

Further information and a down-loadable flyer, as well as an international list of **therapists** working on the basis of anthroposophic music therapy may be found on the coordinationpage of the Medical Section at the Goetheanum: www.icaat-medsektion.net



Imprint

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Anthroposophic Music therapy



A therapy used in
Anthroposophic Medicine

Every illness is a musical problem, recovery a musical resolution.

Novalis

The **aim** of anthroposophic music therapy is to activate the patient's self-healing powers. It is used in both an active and a passive way.

Musical elements like tones and intervals, melody, harmony and rhythm are used in association with the different qualities of sound of the instruments and/or the singing voice. Patients are included in the musical process and are thus able to become co-creator of their own recovery process.

Anthroposophic music therapy can have an effect on the different levels of human existence and is therefore able to reach the human body, life forces, soul and spirit.



Anthroposophic Music therapy may be used at all stages of life and in relation to almost all diseases and biographical crises.

The **aim** is to re-activate the individual's resources holistically and support their powers of self-regulation at a spiritual, soul, functional and physical level. The therapy may, for instance, be harmonizing, calming or stimulating, structure-forming or strengthening. It serves to deepen breathing, regulate the warmth organization, enhance concentration, and stimulate self-perception and confidence. Processes of integration and exploration are supported.

The essence of anthroposophic music therapy lies in basic musical experiences and not in virtuosity and being able to play an instrument. This is why most of the **instruments** used are easy to play. Percussion, string, plucking or wind instruments are specifically chosen, as is the human voice as the absolutely archetypal and most precious instrument.

The combination of musical elements is arranged for each patient individually. The aim is to achieve a way of making live music with instruments and/or the singing voice.

Anthroposophic music therapy is based on the experience and understanding of musical elements in a way originally suggested by Rudolf Steiner. It is based on the anthroposophic image of the human being and one of the art therapies used in anthroposophic medicine. The therapists are members of their national professional organizations and practise the therapies according to the quality assurance criteria developed by these organizations.

The refund of the **therapists' fees** has to be approved by the health insurance company after referral by a physician. The therapist may be able to advise on this. Individual arrangements are also possible.

