

The Case-Vignette in  
Eurythmy Therapie  
CAVI-EYT

Dr. Katharina Gerlach, M.A.



## Background:

- impressive experience in daily practice
- Unusual treatment concepts and successes
- Movement-oriented mind-body interventions are the trend
- Eurythmy therapy shows connections between
  - Change in movement and health-development
  - specific exercises and certain symptoms

**The doors to the therapy rooms  
are closed!**



## Open the doors to the therapy rooms!

### What does it need?

Documentation of

- Exercises, Ratio, Perceptive awareness: **EDET-TREAT**
- Development, improvement in movement qualities: **EDET-MOVE**
- Patient perspective: **EDET-QOL**

Suitable format for therapists





## Why a Case-Vignette?

- Low hurdle
- in focus:
  - **Resonance between Patient and Therapist**
    - Treatment
    - Aware perception
- Less in focus:
  - Medical-scientific background



## Documentation of treatments:

### Content = in-depth-knowledge and diversity

- Name the exercises
- Intentions / reasons for therapeutic action
- Consideration of the 3-/4-fold-model-configuration
- Perception criteria



Übung	Intentionskonzept	Anzahl Intentionen	Therapieziel 1	Therapieziel 2
<b>Herzspirale mit Kugel</b>	Zur Ruhe kommen, Pausen bewusst erleben, Belebung und Dynamisierung des Astralleibs	4	Blutdruck senken	asthmatische Beschwerden lindern
<b>Hexameter</b>	Harmonisierung Puls-Atem-Rhythmus, Pausen lernen	2	Hypertonus führen lernen	
<b>Gr. A-Übung</b>	Erde ergreifen, Atmen, befreien	2	Aufrichte der WS stärken	Ängste lösen
<b>LRMSI*</b>	Verspannungen lösen, Beweglichkeit der WS, Anregen der Zirkulation, Harmonisieren, Gestaltungskräfte anregen, selbstgeführt Aufrichte üben	6	Beweglichkeit erarbeiten	Stabilität erarbeiten
<b>LMU*</b>	vitalisieren, lösen, zentrieren	3	Gleichgewicht	lösen
<b>LRST*</b>	Gegen MS, Vitalität, seelische Aktivität, Gestalten was da ist und integrieren	4	Erschöpfung mildern	Stabilisieren
<b>RLMNS*</b>	zur Lockerung von Verspannungen, Kräftigung der Nackenmuskulatur	2	Linderung der Schmerzen	
<b>RSLMI*</b>	gegen Hypermenorrhoe, gegen WS Syndrom	2	Lösen	Innenraum bilden
<b>LMNR*</b>	gegen Depression und Angst: Lebenskraft, Empathie mit der Umgebung, Begriffsbildung anregen, luftige Beweglichkeit	6	Alltagsleistungsfähigkeit stärken	Lebensmut stärken
<b>Seerosen-L</b>	Harmonisierung der Einatmung, Asthmaübung, Stärkung des Ätherleibes	3	Blutdruck senken	asthmatische Beschwerden lindern



## Dreiteilig schreiten\* - Intentionenkonzepte

Dreiteilig Schreiten		
Therapieziel 1	Therapieziel 2	Intention
<b>Rhythmus finden</b>	Verbindung aufbauen	Verbindung aufbauen
<b>Angst lösen</b>	Gangfähigkeit verbessern	verankern, Gang schulen
<b>Angst lösen</b>	vitalisieren	Mitte finden, beruhigen
<b>Schmerzen lindern</b>	vitalisieren	verankern, Gleichgewicht
<b>Alltagsleistungsfähigkeit stärken</b>	Lebensmut stärken	Gleichgewicht stärken, verankern
<b>Beweglichkeit erarbeiten</b>	Stabilität erarbeiten	Stabilität, Gleichgewicht
<b>Harmonisierung der Lebensprozesse</b>	(Nicht benannt)	Harmonisierung Puls-Atem-Rhythmus
<b>Gleichgewicht</b>	Lösen	Gleichgewicht stärken, verankern

Intentionen „Dreiteilig Schreiten“	Häufigkeit
Verankern, Verbindung aufbauen	4
Gleichgewicht, Stabilität	4
Mitte finden	1
Beruhigen	1
Gang schulen	1
Harmonisierung Puls-Atem-Rhythmus	1

