



Annual report of ICAAT 2023

ICAAT, the International Coordination of Arts Therapies (Painting & Sculpture, Music & Singing, Speech & Drama) entered its 28th year of existence in 2023!

What were the challenges in 2023?

The biggest challenge for art therapies in all disciplines and worldwide is still the topic of research. We would like to create a database in which good theses from the training programmes can be found. To this end, we have intensified our collaboration with the Research Coordination Centre this year. Leading research questions in the practice of anthroposophic art therapies to a publishable result still requires a lot of support and persuasion.

We also observe with some concern how training places, particularly in music therapy and speech therapy training programmes, are not being fully utilised and that institutions and clinics with an anthroposophical background in particular are finding it difficult to fill vacant positions. Here we are working intensively in the coordination department to support solutions and new approaches.

What special events have characterised the work in the coordination field?

We have finally been able to produce a kind of vade mecum in the form of an orientation guide for prescribing art therapies, especially for doctors. The first diagnoses were explained in brief notes with the approaches of the art therapy specialities and distributed in a printed version at the 2023 Annual Conference of the Medical Section. The guide can be found on our website and will be supplemented with other common diagnoses over the coming year. The response has been consistently positive and encourages our small editorial team to continue working on it.

What news is there to report from the department?

The annual "International Working Days for Anthroposophic Art Therapies" took place in January 2023 in exchange and discourse with non-anthroposophic, art therapy approaches. The conference was exciting, also because it adopted a somewhat new format for the first time after the pandemic, with tandem contributions and working groups that were repeated on two consecutive days. The joint Sunday breakfast at the end of the day provided plenty of space for encounters and dialogue. We will continue to cultivate this form.

Another new feature is the targeted communication of information via a general ICAAT newsletter and specialised newsletters in German and English. This allows us to reach our colleagues worldwide. We are now also doing this more intensively via Instagram and Facebook. The work in IFAT (International Federation of Anthroposophic Therapies - Professional Associations) and iARTe (International Accreditation Centre for Training and Further Education in Art Therapies) is also part of the coordination task.

What are your plans and projects for the coming period?

The Art Therapies 2024 online conference is being planned and will be restructured so that we can build on it in the coming years. Colleagues around the world are grateful for this format, especially as the economic situation of many is becoming increasingly difficult and travelling to Dornach is prohibitively expensive. In 2023, we were able to recruit new staff for both the preparatory group for the online conference and for the working days at the Goetheanum, and we look forward to their active support.

As the ICAAT team's fees cannot be covered by the department, we are actively seeking support and donations to relieve the burden on the Medical Section.

Having invested a great deal of energy in the visibility of art therapies in recent years, we would like to create even more space in the future for issues relating to the inner development of the therapist and the associated question of the cultivation of professional esotericism.

We would like to thank all our colleagues for their support over the past year and look forward to the tasks ahead for all of us and with all of us!



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