



Halton Waldorf School

# Therapeutic Services and Educational Support

2023-2024

## Therapeutic Services and Educational Support

Halton Waldorf School offers four areas of support to children who may require additional assistance to enhance their ongoing educational needs. Each area has a unique approach to supporting the needs of each child and can be used individually or in combination to help children overcome hindrances and foster deep inner experiences to rebalance and nurture individual development.

1. Therapeutic Art
2. Therapeutic Eurythmy
3. Extra Lesson Support
4. Tutoring

The concept of Therapeutic Services and Educational Support addresses the individual needs of children within a safe and brave space to work through situations to find balance within the three faculties of thinking, feeling and willingness. The aim of Therapeutic Services and Educational Support is to foster and nurture individual development of the whole human being through the understanding of the creative forces of head, heart and hands, within life processes, rhythm, the senses and rejuvenation. Connecting to these creative forces help strengthen, invigorate, and support the healthy growth and well-being of children. Therapeutic Services are also a benefit to persons of all ages.

Children are recommended for Therapeutic Services and Educational Support by their class teachers who will communicate directly with the children's families. An application will be made by the class teacher with parental consent, then forwarded to the Student Support Group for processing and occasionally there have been waiting lists. These are funded or partially funded by the families/guardians of the children.

HWS is committed to providing a healthy and safe environment to students and faculty alike. We recently built a new Therapeutic and Educational Support room on the main floor equipped with a camera in support of the one-on-one sessions.



### Therapeutic Services Application 2023-2024 School Year

Art Therapy  Eurythmy Therapy

CHILD'S NAME: \_\_\_\_\_ CLASS: \_\_\_\_\_

TEACHER NAME: \_\_\_\_\_ TEACHER'S SIGNATURE: \_\_\_\_\_

THERAPIST'S SIGNATURE: \_\_\_\_\_

- Discussed with Parent  Art  Eurythmy
- Discussed with  R. Rutledge  M. Chapitis
- Date of Session: START: \_\_\_\_\_ FINISH: \_\_\_\_\_

Circle the Session Length Recommended:

Therapeutic Art Session Length	Total Cost of 12 Sessions	Parent Cost of 12 sessions	2 Monthly Payments of
30 minutes 1 session per week	\$834.00	\$480.00	\$240.00

Eurythmy Therapy Session Length	Total Cost of 14 sessions	Parent Cost of 14 Sessions	2 Payments of
30 minutes 2 Session per week	\$834.00	\$525.00	\$262.50

Parental Approval:

I understand this service is not part of the base fees and agree to submit payment before the session is complete.

Date: \_\_\_\_\_ Parent Signature: \_\_\_\_\_

Sessions begin mid-September. PLEASE RETURN THIS FORM TO THE OFFICE UPON SIGNATURE.  
Email: [reception@haltonwaldorf.com](mailto:reception@haltonwaldorf.com)

## Therapeutic Art

Anthroposophical therapeutic art is an integral aspect of holistic healing developed by Rudolf Steiner and Ita Wegman in 1921, in collaboration with Dr. Margarethe Hauschka and artists such as Liane Collot D'herbois.

'Art is understood to be an intrinsic human ability and need which has the creative potential of activating self-healing forces.'

Therapeutic art is a complementary modality using artistic activities to support self-healing and resiliency through creative processes of drawing, painting, and clay modeling. The aim is to help strengthen and bring balance to the whole human being.

### **Rihana Rutledge** Therapeutic Art

Rihana brings more than two decades of experience working with children. She has a keen interest in Waldorf education art and Anthroposophy, the philosophy behind Waldorf education.

Rihana completed her Waldorf Teacher Training and Lifeways Ontario Training, in Toronto. She is a registered ECE teacher in good standing with the College of Early Childhood Educators and is also a graduate of the Ontario College of Art and Design. Rihana is trained and certified in Anthroposophical Art and Biography from the School for Social Art and Healing in Richmond Hill and Transformative Arts Therapy from Tobias School of Art and Therapy in the UK. For over a decade Rihana volunteered in the Wellness program at Hospice King/Aurora to adults and bereaved children. She presented artistic workshops at WECAN annual conference and the Anti-Racist Table focusing on Diversity, Equity, Inclusion and Belonging.

## Therapeutic Eurythmy

Eurythmy therapy is a form of movement therapy, which seeks positive outcomes in physiological, emotional, and academic areas. The therapist works in rhythm, sound, speech, and song to promote healthy breathing, relaxation, circulation and general health. Therapeutic eurythmy is individually tailored for each child in the program. Several therapeutic cycles are often required to reach desired outcomes.

Currently, Therapeutic Eurythmy is used in hospitals, clinics, centres for special education, schools and private medical practices all over the world. It can be beneficial in the treatment of many different areas, including but not limited to allergies, digestion, bedwetting, insomnia, teeth problems, headaches, anxiety, ADHD, developmental disabilities, learning difficulties, improved metabolism, as well as back and postural problems.

Therapeutic Eurythmy is usually practiced one on one. The child may receive exercises that can be practiced between sessions with the therapeutic eurythmist. As in artistic eurythmy, the movements of therapeutic eurythmy are related to individual sounds, i.e. consonants and vowels. Therapeutic Eurythmy is recommended as a support for individuals who need help in the natural course of their development. It may strengthen weak areas and remove obstacles, thereby liberating health giving life processes and also allowing learning to take place.

### **Michael Chapitis** Therapeutic Eurythmy

Michael has been providing therapeutic eurythmy to Halton Waldorf students since 1999. He works with kindergarten to grade eight students on a part time basis to three Waldorf schools: Halton, Trillium and the Waldorf Academy. Michael is one of four eurythmic therapists in Canada having completed the seven-year Therapeutic Eurythmy Program. His work addresses the application of eurythmy in areas of physical and emotional imbalance in learning. Michael received much of his mentoring and further training with renowned educator Marjorie Spock, who witnessed the birthing of eurythmy under Rudolf Steiner in the early 1900s and founded Waldorf Schools in North America.

## Extra Lesson Support

The area of the Extra Lesson movement exercises in educational support stems from the lifelong work of Audrey McAllen, an educator who worked with Rudolf Steiner's indications on the early learning development of the human being. In our daily movements we are busy working in changing our 2 and 3 dimensional impressions through inner will, into the thoughts and feelings of the outer world. The exercises are based on relationships between soul, spirit and the physical body. Inner discovery of relationships through the exercises strengthens accessibility to skills needed for learning that may have been hindered because of retention of early childhood movement patterns.

### **Siân Jones**

Remedial Support

Siân began her Waldorf teaching journey at the Wynstones Steiner School in the UK in 1985. She then moved to Canada to work at the fledgling Halton Waldorf School as a class teacher. After a break to start a family, Siân returned to the school working as a class teacher for 20 years. With these classroom experiences and with an interest in working with individual students and their learning struggles, Siân started the Healing Education and Remedial Training and switched to working in the Educational Support field.

## **Tutoring**

To inquire about one on one or small group tutoring support for your child, please email: [reception@haltonwaldorf.com](mailto:reception@haltonwaldorf.com).