



Goetheanum
School of Spiritual Science
Medical Section

International Coordination
Anthroposophic Medicine/IKAM
Eurythmy Therapy Coordination: Angelika Jaschke

Eurythmy Therapy Forum/Network Newsletter No 8, December 2010

Leading Thought

"The healthy social life is found, when in the mirror of each human soul the whole community finds its reflection, and when in the community the virtue of each one is living." The Motto of Social Ethic by Rudolf Steiner

Out of the strength of these words we actively build the substance of our Eurythmy Therapy Forum/Network. A social Organ which only exists through our common goal and combined efforts.

„Areas of responsibility and management structures within the Anthroposophic Medical Movement“

„The following text is an attempt by the editor - the International Coordination for Anthroposophic Medicine /IKAM to establish where the anthroposophic medical movement stands in its present stage of development“.

These are the opening words in Michaela Gloeckler's book which we published following the annual conference in September 2010. It is available to all coworkers at the Medical Section. „There is the need for a social structure, an organigram or plan for an international cooperative initiative group which advocates a spiritual approach in research, education and professional practice in life“.

On this basis the structure of the Eurythmy Therapy Forum/Network as part of the Medical Section is built.

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Available at the bookstore at the
Goetheanum: www.goethebuch.ch



From the Medical Section

www.medsektion-goetheanum.org

World Eurythmy Conference 25 to 29 April 2011 in Dornach

„The Artistic Impulse of Rudolf Steiner in the Four Areas: Stage - Pedagogy - Social - Therapy“

For the centennial celebration of eurythmy we will hold a large interdisciplinary conference covering all areas of the work.

Each day will be devoted to one of the four areas of eurythmy practice enabling participants to work with specific themes and questions.

Afternoons will host courses and workshops in all six fields of practice enabling an intensive exchange of experience and collegial learning.

For further information on the workshop groups and for application forms please visit the website www.goetheanum.org/3908.html

For those eurythmy therapists who would like to attend the conference but are unable to due to financial difficulties a conference fund is available. Please send your donation to:

**Volksbank Dreiländereck EG
Med. Sektion / Förderstiftung AM**

KTO: 970760, BLZ: 683 900 00

**IBAN:
DE92 6839 0000 0000 9707 60**

BIC/Swift: VOLODE66

Reference: 1268, Welt-Eu-Tagung 2011

(Please note: The cost unit 1268 is the exclusive account of the conference bureau - it is not the account of the Eurythmy Therapy Forum/Network).

Review of the Annual Conference (16th to 19th September 2010)

For the international interdisciplinary conference this year we at IKAM decided on the theme rheumatism.

It is clear that anthroposophic medicine builds upon the foundations of orthodox mainstream medical practice and research links are valuable between the various disciplines and areas of medicine.

Eurythmy Therapy is a part of this process and the exchange of ideas between different professional groups within the Medical Section is growing stronger and more vibrant all the time.

Annual Medical Conference (Looking ahead) (14th to 18th September 2011)

„Developmental Impulse in Anthroposophic Medicine“

150th Birthday celebration for Rudolf Steiner
100 Years of Occult Physiology
90 Year celebration of the Ita Wegman Clinic and Weleda

We are planning a public university conference. The individual way of schooling and its transformation into the social life will stand in it's focus. It is essential to explore this way in all our fields of working and fields of profession. And it is important to exchange views on that. (More information will follow at the beginning of 2011.)



ELIANT – Only 1.000 signatures still missing!

Why does the anthroposophic movement need the European ELIANT Alliance?

Why is this Alliance collecting one million signatures (ELIANT campaign)?

In our current work at the European level, it has been shown that the anthroposophic individual unions are only rapidly shoved aside as insignificant fringe groups. With the ELIANT alliances, the anthroposophic initiatives construct a common European platform in order to participate in the socio-political discussion in the EU as a European non-government organization (NGO) with an anthroposophic viewpoint and to broach anthroposophic concerns and visions to the European decision-makers. Therefore, the goal remains to improve the enforcement of these concerns. The ELIANT alliance is an investment for the future.

Michaela Gloeckler



Eurythmy Therapy within the Medical Section

*„What ever you can do or believe you can do - do it now!
In boldness lives genius, strength and magic.“
(Goethe)*



2010

TRAINING

Handbook of Accreditation

Joint auditors' training with different professions
2 accreditations successfully completed

PROFESSIONAL ASSOCIATIONS

First contracts with AnthroMed®

FIELDS OF PRACTICE

Schools, Early Years Settings, Curative Education/Social Therapy, Clinics, Independent Practitioners, Elderly People

Building up and Expanding Collegial Working in Europe (in progress)



On the left, you see the banner „Existence of Eurythmy Therapy within the spiritual sphere, the legal sphere and the economic sphere“ on which our nine-fold existence, spiritual-anthropological and social, is depicted, and on the right the banner which gives a picture of the organisational structure of the Eurythmy Therapy Forum/Network within the Medical Section. Between these two we have shown our achievements in 2010 at the annual conference this year. The international interdisciplinary meeting at the Annual Conference of the Medical Section - which is held each September - helps us a lot to get an overview of our occupational group. And it is helpful for us, too, to become aware again of the bigger context in which each of us is standing and working.

The Advisory Committee

Seven people from seven countries prepare with great reliability and diligence the annual conference of delegates. Before and after many e-mails and telephone calls, we meet once a year, always in a different country.

This means that seven pairs of eyes are able to look at the whole situation surrounding the Eurythmy Therapy Forum Network within the Medical Section. Together we look at strengths and weaknesses and try to be aware of impulses and initiatives and above all, those from the past which are yet to be fulfilled.

Alongside the practical preparatory work we have tried to understand and help the smooth running of internal structures of management within the Medical Section (IKAM). Some of this work was published in September 2010 in our book „Rudolf Steiner's 150th Birth-

day („Working practice and areas of responsibility within the Anthroposophic Medical Movement“). We also worked with the Eurythmy Therapy meditation. Over the years a strong group has developed out of this advisory committee which could be felt during the delegates' conference and which helps the work as it is taken further all over the world.



Delegates' Conference Number Eight

An Impression
by Monika Margesin (Italy)

The international interdisciplinary delegates' meeting took place in the beautiful North Atelier at the Goetheanum this year.

We began with singing and then each of the 25 country representatives introduced themselves with the help of flags and a map of the world. This was refreshing and concise! We then moved into the right mood for spiritual work with „Angel Wing Eurythmy“ with Mareike Kaiser. Angelika then gave us an introduction into the three realms which each delegate stands within: The vertical stream, the horizontal and the stream from past present and future.

After this we split into groups of five

with two questions relating to the international situation:

- 1.) How is it now?
- 2.) Where do we want to go?

Each group then gave a short report to the larger circle. This approach proved to be a good way of working and brought people closer together. It was impressive how you, Angelika, gave us a picture of AnthroMed® which arose out of your own vision (one of your strongest working tools). You outlined the steps you took in the realization process which has led to Eurythmy Therapy being protected by AnthroMed®.

Warm applause confirmed our gratitude and deep respect for your work.

Further reports from the Section included:

- The national protection given by professional associations and its growing necessity!
- From the international training leaders' meeting Frau Dr Keller Roth reported amongst other things about the recognition given by the Section and the process/criteria involved in the granting of recognition. She also spoke about the training leaders' own training which involves many aspects of the profession and has already proven itself helpful in the collegial work.
- The name 'Forum' has caused irritation in many countries. The Forum is not a separate group next to or beneath the Medical Section but the Eurythmy Therapy Forum is actually the Eurythmy Therapy part of the Section. It is fully integral. For some, this is difficult to understand. Should we change the name or leave the term Forum out? Would it be better to call ourselves 'Eurythmy Therapy within

the Medical Section"? This question needs to be aired in the various countries and brought back for a decision next year. Don't forget!

- With the full approval of all present and with resounding applause, Angelika was re-elected as coordinator of the Forum Network Eurythmy Therapy for another three years!!
- Grace from the Philippines brought a new experience with moving triangles relating to the work of the coordinator (delegates).

The work which then followed regarding the three questions (delegates' profile) proved to be fruitful and rewarding: „How goes it with me? What do I need in order to enthuse an interest for common work in my country? „What is the role of a delegate“?

The review of the work with Thilo Riebold on geriatrics showed that a lot has happened in this field since last year and a suggestion was made that further research could be undertaken on a study of the elderly person and the whole field of working with the elderly.

Elke Neukirch gave an excellent presentation regarding the first seven years and the importance of quality gestures in eurythmy when working with this age group.

During the final review of the day one participant said that the conference of delegates felt like a kind of 'home' for him. I feel the same!

The next meeting of delegates will again be held the day before the Medical Section Conference in 2011.

We concluded with the „Angel Wing“ eurythmy, singing and sunflowers to thank Angelika.

AnthroMed®

Just as Demeter® is a well known registered trade mark all over the world, we hope that soon AnthroMed® will follow. It stands for chemical and GM free quality food and we hope to expand this to cover the whole Anthroposophic Medical Movement. The initiative began in 2003 from the clinics' association.

AnthroMed® is an ideal quality label. It is anchored spiritually in the Medical Section, economically in the AnthroMed® Company Ltd. It serves all who are active with anthroposophic medicine in the social sphere. The membership of international associations ensures continuity here. It really is a threefold decentralized international brand name which has the chance of becoming recognized on a global level with time. The task of developing and expanding this brand name lies in the hands of every individual eurythmy therapist, chemist, art therapist, care worker etc. In addition to linking up with a professional association each one of us is free to also use AnthroMed®.

In the end we will create a strong **recognized** worldwide Anthroposophic Medical Movement through the use of this brand name by many.

Each association can offer its members this new brand name for their individual use and sign of quality: 'AnthroMed®/Heileurythmie'. In Austria, for political reasons: 'AnthroMed®/Eurythmietherapie' or 'AnthroMed®/Eurythmy Therapy'.

It will be necessary that each country registers their brand name officially and shows that all requirements are met regarding further professional training and quality assurance according to local guidelines and criteria.

During the past year it has been possible step by step to negotiate contracts for all who are members of a professional association. This has arisen out of AnthroMed® and was only possible due to the work over the past 7 years on European international standards, agreed formulation and statements regarding the profession, the ethical guidelines, common training curriculum, guidelines for common practice etc. Because of this work and the clearly formulated further training rules it has been possible to open a contract between AnthroMed® and the German BVHE (Eurythmy Therapy Association).

Since October 2010 members can apply for the brand name and in 2011 it



will be available to the members of all Professional Associations.

In the meantime we hope that the international federation (umbrella group for all professional associations) within the Medical Section will help people to obtain the brand name AnthroMed® even if they live in places where there is no formal association. In these countries the wish for a visible label of identity and sense of 'belonging' is even more pressing.

During the Annual Conference of the Medical Section I offered a workshop together with members of AnthroMed®. Topics were the founding, development, future plans and visions and questions on AnthroMed®.

IKAM and the international doctors' executive committee also celebrated AnthroMed® because the occupational group of eurythmy therapists are apart from the clinic association, the second group which can hop on this train heading towards the future.

This delight I would like to share with all the other members of professional associations and institutions throughout the world and I can only recommend that you all take up this new opportunity wherever you are in the world! Get the brand name AnthroMed® for your individual usage and as a visible symbol of how the international anthroposophic medical movement belongs together.

For further information go to:
www.anthromed.de

Work as an assistant of the co-ordinator: Some insight....

Spontaneousness, flexibility, speediness, reliability, language competence, creativity, a sense of layout, computer literacy etc. - this could be a list of skills which should be included into a job specification of



an assistant of the international eurythmy therapy co-ordinator. All those skills were required last year. Be it during a peak time or during calmer and more intense times.

If you asked the assistant directly she would describe the main elements of the past year as follows: Good command

of a variety of requests, joy of creating attractive publications and a user friendly and service oriented website, and contentment when the achievements had been seen and appreciated.

Finally, one of the biggest joys I would like to point out: It is the fact, that I know which country representative is in a picture without having the name of the country. Even if I don't know all the representatives in person, I feel that I can see them standing in a worldwide circle which is supported by the work of the co-ordinator. And this feeling is what stimulates me to put all my efforts into this work again next year.

Regina Delattre

Finance

It is with great joy that we are met with the generosity from many countries who have contributed and given wings to our cause. Hopefully we will soon be financially independent although it is still not clear whether we will do this during 2010 which is the goal. We all continue to be responsible for the support and to find creative new ways of raising funds, e.g. the conference contributions of solidarity need to be actively followed!

Unless it is firmly anchored in economics and the social life, the spiritual life will not be healthy. We are well on the

way to grounding our work in the economic and social sphere.

We feel sure that the present individual contribution system for the Medical Section/Eurythmy Therapy Forum/Network is the right one because it calls upon the sense of loyalty from each one of us even if it is sometimes difficult. This conscious effort is worthwhile! It actually gives us strength because it is a collective activity made by many individuals.

