



ICAAT

[www.icaat-medsektion.net](http://www.icaat-medsektion.net)

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International Coordination of Anthroposophic Arts Therapies

Dornach, 2024

# History: 1995 until today

[www.medsektion-goetheanum.org/en/medical-section/international-coordination-of-anthroposophic-medicine/ikam](http://www.medsektion-goetheanum.org/en/medical-section/international-coordination-of-anthroposophic-medicine/ikam)

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ICAAT is based in the Medical Section at the Goetheanum. It is one of 21 departments which, with its main coordinator, is involved and collaborates in **IKAM** (International Coordination of Anthroposophic Medicine).

In the book "The Anthroposophic Medical Movement - Structures of Responsibility and Working Methods", the historical development of the working methods within the Section and its specialist areas is presented in detail.

# History: 1995 until today

Details: [www.icaat-medsektion.net/en/about-us/history](http://www.icaat-medsektion.net/en/about-us/history)

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For Anthroposophic Arts Therapies, **Marianne Altmaier** was appointed as the first coordinator in 1995 by Dr. Michaela Glöckler, then head of the Medical Section. She established authoritative structures and led the work for 6 years. **Dagmar Brauer** continued the work from 2001 to 2008 and then handed over to **Kirstin Kaiser**.

She led ICAAT until 2020 and during her time appointed co-coordinators for painting/sculpturing, music/singing, and conference preparation. In 2020, **Laura Piffaretti** took over the ICAAT leadership at the request of Kirstin Kaiser and through the appointment of section leaders Dr. Matthias Girke and Georg Soldner. Today, Karin Michael, Adam Blanning and Marion Debus are there for us in the section leadership.

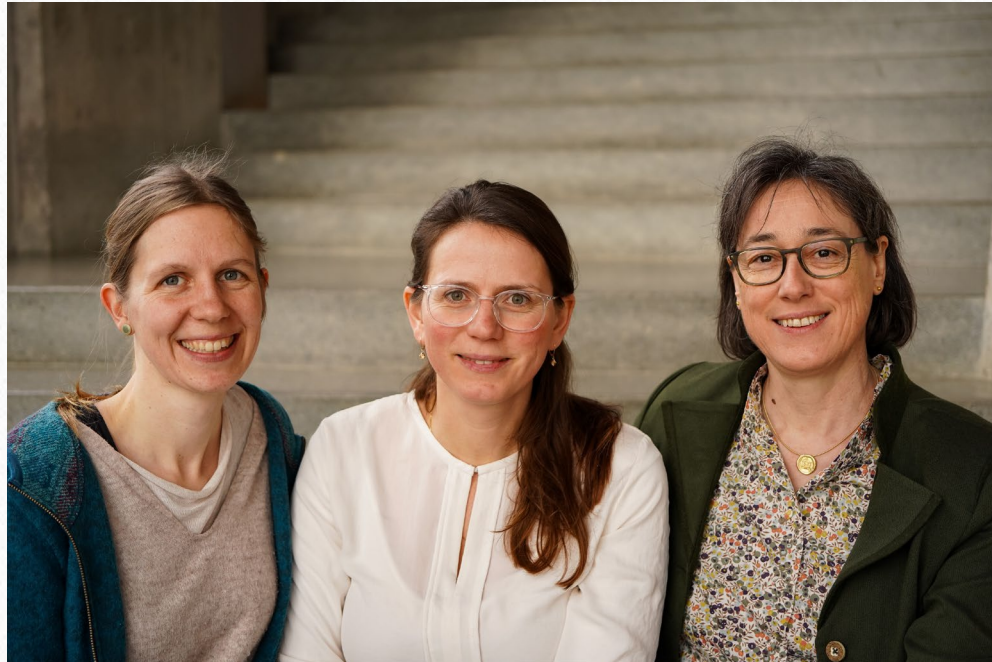
## What does ICAAT do?

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- ICAAT cultivates relationships and stimulates initiatives within and outside various fields of action of anthroposophic arts therapies.
- ICAAT represents and informs about Anthroposophic Arts Therapies worldwide.
- ICAAT participates in the development of the system of anthroposophic medicine within the Medical Section.

