

Healing

Through

Art

3-Year Postgraduate Therapeutic Visual Arts Program

Multidisciplinary Program

Painting, Sculpture, Drawing, Form Drawing



Artistic work brings us into closer connection with ourselves and with nature. It opens and reveals the inner world through the colors, forms, tones, and lines that we create. It shows us to ourselves and allows us to see, to adjust, to balance, and to harmonize that which can bring healing.

Art becomes healing when the archetypal lawfulness of the medium and the integrity of the creative process are able to enter and work upon the human constitution and engage the self in activating life-giving forces.



Each artistic activity addresses and works upon a particular aspect of the human being. Through the very nature of the activity, we are brought into alignment with and allow ourselves to be guided by the forces that stream through all of the world, including ourselves.



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Course Outline: A Three-Year Journey

Over the course of 3 years, the program supports students on their path to work with artistic therapies for adults and children in a variety of settings. On the one hand, students work to develop their own artistic abilities, sensitivity, and knowledge of materials and practices while also moving through their own personal healing journey. On the other hand, students build up a deep understanding of the subtle inner processes that allow the arts to work in healing others. Through the instruction of Anthroposophic doctors, nurses, and counselors, students develop insights into the nature of the human being, healing processes, and professional practices. The program lays the deep and practical foundations of artistic work in the various mediums and the philosophical foundations of art and healing through study of texts by Liane Collot d'Herbois and Rudolf Steiner.



Light, Color, and Darkness

Students embark on a journey through the 12 fundamental light and darkness exercises using charcoal—a path of incarnation for the spirit into the vessel of our body on earth. We learn to bridge the polarity of light and darkness, both in the outer world and in the human being, through the world of color. Through experiencing the inherent qualities of the colors out of their origin in the interaction between light and darkness, as well as working with pastel, moist painting, and veil painting, we come to the discovery of “Color Space” in the outer world and within us and follow a profound path of initiation through color.

Sculpture

The sculptural arts particularly focus on how shaping material substances can support the development of the sense of life and the engagement with etheric forces. We go through a deep process of creating forms that express the four bodies—physical, etheric, astral, and ego—and develop activities that support health and vitality in these areas. A study of the seven planetary sculptures from the First Goetheanum building is an essential component that leads us into the world of archetypal, metamorphic time processes that also stand behind the processes of healing. Rhythmic sand sculpting and form drawing build over the three years to develop a sense for their balancing, harmonizing effects and how they can be used therapeutically.

The HTA program follows the guidelines for postgraduate art therapies programs provided by iARTE. Our program covers the necessary course hours and types of competencies to meet their expectations. Students will acquire the following competencies:

- Ability to create artistic works in a range of disciplines, cultivate a personal artistic practice, and develop observational skills.
- Learn essential Anthroposophical concepts and integrate these into artistic practice.
- Use the artistic process therapeutically.
- Learn the medical foundations and Anthroposophical understanding of the human being.
- Develop knowledge and understanding of human development, biography, education, and psychology.
- Develop professional therapeutic measures, procedures, behavior, reflection, and supervision.
- Understand the legal context of professional practice, status, ethics, and legalities.
- Engage in personal development, lifelong learning, and further training.
- Be capable of one's own innovation and research.

**Requirements of iARTE, the accrediting body of the Medical Section at the Goetheanum*



“The two streams, both the artistic as well as the medical one, are based on Rudolf Steiner's spiritual study of man. If a doctor wishes to find a true medicine for a particular patient, he must look for the principles of origination of the substance in connection with the development of man's being. If color is to become medicine, the coming into being of color must be traced to its origins in the forces of darkness and light, again in connection with man's being.”

Light, Darkness and Color in Painting Therapy by Liane Collot d'Herbois (from the foreword by Elisa Métrailler)



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Program Leaders

Pamela Whitman, MA received her BS from MIT, where she studied both science and humanities. She participated in the Light, Color and Darkness Painting Therapy training in Holland and received her certification from the Medical Section at the Goetheanum while also completing her Master's degree in Human Development. Her career and interests span the fields of science, art, spirituality, consciousness, psychology, healing, and education, all of which she incorporates as a therapist, international adult educator, and painter.



Kenneth Smith is the Director of BACWTT. He studied at Emerson College, England, and completed his training in sculpture and the visual arts with practices in pedagogical and therapeutic work. After working in Waldorf education, he taught as Course Leader of the 3-year Visual Arts and Sculpture Training program at Emerson College. He has been active internationally in Anthroposophical art and Waldorf education for over 30 years.



Adjunct Faculty

Tonya Stoddard, LCSW is a Licensed Clinical Social Worker with a private practice in Tampa, FL. She provides individual prevention and treatment for adolescents and adults struggling with mental health concerns, relationship issues, chronic medical difficulties, addiction, trauma, and behavioral problems. Tonya is an Associate with the Association for Anthroposophic Psychology and is the AAP representative on the Board of Directors of the Anthroposophic Health Association in North America.



Dr. Carmen Hering, DO integrates Anthroposophic Medicine with Osteopathic and Family Medicine in her private practice in Albany, CA. She is president and training co-director for the Physicians Association for Anthroposophic Medicine, serves as adjunct faculty at Touro University College of Osteopathic Medicine, and teaches at the Bay Area Center for Waldorf Teacher Training.



Dr. Daciana Iancu, MD has worked in hospitals, ICUs, hospice, nursing homes, and primary care. She has also studied acupuncture, Functional Medicine, Chi Nei Tsang, Reiki, and Energy and Intuitive Healing modalities. In 2014, Dr. Iancu discovered Anthroposophic Medicine and in 2018, she started her own private practice where she can integrate all these modalities and practice in a slow, intimate setting to provide personalized care.



Teresa Ferrari graduated from USF School of Nursing in 1981, became certified in Waldorf Teacher Training in 2000, Oil Dispersion Bath Therapy in 2012, Rhythmical Einreibungen in 2016, and became an Anthroposophic Nurse Specialist in 2018. Her main areas of focus are Rhythmical Einreibungen or Embrocation (RE) and External Applications of compresses and oil cloths. Utilizing nursing knowledge of the human being and life processes, as well as human development, allows her to tailor the plant-based external application to the patient's unique situation and life phase.



Lut Hermans trained as an occupational therapist in Belgium, where she worked at the Iona Institute, part of the Camphill movement. To learn about the art of sculpture as a therapy, she studied sculpture at Emerson College. She later completed The Extra Lesson® Training Course and more recently trained in Clay Field Therapy at the Sensorimotor Institute. She is a founding member of the Aurora Collective of therapists in Lower Hutt, New Zealand and has been practicing with child development and sculpture therapy there since 2008.



Other Adjunct Faculty

We have a number of other colleagues—artists, art teachers and artistic therapists who will be also be teaching on the program.



Cost: \$5,520 per year

Next Cohort Begins July 2026

Dates: 2026-2027:

Summer session: Two weeks in person: July 13-25, 2026

Monthly online classes: August 2026-March 2027

Spring session: One week in person: March 19-27, 2027

For more information, please contact:

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