\*Bei 16 Patienten genannt als 1. oder 2. Hauptübung



## Übersicht Behandlungskonzepte Stand Mai 2018

Diagnose 1	Diagnose 2	Diagnose 3	Therapieziel 1	Therapieziel 2	Therapieziel 3	Übung	Intention
Diabetes	Angsterkrankung	WS-Syndrom	Angst lösen	Gangfähigkeit verbessern		Übung 1	
						Übung 2	
						L/Füße	verankern
						IAO	Einstimmen
						Anapäst	vitalisieren, verankern
						3teilig schreiten	verankern, Gang schulen
						Ballen und Spreizen	Prozessorientierte Atmung schulen, Vertrauen schaffen
							gegen Angst : lösen, Eigenaktivität, Empathie, Lebenskraft, Beweglichkeit, Hoffnung
						LIMARU	
						5Stern	innere Ordnung aufbauen
standhaft stelle ich mich ins Dasein	Abschlussübung						
Diabetes	Angsterkrankung	Erschöpfung	Angst lösen	Vitalisieren		L/Füße	verankern, ankommen
						Licht um mich	Einstimmung
						IAO	orientieren
						3teilig schreiten	Mitte finden, beruhigen
						Hexameter	beruhigen
						harmonische 8 mit kleiner Kugel um die Brust	atmen, Prozessorientierung
						A E Schritte/Ich-Linie	Zentrieren, Lebenskraft
						standhaft-Übung	Abschluss
Diabetes	Angsterkrankung	WS-Syndrom	Alltagsleistungsfähigkeit stärken	Lebensmut stärken		Schaukel-U	ankommen, verankern
						IAO schwingen	ordnen, in Bewegung gegen Depression
						Anapäst	Vitalität anregen
						3teilig schreiten	Gleichgewicht stärken, verankern
						Ballen und Spreizen	Seelisch ordnen
						G/Füße	Stauungen lösen
						LMNR	gegen Depression und Angst: Lebenskraft, Empathie mit der Umgebung, Begriffsbildung anregen, luftige Beweglichkeit
						standhaft stelle ich mich ins Dasein	Abschlussübung
						Licht um mich	Einstimmen

## Motivation and Introduction





## Goal:

### Development of a guideline Case-Vignette-Eurythmie-Therapie

- Based on the CARE<sup>2</sup> / CARE-AAT<sup>3</sup> Guidelines
- short
- At the same time proper presentation of
  - Treatment observation
  - Measured outcomes
  - effectiveness
- Feasible for every therapist

Gagnier et al. 2013. „The CARE Guidelines: Consensus-Based Clinical Case Reporting Guideline Development“. Global Advances in Health and Medicine 2 (5): 38–43.  
<sup>3</sup>Abbing et al. 2016. „The CARE-AAT Guideline: Development and Testing of a Consensus-Based Guideline for Case Reports in Anthroposophic Art Therapy“. International Journal of Art Therapy 21 (2): 46–55.



**Goal:**

Many Case-Vignettes on different symptoms

Our Diversity  
Our Teamwork  
Our Findings

**The Cases of the Specialists  
Conference Eurythmy Therapy 2021**



## How is it meant?

Presentation in brief :

### **The important, new, special**

In a treatment:

- Were special exercises used?
- Is it a “completely normal” course of treatment?
- Is it a chronic disease and the patient regains hope for the first time?
- in focus:
  - **Resonance between Patient and Therapist**
    - Treatment
    - Aware perception
- Less in focus:
  - Medical-scientific background



## The Format:

- A total of 10.000 characters with spaces (1000 Words)
- Patient-Perspective
- Overview with exercises and ratio
- Timeline as an Overview
- Clear, simple sentences without nesting
- Possible no footnotes, even websites in the bibliography





## Titel

The title should already give a concise description and thus an overview of the text

## Abstract

Short description of the case in 40 to max. 50 words

## Keywords

5 keywords show, what the paper is about.



## Intoduction and Diagnosis<sup>1</sup> – Part 1:

- Short overview in one sentence
- Short description of the patient
  - **Anonymized!!!!**
- Findings of the referring doctor
- General characterization of the clinical picture
  - assessment of the operative forces in the organism (3- and 4-fold model of human being), also from the observation of movement
  - The background of the disease must be made clear
- Medically / clinically precise:  
Consultation / cooperation with a doctor

<sup>1</sup> for the whole introduction max. 3400 characters with spaces= ca. 440 words



## Introduction and Diagnosis<sup>1</sup> – Part 2:

- Description of the particularity of the case or the therapeutic intervention
- Which symptom (s) should (s) be treated?
- Brief description of the course of the disease to date
- Movement diagnosis and specific classification / relation to the symptoms
- If recorded: quality of life indicators (e.g. EDET-QoI) at the start of therapy

<sup>1</sup> for the whole introduction max. 3400 characters with spaces= ca. 440 words





## Therapy Course<sup>1</sup>:

- Therapy goal
- Therapy with reason (see sample-table below for the exercises)
- Description of the course with (if possible) changes in the movement and life indication values (reported by the patient), other parameters: less medication, reduction in symptoms, blood pressure values, pain values ...

## Timeline:

- important points in time / events in the course of the disease / therapy, patient comments
- template

<sup>1</sup> for the whole therapy course max. 3400 characters with spaces = ca. 440 words





