



## **Living warmth**

Wärme wirkt

14-17 September 2017

International annual conference of the  
Medical Section at the Goetheanum

**Goetheanum**

In my heart  
Sun-strength shines  
In my soul  
World-warmth works.

I will breathe  
The strength of the Sun.

I will feel  
The warmth of the world.

Sun-strength fills me  
World-warmth penetrates me.

Rudolf Steiner, 1923, GA 268

Dear Friends of Anthroposophic Medicine,

We warmly invite you to this year's annual conference!

We begin a new conference cycle with the subject of warmth. The cosmos developed out of warmth. Our innermost, creative individuality lives and works in the warmth of our body. The human warmth organisation develops during life and its day-night rhythm reflects the presence of the I in the body. Its activity is raised during a fever while on the other hand patients with cancer display an abnormal warmth organisation. Careful attention to warmth is of great therapeutic importance at the threshold of birth as well as the threshold of death.

Today the community of all human beings has become responsible for the warmth of the earth. Anthroposophy gives us many suggestions as to how we can develop an inner connection with the earth's atmosphere and the relationship of the earth to the sun. Equally it can provide us with guidance for the therapeutic approach to the warmth of the patient, for example in how we deal with fever. From external treatments to

mistletoe therapy, which this year celebrates its 100th birthday, Anthroposophic Medicine offers us a wealth of treatment possibilities for disorders of the warmth organisation.

From the interprofessional aspect of warmth, the five care subject areas of the Medical Section, as the great therapeutic challenges of the present time, will provide the focus of the lectures. The World Space offers space for short presentations of work and initiatives – we look forward to registration until 15 July at [worldspace@ifaam.org](mailto:worldspace@ifaam.org). We aim to work on our conference subject together, deepen our understanding and extend our therapeutic skills in more than 50 interdisciplinary and specialist workshops. On the Saturday we will conclude the evening after the eurythmy performance with a festival on the terrace of the Goetheanum.

We look forward to seeing you!

*Matthias Girke and Georg Soldner*

On behalf of the collegium of the International Coordination of Anthroposophic Medicine/IKAM:

*Andreas Arendt, Roland Bersdorf, Laura Borghi, Dagmar Brauer, Marion Debus René de Winter, Jan Feldmann, Oliver Friedländer, Tanja Geib, Jan Göschel, Aglaja Graf, Rolf Heine, Hartmut Horn, Andreas Jäschke, Kirstin Kaiser, Ellen Keller, Helmut Kiene, Gunver Kienle, Manfred Kohlhase, Petra Kühne, Stefan Langhammer, David Martin, Elma Pressel, Julia Renkl, Sabine Ringer, Alexander Schadow, Stefan Schmidt-Troschke, Heike Sommer and Anna Sophia Werthmann*

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## Workshops A

Thursday 17.00–18.30, Friday, 11.15–12.45

Saturday, 11.15–12.45 and 15.30–16.00.

*The four units of each workshop build on one another.*

**1. Understanding warmth as the key to Anthroposophic Medicine.** Four units of 1.5 hours each: • W1: Why is warmth a substance? (Introductory lecture) • W2: Thermogenic therapeutic substances (rosemary, ginger, mustard, etc.) • W3: Fever in paediatrics • W4: Cancer, mistletoe, warmth. Introductory lecture, keynote presentations, group discussions, joint exercises, scientific study results, concrete therapeutic recommendations. *Dr med. Helmut Kiene, physician, Freiburg, DE; Dr med. Gunver Sophia Kienle, physician, Freiburg, DE; Dr med. Jan Vagedes, physician, Filderstadt, DE; Dr med. Tido von Schön-Angerer, physician, Geneva, CH; Prof. Dr med. David Martin, specialist in child and adolescent medicine, paediatric endocrinology and diabetology, Tübingen, DE* (German, English)

**2. The invisible human being in us as the basis of the warmth organism. Studies and exercises.** With the practical application of the knowledge about the I-currents, we will learn to experience the action of the invisible human being in us. A contribution to development, prevention and therapy. *Dr med. Kathrin Studer-Senn, physician, Sargs, CH* (German, Russian)

**3. How can nutrition stimulate and support the warmth processes?** The I incarnates in warmth in the human being as a being of warmth. Where do we find warmth in human beings in their physical, living, soul and spiritual part? The role of nutrition in support for these warmth processes will be addressed. The importance of the ripeness of fruits and individual foodstuffs. An interactive workshop with presentations, discussion as well as tastings. *Dr Jasmin Peschke, graduate (diploma) nutrition scientist, Dornach, CH; Anita Pedersen, graduate (diploma) nutrition scientist,*

*Herdwangen-Schoenach, DE; Ela Wallner, non-medical practitioner, Munich, DE (German, English)*

**4. The external treatments in caring for the warmth organism.** The importance of external treatments in the care of the ill person and their warmth organism on the basis of the anthroposophical understanding of the human being is explained and deepened. At the same participants will receive an introduction to learning the treatments in practice thanks to the many years of experience at Casa di Salute Raphael of nurse Carla Menato. *Dr med. Stefano Gasperi, physician, Trento, IT; Carla Menato, nurse, Castello Tesino (TN), IT (German, Italian)*

