

Professional Profile
for
Eurythmy Therapists
Working
with Early Years



**International
Eurythmy Therapy Forum**

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

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International Eurythmy Therapy Forum

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When the individual makes the journey from the spiritual world through conception and birth, the soul spiritual arrives giving the possibility of building the human physical body.

The dynamic movement which lies behind this process and which finds expression in the patterns and forms of the inner organs is taken up in a therapeutic way with eurythmy therapy.

It is therefore possible to help and support the inner development of the growing child in a subtle way through eurythmy which can address the soul spiritual as well as the physical.

Eurythmy Therapy is therefore based upon a fundamental knowledge of human physiology in sickness and health and works with the connections between the human being, nature and cosmos. It is therefore necessary for the therapist to continually train and develop the faculties needed for this special work.

Training

Eurythmy therapy is practiced by therapists who have completed a five and a half year training which is recognized by a diploma from the Medical Section of the First Class at The Goetheanum in Dornach Switzerland.

Specialist further training is then necessary in order to work with the early years child.

Practice

The number of therapy sessions depends on the diagnosis and the doctor's advice. In general there will be one eurythmy therapy session a week. Sessions usually last between 15 and 30 minutes depending on the child's age and ability to cope.

The above may vary if carried out in a clinic but stands as a guideline for private practice.

Areas of responsibility

Contacts with the doctor and parents are always necessary and good communication with the kindergarten teacher advisable. However because eurythmy therapy stands under a rule of confidentiality parents must always be consulted first. This also applies in the case of liaison with other therapists.

The therapeutic process is documented and progress reports given when asked for. This is sometimes needed for medical insurance purposes or for the doctor. Reports may be charged for (average cost €20).

It is recommended that the eurythmy therapist visit the kindergarten to observe and is active at parents' evenings and kindergarten meetings in order to present eurythmy therapy and to be available for questions.

Further training

Further training in early years eurythmy therapy takes place regularly in Frankfurt and as part of the educational eurythmy therapy conferences in Munich. Details can be found in the newsletter and are announced at the medical pedagogical conference.

Indications for eurythmy therapy treatment

Treatment may be given for disturbances of the 'incarnation process' and for problems caused by a weakness in the process of the soul spiritual and its connection with the soul physical. This includes conditions caused by developmental disturbances which may come to expression in movement and speech.

Further indications are given for the following:

- Phobias
- Restlessness, hyperactivity, nervous ticks
- Inertia and lack of will
- Sleep rhythm disturbances
- Allergies, Neuro-dermatitis
- Asthma
- Disability
- Lateness in the change of teeth
- Lymphatic Diathesis
- Bed wetting
- Undescended testicles
- Autistic spectrum disorders
- Weakness of the function of the inner organs
- Hydrocephalis, Microcephalis
- Tumor developments
- Epilepsy
- Down's Syndrome

Charges

The therapy sessions are billed according to the BVHE (eurythmy therapy association) guidelines. At present €42 a session.

Due to the time needed for preparation and rest with early years and the need for several meetings with parents the same guidelines apply even if the actual therapy session is less than 30 minutes.

*Elke Neukirch
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Praxisfeld 1. Jahrsiebt*