# ICAAT-Team and fields

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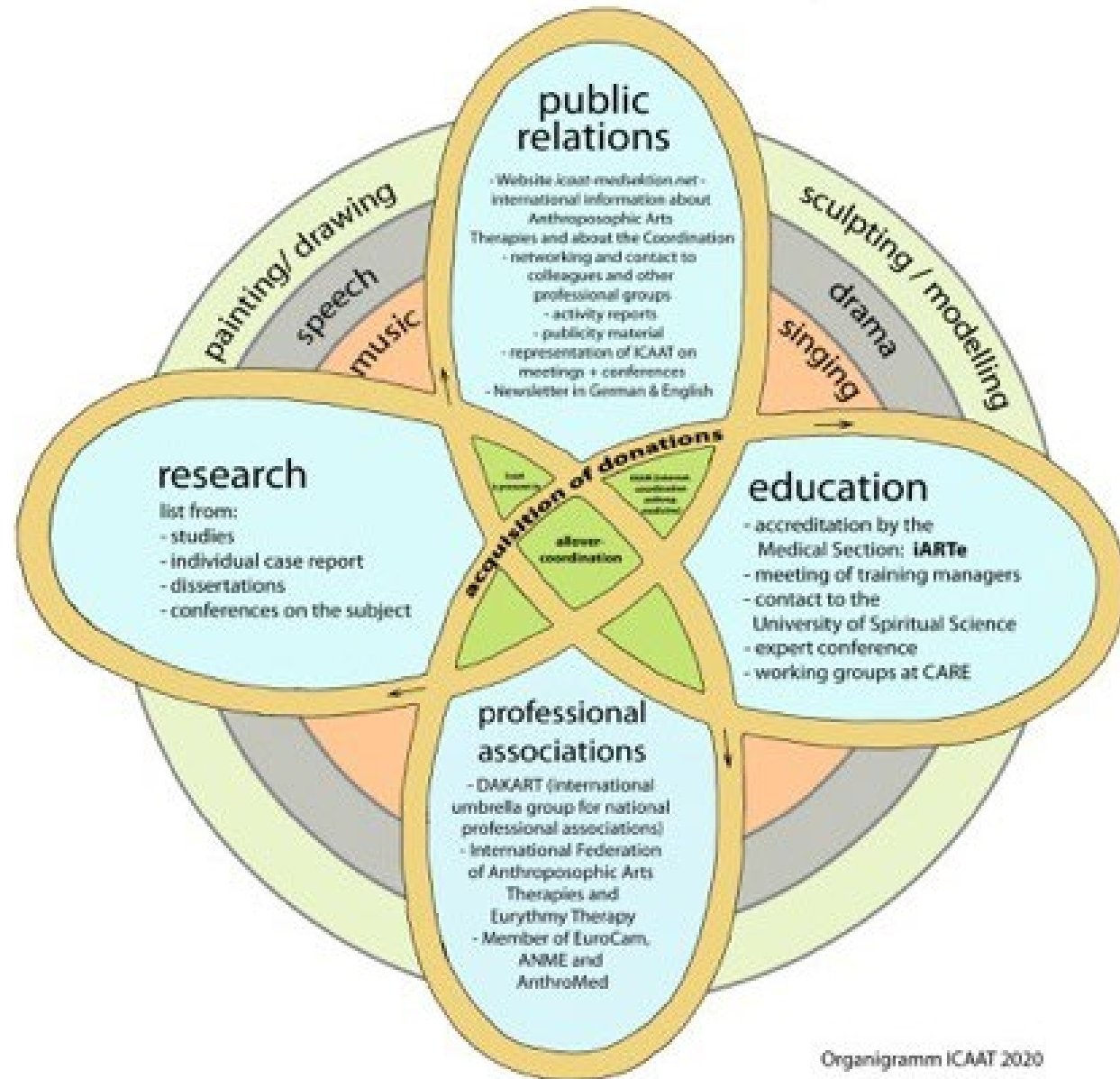


f.l.t.r.:

