



## 22nd International Study Days for Anthroposophic Art Therapy

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

ANXIETY  
ANXT  
ARXT  
**ART**

The potential of art therapies in anxiety disorders and the  
somatoform effects of anxiety

Thursday to Sunday  
9 to 12 January 2020

**Goetheanum**

Dornach, August 2019

Dear Colleagues,

At the next study days for anthroposophic art therapy from 9 to 12 January 2020 we will concern ourselves with anxiety in even greater detail and also examine its pathological form. Starting with various possibilities of meditation and School work, we will consider pathological forms of anxiety as well as their somatoform effects on an interdisciplinary basis. We will do so in lectures and deepening seminar groups, as well as in the intensive art therapy groups in the afternoon.

As we already noted last year, anxiety is a constant presence in our society and influences our daily lives. The growing number of disorders and illnesses arising from anxieties is clearly evident and they have arrived at the heart of society particularly in adolescence and among young adults with social phobia and obsessive-compulsive disorders, for example. Similarly we encounter anxiety in serious diseases, for example during cancer treatment, but also in concealed somatoform occurrences such as in sleep disorders, disorders of the gastrointestinal tract and in many other forms.

The artistic methods in their concentration and intensity, in their diverse range of materials from music to speech, painting and modelling; the experience of wholly primal comprehension through tone, soapstone, colours, yarns, movement and laughter allow the various aspects to be comprehended clearly and through experience from the perspective of our understanding of the human being.

We, as the preparatory team, hope that the special atmosphere, which can best be described as the warmth among colleagues, will lead to a collaboratively investigative attitude: a space out of which new basic ideas for the work with patients can grow. The discussion with others in the generously allocated breaks is just as suitable for this as the exchange of views in the workshops.

The input from the speakers Dr David McGavin, Dr med. Matthias Girke, Dr med. Hartwig Volbehr, Rita Eckart, Georg Soldner, as well as Annemarie Abbing and Anne Ponstein will provide stimulus from various directions and points of view. The definition of anxiety, the subject of anxiety and the threshold, the reference to the human constitutional elements, and the human biography of anxiety will be discussed equally with research results and Steiner's subsidiary exercises in a socially artistic way.

*Whatever may happen,  
whatever the next hour or the next morning may bring,  
I cannot to begin with, if I know nothing about it, change it through fear or anxiety.  
I await it with complete inner peace of mind,  
with the calmness of mind of a motionless sea!*

*Rudolf Steiner, GA 059, p. 114 f.*

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, Georg Soldner*  
Heads of the Medical Section at the Goetheanum

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

Thursday 11.45–13.00 / Friday, Saturday 11.15–13.00

## 1. "... Your fear has turned to radiance..." (Nelly Sachs) (DE/EN)

Ways of self-encouragement for the art therapist through strengthening the power of the I in the artistic meditative process.

*Dagmar von Freytag-Loringhoven, art therapist (MA), Freiburg (DE)*

*Thomas Adam, singing therapist, Bochum, (DE)*

*Ulrike Gerharz, speech therapist, Karlsruhe (DE)*

## 2. The nature of meditation and patient meditations from Rudolf Steiner (DE)

Matthias Girke will speak about the nature of meditation, its meaning on the path of knowledge and its healing action. Peter Selg will present patient meditations from Rudolf Steiner. In the third unit, Kirstin Kaiser will deepen these impulses in a subject-specific way in joint discussion.

*Matthias Girke, head of the Medical Section, Dornach (CH)*

*Peter Selg, specialist for child and adolescent psychiatry, director of the Ita Wegman Institute, Dornach (CH)*

*Kirstin Kaiser, therapeutic creative speech practitioner, Basel (CH)*

## 3. Fear and the four temperaments (EN)

The four temperaments have their origins and grounding within the habit life of our etheric body. Each has a different relationship to anxiety and responds differently to fear. We shall explore the nature of the temperaments and how each one can wisely hold us back or help us leap advantageously forwards. Can one alter one's temperament to strengthen one's character? Yes, but be ready to move and be moved!

*Dr David McGavin, general practitioner specialising in pain management, Kent (UK)*

## 4. Psychological disorders today and the task of art therapy (DE)

The creative forces of the imagination in people today are imprisoned in perceptions of anxiety and everyday life. The consequence is identity disorders and disorders in the soul life. Freedom and moral imagination can no longer be put into practice. Art and art therapy can allow the sources of existence to start flowing again.

