chronic somatic, psychosomatic and psychiatric illnesses
- fostering the interest and ability to reconnect, in cases of social disruption and/or isolation
- re-establishing initiative, self-regulation and personal capabilities
- additionally, Anthroposophic Art/Eurythmy Therapists engage in research, teaching and publicity.

¹ The professional designation "Anthroposophic Art Therapist" (and "Anthroposophic Art Therapy") varies according to country.

² The designation in use internationally is "Eurythmy Therapist" or "Therapeutic Eurythmist" ("Eurythmy Therapy" or "Therapeutic Eurythmy") but varies according to country.



3. Competencies of Anthroposophic Art/Eurythmy Therapists

3.1. Personal Competencies

Anthroposophic Art/Eurythmy Therapists are competent to:

- maintain professional and ethical standards
- ensure that they act responsibly — through self-awareness, intervention and supervision
- engage empathy, build a relationship and maintain professional distance
- assess realistically the potential and limits of their own competency
- keep their professional knowledge in their specialist field continually up-to-date and deepen it; engage in further training.
- utilise their own resources reflectively and economically
- use their own artistic activity to maintain and develop their own health and their therapeutic capabilities

3.2. Sociale Competencies

- ability to build up and maintain a sustainable therapeutic relationship
- ability to cooperate and to resolve conflict situations within a supportive therapeutic relationship.
- ability to collaborate in an interdisciplinary team and in organisations
- ability to communicate with the social environment of the client or patient

3.3. Professional Competencies and Expertise

Anthroposophic Art/Eurythmy Therapists are competent to apply Anthroposophic Art/Eurythmy Therapy as an independent form of therapy. This includes:

- knowledge of the anthroposophic understanding of the human being and its application in prevention, diagnosis, therapy and rehabilitation
- knowledge of Anthroposophic Art/Eurythmy Therapy's basis in art and in spiritual science; knowledge of general anatomy and physiology, of different theories of development and of an expanded perspective on them through anthroposophy; basic knowledge of pathology and psychopathology (psychiatry, psychosomatics and somatics)
- knowledge of the relevant national health, social and legal systems
- working reflectively with regulatory policies involving technical and legal aspects of the profession, and with the relevant professional code of conduct
- knowledge of the basic principles of scientific work.

3.4. Competencies in Methodology and Practice

- knowledgeable practice in the use of Art/Eurythmy Therapeutic media, processes and methods
- competencies in the therapeutic application and mediation of formative techniques and potentials within the particular Art/Eurythmy Therapeutic medium
- preparation of Art/Eurythmy Therapeutic diagnoses
- development of individual and illness-specific therapeutic goals



INTERNATIONAL FEDERATION OF ANTHROPOSOPHIC ARTS & EURYTHMY THERAPIES

- creation of therapy plans; development of exercise sequences ; situational sensitivity and awareness for appropriate adaptation and implementation of therapy so that it corresponds to the situation at hand
- consultation on the therapy plan with the prescribing doctor
- reflective awareness of the short and long term effects of therapeutic intervention
- maintenance of appropriate documentation and reports
- incorporation of the results of scientific research into one's own practice.

4. Training Standards

Anthroposophic Art/Eurythmy Therapists have completed a basic training of at least four years — provided by recognised institutes of higher education, universities, professional schools or their equivalents.

The course of study incorporates theoretical and practical training in the specific art forms and therapy as well as mentored practical placement. The competencies noted in section 3 will have been acquired. Recognized trainings in Anthroposophic Art/Eurythmy Therapies have successfully undergone the quality assurance procedures of the Medical Section of the School of Spiritual Science and/or the national Professional Associations for Anthroposophic Art/Eurythmy Therapy.

5. Literature

Golombek E: Plastisch-Therapeutisches Gestalten.

Anthroposophische Kunsttherapie Bd. 1. Verlag Urachhaus, 2. Aufl. (2002)

Mees-Christeller E, Denzinger I, Altmaier M, Künstler H, Umfrid H, Frieling E, Auer S: Therapeutisches Zeichnen und Malen.

Anthroposophische Kunsttherapie Bd. 2. Verlag Urachhaus, 2. Aufl. (2002)

Felber R, Reinhold S, Stückert A: Musiktherapie und Gesangstherapie.