**5. Learning parenting: tools to support healthy development in the first three years of life.** We will teach tools to support parents during pregnancy and the first three years of life from a medical and educational perspective, building on the dynamic of “walking, speaking and thinking”. We look forward to international participants who are invited to contribute their professional experience from their own cultural sphere! *Dr med. Stefan Schmidt-Troschke, paediatrician, Berlin, DE; Birgit Krohmer, kindergarten teacher; eurythmist, Freiburg, DE (German, English)*

**6. Parenting training during pregnancy, the postpartum period and early childhood.** A social environment with appropriate action, reaction and structure for the being of the child in the initial period of life has a crucial influence on health and behaviour throughout the whole of life. The goal of the workshop is to learn and practise methodological elements for parenting training: baby preparatory course, parent course on the third day of life, play space for children – learning space for parents. *Dr med. Christoph Meinecke, paediatrician, psychotherapist, Berlin, DE; Cristina Meinecke, parent counselling, home management, Berlin, DE (German, English)*

**7. The nature of the child and warmth.** The work will focus on a presentation of the crucial importance of the physical, soul and spiritual

warmth situation for the healthy development of the child. In the interdisciplinary team from the perspective of Anthroposophic Medicine, Waldorf education and the “fine arts”, practice-relevant information, exercises and case studies will be discussed together.

*Dr med. Silke Schwarz, physician; kindergarten and school physician, Swisttal, DE; Almut Bockemühl, germanist, Dornach, CH; Dr med. Angelika Wiehl, education expert, Alfter, DE (German, English)*

**8. Therapeutically effective warmth processes through meditation, intercession and prayer.** Physical warmth which can be measured with the thermometer and those warmth qualities produced by soul and spiritual activity interpenetrate in the human warmth organism. The work will focus on the associated health-promoting effects. *Dr med. Michaela Glöckler, section head emeritus for medicine at the Goetheanum, Dornach, CH (German, English)*

**9. Understanding the warmth meditation through eurythmy.** The etheric streams of Rudolf Steiner’s six subsidiary exercises together with “I think speech” provide the basis for the use of the warmth meditation. With the “TAO” the understanding of the “etheric heart chakra” is deepened. *Dr med. Harald Haas, psychiatrist and psychotherapist, Bern, CH; Theodor Hundhammer, eurythmy therapist, Epsach, CH (German)*

**10. The importance of warmth in anthroposophically extended therapy. Basics, mode of action, applications.** We encounter warmth in various manifestations in the anthroposophical understanding of the human being, in embryology, in the specific diagnosis, in therapy and in social interaction. We will look at these aspects from the perspective of the various therapies and seek to map out common features. A warm invitation to all therapists to consider these questions together. *Elma Pressel, non-medical practitioner, trainer in massage as developed by Dr med. Simeon Pressel, Stuttgart, DE; Peter Altmeyer, osteopath DOMRO, DPO, Salem, DE; Jacqueliene Pieper, physiotherapist, occupational physiotherapist, Pratval, CH (German, English, Dutch)*

**11. Experiencing warmth in substance, in human encounter and in meditation.** Touching various materials and areas of the human body transmits specific experiences of warmth. Equally, warmth is differentiated in social interaction. Numerous meditations from Rudolf Steiner are centred on the subject of warmth. We will aim to perceive and describe these various warmth qualities and make them usable for therapy. *Rolf Heine, nurse, Filderstadt, DE (German, English)*

**12. The warmth meditation as instrument for the development of a new sense of warmth.** The warmth meditation as path for the development of different qualities of perception in warmth. Etheric physiology/organology of the development of new sensory perceptions: from the chakras through the subsidiary exercises to the warmth meditation. The special position of the warmth meditation in Rudolf Steiner's life work in this respect. Practice relevance in therapeutic situations. *Dr med. Henrik Szóke, physician, Pilisszentkereszt, HU; Jaimen McMillan, Spacial Dynamics® teacher, Schuylerville, USA; Christina Spitta, physician, Bad Liebenzell, DE (German, English)*

**13. Warmth and trust in collaboration.** Contemporary eurythmy exercises to promote a mindful team culture. *Sonja Zausch MA, social eurythmist, Dornach, CH (German, English)*

**14. Warmth processes in the production of anthroposophic pharmaceuticals.** In this workshop the importance of the warmth processes for substances and their action will be illustrated through an experience of the lower and higher warmth levels in pharmaceutical production. A workshop with practical demonstrations. *Heike Friedländer, graduate (diploma) pharmacist, Kühlungsborn, DE; Salete Martinez-Klett, pharmacist, Schwäbisch Gmünd, DE (German)*

**15. Analogy between the genesis of cyclones and tumours. Mistletoe, the vortex and the warmth organism.** Different types of animal deal with the warmth metabolism (warmth generation, preservation, elimination) in various ways: they have "strategies" in the development of

the animal warmth organism which show how the animal can always maintain its warmth organism in a healthy and effective state for life in the physical body. An example also to understand the diversity of the human being. *Dr med. vet. Sabrina Menestrina, veterinary physician, Udine, IT; Dr med. vet. Wilbert Beyer, veterinary physician, Jaerna, SE; Dr med. vet. Claudio Elli, veterinary physician, Milan, IT; Dr med. vet. Laura Zamboni, veterinary physician, Belluno, IT* (German, Italian)

**16. The heart as warmth organ: the therapeutic importance of warmth in cardiological diseases.** The heart is the first organ which is formed in embryonic development. Rudolf Steiner describes it as an organ for which in evolutionary terms there is already a predisposition in the warmth state of so-called Saturn. It is transformed in many different ways in the following evolutionary states. We will look at the sclerosis diseases and their treatment with reference to warmth and develop therapeutic concepts. *Dr med. Christoph Kaufmann, physician, Arlesheim, CH; Dr Dr Andreas Fried, physician, Berlin, DE* (German, English)