It is clearly extremely important that in each association newsletter there is something about the work of the Medical Section/Eurythmy Therapy Forum/Network. Without this constant reminder the whole impulse may simply be forgotten. The contribution of solidarity needs to be brought to each further training course in all areas of work. In many countries this is being carried out well. As before we remain with the contribution request for the equivalent of one eurythmy therapy session per person per year as Medical Section / Forum contribution. (If this is not possible there is still the option to give a small gesture of say one Euro/Dollar/Frank/Crown/Pound/Yen/Rand....)

Heartfelt thanks go towards those who paid out of their own pockets for example the travel costs to Dornach and to the various professional associations who have supported travel and admin./copy costs, e.g. for the newsletters in their own country.

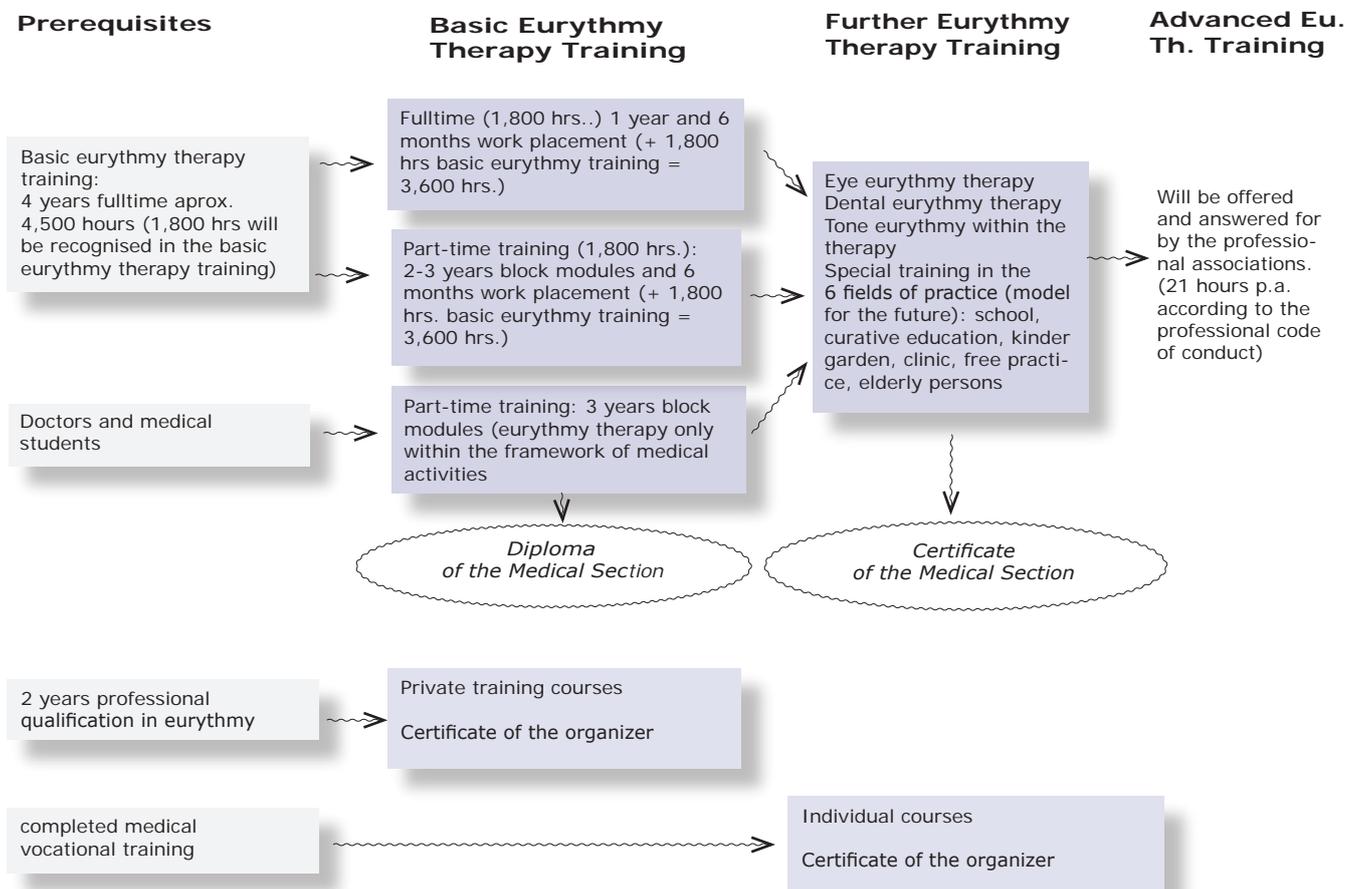
Our Medical Section bank account [in Germany] for eurythmy therapy is:

**Volksbank Dreiländereck EG
Med. Sektion / Förderstiftung AM
KTO: 970760
BLZ: 683 900 00
IBAN: DE92 6839 0000 0000 9707 60
BIC/Swift: VOLODE66**

Reference: 1258 + country + year.

Training/Further Training, Research

Organisational chart: Basic and Further Eurythmy Therapy Training Programmes and Opportunities for Advanced Training



Training Accreditation in the Medical Section

For over five years the professional groups: education for special needs/ social therapy, care workers, art therapy, rhythmical massage, eurythmy therapy have been involved with the whole question of Medical Section recognition/diploma.

In 2008 we all met to compare our experience with this and we agreed to a standard procedure which was then documented and outlined in a handbook in 2009.

After the first two eurythmy training centres had followed it the guide was corrected and expanded. The goal is to create a transparent process which in-

volves both parties enabling the spiritual worlds to work in and that through collegial work a new improved way of working will be found. It quickly became clear that this sort of work (mentoring, visiting each other etc) requires special human qualities.

Auditors' Training

After a first 'taster session' in 2009 it has been possible to establish with professional help from within a three year auditors' training. A group from 12 different training centres: special needs education, care, rhythmic massage, art therapy and eurythmy therapy has formed as a sort of pool of auditors for the Medical Section.

So far the auditors' visits do not include a qualitative evaluation but this could be a further step.

We do hope that the requirements for getting the permission to use the mark AnthroMed® will be achieved through the accreditation.

Unterlengenhardt/ Bad Liebenzell (Germany)

The full time eurythmy therapy training is closely linked to the Paracelsus Hospital. Four new students began in September and five are doing their six month practical experience block.

The eurythmy therapy training for doctors has completed two courses and

36 doctors are enrolled for the third course!

During six weekends over a three year period the doctors meet in Unterlengenhardt. There is always a lecture given by one of the participants and the eurythmy therapy course is studied with six hours of practical exercise which is lead by Dr Gudrum Merker, Dr Sabine Sebastian and Angelika Stieber. The students are asked to give presentations to the ‚sounds‘ and local practice groups have been formed in order to go through the eurythmy therapy exercises on a daily basis with special focus on the eurythmy figures. Individual study and practice is required.

Both training units are carried by the college of the Eurythmy Therapy Training - Paracelsus-Center e.V, Dr. Gudrum Merker, Irene Ott, Dr. Mathias Sauer, Dr. Sabine Sebastian, Dr. Barbara Zaar, in cooperation with Angelika Stieber (Eurythmy Therapy Training Dornach).

Dr. S. Sebastian

Järna, Sweden

New beginnings for the Eurythmy Therapy Training in Järna/ Sweden

The Eurythmy Therapy Training in Scandinavia (Sweden): ‚Läkeeurhythmie Utbildningen i Norden‘ hopes to begin with a new course in August 2011.

The training is divided into block periods of four weeks. The first block will begin on 8 August 2011 and the second

on 3 January 2012. Further training periods are planned for August 2012 and January 2013.

For further information please contact:

Mrs. Dr. Anita Jülke Drufhagel
Sandtorpsvägen 1
15330 Järna - Sweden

Mrs. Renée Reder, Kronenstr. 16B
53347 Alfter - Germany
E-Mail: renee.reder@gmail.com

Great Britain

In March of this year we began with a new course of 17 students from many different countries. Very quickly this group created a strong bond and deep mood of searching and working together. We met for a second block in the summer and the students are now engaged in their first practice placements, all over the world in many different situations. We are always extremely grateful to the mentors who give their time and energy to support them!

Our course is run in Stroud by Ursula Browning, Shaina Stoehr and Ingrid Hermansen with the help of many visiting eurythmy tutors. The carrying doctors are James Dyson and Maria Van den Berg, with the addition of several guest lecturers, doctors who come to teach specific subjects. We are happy that the students have the opportunity to experience and learn from many different people. It is our aim that the course encourages exploration and diversity as well as provides a firm ground in the essentials of eurythmy therapy.

We can be contacted at eurythmytherapytraining@hotmail.com

Dornach, Switzerland

On Easter Monday 2010 we celebrated the re-founding of the Eurythmy Therapy Training with 15 new students. They are all female and come from Japan, Finland, USA and naturally Germany and Switzerland!

In summer we were joined by two further students from Poland and Sicily. People from North, South, East and West all were meeting at the Goetheanum in order to train in eurythmy therapy! They soon merged into a harmonious group together.

Most of the students are middle aged with experience in teaching or stage work. They all wish to solidify their knowledge and stand in the world with this new work. This has lead them all to Dornach for the new part-time training.

In August/ September 2010 a new six week course took place.

Also new are the Medical training Weeks which are linked to ATKA (academy for therapy and the arts). Our students are fortunate to be surrounded by so much medical activity which gives them a firm grounding in the work.

The next block periods will take place in November 2010 and at Easter 2011. By then the students will have gained a basic knowledge which will then be deepened as they learn about fundamental pictures of illness.

*Angelika Stieber
on behalf of the faculty*

Alanus Hochschule, Germany

The first part time masters degree course in eurythmy with specialization in eurythmy therapy at Alanus-Hochschule 2008-2010

We began at Michaelmas 2008 with 18 eurythmy therapists from seven countries: Finland, Sweden, Norway, Holland, Switzerland, New Zealand and Germany. They all had between 10 and 30 years experience in clinics (Järna, Arlesheim, Berlin), Waldorf schools (Helsinki, Dresden, Bochum), curative education (Norway, New Zealand, Egypt) and in private practice (Hamburg, Basel, Berlin). A colourful mixture of 15 women and three men. What did we hope to find? After all we were already enthusiastic and active in our professional work. What lead us all here?

Disease of the metabolic heart circulation and nerve sense systems were nothing new for us, nor were neurological or psychiatric conditions. We

Diploma Conferments in 2010

Dornach	March	10 students
Unterlengenhardt	March	3 students
	October	25 doctors
Alanus Hochschule	March	8 students
	August	19 master course (experienced eurythmy therapists)
Pforzheim	December	5 students

We are pleased to welcome 26 new colleagues in the international professional community as well as the doctors who gathered some deeper insight into eurythmy therapy.

In Great Britain and Sweden training had a pause last year. Now they have started their preparation again and work actively and with new impulses.

looked for 'bridges' between spiritual science and natural science. We wanted to find new methods, new ways to bridge the gap and meet the arguments between Goethean science and academic research and above all to question our own knowledge and explore new ground. How can one define 'research' in eurythmy therapy? Do we speak a common language? What is it that we are actually observing? These and many other questions began to receive answers.

All this really took two years! The course began with an enrollment test in medicine, eurythmy solo work and a practical. The written work which we did over a period of several months acted to 'break up old habits'. Demonstrations, group work, supervision and evaluation all served to create clarity in observation and experience. The intuitive and practical side of the therapeutic process became ever more lively and whole. They became easier to see and to describe. Necessary for science, even with eurythmy! In this way things began to happen. Questions not even asked received answers! We learnt from each other and became more competent, individual and together at the same time! The beginning of a consensus, a common language developed. The masters' degree process acted as a foundation for real scientific research with eurythmy therapy.

For these possibilities I am particularly grateful to the teachers: Prof. A. Weiskircher and Prof. Dr. A. Warning. We students hope for further training in the future so that we may become ever more effective in the realm of communication with doctors, medical insurance companies etc. Also to be recognized as a profession in the world of science.

Frøydis Lutnæs-Mast

America

The Therapeutic Eurythmy Training in North America will graduate its third class on February 24, 2011 at 7:30pm in Fountain Hall, Camphill Village Copake, NY. It is a class of 12 students composed of individuals from many nations including Russia, Croatia, Japan and Taiwan. The students have studied in Camphill Village Copake during the last 3 years. In addition to the curriculum and practical experience in the field, they have lived and worked in the Camphill Community gaining first hand therapeutic experience. The Camphill Village in Copake has hosted the training since its inception in 2000.

The training has received support and accreditation from the Medical Section in Dornach and North America.

A fourth class will begin in June 2011. For further information about the therapeutic eurythmy training, please contact: Anna Ree, 157 Camphill Rd., Copake, NY, 12516.

Anna Ree and Seth Morrison

Eurythmy Therapy for the Eyes

In November a one week course in eye eurythmy took place in Tiflis, Georgia. This introductory course was integrated into the eurythmy therapy training for Georgian doctors. We explored the sounds for light and warmth for the eyes. It was remarkable to see how the doctors were able to see the connections e.g. that 'L' can be helpful for myopia but also for rheumatism. Their questions were alive and new. At St John's time we met in Copake near New York as part of the North American eurythmy therapy training and continued our work with eye eurythmy. Students came from many parts of the world full of enthusiasm for this final part of their training together. The summer colours in nature complemented the experience of exploring the eyes!

