

## **International Reports**

### **Denmark: Solvejg Kristensen**

News from Denmark: In autumn we met to discuss the founding of an association and we explored the idea of forming a Northern Regional one which would include our neighbouring countries. We are waiting to hear from Sweden and in the meantime advise all Danish eurythmy therapists to join the Swedish association.

### **Germany: Angelika Jaschke**

The question of state recognition for eurythmy therapy is being explored together with the Art Therapy Association. This includes the area of job description or professional profile, guidelines and Training Course standards. We also need to agree to basic concepts for a general Artistic Therapy Association.

The university Alanus Hochschule is trying to secure state recognition for eurythmy therapy within its degree course program and a training in mentoring and social competence has been developed by Herrn Di Ronco which takes place over three weekend seminars. It is especially developed for eurythmy therapists.

The ‚Guidelines‘ document for a eurythmy therapy ‚method‘ has been translated into English making it available for international use. Our job description or professional profile document has now been agreed to throughout Europe and is being aligned with the Art Therapists one.

Through the umbrella group: Anthroposophic Medicine in Germany (DAMiD) an attempt has been made to include anthroposophic medicine as part of state funded provision. Liaison work is underway with various private health insurance companies, however the outcome is still unclear. Within the various fields of practice, research and collaboration is active. Responsible for these fields of practice are: Eurythmy Therapy in Schools: Erika Leiste; ET in Curative Education: Carola Roettig; ET in Kindergarten: Elke Neukirch; ET for the Elderly: Christoph Peltzer; ET in Private Practice: Marlene Purucker.

A wish for the future would be that ET colleagues from many countries join together to build an active living network of sharing and communication regarding their work and research.

### **England: Daniel Maslen**

The Eurythmy Therapy Council (coordination group for the ET Association) met on 6<sup>th</sup> February. We are a group of seven who meet on a regular basis. At present there are c. 80 members in the ET Association. We have a new conference coordinator: Catherine Landsley and from the 17<sup>th</sup> to the 19<sup>th</sup> of June there will be a large Medical Section Conference in Botton Village Camphill. From the 20<sup>th</sup> to the 22<sup>nd</sup> of May 2005 there will be a Tone Eurythmy Course with Eva Maria

Rascher in Botton Village.

We have a new ET brochure and the ET Course by Rudolf Steiner will soon be published in a new edition by Floris Books.

The A.H.P.C (Anthroposophic Health Practice Council) is working towards including all anthroposophic therapies under one umbrella group. Charles Reynolds is coordinating this plan.

### **Finland: Anne-Marie Somero**

Frau Ursula Ziegenbein is again giving us a ET Course in Sylvia-Koti, Lahti from 15<sup>th</sup> to 17<sup>th</sup> April 2005. It will be organized by the doctors and is directed towards doctors and eurythmy therapists. Lasse Wennerschou will visit Helsinki again in January 2006.

### **Japan: Kimiko Ishikawa**

We had a regional meeting where, alongside study and practical exercises we worked on documentation for eurythmy therapy . We also translated „Documentation and Reseach“ by Dr Doerte Hilgard into Japanese. Apart from this we put a lot of energy into the preparation for the IPMT ( International Postgraduate Medical Training of the Medical Section.) This is of great importance to us, as there is only one anthroposophical doctor in Japan at present! We expect 35 doctors and 15 therapists (chemists and nurses etc) to take part in this new training course.

### **Moscow: Tatiana Strizhak**

The total number of specialists in Russia at present are:

Five active eurythmy therapists. Four in Moscow and one in St Petersburg -Margarita Denisowa who completed her ET training in England.

A professional ET Association is still to be established but we do have the following:

1. The Eurythmy Therapy Training in Moscow -Margarit Hirsch
2. The Educational Eurythmy Training, Moscow -Erika Molin
3. A Financial Support Fund- TE Moscow

In September 2004 we met three times to discuss accreditation and other legal matters for ET.

Report from the Training:

a) Between June 2004 and March 2005 two intensive training blocks took place. This work is carried out each month by the students in Moscow and St Petersburg according to their respective local curriculum.

On 13<sup>th</sup> June 2005 the school year begins here and at present there are 27 students (doctors and eurythmists) coming from four different countries: Belgium, Russia, The Ukraine and Finland and in June a student from Austria will join.

The teaching faculty is organized by M.Denisowa from St Petersburg.

b) The Eurythmy Therapy Training will be involved in a meeting with members of IVAA and Dr

Michaela Gloeckler in Moscow, May 2005.

c) The school faces financial problems as it receives hardly any money from anthroposophical funds.

