



21st international study days for anthroposophic art therapy

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

Anxiety and stress
BEING in the moment through art

Thursday to Sunday
3 to 6 January 2019

Medical Section

Goetheanum

Dornach, July 2018

Dear Colleagues,

We warmly invite you to our next international specialist conference on art therapy! During the study days for anthroposophic art therapy from 3 to 6 January 2019, we will seek to deepen our understanding of anxiety. What forms of anxiety are there? How is anxiety experienced in different mental and somatic illnesses, such as for example panic attacks or anxiety and fear in cancer? The subject already began to be raised at the last conference. Now we intend to seek to understand anxiety systematically in various situations in life and illness, investigate its meaning as a basic experience of human beings at the threshold to the spiritual world, and concern ourselves with its positive aspects and negative effects. We aim to relate the physiological, emotional and spiritual nature of anxiety to art therapy treatments and work on the indications in the forms of art therapy regarding anxiety and anxiety disorders.

This year, too, we will deal with the research and work questions arising out of the subject matter in a concentrated work context. As the preparatory team, we hope that a unifying attitude of engaging in research together will come about between speakers and participants; a space in which new ideas for working with patients can arise.

*The healthy social life is found
When in the mirror of each human soul
The whole community finds its reflection
And when in the community
The virtue of each one is living.*

5 November 1920, Rudolf Steiner for Edith Maryon

Each morning there will be a meditative attunement to the subject matter for the day in the form of a School of Spiritual Science activity and an open group. This will be followed by lectures from various lecturers with differing focus and perspectives.

In the morning seminar groups, the content of the lectures can be taken up by the respective speaker with the anthroposophical understanding of the human being in mind, encouraging discussion and deepening and supplementing the individual content through sample exercises.

There will also be seminar groups concerning themselves with the therapist's path of schooling. How can we cope with the stress and anxiety arising in us as a result of the therapeutic situation? How do we respond to the situation and free ourselves from it?

There will then be further intensive practical study in the approximately 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.

In the evening, the subject will be continued in different lectures. 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, Heike Stenz and Johanna Gunkel
Conference organisers

Matthias Girke and Georg Soldner
Leadership of the Medical Section at the Goetheanum

Seminar groups on the interdisciplinary lecture follow-up and the therapist's path of schooling

Thursday 11.45–13.00 / Friday, Saturday 11.15–13.00

1. Artistic and meditative paths to the sources of inspiration [\(DE/EN\)](#)

By which paths can we find access to the sources of inspiration when our own anxieties, insecurities or preconceptions manifest in the therapeutic process? Seminar group with artistic exercises on the therapist's path of schooling.

Thomas Adam, singer, singing therapist, Bochum (DE) / Dagmar von Freytag-Loringhoven, art therapist, Filderstadt (DE) / Ulrike Gerharz, speech art therapist, Karlsruhe (DE)

2. The presence of the spirit of the art therapist in the management of anxiety and stress in patients [\(IT/EN\)](#)

The Michaelic therapeutic force balances out the pathological aspects of anxiety and stress. We will deepen the art therapy resources inherent in this tool with some pictorial exercises inspired by the Stella Maris method.

Angelo Antonio Fierro, physician, Bologna (IT) / Carla Borri, art therapist, Bologna (IT)

3. Images of anxiety [\(DE/FR\)](#)

In follow-up work on the morning lectures, we aim jointly to discover, using the means of painting and discussion, how anxiety states can reveal themselves in pictorial form. Together we can find pictorial ways of dealing with anxiety.

Heike Stenz, art therapist (BA), Arlesheim (CH)

4. Whence my anxiety - whither with my anxiety [\(DE\)](#)

Alongside reflecting on the lectures, the focus will be on ways of understanding our own anxieties and overcoming them. That will also include the development of counter forces to build a new stabilising balance through the movements of eurythmy.