*Dr med. Hartwig Volbehr, psychiatrist, Constance (DE)*

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## Seminar groups

### 5. If we are caught in anxieties without orientation we are lost [\(DE\)](#)

Alongside reflecting on the lecture content and our own experiences, we will work on the prerequisites for finding ourselves again (be it as patient or therapist) when anxieties inhibit us. Here the movements of eurhythm help to act on time and space in an ordering way. (Knowledge of eurhythm not essential, gym shoes of benefit)

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

### 6. From fear to fun [\(EN/DE/NL/CN\)](#)

This year we will do new games in which you will meet each other and be confronted with "forgotten" options to face anxiety and change it into courage. Finding new inspirations and learning with fun to use the hidden potencies in your work and in your daily life.

*Huub Detert, art therapist, game trainer and art therapy teacher, Chengdu (CN)*  
*Chen Zifeng, interpreter and producer, Chengdu (CN)*

### 7. Courage and new perspectives through form drawing [\(DE/FR/EN\)](#)

The heart-warming experience and creation of forms significantly strengthen the forces of self-healing. Inversions and metamorphoses can be brought to experience and show ways of and new perspectives for overcoming anxiety and fear. Diverse orientation exercises help in the search for new standpoints and goals.

*Peter Büchi, adult education teacher, form drawing practitioner, Stäfa (CH)*

### 8. Can I heal myself? [\(IT/EN\)](#)

Seminar group with artistic painting exercises and clinical case studies.

*Patrizia Anderle MD, Padova (IT)*  
*Anna Maria Saccuman, art therapist, Padova (IT)*

### 9. What are the colours of anxiety? [\(DE/FR\)](#)

We will together follow up the morning lectures through painting and discussion with the question how different anxieties can come to expression in colour and form and how they can reveal themselves at various levels of the human constitutional elements.

*Heike Stenz, painting and creative therapist (BA), Dornach (CH)*

### 10. The courage to connect [\(EN/DE/NL\)](#)

Experiences from music therapy with children. Musical exercises; phenomenology; accounts of encounters with children in diagnostic work and treatment; deepening their stories with the conference subject matter in mind.

*Anne Margreet Muller, music therapist, Zeist (NL)*

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## Seminar groups

### 11. Ways of self-care – how can we make our own creative forces sound again?

*(DE/EN)/FR)*

"In all things a song it slumbers, as they dream for ever more, and the world erupts in singing, if you know the magic word." (Joseph von Eichendorff)

In three steps, corresponding to the three stages of sleeping, dreaming and waking, we will create our personal pictorial motif. Seminar group with artistic exercises for therapists.

*Erika Gonsior, art therapist, Berlin (DE)*

*Sibylle Bürgel, music therapist, Beinwil am See (CH)*

### 12. Metal colour light therapy – obtaining courage and strength to face up to anxiety

*(EN/DE)*

In the perceptual encounter with the qualities of the metals we can develop inner resistance, courage and new strength enabling us to face up to different anxieties and transform them. Perception – discussion – patient reports.

*Friedlinde Meier, metal colour light therapy, eurythmy therapy, Schwörstadt / Freiburg (DE)*

*Alara Mayes, art and metal colour light therapist, Blackthorn Medical Centre, Maidstone (UK)*

### 13. From anxiety to self-efficacy *(DE)*

Each step towards greater maturity is associated with anxiety. Can I courageously look at and recognise what it asks of me? And how do I find the way out of anxiety? How do I break out of the chains of anxiety to new freedom and self-determination. How do I step out of old habits into new structures and ways of living? With stabilising exercises from therapeutic creative speech and plastic art therapy, we will gather experiences through exercises which follow the call of a new self-determination and the longing for perfection.

*Marion Schroth, therapeutic creative speech practitioner and drama teacher, Tennental Village Community (DE)*

*Katrin Sauerland, art therapist and emergency education teacher, Alfter (DE)*

## Thursday, 9 January

09.00–09.30

**Musical prelude and welcome**

09.30–11.00

**\* Defining pathology to give access to therapy (EN)**

*Lecture by David McGavin*

### 11.00–11.45 Coffee break

11.45–13.00

**Interdisciplinary lecture follow-up**

*Work in seminar groups*

**The therapist's path of schooling**

*Work 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

20.00–20.30

**Commemoration of the dead**

20.30–21.30

**Anxiety and courage at the threshold to the spiritual world**

*Lecture by Matthias Girke*

## Friday, 10 January

8.15–9.00

**Meditative morning study**

*with Thomas Adam*

- or -

**School of Spiritual Science study on the 4th and 5th class lesson (for School members)**

*with Ulrike Gerharz and Viola Heckel*

- or -

**School of Spiritual Science study**

Development of the soul: the exercises of the Foundation Stone Meditation (open to everyone)

