



## 20th International Study Days on Anthroposophic Art Therapy

for art therapists, students of art therapies,  
physicians, medical students,  
psychotherapists and teachers

I experience you –  
listening, speaking, thinking

The higher senses and the phenomenon of fear and anxiety

Thursday, 4 January to Sunday, 7 January 2018

Medical Section

Goetheanum

Dear Colleagues,

We warmly invite you to our 20th international specialist conference on art therapy. The conference will continue with the subject of the twelve senses: whereas at the last conference we concerned ourselves intensively with the middle senses, with their role as mediators in art, we now intend to deal with the higher senses and their relationship with fear and anxiety. We would like to look at the role of the higher senses in the context of interpersonal encounters and in so doing deal with the interaction between encounter and fear and anxiety. At a superior level, the relationship between the higher and the lower, physically bound senses is of interest.

When does the phenomenon of fear and anxiety arise in healthy people and place such a strain on the senses that it becomes overwhelming? How do we include the higher senses in therapy? How are the higher senses revealed to us in the artistic and therapeutic process? We aim this year to ask these and other research and study questions in a concentrated work context. There will be a lecture each morning which will then be taken up in seminar groups by the respective lecturer from the perspective of our understanding of the human being, used to stimulate discussion and be individually deepened and supplemented, also through examples for practising.

There will then be more intensive practical study in the approx. three-hour long workshops in the afternoon. They will also seek to relate to the morning lecture and deepen, it using case studies, from the perspective of art therapy, including how to manage diseases. The evenings, too, will be devoted to the subject in interesting lectures. On Saturday, we intend to give the evening a more festive character with everyone and celebrate the 20th conference together. There will be an opportunity for short presentations from the workshops; we would also additionally welcome cultural contributions from all over the world, such as for example a song, or a dance, or a speech presentation/sketch, or ..., or ..., or ... . Anyone with an idea is hereby warmly invited to tell us about it (email [johanna.gunkel@nonsenso.de](mailto:johanna.gunkel@nonsenso.de) by 15 December 2017)!

We look forward to seeing you again, or meeting you for the first time, and send our very warm regards!

*Kirstin Kaiser, Viola Heckel, Katrin Sauerland and Johanna Gunkel*  
Conference Organisers

*Dr med. Matthias Girke and Georg Soldner*  
Leadership of the Medical Section

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## Interdisciplinary lecture follow-up in seminar groups

Thursday 11.45–13.00, Friday, Saturday 11.15–13.00

The morning lecture will be followed up in interdisciplinary conversation and deepened and extended through the anthroposophical understanding of the human being on the basis of the specific professional experience of each lecturer.

1. Sound, word, thought and the I in the painted picture. Using colour pictures painted by ourselves, we aim to perceive, experience and understand experimentally how and whether what we hear, speak, think and an “I” can be revealed in pictures. *Heike Stenz, art therapist (BA), Arlesheim, CH* (German, French)

2. Follow-up seminar to work on the common thread of the lecture and its embeddedness in the anthroposophical understanding of the human being, with a phenomenological and epistemological focus; visualisation with blackboard drawings as required. Methods: discussion, perceptual exercises as required. *Prof. Dr. Johannes Wagemann, consciousness researcher, higher education lecturer, Mannheim, DE* (German, English)

3. Active listening, vocalisation, thinking, perception of the I through creative speech exercises. Grasping, making available, deepening the content of the lecture in a disciplined way with systematic exercises. That is our goal. *Rüdiger Reichle, teacher, lecturer, Everswinkel, DE; Kirstin Kaiser, therapeutic creative speech practitioner, Basel, CH* (German)

4. How can the seven life processes enable us to work with the higher senses? We will explore the theme artistically and try to understand the obstacles that hinder us when we meet the other. *Maria Albiez, art therapist, West Hoathly, UK; Marion Green, art psychotherapist, Stroud, UK* (English)

5. Joint recapitulation and supplementation: content, style and conceptual development. Search for the essence of and personal relationship with the lecture (optionally using artistic means). The joint discussion is intended to help better to understand what has been said, to complete it and make it our own. *Rico Queißer, art therapist (FH), Waldorf teacher, Witten, DE* (German)

6. The musical element and the senses. In the follow-up group we will work phenomenologically on elements of music therapy: perception, feeling, experience. *Anne Margreet Muller, music therapist, Oudemolen, NL* (German, English, Dutch)

7. We will deepen the morning lectures through painting experiences individually, in pairs and all together. *Patrizia Anderle, physician, Padua, IT* (English, Italian)