(Knowledge of eurythmy not essential, gym shoes of benefit)

Kaspar Jaggi, physician and Barbara Jaggi-Sidler, eurythmist and special needs teacher, Jegenstorf (CH)

5. Follow-up seminar (DE)

Working through the lectures in the context of the phenomenology of consciousness and the anthroposophical understanding of the human being, supported by discussion and perception exercises.

Johannes Wagemann, consciousness researcher and higher education lecturer, Mannheim (DE)

6. The dynamic of anxiety and stress in the client / therapist relationship (EN)

This seminar group will focus on strengthening the therapist. It will be an opportunity to look at stress and anxiety in the dynamic and coping strategies that arise within the client/therapist alliance; and the potential for enactments and re-enactments of stress and anxiety in and beyond the boundaries of the therapy room. We will be using artistic materials, discussion and reflective diary work. We ask participants to bring case material suitable to discuss in pairs and small groups.

Marion Green, art therapist, Stroud (UK) / Nevo Amit, art therapist, Tel Aviv (ISR)

7. Anxiety as a phenomenon of our time (DE)

What effect does the general increase in anxiety have on the development of the I and freedom? What can we do in this situation? Even just an understanding of the mechanisms underlying anxiety in people today and its effect in us and the world helps to neutralise it. In facing up to anxiety, we separate ourselves from it and in that way can overcome it. Dealing with anxiety in the right way becomes an opportunity for the I and spiritual growth.

Hartwig Volbehr, psychiatrist and psychotherapist, Constance (DE) / Heike Dahms, art therapist (ED), Beinwil am See (CH)

8. PRESENCE. Experiencing the moment in the flow of movement (DE/IT)

In drawing, we enter into contact and a relationship with the world, move and are moved. The more we immerse ourselves in the drawing process with various senses, the more we can experience the “presence of the moment” and its “anchoring” and relaxing qualities. This seminar group will focus on artistic exercises and the exchange of views between colleagues.

Ulrich Paul, art therapist, Krefeld (DE)

9. Games from fear to fun (DE/EN/NL)

Using games is a very effective way to help clients to take hold of their own situation. The games will help to discover the mindsets and to make a new move. In the workshop we will practise different kinds of games: meeting games, team building games and trust and courage games. And while we are playing we will have fun.

Huub Detert, lecturer, Chengdu (CN) / Zifeng Chen, lecturer and translator, Chengdu (CN)

10. The encounter with animals: a learning way to conquer anxiety. (DE)

As art therapists, it is important to face the anxiety in us and the patient in a conscious and managed way. We directly encounter the phenomenon of anxiety in dealing with animals. In this seminar groups we intend to obtain self-knowledge from the animals using exercises from breathing and voice therapy and plastic therapy.

Katrin Sauerland, plastic art and painting therapy, Alfter (DE) / Kirstin Kaiser, therapeutic creative speech practitioner, Basel (CH) / Sabrina Menestrina, veterinary physician, Udine (IT)

Thursday, 3 January

09.00–09.30

Musical prelude and welcome

09.30–11.00

Lecture

The art of overcoming anxiety

Georg Soldner

11.00–11.45 **Coffee break**

11.45–13.00

Interdisciplinary lecture follow-up
in seminar groups

Seminar groups

on the therapist's path of schooling

13.00–15.00 **Lunch break**

15.00–18.00

Interdisciplinary artistic and art therapy
working groups

18.00–20.00 **Evening break**

20.00–20.30

Commemoration of the dead

20.30–21.30

Lecture

Enthusiasm as warmth process in dealing
with anxiety

Karin Jarman

Friday, 4 January

8.30–9.00

Meditative morning study
in the western stairwell

In the breathing alternation between eye
and ear, free sounds develop through motifs
between darkness and light.

*Thomas Adam and Dagmar von Freytag-
Loringhoven*

- or -

School of Spiritual Science study on 1st to 3rd
class lesson (for School members)

Ulrike Gerharz and Viola Heckel

9.15–10.30

Lecture

Nerve organisation and anxiety

Urs Pohlman

10.30–11.15 **Coffee break**

11.15–13.00

Interdisciplinary lecture follow-up
in seminar groups

Seminar groups

on the therapist's path of schooling

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 1

The life of bees as a source of inspiration for
art – magic and antidote in dealing with
human anxiety

Eva Neidhard

Lecture 2

Stress and anxiety in me, how is that
reflected in animals?