Linda Teipen:  
Coordinator for Painting & Sculpting

Esther Böttcher:  
Coordinator for Language & Drama

Laura Piffaretti:  
Coordinator for Music & Singing and  
Overall Coordination ICAAT



# Trainings

## Further trainings

iARTe

International Association of Anthroposophic Arts Therapies Educations  
Internationale Akademie für Anthroposophische Kunsttherapie-Ausbildungen

The International Association of Anthroposophic Arts Therapies Educations (in short form iARTe) is an association of the international professional and continuing education courses (schools) recognized and accredited by the Medical Section, as well as professional higher education courses and trainings around the world. Its goals are:

- exchange of experience and development of methods in the fields of arts therapies
- Quality assurance and competence development of arts therapies training and study courses (manuals in DE, EN and ES)
- Accreditation of training and further trainings

The iARTe was founded in 1996 as the European Academy (EA) of seven training and higher education programs and became to the iARTe in January 2020.

In January 2024 the iARTe counted the following members:

- > 17 accredited trainings (private and university)
- > 8 accredited further trainings
- > 15 cooperating members

Office iARTe: Karin Gaiser

E-Mail: [karin.gaiser@medsektion-goetheanum.ch](mailto:karin.gaiser@medsektion-goetheanum.ch)

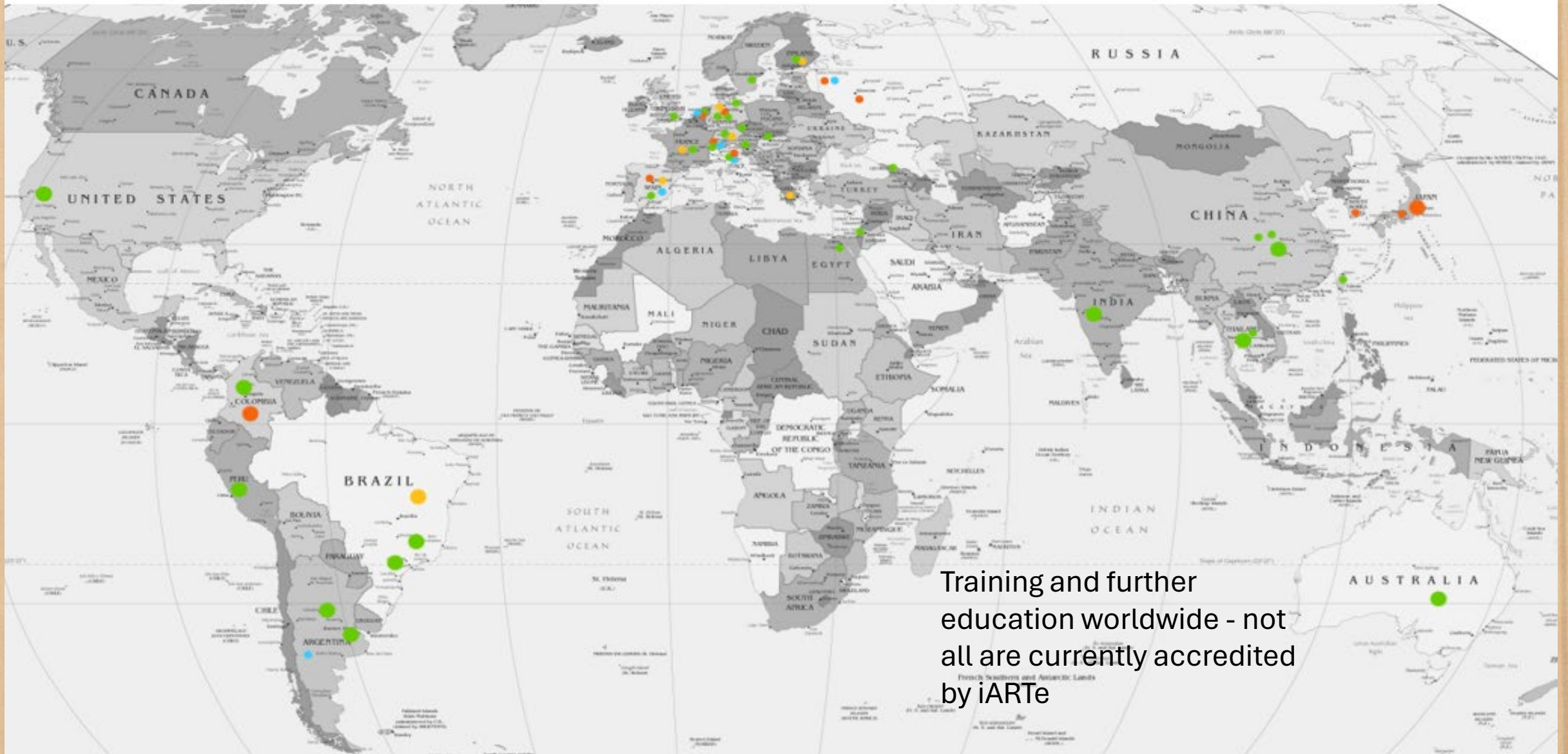
[www.icaat-medsektion.net/iarte/aus-weiterbildung/iarte](http://www.icaat-medsektion.net/iarte/aus-weiterbildung/iarte)

