



Iniciativa pro vzdělávání
v rytmické masáži, z.s.

SAVE THE DATE

12. 6. - 14. 6. 2025

Prague, Czech Republic

Closing of the project 'External applications and development of psychosocial health – integrative medicine in the Czech Republic'

Main topics:

Rhythmical Massage Therapy (RMT)

- RMT and its regulatory effect
- Current scientific status of RMT
- Functional principles of RMT
- International cooperation of experts on RMT
- What are the needs of RMT and what is a contemporary healing art?
- RMT as a body-soul therapy
- Body-soul therapy – examples of good practice
- The meaning of suction and pressure in RMT
- RMT and its contemporary scientific development
- Introducing integrative processes through RMT
- RMT integratively – examples of good practice
- External applications within the field of anthroposophical medicine

Rhythm and its balancing potential

- Processes of rhythm in the human organism
- Physiological rhythms and RMT
- Chronobiology
- Vegetative processes and biological rhythms

International Symposium Rhythmical Massage Therapy

Restoration of the healing Impulse
East-West in Prague



CALL FOR ABSTRACTS

** Please send your abstracts of max
250 words by the 20th of October 2024
to iniciativa@rytmickamasaz.cz.*

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Ita Wegman Akademie Steiermark



International Symposium | Rhythmical Massage Therapy

A symposium on Rhythmical Massage Therapy (RMT) will be held in Prague in spring 2025, with the aim to present the current state of this method and highlight the principles of its effectiveness in the context of physiological rhythms of the human body. The concept is based on an ongoing multi-year project 'External applications and development of psychosocial health – integrative medicine in the Czech Republic' (hereafter 'Project') and should have a celebratory element within it. The Symposium is also intended to stimulate a deeper international collaboration of RMT experts and to promote meaningful integration of the method into the spectrum of integrative medicine.



The idea of the international symposium and the above-mentioned project is initiated and supported by the Iniciativa pro vzdělávání v rytmické masáži, z.s. in the Czech Republic. The focus of our activities lies in the realization of RMT courses, which are held in the Czech Republic since 2017 under the leadership of the Ita Wegman Academy in Styria (IWA STMK).

Currently there are two rhythmical massage therapy trainings under way: one for new practitioners and, parallel to this, a tutor training qualification course. In addition to this there is a course held on the Ita Wegman Rhythmical Movement Baths (RBB). Concurrent to this we are actively developing clinical and therapeutic instruments for the wider professional public.

The project supports the development, promotion and introduction of external applications methods of Anthroposophic Medicine as a form of treatment based on the stimulus-response principle, one, that has become increasingly indispensable nowadays – both in acute and preventative care. We are convinced of the intense effect of external applications of AM via the skin as the neurosensory 'organ of the I' and have given ourselves the task to incorporate this prospective comprehensive therapeutic approach into the existing system of healthcare in the Czech Republic.

It has a symbolic meaning for us that the project focused on implementing methods based on the principle of rhythmical balancing of polarities – in the sense of the so-called functional threefold image of human organism – takes place in Prague – the heart of Europe.

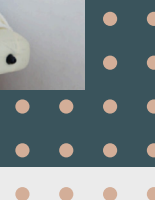
The goal of the international RMT symposium in Prague is to provide more visibility and accessibility for the method of RMT. This, we hope, will help develop further cooperation within the international community and support the momentum of RMT itself in the spirit of its initiator Dr. med. Ita Wegman, whilst interconnecting the existing initiatives worldwide.

The chosen form of the event, a symposium, will support and carry the necessary scientific attributes with the aim to spark a proper scientific debate on the topic of Anthroposophic Medicine and in particular its methods of external applications and RMT. We believe this will contribute to the recognition RMT and its integration in the health care system, not only the Czech Republic.

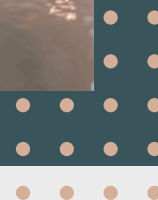
As part of the symposium, we plan to issue a publication summarizing the scientific papers from the individual contributors, including links to previously published studies related to RMT.

Main topics of the symposium

As part of the ongoing project, both collaborating organizations (IVRMT and IWA STMK) aim to explore the scientific status of RMT in order to create more visibility for this method by generating appropriate studies and establishing functional diagnostic procedures.



The unique and innovative input of this therapeutic approach lies in its regulatory effect on physiological processes in the human organism. This effect is based on the touch qualities and movement forms developed specifically for RMT in terms of the so-called functional threefold of the human organism. With the resulting ability to rhythmically balance polarities, e.g. by employing the qualities of suction and pressure, thermal regulation is induced and becomes a clinically relevant basis for research.



The content will be presented in the form of keynote lectures, case studies, poster presentations, workshops and panel discussions.

1. Rhythmical Massage Therapy according to Dr. med. Ita Wegman

- Therapeutic touch, touch quality and movement forms of RMT from the perspective of warmth development / warmth regulation.
- Balancing of polarities through appropriate touch and movement qualities based on the E4G (essential fourfold image) and F3G (functional threefold image).
- The RMT method meets the criteria of the anthroposophical view of the human being in the context of the historical development of the art of healing.
- RMT as a body-soul therapy in the age of the developing consciousness soul.
- Existing scientific work and studies on the RMT method.
- Current state of RMT in the world.
- Who or what needs RMT and what is understood under the term 'contemporary healing art'?
- Workshops on: RMT – touch quality – suction and pressure – good practice – intervision.
- Workshops on: Design for prospective individual case studies, scientific work put into practice – (steps for creating a case study, ...).

2. Rhythmical processes in the human organism

- Physiological processes in the human organism that are subject to different biological rhythms.
- Vegetative processes and biological rhythms.
- Chronobiology.
- RMT and its effect on regulatory physiological processes in the human organism.
- Parallels between the balancing functions of RMT (suction and pressure) and rhythm.

3. Conclusion of the project 'External applications and psychosocial health development – integrative medicine in the Czech Republic'

- Prague as a Central European centre with a contemporary healing impulse.
- Excursion to the Karlstejn Castle.
- Closing ceremony for the graduates of the Tutor Training Qualification course and Further training course RMT by IWA STMK.

About us

'Iniciativa pro vzdělávání v rytmicke masazi, z.s.' Czech Republic: www.rytmickamasaz.cz



Ita Wegman Akademie Steiermark (IWA STMK) und der Förderverein IWA STMK, Austria:
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