

ABSR and Eurythmy – Research Project 2023

1000+ participants wanted for research project with the University of Bern.

ABSR, MBSR, and the Eightfold Path

There is a surprising similarity between the principles of the Eightfold Path with its central qualities of mindfulness and the forms of nervousness described by Rudolf Steiner in his lecture "Overcoming Nervousness".[i] At each stage of the path there is a corresponding form of nervousness and a therapeutic exercise for everyday life. [ii] These together form the core of Activity-Based Stress Release Programs (ABSR)[iii].

Since the steps of the path were assigned to the days of the week by Rudolf Steiner, the appropriate vocal and planetary gestures, and hygienic exercises of eurythmy can be found for all ABSR exercises. These take up the themes of the seven forms of nervousness with astonishing accuracy and deepen them. The passage begins with the transfer of objects and eurythmy exercises to the A (Right Memory, Friday) and ends with the avoidance of criticism and eurythmy exercises to the U (Right Opinion, Saturday).

The well-known mindfulness-based MBSR Stress Reduction[iv] programs are based on Buddhist meditation practices and values and have the body scan as their center. In contrast the ABSR stress management programs focus on grasping, penetrating and playfully changing everyday activities with Eurythmy as a movement meditation.

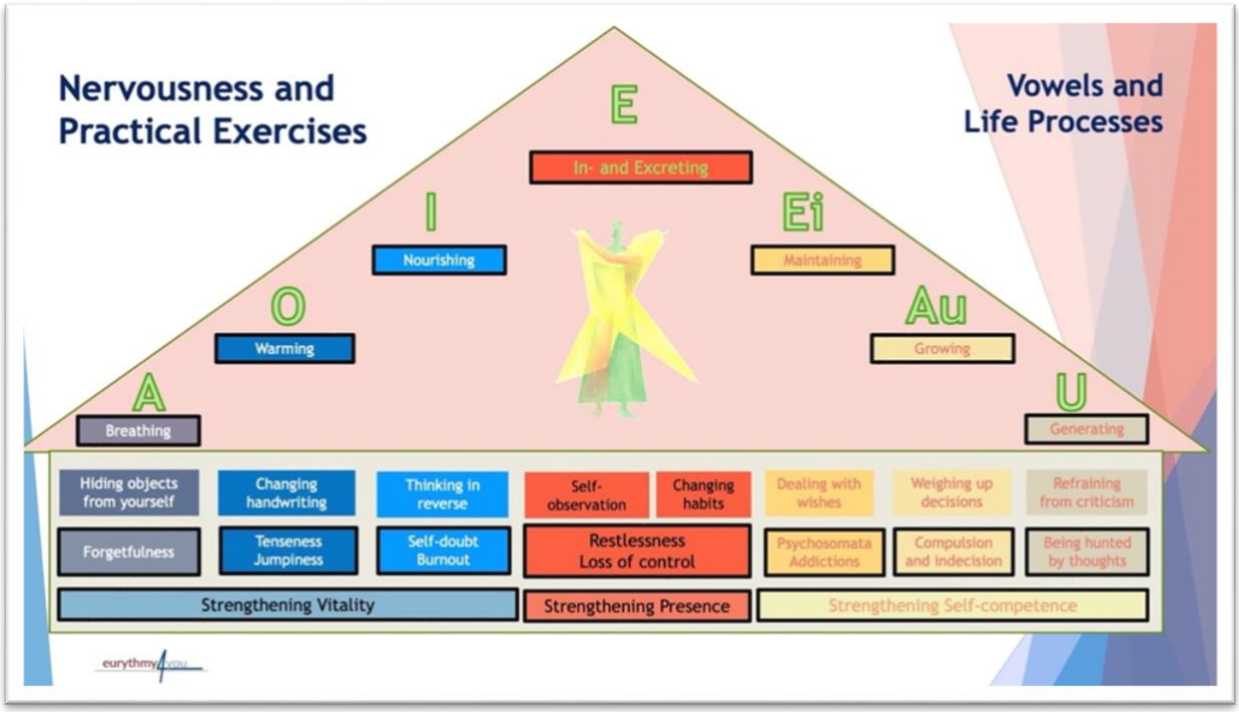
Harald Haas and Theodor Hundhammer designed and tested the basic ABSR concept and the course modules. The measurement of the ABSR concept's effectiveness began in 2017. Initially the Faculty of Medicine of the University of Bern, awarded theses to the Institute for Complementary and Integrative Medicine, IKIM. Further research was done within the framework of the newly founded Perseus Research Society and with Ukrainian cooperation partners of the Dnipropetrovsk State University of Internal Affairs and the Zaporizhzhia National Technical University.[v]

