



**Module Handbook for the
Master of Arts
Eurythmy
Course of Study:
Eurythmy Therapy
at Alanus University**

Revised

01.09.2015



Master of Arts Eurythmy Course of study: Eurythmy Therapy

- EuTh MA 1 Fundamentals of Eurythmy Therapy
- EuTh MA 2 Applied Eurythmy Therapy I
- EuTh MA 3 Applied Eurythmy Therapy II
- EuTh MA 4 Medical Studies I
- EuTh MA 5 Medical Studies II
- EuTh MA 6 Anthroposophy/Eurythmy Studies/Social Science
- EuTh MA 7 Complementary Artistic Subjects
- Eu MA 8 Main Master's Project
- Eu MA 9 Practical Field Work



Study Plan for the three specialisations

Master of Arts Eurythmy	Course of Study Eurythmy in Education and as Social Art	Course of Study Eurythmy therapy	Course of Study Eurythmy as Performing Art
Core Subjects	Eurythmy teaching methods for children, adolescents and adults I 5 CP	Fundamentals of Eurythmy therapy 5 CP	Solo work 5 CP
	Eurythmy teaching methods for children, adolescents and adults II 5 CP	Applied Eurythmy therapy I 5 CP	Ensemble work 5 CP
	Eurythmy 5 CP	Applied Eurythmy therapy II 5 CP	Directing, Choreography and Coaching 5 CP
Academic Study 10 CP	Educational and School Development 5 CP	Medicine I 5 CP	Aesthetics, History of Eurythmy 5 CP
	Art and Society 5 CP	Medicine II 5 CP	Directing, Choreography Assistance 5 CP
Anthroposophy and Research Skills 5 CP	Anthroposophy/ Eurythmy Studies / Social Sciences 5 CP		
Supplementary Subjects 5 CP	Complementary Artistic Subjects 5 CP		
Masters Module 15 CP	Master's Project 15 CP	Master's Project 15 CP	Master's Project 15 CP
Placement 10 CP	Practice Placements 10 CP		
Total	9 Modules, 60 CP		



Module: EuTh MA 1	Fundamentals of Eurythmy Therapy	
Course of Study: MA Eurythmy	Recommended start: 1st semester	
Responsible: Prof. Annette Weißkircher	Workload: 150 Hours	Credits: 5 ECTS
Prerequisites: none	Frequency: bi-annually	Duration: 2 blocks

Content of this Module:	<p>In this module, students gain the conceptual, practical and social foundations for eurythmy therapy. The module is organised into three themes:</p> <p>1. Practical Fundamentals of Eurythmy Therapy</p> <ul style="list-style-type: none"> <input type="checkbox"/> Exercises for training your own capacity of movement <input type="checkbox"/> Eurythmy exercises given by Rudolf Steiner in his lecture course <u>Eurythmy Therapy</u> <p>2. Conceptual Fundamentals of Therapy</p> <ul style="list-style-type: none"> <input type="checkbox"/> Methodological and ethical bases of therapy <input type="checkbox"/> Legislation in professional, legal and political domains <input type="checkbox"/> Planned re-structuring of the World Health Organisation and the European Union for a new Health Service <p>3. Social competence</p> <ul style="list-style-type: none"> <input type="checkbox"/> Therapeutic practice <input type="checkbox"/> Therapeutic role and personal identity <input type="checkbox"/> Supervision and intervision
Learning aims:	Students acquire understanding for and skills in how to transform their eurythmical instrument for the movements of eurythmy therapy. They are able to experience the effectiveness of the basic exercises of eurythmy therapy and are able to work independently with these exercises. In addition, students acquire social competence.
Learning outcomes:	<ul style="list-style-type: none"> • Awareness of the eurythmical instrument • Eurythmical ability • Capacity for thinking and working with processes • Cultivation of a therapeutic attitude • Intuition, ability to show empathy • Social skills and willingness to learn
Teaching and learning methods:	Practical group sessions, individual correction, independent practice, supervision in eurythmy therapy, learning through research
Assessment procedures/ Requirements for awarding CP:	At the start of each seminar, the mode of assessment (practical, oral and/ or written) will be announced.
Recommended reading:	<p>Kirchner-Bockholt, Margarethe: Foundations of Curative Eurythmy. Floris Books. Edinburgh 2005.</p> <p>Steiner, Rudolf: Anthroposophical Spiritual Science and Therapy (GA 313).</p> <p>Steiner, Rudolf: Eurythmy Therapy (GA 315). Rudolf Steiner Press. London 2009.</p>