At the Goetheanum the further training course for eye eurythmy took place again in September (refraction abnormalities) and in January (diseases of the eye). The next courses will be held between 6 to 15 January 2011 (illness) and from 28 September to 6 October 2011 (refraction abnormalities). Apart from this further training courses will take place two weekends a year in Hamburg and Ueberlingen and once a year in Munich. Various themes will be taken and deepened.

A small group of eurythmy therapists meet twice a year in Dornach for research work. We were helped by two doctors who have taken up the work with eyes from an anthroposophical medical point of view with enthusiasm. Last September they gave us some excellent lectures and we hope that eye eurythmy work will grow even stronger in the future.

We are working on a module for eye eurythmy further training and a further training curriculum is also planned.

Margret Thiersch

Dental Eurythmy Therapy

Throughout the past year there have again been many trainings in dental eurythmy therapy in different places; in Aesch (Switzerland) a third round has been started.

In January 2011 there will be a deepening course for those who have already worked with it practically. Near to Paris the round of six modules has been finished, a first seventh module will take place in February 2011. It is especially nice that also dentists and orthodontists actively took part.

At some places a concrete cooperation between eurythmy therapists and dentists has already started. In Milan that work was succeeded, in Budapest the last two seminars will take place soon. There was a special atmosphere in Galaxidi, a socio-pedagogical institution in Greece, where we successfully worked on three modules in a eurythmy room with a wonderful view on the sea and on Delphi. In England a first round (6 modules) has been completed, a seventh one is in preparation. In Jaerna, Sweden, the work on two modules has started. In Flensburg the second part (courses 1, 5 and 6) took place – again in the summer holidays. For the first time a course for Waldorf teachers in Czechia was offered. It was not about eurythmy therapy exercises, but the pedagogical understanding of tooth displacements.

For November we are invited by dentists from Chile and next summer we are looking forward to work in North America.

Mareike Kaiser

Editor's note:

Our eurythmy therapy colleagues Jane Schwab and John Murphy significantly contributed to this research study. Therefore we decided to publish the abstract of this study in this newsletter - by courtesy of the magazine „Merkurstab“. The complete article was published in „Merkurstab“ and can be obtained here:

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Individual clinical research done by physicians and therapists?

Practice-related development of cognition-based-medicine

Abstract

Case reports are important when describing new diagnoses and treatments, when describing individual therapeutic effects and side effects and when describing clinical reasoning and individual decisionmaking. They are an important complement to clinical trials and are increasingly recognized in modern scientific medicine. Nevertheless, physicians and therapists often lack education, proficiency and spare time in order to be able to prepare high quality case reports or case series. Spe-

cific support is needed: training, team work, introduction into scientific and publication techniques, help with writing of the article, financial and other infrastructural support. This support could, in the future, enable physicians and therapists to publish case reports on a scientific level. Training and working on case reports - exact description of the own observation, constructive case-oriented discussion with colleagues, literature survey – and dealing with scientific principles in general has a positive influence backward on treating patients and is therefore a form of quality improvement.

Gunver S. Kienle, Peter Andersson, Erik Baars, Harald J. Hamre, John Murphy, Emanuela Portalupi, Thomas Schneider, Jane Schwab, Kathrin Wode, Helmut Kiene



In 1911, the medical lecture series „Occult Physiology“ was held by Rudolf Steiner in Prague.
It is the so called Plexus Solaris of Europe.
We would like to invite you to come to Prague for the 100th anniversary and to take part in the conference „Spiritual Medicine“.
It will be held from March 24 - 27, 2011.

Key note speakers will be Mrs. Michaela Glöckler,
Mr. Peter Selg.

Please already note this date in your diary.

Enquiries should be addressed to:
hana.giteva@post.cz

Professional Associations



First working meeting of members of the boards of the professional associations Eurythmy Therapy and Anthroposophic Art Therapies in Dornach, Switzerland, in September 2010.

IFAAT (International Federation of Art Therapists)

Following the recommendation of IVAA (Legal representatives for Anthroposophic Medicine Practitioners/Doctors) the professional associations for Eurythmy Therapy and Art Therapies have formed an international federation (umbrella group).

For this it was necessary for the association members to have a documented basic artistic training. This does not mean that eurythmy therapy is a form of art therapy as often falsely expressed! However this linking together has enabled us to be part of a larger international community with all the possibilities for exchange of ideas and research (a condition for joining) and even political standing and opportunities.

This European and international work has already begun with positive feedback from members of IVAA and the European Consumers Association for Natural Medicine (EFNMU) Anthroposophic Medicine will also be represented.

Our federation has consulted with existing umbrella groups with specific issues (e.g. IVAA / International Association for Doctors, DAMID/DE, SIAM/CH, SAMT/SE, CAHSC/GB).

In addition AnthroMed® is available through the country delegate even without association affiliation.

*Kirstin Kaiser,
co-ordinator Anthroposophic
Art Therapies*

From the work of the Executive Committee - European Professional Associations

At the 13th Conference of European Associations the executive committee met. In this circle all our European and international standards for eurythmy therapy have been developed and passed.

The trademark idea AnthroMed® was already discussed two years ago and the importance of national registration and association membership also put forward. The situation was reviewed and it seems that some countries are well on the way, others need more time. In Germany all registered associations can take part and join.

In order to be seen as an established working community a draft statement was produced which embraced the work group in legal terms, „Citizens Rights Charter“ (GbR) The necessary documentation for this is now being worked on in different countries and will be passed next year.

The International Job Description (professional profile) was finally passed and in five years time it will be revised.

Professional associations for eurythmy therapists were founded in following countries:

- **Austria** (www.heileurythmie.at)
- **England** (www.ahasc.org.uk)
- **France**
- **Germany** (www.berufsverband-heileurythmie.de)
- **Italy**
- **Netherlands** (www.euritmietherapie.nl)
- **Russia**
- **Sweden**
- **Switzerland** (www.heileurythmie.ch)

International Reports

New countries in the Eurythmy Therapy Forum Network

We are glad to welcome two new country representatives:

Tatjana Gontscharenko, eurythmy therapist and doctor from the Ukraine. She represents the four eurythmy therapists working in the Ukraine.

From Thailand we warmly welcome **Hermann Wessels, who works alone in Thailand.**

The two sisters from South Korea, **Eun Sim und Young Sim, will begin to practice in South Korea after they graduate.**

ARGENTINA:

Travelling differently

My first big journey should go to the country of my first Waldorf godchild, to Argentina.

As I had invited myself to visit the small „escuelita“ in the north of Patagonia, I offered some lessons in eurythmy as a kind of present for the hosts. The school cannot afford this at the moment. So we had 3 weeks of lessons which were a pleasure for all of us. I would have loved to meet eurythmy therapists. Therefore I had contacted Graciela Kolb before. She works in Buenos Aires and I had read about her in the newsletter of the Forum Network. Unfortunately I did not make it to the capital, because the country is so huge - and so we just had some e-mail contact. As I could read in the newsletter, Graciela had managed to get the means to translate the eurythmy therapy course into English, and now there was no money to pay the corrector. Quickly I decided to help and after some correspondence we finally managed to transfer some money via Moneygram. I am already looking forward to testing my Spanish when reading the translation of the eurythmy course..

Stefanie Frank, Hamburg, DE

AUSTRALIA:

Josefin Porteous

(> josefin@aapt.net.au <)

Uluru - Red rock against the bright, blue sky...

Here I stand, in the Red Centre of Australia. Looking at this huge, isolated rock reminds me of the way we eurythmy therapists are situated in our land - bold, independent and in isolation. All of us - 17 strong - are working away in schools, clinics, special education and

private practices. Titia Jonkmans and Angelika Jaschke came to Australia in March and gave intensive professional development workshops in Melbourne and Sydney.

The workshops were stimulating and well-attended and many thanks go to both Titia for all her mighty wisdom and to Angelika for all her skillful and conscious communication, weaving around the world.

Multi-tasking seems to be a necessary feature of eurythmical life here in Australia, and so we invited (through Angelika's networking) Daniel Maslen from the UK to help strengthen the pedagogical work here. He gave a week of educational eurythmy held at Aurora Australis in Melbourne, (Ende September 2010) and his fun-orientated teaching was imbued with a therapeutic and healing impulse that was appreciated by all.

AUSTRIA:

Mareike Kaiser

(> mareike.kaiser@gmx.at <)

In May 2010 the terms „Heileurythmie“ as well as „Eurythmietherapie“ were successfully granted by the patent office. By that our organisation (VdHÖ) set the pre-conditions to use the brandname „AnthroMed®“. In October the contract with AnthroMed® will be signed, so that all members can use AnthroMed® as the common cachet.



In the last board meeting there was a little change in structure, so that we can work together in the umbrella organisation DÖKT, to which also non-anthroposophical art therapies belong. There we aim toward acceptance of the profession.

BELGIUM:

Miejef Callens

(> miejefcallens@gmail.com <)

At last I was able to participate in the delegates' conference in Dornach.

It took some time till I could get some orientation: So much is needed to make our movement visible and perceptible in our world today.

I could feel now everybody is taking responsibility and I set off to convince my colleagues of cooperating. The first steps toward coming together have been made.

I also became aware of the fact that most eurythmy therapists in Belgium have attached themselves to the Professional Association of the Netherlands. They offer interesting further trainings on several Saturdays during the year. Some of my colleagues responded enthusiastically to my suggestions to try - apart from the attachment to the further training in the Netherlands - to form an own AnthroMed® branch and so get some connection to the big AnthroMed® tree.

Currently, four people are getting trained in Belgium (eurythmy therapy). Next year, we will be eight strong eurythmy therapists here in Belgium. Our work is mainly in schools and additionally we work with private patients.



Twice a month we have the opportunity to occupy ourselves with anthroposophical medical literature together with doctors and other therapists.

The other day, one of my colleagues wondered why the Medical Section is not very present in Belgium even though the Section is very actively involved in the European field in Bruxelles (Belgium).

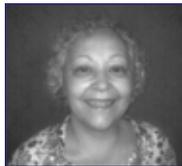
Gradually things are getting alive here - the seed is very strong.

BRAZIL:

Cecilia Teixeira

(> ceciliateixeira@terra.com.br <)

Here in Brazil we are working very hard to build a eurythmistic body between artistic, eurythmy therapy and pedagogical eurythmy, working with



the calendar of the soul, and Sonata Arpeggione for cello and piano from Schubert. We come from every city in Brazil and work a weekend (Friday afternoon till Sunday at 5 in the afternoon), every month. This is very nice and the results are very good.

We are building a very good work as well between the eurythmy therapists. We meet every month on Saturday mornings and work on our doubts, new exercises, questions about our patients etc. We are working as well on the theme of the inner path of a therapist, and the warmth meditation as well as the eurythmic meditations of R. Steiner. We are planning for next year a conference for all the eurythmy therapists in Brazil and the doctors who have done the course. But we still don't know the theme.

The work with eurythmy is growing here and we are very positive about it. Very warm greetings from Brazil.

CANADA:

Michael Chapitis

(> michael.chapitis@gmail.com <)

Here in Toronto we are 2 eurythmy therapists. In the rest of Canada there are 2 or 3.

In Ontario, Canada there are several Waldorf schools, mainly in the Toronto area. Pegasus Remedies is a therapeuticum in north Toronto where we have three anthroposophic physicians. There, I work one day a week, seeing 8-10 patients (children and



adults) from the doctor's office for a seven week cycle.

On page 24 you will find a paper which a patient of mine wrote regarding his experience in eurythmy therapy. In the practice, I find that there is a great amount of gratification towards the healing qualities of eurythmy therapy.

Chile:

Dr. Carina Vaca Zeller

(> carinavacazeller@gmail.com <)

We are a group of anthroposophic doctors who founded a centre for anthroposophic medicine 5,5 years ago.



There are 9 doctors, 2 psychologists, one nurse and one eurythmy therapist who work together with us.

We think that the therapies are very important within the whole treatment, and especially eurythmy therapy is important. Therefore we urgently need a second eurythmy therapist who is interested in collaborating with doctors and who has the courage to travel a long way to Chile where the demand is high and the field of anthroposophy is still small but rapidly growing.

CZECH REPUBLIC:

Hana Giteva

(> hana.giteva@post.cz <)

Light bud in the Czech Republic

Eurythmy therapy could experience again a wonderful period in the Czech Republic.

After 2008 when eurythmy therapy had started, a strong impulse for the whole Anthroposophic Medicine in the Czech Republic has come into being. There were two working meetings where doctors and eurythmy therapists talked together and where many ideas came up for both working fields.



A light bud seems to be in future the IPMT week in Krummau (South Bohemia), where 120 people met at the end of August. For the first time an international Postgraduate Medical Training (IPMT) was held in Central Europe. For the first time it was possible in a small Rosicrucian town in the Czech Republic

from August 22 till 29, 2010, to get acquainted with the anthroposophic medicine and get some more insight.

