This case report was part of a training course in writing reports relating to Cognition-based Medicine (CBM). The courses were led by Gunver Kienle MD and Helmut Kiene MD at Vidarkliniken, Sweden in 2006 and 2007. The case report contains descriptions of the anthroposophic view of man, anthroposophic medicine, and eurythmy therapy as well as a causality analysis according to CBM. It could therefore serve as a model for single case reports on anthroposophic therapy.

Reference identification:

Abstract:
Anxiety is a highly frequent condition; many patients seek complementary treatment. One of these is anthroposophic medicine (AM) using therapeutic approaches that are based on a distinct concept of the human organism, illness, and healing. AM is applied in anxiety; however, little is known about underlying therapeutic concepts, the effectiveness, and the modalities of clinical reasoning and judgement.

Presented is a 21-year-old woman who had suffered from severe and increasing anxiety for 6 months, which had led to social isolation and complete sick leave from work. She had attended an AM health care center and counselling at a psychiatric hospital but had not improved significantly after 6 months. Eurythmy therapy (EYT) was then applied for 8 weeks. Within the AM pathophysiological context, the patient was diagnosed as having stress-induced anxiety based on a juvenile disturbance of the rhythmical system. Associated symptoms were specific anomalies in the patient’s eurythmy movement pattern, a “breathed-in-upwards syndrome.” In the EYT sessions, clear interconnections between EYT-exercises and symptom-relief were observable, paralleled by a substantial relief of the patient’s anxiety.

EYT might have some impact on anxiety syndrome and should be investigated in more detail.

Video:
The case report and 12 videos showing the 12 relevant eurythmy therapy exercises can be downloaded free at:
http://www.forumhe-medsektion.net/en/tr/research
A DVD showing the exercises in high resolution may be purchased at:
http://anikon.org/video-port