

CURRICULUM - English

# Eurythmy Therapy Training

## Framework Curriculum



**International  
Eurythmy Therapy Forum**

Medical Section  
of the School of Spiritual Science  
at the Goetheanum, Switzerland

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### **International Eurythmy Therapy Forum**

Medical Section  
of the School of Spiritual Science  
at the Goetheanum, Dornach, Switzerland

Tel. 0049 - (0)2302-94 12 03

Fax 0049 - (0)2302-94 12 05

E-mail:

ajaschke (at) heileurythmie-medsektion.net

info (at) heileurythmie-medsektion.net

Internet:

[www.medsektion-goetheanum.org](http://www.medsektion-goetheanum.org)

[www.heileurythmie-medsektion.net](http://www.heileurythmie-medsektion.net)

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## **1. Basic Aims and Principles of Eurythmy Therapy**

Eurythmy Therapy is an artistic movement therapy. It is an integral part of Anthroposophical Medicine which was founded by Dr. Ita Wegman and the spiritual scientist Rudolf Steiner. Anthroposophical Medicine is a 'whole' Approach which expands upon conventional medicine and includes an anthroposophical view of the human being as Man of body, soul and spirit. A three fold being who as an individual is always developing and who, between birth and death, illness and health takes part in world evolution. Out of the working together of the four bodies and their intimate and complicated relationship to the surrounding world of nature, the knowledge of illness arises, forming the basis for Anthroposophical Medicine. Through the study and understanding of human development, illness and healing, a rational and secure approach to therapy and medical practice arises.

The basic elements of Eurythmy Therapy are to be found in speech and music. They are transformed into movement which is prescribed in a specific way in therapeutic practice.

The 'forming forces' living in speech and music - vowels and consonants, rhythms and sounds whether expressed or heard are taken up in Eurythmy Therapy and modified for healing. Each movement stands in a specific relationship to the human being and Eurythmy Therapy helps to harmonize and regulate body, soul and spirit. It also helps balance and heal the inner organs of the body.

The therapy is always based on a solid understanding and knowledge of the human being as seen in the light of anthroposophy. A medical doctor is present where possible in the therapeutic process.

The aim is to re-enliven and regulate the natural functions of the human organism through specific movement exercises which help strengthen and heal.

## **2. Indications and Counter Indications in Eurythmy Therapy**

Eurythmy Therapy may be prescribed by a medical doctor for a wide range of illnesses and conditions: Acute or chronic conditions of the sense organs, the nervous system or rhythmic system, blood circulation, metabolic system, urogenital system or movement apparatus. It can also be prescribed for malformations (teeth, bones, etc), developmental disturbances, psychosomatic and psychological conditions, e. g. personal crisis.

It has proved helpful as a prophylactic and in convalescence and after care.

## **3. The Training and Curriculum**

The Eurythmy Therapy training follows the basic four year eurythmy training and generally lasts two years. Both are based on the anthroposophical picture of the Man. Alongside artistic activities, great emphasis is laid on the students own motivation and understanding. A sense of responsibility, the ability for self reflection is all part of the training process. Independent study and thematic project work is expected. Anatomy and physiology, already studied in the basic eurythmy training are deepened in the Eurythmy Therapy training. Educational goals and key qualifications are to be found in the appendix.

## **4. Training Centres**

All training centres are run independently and create their own curriculum which is the responsibility of the training course leaders. They are also responsible for the delivery of the curriculum, and the order and priority of subjects taught.

Delegated training course leaders meet together regularly as part of the Medical Section at the Goetheanum, Dornach, Switzerland. They review the fundamental principles and further development of the training. Curriculum teaching methods and assessment criteria are agreed. The International Training Leaders Conference has representatives from all the training centres, fully established and recognized by the Medical Section, or new initiatives seeking recognition. The group has the task of keeping centres informed of new developments, criteria and conditions. They are also there to support initiatives in their striving for Medical Section recognition. This is usually possible within a year of applying. The head of the Medical Section makes the final decision.