Not only a bridge between natural and spiritual sciences has been build at a Moldau lemniscate, but also a bridge between different European countries. Michaela Gloeckler, Reinhard Schwarz, Hans Moravansky, Herwig Judex, Philipp Busche, Jana Koen had been invited as lecturers and many doctors from the Czech Republic, e.g. Lukas Dostal, Petr Milek, Hana Sirotkova, Michaela Wimmerova had taken heart and had helped with giving lectures.

As a reaction, a working group consisting of approx. 30 doctors will meet again this year and will get more insight into the Anthroposophic Medicine during their training in Krummau next year.

We eurythmy therapists are allowed to work with them and to introduce eurythmy therapy. The present and the future seem to be happy times. We are very very happy!

We would like to invite you in light of the 100th anniversary to come to Prague next year and participate in the conference „Spiritual Medicine“ from 24 till 27 March 2011. We have already got the confirmation from important speakers, e.g. Michaela Gloeckler, Volker Fintelmann, M.G. Sterner, E. Fiedler etc. We are looking forward to meeting you in Prague!

DENMARK:

Matthias Gorges

(> matthiasgorges@hotmail.com <)

In Denmark, the work in the field of eurythmy therapy is affected by the two elements water and air.

On the islands you can see how the water acts both as separating regarding the perception of the outer world and connecting regarding the inhabitants of the islands. The element air makes things ephemeral. Things which had already been achieved or decided between colleagues, doctors and patients have to be seized again and again.

On the island Sjaelland with the capital Copenhagen a group of 4-6 eurythmy therapists meets - if everything goes smoothly - every 2 months. Since 2009 we have been working on the main topic: the 12 senses. It might well be that this will keep us busy till 2020...

Twice a year we work intensively in



Copenhagen with our experienced eurythmy therapist colleague Axel Bloch who is able to procure help, new and deep reaching aspects to the „newbies“.

For the future we wish to get more courage and strength to build up more contacts to the outside, to organise a further training conference and to collaborate more intensely with our colleagues separated from us by the water.

ENGLAND:

John Browning

(>johnbrowning@fastmail.fm<)

Annotation (A.J.):

There has been a change in the board of the British Professional Association. Daniel Maslen has passed on his function to John Browning. Due to private reasons, he will be able to act as the representative of England only next year.

Ireland will be represented by him as well. However, our contact person in Ireland will be Anne Todman as usual. Eurythmy therapy is deep-seated in the umbrella organisation CAHSC (Council for Anthroposophical Health and Social Care).



FINLAND:

Anne-Marie Somero

(>amsomero@welho.com<)

People live far from each other in Finland. Last year in a hot week in July we eurythmy therapists met in Tampere in order to enjoy the wonderful lectures of Dr. Armin Husemann. Afterwards we participated in a refreshing course with Pirkko Ollilainen.

In Finland, eurythmy therapy is called „Hoitoeurytmia“, which means „nursing eurythmy“. Now we plan to get a new name, „Eurytmiaterapia“. We would like to have a name which is corresponding with the term used worldwide.

There are considerations here if we should found a professional association or if we eurythmy therapists should integrate into an association of anthroposophic art therapists. Up to now we are just a working group within the anthroposophic-medical association. We have decided to consider this question when we meet again in January.



FRANCE:

Yolande Marx

(>yolmarx@akeonet.com<)

How did the impulse for therapeutic eurythmy develop in France?. Can today's demands make us feel gratitude for what each one of us thought, elaborated, gave in order that the Being of eurythmy found its way through the tribulations of this present time which advocates other gestures? Each one of us will feel unique in one's own way within all the "possible potential" in participating in the metamorphosis, event and achievement of this therapeutic stream. Within this evolving process, we shall remember the first seed and those who cared for it from far and in this country.



Before 1996, some eurythmy therapists trained in England, Holland, Switzerland, worked here and there, in various institutions, schools... In 1996, an association was founded: "OSE" (working for health with eurythmy). This was created in order to support a network for this initiative starting seed. In 1997 a group of six eurythmy therapists coming from different schools gathered together in order to create a French eurythmy therapy training. These therapists have met and worked together for many years and were immensely helped by Thomas Goebel and under the kind guidance of Mr Sick. At the same time this association has also allowed eurythmy therapists to come together for continuing professional development at weekends around different themes. Sophia and Luckas Habluetzel have greatly contributed and accompanied them for many years. The eurythmy therapists have largely benefited from their vast knowledge and from their kindness. They also found there a place where they could exchange, share, find resources and deepen their knowledge.

A newsletter emerged out of this process and is sent twice a year to doctors, organisations, eurythmy therapists and benefactors. Thanks to this newsletter our profession is getting better known on a larger scale. We have therefore the two movements of center/ periphery through our annual meetings on the one hand and the sending out of the newsletter on the other hand. We are gratefully greeting the generosity, knowledge and charisma of all the people who gave their time, strength with so much enthusiasm and perseverance. May they be blessed!

In 2004-2005 the association legally

took on the professional status. It carries on promoting CPD workshops. Since October 2008, fifteen eurythmists, eight dentists and two doctors have benefited from the dental eurythmy training with Mareike Kayser and Dr Haupt. The training ended last June but both eurythmists and dentists decided to carry on and deepen the work with Mareike. We would like to thank her for all the impulses she gave us and look forward to further future work with her. The dental anthroposophical association "I-dentité" has also helped with the development of dental eurythmy in France and welcomed a dental workshop during its congress.

In February 2009 the anthroposophical society promoted a festival where artistic, pedagogical and therapeutic eurythmy took place. It was a great success for all and Margarete Solstad actively took part in it. The work was carried on and led to another recent meeting with her.

Each year eurythmy therapists participate at the annual medical congress organised by the AMAF. In November 2009 it took place at the Husemann clinic in the Black Forest area. A clinical diagnosis was devoted to a specific case and was elaborated in the course of three days in different professional groups: doctors, art therapists, eurythmy therapists. During this congress Angelika Jaschke presented the work and structure of the Medical Section. She managed to convey a sense of belonging to the School of Universal Spiritual Science, the Medical Section, the European network as well as to the international forum. Her enthusiasm towards challenges and future realisations helped us to make a move and we do hope that we will get more and more active in developing projects.

Next November we will have the pleasure to meet again at the anthroposophical congress with dentists, doctors, nurses, eurythmy therapists and art therapists in Chartres. We shall look at and deepen our work on one of the basic medical lecture in anthroposophy: "The invisible man in us, physiopathological basis for therapy". This work along with all the sharing/meetings there will feed us and give us strength to carry on with our daily activities within our movement, in institutions, medical practices and with our patients. We shall let the spiritual, artistic and therapeutic dimensions of of the cathedral in Chartres resonate within us and with you.

GEORGIA:

Nino Waschakidse
(>umn@access.sanet.ge<)

Currently there are five eurythmy therapists in Georgia. Four of them are working in different professional fields: in the therapeutic, in the clinic, in a curative-educational school and kindergarten, in the Waldorf school and the Waldorf kindergarten, with elderly people and in private practice.

The second round of the eurythmy therapy training course is being held within the association „Man and Nature“ and the „Therapy House“. It will last two more years.

The economic situation in Georgia is still very difficult. There is no compulsory health insurance company and everybody has to pay for therapy. This is not affordable by all people. Despite the difficult conditions we should not lose heart!

**GERMANY:**

Barbara Lampe
(>BLampe@klinik-lahnhoeh.de<)

Some things have changed within the structures of our professional association. A general assembly in June voted for a board consisting of 12 people. Now we try to practice the delegation method. It's the community's responsibility to get the overview, to identify tasks and delegations and - and this is perhaps the most important task - to receive, to appreciate and to integrate all that which the individuals are doing within their delegated work. Only the individual can get active and only the individual can tap on the community's ideas to get strength for his doing. This relationship of individual and community is comprised in Rudolf Steiner's words „The healthy social life is found when in the mirror of each human soul the whole community is shaped, and when in the community lives the strength of each human soul.“ For two years we have already been working on this topic, together with an advisor (Ch. Czesla from Stuttgart) and considered this idea. Then things became a serious matter and all those who had been present at the process, were elected by the general meeting. Every member of this big board has taken an on a special task. He or she is



responsible for the task, either alone or together with someone else, and he or she has to take care for the development of that specific „project“. We do hope that we will be able to work effectively in this structure.

In the field of practice there is more and more professionalism. The representatives commit themselves both to further training and to legal stabilisation. Much is to complain of in all the institutions. Everywhere financial cuts damage the working concepts so much that people do not know how to collaborate on a broader level. Bureaucratic conditions are imposed everywhere, be it in schools, in curative education, in the hospitals. And they hamper the daily work.

The therapeutic support of people in crisis regions is considered as a new task by colleagues. Therapeutical teams had been in Georgia, Haiti and will continue to help in such difficult projects. The commitment of the colleagues despite all difficulties in all fields of practice is to be admired and it gives hope.

GREECE:

Heiko Feiler
(>heifeil@web.de<)

In Greece, the economic situation and the conditions for eurythmy therapists has been deteriorating. I myself had to return to Germany this year because I was not able to earn my living there. People have less and less money and so they do not spend it for private therapies anymore. The only eurythmy therapist lives in Athen and works with some patients. At the moment, there is no sign of any sustainable improvement.

**HOLLAND:**

Irene Pouwelse
(>irenepouwelse@casema.nl<)

Nowadays in The Netherlands we have discussion with several insurance companies, as it became clear that our anthroposophical co-ordinating association has no legal status and consequently



the therapists have no longer legal protection. This is not right, because in our country all professional associations do have a legal status, but it takes a lot of time before things are cleared up.

This year many therapists were dismissed in schools and institutions. Some of them were asked to continue their work, but now on freelance basis, without an appointment. On this basis the therapists bear much more their own risk.

The research project 'Eurythmy therapy in case of hay fever' has been extended in its second year by starting a cooperation with the Alanus Hochschule. Next November a symposium will be held at the Hogeschool Leiden.

This year we have started in our association a pilot visitation (mutual practice visits with standardised questionnaires). We will continue with this on the basis of the gained experience, by which we will have realised the obligation to establish visitation in three years.

Next year we examine the necessary conditions to be able to have an education for eurythmy therapy in the future again in the Netherlands.

Our website has been renewed and you are all invited to take a look at it: www.nvet.nl

Further on our agenda:

- How to go on with AnthroMed®?
- Thoughts on the international federation IFAAT (association of AM-Therapeutics based on artistic basic training).

The refresher courses are being visited very well and we work almost every month very diligently with each other and with invited doctors.

Dutch greetings

HUNGARY:

Maria Scheily
(>scheily@axelero.hu<)

In Hungary there are currently 12 eurythmy therapists. At the moment nobody can live on eurythmy therapy exclusively. People who had finished their training last year are still working in schools. There are three schools which employ a part time eurythmy therapist. In some schools the hours of eurythmy therapy are added to the compulsory



hours of a school eurythmist. One of them works in a public psychological outreach clinic, one in an anthroposophic curative pedagogical institution. Mostly the eurythmy therapists work with children in pre-school or school age. Adult or elderly people are not very well supported, although there had been eurythmy in a public retirement home every week over years. One year ago the anthroposophic doctors' training started and 30 doctors and 30 therapists study one weekend every month. Within this framework, one eurythmy lesson is given every time.

There are two initiatives to found a therapy centre. There are plans to hold a eurythmy therapy training for interested doctors after this training. The eurythmy association has changed its statutes and eurythmy therapy is now a section. The obligation for regular further training is contained in it as well.

Currently there is a further training course for dental eurythmy therapy being held by Mareike Kaiser. It will be finished in February with the sixth course.