Sabrina Menestrina

Saturday, 5 January

8.30–9.00

Meditative morning study in the western stairwell

In the breathing alternation between eye and ear, free sounds develop through motifs between darkness and light.

Thomas Adam and Dagmar von Freytag-Loringhoven

- or -

School of Spiritual Science study on 1st to 3rd class lesson (for School members)

Ulrike Gerharz and Viola Heckel

9.15–10.30

Lecture

Anxiety disorder and identity

Hartwig Volbehr and Heike Dahms

10.30–11.15 Coffee break

11.15–13.00

Interdisciplinary lecture follow-up in seminar groups

Seminar groups

on the therapist's path of schooling

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

The therapist's path, colleagues interviewing colleagues *Moderators Katrin Sauerland and Johanna Gunkel*

ICAAT, reports from the Coordination of Art Therapy (ICAAT) and the Medical Section
Kirstin Kaiser, Simone Lindau, Johanna Gunkel

Presentation of results from the workshops and seminar groups

Sunday, 6 January

8.30–9.00

Meditative morning study in the western stairwell

In the breathing alternation between eye and ear, free sounds develop through motifs between darkness and light.

Thomas Adam and Dagmar von Freytag-Loringhoven

- or -

School of Spiritual Science study on 1st to 3rd class lesson (for School members)

Ulrike Gerharz and Viola Heckel

9.15–10.30

Lecture

Fear of life and godliness

Michaela Glöckler

10.30–11.15 Coffee break

11.15–12.30

Therapeutic plenary session

Presentations of best practice treatments.

Moderator Kirstin Kaiser

Conference review and outlook to 2020

Musical conclusion

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

— Subject to change —

Interdisciplinary artistic and art therapy workshops

Thursday, Friday and Saturday, 15.00–18.00 on each day

11. Light, warmth and centring qualities of beeswax as benefit for art therapy [\(DE/EN/ES\)](#)

In this workshop, we will experiment with beeswax and its benefit for art therapy through different qualities. We will explore three different ways of dealing with fear, nervousness and trauma. At the end of each course day, we will share our experiences. All artistic approaches will focus on body experiences. Other ideas on working with beeswax are welcome.

Eva Neidhard, graduate (diploma) sculptor and art therapist, Neuenstein (DE)

12. When the day after tomorrow is today - the faces of stress, anxiety and fear [\(EN\)](#)

We would like to work with this important theme by facilitating a phenomenological study through artistic activity in drawing, painting, sound work and dialogue. We invite you to enter deeply into your own experience before arriving at therapeutic imaginations leading to effective and compassionate interventions in our daily practice.

Karin Jarman, art therapist, Stroud (UK) / Pia Poulsen, singing therapist, Stroud (UK)

13. Therapeutic aspects in Rudolf Steiner's sketches for painters. Seeking the presence of the I in equilibrium [\(DE/EN\)](#)

The two sketches "Trees in sunlit air" and "Trees in a storm" are painted in an unusual format. We intend to investigate this phenomenon and experience how picture format and a restricted choice of colours can particularly stimulate the rhythmical system. Painting with plant colours.

Caroline Chanter, painter and art therapist, Dornach (CH)

14. What comes after death? Overcoming fear through knowledge and imagination [\(EN\)](#)

Painting and conversation group (water colour and oil pastels). Approaching the threshold of death can hold a lot of fear and uncertainty – for your clients or for yourself. We will explore this journey through anthroposophical insights and through our own images – as a spiritual-therapeutic theme, or as a gift for someone who has recently died.