**17. The warmth organisation in respiration – disorders and therapeutic instruments (with the focus on lung cancer and pulmonary fibroses).** Warmth in the various aspects of its function in the fourfold body will be considered and illuminated with practical reference to the pathology and treatment of lung diseases. The warmth forces form a central therapeutic principle and a distinct treatment approach which we will work on (partly in small groups). *Dr med. Christian Grah, specialist for internal medicine and pulmonology, Berlin, DE; Dr med. Eva Streit, specialist for internal medicine and pulmonology, Arlesheim, CH* (German, English)

**18. Mistletoe therapy in interdisciplinary oncology.** Mistletoe therapy with its possible uses in various types and stages of tumour – subcutaneous, intravenous, intralesional – is the focus of the workshop. Here the important thing is the joint work of all the therapeutic professions in making mistletoe effective so that possibilities for supporting the warmth organism through nursing, art therapy, etc. will also be shown. *Dr med. Sebastian Schlott, physician, Filderstadt, DE;*

*Dr med. Marion Debus, physician (haematology/oncology), Berlin, DE*  
(German, English)

**19. The status of warmth in anthroposophically extended oncology: mistletoe, fever, hyperthermia.** The importance of the warmth organism in tumour treatment; care and challenge; the importance of the chronological coordination and combination of oncological treatments. Structure: contributions, case studies and exchange of experiences. *Dr Maurice Orange MSc, physician , Arlesheim, CH; Dr med. Reiner Penter, specialist for internal medicine, Arlesheim, CH* (German, English, Dutch)

**20. The relationship between warmth and anthroposophical art therapy in cancer patients.** The support of cancer patients with art therapy reveals how artistic processes take hold of the individual (I) forces, generate warmth envelopes and stimulate essential soul processes so that the illness can “go to sleep”. Quantitative and qualitative parameters change. Wellbeing is generated in the person. Theoretical and practical experience. *Luz Myriam Trivino MD, anthroposophic medical doctor and plastic artist, Cali, CO; Maya Moussa, art therapist, Barcelona, ES; Katia Villalobos C MD, physician, Cali, CO* (German, English, Spanish)

**21. Physical, soul and spiritual warmth processes in the human organism – treatment methods of eurythmy therapy in oncology.** Eurythmy therapy exercise series in various oncological diseases. Selection and structure of the exercises. *Pirkko Ollilainen, eurythmy therapist, Grötzingen, DE; Dr med. Sheila Grande, physician, Rio de Janeiro, BR* (German)

**22. Warmth processes through eurythmy therapy in cancer rehabilitation.** Presentation of patient experience and experiences with warmth processes at a physical, psychological and existential level. Practical eurythmy therapy exercises and discussion about corresponding studies carried out at the Vidar Clinic in Jaerna (Sweden). *Annica Alvenäng MA, eurythmy therapist, Jaerna, SE; Elisabeth Broager Grön MA, eurythmy therapist, Jaerna, SE* (German, English)

**23. Warmth processes in therapeutic work using the example of depression – the different effects of psychotherapy and art therapy as well as their consonance.** Insights into aetiology and psychotherapy will be given in psychological sketches of the clinical picture of depression as well as in case reviews. The importance of the element warmth can be experienced. Particular attention will be paid to methods and questions of art therapy and their modes of action brought to experience through small artistic exercises. *Ellen Keller, graduate (diploma) psychologist, psychological psychotherapist, Saarbrücken, DE; Johanna Gunkel BA, art therapist, BVAKT, graduate (diploma) designer, Cologne, DE* (German, English)

**24. Working with Trauma and Fragmentation at the Threshold.**

A medical, psychotherapeutic and art therapy approach based on anthroposophy. The way the members of the human being work into each other is seriously disturbed by trauma. How can the above therapies work with the warmth organisation for their reintegration? Case examples – from facilitators and participants also welcomed. *Michael Evans MD, physician and adult teacher, Stroud, UK; Marah Evans, psychotherapist, art therapy, supervisor-trainer, Stroud, UK* (English)

**25. Development of anxieties in school children through teaching methodology.**

School anxiety can also arise through the unartistic presentation of intellectual knowledge and through taking insufficient account of the physical, soul and spiritual individuality of the child. It damages the development of the physical senses and etheric organs and the unfolding of the rhythmical system and thus has an effect on the course of the whole life. We will work on artistic and psychotherapeutic possibilities of healing.

