

SECOND AFTERNOON SESSION: Eurythmy Movement Therapy - Movement Exercises for Recovery and Rehabilitation

TIMES and DATES: 4:00 – 5:30 pm, SUN 4.28 to FRI 5.3, 2019

COURSE LEADER: Glenda Monasch, TE

DESCRIPTION: This course will explore the principles of therapeutic eurythmy and participants will learn how familiar movement gestures or patterns are transformed into the remedy of therapeutic eurythmy. Specific health issues including both chronic medical and mental health conditions will be addressed and movement therapy, guided toward these issues, will be introduced. Special attention will be directed towards addressing symptoms of fatigue, stress and loss of healthy physiologic rhythms in patients with chronic illness. The course is modified yearly to work alongside the major clinical workshop offerings, i.e. metabolic disease, neurological disorders etc.

Through the practice of various exercises, we will develop an understanding of how therapeutic eurythmy addresses the human being at the level of consciously guided and carefully articulated movement (which can be broadly described as relating to a more “nerve-sense” activity and invokes fine motor movement), vs. more habitual or instinctive movement, which is generally less conscious and relates more to gross motor movement patterns (which in therapeutic eurythmy is described as a more “metabolic-limb” or “digestive” type of movement activity). Participants will learn movement patterns and gestures that accentuate and address a broad spectrum of physiologic activity, and how they can relate to different illness processes.

An introduction to diagnosis through movement observation will also be developed.

The material in this course will be mainly experiential, developed through the practice of therapeutic eurythmy and through a daily topic presentation, discussion, case studies, handouts and references.

Daily format:

10 minutes: The presenter will describe and explain the tenets of Eurythmy Movement Therapy.

1 hour: The participants will observe and then practice movement to give them a direct experience of eurythmy movement therapy, with which they may be unfamiliar. They will develop knowledge of the repertoire and efficacy of therapeutic movement, preparing them to work with accredited, certified therapists who use movement as therapy. The instructor will share real-life clinical scenarios. The group will explore practical issues including how to facilitate co-working and good communication, including written documentation of progress

and problems, and ongoing collaboration between movement therapist and prescribing or recommending physician.

20 minutes: In facilitated group discussion participants will take turns exploring the efficacy of movement in selected chronic medical or mental health disorders, or review a publication on eurythmy movement therapy.

Learning Objectives:

- Participants will both observe and experience how therapeutic movement can be used to stimulate greater body awareness, more refined movement, and better focus (through patterns such as the “large vowel exercises”).
- Participants will both observe and experience how therapeutic movement can be used to encourage stronger, freer, and more spontaneous movement, and how such exercises have a stimulating effect on both the digestive and cardio-respiratory systems (through patterns such as the “consonantal exercises”).
- To experience how elements of both can be incorporated into movement sequences and patterns, and explore how such an alternating emphasis brings more integration between conscious and unconscious, or mind and body physiology (through exercises such as rhythmic movement, or the therapeutic eurythmy “cancer sequence”).
- Participants will also be taught a series of simple movement practices, which support different aspects of healthy self-regulation, such as centering exercises, as well as movement patterns designed to help with symptoms such anxiety, indecision, attention problems and depression (through movement exercises known as the “soul exercises”).

SELECTED SOURCES:

1. Exercise therapy for chronic fatigue syndrome. Larun L, Brurberg KG, Odgaard-Jensen J, Price JR. *Cochrane Database Syst Rev.* 2016 Feb 7;2:CD003200. doi: 10.1002/14651858.CD003200.pub4. Review. Update in: *Cochrane Database Syst Rev.* 2016;(6):CD003200. <http://www.ncbi.nlm.nih.gov/pubmed/26852189>
2. Eurythmy therapy increases specific oscillations of heart rate variability. Edelhäuser F, Minnerop A, Trapp B, Büssing A, Cysarz D. *BMC Complement Altern Med.* 2015 Jun 6;15:167. doi: 10.1186/s12906-015-0684-6. <http://www.ncbi.nlm.nih.gov/pubmed/26047615>
3. "Like walking into an empty room": effects of eurythmy therapy on stress perception in

comparison with a sports intervention from the subjects' perspective-a qualitative study. Berger B, Bertram M, Kanitz J, Pretzer K, Seifert G. Evid Based Complement Alternat Med. 2015;2015:856107. doi: 10.1155/2015/856107. Epub 2015 Mar 10.. <http://www.ncbi.nlm.nih.gov/pubmed/25861369>

4. A systematic literature review on the effectiveness of eurythmy therapy. Lötze D, Heusser P, Büssing A. J Integr Med. 2015 Jul;13(4):217-30. doi: 10.1016/S2095-4964(15)60163-7. Review. <http://www.ncbi.nlm.nih.gov/pubmed/25808905>
5. Eurythmy Therapy in clinical studies: a systematic literature review. Büssing A, Ostermann T, Majorek M, Matthiessen PF. BMC Complement Altern Med. 2008 Mar 31;8:8. doi: 10.1186/1472-6882-8-8. Review. <http://www.ncbi.nlm.nih.gov/pubmed/18377647>
6. Eurythmy Therapy in anxiety. Kienle GS, Hampton Schwab J, Murphy JB, Andersson P, Lunde G, Kiene H, Hamre HJ. Altern Ther Health Med. 2011 Jul-Aug;17(4):56-63. Eurythmy Therapy in anxiety. <http://www.ncbi.nlm.nih.gov/pubmed/22314634>
7. The impact of eurythmy therapy on stress coping strategies and health-related quality of life in healthy, moderately stressed adults. Kanitz JL, Pretzer K, Reif M, Voss A, Brand R, Warschburger P, Längler A, Henze G, Seifert G. Complement Ther Med. 2011 Oct;19(5):247-55. doi: 10.1016/j.ctim.2011.06.008. Epub 2011 Aug 6. <http://www.ncbi.nlm.nih.gov/pubmed/21944654>
8. Eurythmy therapy in chronic disease: a four-year prospective cohort study. Hamre HJ, Witt CM, Glockmann A, Ziegler R, Willich SN, Kiene H. BMC Public Health. 2007 Apr 23;7:61. <http://www.ncbi.nlm.nih.gov/pubmed/17451596>
9. Anthroposophic therapy for chronic depression: a four-year prospective cohort study. Hamre HJ, Witt CM, Glockmann A, Ziegler R, Willich SN, Kiene H. BMC Psychiatry. 2006 Dec 15;6:57. <http://www.ncbi.nlm.nih.gov/pubmed/17173663>
10. <http://www.rcpsych.ac.uk/healthadvice/treatmentswellbeing/physicalactivity.aspx>
Patient-education handout on mental health benefits of exercise; practical suggestions for "getting going."
11. [Patient-centered outcomes on quality of life and anthroposophic healthcare: a qualitative triangulation study](#). Koster EB, Baars EW, Delnoij DM. Qual Life Res. 2016 Sep;25(9):2257-67. doi: 10.1007/s11136-016-1276-8. Epub 2016 Mar 28.