Cläre Kunze, painting therapist and visual artist, Frankfurt am Main (DE)

15. Between two "toos" in language and painting [\(DE/EN/NL\)](#)

Stress, a problem of "too much too fast" takes our breath away. At the same time the anxious feeling of no longer being able to manage tasks makes us breathless. Improvising with small dramatic texts and painting with red, blue, indigo and violet, we will work on rediscovering the balance between outer-inner, front-back, and thus trust.

Joost Groot, painting therapist, Wädenswil (CH) / Marjo van der Himst, therapeutic creative speech, Den Haag (NL)

16. The foreign – in me and facing me / art therapy in foreign (Arab) countries (DE/EN)

We often encounter anxiety in people who have grown up in a climate of oppression and are experiencing the current paradigm change in their collectivist society. Similarly, insecurity is also the starting point of the artistic process which can give our own foreignness direction and proximity. Exchange of views and many artistic exercises.

Petra Rosenkranz, painter and cultural education teacher, Bornheim (DE)

17. When emotional states become overwhelming: paths back to a sense of proportion and balance (DE/IT)

Based on methods of trauma therapy, we will experience ourselves through painting either in stressful or protective emotional states, will work with breakthroughs to other levels, or will create the frameworks for extended contexts. Additionally we will sculpt colour qualities in accordance with exercises we have developed with blind and severely hearing impaired people.

Florian S. Steinke, art therapist, Berlin (DE) / Lisa Mestern, art therapist, Bremen (DE)

18. Anxiety and stress as expression of the imbalance between outside and inside... (EN/IT)

Through clinical cases and painting experiences we will study this conflict more deeply, looking for an approach that, reinforcing the central meeting point, develops a healing process.

Patrizia Anderle, physician, Padua (IT) / Annamaria Saccuman, art therapist, Padua (IT)

19. Anxiety, constriction, substance and creative capacity - plastic experience and learning to deal with anxiety (DE)

Being able to experience anxiety is a meaningful soul capacity. Suffering from anxiety and experiencing it as an obstacle to development is often connected with previous experiences. The experience of space and creative capacity through the concentration on plastic processes can open ways which can help to overcome anxiety and open up new perspectives.

Urs Pohlman, physician, Alanus University, Alfter near Bonn (DE) / Ulrikke Stokholm, member of the leadership collegium of the Plastic Creative Courses atka.ch, Dornach (CH)

20. Hearing, experiencing, playing. Experiences from music therapy with children (DE/EN/NL)

Musical exercises, phenomenology, accounts of encounters with children in diagnostic work, deepening their stories with the conference subject matter in mind. Beauty and magic of music, and the pleasure of playing.

Anne Margreet Muller, music therapist, Zeist (NL)

21. Creative stress management in prevention and health promotion (DE)

The management of stress is crucial for the preservation and recovery of health. Artistic exercises and stabilising archetypal images are used to strengthen health resources and creatively deal with the challenges of life. WHO criteria and creativity research are taken into account.

Hildegard Pütz, graduate (diploma) art therapist (FH), Bonn (DE)

22. Encountering anxiety (DE)

Phenomena of anxiety manifest both in mental and physical illness. Aspects of the anthroposophical understanding of the human being with regard to anxiety and therapeutic approaches for a healing way to deal with anxiety and anxiety disorders will be set out. With basic therapeutic exercises from music and singing therapy as well as psychotherapy, we wish to encourage a multidisciplinary exchange of views. Participants from all disciplines in art therapy are warmly welcome.

Viola Heckel MA, music and singing therapist, Klinik Arlesheim / Veronika Werner, specialist for internal medicine and psychotherapy, Klinik Arlesheim (CH)

23. Modelling ... from space into time ... into the present (DE)

Each one of us has on occasion felt anxiety; and also how anxiety comes to physical expression is something we remember! We will use these experiences of our own for modelling because therapeutic modelling with clay allows people to obtain a sense of an active relationship with their body. With the open attitude between colleagues and a willingness to experiment we will explore the question how form grows into space and experience how the shape of the model is the foundation and at the same time defines the space in which therapy takes place.