*Ad Dekkers, psychologist, psychotherapist, Bilthoven, NL; Jacques Meulman, Waldorf teacher and psychologist, Amsterdam, NL; Jill Meulman, eurythmy therapist, Amsterdam, NL* (German, English, Dutch)

**26. The vulnerable person and warmth – vulnerability and resilience.** On the basis of the phenomena of vulnerability and warmth we will work on

their specific qualities in the nursing fields in people with infections, the elderly and people with oncological diseases. The various aspects will be deepened through experience with case studies and selected external treatments as well as eurythmy. *Graduate (diploma) nurse, RN, MAS Monika Layer, nursing teacher, expert in anthroposophic nursing/RE IFAN, Wängi, CH; Graduate (diploma) nurse, RN Isabella Herr, director of nursing, Klinik Arlesheim AG, Arlesheim, CH; Rachel Mäder-Lis, eurythmist, Ittigen, CH; Lic. phil. RN Ursa Neuhaus, graduate (diploma) nurse, teacher, expert AP IFAN, Bern, CH (German)*

**27. Anthroposophic palliative medicine.** How do we support patients with advanced diseases? How do we support them at the end of their earth life? Which therapies have proved themselves in anxiety, restlessness, pain, fatigue, dyspnoea and gastrointestinal disorders? What questions about meaning arise in connection with the longing for death and fear of death? Palliative medicine is multiprofessional; we intend to concern ourselves with these subjects from a medical and nursing perspective and also approach the inner path of the palliatively ill person to the threshold as a spiritual path of development.

*Dr med. Matthias Girke, specialist for internal medicine, head of the Medical Section, Dornach, CH; Britta Wilde, nurse, Brieselang, DE (German)*

## Thursday, 14 September

From 13 September, 20.00 – 14 September, 12.30  
**School of Spiritual Science, Study Meeting**  
For members of the School of Spiritual Science

14.00–14.45  
**Lecturers' meeting**

15.00 **Conference start**

15.00–16.30  
**Welcome Lecture**  
Warmth in the birth of the body – pregnancy and birth  
*Georg Soldner, Angela Kuck, Karin Waldvogel*

16.30–17.00 **Coffee break**

17.00–18.30  
**Workshops A**

18.30–20.00 **Evening break**

20.00–21.30  
**Commemoration of the dead Plenary session**  
The child and their parents  
Moderator: *Georg Soldner*  
*Cristina and Christoph Meinecke, Ruth Enste*

**Conclusion with eurythmy**

## Friday, 15 September

08.00–08.45  
**School of Spiritual Science, Studies** (open to all)  
The warmth meditation  
*Peter Selg*

09.00–10.30  
**Lectures \***  
Fever: acute infections, antimicrobial resistance  
*David Martin*

Antimicrobial resistance and Anthroposophic Medicine  
*Erik Baars*

Treatment of acute infections in daily practice  
*Madeleen Winkler*

10.30–11.15 **Coffee break**

11.15–12.45  
**Workshops A**

12.45–15.00 **Lunch break**

15.00–16.30  
**World Space**  
Presentation of international projects and cultural contributions \*

16.30–17.00 **Coffee break**

17.00–18.30  
**Workshops B**

18.30–20.00 **Evening break**

20.00–21.30  
**Lecture**  
Multidisciplinary treatment of panic disorder  
*Henriette Dekkers-Appel, Hartmut Horn*

**Conclusion with eurythmy**

## Saturday, 16 September

08.00–08.45

### **Meditation \*\***

*Silke Schwarz, David Martin*

*or*

### **School of Spiritual Science, Studies** (open to all)

The healing impulse in the Gospel of Luke \*\*

*Friedwart Husemann*

*or*

**16th class lesson** (for members of the School of Spiritual Science) \*\*

*Matthias Girke*

09.00–10.30

### **Lecture**

Treating the cancer patient

*Marion Debus*

### **Case reports**

From oncological art therapy

*Josef Ulrich*

10.30–11.15 **Coffee break**

11.15–12.45

### **Workshops A**

12.45–15.00 **Lunch break**

15.00–16.30

### **Workshops A**

16.30–17.00 **Coffee break**

17.00–18.30

### **Workshops B**

18.30–20.00 **Evening break**

20.00–20.45

### **Eurythmy performance**

**21.00-22.30**

### **Terrace festival**

(Only if the weather is good)

## Sunday, 17 September

08.00–08.45

### **Meditation \*\***

*Silke Schwarz, David Martin*

*or*

### **School of Spiritual Science, Studies** (open to all)

The healing impulse in the Gospel of Luke \*\*

*Georg Soldner*

*or*

**19th class lesson** (for members of the School of Spiritual Science) \*\*

*Michaela Glöckler*

09.00–10.30

### **Lecture**

Anthroposophic palliative medicine: support and treatment near and at the threshold

*Matthias Girke, Britta Wilde*

10.30–11.15 **Coffee break**

11.15–12.30

### **Lectures**

The dignity of the human being

*Stefano Gasperi*

Development in Anthroposophic Medicine

*Matthias Girke, Georg Soldner*

### **Foundation Stone Meditation (eurythmy)**

12.30 **End of conference**

*All contributions in the plenary sessions except \* will be held in German and translated into the following languages: Chinese, English, French, Italian, Japanese, Spanish and Russian.*

\* In English with translation

\*\* German with translation into English

*Subject to change!*

**28. Strengthening of inner warmth in soul suffering and in psychiatric diseases using “colour processes”:** a new challenge. Analysis of clinical cases and practical painting works with analysis of personal experiences. *Patrizia Anderle MD, psychiatrist, Padua, Monselice, IT; Annamaria Saccuman, art therapist, Padua, IT* (English, Italian)

**29. Stimulating warmth through music therapy in palliative care.** Starting from the medical description of a patient in a palliative situation, and particularly the symptoms of anxiety and pain, we will make the connection with the importance of warmth and the opportunities offered by music therapy to stimulate the warmth organism. We will use aspects of our understanding of the human being, patient examples and our own perception in our work. *Laura Piffaretti, art therapist (ED) specialising in (anthroposophical) music therapy, Meggen, CH; Dr med. Stefan Obrist, specialist for internal medicine, specialising in palliative medicine, Zurich, CH* (German, Italian)