Report from TE Management Fund Moscow:

a) The finance for the school is secured for the coming year.

b) The publication of the ET Course from Rudolf Steiner is underway and is expected to be available by the end of the summer.

The legal situation in our country is getting worse with regard to education/training and medical care. This is also a state problem as the necessary structures fail and the political climate means that many private initiatives are closing and sponsorship money is no longer available.

### **Austria: Mareike Kaiser**

In November Frau Koen (Art Therapist) and I attended the general meeting of AÄGÖ (Anthr. Ärztesgesellschaft Österreich) Anthroposophic Doctors Society in Austria. We presented our request for a joint certificate for eurythmy therapy and AKT. As it became clear that a large part of the training involves therapeutic, medical work the AÄGÖ was able to agree to a way forward with us.

During the same month we had the general meeting of the Austrian Medical Society (Österreichischen Heilwesensvereines), where I am also acting representative for our cause.

The latest news there: At Easter Dr Jeserschek and I will draft up a document for Eurythmy Therapy, Rhythmical Massage, and Art Therapy which will include guidelines for Training. This 'certificate' will be passed to the well known lawyer of the Doctors Society. If he says Yes to it, the document will mark a breakthrough for us. Dr Jeserschek anticipates that in the mean time the funding groups will continue to pay. At least no one should complain. For my part in all this I need the Training Guidelines to be sent to me as soon as possible.

The doctors in Vienna are taking care of the Art Therapists.

At Easter our website will be posted on the internet: [www.anthroposophie.at](http://www.anthroposophie.at)

The meeting with Claudia Anger (Teeth ET) in January 2005 was extremely fruitful for me.

### **Sweden: Annica Alvenäng**

The Eurythmy Therapy Association hosted an exciting course with Jane Schwabe and John Murphy this winter. It was given in two blocks and the theme was Documentation.

In January Anne Marie Bäschlin gave us a course in Tone eurythmy therapy which enjoyed good attendance by our standards. Many ET students also came. The theme was Obesity and mineral deposits.

In April we will have an Eye ET Course with Erika Molin. Apart from all this there is an initiative to all work together and form a collective group which will include: Anthro.doctors, nurses, psychotherapists, eurythmy therapists, physiotherapists and art therapists. At present we are working on the statutes.

It will be an important step for our various work possibilities.

Concerning anthroposophic medicine and remedies and state permission for them (EU guidelines) we await decisions which will be made this autumn.

### **Switzerland: Christine Weber-Stoll**

Since meeting with them last year, the executive committee of the professional council is doing everything it can for the recognition of eurythmy therapy. As guests we attended the meeting of the KSKV (conference of artistic therapy Switzerland). This includes nine associations and over 1000 members! A newly formed group will now arise out of this. The working group: IGA includes the various training centres.

The goal is to enhance quality and the monitoring of professional standards. Norman Kingeter, member of the executive committee and responsible for eurythmy therapy in schools is at present researching how many eurythmy therapy posts there still are in all the Rudolf Steiner Schools around the country.

The wider situation of medical provision is not looking too good in Switzerland at the moment although there is a public protest calling for a 'Yes' vote to complimentary medicine in parliament. The goals of this initiative include: Freedom of choice for patients, more freedom for doctors and therapists, general acceptance of complimentary medicine, also in research and development including the area of finance, medical insurance etc. So far around 70.000 signatures have been collected. The target is 100.000. The success of this appeal is of great importance the future of eurythmy therapy.

On the 18<sup>th</sup> of February 2005 Frau Ch. Weber – Stoll and Anne Lambercy went to Paris to meet colleagues there. They looked at the situation in France and tried to see if a professional association could come about there.

### **Hungary: Maria Scheily**

Eleven students have applied for the eurythmy therapy training. We will begin on 4<sup>th</sup> July with a three week course lead by Rosselke Zech, Michael Evans, Henrik Szöke, Andreas Worel and others. Further 3 week block periods will take place in autumn and the new year , 2006. In Autumn 2004 we submitted with your help a draft curriculum. This had been a long process but is now through! On January 1<sup>st</sup> it will appear in the Medical Law of the land! It is however only the first step and only means that eurythmy therapy is registered as one of the possible complimentary therapies available. We also submitted a description of anthroposophic medicine. All good but there is still a lot of work to be done to secure the future of our work with a firm footing. We must complete these first steps within one week or we will have to wait another 15 years before we can do so again! So are the laws relating to medical work here in Hungary.

### **USA: Susanne Zipperlen**

Here are a few lines of what ATHENA (Association for Therapeutic Eurythmy in North America, including Canada) is working on:

At this time of the year we have about 30 members including therapeutic eurythmists, doctors, school representatives and associative members.