Silke Speckenmeyer BA, sculptor and art therapist, Cologne (DE)

Translation services

We are happy to provide simultaneous interpretation 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 whom we will, of course, offer a free ticket for the conference.

(Requests by Dec. 16 to: tagungen@medsektion-goetheanum.ch)

Registration

Using the attached form, please send your registration by 20 December 2018 to the following address by email, fax or letter:

Goetheanum Empfang, Postfach, 4143 Dornach, Switzerland

Tel +41 61 706 44 44 / Fax +41 61 706 44 46 / tickets@goetheanum.org

Conference fee

The cost of the conference (without meals) is CHF 240; for Students and senior citizens CHF 120 (proof of status required).

Please remember that you are welcome to bring along your own coffee mug!

Literature for preparation

- Rudolf Steiner, 2nd lecture, GA 276
- Rudolf Steiner, *Grenzerlebnisse der Seele, Schreck, Scham, Zweifel und schreckvollste Verwirrung* (Rudolf Steiner Verlag, 2016)

Donations to support the art therapy conference

(not to be used for remittance of the conference fee)

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

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

Purpose: "KT 2019"

Med. Sektion / Förderstiftung AM / Volksbank Dreiländereck eG

IBAN: DE92 6839 0000 0000 9707 60 / BIC: VOLODE66

Purpose: "KT 2019"

Publishing information



Medical Section at the Goetheanum, Rütliweg 45
4143 Dornach (Switzerland) / Tel +41 61 706 42 90
info@medsektion-goetheanum.ch / medsektion-goetheanum.org

Booking Form

9KT

Anxiety and stress

21. International Study Days on Anthroposophical Art Therapy of the Medical Section

Conference of the Medical Section

at the Goetheanum from Thursday, 3 to Sunday, 6 January 2019

Application requested prior to: Thursday, 20 December 2018

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 German French Italian

Conference ticket

CHF 350 (with sponsorship¹) CHF 240 (regular price) CHF 120 (concessions²)

Meals (3 lunch, 3 evening meal) CHF 150

Seminar groups

(11.45-13.00) 1st choice, n° _____ 2nd choice³, n° _____ 3rd choice³, n° _____

Artistic and art therapy

Workshops (15.00-18-00) 1st choice, n° _____ 2nd choice³, n° _____ 3rd choice³, n° _____

Group accommodation (mattresses on the floor)

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

CHF 45 (3 nights from 3 to 6 January 2019)

Parking at the Goetheanum Parking permit: CHF21

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 agree to the terms of payment and cancellation.

Place, date, signature

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

¹ 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.

² 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.

³ 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.

Terms and Conditions will be sent on request or can be accessed online at www.goetheanum.org/6025.html.

General Information

Anxiety and stress

21. International Study Days on Anthroposophical Art Therapy of the Medical Section
Conference of the Medical Section
at the Goetheanum from Thursday, 3 to Sunday, 6 January 2019

Application requested prior to: Thursday, 20 December 2018

Conference fees: with sponsorship ¹ :	CHF 350	with meals: CHF 500
regular price:	CHF 240	with meals: CHF 390
concessions ² :	CHF 120	with meals: CHF 270

Conference meals

Conference meals (vegetarian) include 3 lunch and 3 evening meal at CHF 150 in total.

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)

Accommodation with mattresses on the floor: 3 nights from 3th January in the evening to 6th January in the morning. Please bring a sleeping bag, a pillow and a sheet; limited spaces.

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 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 (20.12.2018, date of posting). After that, 50% of the conference fee will be charged. Meals, parking permit and group accommodation may be cancelled free of charge up to 1 day prior to the begin of the conference (02.01.2019). 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.

Data processing: All data will be electronically recorded and filed and not passed on to any third party.

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

Begegnungszentrum from CHF 30, about 10 min. walk to the Goetheanum
phone +41 61 706 42 82, friedwart@goetheanum.ch

Accommodation bureau rooms from CHF 55
kontakt@rooms-dornach.ch; 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