INDIA:

Dilnawaz Bana

(>abanabana123@rediffmail.com< </p>
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<div data-bbox="66 502 336 652" data-label="Text>
<p>I am still the only eurythmy therapist in India. I continue to do the often cumbersome work together with my patients in Mumbai and also in other parts of the country. My sister Aban Bana and me give general courses in eurythmy. They are very popular.</p>
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<div data-bbox="68 680 148 693" data-label="Section-Header">
<h4>ISRAEL:</h4>
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<div data-bbox="68 692 142 705" data-label="Text">
<p><i>Jan Ranck</i></p>
</div>
<div data-bbox="68 704 227 718" data-label="Text">
<p>(>janranck@012.net.il</p>
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<div data-bbox="66 729 336 914" data-label="Text">
<p>The number of therapeutic eurythmists in Israel rose last year from 11 to 12 and a newly trained eurythmist from Israel began the eurythmy therapy training in England this spring. There are now 8 practicing therapeutic eurythmists and one doing her practicum, as the others are completely occupied in the sphere of pedagogical eurythmy. They often mention, however, the great support</p>
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<p>which their therapeutic background gives them in their work, in light of the ever growing special needs in children today.</p>
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<p>Thanks to the energetic initiative of one of the therapeutic eurythmists, this year three of the Waldorf Schools instituted a regular salary for eurythmy therapy in the school, at least for a certain number of children. This arrangement makes a big difference in relation to the standard situation, in which the eurythmy therapist is available for the school, but has no guaranteed income, and in which it is often the case that even when a school doctor prescribes eurythmy for a child, the parents cannot afford it (or do not want to). The attempt is also made to increase the school parents' understanding of eurythmy therapy through presentations in parents' meetings and meetings of the eurythmy therapist together with both parents and child.</p>
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<p>In order to increase the understanding and appreciation for eurythmy therapy among the teachers in Waldorf Schools and Kindergartens, the eurythmy lessons in the third year of studies in the Jerusalem Waldorf Teacher Seminar in David Yellin College are focused primarily on introductory experiences in the realm of eurythmy therapy. (This is possible because the teacher of eurythmy in the seminar also happens to be a eurythmy therapist.) An introductory course in eurythmy therapy is also part of the curriculum for the students in the third year of the eurythmy training in the Jerusalem Academy of Eurythmy, and this year it is planned to open this course for students of other pedagogical and therapeutic trainings who are interested in becoming more acquainted with eurythmy therapy. There is also an introductory course one day a week in the North of Israel in which medical lectures and exercises in eurythmy therapy are offered for eurythmists, doctors, anthroposophical therapists, Waldorf teachers and others who are interested.</p>
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<p>The meetings between eurythmy therapists and anthroposophical doctors which, after a long caesura, were revived in the wave of the World Conference for Eurythmy Therapy (Dornach 2008) have taken place four times. The last three meetings focused on the theme of ADHD. In the meeting in July, six of the students from the seminar for anthroposophical doctors joined the work, which gave a very positive impulse for the future.</p>
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<h4>ITALY:</h4>
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<div data-bbox="656 94 806 106" data-label="Text">
<p><i>Maria Teresa Fossati</i></p>
</div>
<div data-bbox="656 105 886 118" data-label="Text">
<p>(>monika.margesin@msoft.it</p>
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<div data-bbox="656 128 936 300" data-label="Text">
<p>In Italy, small but regular steps are being made towards further stabilising and developing the profession. A central topic of our conversations is to secure quality by using AnthroMed®. By getting that we expect more acceptance of our profession and a strengthening of the courage and confidence of every single eurythmy therapist.</p>
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<p>In March the second course on dental eurythmy therapy was held by Dr. Klaus Haupt and Mareike Kaiser. Many people participated.</p>
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<p>In October 2010 an interdisciplinary conference will be held in the 'Casa di Salute Raphael' in Roncegno (Trento). The topic will be "Experiences at the threshold", lecturers will be Ad and Henriette Dekker and Michael Gloeckler. It will be organised by SIMA (the association of the anthroposophic doctors in Italy).</p>
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<h4>JAPAN:</h4>
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<div data-bbox="656 489 776 502" data-label="Text">
<p><i>Kimiko Ishikawa</i></p>
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<div data-bbox="656 501 903 514" data-label="Text">
<p>(>eu.haus-erde@m3.dion.ne.jp</p>
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<p>Over the last years, we have met regularly twice a year. This August we decided to work at our meeting on the topic eurythmy therapy. Above all, we tried to explore how eurythmy therapy could play an important role in pedagogy, with growing children. We also explored the possibilities of eurythmy therapy for adults, where it could add not only preventively to the health of everybody but also in the function of social hygiene for the society.</p>
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<p>The Network Eurythmy Therapy Japan celebrates its 10th year after its foundation. Meanwhile the activities of our network have changed a lot. The first years were dedicated to extending our activities, our working possibilities. Then we took over the initiative to organise the IPMT. Over 70 doctors meanwhile participated. And now we feel that our network will enter a new phase, where a new idea and a new form will be necessary because we should/want to demonstrate our responsibility as therapists representing anthroposophic medicine. On the other</p>
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side, we would like to deepen our considerations as regards the content of our work in correspondence with this new form. So we envisaged three topics: 1. schooling of our observation skills through case discussions, 2. working on different disease patterns, 3. deepening the quality of sounds being our means of therapy.

By the end of this year, the brochures about eurythmy therapy and the „Eurythmy Therapy Guidelines“, translated into Japanese, will be printed. We do hope this will induce us to make the next step further.

NEW ZEALAND:

Alfred Busch

(>ajj.busch@gmail.com< >)

New Zealand, Aotearoa..... Land of the long white cloud

One of the main points of last years Therapeutic Eurythmy life in New Zealand was the Yearly Conference with all Eurythmists. The Conference was attended by guest speaker and course leader Angelika Jaschke from the Eurythmy Therapy Forum/Network.

Next to all practical questions and daily matters we worked on foundation exercises concerning pedagogical art in teaching and therapy in relation to the principles how to work with the consonants as researched by Broder von Laue.

We also considered urgent questions concerning the issue of wanting to form a Eurythmy Association in New Zealand. Angelika advised us, out of her long experience regarding that topic.

In the course of the year we had three meetings with the initiative group of the „Southpacific Therapeutic Eurythmy Training“ in order to carry on with moulding and practically shaping the form of an eventual one time eurythmy therapy training in NZ. The intention to go ahead with the training has been reaffirmed and official contact with the accreditation authorities in Dornach have been taken up. Lots of work still need to be done in 2011 in order to be ready by the change of the year 2011/12.

During the NZ Kolisko Conference Eurythmists were busy contributing in workshops and performances.

During the annual anthroposophical conference of 2010 the Michael verse from Steiner was shown daily!



NORWAY:

Friedrun Plementas

(>friedrun_plementas@hotmail.com< >)

There are plans to consider again - be it in smaller or bigger groups - the foundation of an association of eurythmy therapists and to start or foster the collaboration with the (small group of) anthroposophically working doctors in Norway.



PHILIPPINES:

Dr. Grace Zozobrado

(>graceeurythmy@gmail.com< >)

A land of joy and pain – this is how I would describe my land, the Philippines. Nature is generous – a seed sown anyday will grow. The biodiversity of our seas is unmatched. Even in the rainy season the sun almost always greets us with its warmth. But nature also shows us her might in the many typhoons we have (at least 20 in a year), in the grumbling of the ground beneath our feet during earthquakes, in the fury of a volcanic eruption, in the suddenness of a mudslide. At home, we have the promise of the future in our young population but we need to desperately shield our children from incredible consumerism and the almost magnetic hold of media. At home, we are rich but also poor; we are often laughing and light-hearted (always finding occasions to celebrate with family and friends) but often grimace too in the face of widespread corruption. Yes, a land of polarities. First-time visitors are appalled by the dense smog in the metropolis, the endless traffic jams, the noise of the karaoke bars, and the roosters that crow all day. But they quickly see the other side – the sun-ripened mangoes, bananas, pineapples and other tropical fruits, the beautiful white-sand beaches, warm sea water, and friendly people. As for me, working as an anthroposophic doctor and eurythmy therapist, I try to work with what I have: the narrow range of available anthroposophic medical remedies, our local healing plants and, when needed, conventional medicines. The powerful beings of the vowels and consonants have carried me and my patients through the years (it is incredible how Filipinos respond with such openness to eurythmy and how the universality of the sounds can be truly



experienced by just simple exercises). Raising consciousness about the value of healthy food, the importance of an education which raises children to become free and responsible adults, and the need to look at our environment as being part of ourselves has become part of my task. Now that my husband and I have moved to another island (Palawan) where we want to start biodynamic farming, I have also been involved in land search, going to the different government agencies to get documents approved, as well as planting seeds. There is much to do at home. It is good so. And when I think about all the other people in the healing professions around the world, working in various fields and under different circumstances, I know that I am where I want and need to be.

PORTUGAL:

Fernanda Wessling

(>mfwessling@gmail.com< >)

Annotation (A.J.): Out of yet unknown reasons, a big fire broke out in the middle of the country between Lisboa and Porto, at the foot of the highest hills in Portugal, in one of the houses of the curative pedagogical Camphill village Sao Romao in Seia at the beginning of October. Two people died. It's the home of our representative Fernanda Wessling. Now she is very busy with existential questions. But she would like to give her warm regards to the worldwide community of eurythmy therapists.



ROMANIA:

Konstantin Gruia

(>corabia_ro@yahoo.com< >)

In Romania we are still two people working in the field of eurythmy therapy. Nelu works mostly in the school in Simeria and me in Bukarest. It is still allowed to give some children eurythmy therapy treatment.

However, of late it has been prohibited by the government. In order to be allowed again, I enrolled in the university of Bukarest in September 2010 and started to study psychology. I would rather prefer to do the bachelor diploma in eurythmy therapy in Germany.



Being 59 years old, I am currently a teacher, a eurythmy therapist and a student.

There are 60 pupils with special needs, who visit the ten classes of the Corabia School (Corabia-Arche). The classes 1-7 get eurythmy therapy and the classes 8-10 get hygienic therapy once a week.

I appreciate it a lot that I can work together with a doctor and a nurse at our school. And it is very satisfying that they could get integrated into the work of colleagues, therapists and pedagogues.

The continuing reflection on children is very helpful in our work. Especially during the last two years, when we worked with the meditative reflection on children. We would like to thank Angelika Jaschke for giving us some guidance for that.

RUSSIA:

Tatiana Strizhak
(>strikaza2004@yandex.ru<)

In Russia there are 24 eurythmy therapists with diplomas.

The association of graduated eurythmy therapists in Russia still consists of nine persons.

Further training:

Two eurythmy therapy further training courses were held in St. Petersburg in summer 2010:

June 20 - 29. Topics: fear, trauma, immunity, diabetes. Course leader: Titia Jonkmans. Participants were eurythmy therapists and doctors.

June 30 - July 4. Topics: sound eurythmy, 12 moods. Course leader: Margrit Hitsch. Participants were, apart from eurythmy therapists, also our colleagues from the pedagogical and art eurythmy.

Specialist literature:

In summer 2010, the Russian translation of Margarete Kirchner-Bockholts book „Basic elements of eurythmy therapy“ was published. This book contains an epilog written by Angelika Jaschke giving us an understanding of Margarete Kirchner-Bockholt's life and the work in the context of the development of the anthroposophic movement.

Three books are currently in preparation and will be published at the beginning of 2011:

- Hans-Broder von Laue, Elke von Laue, Zur Physiologie der Heileurythmie.
- Julia Bort, Heil-Eurythmie mit Seelenpflegebedürftigen Kindern.



- Elisabeth Baumann, Aus der Praxis der Heileurythmie.

SLOVENIA:

Barbara Berden Skula
(>bberdenskula@yahoo.com<)

I still work in Italy in a Waldorf school and I have there also one course every 2 weeks. I will continue with this work to the end of the school year.

I also organized a wonderful cultural evening in my city. It was a very beautiful combination of poetry (also some of my poems), singing, music, photo and hand painted silk scarves (my work) and artistic eurythmy together with my eurythmy college. I hope we shall manage to organize a similar event again next year.

There is no possibility to work just as „normal“ eurythmy therapist here in Slovenia, I have no contacts with our Waldorf school and they have had no interest for eurythmie therapy for a long time...

Just yesterday I received an invitation to give a eurythmy therapy course in a city, 70 km away from my home and I will do it. I have some new connections and I believe that I shall manage to take some steps in this direction.

It would be very interesting for me if someone in the world of eurythmy therapy works in the similar direction as I would like to go...

I send you best regards.

SOUTH AFRICA:

Christiane Wigand
(>christianew@netactive.co.za<)

Since our last meeting a year ago we have really been trying to meet once every term in Cape Town - in spite of time constraints and other commitments of everyone. Even if some of us did not make it in the end there is a strong wish amongst us to carry on together. I feel there is a seed that will hopefully be able to grow within the future!

The themes we worked through - according to individual needs expressed - were:

- fear and anxiety (We shared exercises for children and adults),
- warmth as a tool of „Michael“, with prepared contributions and common eurythmy,
- the sound „F“ , its complexity in its colours and in its application.



Titia Jonkmans has been paying us a second visit in September 2010, as we met in Dornach at the Medical Conference. She has again been visiting different schools, and this time also the Camphill School in Hermanus. She looked at some of our children in detail and gave us valuable advice. We are very grateful for all her input and her personal guidance!

Thank you for the interest in the international community!
With best wishes to everybody!

SOUTH KOREA:

Eun Sim
(>esjang@web.de<)

During the last ten years, the anthroposophic movement in Korea has been developed in a very active way. Different initiatives came up in different working fields and developed a solid basis: Waldorf kindergartens, Waldorf schools, curative education schools, agriculture and anthroposophic therapy. Anthroposophic painting and music therapy is offered in the „Center for Anthroposophy in Korea“. Of late some doctors are interested in anthroposophic medicine due to information by the „Center for Anthroposophy in Korea“ (www.steinercenter.org).



Since 2004, there has been an intense exchange of information with the clinic Havelhoehe (Germany) due to the usage of mistletoe therapy and some doctors' interest in anthroposophic medicine.

After some years of fast technical development in Korea, many Koreans are now looking for their genuine spiritual origins, and so they can unbiasedly turn to anthroposophy. A big Korean audience enthusiastically followed the eurythmy presentations of the „Junge Buehne“/DE (www.jungebuehne.net) in April 2010. The tour lasted two weeks and they visited several cities of South Korea. They gave 24 presentation and over 7.500 people came to enjoy this special and new art.

