



# Association of Anthroposophic Therapeutic Arts

MUSIC, SINGING, SPEECH, VISUAL ARTS

## CONSTITUTION

UPDATED IN  
MARCH 2025

# ASSOCIATION OF ANTHROPOSOPHIC THERAPEUTIC ARTS, UK AND IRELAND

## **1. Definition of Anthroposophic Therapeutic Arts**

Anthroposophic Therapeutic Arts have been developed since 1925 by doctors, artists and subsequently, therapists in the context of anthroposophic medicine, curative education and social therapy. They are founded on the understanding of the human being as developed by Rudolf Steiner. Basic to this understanding is a holistic approach to health and healing that takes into account body, soul and spirit. Therapeutic practice involves the use of artistic processes and media as well as the therapeutic relationship. Anthroposophic therapeutic arts support and encourage the creative potential for inner growth and development and can benefit people of all ages and abilities. In the face of suffering and illness they stimulate individual initiative, the ability to access and stabilise latent resources and achieve reorientation. Engaging in anthroposophic therapeutic arts can have a direct influence on physiological processes and can achieve positive lasting effects on body, vitality, soul and spirit.

Anthroposophic therapeutic arts, in the context of this association, include Music, Singing, Speech and Visual Arts.

## **2. Aims and Objectives**

**I.** To establish and maintain a professional body of members and enhance professional conduct and development through

- a. providing a collegial context in which the practice of therapeutic arts can be deepened and enriched through sharing of experiences and resources
- b. facilitating and circulating ongoing research
- c. providing a forum for mutual support and professional advice among its members
- d. representing Anthroposophic Therapeutic Arts to the public and assisting its members in raising public awareness
- e. creating opportunities for its members to fulfil the requirements for fitness to practise, such as supervision and continuing professional development

**II.** To recommend that all practicing members adhere to the Code of Ethics as outlined in the International Umbrella Association of Anthroposophic Therapeutic Arts (DAKART) together with the International Federation of Anthroposophic Therapies (IFAT) as well as the relevant registration body to which they belong where applicable. Guidelines on practice, competencies and training are contained in the former CAHSC 2009 Code of Practice (Anthroposophic Health Professions) and 2011 Standards of Competence (Anthroposophic Therapeutic Arts), or in equivalent updated versions thereof.

**III.** To establish and maintain cooperation with

- a. The Medical Section of the School of Spiritual Science at the Goetheanum in Dornach, Switzerland
- b. The International Federation of Anthroposophic Therapies (IFAT)
- c. Anthroposophic therapeutic arts trainings
- d. Patient organisations or groups

### 3. The Carrying Group

In order to fulfil the Association's aims and objectives, the responsibilities and concerns of the Association will be carried by a group of members called the Carrying Group, which has decision-making power and conducts any regular business that is not submitted to the Annual General Meeting.

- a. The Carrying Group shall consist of a minimum of 5 and a maximum of 12 full members of the Association, of which 2/3 shall be full members.
- b. All Carrying Group members carry responsibility for decision making whether they are full, associate, honorary or student members whilst being an active member of the Carrying Group.
- c. Each of the therapeutic arts is to be represented by a minimum of one member when possible.
- d. Membership of the Carrying Group is on a rotational basis and by mutual recognition among those willing to take the responsibility for the Association and agreed by the membership at large.
- e. The functioning of the Carrying Group is task-oriented, and the role of the chairperson rotates amongst the Carrying Group Members. Other officers (or functional roles) will be appointed by the Carrying Group from among its members.
- f. The recommended minimum term of office for Carrying Group members is 3 years after which period they can be re-nominated or replaced. It is expected that Carrying Group members attend a minimum of 1 meeting per year. If this minimum level of commitment is not fulfilled, this will be deemed as an indication of the resignation of the member from the Carrying Group.
- g. The term of office for the secretary and treasurer may be of unlimited duration.
- h. The Carrying Group meets for a minimum of twice a year. Written records of essential points, decisions and future action will be made and circulated among Carrying Group members.
- i. The Carrying Group may set up committees for particular purposes and may delegate responsibility. It reports yearly to the Annual General Meeting about its activities, including submission of the annual closing account.
- j. Carrying Group decisions need a quorum of 2/3 of its members. In exceptional circumstances motions may be carried by written consent.
- k. Decision-making will be by consensus<sup>1</sup>. If this is not possible the issue will either be referred to the AGM (unless it was referred to the Carrying Group by the AGM) or submitted to full members in writing. Decisions will be based on written consent of 2/3 of full members.