Module: EuTh MA 2	Applied Eurythmy Therapy I	
Course: MA Eurythmy	Recommended start: 1 st semester	
Responsible: Prof. Annette Weißkircher	Workload: 150 Hours	Credits: 5 ECTS
Prerequisites: none	Frequency: bi-annually	Duration: 2 blocks

Content of this module:	<p>This module introduces students to general and specific pathology. Eurythmical-therapeutic diagnostics, documentation and evaluation are learned. Prevention, rehabilitation and prophylaxis, and the possibilities of eurythmy therapy are discussed. This is covered in the following seminars:</p> <p>1. Eurythmy therapeutic diagnostics, process awareness and documentation</p> <ul style="list-style-type: none"> <input type="checkbox"/> Documenting courses of treatment and assessing their impact and effectiveness Developing and carrying out a therapeutic process, modification and correction, self-reflective evaluation of eurythmy therapy practice <p>2. Introduction to the general and specific pathology seen from the viewpoint of eurythmy therapy</p> <ul style="list-style-type: none"> <input type="checkbox"/> Indications and counter-indications for the application of eurythmy therapy Eurythmy therapy with different age-groups on specific syndromes: internal medicine, gynaecology, urology, oncology <p>3. Prophylaxis, salutogenesis, prevention, rehabilitation</p> <ul style="list-style-type: none"> <input type="checkbox"/> Prevention of illness and promotion of health in childhood and adulthood in group and individual settings
Learning aims:	<p>Students are prepared for their therapeutic work by learning how to identify the aims of therapy, develop treatment plans and carry out a eurythmy therapy process. Therapeutic practice is informed by and brought into critical relation with other medical disciplines. Students are able to compare eurythmy therapy with other artistic therapies and critically to reflect upon the specific possibilities and limitations of eurythmy therapy.</p>
Learning outcomes:	<ul style="list-style-type: none"> • Ability to perceive movement qualities and apply eurythmy therapy sequences with reference to specific illnesses • Skills to perceive, observe, describe and present • Ability to reflect and engage in meaningful and effective repetition • Awareness of how to apply therapies responsibly • Independence
Teaching and learning methods:	<p>Practical group sessions, individual correction, learning through research, independent practice</p>
Assessment procedures/ Requirements for awarding CP:	<p>At the start of each seminar, the mode of assessment (practical, oral and/ or written) will be announced.</p>
Recommended reading:	<p>Antonowsky, Anton: Salutogenesis. Zur Entmystifizierung der Gesundheit. Dgvt-Verlag Tübingen (1997). Hachtel, Beatrix: Dr med Angelika Gäch: Bibliographie Heileurythmy. Verlags GmbH Bad Boll. Further titles as suggested by the respective professor and seminar leader</p>



Module: EuTh MA 3	Applied Eurythmy Therapy II	
Course of study: MA Eurythmy	Recommended start: 2 nd semester	
Responsible: Prof. Annette Weißkircher	Workload: 150 Hours	Credits: 5 ECTS
Prerequisites: none	Frequency: bi-annually	Duration: 2 blocks

