FIRST AFTERNOON SESSION – PRESCRIBING EURYTHMY MOVEMENT THERAPY (Monasch)

CME: 6 sessions X 30 minutes per session = 180 minutes, or 3 hours

3 hours X 100% CME-eligibility = **3.0 CME hours**

TIMES and DATES: 2:00 – 3:30 pm, SUN 4.23 to FRI 4.28, 2017

COURSE LEADER: Glenda Monasch, TE

TITLE: Prescribing Eurythmy Movement Therapy—Movement Exercises for Improving Strength and Vitality, Relaxation, and Autonomic Regulation

DESCRIPTION:

In this course we will explore the principles of therapeutic eurythmy, and 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. 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: Participants, in pairs, will take turns reviewing a publication on eurythmy movement therapy, or explore the efficacy of movement in selected chronic medical or mental health disorders, and facilitating discussion.

**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, 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:**


2. Eurythmy therapy increases specific oscillations of heart rate variability. Edelhäuser F,


   Patient-education handout on mental health benefits of exercise; practical suggestions for “getting going”