Anthroposophische Kunsttherapie Bd. 3. Verlag Urachhaus, 2. Aufl. (2003)

Denjean-von Stryk B, von Bonin D: Therapeutische Sprachgestaltung.

Anthroposophische Kunsttherapie Bd. 4. Verlag Urachhaus, 2. Aufl. (2003)

Steiner, Rudolf: Heileurythmie. Rudolf Steiner Verlag, GA 315, 5. Auflage, Dornach 2003, ISBN 3-7274-3152-0

“Bibliographie Heileurythmie” 2007, Verlag “Natur-Mensch-Medizin”, Verlags GmbH Bad Boll, ISBN 13: 978-3-928914-16-1

This Professional Profile has been endorsed and is subscribed to by the following Associations and National Representative Bodies:

Austria:

Österreichische Vereinigung Anthroposophisch Orientierter Kunsttherapien (ÖVAOK)

Pilzgasse 23/6/15 - 1210 Wien Fon / Fax: 0043 699 1 954 60 30

For the Council: Jana Koen

E-Mail: oevaok@atelier-lindenbaum.at

Verband diplomierter Heileurythmisten in Österreich (VDHÖ®)

St. Peter Hauptstr. 182, 8010 Graz Fon / Fax: 0043 316 405221



For the Council: Mareike Kaiser
E-Mail: mareike.kaiser@gmx.at

Belgium:

ARTÉSANA beroepsvereniging van anthroposofische kunstzinnige therapeuten in België
Klokstraat 10, B2600 Antwerpen-Berchem
For the council: Marion Buckingham
Email: secretariaat@artesana.be

Brazil:

Associação Brasileira de Terapeutas Artísticos Antroposóficos (**AURORA-ABTAA**)
Rua da Fraternidade 156, BR-04738-020, Alto da Boa Vista, Sao Paulo-SP
Fon: +55 11 7667 5789
For the council: Helena Urben
Email: auroraabtaa@yahoo.com.br

Canada+USA:

Association for Anthroposophical Art Therapists in North America (**AAATNA**)
c/o Wendy Wardle 32 John Street, On L3T 1x8, Canada
Fon: +1 905 889 8664
For the Council: Jef Saunders
Email: wardlewendy@hotmail.com

Association for Therapeutic Eurythmy in North America (**ATHENA**)
252 Farm Road, Copake, New York 12516 USA
Fon + Fax 001-518-329-57222
For the Council: Jeanne Simon-MacDonald
E-Mail: knollhouse@fairpoint.net

France:

Association professionnelle en France des Eurythmistes thérapeutes. (**OSE**)
20 rue Bachaumont, 91430 IGNY
For the Council: Christian Duchemin
E-Mail: chduchemin@yahoo.fr

Germany:

Berufsverband Heileurythmie e.V. (**BVHE®**)
Roggenstrasse 82, 70794 Filderstadt
Fon: 0049- (0)711-7799-723 / Fax: - 7799-712
For the Council: Isabel Martin
E-Mail: sekretariat@berufsverband-heileurythmie.de

Berufsverband für Anthroposophische Kunsttherapie e.V. (**BVAKT®**)
Am Hessenberg 34, D - 58313 Herdecke
Telefon: 02330-60 66 73
For the Council: Cornelia Notholt
Email: berufsverband@anthroposophische-kunsttherapie.de

Italy:

Associazione Italiana di Eurytmia Terapeutica (**AIET**)
Via Privata Vasto 4, 2012-1 Milano, Italia
Fon / Fax: 003902 - 6595558
For the Council: Maria Teresa Fossati, 9.2.2009
E-Mail: monika.margesin@msoft.it



INTERNATIONAL FEDERATION OF ANTHROPOSOPHIC ARTS & EURYTHMY THERAPIES

Netherlands:

Nederlandse Vereniging voor Eurythmietherapie (**NVET**)

Slochterenweg 53 6835 CE Arnhem

Fon: (Skr.) 0031 26 3231189

For the Council: Irene Pouwelse-Fassaert

E-Mail: nvet@hetnet.nl

Nederlandse Vereniging voor Kunstzinnige Therapieën op antroposofische grondslag (**NVKToag**)

Utrechtseweg 62 3704 Zeist,

Fon: (Skr.) +31 30 6954455

For the Council: Gelske Kwikkel

E-Mail: nvktog@gmail.com

Russia:

