



## **Modular eurythmy therapy course at the Goetheanum for physicians, assistant physicians, medical students, therapists and interested guests**

### **Information**

The eurythmy therapy training at the Goetheanum goes back to Isabella de Jaager, followed by Trude Thetter. From the beginning, interested physicians and medical students were trained here together with eurythmists.

The future of eurythmy therapy is significantly dependent on whether and how physicians are given access to this therapy. Our training aims to serve this goal.

#### **Training goals**

Physicians need to understand the effect of the eurythmy therapy exercises, learn to prescribe them and be competent interlocutors for practising eurythmy therapists in discussing clinical pictures and patient destinies.

Additionally, the aim is to enhance the work of physicians with the knowledge and experience of eurythmy therapy to such an extent that certain exercises can also be led by physicians in individual cases or their efficacy observed from time to time.

#### **Training scope**

Two-year training with Training with nine modules and the final certification course. The training has a modular structure for physicians. It can be joined at any time. Everyone who has done all modules will be admitted to the concluding course. The time between the individual modules is used for continuing intensive work in regional practice groups in which what has been learnt is deepened.

#### **Training content**

##### **A. Study of knowledge of the human being in eurythmy therapy**

- Study of the six lectures in Rudolf Steiner's eurythmy therapy course (GA 315) and the tasks relating to the anthroposophical understanding of the human being they contain against the background of the lectures in *Illness and Therapy* (GA 313).
- Chapter XVIII from *Extending Practical Medicine* (GA 27) by Rudolf Steiner und Ita Wegman.
- Study of eurythmy forms by movement, feeling and character in colour and form.

##### **B. Eurythmy therapy in practice**

- All exercises in the eurythmy therapy course
- Exercises for prevention and salutogenesis
- Basic elements of tone eurythmy therapy

##### **C. General artistic training, optionally**

- Artistic eurythmy / group forms / choreography of a poem in eurythmy
- Modelling of the metamorphosis of the larynx and individual organs
- Creative speech

#### **D. Practical training**

- Self-experience in practising the basic elements of eurythmy therapy
- Observation exercises, medicinal plant studies

The content and scope of teaching fulfil the specific requirements of the international training curriculum.

#### **Requirements**

- The license to practice as a physician (approbation)
- Students in the clinical semesters
- An interest in eurythmy therapy and the desire to study the anthroposophical understanding of the human being and medicine at a deeper level
- All modules are also available for the professional development of qualified eurythmy therapists as well as for familiarisation for physicians and medical students in the clinical semesters. We look forward to the rewarding experiences and questions from professional practice.
- A cooperative training concept is being developed and offered for English, French and Italian speakers.

#### **Qualification**

All participants receive a certificate of attendance. The certificate confirms to practicing physicians the ability to properly prescribe and evaluate the effects of eurythmy therapy.

#### **Dates**

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

#### **Training fee**

including refreshments during breaks and mentoring in the regional practice groups between the modules

- for practicing physicians: Guidance fee \* CHF 280.- per module
- for medical assistants and guests: Guidance fee \* CHF 200.- per module
- for medical students: fee \* CHF 150.- per module
- for all modules that are repeated, there is a 50% discount on the above
- Certification: CHF 120

(\* reduction by arrangement)

This course meets the recognition criteria of the "Association of Anthroposophically Oriented Physicians in Switzerland" / VAOAS, the Swiss Medical Association / FMH and the "Society of Anthroposophical Physicians in Germany" / GAÄD and is confirmed per module with the corresponding hours/credit points.

#### **Directors**

Kaspar and Annette Zett

#### **Collegium**

Eurythmy therapy: Annette Zett, Kaspar Zett

Medicine / Knowledge of the human being in eurythmy therapy: Dr. Marion Debus, Dr. Insa Sikken, Dr. Matthias Girke

#### **Location**

Hügelweg 83, Student House in Goetheanum-Park, Dornach, Switzerland

**Meals and accommodation**

The break catering is provided. For lunch catering is available: our student kitchen (individual), self-service buffet/Goetheanum, dining house, etc. Addresses of inexpensive accommodation can be provided on request.

**Parking**

Ideal are the parking spaces at the "Heizhaus", from there walk directly left up the path by the stream.

**Information and registration**

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

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

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

**Information and registration form**

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