



Study Conference on  
Therapeutic and Educational  
Creative Speech

**Controlled by Fear  
Controlling Fear**

25 to 28 October 2017

Medical Section  
In collaboration with the  
Section for the Performing Arts

**Goetheanum**

# Controlled by Fear – Controlling Fear

How can working with the word remove fear?

Dear Colleagues, and everyone with an interest in this subject,  
We hereby invite you to a study conference on a subject which encompasses humanity: fear and how to overcome it. With the goal of obtaining a better understanding of fear, we will look at ways of dealing with this archetypal human experience in the form of lectures, practical exercises and presentations on the transformation of fear.

Fear is a force living within us which has a purpose. It serves to let us recognise dangerous situations and, in the best case, protect us from them. For people with anxiety disorders a different picture arises. They suffer from anxiety symptoms which no longer protect but threaten them.

If fear is taken out of the healthy sphere, it seizes hold of us and determines our life. Our thinking, feeling and will can no longer be directed through self-determination and by the I. We are ruled by fear which colours and governs our everyday life.

This gives rise to the following questions:

- What does fear want to show the person under its control?
- What opportunities does fear offer human beings to develop new forces by and through it and to develop as a person?
- What does the person with anxiety disorder want to transform, what can they transform with the help of therapeutic creative speech?

With this subject we are taking up one of the five key topics of the Medical Section: early childhood, infectious diseases, anxiety and trauma sequelae, oncology, and palliative medicine. In the the next few years we intend to deepen one of these subjects at each of our study conferences from the perspective of creative speech.

To celebrate Marie Steiner von Sievers' 150th birthday, we will hear a lecture about her artistic impulse of creative speech.

With four speech choir groups in the afternoons, we wish to give all participants a particular experience of community through speech and cultivate the creation of the living word.

For the artistic conclusion of the conference we were able to organise a performance of “Oskar und die Dame in Rosa” (Oskar and the Lady in Pink). A staged reading based on a narrative by Eric-Emmanuel Schmitt on the subject of the death of a child and the question as to whether the good Lord pays visits. Movingly performed by Barbara Stuten and Fabian Horn.

We recommend the following literature in preparation for the conference:

Eckhard Roediger	<i>Wege aus der Angst (no translation available)</i>
Christian Schopper	<i>Wach werden an der Angst (no translation available)</i>
Henning Köhler	<i>Working with Anxious, Nervous, and Depressed Children</i>
Georg Soldner	<i>Individual Paediatrics</i>

This study conference is intended primarily for creative speech practitioners and speech therapists, students of creative speech and physicians. But it is also open to all people who are interested in the nature of language.

Please pass this invitation on to all who might be interested and young people.

We look forward to seeing you.

*Matthias Girke, Georg Soldner*  
Medical Section

*Kirstin Kaiser*  
International Coordination of Art  
Therapy

*Stefan Hasler*  
Section for the Performing Arts

*Xandor Koesen-York, Claudia Kringe,  
Philip Jacobsen, Marion Schroth*  
Preparatory Group

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## Workshops

Thursday to Saturday 11.15–12.45

### Deepening the conference subject

#### 1. Annette Flaig-Rapp

Therapeutic creative speech practitioner, Filder Clinic, Filderstadt, DE  
(German)

#### 2. Jutta Nöthiger

Therapeutic creative speech practitioner, art therapist (ED) specialising in  
speech and drama, Birsek Rudolf Steiner School, Aesch, CH  
(German)

#### 3. Philip Jacobsen

Development facilitator, Dornach, CH  
(German, English, French)

#### 4. Xandor Koesen-York

Therapeutic creative speech practitioner and drama teacher, Straelen, DE  
(German, Dutch)

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## Speech choir

Thursday to Saturday 14.30–15.00

*The three units of each choir group build on one another.*

**5. Clenching and releasing – syllabic and dynamic.** With syllabic flexibility we will practise a technique which opens up exciting creative possibilities for us. Spoken chorally, that can produce vocal transparency, polyphony and different forms of dynamic and structuring of time. We will practise with texts from Rudolf Steiner and Greek poetry. *Dorothea Ernst, creative speech practitioner, Rheinfelden, CH (German)*

**6. Poems.** Together we will speak one or two poems, or parts of them, suited to the subject matter of the conference. That will include the poem “Fürchtet Euch nicht” (“Fear not”) by Marie Luise Kaschnitz (particularly the first part). The three methodological steps I aim to pursue are: inner understanding (intuition); developing inner and outer feeling (inspiration); speech creation (imagination). To this end it would be helpful to acquaint ourselves with the Kaschnitz text in advance. *Jens-Peter Manfrass, therapeutic creative speech practitioner, Arlesheim, CH (German)*

