

Conference for Health and Education

Supporting learning and development

*Challenges on the path
of becoming*

22 to 25 October 2026

International further training and conference
for school and kindergarten doctors as well as teachers
specialising in educational support and learning in emergency
situations

Dornach, July 2026

Dear Colleagues,

The Medical and Pedagogical Sections at the Goetheanum warmly invite you to a conference exploring how the learning and development of children and young people in challenging situations can be supported. It is aimed at teachers working in the field of special educational needs in kindergartens or schools, school doctors, as well as anyone who works with children in emergency situations in an educational or therapeutic capacity. In joint study in terms of our understanding of the human being, we will examine how learning can be supported by nurturing a connection with a person's own body and senses. Subject-specific working groups and forums will provide opportunities for further training and the exchange of experiences in the fields of school medical services, special educational needs, and learning in emergency situations.

We hope that many experts will take part, particularly many teachers who are interested in the question of how children can be supported through therapy, educational support and the arts whilst learning in adverse developmental conditions.

The lectures will be delivered in German and simultaneously interpreted into English. The languages used in each working group are specified. Other languages are available on request; a minimum of 10 participants per language group is required.

We look forward to our work together in October!

For the preparatory group

Karin Michael, Constanza Kaliks, Philipp Reubke

Thursday, 22 October

Friday, 23 October

08.15–08.45 *(optional)*

Introduction to the Act of Consecration of Man
(DE/EN)

or

Introduction: What is the School of Spiritual Science (DE/EN)

09.00–10.30

Singing

Lecture: How does the body become my home?
Bruno Callegaro

10.30–11.15 Coffee break

11.15–12.00

Discussion groups on the lecture

12.15–13.00

Artistic exercises in groups

Bothmer gymnastics®, creative speech or eurythmy therapy

13.00–15.00 Lunch break

15.00–16.30

*** Workshops by professional field**

For physicians, learning support teachers and those working in emergency education

16.30–17.00 Coffee break

17.00–18.30

**** Further training and practical exercises**

Free choice of topics related to the subject areas

16.30 Conference start

16.30–17.00

Welcome

The General Anthroposophical Society and the School of Spiritual Science

17.00–18.30

Lecture

Trauma and development – Turning crises into opportunities

Bernd Ruf

18.30–19.30 Evening break

19.30–21.00

Plenary session for doctors working in kindergartens and schools

or

Plenary session for special educational needs and emergency education teachers on the topic: "Exploring the Impact of Bidirectional Trauma Transmission Among Children and Caregivers in Lebanon on Inclusive Peacebuilding"

18.30–19.30 Evening break

19.30–21.00

Plenary session for doctors working in kindergartens and schools

or

Plenary session for special educational needs and emergency education teachers on the topic: "Learning in difficult times – times of difficult learning" Experiences from the field of special educational needs

Saturday, 24 October

08.15–08.45 (*optional*)

Class lesson for members of the School of Spiritual Science
(DE/EN)

or

Introduction and discussion:
The meditative path of the School of Spiritual Science (DE/EN)

09.00–10.30

Singing

Lecture

"Awakening senses, daring to ask, discovering learning"

Julia Rose

10.30–11.15 Coffee break

11.15–12.00

Discussion groups on the lecture

12.15–13.00

Artistic exercises in groups

Bothmer gymnastics®, creative speech or eurythmy therapy

13.00–15.00 Lunch break

15.00–16.30

**** Workshops** by professional field

For physicians, learning support teachers and those working in emergency education

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18.30–19.30 Evening break

19.30–21.00

"Il Paradiso"

Director: Claudio Puglisi

As part of the theatre festival at the Goetheanum

Sunday, 25 October

08.15–08.45 (*optional*)

Act of Consecration of Man (DE)

