



## International eurythmy therapy training for certified eurythmists

### Information

Eurythmy therapy is a therapy that was founded in 1921 by Rudolf Steiner in collaboration with physicians and eurythmists and has since been elaborated and further developed. It is used worldwide in clinics, curative education or social therapy institutions, schools, therapeutics and private practices.

As an exercise method, it is a specialization of eurythmy art for therapeutic use in physical and mental illnesses. The exercises are medically justified after a medical diagnosis and are ideally performed in close cooperation with the doctor. They have a regulating, stabilizing and healing effect on the connection between the soul and spirit and the physical constitution.

The eurythmy therapy training Dornach goes back to Isabella de Jaeger, followed by Trude Thet-ter. From the beginning, interested doctors and medical students of the clinical semesters were trained here together with certified eurythmists.

#### Educational goals

The authorization to apply eurythmy therapy, ideally in collaboration with a physician, in all fields of practice from infancy to old age.

#### Scope of training

Part-time two-year training, in block courses of 3, 4 or 5 weeks each.

In the interim periods - in addition to guided self-study - the introduction to practical work takes place through job shadowing and internships with experienced mentors.

#### Training content

- The epochs are taught by experienced physicians and eurythmy therapists from the respective field of practice and are accompanied by mentors in the practical training and regional practice groups.
- embryology, anatomy, physiology
- child development and developmental disorders
- medical anthropology (incl. Tronc Commun/OdA KT; basic medical knowledge for state recognition of health professions)
- anthroposophical anthropology and pathology
- prophylactic eurythmy
- the basic elements of eurythmy therapy
- applied eurythmy therapy and prevention in the areas of: Infants, pre-school and school age, in special and curative education, for individual specialties and clinical pictures, psychiatry, psychosomatics, in old age.
- Eurythmy of the eye and sound, eurythmy therapy for addictions

- Anthroposophy as a therapeutic training path, perception training and diagnostics
- Self-training and social competence, communication with patients, doctors, therapists
- Professional knowledge and documentation
- Geometry and shape drawing, speech formation
- Complementary integrated are: Teaching epochs by experienced guest lecturers, patient presentations at the Arlesheim Clinic, thematic tours at the Goetheanum, in the color studio on Goethe's theory of colors, at the Association for Cancer Research and in the Weleda plant garden.

### **Completion**

The contents and the scope of teaching fulfill the requirements of the international training curriculum for eurythmy therapists/Medical Section at the Goetheanum and for the branch certificate of the Oda KT.

The eurythmy therapy professional diploma of the Medical Section fulfills the guidelines of the health insurance recognition (EMR, ASCA, EGK) and enables the connection to the state-recognized professional diploma/HFP.

- The course weeks and specialized modules are also suitable as professional training for certified eurythmy therapists as well as for getting to know eurythmy therapy and for further training for practicing doctors and medical students in the clinical semesters. We look forward to the enriching experiences and questions from the professional practice.
- A cooperative training concept is being developed for French and Italian speakers.

### **Prerequisites**

- Eurythmy diploma recognized by the Goetheanum.
- An admission interview with members of the Training College.

### **Dates of the course blocks**

See template: "Dates, costs, prerequisites".

### **Costs**

CHF 400 per course week (subject to change), including mentoring during the course weeks, in the interim and during the internship, excluding accommodation, meals and certification.

Admission fee: CHF 120.-

### **Management**

Annette & Kaspar Zett

### **College**

Medicine: Bettina Böhringer, Insa Sikken, Veronika Werner  
Eurythmy therapy: Annette Strumm, Annette Zett, Kaspar Zett

### **Other lecturers**

The epochs are taught by experienced doctors and eurythmy therapists from the respective field of practice and are accompanied by mentors in the practical training and in the regional practice groups.

Eurythmy therapists: Manuela Biesantz, Edith Halsmayer, Gabriele Hübinger, Nicole Ljubic, Pirk-ko Ollilainen, Christiane Rust, Margret Thiersch, Erdmuthe Worel and other colleagues.

Anthroposophical anthropology and medicine: Christian Breme, Angelika Daniel, Matthias Girke, Kaspar Jaggi, Siegward Elsas, Insa Sikken, Eva Streit and other colleagues.

**Location**

In the Goetheanum Park, Hügelweg 83, 4143 Dornach

**Board and lodging**

Meals will be organized individually. A kitchen is available.

Addresses of inexpensive accommodations can be arranged if necessary.

**Information and registration**

Annette & Kaspar Zett, Grundackerstr. 23a, CH 4143 Dornach

Phone: ++41 (0)79 570 00 48 or ++41 (0)76 478 30 90

E-mail: [info@heileurythmie-ausbildung.ch](mailto:info@heileurythmie-ausbildung.ch)

**Information, updates and registration form**

[www.heileurythmie-ausbildung.ch](http://www.heileurythmie-ausbildung.ch)