*with Matthias Girke*

09.15–10.30

**Anxiety and the human constitutional elements**

*Lecture by Hartwig Volbehr*

### 10.30–11.15 Coffee break

11.15–13.00

**Interdisciplinary lecture follow-up**

*In seminar groups*

**The therapist's path of schooling**

*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

20.00–21.00

**The embattled present and the loneliness of the modern person.**

Approaches to stabilisation in art therapy and social art

*Lecture by Rita Eckart*

## Saturday, 11 January

8.15–9.00

### **Meditative morning study**

*with Thomas Adam*

- or -

### **School of Spiritual Science study on the 4th and 5th class lesson (for School members)**

*with Ulrike Gerharz and Viola Heckel*

- or -

### **School of Spiritual Science study**

Development of the soul: the exercises of the Foundation Stone Meditation (open to everyone)

*with Matthias Girke*

09.15–10.30

### **\* Effects of anthroposophic art therapy on anxiety: results from a clinical trial and a case report. [\(EN\)](#)**

*Lecture by Annemarie Abbing and Anne Ponstein*

## 10.30–11.15 Coffee break

11.15–13.00

### **Interdisciplinary lecture follow-up**

In seminar groups

### **The therapist's path of schooling**

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

### **Presentation of workshop results**

### **Short contributions from students**

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

*Contributions from Kirstin Kaiser, Laura Piffaretti, Johanna Gunkel and Silke Speckenmeyer*

## Sunday, 12 January

8.15–9.00

### **Meditative morning study**

*with Thomas Adam*

- or -

### **School of Spiritual Science study on the 4th and 5th class lesson (for School members)**

*with Ulrike Gerharz and Viola Heckel*

- or -

### **School of Spiritual Science study**

Development of the soul: the exercises of the Foundation Stone Meditation (open to everyone)

*with Matthias Girke*

09.15–10.30

### **Biographical and antenatal roots of anxiety – an approach**

*Lecture by Georg Soldner*

## 10.30–11.15 Coffee break

11.15–12.30

### **Exchange of experiences in plenary session**

Including examples of best practice

### **Conference review and outlook to 2021**

### **Musical conclusion**

Lectures and plenary sessions other than those designated with an asterisk (\*) will be in German and translated into English, French and Italian.

-- Subject to change --

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## Interdisciplinary artistic and art therapy working groups

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

### 14. Anxieties – obstacles, hints, emergency helpers?

#### Serial creativity as an intervention for anxious behaviour [\(DE\)](#)

How can anxieties be differentiated and managed in art therapy practice in the harmony of body, picture and language? The workshop will combine meditative physical exercises with painting, drawing and therapeutic writing, with observation of the resulting picture series and case work.

*Dr Simone Gaiss, art therapist, art teacher, Munich (DE)*

### 15. The story of Clever Elise [\(EN\)](#)

The Grimm's tale of Clever Elise will be at the heart of this workshop as it describes in quite precise images the transition of anxiety such as we can all experience in our lives into the pathological mental state of a chronic condition. Working with the images, we will explore the gestures of this illness through clay work and painting as well finding these tendencies in ourselves through sharing our own stories. Participants are invited to bring stories of patients they have worked with. We will seek the healing pathways from these observations and express these in our art work.

*Karin Jarman, art therapist, Stroud (UK)*

*Nicole Weinberger, art therapist, Stroud (UK)*

### 16. Painting with plant colours – archetypal images of therapeutic processes [\(DE/EN\)](#)

The training sketches created by Rudolf Steiner can be experienced as archetypal images of therapeutic processes. The therapeutic action of the colour structure of such a motif will be our subject matter.

*Caroline Chanter, art therapist, Dornach (CH)*

### 17. Anorexia – the fear to be [\(EN\)](#)

Eating disorders, mainly anorexia, presented as a form of chronic anxiety of a false I. Regarding this theme, we will be investigating through presented case studies the clinical and spiritual condition of eating disorders based on the interrelationship of the four human constitutional elements from an anthroposophical understanding. Part of the workshop will emphasize our own relationship to food through a short biographical process using artistic media.

*David Binyamin, art therapist, Tel Aviv (IL)*

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## Workshops

### **18. Language and colour between light and darkness (DE/EN)**

Experiencing light and darkness in speech and in the colours. Standing still and being able to move between constriction and width, anxiety and pleasure, depression and strength.