ATHENA strives to have a therapeutic eurythmy conference at least every two years, informs

and encourage members and eurythmists at large to attend the Medical Section and Artemisia meetings held once a year.

One of ATHENA's major goals is to obtain a substantial grant to support individual therapeutic eurythmists to give courses, lessons, workshops together with doctors, supporting existing therapeutic eurythmy programs for schools.

ATHENA's hope is to have four newsletters going out to members during the year, being "visible" on different web sites, to create a new brochure and maintain a connection to other anthroposophical health organizations including the Medical Section and Artemisia.

Other issues that are ongoing for the American/Canadian therapeutic eurythmists are :how to earn a decent living, health insurance ( as independent contractor), proper therapy space, the work with an anthroposophical physician, to have the finances to attend eurythmy therapy conferences in USA, Canada and Europe for further education.

ATHENA tries to assist in finding placement for practicum's when requested and furthermore we answer and deal with concerns from our members at our monthly conference calls.

Best wishes for all your good work!

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## **Report from the Fields of Practice**

### **Eurythmy Therapy in Special (curative) Education: Carola Adam - Roettig**

This year we had two working meetings (8.5 and 9,10 2004) in the Michael-Schule Frankfurt. Each time there was a practical eurythmy therapy part to the meeting alongside the discussion which covered various areas of our work. A further conference is planned for the future. With help from Dornach (meeting of social therapy and curative education). We plan to have a Forum for eurythmy therapists working in curative education . This will be in the form of an annual meeting together.

Next year we will meet in one of the many curative education centres and then in Dornach we will hold a two day international conference for those working in curative education. This is planned for 30.9 - 2.10.2005.. Another in 2006 in Dornach.

### **Eurythmy Therapy for The Early Years: Elke Neukirch**

Last year a growing circle of people met to deepen the work on eurythmy therapy for the first 7 years, Kindergarten age. The pictures and ideas arising out of this could then be put into practice. Twice a year this work is taken further in Frankfurt and once a year in Munich as part of the school eurythmy therapy conference. In 2005 we found this rhythmical change between Frankfurt and Munich a good idea. The next meetings will be: Munich 11.3 -13.3 05 and Frankfurt 5.11.05.

The work which began at the international Kindergarten Conference in Hannover 2004 has also been taken further. This year the conference will take place in Dornach with the theme: „How can eurythmy therapy help balance the early and late developmental tendencies in child development“

It is important that eurythmy therapy be represented at the regional kindergarten conferences. Recent themes included : Speech development and speech impediments in early childhood and how can eurythmy therapy help address them.

Eurythmy therapy needs also to be present at parents evenings.

The last meeting of kindergarten teachers enabled the founding of a fund for eurythmy therapy for the early years.

Our working fields are varied and wide and we can only move forwards when we work together to secure our profession in the world.

### **Eurythmy Therapy in Schools: Erika Leiste**

Having attended the Dornach School Doctors meetings for years we have now become independent and work together with the Medical Section and the Association of Waldorf Schools. Our last conference which arose out of this carried the theme: „Between bad behaviour and illness - Understanding as basis for therapeutic practice“.

The 4<sup>th</sup> conference from 11 -13 March 2005 had the theme „The child’s etheric body and how it can be experienced in concrete terms“ . There were over 100 participants from all over. Even from England and the Czech Republic.

Alongside the conferences in Munich there will again be a big conference for educational eurythmy on the island of Meløy near Oslo, 26.7 to 9.8.2005 with the theme: „How do the consonantal limb movement sounds work on the metabolic system. Lasse Wenerschou has promised to come to this and there are still 5 free places available for the conference. The island is small so the number of participants needs to be limited. Last year we amounted to 10% of the islands population!

The children who came found a riddle: „Why is there always high and low tide on the island,,? The answer being „the sea keeps looking to see if the many eurythmy therapists are still there,,...

### **Report from the Clinics: Hartmut Stickdorn**

Havelhöhe General Hospital

1. Patient costs GKH: Our patient costs are currently around Euro 3.200, which in contrast to the Berlin Hospitals is cheap! We need to balance our budget in the next 2-3 years and cut costs by about 10%. At present all efforts are being made to economise.

2. Investments GKH: A deficit of 2 million Euros needs to be paid. To this end the Christmas money 2005 is being reduced.

3. Appointment times are being reduced. Quick appointments are increasing.

4. The Therapy Meeting at GKH which includes all medical practitioners is working with the theme: What are the consequences of all the cuts in time and money?. What are the challenges arising out of this?