**7. Shadow and light, don’t take fright!** We will speak texts appropriate for the subject matter of the conference. *Silke Kollewjin, art therapist (ED) specialising in speech and drama, creative speech practitioner, Basel, CH (German)*

**8. A dramatic, apocalyptic poetic work by Rudolf Steiner.** In our group we will work dynamically and with imagination on the text “Den Berliner Freunden” (For the Berlin Friends) of 1923. *Xandor Koesen York, therapeutic creative speech practitioner and drama teacher, Straelen, DE (German, Dutch)*

## Wednesday, 25 October

13.30–14.30

### Lecturers' meeting

15.00–16.30

### School meeting

for School members

4th class lesson: introduction, creative speech, discussion

### 17.00 Conference start

17.00–18.30

### Welcome and introduction

The Foundation Stone verse

Commemoration of the dead

### 18.30–20.00 Evening break

20.00–21.30

### Lecture

The action of the human constitutional elements in fear and their relevance for therapy.

*Matthias Girke*

## Thursday, 26 October

07.45–08.45

### Bothmer gymnastics

*Urs Kohler*

09.00–10.30

### Lecture

Anxiety in children and adolescents

*Georg Soldner*

### 10.30–11.15 Coffee break

11.15–12.45

### Workshops

Deepening the conference subject

### 12.45–14.30 Lunch break

14.30–15.00

### Speech choir

15.15–16.45

### Specialist groups

### 16.45–17.15 Coffee break

17.15–18.30

### Plenary session

Section work. Reports from the professional fields.

*Stefan Hasler, Kirstin Kaiser*

### 18.30–20.00 Evening break

20.00–21.30

### Lecture

Fear as a threshold phenomenon: Clinical pictures and therapeutic perspectives with regard to breathing and speech.

*Christian Schopper*

## Friday, 27 October

07.45–08.45

### **Bothmer gymnastics**

*Urs Kohler*

09.00–10.30

### **Case reports and exercises**

Subject: Patients suffering from anxieties

*Annette Flaig, Jutta Nöthiger*

10.30–11.15 **Coffee break**

11.15–12.45

### **Workshops**

Deepening the conference subject

12.45–14.30 **Lunch break**

14.30–15.00

### **Speech choir**

15.15–16.45

### **Specialist groups**

16.45–17.15 **Coffee break**

17.15–18.30

### **Lecture**

Marie Steiner's artistic impulse.

The development of creative speech in  
collaboration with Rudolf Steiner

*Jürg Schmied*

18.30–20.00 **Evening break**

20.00–21.30

### **Poetry evening**

... you are set between light and darkness ...

Contributions from participants

## Saturday, 28 October

07.45–08.45

### **Bothmer gymnastics**

*Urs Kohler*

09.00–10.30

### **Case reports and exercises**

Subject: Patients suffering from anxieties

*Monika Gasser, Dietrich v. Bonin*

10.30–11.15 **Coffee break**

11.15–12.45

### **Workshops**

Deepening the conference subject

12.45–14.30 **Lunch break**

14.30–15.00

### **Speech choir**

15.15–16.45

### **Specialist groups**

16.45–17.15 **Coffee break**

17.15–18.30

### **Concluding plenary session**

Moderator: *Philip Jacobsen*

18.30–20.00 **Evening break**

20.00–21.30

### **Performance**

“Oskar und die Dame in Rosa”

*Barbara Stuten, Fabian Horn*

Director: *Bodo Bühling*

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## Specialist groups

Thursday to Saturday 15.15–16.45

*The three units of each specialist group build on one another.*

**9. Therapeutic creative speech in anxiety disorders.** How do I experience my own strength? How do I preserve my centre? *Dietrich von Bonin, therapeutic creative speech practitioner, art therapists (ED), specialising in speech and drama, Bern, CH (German, English)*

**10. My mouth as a reflection of my life story.** The three dental classes (dental occlusions) and their typical patterns arising from dealing with anxiety in tongue, mouth and tooth position. Dentosophy & therapeutic creative speech - interdisciplinarity in development. *Enrica Dal Zio, therapeutic creative speech practitioner, Padua, IT (German, English)*

**11. Drama therapy exercises for anxiety and panic disorders.** We will practice techniques to counter anxiety together and find approaches and paths to healing. We will experience acting techniques as means of cognition and perception. The course will offer space to obtain experiences with the Chekov method. Please bring comfortable clothing. *Marion Schroth, therapeutic creative speech practitioner, drama teacher, Deckenpfronn, DE (German)*