09.00–10.30

Singing

Lecture

Supporting development between freedom and necessity

Christoph Meinecke

10.30–11.15 Coffee break

11.15–11.45

Discussion groups on the lecture

11.55–12.30

Concluding plenary session

* Workshops for school doctors and others interested

1. **The foundation for physical and mental health in the Waldorf curriculum (EN/DE)**
How can kindergarten and school become places where children can develop healthily in body, mind and spirit?
Michaela Glöckler, Hedda Joyce, Claudia McKeen
2. **Perceptual processing – 12 senses and 7 life processes (DE)**
Karin Michael
3. **Specific learning disabilities (DE)**
Johannes Kux
4. **Work of the kindergarten doctor (DE)**
What impulses can we, as doctors, provide for healthy development in kindergarten?
Christina Adam-Maier, Ulrike Lorenz, Bettina Pump
5. **Child observation meeting from a medical perspective, based on suggestions by Anna Seydel (DE)**
The stages of approaching the child's being as a meditative process. Guidance on working as part of the kindergarten and school teaching staff. Texts for preparation: Anna Seydel: *Ich bin Du* and *The Foundations of Human Experience*, lecture 6.
Maike Wellmann

* Workshops for special educational needs teachers and others interested

6. **Foundations for understanding the development and integration of neonatal survival reflexes (DE)**
The residual effects of early childhood survival reflexes often lead to immature additional movements or compensatory behaviour in children which can affect their learning potential to varying degrees. Recognising and understanding these reactions enables targeted action in the classroom and a better understanding of the child's life situation.
Sibylle Raupach
7. **Learning to breathe and learning to write (DE/EN)**
Some children come to school with constricted breathing and either stiff or flaccid muscle tone. They are lagging behind in the development of their fine motor skills, which also extends to their not yet fully developed articulation. We offer the children help and support in a variety of ways. But how does learning to write affect these necessary developmental processes? We will explore this question together through discussion and draw on our wealth of practical experience.
Julia Rose, Susanne Speckenbach
8. **Supporting the development of fine motor skills – at kindergarten and school age (DE/EN)**
Ingun Schneider, Philipp Reubke
9. **Reclaiming the midline: Extra Lesson as an anchor for the digital adolescent (EN)**
In today's digital age, teenagers often live divided lives, where the persistent distraction of the virtual world disrupts their ability to stay grounded in their developing physical bodies. This workshop focuses on *The Extra Lesson* as a practical approach to counteracting screen-induced sensory degradation, which often manifests as anxiety, emotional dysregulation, and a lack of focus. Instead of merely discussing these challenges, participants will engage in rhythmic exercises and form drawing designed to support nervous system regulation and invite a state of calm focus. The session offers an opportunity to explore a repertoire of practical movement tools that may help students build the resilience needed to navigate technology while staying connected to themselves.
Ester Samaniego

* Study units for education in emergency situations

Study units on Friday and Saturday, from 15.00 to 18.30 on both days

10. Support in emergency situations (DE/EN)

Introduction with experience reports and an in-depth look at methods and perspectives
Fiona Bay, Bernd Ruf and others.

** Further training and practical exercises

11. How does the child integrate and master the physical senses? (DE/EN)

With case study and discussion. Gaining a deeper understanding of child development, knowledge of the human being, the physical senses, hand-eye coordination, sleep, breathing, digestion and rhythm.

Ingun Schneider, Kris Boshell, Karin Michael

12. Exercises for integrating neonatal reflexes (DE)

Specific exercises will be worked on that can help all children, either in mainstream lessons or in additional support classes, to compensate for early childhood survival reflexes that have not yet fully matured, thereby reducing the residual reactions that influence their learning and behaviour.

Sibylle Raupach

13. "Child observation in the education meeting" based on suggestion by Christof Wiechert (DE)

Presentation of the method and discussion. Joint work on one or more case studies. See: Christof Wiechert: *Du sollst sein Rätsel lösen*, Verlag am Goetheanum, Dornach 2017.

Philipp Reubke

Certification

This conference is part of the certified further training to become an anthroposophical school and kindergarten doctor. GAÄD and VAOAS certificates with accreditation points will be available at the conference.

Confirmation of attendance

The confirmation of attendance for this conference will be available for download through the registration confirmation email immediately afterwards.

Conference fees

Prices incl. a light meal at lunch and in the evening and refreshments during breaks

Support price *CHF 370 +*

Normal price *CHF 350*

Student price *CHF 240*

Registration for conference

Link to the event website and registration:

<https://goetheanum.ch/en/events/SAEFL2026>