8. We will pick up on the morning lectures together; in doing so, we will also deepen aspects of maintaining the health of the therapist. Uncertainty can lead to anxiety: “Did I hear it properly, take it in properly, understand it properly in order to perceive the patient properly?” Developing sensitivity in dealing with these questions will also be practised with elements of eurythmy. *Dr Kaspar H. Jaggi, physician; Jeggenstorf, CH; Barbara Jaggi-Sidler, eurythmist, curative education teacher, adult education teacher, Jeggenstorf, CH* (German)

9. SABAH-AL-KHEIR. Welcoming the unfamiliar and working with it is both a challenge and an opportunity in the work with people from war and crisis zones. How and to what extent is that possible? In this regard: artistic exercises, forum and discussion on questions and difficulties arising from working with refugees, becoming acquainted with possible future work fields. *Petra Rosenkranz, painter, cultural education teacher, Bornheim, DE* (German, English)

10. Exercise paths and meditation in art therapy. A practising seminar group. The basis of our work is shaped by:

1. An artistically meditative point of entry. 2. Questions and experiences of participants. 3. Conversation, starting from the question: what possibilities to orientate ourselves do we experience through the anthroposophical path of schooling in coming to terms with threshold experiences? *Thomas Adam, singer, singing therapist, Bochum, DE; Dagmar von Freytag-Loringhoven, art therapist for painting/sculpture, Filderstadt, DE; Ulrike Gerharz, speech-art therapist, Karlsruhe, DE* (German, English)

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## Workshops

Thursday, Friday, Saturday 15.00–18.00

**11. Metal colour light therapy – what light qualities accompany us?** Metals, colours and light transform the anxieties, fears and traumatic experiences which have become fixed in body and soul into new strength. Perceptual exercises on the language of light, painting exercises, discussion about perception and effect. Case studies / research / MCLT training (start August 2018). *Friedlinde Meier, metal colour light therapist / eurythmy therapist; Schwörstadt, DE. Hazel Adams, art therapy / MCLT; Bristol, UK. Christine Loser, art therapy / MCLT, Järna, SE (German, English, Swedish)*

**12. Between impression and expression in the higher senses in discussion and sculptural work.** The higher senses work primarily in a connective way and by their nature are very closely connected with understanding and cognition. Thus the impression from the environment and the expression of other people play a big role in them. We intend to pursue this in the course through sculptural exercises and in discussion. *Ulrikke Stokholm, trainer and member of the leadership collegium of the Sculptural Creative Courses, Hochwald, CH; Prof. Dr med. Urs Pohlmann, physician, Alfter, DE (German)*

**13. “... there can be no you without an I, because without an I there can be no facing the other, no encounter.”** We will practise perception of the self and the other in the process of working with clay. Clay yields without giving itself up; in this process all the senses are sensitised so that our own processes can also be stimulated. Sculpting offers the possibility of intercultural work with “hands and feet”. *Silke Speckenmeyer, sculptor, art therapist, Cologne, DE (German)*

**14. The path of colour as a tool of the higher senses for the treatment of fear.** We have identified four primary fears: changing, being born, dying and living. Such fears are related to the four fundamental organs and constitute, along with various degrees of insecurity, the roots of anxiety. The pictorial exercises from the Stella Maris method are valuable tools for supporting the development of the higher senses. *Carla Borri, art therapist, Bologna, IT; Angelo Antonio Fierro, physician, Bologna, IT (English, Italian)*

## Thursday, 4 January

09.00–09.20

**Musical prelude**

**Welcome**

09.30–11.00

**Lecture**

From sense of hearing to sense of word  
(including therapeutic aspects of our  
understanding of the human being)

*Michaela Glöckler*

11.00–11.45 **Coffee break**

11.45–13.00

**Interdisciplinary lecture follow-up in  
seminar groups**

13.00–15.00 **Lunch break**

15.00–18.00

**Interdisciplinary artistic and art therapy  
working groups**

18.00–20.00 **Evening break**

20.00–21.15

**Commemoration of the dead**

**Lecture**

“Who do you actually think you are?” –  
qualities of stimulation in the aesthetics  
of language in art therapy as a bridge  
between I and you, impression and  
expression, wonder at and cognition of  
self and the world.

*Simone Gaiss*

## Friday, 5 January

08.15–08.45

**Colour sounds–sound colours  
in the western stairwell**

*Thomas Adam, Heike Stenz,*

*Ulrike Gerharz*

09.00–10.30

**Lecture**

From sense of thought to sense of ego  
(including therapeutic aspects of our  
understanding of the human being)

*Michaela Glöckler*

10.30–11.15 **Coffee break**

11.15–13.00

**Interdisciplinary lecture follow-up in  
seminar groups**

13.00–15.00 **Lunch break**

15.00–18.00

**Interdisciplinary artistic and art therapy  
working groups**

18.00–20.00 **Evening break**

20.00–21.30

**Lecture**

Overcoming fear and anxiety in relation  
to the phenomenon of language.