**30. The transformation of the life forces through warmth.** Practical meditation exercises, carried out in stages from imagination through inspiration to intuition, for therapeutic practice. *Dr med. Robert Kempenich, physician, Strasbourg, FR* (German, English, French)

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## **Workshops B and professional groups**

Friday and Saturday, 17.00–18.30

*The two units of each workshop build on one another.*

**31. Rudolf Steiner’s warmth course.** In 1920, Rudolf Steiner gave a course mainly for the teachers of the Waldorf school which was devoted to the nature of warmth as well as the elements and types of ether, primarily from the perspective of physics. This group will address the most important motifs of the course which makes warmth accessible as a “border phenomenon”. *Johannes Kühl, physicist, head of the Natural Science Section at the Goetheanum, Dornach, CH* (German)

**32. Warming up and cooling down of a medico-therapeutic social organism: organisational and quality development.** Social organisms can radiate a great deal of warmth, but also coldness. This workshop will consider the possibilities offered by organisational and quality development to shape these processes. As our methodological instrument we will use the “compass” of the twelve zodiac forces. *Dr Gerhard Herz, consultant and auditor, Gröbenzell, DE; Sabine Ringer, manager of Haus Morgenstern, Stuttgart, DE* (German, English)

**33. Warmth of plants – plants of warmth: warmth processes in plants and human beings.** Thyme roasts in the burning summer sun crouched close to the earth, its reduced leaves containing powerful aromatic essential oils... Meadowsweet juts upwards in moist meadows, spraying its enticing scent in the warmth of the evening from its cloud-like white flowers... Our aim is to obtain a greater understanding of these and other medicinal plants in joint observation. *Dr med. Tobias Daumüller, specialist for internal medicine, Heidenheim, DE; Dr med. Ulrich Geyer, specialist for internal medicine, Heidenheim, DE; Dr med. Andreas Laubersheimer, general practitioner, Heidenheim, DE* (German, English)

**34. Warmth: a bio-psycho-social exploration of its role in the healing process.** We will explore a variety of clinical studies which show the ways that physical experiences of warmth influence physiological functions (like immune system activity and allergy), psychological measures (pain thresholds, anorexic eating patterns) and social interaction (social sensitivity, group cohesion). Each session will include demonstrations of applicable nursing practices. *Adam Blanning MD, physician, Denver, CO, USA; Elizabeth Sustick RN, anthroposophic nurse specialist, Northampton, MA, USA* (English)

**35. Transformation processes through metal colour light.** Metal colour light therapy stimulates supportive and profoundly vitalising warmth processes which can transform traumas at a physiological and soul and spiritual level. Practising perception, discussion about experiences, case studies, information about the development of metal colour light therapy and – training. *Friedlinde Meier, metal colour light therapist / eurythmy therapist, Bad Liebenzell, DE;*

*Hazel Adams, art therapist, MCLT therapist, Westbury on Trym, Bristol, UK;*  
*Holger Schimanke, metal colour light therapist, singing therapist, Filderstadt,*  
*DE (German, English)*

**36. The action of oil dispersion baths on the warmth organism of the human being.** Introduction to the basic action of oil dispersion baths. Practical demonstrations. Comprehensive work on questions from participants on the conference theme. *Reinhold Schön, medical hydrotherapist, Bad Boll, DE;*  
*Larissa Schön, teacher and therapist for Bothmer gymnastics, Bad Boll, Baden-*  
*Württemberg (German, Russian)*

**37. Freedom, self-determination and morality of the anthroposophic non-medical practitioner.** “Why should my action serve the public good less if I have done it out of love than if I have done it only for the reason that I consider it my duty to serve the public good?” We aim to pursue these and other questions as anthroposophic non-medical practitioners and investigate them together. *Alexander Schadow, non-medical practitioner for psychotherapy, Nienhagen, DE; Michaelmas Voelkel, non-medical practitioner, eurythmy therapist, Celle, DE (German)*

**38. Moving sun forces.** Moving sun forces – Spacial Dynamics® exercises and hands-on techniques that uplift, lighten, and warm. *Jaimen McMillan, director, Spacial Dynamics® Institute, Schuylerville, USA (German, English)*

**39. Healing form drawing.** In the search for new perspectives, to stimulate the self-healing forces, to awaken lost enthusiasm, therapeutic form drawing offers very effective possibilities with the simplest means. The workshop will show how we can succeed in forming the drawing person through form drawing. Intensive own activity generates inner warmth. *Peter Büchi, form drawing practitioner, adult education teacher, Stäfa, CH (German, English, French)*

**40. Creative speech which ensouls, warms through!** The warming action of the spoken word can be experienced using poetry and speech exercises. The focus is on artistic work. *Kirstin Kaiser, therapeutic speech practitioner, Basel, CH (German)*

**41. Singing therapy in trauma therapy.** Through the basic singing exercises of the School of Uncovering the Voice with sound, breathing and speech sounds, the process of renewal and deepening in the relationship between soul and body is enabled, thus providing significant support in working through trauma. We will work on basic aspects of these exercises on the basis of our understanding of the human being. *Thomas Adam, singer, singing therapist, Bochum, DE; Dr med. Corinna Falk, specialist for psychosomatic medicine, Maulbronn, DE* (German, English, Spanish)