Research project 2023

Starting around September 30, 2023, a variety of ABSR groups will be conducted in German, English, Spanish, Swedish, Finnish, Russian, Ukrainian, and Chinese. People from all over the world are invited to participate in the research project. The participants are required to attend nine weekly online meetings and 10 - 20 minutes a day for the ABSR everyday exercises and eurythmy.

The Institute for Complementary and Integrative Medicine, IKIM, at the University of Bern will conduct a pre-post survey to investigate whether there are significant positive effects on the general and mental health and quality of life of the participants. The Perseus Research Society[vi] evaluates the results to determine which factors underlie the changes and can be used for the further development of the ABSR concept.

For this, we are looking for 1000+ participants from different backgrounds, including people with fears, trauma experiences, teachers, parents, professionals, people in convalescence, managers, manual labourers and people who are generally looking for stress management techniques.



The following offers are available:

<u>ABSR for stress reduction in everyday life</u>

Each of us knows stress and everyone wants the flow. From busy parents, parents of disabled children and single parents to lonely people where everyday life does not offer much variety, and self-activation becomes a challenge. Here, ABSR brings new joie de vivre, humor and serenity, so that everyday life can be challenging, enriching and relaxing at the same time.

<u>ABSR for teachers</u>

You've added teaching colleagues to your staff this year who love the children and are enthusiastic teachers, but are new to Waldorf education? Offer them a practical and stress reducing way into anthroposophy and the world of eurythmy with our new, online, ABSR (activity-based stress release) course se. Doing the simple, short exercises Dr. Steiner gave in his lecture “Overcoming Nervousness”, your new teachers can learn about the different layers of the human body and eurythmy through experience.

The short online meetings are used to reflect on the exercises and their relation to the members of our being. The teachers will also have the opportunity to meet teachers from other participating schools. Since ABSR has a direct effect on the cycle of work and rest, the topic of self-expression and prevention of burnout is addressed theoretically and practically.

An exchange and encounter with the school's own eurythmy could take place if the school's own eurythmist is called on to elaborate on the eurythmy exercises.

In order to measure the effect of ABSR on the participants these courses will be part of a scientific study done by the Institute for Complementary and Integrative Medicine IKIM at the University of Bern, Switzerland. If you've ever wanted to take part in an initiative helping to bring anthroposophy to the broader world, this is your chance! Participants will be asked to record their experience in short surveys, before in the middle and after the course.

ABSR as an accompanying intervention for clients in psychotherapeutic treatment

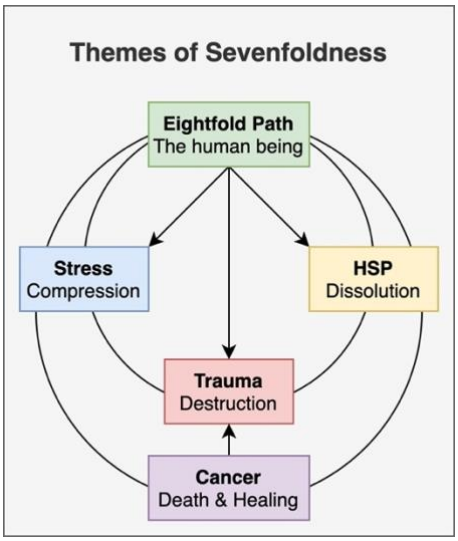
For participants who are undergoing psychotherapeutic treatment, ABSR offers the possibility of a therapy break or an accompanying intervention to an ongoing therapy. With the help of simple ses value-neutral experiences in everyday life are made, new ideas developed, and a new body perception achieved. In exchange with other people who are also on a difficult path, new perspectives on life, confirmation and support may be experienced.

These experiences can be taken up directly by the psychotherapist and further addressed within the framework of the chosen therapy methodology, used as a mirror or as the basis for further tasks.

The scientific study aims to provide new suggestions and reliable insights into the possible applications of the ABSR concept in psychotherapy. Psychologists, psychotherapists, psychiatrists, and doctors who are working on this project and would like to send clients to the ABSR courses prepared for this purpose will receive the course material and the online course free of charge. Your clients can participate at a reduced price.