Meanwhile there are ten trained Korean eurythmists who studied in the USA, in Switzerland and in Germany, as well as two eurythmy therapists. Me and my sister (Young Sim Chang) have changed our life direction towards eurythmy therapy after the big tour in Korea and in September 2010 we started our eurythmy therapy training.

We look into the future with great expectations due to the project for an anthroposophic therapy center in Korea.

SPAIN:

Leonor Montes

(>leonor.euritmia@gmail.com<)

Currently, a big pedagogical movement is coming into being in Spain and many kindergartens and Waldorf schools are founded. The eurythmists who had already been employed by the schools cannot do all the work alone. So almost all eurythmists and eurythmy therapists are needed for the work in schools. So the therapeutic work is not the only way of eurythmy we can concentrate on.



Currently we are ten eurythmy therapists, because one has moved from Portugal to Spain and two are getting trained in England and Germany. In Barcelona we have got a training for anthroposophic doctors and this is already in its second year.

The economic instability in Spain has affected the therapies. There are new patients, but much less than the last years.

Because of so much work we have to do (e.g. teaching, writing reports, teachers' conferences etc.) we barely find some time to meet. Therefore we hope that the next international eurythmy conference at Easter 2011 in Dornach will be a good and convenient meeting place for us.

SWEDEN:

Jane Schwab

(>janehamptonschwab@yahoo.se<)

For the first time a hearing took place with a government official investigating the position of complementary/alternative medical therapies in Sweden today. 30 different professions were represented. The aim was to eventually create guidelines in the future to distinguish between complementary and school medicine requirements and limitations regarding therapies. Another aim was eventually to develop unified standards for ethics and quality assurance for patients. Anthroposophic Medicine was represented by a euryth-



my therapist and an art therapist. The hospital Vidarkliniken has been given further the right to continue. It has been reorganised to work more closely in teams with clearer profiles around specific diagnoses. The therapists there have all retained their jobs.

The Eurythmy Therapy Association is pleased to have two new, younger colleagues on the board in their monthly meetings. Since it appears that eurythmy therapy has been reduced in schools and it appears harder for therapists to find work together with doctors, the board plans to do a survey by telephone to the members. The goal is to find out more concretely, for instance, how many are actually working; how does their working situation look like; if there is work together with doctors and if there is a change in patient flow and needs. The eurythmy therapy training is having a pause this coming year after 9 colleagues received ceremoniously their diplomas last June. In this pause the training will work with the curriculum towards getting an accreditation. Recently Mareike Kaiser gave the first course in dental eurythmy therapy in which 20 members partook with enthusiasm. We are looking forward towards Titia Jonkmans who will give a course in November on psychiatry.

SWITZERLAND:

Daniel Marston

(>daniel.e.marston@gmail.com<)

An eventful year, here viewed from the perspective of the three-fold social order:



The Economic Sphere: Here we are in a very privileged position, as almost all medical insurance companies refund a good percentage of our patients' eurythmy therapy costs (through supplemental insurance arrangements) and accept our fees (140 Swiss francs per 60 minutes). In order to be acknowledged by the insurance companies, each colleague must be accepted by as many as three different „quality control“ groups by documenting one's yearly further training hours (minimum 20) and paying a service charge that can be as much as 570 Swiss francs. Unfortunately, our doctors still do not prescribe enough eurythmy therapy, and, as is the case most everywhere, the prescriptions they do write come about because the patients themselves have asked for eurythmy therapy.

The Sphere of Rights: In the annu-

al meeting of our professional group (HEBV-CH) the members approved a significant number of changes in the by-laws, all of which will lighten the work-load of the board and help improve the functioning of the organisation as a whole. Our homepage is worth looking at. As members of a large alliance of complementary therapists in Switzerland (DvXund) we are taking important steps toward achieving a national recognition for eurythmy therapy as a profession. Seven of our HEBV members have passed the „passerelle“ (bridge) exams which give them a nationwide acceptance with a „branch“ diploma in complementary therapy. These exams are organized by a still larger alliance of all players in the area of complementary therapy (OdA KTTTC, short for „organization of complementary therapy in the professional world“). A state professional examination in complementary therapy is being planned through the cooperation of the OdA KTTTC and the state authorities in Berne.

At present the HEBV-CH and the eurythmy therapy training in Dornach differ on the question of professional accreditation. The training will be offering modules for both titles, art therapy and complementary therapy, whereas, according to the Swiss authorities, the responsible professional association must decide on the one or the other title, not both.

As a first step toward receiving the international quality label „AnthroMed“ the HEBV Vorstand has begun registration procedures to receive a trademark protection for our profession here on the national level.

Within the HEBV itself we see clearly the signs of a demographic change. With 160 active and 60 passive members our numbers are relatively stable, but we must encourage more young people to choose work in this field.

The sphere of spiritual activity: Our professional association is making efforts to offer more and variegated possibilities for further education within the field, and has taken over the responsibility for organizing the regional courses in the Basel-Dornach area, courses which had been offered regularly but on a different basis for the last three decades.

A private initiative with great potential for eurythmy therapy is the establishment of an internet website through HEBV member Carlo Janowski, Arlesheim, designed to enable and encourage a free exchange of information and discourse among all colleagues worldwide: www.heileurythmie-portal.org The site is organised for German and English, translations into English are in preparation.

Two substantial questions accompany us always: Where are the colleagues who

are willing to help carry the work-load of the HEBV board and thus strengthen the association? Why is it that so few of our experienced colleagues are willing to bring their enthusiasm and initiative into the increasingly important task of presenting our profession to the wider public?

THAILAND:

Hermann Wessels

(>h.l.wessels@gmail.com<)

Personal:

I have been living in Thailand for more than 9 years now, doing eurythmy therapy for some 6 years.

Born in the North of Germany I have been trained as a eurythmist in Witten-Annen. After some teaching experience in Bielefeld/Germany I did the eurythmy therapy training in the Netherlands (trainers: Gertrud Mau, Ellen van Dam, Carolien Geeretsen and Boudewijn Feeres) in the late 80s. I stayed working in the Netherlands at the Curative Institute "Zonnehuizen Veldheim & Stenia" where I resigned early 2001 with a "burn out syndrome". At that time I decided to take a longer time-out in Thailand. I did not get in touch with the local Waldorf community until early 2004. From that time I taught eurythmy to adults in the local Waldorf schools, became adviser to the project "Bilingual Waldorf inspired Education at the Schools for the Deaf in Thailand" (and similar projects) and started working as a freelance therapist. This happened naturally within the group of people which has in one or the other way connections to the Waldorf community.



Thai Society:

Thailand is a developing country with a clear separation of society in two sections:

1. The majority - people with little or no income, which is mostly the rural population... in general low educated.
2. The minority - people with enough (or a lot of) income) who mostly live in the cities... well-educated

The separation between these groups goes through all sectors and services of society.

Education:

Group 1: more or less free government schools with often questionable qualification and motivation of the teachers.
Group 2: moderately up to very expensive private schools, well trained and motivated teachers.

Healthcare:

Group 1: Free BASIC healthcare through government hospitals (often long queues, overworked doctors and nurses, limited budget for complicated cases).

Group 2: moderately expensive up to luxurious private hospitals (which will do everything for you as long as you can pay them).

Public Transport (in Bangkok):

Group 1: Cheap or free, often worn-out non-air-conditioned buses.

Group 2: Comfortable air-conditioned buses, elevated electrical trains, underground, own car.

Waldorf Community:

Thailand has a loosely organized community of people which is interested in Waldorf education and various anthroposophical initiatives like curative education, art therapy or bio-dynamic agriculture, whose members come mostly out of the middle class. There are connections to Buddhist organizations, and especially for educational questions to individual government officials and university lecturers

At this moment Thailand has 2 Waldorf schools one bigger kindergarten in Bangkok and some 5 – 7 kindergartens in the provinces. There are 2 initiatives to open schools.

There is one small school for children with special needs, a big kindergarten (about 250 Children) under the management of a Buddhist organization.

Eurythmy Therapy:

When, early 2004, I started working in anthroposophical context again my first patients were members of the Waldorf community or close friends. A therapy room was rented quite centrally located at Baanrak Waldorf kindergarten and due to Bangkok traffic jam I only worked on Saturday and Sunday.

The group of patients was quite mixed: Adult and children with different kinds of problems:

2 educated ladies in their early 50s with various stress symptoms (exhaustion, depressive symptomatic) and on the edge to decide how to go on with their professional life, a young lady, early 30's with migraine, a 9 years old boy with CP with concentration problems and movement problems the 2 children of a Waldorf teacher with hyperthyroid.

These people saw me once or twice a week (on Saturdays and Sundays) mostly for one hour and got exercises to practice at home.

Because there was and is no anthroposophical doctor in Thailand I had to work on my own, being aware that people with serious conditions who come and see me are also under the care of a professional physician.

Many members of this first group of patients stayed with me for a couple of years, one even (the boy with CP) until today. But slowly the group of patients changed, the people with special needs, which I have been working with in the Netherlands came back, in place of "regular" patients.

At this moment I'm working more than 80% with children or young adults with special needs at 2 places. 2 days in the rented therapy room in Baanrak kindergarten and Wednesday afternoon and Thursday morning at Tonrak School for children with special needs.

Half of the patients is in one or the other way diagnosed with autism. The remaining group are diagnosed with various kinds of development disorders or problems.

I focus in my work with the children and young people mostly on the six types of disorders of the Course for Curative Education and eurythmy therapy how Steiner develops it in the Course for Eurythmy Therapy

Basic exercises like IAO, "Zappeljambus", "Phlegmatikertrochäus", Geschicklichkeits-E, Great Vowel Exercises, RLSI and MNBPAU etc. in variations and individual adaptations are part of the main-practice with many of my patients.

Beside doing eurythmy therapy with the children parents often need advice about educational problems.

UKRAINE:

Dr. Tatjana Gontscharenko

(>rb1968@mail.ru<)

In Ukraine, there are three people who got trained as eurythmy therapists in Dornach (Switzerland) and Stuttgart (Germany) and one eurythmist (Soja Voskresenskaja) who is working at a Waldorf school in Kiev.



I myself am a doctor and use eurythmy therapy in my work with children. In Odessa there are two eurythmy therapists. Julia Giltsova is active within the Christian Community and Elena Suchova works in a private practice.

There are also four people working in private practice in three other towns. Of course, we have many questions. We contact each other actively and have decided to organise several meetings in different towns in order to talk about our work and deepen it.

USA:

Jeanne Simon_MacDonald
(>knollhouse@fairpoint.net<)

It has been an important year for us here in the US and Canada. As colleagues are losing work due to the critical financial situation in the schools and institutions here, ATHENA brought several projects to completion that we hope will help strengthen therapeutic eurythmy here. We created a new ATHENA brochure, which is available to association members.



Our website will be ready soon, www.therapeuticeurythmy.org, and we can be reached now at ATHENACorrespondence@gmail.com. We intend to align ourselves more closely with our colleagues in Europe around questions of professional standards for association members. We imagine a process lasting several years to assess how best to do this and what the continuing education qualifications for members will be.

ATHENA is supported by grants each year. Without these grants our work would not be possible. We use these funds to support our conferences, or to help start new therapeutic eurythmy programs in schools.

This past August we sponsored a conference together with the anthroposophic doctors and therapists on this continent focused on the work of Dr. Broder and Elke von Laue: *The Etheric Body and the Polarity of the Upper and Lower Human Being*. Their book „A Physiology of Eurythmy Therapy“ has been translated into English and was available for conference participants. Medical colleagues gathered from all over North America for the conference. Doctors and therapists focused on the therapeutic eurythmy from the particular perspective of each of their disciplines.

The von Laues selfless devotion to anthroposophic medicine and their deep understanding of therapeutic eurythmy brought new insights and inspiration to all who attended. Their strong focus on what Rudolf Steiner said was so impressive.

Each morning a lecture from Dr. Broder von Laue was followed by work on the therapeutic eurythmy with Elke von Laue. In the afternoons the therapeutic eurythmists worked with Elke von Laue on our own.

We gained many new perspectives on the sounds and the figures, and on exercises we have been doing for years. One inspiration: we must have the courage to do less and do it deeply and slowly. Also, the value of the rest took on a new dimension – we practiced resting not only at the end of a session, but during a session.

We are so grateful that they came to work with us and will see now that we keep their work alive here in North America.

Looking ahead:

1. A group of 12 colleagues are working towards graduation from the Therapeutic Eurythmy Training of North America in February 2011.
1. We look forward to welcoming Angelika Jaschke to a gathering with us around that time.
1. Mareike Kaiser will come next summer, 2011, to bring the first part of her training on dental eurythmy to colleagues here.

BULLETIN - COLUMN

Job offer:**Poland**

Several anthroposophic doctors are looking for a eurythmy therapist. An IPMT doctors' training had been held in Poland - and now they are in need of eurythmy therapists to continue their work.

For further information contact the German speaking doctor Eva Wasniewska.

