



Zentrum für  
Integrative Onkologie

Hämatologie Onkologie Palliative Care

## Artistic Therapies, Biography work, physiotherapy, Rhythmic Massage and External Applications

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*Recognize your own strength,  
arrange the thoughts,  
to do good to the body*





## PAINTING AND PLASTIC ARTS THERAPY

### – What is it?

The foundation of plastic arts is the body, and for painting, the surface. In anthroposophic painting therapy, the process of painting and the effect of colors are the main focus. Colors are not just all around us, they are also within us. They are connected to our soul and with our organs.

In therapeutic painting, this inner world of

and the acting one. This type of painting is surprisingly therapeutic and offers many opportunities for discovery.

In the plastic arts, the mild resistance of the clay challenges one's willpower and creativity. From the initially unformed clay, gradually shapes and changes in form are developed. The patient's inner drive is stimulated, which subsequently expresses itself in a more solid form and thereby fosters recovery.



color is stimulated and can have a harmonizing and balancing effect on us. The experience of this world of color and color properties is actively fostered and its effect purposefully deepened. It is not important to create «a work of art». What matters is that the way in which the colors appear together on the surface is true to an inner set of principles.

Painting stimulates the search for equilibrium between the thinking human being



## For whom?

We treat patients who have a prescription for this therapy, those who wish to participate on their own volition, and upon request by relatives.

- People from all walks of life
- Outpatients and inpatients
- Relatives, people close to the patient, children, teens, and adults
- All people who want to do something good for themselves.



## How is this therapy applied?

### Physical level

- for reduction of pain
- to slow breathing and stimulate deep breathing
- to relax muscles
- to stimulate
- to equalize organ activity

### Spiritual level

- to calm and organize mental processes
- to potentially experience and to newly perceive repressed and hidden feelings
- To strengthen feelings of hope and communication capacity

### Personality level

- to establish feelings of self-worth
- to help grapple with existential questions
- to strengthen courage and willpower





*Heileurythmie; Movement - Bridge between mind and body*

## HEALING EURHYTHMY

### – What is it?

Healing eurhythmie is based on eurhythmie (Greek: eurhythmie = harmonic rhythm) and is a type of movement therapy of anthroposophic medicine.



One important aspect is training in inner perception and stimulation of bodily self awareness. If the movement is combined with an inner, image-creating expectation, all levels of a human being can be addressed and self-healing forces activated.

Passive healing eurhythmie is a specialized approach. While the patient is relaxed and in the supine position, therapists move the patient and bring the impulses for movement to him or her.

The basic elements are the sounds of our language that have been transformed into movement, which are specifically applied according to indication and therapeutic objective. All life functions are addressed, and excessive or difficult disease processes can be regulated and harmonized.



We treat patients with a prescription for this therapy, those who wish to participate on their own volition, or upon request of relatives.

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- Inpatients and outpatients, from all walks of life
- Bedridden patients (passive healing eurhythm)
- Relatives and those close to the patient
- People with weakened life forces
- Patients before or after surgery
- for symptoms in musculoskeletal system
- for pain

- for conditions of fatigue or anxiety
- for psychological or psychosomatic illnesses
- for disorders of the nervous system, cardiovascular system, metabolic system
- for support during chemotherapy and mistletoe therapy
- for prophylaxis and aftercare
- for stimulation of life forces and regeneration
- for support in stressful situations
- for strengthening body awareness





## Music Therapy – What is it?

Anthroposophical music therapy is an old form of therapy that works primarily through breathing. It incorporates a variety of different instruments, including wind, string, and percussion instruments as well as the singing voice. It is applied actively as well as passively and is implemented with regular repetitions.



the originating elements of music: melody, harmony, and rhythm, and played on simple instruments. They can reach deep into the organic level of human beings.

Patients can actively or passively participate in this musical activity without prior musical knowledge and thereby positively impact their physical bodies, spiritual constitution, and willpower..



Music therapy gives us the opportunity to gain new experiences and allows us to listen to what we really need in a different way.

A human being is like a symphony that may no longer sound harmonious due to illness. Music therapy is applied during this disharmony and attempts to lead patients back to their «own equilibrium with its distinctly personal sound». The exercises are based on

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- All people who want to do something good for themselves.
- People from all walks of life
- Inpatients and outpatients
- Relatives and those close to patients



## How is music therapy applied?

### Physical level

- for reduction of pain
- to calm breathing and stimulate deep breathing
- for muscle relaxation
- to attain equilibrium in organic functions
- to stimulate

### Spiritual level

- to calm and organize mental processes
- to experience and to see repressed and hidden feelings in a new light
- to strengthen feelings of hope and communication capability

### Personality level

- to establish feelings of self-worth and self-confidence
- to create impulses for initiative
- to help grapple with existential questions
- to strengthen willpower





*Rhythmic massage; Rhythm is life*

## Rhythmic Massage – What is it?

### Rhythmische Massage

Rhythmical massage is a holistic therapy that addresses one's forces of self-healing and self-regulation. The method is based on the aspects across psycho-physiological associations in human beings and the functional three-part structure of the human organism.