**42. Warmth in movement – the various layers of warmth generation in movement therapy.** Warmth arises through movement. But whether a movement is warm or cold is not subject to the physical body. Using some exercises from Bothmer gymnastics, we will concern ourselves with warmth and movement with reference to the different layers of the human being. *Stephan Thilo, Bothmer gymnast, physiotherapist, Emmendingen, DE* (German, English, Russian)

**43. Patients' competences and health competences.** Governments and health systems want patients to bear more responsibility for their own health and health choices, not only in times of illness but also how to remain as healthy as possible. How are the necessary competences acquired and what kind of competences are needed? *René de Winter MA, president, Leidschendam, NL; Marjolein Doesburg-van Kleffens, president, Zeist, NL; Wieneke Groot, consultant, Zeist, NL; Renate Sippel MA, director, Kumberg, AT* (English)

**44. Loheland gymnastics/movement training.** In this workshop we intend to move in many different ways and concern ourselves with the subject of warmth through enthusiastic activity. The warmth processes are stimulated through movement progressions in rhythmical breathing which promote individual personal development and form the basis for healthy social processes. Let yourself be warmed and moved! *Sabine Podehl, Loheland lecturer (R), gymnastics teacher, sport teacher, Altusried, DE; Simone Koring, gymnastics/Loheland movement therapy, Kassel, DE* (German, English)

**45. International meeting of specialist physician groups.** Annual exchange of views of the specialist physician groups on current developments with regard to work on content, further training, recruitment of young talent, international networking. For all specialist physicians or assistant physicians interested in a specialist training. *Dr med. Marion Debus, physician (haematology/oncology), Berlin, DE (German, English)*

**46. ANTHROMEDICS – the Internet portal on anthroposophic medicine.** The Anthromedics project has been directly attached to the Medical Section since 2017: the latest position regarding restructuring and content, and an invitation to become involved. The workshop is addressed particularly to specialist physicians and experts in the therapeutic and nursing professions. *Dr med. Matthias Girke, specialist for internal medicine, head of the Medical Section, Dornach, CH (German, English)*

**47. Meeting of professional groups of the Young Medics Forum and Young Anthroposophic Nursing.** Using selected texts from Rudolf Steiner's so-called "bridge lectures" (GA 202/given in November and December 1920) we will work on the subject of "physiological and spiritually moral warmth". *Eva Lutz, medical student, Hanover, DE (German, English, Swedish)*

**48. The image of Anthroposophic Medicine in the public sphere.** What does the current image of AM require in order to continue to develop its cultural impulse coherently in the public sphere? *Heike Sommer MA, International Coordination of Press and Public Relations Work, Dornach, CH; Simon Bednarek MD, physician, Burringbar, AU; Theo Stepp, head of corporate communications, Schwäbisch Gmünd, DE; Barbara Wais, chief executive, DAMiD, Berlin, DE (German, English)*

**49. Vademecum of external treatments.** Presentation of website and joint exchange of views. *Bernhard Deckers, nurse, Filderstadt, DE (German)*

**50. How can we present eurythmy therapy in public appropriately for our time?** The 100th anniversary of eurythmy therapy is approaching. In the two workshop units we will work together on the question of how in future we

can present eurythmy therapy in public worldwide. How do we place ourselves as therapists in the public sphere? How do we work with greater strength through our joint organ, the Eurythmy Therapy Grouping? *Kristian Schneider, eurythmy therapist, Alfter, DE; Adalheidur Olafsdottir, eurythmy therapist, Eyrarbakki, IS* (German, English)

**51. Practice fields in eurythmy therapy.** Working exchange of views with eurythmy therapy colleagues in their own practice field: what foundations in our understanding of the human being form the basis for our respectively own practice field? What observations of movement characteristics are revealed in which diseases? What should most urgently be worked on in our own practice field? *Mareike Kaiser MSc, eurythmy therapist, Graz, AT;* (German, English)

**52. How do we strengthen AM in the European health system?**

Anthroposophic Medicine (AM) is satisfactorily and adequately recognised and integrated in the European health system in only few member states. This workshop will point up and discuss the existing health policy and statutory obstacles, as well as the strategies and measures which can be taken to reach a solution. *Andreas Biesantz, head of office Brussels, Brussels, BE* (German, English, Italian)

**53. IAAP annual general meeting.** The International Association of Anthroposophic Pharmacists (IAAP) invites all interested persons and members of the national pharmacists' associations to the 2017 ordinary annual general meeting. Nelly Segur, Christian Birringer, Oliver Friedländer, Dot. Christiaan Mol, Dr Jöran Moshuber. Only Sat, 17.00 - 19.00. *Dr rer. nat. Manfred Kohlhase, pharmacist, Stuttgart, DE; Dr Monica Mennet von-Eiff, pharmacist, Arlesheim, CH* (German, English)

**54. Research Council.** Annual meeting of the International Research Council. *Dr med. Helmut Kiene, physician, Freiburg, DE* (English)

**55. Teach-The-Teacher (TTT) planning group.** This workshop is a closed event for the preparatory group of the Teach-The-Teacher conference. In this event

we will both review the conference which was held in 2017 and look forward to the next conference in 2018. Preparatory team/lecturer team.