E-Mail: ewawasniewska@gmail.com

Job offer:**Portugal**

The group of therapists in Lisboa is urgently looking for a eurythmy therapist. We would appreciate knowledge of the Portuguese language.

Contact person: Alexa Rosenbaum
Tel: 02351-217971719
E-Mail: lexa.r@gmx.de

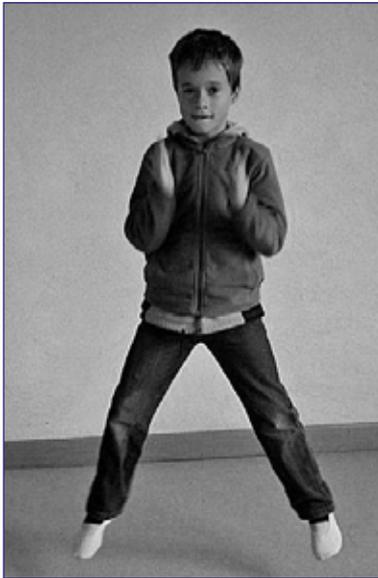
Job offer:**Peru**

In Lima a group of doctors of the „Centro Médico Antroposófico“ is looking for an active eurythmy therapist. Furthermore, there will be work at the three Waldorf schools and in curative education. Since July 2010 the IPMT doctors' training has been held in Lima.

Contact person is the German speaking doctor Yván Villegas Alvarado,
Phone: 0051-1-421 9783
E-Mail: yvanvillegas@centromedicoantroposofico.com

Fields of Practice

Eurythmy Therapy with Children



We look forward with joy to the two conferences which will take place after the 150th Birthday celebrations for Rudolf Steiner. They should take us further into the basic elements of anthroposophic medicine. In Munich the 9th conference for doctors and eurythmy therapists will be held from 18 to 20 March 2011. The themes will be 'How to nourish the Four Bodies in a methodical therapeutic way. The Temperaments. Ether types. Elements and the Organs.'

In Dornach the first World Eurythmy Conference will be held where all aspects of the profession will be represented. Such work can only help to strengthen us in all areas of our work.

This is much needed for example in the work with children where Rudolf Steiner's indications concerning the health giving prophylactic effect of eurythmy needs to be taken up.

The regional group meetings of those working in the Waldorf schools is already well established and in the eurythmy therapy training in Alfter Alanus-Hochschule/ Germany 40 hours of school eurythmy therapy are taught. In Stuttgart the pedagogical training has four weeks of school (pedagogical) eurythmy therapy. There are many other places where the eurythmy therapy impulse in schools is kept alive e.g. Ulm University or Tartu University in Iceland.

Financially many schools struggle to keep eurythmy therapy as part of their budget. There are always positive (individual) stories as well.

For information: Our website - Forum HE has a section for school eurythmy therapy this year.

Sebastian Junghans

Work in Clinics / Medical Centres

.....We are still there and going strong!

We are however snowed under with all the new organizational demands, accounting standards (OPS, ZE 26), changing priorities (gerontro, addiction, palliativ, breast center, shortened rest time etc.)

It is a rare treat to be able to exchange ideas and to work inwardly as a college these days!



Contact between several clinics has begun gradually to discuss levels of pay and a realistic suggestion for the number of patients which can be seen each day. Research (at present yoga - eurythmy therapy) continues. Practicants and cover during periods of illness are also on the agenda. I will say it plainly: We are not so interested in each other but when there is a real need, help is immediately forthcoming.

We have begun to draw up a job description for a eurythmy therapist working in a clinic and are always happy to find photos or articles from colleagues e.g. in the German Magazine for Anthroposophic Clinics: 'Medizin Individuell'.

Eva Maas-Küstermann

Curative Education and Social Therapy



Between 30 September and 2 October 2010 the 5th Conference for doctors and eurythmy therapists took place at the Sonnenhof Arlesheim CH. The theme was 'Psychiatric conditions and their symptoms'.

Continuing the theme from the previous years' conference in Bingenheim, Germany Psychosis, we deepened our studies and came to an understanding of neurosis.

The conference was rich in content with contributions/lectures from several doctors who spoke out of their own experience in practice. The sincere will to heal was clearly felt and gave courage and love for one's own work. Each morning began with tone

eurythmy together which brought us to the ‚heart‘ of the matter and helped an understanding of what is truly human. An in depth lively experience of major/minor and the dissonance as will-impulse for the inner organs and as life force was evoked.

Two working groups focused on the four bodies and how to arrive at a common diagnostic process between doctor and eurythmy therapist. Two other groups looked at documentation, collegial work and intervision. The outcome was fruitful and new ways for a helpful sharing and exchange of ideas arose. The work after lunch also proved helpful with time for questions and eurythmy therapy exercises from the Ita Wegman Clinic. The evenings were highlighted by the rich eurythmy presentations from the ‚Licht-Eurythmy-Ensemble, Dornach‘ which went from quiet lyre music to the Michaelic to local Alphorn and numerous pieces.

To conclude I would like to thank the wonderful Swiss / German conference preparation group who enabled the smooth running of the conference at the Sonnenhof which is the oldest curative home arising out of an anthroposophic impulse and where we received such warm hospitality.

Edith Halsmeyer

Work with the Elderly



Out of a lively conversation at last years' Conference of Delegates, the theme ‚Work with the Elderly‘ was chosen. During the course of the year the questions „What is it actually to be elderly?“ „What are the qualities, challenges?“ arose. We collected the research and experience of those who have already worked in this sphere. ‚Elderly‘ means the so called 4th generation (age 70-80-90), those standing at the end of their lives, the last phase.

We looked at the eurythmy therapy indications and an important step was taken recently with the publication of a manual: Eurythmy with the elderly, which arose out of the work at Alanus Hochschule. The main focus of the work rests in the social, artistic realm. New questions have arisen, e.g. the relationship eurythmist to eurythmy therapist and what do we need to have ‚on board‘ if we are to meet the needs of the elderly?

At the Anthroposophic Doctors' Conference in Germany which took on the theme of dementia, there were two work-

shops for eurythmy therapy. This gave the opportunity for participants to experience eurythmy and possible themes for the future could be to look at the international perspective and to have a meeting to address the above questions.

Thilo Riebold

Kindergarten / Early Years



The early years group is continually working with the study of human physiology and the right approach with eurythmy therapy to meet the needs of the early years (first seven year period of child development). Various groups have formed to look at early years and it remains to see what arises in the form of new initiatives. Due to ever increasing attempts to ‚control‘, correct and categorize early child development it is not easy for eurythmy therapy to find its place and to address the child's own life of will. Also parents feel the pressure which comes from the outside, making them feel unable to bring up their children as they would wish. Some attempts have even been made to try to bring development stages earlier than they would naturally come. Parents are sometimes made to comply with all these new regulations.

Children often need eurythmy therapy because of the above! They refuse to be pushed and we have to regain their confidence and trust, after healing the ‚wounds‘ we can work with eurythmy to allow them to breath again and to develop at their own pace with their incarnation process, surrounded by warmth and love.

What a blessing we have eurythmy therapy to offer them!

In the further training work on early years in Frankfurt and Munich two themes were taken: Developmental disturbances in speech and the double nature of the ego in its dynamic development. Sculptural musical human physiology formed the basis for this and the work will be continued.

Next year we will deepen our early years work and look at the eurythmy therapy exercises given in the first seven year period.

Elke Neukirch

Eurythmy Therapy in Regions in Crisis and in War Zones



This year the work of stART international e.V. in disaster areas continued. After the disastrous earthquake in Haiti (January 12, 2010), stART international e.V. started the emergency aid in mid february in Port-au-Prince and Leogane. Until mid september artists, pedagogues and therapists were working with streetcamps and orphanages, supporting children and teenagers in that inexpressible misery to relieve their distress. With expertise in psychosomatic strain after traumatic experiences our multinational team of field workers worked through different forms of arts, as well as music and movement.

Our intention is to stimulate traumatized children from inside, and on the outside to bring back colour to their lives, help them gain stability and discover different perspectives. For further information, reports as well as pictures about our work, please refer to our website: www.start-international.org

As topic of my masters thesis (at Alanus University of Arts and Social Sciences in Alfter/ Germany) I decided to research on the special chances of eurythmie therapy in emergency aid.

During our 13 month aid project in Georgia 2008-2009 I had the possibility to start a science based study, to research the effect and the sustainability of eurythmy therapeutical exercises with young people suffering from symptoms of post-traumatic stress disorder. Methodology, exercises, process, anthroposophical view, results and scientific discussion are represented on 59 pages plus extensive attachments and a list of literature.

The overall commitment of stART international in Georgia 2008-2009 established the fundamental bases for my research. I have a lot to be thankful for!

"Eurythmie als Traumatherapie in Krisen und Kriegsgebieten. Nothilfeinsatz in Georgien 2009" in German language can be ordered as a pdf.

Donation to stART international is appreciated:
www.start-international.org/support.
 No PC? Call me: 0049-(0)8142-4659107
 Every donation helps us to help!

As the delegate for eurythmie therapy in disaster areas I wish you and everybody a peaceful Year 2011 without catastrophes!

Myrtha Faltin

Outreach from an inward necessity

..."The present age can no longer tolerate any tendency towards secrecy. This presents us with a fundamental problem which we shall have to resolve... How can we combine full openness with the profoundest, most serious and inward esotericism? ..."

..."Consider the following, my dear friends: We stand in the world as a small society, and this society has a peculiar destiny at present. Even if it wanted to, it could not reject this characteristic of openness which I have been emphasizing so strongly. It would be unable to reject it. For if out of some leaning of sympathy we were to decide today to work only inwardly with our groups, which would of course be very nice, if we were not to concern ourselves with the public at large, we would discover that there would soon be an increasingly inimical concern for us on the part of the public. The more we fail to concern ourselves with the signs of the times, the more will be the inimical concern for us on the part of everything that can possibly be against us."

Rudolf Steiner

(The Christmas Conference for the Foundation of the General Anthroposophical Society, [Translated by Johanna Collis] 26.12.1923 GA 260).

... that's life

My experiences as a eurythmy therapy patient

Background

Before the start of a very enjoyable course of eurythmy therapy with Michael Chaptis (Toronto) I had been given an anthroposophical diagnosis but I also had personal reservations to overcome.

I am married to a Waldorf teacher, to which eurythmy means a lot both in her working life and personally. But to me this fact does not create an automatic acceptance of eurythmy and even less for eurythmy therapy, rather the other way around. Not only did my rational thinking get in the way but also the fact that I am a professor of social science at the University of Bochum and perhaps even more the worry that my clumsy feet and a certain rigidity which I carry would cause me to stumble during the exercises!

Diagnoses

Five years ago I was strongly advised by my ophthalmologist Dr. Erika Hammer (Lorrach) to begin eurythmy therapy with Michael Chaptis because of the problems I had with my eyes. To begin with it should prepare me for cataract surgery, which was to be performed due to my strong myopia which carried a high risk of retinal detachment. By some miracle I not only relaxed in the first session with Michael Chaptis but felt strengthened afterwards as well. For half a year we worked together and the following operation was successful and proceeded without any complications. By laying aside the strong glasses I had been wearing since my youth I not only gained an astonishing improvement in my eyesight but also a new feeling of being alive, which I would not want to miss - a nice way to begin my retirement where I hope to remain active.

Eurythmy therapy has certainly played a central and most helpful role in my well being.

The social and the professional element

Looking back and based on the facts already mentioned, I have come to the conclusion that there were two main factors which caused me to have such a positive experience with eurythmy therapy. At the very beginning I learned to appreciate Michael Chaptis' thoroughly professional approach. Even though early on we came to develop a friendship - which I will mention later - he always maintained professional boundaries, kept a friendly distance towards me during the therapy sessions. I have come to see this as a component through my work as a university lecturer. He observed me without being obtrusive, he guided me with care, he took my selfcriticism and brought positivism to it, he encouraged me without using meaningless compliments. Through this I developed a relationship with my therapist which was based on trust and in my opinion that is the most important requirement for a successful therapeutic process. Michael Chaptis is for me a teacher, sometimes I call him my "master", he does not impose things on me but rather tries to awaken in me my own energy and helps me to find balance. He guides me to self-knowledge and strength. I trust him because I have experienced myself the healing effect of eurythmy therapy. I know it does me good.

Communicative friendship

I would like to add that the friendship, which has developed between us, began through the overlapping paths of our lives. First the therapy sessions were characterized by our common bilingualism. His mother tongue is English, mine, German. English is our common language since I now live in

Toronto where we both work. During the eurythmy therapy sessions we speak English, though in important moments of our sessions we tend to switch to German. German is not only my mother tongue but it is also the language connected to my cultural and historical interests and the language I use for my work and inner thoughts. For Michael German is the language Rudolf Steiner spoke and especially the language in which he studied eurythmy therapy in Dornach. Eurythmy is based on an interesting synthesis of movement and language. It is my experience that I enter my movements more fully when I listen to the sounds. No wonder that Michael and I both use the German dictionary by the brothers Grimm when we try to find the meaning of words. I have brought this book as a cultural treasure with me to my new homeland Canada.