*Joost Groot, medical painting therapist, Wädenswil (CH)*

*Marjo van der Himst, therapeutic creative speech, The Hague (NL)*

### **19. Knowing myself held when there is no hold (DE/EN)**

Fear of the unknown can lead us into constriction and rigidity. Similar challenges are inherent in the artistic process. In this workshop we will investigate by means of artistic / painting experiences how we can face such not knowing through practice. We will also include the sense of touch.

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

### **20. Specific anxieties in adolescence (DE/EN)**

How can artistic exercises, related to the Waldorf curriculum, be used to give young people a hold, security and confidence? The phenomena of puberty and the phase of adolescence will be examined.

*Elisa Dudinsky, art teacher, Waldorf teacher, upper school teacher at the Free Waldorf School, Freiburg (DE)*

### **21. The fairy tale of Little Red Riding Hood in its integral version: the balsam of irony to face the experience of fear (EN/IT)**

A series of paintings will be presented, inspired by the Stella Maris method, to illustrate the path of the unconscious experience of fear, its emergence to consciousness, the resolving intervention of the hunter-ego, and learning in the etheric of courage through the strength of the balm of irony contained in the end of the fairy tale

*Carla Borri, art therapist, head of the Stella Maris School, Bologna (IT)*

*Marinella Collina, art therapist, tutor in the Stella Maris School, Treviso (IT)*

### **22. Developing the forces of courage through resistance in modelling; awareness of this in waking movement. (DE/DK)**

How do I find firm ground in boundlessness? Strength in doing? And give form to matter, and it encounters me! Movement in clay and experience – obtaining insight in following the movement. Deepening for art therapists and physicians.

*Ulrikke Stokholm, leadership collegium of the Plastic Creative Courses atka, Dornach (CH)*

*Urs Pohlman, physician, Erlenbach (CH)*

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## Workshops

### **23. How can we approach close to anxiety without it running away like a shy deer? (DE)**

Without the expedient warning function of anxiety we would be left at the mercy of the dangers of life. But unsettling and traumatising experiences of anxiety can change people to the extent that their fear centre constantly overreacts and sounds the alarm, even if there is no threat of danger. This type of anxiety can unnecessarily paralyse and block a person in living their life. In this workshop we will attempt to approach anxiety in a sensitive and loving way and through movement and images give it the means to reveal itself to us and to calm it.

*Christ Lambertus, Swiss certified art therapist (diploma), Master of Expressive Arts Therapies, certified psychological counsellor (diploma), Basel (CH)*

### **24. How can anxiety be transformed into art? (EN)**

In this workshop we will consider the biographies of several artists who transformed personal or collective trauma and anxieties into art. Observing biographies can be a precious tool if we work with art therapy in a receptive way. We will respond with writing or painting, expressing and experiencing our personal resonance.

*Sabina Fritzsche, art therapist GPK, painter, art communication, Basel (CH)*

### **25. "Let it sound in me again."**

**The human being in the field of tension between self-centredness and relationship with the world (DE/EN)**

We intend to turn our attention to various forms of anxiety disorders, including the reactive anxieties that come with cancerous diseases, and bring treatment approaches from behavioural therapy, anthroposophical soul exercises as well as experiences from music and singing therapy to experience.

*Viola Heckel MA, music and singing therapist, Klinik Arlesheim AG (CH)*

*Veronika Werner, specialist for internal medicine and psychotherapist, Klinik Arlesheim AG (CH)*

### **26. Understanding and implementing the music therapy process in individual anxiety problem areas (DE)**

Anxiety is multilayered and complex. Which layers can we intercept and transform with anthroposophically oriented music therapy particularly well? What is the important part in the musical process and how do we shape the therapeutic path for and with the patient? Together we will deepen our knowledge and exchange our experiences in order to learn from them.

*Laura Piffaretti, anthroposophically oriented music therapist (ED) and lecturer, Lucerne (CH)*

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## Workshops

### 27. ... transforming the earth ... [\(DE\)](#)

We can experience how anxiety reveals itself in the etheric and manifests in the most intense form of physical constriction. But we cannot see anxiety! We intend to model intensively with these visible and invisible forces. Moulding clay earth allows a person to feel an active relationship with their body and thereby we notice that the etheric body is a body of forces. Beyond that there is the supplementary aspect of the spiritual healing power, the power of Christ! In these relationships we will work playfully on the transformation of our sculpture and experience a creative connection with the lesser and the greater I. In anxiety, too, we are looked after and may hope.

With the openness of colleagues, in self-reflection and delight in experimenting, we will investigate the question how the nature of the etheric is revealed in relation to our own relationship with the body. The conclusion of the workshop will be formed by the gospel.