*Dr med. Jan Feldmann, physician, Berlin, DE; Angelika Stieber, eurythmy therapist, Liestal/BL, CH; Diethard Tauschel, physician, Witten/Herdecke, DE (German)*

**56. EFPAM annual general meeting and round table.** By invitation only.

*René de Winter MA, EFPAM president, Leidschendam, NL (English)*

**57. International meeting of psychotherapists.** International exchange of views on research into and further development of anthroposophic psychotherapeutic treatment concepts in trauma, sleep disorders, anxiety and depression. *Dr med. Hartmut G. Horn, child and adolescent health specialist, psychotherapist, Aichtal, DE; Dr phil. psych. Ad Dekkers, psychologist, psychotherapist, Bilthoven, NL; Dr phil. Henriette Dekkers, clinical psychologist, GG Bilthoven, NL; Ellen Keller, graduate (diploma) psychologist, psychological psychotherapist, Saarbrücken, DE (German, English, Dutch)*

**58. Meeting of professional groups and general meeting of members of the IAABT.** The International Association for Anthroposophic Body Therapy/IAABT warmly invites both its members and interested guests to its general meeting of members on Saturday, 16 September at 17.00. A council meeting to prepare the general meeting of members will take place on Friday at the same time. *Christina Spitta, physician, Spacial® Dynamics movement therapist and trainer, Bad Liebenzell, DE (German, English)*

## Poster campaigns and registration

### Poster exhibition on research

Poster presentations on research in Anthroposophic Medicine are there for you for the whole of the conference in the Schreinereisaal. Please send your current research results as a structured, one-page abstract – question, material and methods, results, conclusions – until 1 August 2017 to Dr rer. nat. Daniel Krüerke, Klinik Arlesheim AG, Forschungsabteilung, Arlesheim, Switzerland. Poster format: 118 x 84 cm. Email: Daniel.Krueerke@klinik-arlesheim.ch. Accepted abstracts will be published for the conference as a handout and subsequently be published in *Der Merkurstab* under “Reports from science and research”.

### Posters on medico-social projects from all over the world

Initiatives from all countries and continents are welcome at this year’s annual conference. Projects and cultural lightning contributions can be presented in the WORLD SPACE on Friday afternoon. Everyone interested can apply to make a contribution (3-7 minutes) until 15 July (title, country, summary).

Interesting posters (in English please!) can be exhibited as appropriate and published on the website of the Medical Section. We very much look forward to ideas from the whole movement of Anthroposophic Medicine.

Contact: [worldspace@ifaam.org](mailto:worldspace@ifaam.org)

## Registration

Goetheanum Empfang

Postfach, 4143 Dornach 1, Switzerland

Tel. +41 (0)61 706 44 44, fax +41 (0)61 706 44 46

tickets@goetheanum.org

## Translation

The plenary events will be simultaneously interpreted into Chinese, English, French, Italian, Japanese, Russian and Spanish. Anyone who wants translation into their language other than the languages shown is kindly requested to bring a translator with them from their country. We are happy to offer this “translation participant” a complimentary ticket (enquiries until 31 August to: tagungen@medsektion-goetheanum.ch).

## Donations (NOT to be used for remittance of the conference fee)

We are grateful to everyone who contributes with their donation to helping compensate for the price reductions and contributions to travel costs.

Bank details CH: Allg. Anthr. Ges., Med. Sektion,

IBAN CH53 8093 9000 0010 0605 6 – BIC: RAIFCH22. Purpose: JK 2017

Bank details DE and international: Med. Sektion, Förderstiftung AM,

IBAN DE92 6839 0000 0000 9707 60 – BIC: VOLODE66. Purpose: JK 2017

# Booking Form

# 7JK

Living warmth

A Conference of the Medical Section at the Goetheanum from Thursday, 14 to Sunday, 17 September 2017

Booking closes: Thursday, 31 August 2017

Please complete the booking form and mail, fax or email to:

Goetheanum Empfang, Postfach, CH-4143 Dornach

Fax + 41 61 706 4446, Tel. + 41 61 706 4444 email tickets@goetheanum.org

Please fill out in block capitals!

Ms  Mr

Name, first name \_\_\_\_\_

Billing address  private address  address of institution \_\_\_\_\_

Name of institution \_\_\_\_\_

Street, n° \_\_\_\_\_

Town \_\_\_\_\_

Postcode \_\_\_\_\_

Country \_\_\_\_\_

Phone/fax \_\_\_\_\_

Email \_\_\_\_\_

Occupation \_\_\_\_\_

I need translation into  English  French  Spanish  Italian  Russian  Japanese  German  Chinese

Conference ticket without meals

CHF 280 regular price  CHF 180 with concessions<sup>1</sup>  CHF 90 students<sup>2</sup>  500 with sponsorship<sup>3</sup>

Conference ticket with meals (2x lunch, 3x evening meal)

CHF 405 regular price  CHF 305 with concessions<sup>1</sup>  CHF 215 students<sup>2</sup>  625 with sponsorship<sup>3</sup>

Breakfast (3x)  CHF 45

Workshop A 1<sup>st</sup> choice, n° \_\_\_\_\_ 2<sup>nd</sup> choice <sup>4</sup>, n° \_\_\_\_\_ 3<sup>rd</sup> choice <sup>4</sup>, n° \_\_\_\_\_

Workshop B or Professional group 1<sup>st</sup> choice, n° \_\_\_\_\_ 2<sup>nd</sup> choice <sup>4</sup>, n° \_\_\_\_\_ 3<sup>rd</sup> choice <sup>4</sup>, n° \_\_\_\_\_

Group accommodation (mattresses on the floor. Please bring a sleeping bag, a pillow and a sheet, limited places)

CHF 30 (3 nights from 14 to 17 September 2017)  CHF 40 (4 nights from 13 to 17 September 2017)

Parking at the Goetheanum  Parking permit: CHF 21

Insurance

Cancellation insurance (5% of the total costs, CHF 10 minimum)

See cancellation conditions in the General Information

Payment methods

on invoice (only Switzerland and Euro zone)

Credit card (all countries)  Visa  MasterCard

Card number: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Expiry date: \_\_\_\_ / \_\_\_\_

I would like to receive the biannual programme of Goetheanum events (in German).