The rhythmic functions of respiration and circulation are the balance between nervous/sensory processes that break down and metabolic processes that build up. The quality of the technique is more focused on suction than pressure. Through the various applications of binding and loosening in massage technique, irregularities can be brought into harmony again.



## For whom?

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- People from all walks of life
- All people who want to do something good for themselves.
- Bedridden patients
- Outpatients and inpatients
- Relatives and those close to patients



## When are these therapies applied?

- Disorders of the musculoskeletal system
- Internal symptoms
- Oncology
- Gynecology
- Crises
- After surgeries
- Following trauma
- to preserve health
- in therapeutic education





*«The successful therapy also depends on whether your body is doing well!»*

## EXTERNAL APPLICATIONS IN CANCER THERAPY

The Center for Integrative Oncology (CIO) treats cancer patients in all stages of the disease. It is important to us to treat the whole person, body, soul, and spirit, and to value the uniqueness of each individual.

Methods of modern oncology are applied within an integrative concept that includes anthroposophic medicine as well as proven processes of complementary medicine.

Nonetheless, oncological therapy is a stressful process for the body, and it therefore requires support and relief. External applications such as wraps and compresses as well as rhythmical embrocation are processes in body care that are integrated into the treatment concept of CIO. These processes improve perfusion,

help fight pain, loosen tensions, foster rhythmical processes such as respiration and elimination, and lead to improvements in wellbeing.

External applications already played an important role in traditional folk medicine and are also successfully implemented in anthroposophic medicine. Rhythmical embrocation was developed as a part of the therapeutic concept of anthroposophic medicine by physicians Dr. Ita Wegman and Dr. Margarete Hauschka in the last century.



## Wraps and compresses

The effect of the prescribed substance, whether it be tea, salve, or oil, specifically supports various symptoms such as tiredness, tension, pain, restlessness, and others. Following application, patients feel refreshed and recovered.

With the aid of towels, substances are



applied to the skin and fastened there. The enveloping wrap creates a kind of second skin that provides a barrier and support. The unique affiliation of warmth and heat or cooling and cold creates a climatic cocoon in which the effects of substances such as chamomile or yarrow can unfold.

## Rhythmical embrocation

The gentle touch of rhythmical embrocation according to principles by Wegman/Hauschka stimulate a weakened body. They support patients in self-awareness and increase vitality. The result is an improvement in wellbeing, warming and vitalization of tissues, and the relaxation of tensions. Rhythmical processes like respiration and elimination are stimulated and strengthened.

In this treatment method, the quality of touch is based on rhythmical principles. With careful, finely attuned movements, medical oils and salves are applied either on the whole body or parts of the body. A short rest after application fosters the effects of this form of therapy.



## Locations/Contacts

### ZIO Zürich

Hardturmstrasse 133  
CH-8005 Zürich  
Telefon +41 44 448 30 00  
info@integrative-onkologie.ch

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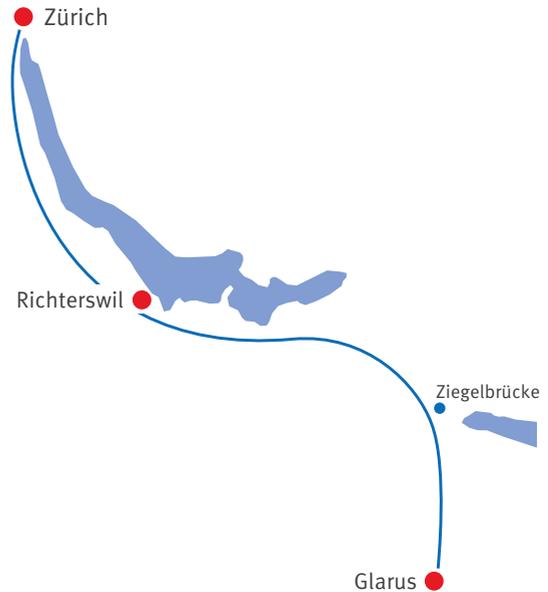
### ZIO Paracelsus-Spital Richterswil

Bergstrasse 16  
CH-8805 Richterswil  
Telefon +41 44 787 27 07  
info@integrative-onkologie.ch

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### ZIO Glarus

Schweizerhofstrasse 3  
CH-8750 Glarus  
Telefon +41 55 640 44 44  
info@integrative-onkologie.ch



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