## **5. Application Conditions**

- A recognized Eurythmy Training Diploma
- Familiarity with the basic Eurythmy Therapy literature
- Knowledge of the anthroposophical picture of Man
- Basic knowledge of anatomy and human physiology

## **6. Acceptance Criteria**

- Good health
- The will to heal
- Good grasp of the language of the training course
- First Aid certificate

## **7. Practical Training**

The practical work with patients is arranged between the training course and suitable organizations, such as schools, hospitals clinics and care homes. Student placements are supervised by qualified doctors and therapists and progress is monitored and recorded.

### **The Structure of the Curriculum**

The training follows set times, block periods and deadlines. e. g. a minimum number of hours is required for contact with patients, study, practice sessions, seminars lectures and observation. Revision and individual study is also expected. Students are evaluated continually and reviewed on a regular basis.

At present a minimum of 1800 hours is the total recommended requirement.

## A. THEORY LESSONS

(usually 240-350 hours of work)  
(8 CP – 12 CP)

### 1. Methodical and Ethical Foundations in Therapeutic Practice

#### **Educational Goals:**

Students must be familiar with the basic elements of a scientific method of thinking based on sound ethics and an individual patient orientated approach. Communication skills, leadership qualities in the therapeutic process and the ability for critical self evaluation are all essential.

#### **Educational Content:**

- A thorough grasp of natural science with special reference to Goethean research
- Knowledge as basis for action (observation, picture-forming, therapy plan)
- The study of ethics
- Understanding the concept of human destiny (birth, illness, death)
- The professional role of the therapist
- The patient as central figure in the therapeutic process
- Good communication skills
- Confidence in therapeutic practice
- The ability to create a well structured therapy plan
- Quality assurance for the patient

#### **Key Qualifications:**

Understanding the basic ideas of scientific thinking; the ethical criteria for therapeutic action; ability to develop, lead and evaluate a therapeutic process.

### 2. Rights and the Social Sphere (professional, legal and government regulations)

#### **Educational Goals:**

Students must be familiar with the law concerning their profession: (Recognition of the profession, professional conduct, ethics, patients rights, confidentiality, duty of care, data protection).

#### **Educational Content:**

- The history of the profession
- The National Health Service. The World Health Organizations and the European Council.
- Up to date knowledge and awareness of the local political situation - home and abroad
- Employment laws. Understanding of Finance questions (invoicing etc)
- Social law
- Insurance. Patients Rights. Grievance procedures. Data protection. Confidentiality.

#### **Key Qualifications:**

Familiarity with the political / rights sphere

#### **Assessment procedures:**

In accordance with the internal arrangements of the training

### 3. Terminology. Introduction to Scientific Work

#### **Educational Goals:**

- Introduction to case study documentation and reports
- Introduction to the scientific approach

#### **Educational content:**

- Reports and Documentation
- Characterization and Judgment
- Analyzing written reports
- Basic knowledge of medical terms
- Introduction to clinical research

**Key Qualifications:**

- Basic understanding of medical terminology
- Ability to summarize what one has learnt and to put it into practice (knowledge, understanding, practice)
- Working with specific questions and themes (analysis, synthesis, evaluation)
- Participating in clinical research

**Assessment procedures:**

In accordance with the internal arrangements of the training

**4. Medical Foundations**

**Educational Goals:**

Students should have a basic understanding of medicine and medical conditions both physical and psychological. This should embrace traditional and anthroposophical methods. From knowledge to the recognition of symptoms a picture of the patient will arise along with the ability to embark upon a therapeutic process.

**Educational Content:**

- a. Development, form and function of the healthy human being** and the essential organs as seen in the light of an anthroposophical study of Man. Child Development. Constitutional types.
- b. General Medical Training** as basis for an understanding of illness and health. Common types of illness. Inflammation and tumor building. Psychosomatic and biographical.
- c. Specialist Fields:** Chosen subject areas, e. g.:
  - Paediatrics or Neuropaediatrics. Developmental disturbances or specific age related medicine, e.g. adolescence.
  - Internal medicine. Rheumatology
  - Surgery and Orthopaedics
  - Geriatrics
  - Gynaecology and Child Birth
  - Oncology
  - Neurology including neurophysiologic disturbance
  - Psychiatry
  - Curative Education and Social Therapy
  - Rehabilitation
  - Basics of prophylaxis (prevention)

**Faculty Based**

- Child and Youth Psychiatry
- Addiction
- Dermatology
- Throat, Nose and Ears
- Eyes
- Teeth/Orthodontics

**d. Study of Medication**

- The human being in relation to nature and cosmos as basis for an understanding of anthroposophical medication
- Specific effect of medication observed in the patients 'movement'. Several case studies observed
- Basic orientation in allopathic medicine: e. g Antibiotics, carcinogens, diuretics, etc.