Our common interest in the meaning of words and language supports our work together. It could also have been an obstacle, but for us it is not.

Life changes

Michael Chaptis and I have taken the eurythmy therapy work further since my cataract operation. I continue to practice the exercises which have also helped me with all the changes over the past five years which included the transition from a stressful life as university lecturer swinging backwards and forwards between two continents. Professor in Germany and family life in Canada and now my active retirement in Toronto.

I now have time to write, give lectures and even accept invitations to Germany.

Life has slowed down for me and I enjoy the new rhythm which is far less stressful. Time to relax and breathe out, reflect and look back. The eurythmy therapy I do has accompanied and strengthened me through all these changes. It has also helped me to understand that movement has not only to do with dexterity and physical skill but with the inner life of rhythm and balance. It has helped me alongside the wisdom that comes with getting older to find new creative energy in myself and so I can say with conviction that the eurythmy therapy I did with Michael Chaptis not only helped me healthwise and socially but it brought me into a new dialogue with my inner being and helped me discover new facets to my soul which were hidden before. I am therefore truly thankful.

Wilhelm Bleek

The Physiology of Eurythmy Therapy by Elke & Hans-Broder von Laue

Translated by David Macgregor.
Floris Books 2010 ISBN 978-086315-740-0

"If all the sounds of the alphabet were uttered from A to Z there would arise an etheric man..."

Rudolf Steiner, St Johns 1924.

A major contribution towards a physiology of this etheric man has here been made available to the English speaking world. Physiology means knowledge of the life functions of living organisms. Physiology of eurythmy therapy is therefore the study of such functions and organs of eurythmy.

"The physiological processes can always be described from two aspects: to what extent does a monitoring and inhibiting aspect or the opposite activating and driving one influence a process? This can always be connected with the upper and lower human being. The same process can be viewed in its molecular detail on the one hand, and in the etheric dynamics on the other."

Broder and Elke von Laue have researched etheric dynamics in the human being and eurythmy over decades. This study of the Eurythmy Therapy Course seeks to derive a methodology behind the indications given about the etheric dynamics. The living processes contained in the various sound gestures are explored. Indications about the effect of sounds are taken figuratively rather than literally, enabling the authors to compose a 'system of eurythmy'. Within this system the three classifications of consonants (vowel tinge, plosive/breath aspect and placement), are understood at the hand of dynamics explored in Rudolf Steiner's lecture 'The Invisible Man within us' (1923). A picture is developed of how foodstuffs are dealt with: broken down, rebuilt and made human, with the plosive sounds, laid down into organs with the breath sounds. A category of 'middle sounds' "regulate the substance building: spatially through the R. Chronologically through N and M. L stands in the centre of all up-building life processes..." The vowels are also explored from the point of view of speech in order to derive their connections with forces working from the upper etheric streams.

The book opens with an exploration of the basic elements of eurythmic expression of 'movement', 'feeling' and 'character'. In artistic eurythmy we aim to experience movement qualities between weight and lightness. The surrounding air is felt through sensing where it presses in on the limbs or how it pulls on them as expressed in the flowing of the veil. Qualities of muscle tension/relaxation anchor the mover in their instrument. In this way a schooling of the lower senses is integral to eurythmy. Employing sensory based terminology enables comparison and exchange with other types of movement therapy, demonstrated in the book with dance and physiotherapy.

The connection of sounds with their cosmic origins is fundamental to the therapeutic intervention of many eurythmy therapists. This is briefly acknowledged in this book, but not entered further into. Quite a painful move for some readers, I believe, but in keeping with the aim of making eurythmy communicable out with a narrow professional circle. It is interesting to note that the conclusions the von Laues come to from the side of the speech apparatus do not conflict with what the more 'cosmic approach' describes.

Later in the book, an interesting case is made for the three consonant classifications as relating to the eurythmy tools of movement, feeling and character. Many such threads are woven through the book, binding the therapeutic sound together with its origins in art as well as science. In further chapters the so-called soul-exercises are briefly discussed and the transformation of art into therapy is explored in depth. Some of the conclusions drawn will no doubt prompt some readers to have another go at the lectures themselves to see if they find this or that thought substantiated there; an effect that will undoubtedly please the authors.

The von Laues are well aware they will ruffle a few feathers with their attempts to tease out and classify eurythmy's physiology. Many of us are uncomfortable to categorize even dissect something like eurythmy, yet the book demonstrates how it can lead to a fuller appreciation and grasp of its potential.

This study furthers the relevance and accessibility of eurythmy therapy, initially by developing means of describing what the therapeutic tools are and how they work. Therapists and doctors need a common language in which to discuss etheric processes and here we find concrete suggestions of how to structure it. The beauty of such suggestions is that they can be tried out. Having derived their 'system of eurythmy' from indications in the early part of the Eurythmy Therapy Lecture cycle the von Laues explore it further at the hand of indications given in lecture 7 before testing it on sequences given by Rudolf Steiner for individual patients. Every

clinician who tests the suggestions developed in the book in their own work will generate new insights, thus joining the authors in their quest to further anthroposophic medicine.

With regard to the translation, the German 'Zur Physiologie...' or 'Towards a physiology...' gives a truer picture of the authors' style and purpose rather than the more absolute English title. The English translation tends at times to be more finite in the wording than the original German. This weakens what the authors themselves emphasise: that their book is a contribution to the study of eurythmy therapy rather than its ultimate explanation.

It is certainly a weighty contribution. It invites scrutiny and will be a stimulating, enriching study for all anthroposophical health professionals curious about etheric dynamics. It is to be highly recommended for eurythmy therapists and doctors in particular.

Ingrid Hermansen

Down Under

New Zealand

In February 2010 I left the frozen continent of Europe (minus 10 and mountains of snow!), somehow lost a day travelling but then found myself in beautiful summer weather with temperatures of around 25 degrees! In the New Zealand sky I saw the Southern Cross, and the constellation of Orion presented itself on its side which irritated me every night!

Due to three cousins who emigrated and married there I had the chance of really experiencing the New Zealand way of life and was not only there on a professional basis. If you look at a map you will see that the next country west of New Zealand and Australia is South Africa. To the East you find South America and Chile. To the South, the South Pole and to the North just ocean and many islands, Indonesia etc.



The land is mountainous and from every peek you see the great Pacific Ocean. There are hot springs and frozen glaciers a bit like the Alps or sub tropical parts to the North. Beautiful rain forests with sparkling streams. Between these extremes of nature and climate, light and water a gentle way of life exists. It is difficult to stay focussed with the strong nature forces all around one.

From Auckland past Hawks Bay to Christchurch in the South I met the anthroposophical initiatives and work. Many wonderful Waldorf schools, an impressive curative education complex: Hohepa which has a kindergarten, school and workshops fully developed. Weleda is fully established here, as well as the Christian Community, doctors practices, anthroposophical study groups etc. All this to counter balance the overwhelming nature forces.

Here we also find eurythmy therapy with 22 colleagues working. Light, joy and soul warmth but also the serious work of therapeutic eurythmy practice!

The endeavour to establish an association is strong but will need time and effort in such conditions. However, the will is strong and the work always leads to common goals.

Australia

At the end of my trip I flew three hours to Melbourne, a wonderful town on the south coast of Australia. I was met with 35 degrees sunshine and stayed in an English quarter of



town which I was taken to by Anthony my host via an interesting antique bookshop! From there I took the tram every day to the Birgit Lugosi Eurythmy School where I met with the 12

students. They were working with hygienic therapeutic eurythmy with Titia Jonkmans. Birgit's Eurythmy School has developed into a real centre for South Australia over many years.

All work in Waldorf schools, so the need for pedagogical eurythmy is great. To meet this we were able to send Daniel Maslen from England there in September 2010 to give a week's pedagogical eurythmy course and from what I have heard it was a great success.

On free days we took the tram to the southern part of Melbourne and plunged into the beautiful blue sea in order to cool down a bit!

At the weekends we were guided by dear friends to the surrounding countryside and the bush where we saw kangaroos, dry bushland with eucalyptus trees below a huge sky and a burning sun. We also came across areas of wilderness burnt down by terrible bush fires. Eucalyptus trees actually need fire in order to regenerate and survive!

The experience between dry and lush and the fiery heat is amazing and one experiences there a huge continent

made up of five distinct independent regions as different from each other as say Finland is to Greece!

The people are naturally different too, even between Melbourne and Sydney where our



trip took us to the North. After a quick visit to the famous opera house and a boat trip along the waterfront the work with nine colleagues and two doctors began. Here too most are working in Waldorf schools and eurythmy therapy has to struggle because there are hardly any anthroposophic doc-

tors in the country. Through Josefin Porteous who hosted us in her country house we gained a good picture of the pioneer nature of the work in Australia which often means financial hardship.

Through being there I have the greatest respect for my colleagues and their hard work in New Zealand and Australia where things are very different.

It is impossible to imagine how different the eurythmy work is Down Under and I am grateful to have experienced it first hand. This helps me greatly in my work as coordinator and I offer my heartfelt thanks to all the dear colleagues who hosted me there. All the best for your work, you have a vital strength which is lost here and which is valuable for the global profession. For me you have been transported from 'Down Under' to 'Center stage'!

My warmest wishes to all my wonderful colleagues there.
Yours, Angelika.

How an impulse arose out of an experience...

As I was on my way to Dornach for the Conference of Delegates on the 15th September 2010 I was as always excited and wondering how it would go. What interesting meetings I would have and what „Aha“ experiences would come!

Amongst all the other reports I was enthused by Angelika's report about AnthroMed®. I work in a clinic (Havelhohe) as business manager and have naturally heard of AnthroMed® but for the first time when Angelika spoke I realized what an amazing thing it would be for eurythmy therapy to have such a seal of quality. A trade mark which everyone would recognize creating a firm footing for the whole profession! So awake and so present is a real quality and that it then works because of all the hard preparatory work. I found this amazing!

It also became clear to me that we will all benefit regardless of our connection to eurythmy therapy. Our whole medical movement will be properly integrated in the times we live in. With all the problems we have had with medical insurance companies.

And who is it who is so awake and diligent..? Why, Angelika of course! She is the one who perseveres for the sake of our profession. She once said that she works with a vision. Her 'vision' is becoming 'deed'. She is doing so much for us all! For our professional standing.

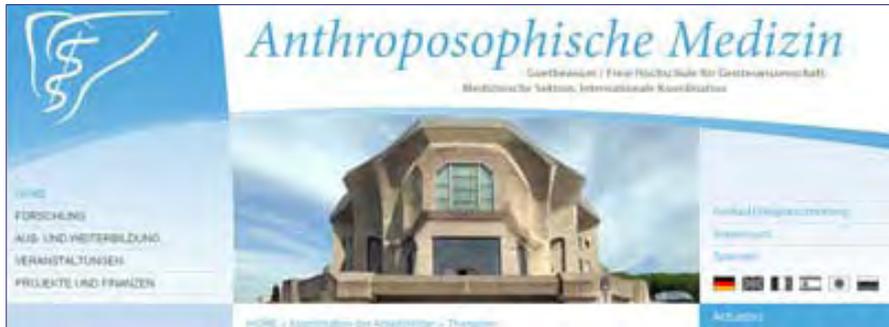
I have decided to save money to support the work and always put small change in a vase. My way of bringing initiative and money into movement! Perhaps others will want to follow me. Every little counts!

And so I wish to thank Angelika on behalf of us all and I look forward to continued success due to her work. Heartfelt thanks to you Angelika!

Elisabeth Rieger

If you would like to contribute to the fund for Angelika's work please ask me for details: e.rieger@parceval.de

... last but not least

**Closing date and distribution of the newsletters:**

Deadline for all international reports, training and practice field reports is

25 September 2011.

The editors ask when possible that all contributions are submitted in German and English.

Distribution: The distribution of the newsletter to all eurythmy therapists in each country lies within the responsibility of the country representatives.

Thanks to the co workers

Without the work of the many people who help with newsletters like this it would not be possible. Heartfelt thanks to those who helped with writing, supported in thought/ideas, layout, translation, finances etc.

Please note that all the texts without any author's signature are written by Angelika Jaschke.

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New Medical Section / Eurythmy Therapy Forum Website

Have you visited our new website yet? A wealth of useful information at one's fingertips!

We would like to thank Heike Sommer and the whole team who launched the website and made it into a work of art already!

www.medsektion-goetheanum.org

The smaller website ForumHE links well to the larger.

www.forumHE-medsektion.net

This is updated regularly in English and German so that all addresses, links and information are there alongside our standard international documentation.

**Website of the Eurythmy Therapy Forum further developing**

The small website of the Eurythmy Therapy Forum/Network has proved very useful meanwhile and is visited frequently. It became quite clear, however, that it should be further developed and we should put the focus on more international elements.

We try to push the development further into this direction and in the future our users can expect changes and new features, e.g. an easily updatable address book, a picture gallery or a platform for discussions and exchange of information on topics of interest to all.

Just come and have a look every once in a while!

Regina Delattre

IMPRINT

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