Anthroposophic Medicine for Whole Person Healing and Wellness

Therapeutic Speech Arts
(aka ATS: Anthroposophic Therapeutic Speech)

ATS at RMT!!

Four- and seven-week blocks of weekly and semi-weekly sessions are currently being scheduled for the period from April 30 until mid-June.

The art of the spoken word finds a range of application in educational, therapeutic and performing situations. Its therapeutic application, Anthroposophic Therapeutic Speech (ATS), will be available at Raphael Medicine & Therapies this spring, with practitioner Helen Lubin.

Therapeutic speech is an artistic therapy in which the spoken word is explored and practiced, harmonizing imbalances that can cause illness. As with other artistic therapies, the client’s own activity is stimulated, awakening motivation and thereby augmenting the resources for healing. These renewing forces affect physiologic, psychological and spiritual processes, and allow us to come more fully to ourselves and take hold of our lives in new ways.

For optimal choice of dates/times, please schedule during the first half of April by contacting Helen at helenlubin@gmail.com | 916 966 5749

Anthroposophic Therapeutic Speech (ATS)
by Helen Lubin

The art of the spoken word (also known as ‘speech formation’ or ‘creative speech’) finds a range of application in educational, therapeutic and performing endeavors. Its therapeutic application, Anthroposophic Therapeutic Speech (ATS), is briefly addressed in what follows.
**medicine and healing**, artistic therapies are a significant component of treatment. Therapeutic speech is an artistic therapy in which the spoken word is explored and practiced, harmonizing imbalances that can cause illness. As with other artistic therapies, the client's own activity is stimulated, awakening motivation and thereby augmenting the **resources for healing**. These renewing forces affect physiologic, psychological and spiritual processes, and allow us to come more fully to ourselves and take hold of our lives in new ways.

Following a thorough **speech diagnosis** – based on voice, breathing, posture/movement, articulation, etc. – therapeutic speech works with elements of vowels and consonants, breath, rhythms, voice placement, and imagination, as well as stories and other prose texts, different styles of poetry, dramatic dialogue, speech/language exercises, and the integration of movement and gesture.

On the basis of the speech diagnosis, the therapeutic speech practitioner – in connection with the physician's medical diagnosis, whenever possible – develops a **therapy plan**. Therapeutic speech can contribute to the treatment of such challenges as developmental disorders, constitutional challenges, children's learning disabilities and behavioral problems, attention problems, exhaustion, anemia, respiratory disorders, sinusitis, eating disorders, heart and circulatory disorders, rheumatic disorders, depression, thyroid dysfunction, tinnitus, speech disorders such voice disorders, lisping, stuttering, developmental delays, hoarseness, etc. It can strengthen confidence, cultivate a healthy sense of self, and be of help in managing stress, furthering concentration, imagination, and speaking and listening skills. It can be helpful as an accompanying therapy for cancer and AIDS patients, furthering a sense of well-being and opening resources of strength and creativity. Greater presence of mind and wholeness of expression can be a substantial support to individuals dealing with long-term challenges of various kinds. A new access to the experience of self is made possible, bringing renewed inner orientation in life and in connecting with others.

### Some Frequently Asked Questions about ATS by Helen Lubin

**What is a therapeutic speech session like?**

Sessions can be expected to last 30-50 minutes, 1-2 times per week for several weeks, with a possible follow-up series after an interval. Many individuals choose to continue with a weekly session for a few weeks or months each year as a way of integrating this into their ongoing personal development and/or healthcare. During the sessions, the client and therapeutic speech practitioner work together with poetry, speech exercises, stories and/or other texts, developing a nourishing and meaningful practice. Exercises with gesture and other movements may accompany and support the overall process. It is often beneficial to learn by heart some or all of the material worked with.

**I don't have a speech impediment, so why would I do therapeutic speech?**

Clients are often surprised that their anthroposophical doctor has recommended therapeutic speech although there is not a speech problem. As mentioned in the foregoing indications, therapeutic speech has a range of application that includes many constitutional, developmental and other challenges. As a comparison: one can see that a person is furthered in his/her entire well-being through working with the artistic elements of music or painting, without this being intended to make one into a better musician or...
Spoken word will contribute to the experience and skills of the musician, painter or speaker, yet their value can be beneficial to any individual seeking healing, inner strength growth.

What about practicing between sessions?

Practicing between sessions enables integration of the beneficial effects. Over time, this practice can be a significant factor in the degree to which the healing forces can take hold in a lasting way.

What results have been experienced?

Therapeutic speech brings about noticeable changes in areas such as concentration, confidence, of mind and decision-making. People also experience forces of initiative and levity in place of exhaustion. Lab results have documented improvements in anemic conditions. New forces become accessible which support meeting the requirements of everyday life. Speaking, listening and attention improve. speech influences respiratory and circulatory activity, positive physiological changes can be experienced in regard to various conditions. Clients also report a new feeling of being grounded and anchored, and experience support in their professional and personal lives, and an ability to better connect with themselves, with others and with their lives.

Therapeutic speech for children, youth, and adults available either by physician referral in connection with medical care or by client request as a health-supporting measure and in connection with self-development.

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Further information:

Association of Anthroposophic Therapeutic Arts: http://aata-uk.org/

Creative Speech North America – Association for Anthroposophic Speech Arts: http://www.creativespeech.org/?q=node/4

http://www.internationaljournalofcardiology.com/article/S0167-5273(02)00137-7/abstract

Swiss Association for Anthroposophic Art Therapies: Therapeutic Speech http://www.therapeutische-sprachgestaltung.de/ (in German)
Waldorf education by providing professional development, work with classes, sessions with individual students, and parent lectures/workshops; co-founder/faculty of the initiative *Speech School of North America* (professional training in anthroposophic speech arts); translator/co-editor of the English-language edition of *Anthroposophy Worldwide*, 2004-06; freelance editor and translator; articles in various publications. Completed Camphill Seminar in Curative Education; 10 years’ experience in this field; BS Special Educational Studies; BS Speech Pathology and Audiology; MA Human Development. Former Waldorf student (Green Meadow Waldorf School).

*Schedule your ATS appointment with Helen directly at helenlubin@gmail.com 916 966 5749*