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

*Kaori Mogi, priest of the Christian Community, Dortmund (DE)*

### 28. embroidered – knitted – remembered

#### Art therapy meets trauma; sensitive biography work with textile techniques

[\(DE/EN/FR/RU\)](#)

In art therapy it is a frequent experience that drawing, painting and modelling cannot become effective because of culturally determined limits. Craft work in the group can create understanding across linguistic and cultural boundaries. We invite you to find a free artistic expression for significant moments in your biography using textile techniques and materials.

*Rita Eckart, emergency and trauma art therapy, social art projects, Munich (DE)*

*Eva Söderholm, trainee art therapist, costume designer, craft teacher, Malmö (SWE)*

### 29. Releasing anxiety and empowerment through sculpting stone [\(EN\)](#)

In this workshop, art therapist Anita Ollonberg tells about her experiences how sculpting stone has been helpful in releasing anxiety, for example with opiate addicts and clients with multiple social challenges, mental problems and traumas. The workshop includes both theory and practical work. Why is sculpting stone so effective? What is its relationship with the threefold nature of the soul, the fourfold human being, Anthroposophic Medicine and the structure of the brain; what is its connection with PTSD; in which illnesses and circumstances would sculpting stone be recommended and why? Every participant will have a chance to make a soap stone sculpture of their own.

*Anita Ollonberg, art therapist, Goethean visual arts teacher specialising in crisis and trauma art therapy, Porvoo (FIN)*

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## General information

### 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 16 December to: [tagungen@medsektion-goetheanum.ch](mailto:tagungen@medsektion-goetheanum.ch))

### Registration

Using the attached form, please send your registration by 20 December 2019 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](mailto:tickets@goetheanum.org)

### Conference fee

The cost of the conference (without meals) is CHF 250, for students and senior citizens CHF 150 (proof of status required).

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

### Literature for preparation

- Rudolf Steiner: *Self Doubt, Depression, Anxiety Disorders, Panic and Fear*.  
Compiled and edited by Harald Haas, Rudolf Steiner Press
- Rudolf Steiner: 2nd lecture, GA 276.
- Rudolf Steiner: "*The invisible human being within us*", in: *Earthly Knowledge and Heavenly Wisdom*, GA 221, Steiner Books.
- Rudolf Steiner: "*The Cosmic Word and Individual Man*", GA 224.
- Rudolf Steiner: "*How to Cure Nervousness*", single lecture, GA 143, Rudolf Steiner Press.

### Donations to support the art therapy conference

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

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

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

Purpose: "KT 2020"

Med. Sektion / Förderstiftung AM / Volksbank Dreiländereck eG

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

Purpose: "KT 2020"



# Booking Form

# OKT

ANXIETY - ANXT - ARXT - ART

22nd International Study Days on Anthroposophical Art Therapy

Conference of the Medical Section at the Goetheanum

from Thursday, 9 to Sunday, 12 January 2020

Application requested prior to: Thursday, 26 December 2019

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 without meals

CHF 360 (with sponsorship<sup>1</sup>)  CHF 250 (regular price)  CHF 150 (concessions<sup>2</sup>)

Meals (3x lunch, 3x evening meal)  CHF 150

Food intolerance  Gluten  Lactose

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

Artistic and art therapy

Workshops (afternoon ) 1<sup>st</sup> choice, n° \_\_\_\_\_ 2<sup>nd</sup> choice<sup>3</sup>, n° \_\_\_\_\_ 3<sup>rd</sup> choice<sup>3</sup>, 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 9 to 12 January 2020)

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 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 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>3</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

ANXIETY - ANXT - ARXT - ART

22nd International Study Days on Anthroposophical Art Therapy

Conference of the Medical Section at the Goetheanum

from Thursday, 9 to Sunday, 12 January 2020

Application requested prior to: Thursday, 26 December 2019

Conference fees: with sponsorship <sup>1</sup> :	CHF 360	with meals: CHF 510
regular price:	CHF 250	with meals: CHF 400
concessions <sup>2</sup> :	CHF 150	with meals: CHF 300

## Conference meals

Conference meals (vegetarian with dessert) include 3x lunch and 3x evening meal at CHF 150 in total and they can not be booked separately. Lactose-free and gluten-free dishes can be provided. We regret that any other 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 9th January in the evening to 12th January in the morning at CHF 45 in total. 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 (26.12.2019, 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 beginning of the conference (8.1.2020). Cancellation on the day when the conference begins or failure to attend are subject to an invoice of the total of 100%. 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. Terms of insurance can be downloaded at: <https://www.goetheanum.org/en/events/informations/>

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

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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.