Content of this module:	<p>This module provides an introduction to general and specific pathology from the viewpoint of eurythmy therapy (sequel of module Eu Th MA 2). Specialists are invited from the relevant fields of practice.</p> <p>1. Introduction to general and specific pathology from the viewpoint of eurythmy therapy Indications and counter-indications Eurythmy with different age-groups with specific syndromes: orthopaedics, neurology, psychiatry, psychosomatics, special needs education</p> <p>2. Music eurythmy therapy The treatment is extended through the targeted use of musical elements and through the effect of different musical instruments on specific illnesses with patients of different age groups.</p>
Learning aims:	Eurythmy therapy is deepened through a differentiated understanding of specific illnesses. Students are able to grasp therapeutic exercise sequences for specific illnesses and create therapeutic aims for specific patients, with treatment plans and their implementation (duration, intensity, etc.). Students learn the appropriate extension and modification of the usual application of eurythmy therapy exercises. Students are able to present eurythmy therapy in the context of other artistic therapies and critically reflect on the efficacy and limitations of eurythmy therapy.
Learning outcomes:	<ul style="list-style-type: none"> • Creative abilities in engaging with a therapeutic process • Differentiated penetration of one's own eurythmical instrument • Capacity to diagnose • Ability to accompany therapeutic processes • Consciousness of responsibility • Capacity for intuition and empathy • Self-awareness and the ability to reflect • Healthy ability to maintain boundaries (balance between intimacy and distance)
Teaching and learning methods:	Practical group sessions, individual corrections, learning through research, independent practice
Assessment procedures/ Requirements for awarding CP:	At the start of each seminar, the mode of assessment (practical, oral and/ or written) is announced.
Recommended reading:	Steiner, Rudolf: Curative Education (GA 317). Rudolf Steiner Press. London. Van der Pals, Lea & Bäschlin, Annemarie: Tonheileurythmie. Verlag am Goetheanum [E.T. in MS]. Broder von Laue, H.: Forschungsbeitrag zur Physiologie der Heileurythmie. Niefern-Öschelbronn. Further titles suggested by the respective professor and seminar leader.



Module: EuTh MA 4	Medical Studies I	
Course of Study: MA Eurythmy	Recommended start: 1st semester	
Responsible: Prof. Dr. med. Urs Pohlman	Workload: 150 Hours	Credits: 5 ECTS
Prerequisites: none	Frequency: bi-annually	Duration: 3 blocks

Content of this module:	<p>This module consists of the following seminars:</p> <p>1. General Pathology Basic illnesses of the different systems of organs and the various functional areas are presented and studied in depth. This study is based on the question of what is involved in health and illness, why people become ill, what biographical factors can play a role, and what the further development of an illness can mean for the patient.</p> <p>2. Specific Pathology: internal medicine and gynaecology Based on (1) above, specific pathology is addressed in the domain of internal medicine and gynaecology, organised into the following areas: Cardiovascular-respiratory system</p> <ul style="list-style-type: none"> • System of the digestion and the limbs • Genito-urinary system, gynaecology <p>This includes gynaecology and paediatrics.</p>
Learning aims:	Students acquire a basic knowledge of the general and specific pathology of physical and mental disorders. This may include both conventional and mainstream, as well as alternative, or complementary, anthroposophic medicine. Knowledge of the presentation of various specific illnesses helps students gain a picture of the condition, and the ability to formulate treatment aims both in a general direction and specific to anthroposophical therapy. Students are able independently to develop in-depth knowledge of selected illnesses.
Learning outcomes:	<ul style="list-style-type: none"> • Perception of opposing and balancing factors and processes • Understanding of analytical and integrative approaches • Skill in observation, perception and interpretation • Research skills (subject literature, empirical methods)
Teaching and learning methods:	Seminars, lectures, practical exercises, software-based learning
Assessment Procedures/ Requirements for awarding CP:	At the start of each seminar, the mode of assessment (practical, oral and/ or written) will be announced.
Recommended Reading:	<p>Netter, Frank H. Netters, Innere Medizin. Georg Thieme Verlag 2000. Bühler, W. Der Leib als Instrument der Seele in Gesundheit und Krankheit. Freies Geistesleben, Stuttgart 1995. Girke, M., Innere Medizin, Berlin 2010. Rohen, J., Topographische Anatomie. Schattauer 2000. Selg, P. (ed) Rudolf Steiner: Texte zur Medizin, Teil I u. II, Dornach 2004.</p>



Module: EuTh MA 5		Medical Studies II	
Course of Study: MA Eurythmy	Recommended start: 2 nd semester		
Responsible: Prof. Dr. med. Urs Pohlman	Workload: 150 Hours	Credits: 5 ECTS	
Prerequisites: none	Frequency: bi-annually	Duration: 3 blocks	

