Curriculum

→ Year 1

Module I, Lichtblick, Schwörstadt:
Tue 17 to Wed 25 August 2027

Module II, Blackhorn, Maidstone UK:
Fri 5 to Wed 10 May 2028

→ Year 2

Module III, Lichtblick, Schwörstadt:
Tue 15 to Wed 23 August 2028

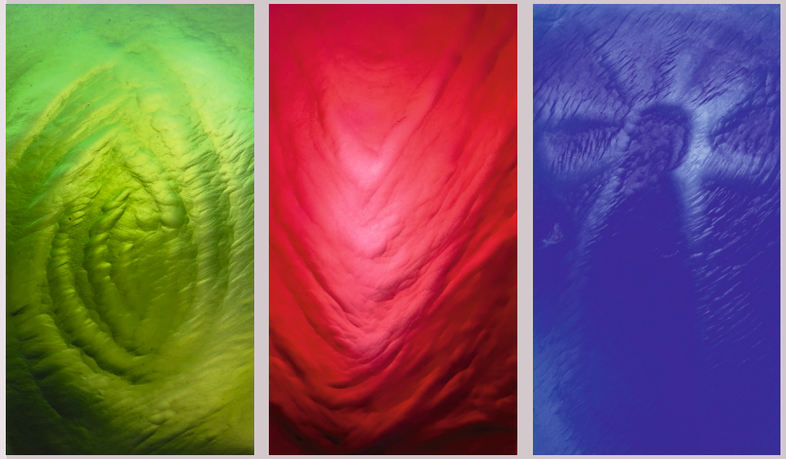
Modul IV, Järna, Schweden:
Mon 30 April to Sun 6 May 2029

→ Year 3

Module V, Lichtblick, Schwörstadt:
Tue 14 to Wed 22 August 2029

Module VI, Filderklinik, Filderstadt:
Tue 23 to Sun 28 April 2030 or
Tue 30 April to Sun 5 May 2030

Conclusion at Lichtblick, Schwörstadt:
12 to 13 or 19 to 20 October 2030



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Training in Metal Colour Light Therapy

2027 - 2030 course

Metal Colour Light Therapy

Metal colour light therapy is a new form of colour and light therapy. It involves daylight shining through coloured, artistically engraved glass. The therapy glass panels derive their colour from various metals such as iron, copper, silver and gold, etc., and the engraving of the glass enhances the effect.

The metals and colours create specific colour spaces in which children, young people or adults can find, amongst other things, calm, a sense of security, warmth, deeper breathing or a sense of direction.

Currently, clinics, institutions for special educational needs, health care centres and private practices in seven different countries worldwide are using metal colour light therapy to support and address conditions such as chronic pain, various internal and psychosomatic illnesses, cancer, post-traumatic stress disorder, exhaustion, depression and anxiety.

Training in Metal Colour Light Therapy

In the first year of the course, participants work together to develop an understanding of the art of the Goetheanum windows and its transformation into a new form of therapy.

The second year focuses on the metals, their forces and therapeutic effects.

The third year is devoted to the interrelated destiny of human beings and metals – particularly with regard to the therapeutic application of metal colour light.

Through intensive perception exercises, the senses are trained and refined to perceive the light, warmth, substance and dynamic qualities of metal colour light.

Further areas of practice include, amongst others:

- Artistic painting and drawing
- Engraving a glass
- Developing an understanding of the effects of metal processes.

Course content

- Face-to-face modules (I–VI)
- Observation sessions and placements in metal colour light therapy
- Two annual projects and a final dissertation
- Individual study

The three-year (itinerant) training course takes place in Germany, the UK and Sweden.
The languages of instruction are German and English.

Certified by:
IArte (International Association of Anthroposophic Arts Therapies Educations), Medical Section, Goetheanum and Lichtblick e.V.

Course fee:
€3,000.- per year

Entry requirements:
see website/training outline