

Short history of anthroposophical artistic therapy and public health in Brazil

The creation of the first artistic therapy program in Brazil, in the 1980s, is closely related to the work of anthroposophical medicine in Brazil, which began in 1956. According to the website of the Anthroposophical Society in Brazil (SAB):

In Brazil, Artistic Therapy emerged thanks to the impetus given by D. Ada Jens (1921-1994), first through her practice at the Tobias Clinic in São Paulo and then through the creation of the Artistic Therapy program.

Mrs. Ada, who was a nurse and physiotherapist, trained in Artistic Therapy in 1969 in Bad Boll and Dr. Margarethe Hauschka was her teacher. Back in Brazil, she was responsible for Artistic Therapy at the Tobias Clinic for twenty years.

In 1986, together with the SBMA (Brazilian Society of Anthroposophical Medicine) and with the support of the ABT (Tobias Beneficent Association), Mrs. Ada started, with constant enthusiasm, the first training program for artistic therapists in Brazil, which was headquartered, until 1992, at the Paulus Center for Goetheanistic Studies, in Parelheiros, SP. From 1993 to 1996 this teaching was carried out in São Paulo.

In the 1990s, the Centro de Artes (Arts Center) in São Paulo (1991) was founded by a group of artists and the Margarethe Hauschka Training Course (1993) was founded by a group of therapists, still under the leadership of Mrs. Ada Jens. The Arts Center, with the initial intention of also training therapists, directed its activities to arts and eurythmy and operated from 1991 to 2000. The Margarethe Hauschka Training, for training in artistic therapy, functioned from 1993 to 1996. (BURKHARD, 2010)

In 1996, with the closure of the Hauschka Training, an active group of artistic therapists founded Aurora – Brazilian Association of Anthroposophical Artistic Therapists (AURORA-ABTAA) – linked to ABMA (Brazilian Association of Anthroposophical Medicine), which in turn was linked to the Medical Section of the Goetheanum – becoming an organization for the promotion and development of artistic therapy in Brazil, also as a body that formulates criteria for the recognition of training programs. These criteria were based on the criteria of the Medical Section of the Goetheanum and of the European Academy, now iARTE, and had two versions: the 1996 and 2005-6 versions; a physical copy of these criteria was donated and personally delivered to the board of directors of the DAKART, Dagmar Brauer as president. These criteria have been updated from year to year.

In the 2000s, there was a revival with the creation of three programs: the Sagres Association in Florianópolis (2002 to date), TerArte in São Paulo (2002 – 2011) and Belo Horizonte (2007 – 2010). In the 2010s, the programs in São Paulo and Belo Horizonte ceased their activities. Only the Sagres program continued to operate (BURKHARD, 2010, and was recognized by the Association of Anthroposophic Arts Therapies Educations (iARTE, formerly the European Academy) in 2015.

On the other hand, life in Brazil has become more complex. The population has more than doubled in the last 50 years, urban centers have grown disorderly, the demands for products and services have multiplied by a hundredfold, at a much faster rate than the emergence of solutions.

One of the solutions came with the 1988 Constituent Assembly, through the institutionalization of the public health system by the Ministry of Health, with the recognition of health as a social right to be paid by the State. On 19/09/1990, Law 8080 was signed, which created the **Unified Health System (SUS)**. The creation of SUS was considered an achievement of Brazilian society. (website www.gov.br/saúde)

SUS provides free care to all individuals who need health services, even if they have not contributed to this purpose. Even resident foreigners or foreign tourists are served by SUS. Brazil is one of the few countries in the world that has such a public health service.

On May 3, 2006, there was another significant landmark in the health sector. The Ministry of Health approved, through Ordinance 971, the **National Policy on Integrative and Complementary Practices (PNPIC)**, following the guidance of the WHO-World Health Organization.

Anthroposophical Artistic Therapy and Art Therapy, as well as Anthroposophic Medicine, have not been recognized as a regulated profession by Brazilian legislation yet. Both professions, however, are included in the PNPIC, published in 2006 and updated in 2018.

Going back to the 2010s, we see, on the one hand, the closure of the programs in São Paulo and Belo Horizonte, on the other hand, the possibility of acting in medicine and anthroposophical therapies through the PNPIC of the SUS. These two facts have created a demand for artistic therapy training programs, especially in São Paulo, Brazil's most populous city. Aurora-ABTAA, Artistic Therapy Brazilian association, has received messages from people interested in a training program in the city of São Paulo. A group of artistic therapists, most of them founders of Aurora-ABTAA, proposed to organize such a training program.

The training program, initially administered by Aurora-ABTAA, constituted its own identity and autonomy as a program of the *Toré Arts Association*. The program was born as a result of the experiences of all the training programs that

preceded it - Centro Paulus, Margarethe Hauschka, TerArte, Sagres and Belo Horizonte.

Today we have two training programs in anthroposophical artistic therapy: in the *Sagres Association* in the South region, which has been recognized by iARte since 2015, and in the *Toré Arts Association* in the Southeast region.

Bibliographic references:

BURKHARD, Gudrun K. *Histórico da medicina e da terapia artística antroposófica no Brasil. Algumas considerações sobre o processo terapêutico.* in Caderno II da Iª Jornada da Terapia Artística Antroposófica: A arte no induduc e na alma do mundo, org. Helena Urban, São Paulo: Aurora - Brazilian Association of Anthroposophical Artistic Therapists, n.d. (Oct 2010).

SUS, PNPIC. Data on the [www.gov.br/saúde](http://www.gov.br/saude) website