

History of the European Academy for Anthroposophical Art Therapy

I. Introduction

The European Academy for Anthroposophical Art Therapy (European Academy or EA for short), is a voluntary association of training centres across the European Union. Since 2010 membership has been open to trainings in non-European countries too. Since 2015 post graduate courses which do not lead to a professional qualification in art therapy, can also become members of the EA. It is therefore an international association for both professional trainings and post graduate studies.¹ The EA is thus an international academy. Its work is connected with that of the Medical Section of the School of Spiritual Science at the Goetheanum, Dornach, Switzerland.

The trainings which have come together under the umbrella of the European Academy, follow a common curriculum and have a shared assessment procedure for training art therapists. The art therapies of painting, drawing, modelling, music and singing and eurythmy form an indispensable part of the anthroposophical medical approach developed by Rudolf Steiner and Ita Wegman. The European Academy sees its task as being primarily to support these therapies through research and training.

II. Pre-history and foundation

In January 1991 – during the annual meeting of art therapy training directors at the Medical Section at the Goetheanum – the decision was taken (on the suggestion of Don van Zantwijk, director of Academie De Wervel, and Dr. Günter Schönemann, founder of the Alanus Hochschule), to create an umbrella organisation for art therapy trainings, have its base in a European Union country and call it the 'European Academy'.

The objectives of the newly founded EA were to:

- Work closer together in terms of the content
- Join forces to gain national and international recognition for anthroposophical art therapy training.
- Gain support from Brussels to give the school more financial security.
- Carry out scientific research into the effects of art therapy

These objectives as formulated today are to:

- Exchange experiences and developments in the field of art therapy
- Assure the quality and competence of art therapy trainings and seminars

- Promote further research

The foundation gathering to launch the European Academy for Anthroposophical Art Therapy took place in the Academie De Wervel, Zeist, Holland on 1st May 1995. Those present included representatives of the Medical Section, doctor's associations, Dutch anthroposophical groups. Directors of the founding training schools present were:

- Dr. Günter Schönemann (Alanus Hochschule der Künste, art therapy department, Alfter nr. Bonn)
 - Rita Jacobs (Anny-von-Langeschule, Fachschule für Musiktherapie a.a.G., Hamburg)
 - Katharina Gutknecht (Artaban School of Art Therapy, Berlin)
 - Dr. med. Hartmut Fischer (Blaubeuren, Art Therapy Seminar, Blaubeuren)
 - Karin Jarman (Hibernia School of Artistic Therapy, Gloucestershire)
 - Peter Fausch (Musiktherapeutische Arbeitsstätte e.V., Berlin)
 - Don van Zandwijk and Astrid Schoots (Stichting Academie De Wervel, department of art and music therapy)
- as well as guests from related professions

The following professions are now also represented in the EA:

- Painting, drawing, modelling and sculpture
- Music and singing
- Speech and drama

The legal form of the trust follows the Dutch model.

III. Curriculum

Representatives from the schools in Germany, Holland and England spent three years creating a common basis for the anthroposophical art therapy curriculum. Using a so-called comparability list, similarities as well as differences were discovered. In the autumn of 1993 the basic principles of a training in art and music therapy were agreed by the participating training representatives.

Key elements were that:

- The training should be at a professional college level
- It should run for at least four years and include around 4,000 hours of study.

The curriculum should cover the following basic subjects:

- o The anthroposophical understanding of man and the world
- o Artistic and therapeutic education
- o Medical training
- o Study of Man

In 2010 members produced a handbook containing a list of required competencies. The process of quality assurance is described in it. The aims

and objectives and statutes of the European Academy were then signed off by the training directors and section leadership – an expression of mutual recognition. Certificates produced by the various schools may carry the following statement: “*The training school is a member of the European Academy for Anthroposophical Art Therapy and works together with the Medical Section at the Goetheanum, Dornach, Switzerland*”.

The European Academy currently (May 2016) has 23 members of which 17 offer a full training and 5 post graduate courses.

IV. Art therapy training across the world

All over the world and especially in the Far East new training initiatives are springing up in the creative arts field and especially painting. Many of these start out as supplementary post graduate trainings in another profession.

Participants who may be working in medicine, psychotherapy or education and are sufficiently conversant with the artistic foundations, can then apply anthroposophical art therapy within their own professions. This year post graduate trainings in Thailand, Australia and China were recognised by the EA. There are also initiatives in China, the Philippines, Bosnia and Argentina which have either just started or are developing their concept.

These post graduate courses can provide a good basis upon which to launch a complete training in anthroposophical art therapy if the training centre has the interest, local conditions allow and there is sufficient demand.

The recognition of anthroposophical art therapy as an independent profession however, requires the criteria for such a training to be accredited by the EA.

With this kind of training it is possible to practice anthroposophical art therapy as an independent profession so long as it fits the country's laws. Some of the trainings in eastern Europe have recently gained recognition or will do so very soon. It is worth mentioning here that long established EA trainings have taken responsibility for new initiatives. A Russian initiative for instance is being accompanied from Sweden.

The situation with training centres in Germany and also other European countries is more problematic. Over the past few years schools have been forced to close as interest in gaining a diploma and willingness to engage in the work, has waned. And, the means for paying the course fees of private training centres no longer exists. National regulations have changed and stiffer requirements have been imposed over the years. In some countries Bachelor and Master programmes are being offered. But even these graduates face hurdles because the profession is not recognised within the national context, or there is no possibility of working freely within a country's health system. The EA is constantly trying to work with and keep up to date with what is demanded. The focus currently is on developing and sharing research (primarily in the form of case studies) about anthroposophical art therapy. Work is also being carried out to assess the comparability of training qualifications and bachelor programmes and re-formulating the core competences. All these situations are being actively addressed and positively

worked upon so as to enable anthroposophical art therapy to become more firmly established and be available as an artistic healing method.

V. List of the accredited centres

<i>Name of Training</i>	<i>First Accreditation</i>	<i>Re-accreditation</i>
Alanus	1996	2017
Musiktherapeutische Arbeitsstätte	1996	ends 2017 – no re-accreditation requested
Artaban	1996	school closed
De Wervel	1996	school closed
Hibernia school	1996	School closed
Anny-von-Lange-Schule	1996	School closed
Kunsttherapie-Seminar Blaubeuren	1996	School closed
Tobias school	2003	2014
FAM München	2004	submitted
IWB Weimar	2004	School closed
Stichting Emerald	2005	Not yet started
Järna	2006	2015
Escola Sagres	2007	2015
De kleine Johannes	2008	To be submitted 2016