Content of this module:	<p>In this module, seminars are offered on specific pathology. It takes place parallel to Module 3, in which the patterns of illness are learned from the practice of eurythmy therapy. Practising specialist doctors are invited.</p> <p>1. Introduction to specific pathology</p> <ul style="list-style-type: none"> • Orthopaedics • Neurology • Psychiatry and psychosomatics <p>2. Introduction to social education and special needs</p>
Learning aims:	<p>Students acquire a basic knowledge of specific pathology in the fields of orthopaedics, neurology, as well as psychiatric disorders and special needs education. Students come to understand and deepen their knowledge of basic processes of illness in specific areas of expertise. Pathophysiology can be diagnostically understood. The objective is to create illness specific, integrative treatment plans with documentation of the process.</p>
Learning outcomes:	<ul style="list-style-type: none"> • Understanding physiological change through knowledge of the metabolism and structure of the human gestalt (processes of metamorphosis) • Ability to perceive pictorially the dynamic equilibrium between mental and bodily processes (interaction between the various functioning levels) • Understanding illness as process • Ability to document treatments • Skills in planning and implementing a therapeutic process • Research skills (subject literature, empirical methods)
Teaching and learning methods:	Seminars, lectures, practical exercises, software-based learning
Assessment Procedures/ Requirements for awarding CP:	At the start of each seminar, the mode of assessment (practical, oral and/ or written) is announced.
Recommended Reading:	<p>Mumenthaler, M., H. Mattle Neurology. Georg Thieme Verlag, 2006.</p> <p>H.-J-Möller, G. Laux, A. Deister. Duale Reihe Psychiatrie. Georg Thieme Verlag, 2005.</p> <p>Zippel, H.; K. Labs. Orthopädie systematisch. UNI-MED 2007.</p> <p>Tyson, P., R.L. Tyson. Lehrbuch der psychoanalytischen Entwicklungspsychologie. Kohlhammer 2001.</p> <p>Treichler, R.: Die Entwicklung der Seele im Lebenslaug. Stufen, Störungen und Erkrankungen des Seelenlebens. Freies Geistesleben, Stuttgart 2004.</p> <p>Selg, P. (ed) Rudolf Steiner, Text zur Medizin, Teil I u. II, Dornach 2004.</p> <p>Literature on special education, as announced by the lecturer.</p>



Module: EU MA 6	Anthroposophy, Eurythmy Studies, Social Science	
Course of Study: MA Eurythmy	Recommended start: 2 nd semester	
Responsible: Prof. Stefan Hasler	Workload: 150 Hours	Credits: 5 ECTS
Prerequisites: none	Frequency: bi-annually	Duration: 3 blocks

Content of this module:	<ul style="list-style-type: none"> • Anthroposophic spiritual science: epistemology, the study of the nature of the human being, self-education • Eurythmy studies: scientific approaches, aesthetics, history of eurythmy, basic research methods, and effective methodologies • Tasks in society, the concept of competence, how to practice, eurythmy and the public, self-development and self-presentation
Learning aims:	<p>Students are prepared for the demands of professional life. This entails: (1) awareness of methods and the ability to educate yourself, (2) the ability to reflect on one's own activity and to develop professional competence on the basis of a methodical approach to practice, (3) identifying the conditions within one's professional domain and developing appropriate practical plans for action.</p> <p>These themes underlie the following three seminars:</p> <p>(1) Anthroposophical spiritual science: Eurythmy lives in the context of spiritual science (anthroposophy) founded by Rudolf Steiner. Artistic and professional development within this context always entails self-development and self-education. For this, anthroposophy gives various methods of schooling. The objective is a) to study and discuss anthroposophy and the scientific and philosophical foundations of knowledge, b) to comprehend and critically reflect on the implicit and explicit picture of the human being in the context of anthroposophy, and c) to test and make use of the methods of self-education. Anthroposophy exists within a cultural, philosophical, and historical context. Students will be encouraged to place Steiner's work into the framework of non-anthroposophical scientific models and theories and to critically reflect on its specific possibilities and limitations.</p> <p>(2) Eurythmy studies: Students learn to illuminate and penetrate their own subject by means of selected themes. In particular, phenomenological, empirical and hermeneutical methods of scientific study or research are applied, developed and questioned for their specific relevance this subject.</p> <p>(3) Social science: After clarifying the concept of competence, students investigate what skills are essential for their chosen careers. Out of this arises the path of personal schooling in this profession, in which an emphasis is put on eurythmical practice in an environment where eurythmy is not known. Hence the students develop an individual profile and learn to implement their ideas and intentions in projects and professional marketing.</p>
Learning outcomes:	<ul style="list-style-type: none"> • Ability to reflect on epistemology and philosophy • Contextual communication skills • Insight into relevant ideas about the nature of the human being • Ability to practice self-education and self-development, crisis management, honest self-assessment and problem-solving strategies • Understanding of research methods • Ability to bridge theory and practice
Teaching and learning methods:	Seminars, experiential learning, individual discussions, individual coaching