**12. Worry, “which through the keyhole slips” - The “Midnight” scene from Faust II.** Using the “Midnight” scene from Faust II (lines 11391-11498), we will discuss perspectives of an artistic speech therapy for patients suffering from depression and anxiety. We will also consider the question as to how we can, to begin with, connect and build a relationship with the patient and how on that basis we can develop a mutual process. *Martin Lunz, actor, Badenweiler, DE (German)*



## 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 English.

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 them a complimentary ticket (enquiries by 11 October 2017 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: ST 2017

Bank details DE and international: Med. Sektion, Förderstiftung AM,  
IBAN DE92 6839 0000 0000 9707 60 – BIC: VOLODE66. Purpose: ST 2017

[www.medsektion-goetheanum.org](http://www.medsektion-goetheanum.org)

# Booking Form

# 7TS

## Controlled by Fear – Controlling Fear

Study Conference on Therapeutic and Educational Curative Speech  
of the Medical Section in collaboration with the Section for the Performing Arts  
at the Goetheanum from Wednesday, 25 to Saturday, 28 October 2017

Booking closes: Wednesday, 11 October 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 \_\_\_\_\_

if so, name of institution \_\_\_\_\_

Street, n° \_\_\_\_\_

Town \_\_\_\_\_

Postcode \_\_\_\_\_

Country \_\_\_\_\_

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

Email \_\_\_\_\_

Occupation \_\_\_\_\_

I need translation into  English

Conference ticket without meals

CHF 300 (with sponsorship<sup>1</sup>)  CHF 250 (regular price)  CHF 135 (concessions<sup>2</sup>)  CHF 80 (students<sup>3</sup>)

Conference ticket with meals (3x lunch, 4x evening meal)

CHF 475 (with sponsorship<sup>1</sup>)  CHF 425 (regular price)  CHF 310 (concessions<sup>2</sup>)  CHF 255 (students<sup>3</sup>)

Bothmer Gymnastics (7.45)  yes  no

Workshops (11.15) 1<sup>st</sup> choice, n° \_\_\_\_\_ 2<sup>nd</sup> choice<sup>4</sup>, n° \_\_\_\_\_ 3<sup>rd</sup> choice<sup>4</sup>, n° \_\_\_\_\_

Speech choir (14.30) 1<sup>st</sup> choice, n° \_\_\_\_\_ 2<sup>nd</sup> choice<sup>4</sup>, n° \_\_\_\_\_ 3<sup>rd</sup> choice<sup>4</sup>, n° \_\_\_\_\_

Specialist Groups (15.15) 1<sup>st</sup> choice, n° \_\_\_\_\_ 2<sup>nd</sup> choice<sup>4</sup>, n° \_\_\_\_\_ 3<sup>rd</sup> choice<sup>4</sup>, n° \_\_\_\_\_

Parking at the Goetheanum  Parking permit: CHF 25

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> 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>2</sup> Concessions apply for OAPs, the unemployed and people with disabilities who receive benefits.

Proof of status has to be submitted with your booking form.

<sup>3</sup> For students, schoolchildren, those in training, military or civil service. Proof of status has to be submitted with your booking form.

<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

## Controlled by Fear – Controlling Fear

Study Conference on Therapeutic and Educational Curative Speech  
of the Medical Section in collaboration with the Section for the Performing Arts  
at the Goetheanum from Wednesday, 25 to Saturday, 28 October 2017

Booking closes: Wednesday, 11 October 2017

Conference fees: with sponsorship <sup>1</sup> :	CHF 300	with meals:	CHF 475
regular price:	CHF 250	with meals:	CHF 425
concessions <sup>2</sup> :	CHF 135	with meals:	CHF 310
students <sup>3</sup> :	CHF 80	with meals:	CHF 255

## Conference meals

Conference meals (vegetarian with dessert) include 3x lunch and 4x evening meal at CHF 175 in total. The meals cannot be booked separately. We regret that food intolerances cannot be catered for.

## Parking permit

For the period of the conference: CHF 25 (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 the 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 beginning of the conference (11.10.2017, date of posting). After that, 50% of the conference fee will be charged. Meals and parking permit may be cancelled free of charge up to 1 day prior to the begin of the conference (24.10.2017). 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, <a href="http://www.friedwart.ch">www.friedwart.ch</a>
Begegnungszentrum	from CHF 30, about 10 min. walk to the Goetheanum phone +41 61 706 42 82, <a href="mailto:friedwart@goetheanum.ch">friedwart@goetheanum.ch</a>
Accommodation bureau	rooms from CHF 55 <a href="mailto:kontakt@rooms-dornach.ch">kontakt@rooms-dornach.ch</a> ; <a href="http://www.rooms-dornach.ch">www.rooms-dornach.ch</a>

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)

Terms and Conditions will be sent on request or can be accessed online  
at [www.goetheanum.org/6025.html](http://www.goetheanum.org/6025.html).