

Asia-Pacific Rhythmical Massage Therapist Training Program (AP-RMTT) 3 years program (2024 – 2026)

General Introduction

A training in Rhythmical Massage Therapy as indicated by Dr. Ita Wegman & Dr. Margarethe Hauschka starting January 2024 over 2.5 years, 5+ modules. The course is strongly experiential and includes:

- Intensive practical training sessions of the basic principles and practices of Rhythmical Massage Therapy.
- Medical studies that expand the natural scientific understanding with the holistic approach.
- Medicinal plant studies.
- Introduction to hydrotherapy and external applications including the knowledge and use of aromatic oils.
- Professional and personal development studies and artistic activities

Training involves not only mastering the techniques of the massage itself, but also developing an understanding of the human being in health and illness, both from a conventional and anthroposophic perspective. Students learn a subtle rhythmic quality of touch, which works to strengthen and enliven the life supporting processes in the human body.

Teaching and learning take place through a combination of lectures and hands-on practice, mixed artistic media exercises, discussion groups, tutorials and case studies. Through this the students can develop a thorough, in-depth and holistic approach to the theory and practice of rhythmical massage therapy. Throughout the course, study-skills support is provided through tutorials and mentoring sessions.

Throughout the course, participants receive a certificate of attendance. The AP-RMT training is accompanied by the IKAM accreditation process; following successful completion of the accreditation, participants are able to receive a diploma recognised by the Medical Section.

Course aims and objectives

- Teach and understanding of the Anthroposophic approach to the human being.
- Fully Train students in rhythmical massage therapy in theory and technique.
- Integrate massage practice with theoretical approaches to health and illness.
- Acquire a deep understanding of rhythmical massage therapy and its effects on the emotional, physical and spiritual well-being of the human being.
- Fully understand the contra-indications and cautions.
- Develop appropriate communication skills to work effectively with clients, colleagues and the wider community.
- Inform students of placement opportunities in rhythmical massage therapy.
- Inform students of employment opportunities in Anthroposophic practices and elsewhere.
- Inform students of how to set up and develop in practice which includes practice management.

Learning outcome to support students in acquiring knowledge and understanding of

- Rhythmical massage therapy technique and theory.
- Anthroposophic medical studies.
- Personal growth and development throughout the training.
- Anthroposophic spiritual sciences.
- Introduction to hydrotherapy and external applications/remedies.

Eligible for:

- Physicians, Nurses, Massage Therapists, Physiotherapists, including the professionals and students from different health careers who have the license to touch and/or medical practice.
- With an interest in Rhythmical Massage Therapy based on Dr.Ita Wegman & Dr.Magarethe Hauschka.
- The course is intended for mature students, must be 21 years of age or older.

Training Periods – 3 years (2024 – 2026)

- **Module I** – 11th – 22nd January 2024 (12 days)
- **Module II** – 27th May – 7th June 2024 (12 days)
- **Module III** – January 2025 – final date will be decided later (12 days)
- **Module IV** – May-June 2025 – final date will be decided later (9 days)
- **Module V** – January 2026 – final date will be decided later (9 days)
- **Online Module** – during time between **Module IV** and **Module V**.

Prospect ideas of each module.

- **Module I** : Introduction to the whole body works on basic Rhythmical Massage Therapy, 3 fold nature of the human beings, 4 members of the human being, Polarity of the human being.
- **Module II** : Polarity in Anabolic and Catabolic process, Hands on Rhythmical Massage Therapy Practice, Elderly care and Eating disorders.
- **Module III** : Hands on Rhythmical Massage Therapy Practice, Cardiovascular and pathology of The Rhythmic System, Mental health disorder – Anxiety and Depression.
- **Module IV** : Approach on pathology and Illness with case studies, Practice based on healing and illness part I
- **Module V** : Approach on pathology and Illness with case studies, Practice based on healing and illness part II
- **Online Module** – Understanding and work on case reports, text study of Rudolf Steiner based on Bridge lecture, Invisible human being and Fundamental of Therapy. And Textbook Studies from Margarethe Hauschka in Rhythmical Massage Therapy.

Attendance and submission deadlines

- The training is modular and students are expected to follow the complete timetable. In exceptional circumstances, special arrangements may be agreed between the student and the course directors. Such agreements will be written, signed and kept in the student's file.
- Attendance requirements
 - o Attendance below 80% is considered insufficient to meet the course requirements. Students will be asked to repeat the subject or complete additional work as set by mentor.
 - o Students are asked to be on time for the classes.
 - o Students respect the given deadlines for submission of coursework and assignment.