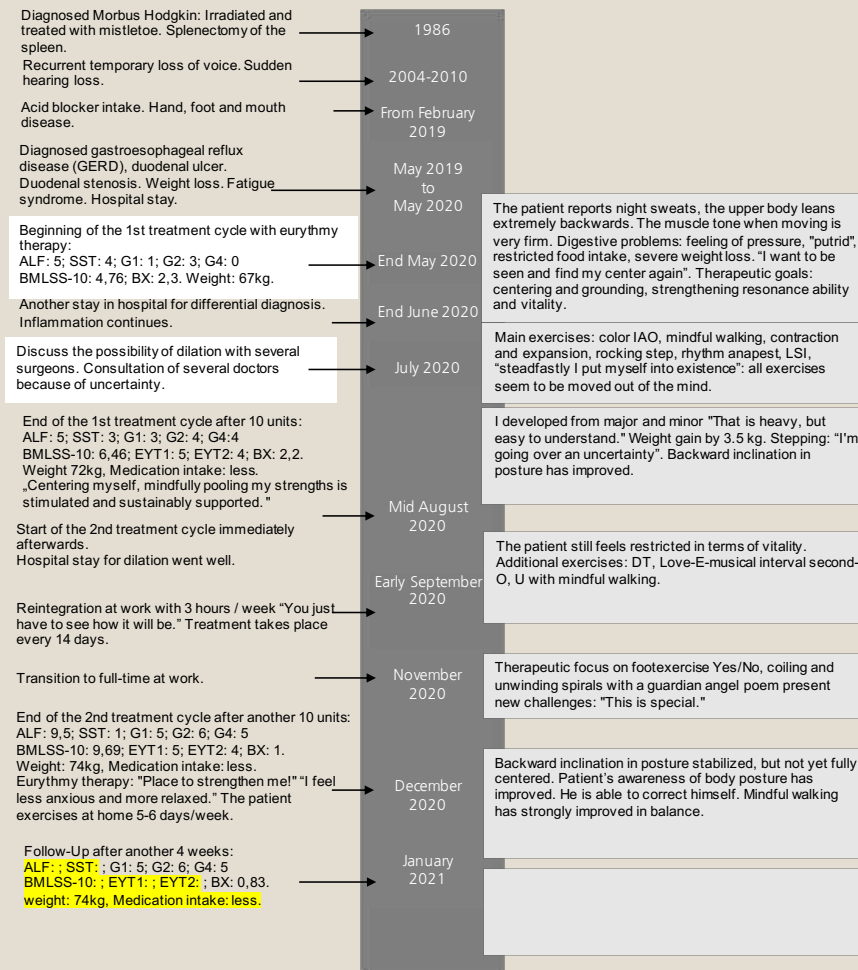
## Table for exercises (example):

- No footnotes!
- Not too much, keep simple, as an overview

Indikation What is supposed to be treated/goal?	exercise Name and give source if possible	Carry out What exactly is done??	reason Why can this exercise help here particularly?
Harmonizing the whole organism	Color-IAO	I: standing upright, feet together: 'I see a white wall / On it I write: 'I am' / A: I step onto a blue surface / right foot aside: 'I press the surface' / left foot aside: 'the surface carries me' / O: arms build a circle in diaphragm high: 'I am surrounded by the reddish yellow firmament: the Firmament surrounds and warms me.'	A movement-meditation in which the ego experiences itself placed self-determined in life, carried by the powers of earth and breathing within his own space.



# Timeline – 1 (example)



ALF = Daily-routine-efficacy (0 = weak to 10 = very good; SST = Symptom-Intensity (0 = weak to 10 = very good); Satisfaction (0 = very dissatisfied to 6 = very satisfied); G1 = Health-Status; G2 = Treatment-Effect; G4 = Vitality; BX = Average of Movement-Qualities (Flow, Tempo, Rhythm, Precision, Balance, Mental Presence); Satisfaction by Eurythmy-Therapy: EYT1 = Quality of Life und EYT2 = Health-Status



## Timeline – 2 (example)

History

- Symptoms since...months/years
- Up to date treated with:
  - ⇒ Medication
  - ⇒ Therapies
  - ⇒ Clinic stay

Therapy phase  
e.g. 20 weeks

- Number of treatments
- Course of therapy:
  - ⇒ Special features?
  - ⇒ Development of symptoms?
  - ⇒ New symptoms?
  - ⇒ New questions?
  - ⇒ Development of medication?

Follow-Up  
e.g. 6 month/3 years

- Does condition remain like after therapy?
- improvements?
- Deterioration?
- New patient decisions?



## Discussion<sup>1</sup>

Important aspects of the case

- what was effective, what did not work so well (strengths and weaknesses)
- How does effectiveness show?

## Questions

What questions did the case raise?

E.g:

- Who has.... also observed and can present his experience?
- How did you / did you proceed in a similar case?

## Declared consent

of the patient or the carer for the publication of the case



<sup>1</sup> max. 1200 characters with spaces = ca. 160 words



## Bibliography in the order in which they appear in the text

### Example:

Kirchner-Bockholt M. Grundelemente der Heil-Eurythmie. Dornach: Verl. am Goetheanum; 2010.

Available at  
<https://www.theguardian.com/news/2018/mar/26/the-human-microbiome-why-our-microbes-could-be-key-to-our-health> (21.11.2018).



## That would be super:

„ If every active eurythmy therapist would produce one or two documents per year, 1,000 documents could be available in three years and serve as the basis for the set goal of well-founded negotiations on the assumption of costs [by the health insurance companies].“

Christoph Tautz, *Zum Thema Heileurythmie-Dokumentation* in Der Merkurstab 2/1992





# The Cases of the Specialists' – Conference Eurythmy Therapy 2021



Thank You for  
Your attention!