Which aspects are to be found under the DRG in therapeutic practice.

5. Centre of competence: The GKH will open a second competence centre this year. The task of therapies in this is still unclear.
6. MVZ: The therapists are working with the relationship of those working in private practice and how they can be integrated in the work.
7. Budget for therapists. The question of how to pay therapists is in question. Should they invoice privately or through the organization..? Direct /indirect payment?
8. Therapists salary -BAT- Which aspects from threefold social order can we incorporate in our system of remuneration-BAT? How to arrive at a transparent way of working with money/salaries?
9. Supervision. Supervision for therapists has so far been optional but for the sake of quality control the question is should outside supervision/assessment at least 2- 3 times a year be mandatory? (GKH funds supervision).
10. Eurythmy Therapy Practicum: What sort of expectations should we have for this? What requirements should department leaders give to mentors?

### **Work with the Elderly: Christoph Peltzer**

Last year there were two meetings for eurythmy therapists working with the elderly. Those present worked, after a general introduction with the condition: Dementia. On Saturday 19. February we had the opportunity to work with Dr. A. Warning on the various forms of Dementia: Alzheimer's disease, Multi facet Dementia and Dementia arising out of a sclerotic illness.

Although in theory these areas are easy to differentiate, in practical contact with patients the situation is different and there are often grey areas where one is not sure. The afternoon work helped us to gain more clarity through our sharing of experience.

The therapeutic entry point or way to begin is varied eg eurythmy ,aids' like rods, balls, small veils, old folk songs sung in groups or well know poems that are familiar to the patients or a direct approach involving sound sequences and eurythmy exercises. One thing is clear though: Activation of the Ego forces is always central to the work. Often it takes weeks of repeating the same exercises before progress is made and the patients own will is engaged.

Future study will involve the question of how best to address the elderly patients inner being. A conference is planned for 8th October 2005 again with Dr Warning , this time in Frankfurt.

### **Report from work in Private Practice: Marlene Purucker**

The current situation of eurythmy therapy in private practice:

The instability in the national health service also influences our work as private practitioners.

For years now we have been hearing how doctors give fewer and fewer referrals for eurythmy therapy and in the summer of 2004 a record low was reached from north to south. However just recently there has been an improvement and we see patients coming back out of the uncertainty.

There seems to be enough work now although no waiting lists as was the case earlier.

The major insurance companies rarely give special permission but we and the doctors must not tire in our efforts to ask for acceptance of eurythmy therapy funding.

During the Whitsun conference in Herne , 13.-17. May 2005 there will be an evening devoted to eurythmy therapists who work in private practice.

## **Report from the working groups:**

### **Research: Magdalena Majorek**

I have made a list of all the research projects that I could find in the area of eurythmy therapy worldwide. This will soon be available from the Medical Section Research Council.

Last year at the medical section conference we spoke about research initiatives in eurythmy therapy. A methodological approach is needed and I have invited the following people to help with this at the coming Medical Section Conference in September 2005: Dr. Hamre, Dr. Hilgard, Baumgartner, Ulla Hess, Dr. Semikopenko (RU) und Prof. Moser (A) .

### **Research Project in Teeth Eurythmy Therapy: Claudia Anger**

This project is moving far too slowly for me and my temperament! I am hoping to get Dr.Güldenstern on board with us in May when we will have a conference in Munster Germany. At the beginning of January I was in Vienna and I met Mareike Kaiser who invited me to Asch (CH) to her further training course with Dr Haupt in Teeth eurythmy.

My idea is to conduct a research project on the effectiveness of teeth eurythmy. I need an anthroposophic doctor, an orthodontist and some funding to do this. I intend to follow the CBM-Method at first and then progress to a bigger research project.

At the end of March Mareika Kaiser and I will meet again to discuss the whole question of evaluation and monitoring the effectiveness of the teeth eurythmy therapy.

### **Training Leaders Meeting: Angelika Jaschke**

In November 2004 there was an international meeting of Training Leaders. We were lead in practical eurythmy therapy work by Titia Jonkamns and here was a valuable sharing of our work and experience.

Dr Michaela Gloeckler and the ET coordinator have asked us to agree to basic Training Standards which are of vital importance to our work. Working Groups will be formed to come to a professional profile for the training. Entry criteria, concepts for carrying through, monitoring progress and finally criteria for the graduation process/certification etc.

Also on the agenda: Criteria for accreditation of new Eurythmy Training School initiatives.

Training the teachers! Mentoring etc.

We hope to have much decided by next November and in the mean time hope that the work will continue to thrive. We are certainly well on the way!