● Malen & Plastizieren  
● Painting & sculpting

● Musik & Gesang  
● Music & singing

● Gesang  
● singing

● Sprache & Drama  
● Speech & drama



Training and further education worldwide - not all are currently accredited by iARTE





### **25. Internationale Arbeitstage für Anthroposophische Kunsttherapien**

für Kunsttherapeutinnen und Kunsttherapeuten, Studierende  
der Kunsttherapien, Ärztinnen und Ärzte, Medizinstudierende,  
Psychotherapeutinnen und Psychotherapeuten, Pflegende

#### **Dem Herzen lauschen**

*Von dem Wahrnehmen ätherischer Herzkräfte  
in der eigenen Biografie*

*Donnerstag bis Sonntag  
9. bis 12. Januar 2025*

**Goetheanum**

# Advanced training

Over 150 colleagues from all over the world and from all disciplines meet at our **International Anthroposophic Arts Therapies Conference** at the Goetheanum in Dornach!

Next conferences:

2025: 9 - 12 January

2026: 8 - 11 January

# Specialist conferences

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There is annual

- a conference on anthroposophic music therapy
- a conference on vocal therapy according to the School of Uncovering the Voice
- a conference on anthroposophic therapeutic speech

Information can be found in the specialist newsletter

# Professional associations

[www.ifat-medsektion.net](http://www.ifat-medsektion.net)



International **F**ederation of **A**nthroposophic **T**herapies

Together with the professional associations from eurythmy therapy and body therapy, 10 professional associations of art therapies are represented by IFAT in EUROCAM and ANME.



**AnthroMed**<sup>®</sup>  
ARTS THERAPY

IFAT is licensor of the AnthroMed - Arts Therapies brand.

IFAT wants to be actively present in the global context of professional policy, maintain cooperation with related organisations and support the recognition of the profession worldwide.

IFAT is a contractual partner and shareholder of AnthroMed.

# Professional organisations that are members of IFAT

## **Kunsttherapie / Arts Therapies**

### MITGLIEDER / MEMBERS

Belgien / Belgium	ARTESANA	<a href="http://www.arte-sana.be">www.arte-sana.be</a>
Brasilien / Brazil	AURORA-ABTAA	<a href="http://www.auroraabtaa.com.br">www.auroraabtaa.com.br</a>
Groß Britanien+Irland / Great Britain+Ireland	AATA	<a href="http://www.aata-uk.org">www.aata-uk.org</a>
Finnland/Finland	ANTY	<a href="http://www.antyry.com">www.antyry.com</a>
Italien/Italy	A.I.A.T.A	<a href="http://www.aiata.it">www.aiata.it</a>
Niederlande / Netherlands	NVV-AG	<a href="http://www.kunstzinnigetherapie.nl">www.kunstzinnigetherapie.nl</a>
Österreich / Austria	ÖVAOK	<a href="http://www.anthroposophische-kunsttherapien.at">www.anthroposophische-kunsttherapien.at</a>
Schweden / Sweden	FAKT	<a href="http://www.konstterapi.se">www.konstterapi.se</a>
Schweiz / Switzerland	SVAKT	<a href="http://www.svakt.ch">www.svakt.ch</a>
Tschechische Republik / Czech republic	Sdružení pro antroposofickou medicínu	<a href="http://www.antroposofickamedicina.cz">www.antroposofickamedicina.cz</a>