*Johannes Weinzirl, Esther Böttcher*

## Saturday, 6 January

08.15–08.45

### Colour sounds–sound colours in the western stairwell

*Thomas Adam, Heike Stenz,  
Ulrike Gerharz*

09.00–10.30

### Lecture

The brain as total sensory organ  
– what it visibly is and what it  
recognisably is not  
*Urs Pohlman*

10.30–11.15 Coffee break

11.15–13.00

### Interdisciplinary lecture follow-up in seminar groups

13.00–15.00 Lunch break

15.00–18.00

### Interdisciplinary artistic and art therapy working groups

18.00–20.00 Evening break

20.00–22.00

### Festive evening

20 years of art therapy conference

### Presentation of the working group results

### Cultural contributions

Humorous and thought-provoking  
contributions from the various countries

## Sunday, 7 January

08.15–08.45

### Colour sounds–sound colours in the western stairwell

*Thomas Adam, Heike Stenz,  
Ulrike Gerharz*

09.00–10.30

### Lecture

The sense of I and fear and anxiety  
*Georg Soldner*

10.30–11.15 Coffee break

11.15–12.00

### Reports from the coordinators of art therapy (ICAAT) and the Medical Section

*Kirstin Kaiser, Simone Lindau,  
Johanna Gunkel*

12.00–12.30

### Conference review and outlook 2019

### Musical conclusion

The lectures and plenary sessions will be  
translated into English, French and  
Italian.

— Subject to change —

**15. Trust in the concrete nature of the laws of colour as a remedy for fear and anxiety.** The “head study” as an image of the pensive human being. Colours from a therapeutic aspect and the perspective of knowledge of the human being, using Rudolf Steiner’s training motifs for painters. *Caroline Chanter, painter, art therapist, Dornach, CH* (German, English)

**16. Form drawing – drawers form.** Without preconditions, therapeutic form drawing offers sustainable opportunities for strengthening the lower senses which are thus available as a reinforced foundation for the higher senses. Intensive practice sharpens the perception and awakens interest in the world. Targeted exercises e.g. for spatial orientation help to enhance security in life. *Peter Büchi, form drawing practitioner, adult education teacher, Stäfa, CH* (German, English, French)

**17. Making sense of the senseless.** Many people come to art therapy to make sense of their lives. When life appears meaningless we become sick. Our higher senses working in harmony with our lower and middle senses enable us to find meaning in existence. The Russian story of Vassilisa the Beautiful, which reveals archetypal images of our time, will be at the heart of our workshop. *Karin Jarman, art therapist, Stroud, GB; Pia Poulsen, singing therapist, Stroud, UK* (English)

**18. Taking words for a walk – eavesdropping on the essence, we hear meaning ...** What are pending steps on our path of schooling? Listening to, reading and writing poetry goes hand in hand with image creation and observation. Individual spaces for encounter are created in which self-assurance, world connectedness and possibly the letting go of fear and anxiety can make themselves felt. *Dr phil. Simone Gaiss, art therapist, art teacher, Munich, DE* (German)

**19. Integrative treatment concepts for diseases of the respiratory system.** The foundations of the respiratory process and respiratory rhythm in medicine and in our understanding of the human being – taking particular account of the higher senses and the musical auditory experience. We will focus our reflections on the symptoms of shortness of breath and anxiety and possibilities of treating them with music and singing therapy. *Dr med. Christof Schnürer, physician, Badenweiler, DE; Viola Heckel MA, music and singing therapist, anthroposophic art therapy BVAKT/SVAKT, Klinik Arlesheim AG, CH* (German)



**20. I and you? Encountering the being of the other?** Anxiety and joy in therapy. Anxiety and fear threaten the activity of the I – joy leads to expansion and release. How can art therapy work be structured with regard to the “higher” senses? Discussion and practical work with dry colours. If desired, with case reports from trauma work and adolescent psychiatry.

*Dagmar von Freytag-Loringhoven, art therapist (MA), supervisor, art therapist in adolescent psychiatry, teaching, Filderstadt, DE; Jelena Kuhac-Odenwald, anthroposophic art therapist, trauma therapist, Vareš, Bosnia-Herzegovina (German, English)*

**21. “Our greatest fears are the dragons who hold our deepest treasures.” (Rainer Maria Rilke).** Speech and trust exercises: listening to (trust in God), speaking with (certainty in Christ), thinking for (experience in the Spirit). *Helga Bläuel, art therapist/painting, Mauerbach, AT; Helmut Raimund, actor and director, speech therapist, social therapist, festival planning, Aberdeen, UK (German)*