<p>Assessment Procedures/ Requirements for awarding CP:</p>	<p>Talks, written essays, project presentations, journal and/or written documentation may be used to demonstrate competence in self-education and the achievement of the learning objectives. At the start of each seminar, the appropriate method of assessment will be announced.</p>
<p>Recommended Reading:</p>	<ul style="list-style-type: none"> • Steiner, Rudolf: The Philosophy of Freedom. Rudolf Steiner Press, London & Anthroposophic Press, Spring Valley, New York. • Steiner, Rudolf: A Theory of Knowledge Implicit in Goethe's World Conception. AP Spring Valley, New York. • Steiner, Rudolf: Theosophy. RSP London & AP Spring Valley, New York. • Stefan Hasler: Die Toneurythmieformen von Rudolf Steiner. Dornach (2009). • Goethe. Fairytale, tr. Thomas Carlyle. <p>http://wn.rsarchive.org/RelAuthors/GoetheJW/GreenSnake.html "Goethe's Fairy Tale of the Green Snake and the Beautiful Lily", Donald Maclean (tr.). With a commentary by Adam McLean. Grand Rapids, MI. Phanes Press.</p> <ul style="list-style-type: none"> • Brater, M., Heidekorn, A., Hemmer-Hill, Ch, Schrodde, N., Wagner, K., Eurythmie in sozialen Arbeitsfeldern: Arbeitsbereiche, Aufgaben und Qualifikationsbedarf der Sozialeurythmie. Dornach 2011.



Module: MA 7		Complementary Arts	
Course of Study: MA Eurythmy	Recommended start: 1st semester		
Responsible: Prof. Tanja Masukowitz	Workload: 150 Hours	Credits: 5 ECTS	
Prerequisites: none	Frequency: bi-annually	Duration: 3 blocks	

Content of this module:	<p>This module provides experience in various artistic and movement-related subjects, such as:</p> <ul style="list-style-type: none"> • Music, e.g. elementary music theatre by Carl Orff, choir • Theatre, e.g. biographical theatre, mime • Speech, e.g. speech formation, voice and speech training • Drama • Dance, e.g. modern dance, Indian dance • Fine arts, e.g. clay modelling/ sculpture, painting • Other related arts, therapies and forms of movement, e.g. Tai Chi, dance therapy, Feldenkrais <p>Courses are available in these subjects; individual solutions can also be found in co-operation with other institutes.</p>
Learning aims:	<p>Through acquiring basic knowledge and skills in at least two complementary subjects, the student's own subject is repeatedly re-examined from different angles. This provides stimulus for an intensive experience and comparison of related or different forms of movement and art. Through exposure to other art forms/ types of therapy, the student acquires a differentiated perception and an enhancement of eurythmical and therapeutic elements.</p>
Learning outcomes:	<ul style="list-style-type: none"> • Capacity to develop self-determined aims • Interest in and openness to other impulses • Inner flexibility and openness • Enhanced expressiveness and representational skills in artistic subjects • An extended range of movement ability and qualities • Ability to perceive and carry out tasks • Broadening of horizons
Teaching and learning methods:	<p>Individual lessons, group sessions, individual practice and work, project tasks, seminars, lectures, and so on.</p>
Assessment Procedures/ Requirements for awarding CP:	<p>At the start of the seminar the modes of assessment will be agreed individually with the respective tutors. The following assessment forms are possible:</p> <ul style="list-style-type: none"> • Discussion during the lessons • Sharing exercises • Group tasks and individual tasks • Exhibitions and presentations • Reports and homework
Recommended Reading:	<p>Literature on the chosen themes is chosen individually with the agreement of the respective tutors.</p>



Module: EuTh MA 8		Main Master's Project	
Course of Study: MA Eurythmy	Recommended start: 2 nd semester		
Responsible: Prof. Dr. med. Urs Pohlman	Workload: 450 Hours	Credits: 15 ECTS	
Prerequisites: At least two completed modules	Frequency: bi-annually	Duration: Maximum 6 months	