Main Faculty of AP-RMT Training Program. (ASIA-PACIFIC RHYTHMICAL MASSAGE THERAPY)



Aoine Landweer-Cooke

Was born to non-Irish artist parents. Studied in the UK, Germany and USA. She has been resident based mainly in the UK and Ireland. With over forty years experience in health care professions and thirty-five years as a bodyworker, specialising in Rhythmical Massage Therapy, (as indicated by Dr Ita Wegman). Her main areas of expertise are as a practitioner, trainer, supervisor and mentor, working in clinical/hospital settings as well as private practice. She is

currently engaged in trainings in the USA, UK, India, Israel and Thailand. She is a CPD (continuing professional development) consultant, supervisor, mentor and tutor especially in the broad field of bodywork trainings and practices, with significant knowledge and expertise in RMT. Group dynamics and company teams have been her leading field of interest and proficiency in terms of management and guidance. Trainings in facilitated mediation, conflict resolution and negotiation skills play an ever increasing valuable role in change-dynamics. Her approach is underpinned by an integrative philosophy of learning as well as phenomenological application and study pathways.

Sridhar Reddy

Dr Patlola Sridhar Reddy holds a Bachelor of Physiotherapy from Mangalore University, followed by his masters with specialization in Neurology, Dr MGR Medical university. He is on a panel, as consultant to NRSA Department of Space Government of India. He engaged in further training, within the field of Anthroposophy and is certified as an Anthroposophic physiotherapist by the Medical Section Goetheanum Switzerland, having also completed his Diploma training in Rhythmical Massage Therapy, Germany. Currently he is successfully able to integrate mainstream physiotherapy and Anthroposophic physiotherapy in his practice in India. He will accompany this PA RMTT as trainee assistant, in line with his RMTT Tutor qualification pathway.





Kan-aneek Kaewthaweesab

is an individual anthroposophic physician. His medical work originates from the mainstream medicine. He studied several types of complementary medicine and applied this to his clinical practice. He is the general secretary of the Anthroposophic Medicine Association Thailand (AMAT). He also serves as the organizer of anthroposophic medical training for physicians and therapists in Thailand. When he first encountered anthroposophic medicine, he suddenly realized

the important of this medical approach as the medicine of humanity. He transformed his clinical practice by using the concept of anthroposophic medicine as the center of practice. He is also certified in Classical Homeopathy, Acupuncture, Naturopathy, and Spacial Dynamics. He teaches and lectures in the anthroposophic medical training in Thailand, Taiwan, Indonesia and Switzerland; The International Integrative Oncology Training in Thailand and India; The Asia-Pacific Anthroposophic Pharmacy Training; The Asia-Pacific Curative Education and Social Therapy Training.

Dr.Kan-aneek graduated from Phramongkutklao College of Medicine and completed his Master degree in Anti-aging and Regenerative Medicine, Mae Fah Luang University, Thailand.

Hermann Wessels

Studied Eurythmy at Witten Annen, Germany and Eurythmy Therapy at Denn Haag. Hermann worked as a curative eurythmist at Zonnenhuizen Veldheim in Netherland for 7 years and also worked as a house leader for 10 youngsters with special needs and challenging behavior in Zonnenhuizen. After moving to Thailand, he worked as a freelance eurythmy therapist and was a long-term advisor for the project of Waldorf-inspired education at the School for the Deaf of Rachasuda College: curriculum development, implementation and supervision. He also coached teachers at Roon Arun School, focusing on the student-teacher relationship. He completed an MA in Eurythmy Therapy at Alanus University in 2020. At present, he is a freelance eurythmy therapist and teaches eurythmy for adults in various settings.



Information of Trainings:

Venue : Banrak Kindergarten

Address : 23 Saeng Chan, Phra Khanong, Khlong Toei, Bangkok 10110

Language : English is the training language only. In case, you need a translation into your language, please kindly contact to us to find the possible solution.

Course Fee : 42,000 Baht/Module or 210,000 Baht/program

– including venue, training program, lunch and 2 breaks.

Not include

– flight ticket, visa registration fee, breakfast and dinner, accommodation and transportation.

Contact Information

For International and Asia-Pacific region

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For Local Thailand

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Registration : Write your Short or Brief Biograpy, to let us know you more and your motivation to join our program, Medical License or License to touch, Photo and Copy of your passport. If you are the medical students, please provide your condition or certification of your education or study in medicine. **Deadline to Close Registration on 15 December 2023.**

Payment

Bank name – Land and Houses Bank PCL, Branch – 503 The Mall Bangkokpi

Bank Account – 503-2-18713-7

Account Name : KAN-ANEK KAEWTHAWEESAB

Swift code : LAHRTHB2