I agree to the terms of payment and cancellation.

\_\_\_\_\_  
Place, date, signature

<sup>1</sup> For OAPs, the unemployed and people with disabilities who receive benefits. Proof of status has to be submitted with the booking form.

<sup>2</sup> For students, schoolchildren, those in training, military or civil service. Proof of status has to be submitted with the booking form.

<sup>3</sup> Should you be in a position to pay an additional amount, this would help to cover the costs of the conference and support the work of the section.

<sup>4</sup> When registering, your first choice is no longer open, is cancelled or will be cancelled, your second and third choice will be taken into account. If your first, second or third choice is full, we will try to contact you. Please look for updated information at the start of the conference.

# General Information

## Living warmth

A Conference of the Medical Section

at the Goetheanum from Thursday, 14 to Sunday, 17 September 2017

Booking closes: Thursday, 31 August 2017

Conference fees:	Regular price:	CHF 280	with meals:	405 CHF
	Concessions <sup>1</sup> :	CHF 180	with meals:	305 CHF
	Students <sup>2</sup> :	CHF 90	with meals:	215 CHF
	With sponsorship <sup>3</sup> :	CHF 500	with meals:	625 CHF

## Conference meals

Conference meals (vegetarian with dessert) include 2x lunch and 3x evening meal at CHF 125 in total.

Breakfast (3x) can be booked separately at CHF 45. The other meals cannot be booked separately. We regret that food intolerances cannot be catered for.

## Group accommodation

*(Booking possibility on the booking form, further information: [www.goetheanum.org/6644.html](http://www.goetheanum.org/6644.html))*

Accommodation with mattresses on the floor: 3 nights from 14 to 17 September 2017 (CHF 30) or 4 nights from 13 to 17 September 2017 (CHF 40). Please bring a sleeping bag as well as a pillow and a sheet; limited places.

## Parking permit

for the period of the conference: CHF 21 (not right next to the Goetheanum building)

If you have a disability, please display your disability badge in your car.

## Methods of payment/confirmation

On receipt of a group application, the respective institution will receive the account for the group. Subsequent bookings can only be applied for and paid on an individual basis.

**Credit cards (all countries):** The full amount will be charged to your credit card as soon as your booking has been processed. You will receive postal or email confirmation of your booking and payment.

**Invoice Switzerland:** Confirmation of booking and an invoice will be sent to you once your booking has been processed. Please note that we only send out invoices up until 10 days before the beginning of an event. After that, payment is only possible by credit card or on arrival.

**Invoice Eurozone:** Confirmation of booking and an invoice will be sent to you once your booking has been processed (Euro account). Please note that we only send out invoices up until 14 days before the beginning of an event. After that, payment is only possible by credit card or on arrival.

**Other countries:** Once your booking has been processed you will receive a confirmation by post or email. The amount due will either be charged to your credit card or you can pay on arrival. Bank transfers are not possible.

Please note that the conference fee must be paid before the conference starts.

**Conference tickets:** Tickets can be collected at Reception until half an hour before the conference starts, also if you pay on arrival. We accept cash (Euro and CHF), VISA, MasterCard, ec-direct and Postcard-Schweiz.

**Cancellation:** Bookings may be cancelled free of charge up to 14 days prior to the begin of the conference (31.8.2017, date of posting). After that, 50% of the conference fee will be charged. Meals, breakfast, parking permit and group accommodation may be cancelled free of charge up to 1 day prior to the begin of the conference (13.9.2017). Cancellation on the day when the conference begins or failure to attend are subject to a 100% invoice total. Substitutes will be accepted at no extra cost.

**Cancellation insurance:** Subject to a payment of 5% of total costs (CHF 10 minimum) full cancellation insurance can be taken out to cover illness (including dependent children and partner), job loss and force majeure. Please ask for our terms of insurance or visit [www.goetheanum.org/6053.html](http://www.goetheanum.org/6053.html).

**Data processing:** All data will be electronically recorded and filed.

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## Goetheanum Guest Houses and Accommodation

Haus Friedwart from CHF 75, about 5 min. walk to the Goetheanum

phone +41 61 706 42 82, [www.friedwart.ch](http://www.friedwart.ch)

Begegnungszentrum from CHF 30, about 10 min. walk to the Goetheanum

phone +41 61 706 42 82, [friedwart@goetheanum.ch](mailto:friedwart@goetheanum.ch)

Accommodation bureau rooms from CHF 55

[kontakt@rooms-dornach.ch](mailto:kontakt@rooms-dornach.ch); [www.rooms-dornach.ch](http://www.rooms-dornach.ch)

Prices are per person per night. Prices for accommodation cannot be guaranteed.

You can find further accommodations on our website: [www.goetheanum.org/4283.html](http://www.goetheanum.org/4283.html)