**22. The nature of thoughts, the higher and lower senses, experiences in creative speech and music therapy.** Our everyday experience of thinking is of “thoughts flitting about”. Actions of “adversary spirits” can be found in the language development of humanity, produce illusions and untruths and thus form the basis for an experience of fear or anxiety. Listening at the various levels extending as far as the perception of the I is the basic social phenomenon. *Harald Haas, psychiatrist and psychotherapist, Bern, Switzerland; Anna-Barbara Hess, art therapist (ED), specialist in music therapy, Schafisheim, Switzerland; Kirstin Kaiser, therapeutic speech practitioner, Basel, CH (German)*

**23. Light-dark and colour.** Therapeutic painting work with light-dark and colour in connection with the higher, middle and lower human being. *Joost Groot, painting therapist, Wädenswil, CH; Marjo van der Himst, therapeutic creative speech, The Hague, NL (German, English, Dutch)*

## Translation services

We will gladly provide simultaneous translation for our foreign guests, if required. However, we count on your understanding that we can only financially arrange for such translation if the number of participants for a certain language group is seven or more; if fewer participants register for a particular language, you are requested to bring your own translator – they will of course receive a free ticket for the conference. (Requests by December 15 to: [tagungen@medsektion-goetheanum.ch](mailto:tagungen@medsektion-goetheanum.ch))

## Registration

Using the attached form, please send your registration by 21 December 2017 to the following address by email, fax or letter:

Goetheanum Empfang, PO Box, 4143 Dornach, Switzerland. Tel. +41 61 706 44 44, Fax +41 61 706 44 46, [tickets@goetheanum.org](mailto:tickets@goetheanum.org)

Online registration at: [www.goetheanum.org/8279.html](http://www.goetheanum.org/8279.html)

## Conference fee

The cost of the conference (without meals) is CHF 220, for students and senior citizens CHF 110 (proof of status required).

## Bibliography for preparation

Rudolf Steiner: *Zur Sinneslehre, Themen aus dem Gesamtwerk, Vol. 3*  
(Verlag Freies Geistesleben)

**Donations** (not to be used for remittance of the conference fee) to support the art therapy conference:

Allg. Anthrop. Gesell. / Med. Sektion / Raiffeisenbank Dornach

IBAN: CH53 8093 9000 0010 0605 6 / BIC: RAIFCH22

Purpose: "KT 2018"

Med. Sektion / Förderstiftung AM / Volksbank Dreiländereck eG

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Purpose: "KT 2018"

# Booking Form

# 8KT

I experience you – listening, speaking, thinking

20th International Study Days on Anthroposophical Art Therapy of the Medical Section  
at the Goetheanum from Thursday, 4 to Sunday, 7 January 2018

Booking closes: Thursday, 21 December 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](mailto: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 ☐ French ☐ Italian

Conference ticket without meals

☐ CHF 220 (regular price) ☐ CHF 110 (concessions<sup>1</sup>)

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

☐ CHF 370 (regular price) ☐ CHF 260 (concessions<sup>1</sup>)

Breakfast (3x, 5.–7.1.) ☐ CHF 45

Seminar groups 1<sup>st</sup> choice, n° \_\_\_\_\_ 2<sup>nd</sup> choice<sup>2</sup>, n° \_\_\_\_\_ 3<sup>rd</sup> choice<sup>2</sup>, n° \_\_\_\_\_

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

Group accommodation (mattresses on the floor)

Please bring a sleeping bag as well as a pillow and a sheet, limited spaces

☐ CHF 30 (3 nights from 4 to 7 January 2018) ☐ CHF 40 (4 nights from 3 to 7 January 2018)

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: \_\_\_\_ / \_\_\_\_

Biannual events magazine (Pdf-Download): [www.goetheanum.org/en/events/events-magazine](http://www.goetheanum.org/en/events/events-magazine)

I agree to the terms of payment and cancellation.

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

<sup>1</sup> Concessions apply for students, schoolchildren, OAPs, the unemployed, those in training, military or civil service and people with disabilities who receive benefits. Proof of status has to be submitted with your booking form.

<sup>2</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

I experience you – listening, speaking, thinking

20th International Study Days on Anthroposophical Art Therapy of the Medical Section  
at the Goetheanum from Thursday, 4 to Sunday, 7 January 2018

Booking closes: Thursday, 21 December 2017

Conference fees: regular price:	CHF 220	with meals: CHF 370
concessions <sup>1</sup> :	CHF 110	with meals: CHF 260

## Conference meals

Conference meals (vegetarian with dessert) include 3x lunch and 3x evening meal at CHF 150 in total. Breakfast (3x, 5.–7.1.) 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 4 to 7 January 2018 for CHF 30 or 4 nights from 3 to 7 January 2018 for CHF 40. Please bring a sleeping bag, a pillow and a sheet; limited spaces.

## 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 (21.12.2017, 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 (3.1.2018). 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)