### ASSOZIERTE MITGLIEDER /

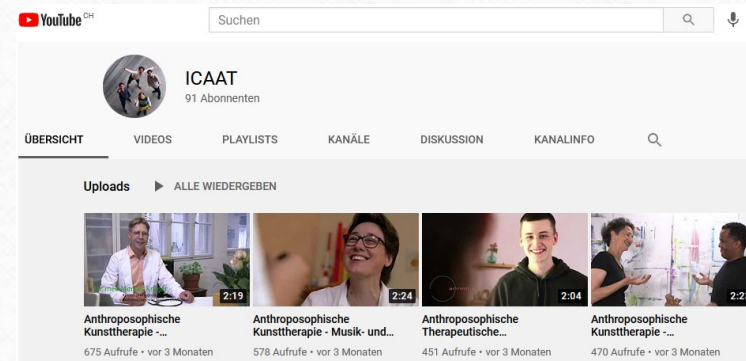
### ASSOCIATED MEMBERS

Japan	Chiho Ogawa	<a href="http://www.j-aat.org">www.j-aat.org</a>
Russland / Russia	Elena Nisnevich	<a href="mailto:nisnevich2004@mail.ru">nisnevich2004@mail.ru</a>

# Public Relations

Contacts to:

- Patient organizations
- Magazines (Das Goetheanum, Anthroposophie Weltweit, Der Schulkreis, others)
- Media: Instagram and YouTube
- Media professionals in anthrop. Field
- doctors/young doctors



Homepage ICAAT

Presence at the conferences

# ICAAT Newsletter

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The general ICAAT newsletter is published 4 times a year with news from the specialised fields of arts therapies worldwide.

Subscribe to the newsletter:  
[ICAAT Newsletter](#)

Each subject area also has an internal subject newsletter. To receive it, please contact the relevant subject coordinator:  
Painting&Sculpture: Linda Teipen  
Speech&Drama: Esther Böttcher  
Music&Singing: Laura Piffaretti  
(email addresses can be found on the ICAAT website -> Team)



# Orientierungshilfe Anthroposophische Kunsttherapien

HINWEISE FÜR VERORDNER



Ergänzte  
2. Auflage  
2024

# Orientierungshilfe Anthroposophische Kunsttherapien

HINWEISE FÜR VERORDNER



Goetheum  
Medizinische Sektion

Förderverein  
Anthroposophische Medizin  
Pflege | Therapien | Forschung

# Guidance for prescribers 2nd supplemented edition 2024 online on ICAAT-Web

DIAGNOSE

## Allergie

FACHRICHTUNG

FACHSPEZIFISCHER ANSATZ

Plastizieren,  
Formenzeichnen



Widerstand und Grenze am Ton erfahren. Arbeiten an klaren oder geometrischen Formen. In den Formen Ausgleich zwischen konkav und konvex finden.

Malen, Zeichnen



Formkraft stärken durch Zeichnen, durch Gestalten von Mitte und Umkreis. Zentrum und Grenze erleben.

Musik, Gesang



Üben von Kanons, das Halten von gegenläufigen Rhythmen und eigene Stimme erproben. Hülle erleben.

Sprache, Drama



Kräftiges, gestaltetes Sprechen, «erden» und Abgrenzungsfähigkeit (Ja-Nein) bzw. Eigenwirksamkeit fördern; Stärkung der rhythmischen Koordination.

ANSATZ

Grenzbildung unterstützen, Beleben des Wechselspieles zwischen Luftigem und Wässrigem. Ich-Aktivität und Selbst fördern, Belebung der Atmung.

MÖGLICHE INTERVENTIONEN

Geometrische Formen, platonische Formen. Relieffartig eine ebene Fläche aufbauen, die Mitte zentrieren und wachsen lassen, steigern. In freien Formen Ausgleich zwischen konkav und konvex finden.

