



# ATHENA

Association for Therapeutic Eurythmy in North America

in connection with the Medical Section, Dornach, Switzerland

## *Guidelines for Therapeutic Eurythmy Practice*

The following guidelines have been developed and approved by the boards of ATHENA and PAAM in the Fall of 2015. They serve to recognize and affirm Therapeutic Eurythmy as an independent profession.

- 1) Therapeutic eurythmy (TE) is recognized to have a very broad spectrum of applications, addressing concerns ranging from physiological and psychological to academic, social and more.
- 2) The eurythmy therapist is trained to assess and balance etheric/astral movement and support the healthy development of the child (and of adults).
- 3) When used with common sense by a trained eurythmy therapist, TE is constitutionally and developmentally supportive and is not seen as 'harmful' or 'dangerous'.
- 4) The eurythmy therapist is legally and ethically qualified to practice TE on his or her own. For specific or more complicated medical conditions a comprehensive history and description of the patient in the form of an intake or a diagnosis from an anthroposophical medical (AM) doctor is highly desirable and recommended. The working together of TE with an AM doctor makes for a most positive collaborative/TEAM effort.
- 5) When the eurythmy therapist is dealing with a serious medical situation and there is no AM doctor available, it is suggested that a note be sent to the patient's primary care doctor stating that "movement therapy" or "therapeutic movement work by a highly trained therapist" is proposed and that if the doctor has questions, concerns or comments a contact from them would be highly welcome (with the TE's contact info).
- 6) TE can be especially helpful in the school setting, since most of the issues dealt with there are fundamentally developmental in nature. However, developmental conditions or delays fall into the realm of Developmental Medicine and may have deeper soul issues and constitutional imbalances at their core, which may be organic, psychological or karmic in nature. Depending on the situation, some of these children would best be first seen and diagnosed by a developmental pediatrician or an AM doctor.