**Key Qualifications:**

- Correct usage of the fundamental principles of medical terminology
- Ability to take the correct course of action in the therapeutic process based on knowledge and understanding

- Building on knowledge received - the possibility to expand and gain further insight into the various *pictures* of illness

**Assessment procedures:**

In accordance with the internal arrangements of the training

## 5. Theoretical Foundations of Movement

**Educational Goals:**

Students must be familiar with the anatomical and physiological principles of movement from a traditional and an anthroposophical point of view

**Educational content:**

- Mechanics of Anatomy. Physiology and neurophysiology in the sense and movement
- Comparisons with other forms of movement therapy and body work

**Key Qualifications:**

- Understanding of anatomic and physiological principles of movement and their changes through illnesses and injuries
- Understanding of other movement therapies in comparison with eurythmy therapy

## 6. Study of The Eurythmy Therapy Course by Rudolf Steiner

**Educational Goals:**

Students must have a thorough grasp of the course of lectures and display an understanding of the sound sequences and exercises given in relation to human anatomy and physiology.

**Key qualifications:**

- Thorough knowledge and understanding of the structure and content of the Eurythmy Therapy Course
- An understanding of the various therapeutic indications

**Assessment procedures:**

In accordance with the internal arrangements of the training

## 7. Social ability/competence

**Educational Goals:**

Understanding and reflection of processes of communication, therapy, and conversation guidance; movement, experience and knowledge as a whole approach to self regulation and bearing; ability to manage conflict situations in a professional way either one to one or in group situations.

**Educational Content:**

**1. Therapeutic Practice:**

- a. Conveying the therapeutic exercises
- b. Therapy orientated leadership
- c. Fundamentals of Group Work (hygienic eurythmy)

**2. Therapeutic role and personal identity:**

- a. Communication with patients
- b. Self observation and reflexion
- c. Offering support to patients relatives during the course of treatment
- d. Working together with doctors and other therapists

**3. Process:**

- a. Supervision, intervention
- b. Professional hygiene (care)of Body, Soul, and Spirit
- c. Patient orientated quality development



**Key qualifications:**

- Creating boundaries
- The art of conversation - objectivity - keeping to the point
- Empathy / interest
- Ability to decide
- Sense of responsibility
- Independence
- Reliability
- Ability to reflect
- Conflict management skills
- Further personal development
- Self awareness and reflexion in one to one and group situations
- Developing a therapeutic bearing

**Assessment procedures:**

In accordance with the internal arrangements of the training

## B PRACTICAL TRAINING

(usually 460 - 500 hours)  
(15 CP – 17 CP)

### 1. General Study of Movement

#### Educational Goals:

Independent deepening and experience of healing movement in ones own body and its effect on others

#### Educational content:

##### Fundamentals of movement

- Movement and posture analysis
- Principles of movement exercises
- Self awareness (individual *movement* body)

##### Basic Eurythmy Therapy Exercises

- General basic exercises as aid for ones own 'movement'
- Rod exercises, rhythms, time/space, the musical element
- Vowels, consonants, soul gestures, forms
- Metamorphosis of the gestures of speech in Eurythmy Therapy sequences
- Dynamics, jumps
- Sound sequences
- Tone eurythmy

##### Key Qualifications:

- Consciously taking hold of ones own *movement body*
- Ability to transform eurythmy into eurythmy therapy
- Ability to 'feel'/ listen
- Ability to express oneself in posture and movement
- Objective observation of ones own movement in space
- Ability to learn in a group
- Understanding and ability to carry out the indications and exercises given in the Eurythmy Therapy Course

#### Assessment procedures:

In accordance with the internal arrangements of the training

### 2. Methodical practice of Eurythmy Therapy in specific areas of medicine

#### Educational Goals:

Through the study of various conditions, the knowledge of eurythmy therapy is deepened. Students are asked to practice and master exercises given for special conditions. To produce a patient orientated therapy plan and aim,( time scale, intensity etc.) and to be able to carry it out. They gain insight into the various indications and the results of exercises given. Students also participate in research in their chosen area of work.