Verband diplomierter Heileurythmisten (**VDHE**)

Ul.Garibaldi 15-1-77, RU-117335 Moskau

Fon / Fax: 007-499 133 2689

For the Council: Tatiana Strizhak

E-Mail: strikaza2004@yandex.ru

Sweden:

Läkeeyrtymföreningen i Sverige (**LEF**)

Skogsbrynsbyn 34, S- 153 91 Järna

Fon / Fax: 0046 – 8551 50460

For the Council: Annica Alvenäng

E-Mail: annicaalvenang@hotmail.com

Föreningen för Antroposofisk Konstterapi (**FAKT**)

Box 30 S 15321 Järna

For the Council: [Susan Bäucke Kollem](#)

E-Mail: fakt.konstterapi@gmail.com

Switzerland:

Schweizer Verband für Anthroposophische Kunsttherapie (**SVAKT**)

Lilienweg 6 CH-3072 Ostermundigen

Fon/Fax: +41 31 931 9088

For the Council: Charlotte Signer Riggenbach

E-Mail: info@svakt.ch

United Kingdom:

Eurythmy Therapy Association of Great Britain and Northern Ireland (**ETA-UK**)

GB 9 Bittern Close Hemel Hempstead HP39FQ

Fon / Fax: 0044(0)1442386988

For the Council: Daniel Maslen

E-Mail: danmaslen@hotmail.co.uk

Association of Anthroposophic Therapeutic Arts (**AATA**)

For the Council: Laura Ridolfi

Internet: www.aata-uk.org

E-Mail: info@aata-uk.org



INTERNATIONAL FEDERATION OF ANTHROPOSOPHIC ARTS & EURYTHMY THERAPIES

Eurythmy Therapy National Representatives without Professional Associations:

Argentina:	Graciela Kolb	Email: gracielakolb@hotmail.com
Australia:	Josefin Porteous	Email: josefinporteous@gmail.com
Belgium:	Miejef Callens	Email: miejefcallens@gmail.com
Brazil:	Cecilia Teixeira	Email: ceciliateixeira@terra.com.br
Czech Republic:	Hana Giteva	Email: hana.giteva@post.cz
Chile:	Carina Vaca Zeller	Email: carinavacazeller@gmail.com
Denmark:	Matthias Gorges	Email: matthias@gorges.dk
Finland:	Anne-Marie Somero	Email: anne-marie.somero@welho.com
Georgia:	Nino Waschakidse	Email: umn@access.sanet.ge
Greece:	Heiko Norbert Feiler	Email: heifeil@web.de
Hungary:	Maria Scheily	Email: huneuritmia@googlemail.com
India:	Dilnawaz Bana	Email: abanbana123@rediffmail.com
Ireland:	Anne Todman	Email: annetodman@camphill.ie
Israel:	Jan Ranck	Email: janck@012.net.il
Japan:	Kimiko Ishikawa	Email: eu.haus-erde@m3.dion.ne.jp
New Zealand:	Alfred Busch	Email: aji.busch@gmail.com
Norway:	Friedrun Plementas	Email: friedrun_plementas@hotmail.com
Philippines:	Grace Zozobrado	Email: gracecurativeeurythmy@yahoo.com.ph
Portugal:	Maria Fernanda Wessling	Email: mfwessling@gmail.com
Rumania:	Constantin Gruia	Email: constantingruia51@yahoo.de
Slovenia/Croatia:	Barbara Berden	Email: bberdenskula@yahoo.com
Spain:	Leonor Montes	Email: leonor@affinet.net
South Africa:	Christiane Wigand	Email: christianew@netactive.co.za
South Korea:	Seonyoung Kim	Email: eurythmiesykim@hotmail.de

Anthroposophic Therapeutic Arts — National Representatives:

Finland:	Airi Pakkanen	Email: airi.pakkanen@pp.inet.fi
Georgia:	Nunu Dutschidze	Email: nunu@live.ru
South Korea:	Misoon An (Painting Therapist)	Email: ankunst@hotmail.com
	Heonkyung Kim (Music Therapist)	Email: leonielee@hanmail.net
	Soyoon Lee (Painting Therapist)	Email: anthroposopy@hanmail.net