Anthroposophical Therapies

Art, Eurythmy, Rhythmical Massage, Therapeutic Speech.

Anthroposophic Art Therapy comprises the fields of painting, music, sculpture and creative speech with the various effects of their different artistic means and processes.

I embraced anthroposophical art therapy over several years following multiple strokes and found it of great benefit and very enjoyable. This is why we offered ‘wet-on-wet’ painting workshops at the AphasiaNow conference to a large audience of PWA, family members and carers. ~Dr Jenny Dautlich

Patients are supported and encouraged by the therapy actively to intervene in the pathological process themselves in a creative way and to open up for themselves their healing resources.

This way of working creatively on one’s own destiny through the challenge of the illness is a central motif during the course of art therapy as the basis for healing.


Workshop at the AphasiaNow conference
Eurythmy - Restoring health and balance through movement.

I was introduced to Eurythmy during anthroposophical medical training in Switzerland in 1998; shortly after I suffered multiple strokes and found Eurythmy of great benefit and very relaxing in my recovery. This is why we offered Eurythmy workshops at the AphasiaNow conference to Carers and PWA. ~Dr Jenny Dautlich

Eurythmy, as an art of movement, originates from music and the sounds of speech.

Eurythmy therapy helps to strengthen, regulate and harmonise. The exercises help to improve posture, mobility, spatial orientation, rhythm, breathing, circulation and warmth.

Research in neuro-physiology confirms that there are intimate links between our movement and the development and stimulation of the brain.

Many people experience benefit and well-being from regular movement and exercise in many forms and disciplines.

Eurythmy therapy can be directed towards specific areas of the body or the physiological constitution in highly effective treatments for individual patients.

for more visit http://www.eurythmy.org.uk/index.html

Eurhythmic Aphasia Therapy: https://www.youtube.com/watch?v=KowTQKY7IMI
Rhythmical Massage uses a gentle rhythmical breathing quality of touch which can penetrate the tissue deeply.

I experienced Rhythmical Massage therapy during anthroposophical medical training in Switzerland in 1998. Shortly after I suffered multiple strokes resulting in right sided hemiplegia. I believe rhythmical massage helped me regain some movement and sensation. The latter was also greatly helped by acupuncture. ~Dr Jenny Dautlich

The movements are rounded with an element of suction rather than pressure and are designed to influence the flow of fluids through the body.

It enables the life processes in the tissues to be stimulated and lifted out of gravity into levity.

for more visit http://www.rhythmicalmassagetherapy.co.uk/
Anthroposophical Therapeutic speech is an interactive, artistic-based therapy that can help address imbalances stemming from developmental, psychological and/or pathological disturbances.

I briefly experienced anthroposophical therapeutic speech therapy following multiple strokes and found it to be a healing experience. Widely practised in Switzerland and Germany, I hope it will become more readily available in other countries over time!
~Dr Jenny Dautlich

Although it is not Speech and Language Therapy (SLT), anthroposophic therapeutic speech also addresses speech and voice related disorders and disturbances in speech development.

It is a therapy for both speaking and non-speaking children and adults, having as its medium the sounds of speech, speech rhythms and the breath.

more .. http://www.anthromed.org/Article.aspx?artpk=485

Jenny’s story ..
http://www.aphasianow.org/About_Us/Our_Team/Dr_Jenny_A_Dautlich/

www.aphasianow.org
Aphasia-friendly website by and for people living with aphasia

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