#### Educational Content:

Specially chosen movement exercises are used in:

- Paediatrics and Nueropaediatrics, developmental disturbances in children and adolescence
- Internal medicine, rheumatology
- Surgery and orthopaedics
- Oncology
- Neurology including neurophysiologic disturbances
- Psychiatry
- Curative Education and Social Therapy
- Convalescence
- Fundamentals of preventative medicine

#### Specialist Areas

- Child and Youth Psychiatry
- Addiction
- Dermatology
- Throat, nose and ears
- Ophthalmic
- Dentistry and Orthodontics

**Key Qualifications:**

- Individual creative ability in the therapeutic process
- Developing research findings from theory into practice
- The ability to accompany a therapeutic process in practice

**Assessment procedures:**

In accordance with the internal arrangements of the training

### 3. Eurythmy Therapy Diagnostics, Documentation and Therapy plan/process

**Educational Goals:**

Students learn how to make a sound diagnosis based on the medical picture and movement observed. They gain therapeutic insight and are familiar with good practice in documentation, creating a therapy plan with clearly defined aims and end results. They are monitored and evaluated during this process. A written report is given at the end.

**Course Content:**

- Observation Training
- First Impressions
- Diagnostic evaluation based on spontaneous (reflex) movement
- Eurythmy Therapy diagnoses out of movement
- Formulating a therapeutic goal arising out of the doctors diagnosis
- Creating a therapy plan
- Developing and leading the therapeutic process. Knowing when modification is needed
- Documenting and evaluating the process and outcome
- Critical self evaluation of therapeutic action

**Key Qualifications:**

- *Knowing* the therapy aims and treatment plan. Carrying out a treatment plan
- Ability to produce clearly written reports
- Developing therapeutic bearing
- Responsible conduct with therapies
- Observation training. *Picture forming* and the ability to *order* what has been observed.

**Assessment procedures:**

In accordance with the internal arrangements of the training

### 5. Preventative Medicine and Rehabilitation

**Educational Goals:**

Knowledge about prevention, rehabilitation and First Aid

**Educational Content:**

- The application of Eurythmy Therapy in prevention
- The application of Eurythmy Therapy in rehabilitation and in post operative and trauma cases
- First Aid

**Key Qualifications:**

- The ability to recognize a *tendency* towards illness
- The ability to put preventative therapeutic measures in place
- To exercise appropriate action
- To be able to offer First Aid

**Assessment procedures:**

In accordance with the internal arrangements of the training

**Total hours of work:**

(240 – 350 hours theory, 460 – 500 hours practical)

700 - 850 hours total  
(23 CP – 28 CP)

## C. GENERAL ARTISTIC EDUCATION

(usually 50 - 100 hours of work)  
(1,6 CP – 3,3 CP)

### **Educational Goals:**

Developing artistic skills to form a basis for human understanding through the medium of sculpture - music - speech and the study of man

### **Educational Content:**

- Speech Formation
- Anthroposophy (Study of Man)

### **Specialist Areas:**

- Tone Eurythmy,
- Music, Lyres,
- Listening Exercises,
- Singing,
- Painting,
- Study of Colour,
- Sculpture,
- Modelling,
- Projective Geometry

### **Key Qualifications:**

- The ability to bring speech into appropriate action
- Developing Eurythmy Therapy skills
- Therapeutic knowledge and ability arising out of an anthroposophical picture of Man.

## **D. PRACTICUM**

(usually 300 – 400 hours of work)  
(10 CP – 13 CP)

### **1. Observation Practicum**

#### **Educational Goals:**

Gaining experience of eurythmy therapy in diverse situations

#### **Educational content:**

Observation of eurythmy therapy treatment given by an experienced therapist  
Getting to know Eurythmy Therapy in various situations and institutions

#### **Key Qualifications:**

- Observation of a therapy process ( plan, structure)
- Observation of movement sequence
- Conscious social competence

#### **Assessment procedures:**

In accordance with the internal arrangements of the training

### **2. Main Practicum (usually six months)**

#### **Educational Goals:**

A deepening of the training process through the study of various subject areas in different situations:  
Treatment practice, discussion with doctors, eurythmy therapists, and teachers, clinics, sanatoriums, homes for the elderly, schools, curative homes and private practice

