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

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

Intentionen „Dreiteilig Schreiten“

<table>
<thead>
<tr>
<th></th>
<th>Häufigkeit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Verankern, Verbindung aufbauen</td>
<td>4</td>
</tr>
<tr>
<td>Gleichgewicht, Stabilität</td>
<td>4</td>
</tr>
<tr>
<td>Mitte finden</td>
<td>1</td>
</tr>
<tr>
<td>Beruhigen</td>
<td>1</td>
</tr>
<tr>
<td>Gang schulen</td>
<td>1</td>
</tr>
<tr>
<td>Harmonisierung Puls-Atem-Rhythmus</td>
<td>1</td>
</tr>
</tbody>
</table>

*Bei 16 Patienten genannt als 1. oder 2. Hauptübungen
Goal:

Development of a guideline Case-Vignette-Eurythmie-Therapie

- Based on the CARE\(^2\) / CARE-AAT\(^3\) Guidelines
- short
- At the same time proper presentation of
  - Treatment observation
  - Measured outcomes
  - effectiveness
- Feasible for every therapist


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
  o Treatment
  o 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.
Introduction and Diagnosis¹ – 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

¹ for the whole introduction max. 3400 characters with spaces = ca. 440 words
Introduction and Diagnosis\(^1\) – 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-Qol) at the start of therapy

\(^1\) for the whole introduction max. 3400 characters with spaces= ca. 440 words
Therapy Course¹:

- 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

¹ 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

<table>
<thead>
<tr>
<th>Indikation What is supposed to be treated/goal?</th>
<th>exercise Name and give source if possible</th>
<th>Carry out What exactly is done??</th>
<th>reason Why can this exercise help here particularily?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Harmonizing the whole organism</td>
<td>Color-IAO</td>
<td>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 hight: 'I am surrounded by the reddish yellow firmament: the Firmament surrounds and warms me.'</td>
<td>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.</td>
</tr>
</tbody>
</table>
### Timeline – 1 (example)

- **2004-2010**: Acid blocker intake. Hand, foot and mouth disease.
- **2004-2010**: Diagnosed gastroesophageal reflux disease (GERD), duodenal ulcer.
- **End May 2019**: Beginning of the 1st treatment cycle with eurythmy therapy. ALF: 5; SST: 4; G1: 1; G2: 3; G4: 0
- **End May 2020**: BMLSS-10: 4,76; BX: 2,3. Weight: 67kg.
- **End June 2020**: Another stay in hospital for differential diagnosis. Inflammation continues.
- **July 2020**: Discuss the possibility of dilation with several surgeons. Consultation of several doctors because of uncertainty.
- **Mid August 2020**: End of the 1st treatment cycle after 10 units: ALF: 5; SST: 3; G1: 1; G2: 4; G4: 4
- **Early September 2020**: BMLSS-10: 6,46; EYT1: 5; EYT2: 4; BX: 22. Weight 72kg. Medication intake: less. "Centering myself, mindfully pooling my strengths is stimulated and sustainably supported.”
- **October 2020**: Start of the 2nd treatment cycle immediately afterwards. Hospital stay for dilation went well.
- **November 2020**: Reintegration at work with 3 hours / week "You just have to see how it will be." Treatment takes place every 14 days.
- **December 2020**: Transition to full-time at work.
- **January 2021**: End of the 2nd treatment cycle after another 10 units: ALF: 3,5; SST: 1; G1: 1; G2: 6; G4: 5
- **January 2021**: BMLSS-10: 9,66; EYT1: 5; EYT2: 4; BX: 1. Weight: 74kg. Medication intake: less. Eurythmy therapy: "Place to strengthen me!” I feel less anxious and more relaxed.” The patient exercises at home 5-6 days/week.

#### Implementation

- **May 2019 to May 2020**: The patient reports night sweats, the upper body leans extremely backwards. The muscle tone when moving is very firm. Digestive problems: feeling of pressure, "putrid", restricted food intake, severe weight loss. "I want to be seen and find my center again”. Therapeutic goals: centering and grounding, strengthening resonance ability and vitality.

#### Patient's Report

- **July 2020**: I developed from major and minor "That is heavy, but easy to understand." Weight gain by 3,5 kg. Stepping: "I'm going over an uncertainty”. Backward inclination in posture has improved.


- **January 2021**: Therapeutic focus on footexercise Yes/No, coiling and unwinding spirals with a guardian angel poem present new challenges: “This is special.”

- **January 2021**: Backward inclination in posture stabilized, but not yet fully centered. Patient’s awareness of body posture has improved. He is able to correct himself. Mindful walking has strongly improved in balance.

The Casevignette in Eurythmy Therapy IKAM-HE January 2021

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**Legend:**

- ALF = Health Status
- G1 = Treatment Effect
- G2 = Symptom Intensity
- G4 = Vitality
- SST = Average of Movement Qualities (Flow, Tempo, Rhythm, Presence, Balance, Mental Presence)
- BX = Balance
- S = Symptom
- E = Eurythmy Therapy
- P = Presence
- D = Duration
- I = Intensity
- Q = Quality
- V = Vitality
- R = Rhythm
- T = Tempo
- F = Flow
- L = Limitation
- M = Mental
- B = Balance
- H = Health
- W = Weight
- A = Anxiety
- R = Relaxed
- U = Unwinded
- X = Exit

- ALF: 5 = very good, 4 = good, 3 = acceptable, 2 = weak, 0 = very weak
- G1: 1 = very satisfied, 5 = very unsatisfied
- G2: 1 = very intense, 5 = very weak
- A = Symptom: 1 = weak, 5 = very strong
- SST: 1 = very satisfied, 5 = very unsatisfied
- EYT: 1 = very satisfied, 5 = very unsatisfied
- EY: 1 = very satisfied, 5 = very unsatisfied
- BX: 1 = weak, 5 = very strong
- Weight in kg
- Medication intake: less to very much
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
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

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1 max. 1200 characters with spaces = ca. 160 words
The Casevignette in Eurythmy Therapy IKAM-HE January 2021
Bibliography in the order in which they appear in the text
Example:


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!