

# **International Professional Profile**

## **Anthroposophic Art Therapies/ Eurythmy Therapy**



Forum / Network Eurythmy Therapy

International Umbrellagroup  
Anthroposophic Art Therapies (DAKART)

Medical Section, Goetheanum  
School of Spiritual Science  
CH-4143 Dornach/Switzerland

# IMPRINT

## Published by:

Forum/Network  
Eurythmy Therapy  
[www.forumHE-medsektion.net](http://www.forumHE-medsektion.net)

International Umbrellagroup  
Anthroposophic Art Therapies (DAKART)  
[www.icaat-medsektion.net](http://www.icaat-medsektion.net)

May 2010

## Bank details:

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 Internat. Prof. Profile

Allgemeine Anthroposophische Gesellschaft  
Postbank Karlsruhe, DE-76118 Karlsruhe  
KTO. 3353 27-750  
BLZ: 660 100 75  
IBAN: DE59 6601 0075 0335 3277 50  
BIC/Swift: PBNKDEFF

Reference: Koordination Kunsttherapie

## 1. Definition of Anthroposophical Art/Eurythmy Therapies

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

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

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

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

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

## 2. Fields of activity

Anthroposophic Art<sup>1</sup> /Eurythmy Therapists<sup>2</sup> are active in the clinical and therapeutic fields; in promotion and maintenance of health; and in prevention, rehabilitation and after-care. Their activities include:

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

---

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

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

### **3. Competencies of Anthroposophic Art/Eurythmy Therapists**

#### **3.1. Personal Competencies**

Anthroposophic Art/Eurythmy Therapists are competent to:

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

#### **3.2. Sociale Competencies**

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

#### **3.3. Professional Competencies and Expertise**

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

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

### 3.4. Competencies in Methodology and Practice

- knowledgeable practice in the use of Art/Eurythmy Therapeutic media, processes and methods
- competencies in the therapeutic application and mediation of formative techniques and potentials within the particular Art/Eurythmy Therapeutic medium
- preparation of Art/Eurythmy Therapeutic diagnoses
- development of individual and illness-specific therapeutic goals
- creation of therapy plans; development of exercise sequences ; situational sensitivity and awareness for appropriate adaptation and implementation of therapy so that it corresponds to the situation at hand
- consultation on the therapy plan with the prescribing doctor
- reflective awareness of the short and long term effects of therapeutic intervention
- maintenance of appropriate documentation and reports
- incorporation of the results of scientific research into one's own practice.

### 4. Training Standards

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

The course of study incorporates theoretical and practical training in the specific art forms and therapy as well as mentored practical placement. The competencies noted in section 3 will have been acquired.

Recognized trainings in Anthroposophic Art/Eurythmy Therapies have successfully undergone the quality assurance procedures of the Medical Section of the School of Spiritual Science and/or the national Professional Associations for Anthroposophic Art/Eurythmy Therapy.

### 5. Literature

Golombek E: Plastisch-Therapeutisches Gestalten.

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

Mees-Christeller E, Denzinger I, Altmaier M, Künstler H, Umfrid H,

Frieling E, Auer S: Therapeutisches Zeichnen und Malen.

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

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

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

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

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

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

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

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

**Austria:**

Österreichische Vereinigung Anthroposophisch Orientierter Kunsttherapien (**ÖVAOK**)  
Pilzgasse 23/6/15 - 1210 Wien Fon / Fax: 0043 699 1 954 60 30  
For the Council: Jana Koen  
E-Mail: [oevaok@atelier-lindenbaum.at](mailto:oevaok@atelier-lindenbaum.at)

Verband diplomierter Heileurythmisten in Österreich (**VDHÖ®**)  
St. Peter Hauptstr. 182, 8010 Graz Fon / Fax: 0043 316 405221  
For the Council: Mareike Kaiser  
E-Mail: [mareike.kaiser@gmx.at](mailto:mareike.kaiser@gmx.at)

**Belgium:**

ARTéSANA beroepsvereniging van anthroposofische kunstzinnige therapeuten in België  
Klokstraat 10, B2600 Antwerpen-Berchem  
For the council: Marion Buckingham  
Email: [secretariaat@artesana.be](mailto:secretariaat@artesana.be)

**Brazil:**

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

**Canada+USA:**

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

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

**France:**

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

**Germany:**

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

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

**Italy:**

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

**Netherlands:**

Nederlandse Vereniging voor Eurythmietherapie (**NVET**)  
Slochterenweg 53 6835 CE Arnhem  
Fon: (Skr.) 0031 26 3231189  
For the Council: Irene Pouwelse-Fassaert  
E-Mail: [nvet@hetnet.nl](mailto:nvet@hetnet.nl)

Nederlandse Vereniging voor Kunstzinnige Therapieën op antroposofische grondslag (**NVKToag**)  
Utrechtseweg 62 3704 Zeist,  
Fon: (Skr.) +31 30 6954455  
For the Council: Gelske Kwikkel  
E-Mail: [nvctoag@gmail.com](mailto:nvctoag@gmail.com)

**Russia:**

Verband diplomierter Heileurythmisten (**VDHE**)  
Ul.Garibaldi 15-1-77, RU-117335 Moskau  
Fon / Fax: 007-499 133 2689  
For the Council: Tatiana Strizhak  
E-Mail: [strikaza2004@yandex.ru](mailto:strikaza2004@yandex.ru)

**Sweden:**

Läkeeyrtymföreningen i Sverige (**LEF**)  
Skogsbrynsbyn 34, S- 153 91 Järna  
Fon / Fax: 0046 – 8551 50460  
For the Council: Annica Alvenäng  
E-Mail: [annicaalvenang@hotmail.com](mailto:annicaalvenang@hotmail.com)

Föreningen för Antroposofisk Konstterapi (**FAKT**)  
Box 30 S 15321 Järna  
For the Council: Susan Bäucke Kollem  
E-Mail: [fakt.konstterapi@gmail.com](mailto:fakt.konstterapi@gmail.com)

**Switzerland:**

Schweizer Verband für Anthroposophische Kunsttherapie (**SVAKT**)  
Lilienweg 6 CH-3072 Ostermundigen  
Fon/Fax: +41 31 931 9088  
For the Council: Charlotte Signer Riggenbach  
E-Mail: [info@svakt.ch](mailto:info@svakt.ch)

**United Kingdom:**

Eurythmy Therapy Association of Great Britain and Northern Ireland (**ETA-UK**)  
GB 9 Bittern Close Hemel Hempstead HP39FQ  
Fon / Fax: 0044(0)1442386988  
For the Council: Daniel Maslen  
E-Mail: [danmaslen@hotmail.co.uk](mailto:danmaslen@hotmail.co.uk)

Association of Anthroposophic Therapeutic Arts (**AATA**)  
For the Council: Laura Ridolfi  
Internet: [www.aata-uk.org](http://www.aata-uk.org)  
E-Mail: [info@aata-uk.org](mailto:info@aata-uk.org)

**Eurythmy Therapy National Representatives without Professional Associations:**

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

**Anthroposophic Therapeutic Arts — National Representatives:**

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