### 4. Membership

#### There are 5 levels of membership

Membership is open to those who share the aims of the AATA:

**1a) Professional Membership, with AnthroMed** is open to professionals who are anthroposophic therapeutic arts practitioners, who have all the qualifications listed in Professional Membership 1b, and who comply with specified requirements determined by iARTE, the requirements of the Medical Section at the Goetheanum and can therefore apply to use the AnthroMed quality trade mark. They are allowed to use their title as a quality status and may call themselves AATA-recognized therapeutic arts practitioners.

**1b) Professional Membership** is open to professionals who have successfully completed a therapeutic arts training, with a diploma and are registered with the Health and Care Professions Council (HCPC) or the British Association for Counselling and Psychotherapy (BACP), or have been former CAHSC members who have to be committed to appropriate means ensuring best practice accountability that may be

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<sup>1</sup> *consensus* the cooperation in different parts of an organism; a general agreement; the judgment arrived at by most of those concerned (according to *Websters Third International Dictionary* and the *Oxford English Dictionary*)

approved by the Carrying Group, such as the Independent Practitioner Network (IPN).

**2) Associate Membership** is open to professionals who may to date not qualify for Professional membership, to associate professionals such as doctors, psychotherapists or other creative therapists, who share the aims of the Association and have an interest in both artistic therapies and anthroposophy. The fee for associate membership is the same as for Professional membership.

**3) Overseas or Retired Membership:** is open to anthroposophic therapeutic arts practitioners who live abroad and have no professional association in their own country, and to those who are retired want to remain in touch but no longer practice. This membership level is a reduced fee of 50% of the Professional Membership level.

**4) Student Membership:** is open to students enrolled therapeutic arts training. Membership shall be free for students until they graduate, at which point they inform the Association of their status change and are invited to apply for a new level of membership. Student members are encouraged, where possible to support the Association in other ways, such as help with preparing AATA conferences and Association activities.

**5) Honorary Membership:** is by invitation only, based on outstanding services for the Association. and/or the wider field of Anthroposophic Therapeutic Arts. While the Carrying Group would be responsible for the final invitation, nominations can be received from the wider membership. Honorary members are not expected to pay a membership fee.

Full members are entitled to use the AATA logo and list their AATA membership in their professional literature. Other members need to add the appropriate prefix (student, associate, retired, overseas and honorary member).

## 5. Annual General Meeting and Conference

- a. The Annual General Meeting is part of a yearly Conference held in varying locations. However, there may be times when this is not possible and either the conference or AGM may have to be organised as a separate event and/or online.
- b. A written invitation and a copy of the AGM agenda and conference programme are to be sent to the members at least six weeks before the date of the conference. All members may submit points for discussion to the secretary or chairman in good time for inclusion on the agenda.
- c. Associate, student, honorary, retired and overseas members are invited to attend both the conference and AGM. but only full and honorary members are entitled to vote in the AGM.
- d. Minutes of the AGM will be recorded, kept and made accessible to the members within 6 weeks of the meeting.
- e. Any changes in the Association Constitution require a decision reached by consensus among those present at the AGM.
- f. The method of decision-making on all issues will be by consensus. If consensus is not possible, the final decision is to be taken by the Carrying Group.
- g. Extraordinary general meetings may be convened at any time by the Carrying Group or by 10% of full members. At least 3 weeks' written notice must be given to all members stating the reason.

## 6. Membership Procedures

- a. **Application**  
Applications should be addressed to the Secretary. Newly accepted members will be contacted by the Treasurer to set up a subscription (e).
- b. **Certificates of membership**  
A full list of members and levels of membership will be held by the Secretary and a copy by the Treasurer. A Certificate of membership will be issued to newly accepted members and annually to Full Members, Associates and Students on receipt of subscriptions, as a

- form of receipt.
- c. **Resignation**  
Resignations should be given in writing to the Secretary
  - d. **Exclusion**  
Exclusion from membership may occur in exceptional circumstances and will be processed by the Carrying Group.
  - e. **Subscriptions**  
Subscription rates are recommended by the Carrying Group and agreed at the AGM. The subscription fee is due to be paid upon joining the Association and annually on a specified date thereafter. A member whose subscription is more than 3 months in arrears, having been sent a reminder and personal contact having been attempted, shall be deemed to have resigned.
  - f. **Complaints**  
Complaints should be submitted in writing to the Secretary and will be processed by the Carrying Group.

## **7. Dissolving of the Association**

The Association is dissolved at an AGM or EGM in agreement with 3/4 of all full members present. The assets must then be used for purposes in accordance with the objectives of the Association.