Zeichnen mit Linien und geometrischen Formen, Perspektive erleben. Schichttechnik mit Grün-Blau-Tönen. Halt und Hülle durch formgebende Blautöne. Innenraum abbilden. Kohleübungen.

Aktives Musizieren und/oder Singen im Kanon, zweistimmig, rhythmisches Arbeiten mit Händen/Füßen auf Instrumenten. Erfahrung der eigenen Hülle durch Klang und Intervallwahrnehmung am Leib.

Atemübungen u.a. mit klingenden Konsonanten wie M und N und Vokallängen mit E. Kommunikationsgesten zur Grenzbildung und Förderung des Selbstausdrucks. Spruch-Meditationen zur Ich-Stärkung und Abgrenzung.

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Bei der Diagnose erfolgt die möglichst genaue bewertende Zuordnung von Anamnese, Symptomen und Befunden zu einem Krankheitsbegriff oder zu einem Syndrom (typische Symptomkombination). Das Syndrom ergibt, zusammen mit der Krankheitsursache bzw. deren Entstehung (und der Abgrenzung gegenüber ähnlichen/verwandten Krankheitsbildern (Differentialdiagnose)), die Diagnose (z.B. «[Gib]-«durch»-I» = yvovoc; [Gib]«[sic] = «Erkennungs», «Ursache»-Gesamtschau).

Zugewandt der Lesbarkeit sprechen wir von Therapeuten, Ärzten und Patienten und meinen immer alle Geschlechter.

## Translation into English and Italian in progress

# Research

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The task is

- To collect and disseminate research results within Anthroposophic art therapies.
- To support research colleagues
- Exchange with research centers in the anthrop. Maintain context.

To find on our homepage:



A working group has compiled a rich working paper on the subject of "Anthroposophical Art Therapies Online":

[www.icaat-medsektion.net/en/research/literature/research/projects](http://www.icaat-medsektion.net/en/research/literature/research/projects)



# Finances ICAAT

If you like the work of ICAAT, please support us with an annual donation, e.g. in the amount of a therapy contribution

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ICAAT employees give their best and do a lot of voluntary work. The fees only cover part of the hours that are required for serious work in ICAAT. The ICAAT budget amounts to CHF 30,000 per year. In the last 3 years we have been able to stimulate the inflow of donations and we are very grateful for this. However, these are still not enough.

We are therefore very grateful to all of you for your appreciation and support!



# ICAAT

## is there for you

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**For payments from Germany and EU:**

Förderstiftung Anthroposophische Medizin Deutschland Bergwerkstr.  
39, 79688 Hausen, DE Bankverbindung: Med. Sektion /  
Förderstiftung AM Volksbank Dreiländereck eG  
IBAN: DE92 6839 0000 0000 9707 60  
BIC/Swift: VOLODE66  
purpose: Coordination ICAAT Arts Therapies

**For payments international:**

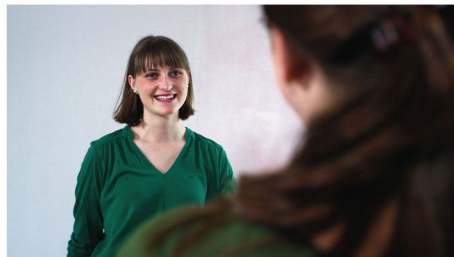
Bankverbindung Medizinische Sektion: Allg. Anthr. Gesell., Med.  
Sektion Postbank Karlsruhe, DE-76118 Karlsruhe  
IBAN: DE59 6601 0075 0335 3277 50  
BIC: PBNKDEFF  
purpose: Coordination ICAAT Arts Therapies

For Payment **Credit card/PayPal:** [www.medsektion-goetheanum.org](http://www.medsektion-goetheanum.org) -> Donation -> reason for Payment:  
Donation ICAAT

- Networking
- Creating visibility in the world and being present as a therapeutic pillar in the Medical Section
- Accompanying development (training, professional policy, initiatives)
- Communicate quality (to patients and doctors)
- Organise conferences and symposia

# Thank you

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Don't get tired  
but follow the wonder  
quietly like a bird  
hold out your hand

*Hilde Domin*