

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**.

for more visit <http://www.medsektion-goetheanum.org/en/training/therapeutic-art/>



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>

Eurythmic **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/>



RHYTHMICAL MASSAGE THERAPY
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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