#### **Educational Content:**

- Introduction to Eurythmy Therapy under the supervision of a mentor
- Gradual increase in practice hours from six to eight patients a day
- Present a clear diagnosis and Therapy Aim together with the Doctor
- Create a Therapy Plan with the mentor based on the doctors medical picture
- Documentation of the therapy process and its outcome
- Adequate contact with patients, doctors and other therapists
- Participation in all relevant meetings and study groups

#### **Key Qualifications:**

- Professional Competence
- Ability to observe the patient and to form and carry out an appropriate course of therapeutic action based on the doctors diagnosis
- To modify the eurythmy therapy exercises for each patient
- Ability to document/report
- Working together with doctors and other therapists
- Readiness to receive suggestions from mentors and doctors
- Reliability

#### **Assessment procedures:**

Mentor submits a written report on students work and progress

## E. GRADUATION EXAMS

(usually up to 450 hours of work)  
(15 LP)

### 1. Criteria for qualifying

- Proof of continual evaluation during the separate modules (blocks)
- Proof of a successfully completed practicum
- Submission of written graduation theses

### 2. Written Diploma Work:

At least one case study from the major practicum including:

- Description of patient
- Short biography
- Profile of condition or illness
- Biographical aspects of the illness
- First impressions of movement observed
- Movement diagnosis
- Picture of illness
- Therapy goals and plan with description of the chosen exercises
- Therapeutic process and results
- Effect of the eurythmy therapy exercises
- Self evaluation process during/after the therapy process

This written work must be handed in at least four weeks before the presentation is given and constitutes three months work (450 hrs) which is accredited as part of the total assessment

### Educational Goals:

The practical diploma work is to show that the students are able to create and carry out a therapy plan which is based on the doctors medical picture and diagnosis. Systematic, clear and professional conduct must be shown in the therapeutic process at all times. The ability to research, reflect and document is also required.

The final diploma work needs to cover at least 40 sides (A4 paper) and must include:

1. At least two case studies (different age groups) describing 6 to 10 therapy sessions, enhanced by well documented and fully illustrated case histories ( patient description, condition, symptoms, medical history, diagnosis) with biographical notes and description of the condition. First impressions especially of 'movement'. Aims and therapy plan (exercises chosen) and process leading to conclusive results which are then clearly documented.
2. Self evaluation
3. Research work on a specific theme, chosen or given.
4. During their Presentations, students have the opportunity to share and learn from each others work.

Attachments required:

1. Overview of the two treatment blocks (each c. 5 pages A4)
2. Documented report of Eurythmy Therapy treatment blocks for each patient, about five sides.A4.
3. Artistic work to illustrate the research work in the form of sketches, photos, etc.
4. All relevant documents e.g. Doctors/teachers reports, case study, group reports etc.

### Key Qualifications:

- Perseverance
- Independence
- Flexibility
- Motivation
- Engagement
- Ability to analyze
- To resolve problems
- Developing and grounding of individual skills
- Ability to reflect and reproduce(take further)
- Secure handling of knowledge acquired
- Objective action in research and therapy
- Knowledge of personal boundaries
- Ability to make presentations in verbal and written form

**Assessment methods:**

- Written homework,
- Demonstrations, discussion  
Treatment process with practical demonstration of exercises given.

**3. Oral Exam:**

Spoken presentation proving a sound knowledge of the eurythmy therapy process grounded in anthroposophical medicine

- Presentation of the elements and structure of chosen eurythmy therapy sequences
- Medical foundation in eurythmy therapy
- Evidence of good structure, process, and quality in eurythmy therapy practice

Specific examples may be checked.

**4. Exam Certificate**

The successful candidate will be granted a diploma verified by the Medical Section at the Goetheanum, Dornach, Switzerland. This is a condition for acceptance into the Professional Association of the country of domicile.

**Total hours of work: 1500 – 1800  
(50 CP – 60 CP)**

Individual exceptions rarely occur.  
This curriculum will be reviewed at regular intervals.

Dornach, November 6, 2011

International Conference of Eurythmy Therapy Training Course Leaders  
Medical Section, Goetheanum  
School of Spiritual Science