ABSR for people with trauma experience

The topic of trauma has accompanied the development of the ABSR programs for a long time. War broke out in February 2022 in the middle of the Russian-language ABSR research project with over 80 Ukrainian and Russian participants. We met in basements, under sirens, on the run. In the fall of 2022, a participant with post-traumatic stress disorder reported the enormous benefits she had gained from the ABSR Power Weeks. In addition, participants in the ABSR courses for highly sensitive people repeatedly asked the question of how ABSR could help victims of abuse and people with chronic trauma.



Based on these experiences, the Trauma Conference was launched in winter 2023 with over 750 participants from all over the world. In the spring, seven trauma working groups continued to work on the understanding of trauma against the background of the Eightfold Path and developed exercises for relief and possible healing.

In the fall ABSR courses in German, English, Russian and Ukrainian will be held to research and further develop the effectiveness of ABSR in trauma.

ABSR for people with cancer-related fatigue

Eurythmy therapists are familiar with the so-called Warmth series that Rudolf Steiner recommended to a patient with cancer-related fatigue: OEMLEiBD sometimes also executed as OEMLIBD. Just like ABSR, it is a seven-part series of exercises with a clear transition in the middle. In the case of the Warmth series, it is the L that is used very gently by the therapist, sometimes even omitted, to avoid L's growth stimulating properties.

Since cancer is often associated with high levels of stress, we suspect that the combination of ABSR exercises with the Warmth series could have a positive effect on cancer-related fatigue and general well-being. That's why we will be offering an ABSR course for cancer-related fatigue in autumn 2023.

An online course for cancer patients was already evaluated by IKIM in 2022, providing us with comparative data for the new evaluation.

ABSR for managers and companies

Pressure from all sides or self-determined? There will be special courses for institutions and companies, which will be carried out either as in-house courses or as mixed groups with participants from different institutions. The meetings last 30 to 40 minutes and can take place either during working hours or during leisure time.

When working with companies, it is of particular importance that the seven ABSR everyday exercises are the essential components of every self-determined decision-making and action chain. Even though only one topic is practiced each week, all of them are included in each exercise.[vii] The participants discover new ways of dealing with stress in their daily work, companies profit from refreshed employees and learn what measurable results the course has brought to the participants.

ABSR for real men - Men's group

When working with men and those who want to become men, ABSR takes on a different face. We certainly don't do eurythmy together. It's nobody's business, we do it for ourselves. The video is 2 minutes long, 5 times a week there is another, but with questions that get under your skin. And we certainly don't start with Venus like the ABSR base course. For us, it starts with Saturn, just like with ABSR 2: Containing criticism, also towards ourselves!

In the meetings, we celebrate ourselves above all, and in the small groups we discuss men's issues. Strong, hearty, but completely in accordance with the Eightfold Path. Above all, however, we support each other in our manhood and build up an energy together that helps us to go through the weeks with pleasure. ABSR and eurythmy then touch precisely the levels that make us realize what we need to deal with stress and slowly allow this new ability to grow and mature within us.

We don't find 1000+ people just on our own. That's why we need your help!

Take a look at our website[viii] and tell as many people as possible how easy and profitable it is to participate in this exciting research project, to discover the potential of Activity-Based Stress Reduction and to help develop it further. There is a valuable thank-you gift for everyone.

Tell us about companies and institutions that we can contact or draw their attention to us. We would be happy to put together an ABSR course according to your needs.

Website: www.absr.international
Email: info@perseus-forschung.org

Perseus Forschungsgesellschaft
Forschung zur Wirksamkeit von anthroposophischen Therapie-Konzepten

ABSR INTERNATIONAL

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[i] Steiner, Rudolf. Overcoming Nervousness. Lecture from 11.1.1912. GA 143

[ii] A compilation of the exercises of the path with the forms of nervousness and everyday exercises from nervousness and egoism can be found in the blog posts of the category ABSR on www.eurythmy4you.com

[iii] Activity-based Stress Release

[iv] Mindfulness-based Stress Reduction

[v] www.absr.international/research

[vi] www.perseus-forschung.org

[vii] See the blog post "The 7x7 ABSR Chain of Action" from 6.6.2023 in the category ABSR on www.eurythmy4you.com

[viii] www.absr.international