Content of this module:	<p>The main Master's project is a scholarly research study directly related to the practice of eurythmy therapy. Initially an overview of the research work is given that includes both technical aids (subject literature/ database searches; access to computer-encrypted, collected and analysed material), as well as an overview of the quantitative and qualitative methods of therapy research.</p> <p>Subsequently, students receive:</p> <ul style="list-style-type: none"> • Advice in finding and formulating an adequate research topic and focus for their work • Support in contacting fields of practice / institutions relevant to the research • Continuing support in all phases of the research process • Support in the choice of an external research mentor
Learning aims:	<p>In setting up the project, the student learns to work systematically and appropriately within a scientific structure. According to predetermined criteria, s/he is able to qualify, evaluate, reflect and document a research project and/or practice. The results can be discussed and correlated with other scientifically documented results.</p> <p>Students develop the ability:</p> <ul style="list-style-type: none"> • To make use of basic methods of research • To formulate a research question, to build appropriate hypotheses, and to develop a research methodology • To research in detail the subject literature, such as data collection and analysis • To use appropriate subject terminology • To document a scientific research work • To present orally and discuss their own research results
Learning outcomes:	<ul style="list-style-type: none"> • Critical perception and reflection • Ability to establish realistic objectives • Time management • Ability to document and present • Stamina • Ability to emerge stronger out of crisis
Teaching and learning methods:	Seminars, lectures, practical exercises, mentoring, conducting independent research work
Assessment Procedures/ Requirements for awarding CP:	Written documentation, oral presentation and colloquium/discussion.
Recommended Reading:	<p>Kienle, Gunvar, Helmut Kiene, Hans-Ulrich Albonico: Anthroposophische Medizin in der klinischen Forschung, Schattauer. 2006.</p> <p>Keine, Helmut: Komplementäre Methodenlehre der klinischen Forschung. Springer. 2000</p> <p>Relevant subject literature.</p>



Module: Eu MA 9		Practical Field Work	
Course of Study: MA Eurythmy	Recommended start: 1 st semester		
Responsible: Prof. Annette Weißkircher	Workload: 300 Hours	Credits: 10 ECTS	
Prerequisites: none	Frequency: bi-annually	Duration: 6 – 10 weeks	

Content of this Module:	<p>Course of study: Eurythmy as Performing Art To develop, implement, perform, document and evaluate a stage project with a self-selected target group. It can be either a self-initiated project or an existing one in which the student actively participates.</p> <p>Course of study: Eurythmy in Education and as Social Art To prepare, implement, document and reflect on three sequences of teaching, each with 6-10 sequential lessons that build on each other. This series of lessons will be carried out with different ages, at least one of which is to take place in a school, and another one with adults. For more lessons or project sequences, you can choose the target group. The mentoring process is part of the placement/internship.</p> <p>Course of Study: Eurythmy Therapy To apply the principles of eurythmy therapy in practice under the supervision of a mentor. The internships will take place in various fields of eurythmy therapy; students will learn through working with individual patients manifesting various medical conditions. Therapy sessions are independently carried out under the guidance of supervisors. Your particular strategy in therapy will be developed and documented in collaboration with doctors and colleagues. Participation in team meetings or therapy discussions is part of the placement/internship.</p>
Learning aims:	Students gain insight and access to a new perspective on how to convey and apply eurythmy in their own field of work. They acquire competence and self-confidence in the planning, implementation and analysis of their own performing/directing, teaching or therapy strategies. From a critically reflective perception of eurythmy practice, they develop new research questions. Their role as performer, teacher, facilitator, or therapist is reflected back and consolidated. The ability is deepened to present content clearly in oral and written form.
Learning outcomes:	<ul style="list-style-type: none"> • Self-confidence and competence in perceiving and forming a process • Professional, personal, methodological self-evaluation • Stamina, engagement and commitment • Ability to analyse and reflect • Co-operation skills, social skills, willingness to learn
Teaching and learning methods:	Placements, internships, and professional practice, applying what you have learnt and are currently researching Supervision, intervision, assessment conversations
Assessment Procedures/ Requirements for awarding CP:	The achievement of the learning objectives and the acquisition of key skills are ensured by: <ul style="list-style-type: none"> • Presentation and colloquium/discussion • Documentation • Conversations with the accompanying mentor
Recommended Reading:	Literature on the theme