



International Conference on Creative Speech in Therapy and Education

“Action Research ...”

How can research strengthen the effectiveness of
creative speech in its therapeutic and pedagogical
application?

21 to 24 October 2020

Medical Section
in collaboration with the
Section for the Performing Arts

Dear Fellow Creative Speech Specialists,
Dear All working with language,
Dear All interested in language,

In these days our everyday life is determined by the so-called corona crisis. We are experiencing an exceptional state which throws up questions, confronts us with new challenges, but also offers opportunities. COVID-19 targets the rhythmical system, the organ which directly connects us with our environment and fellow human beings. Many people are experiencing a rise in anxiety, fears and loneliness. With therapeutic speech we have a method at our disposal to strengthen the breathing and self-efficacy and thereby dismantle anxieties and support empathy. The conference topic of "Research" was decided long before "corona", but this crisis confirms once again the necessity not only of successfully using creative speech in therapy and education but also reporting about it to a greater extent!

The "Research" conference topic is associated with the desire to reflect as consciously as possible on the questions and findings we have brought along, to enter into a dialogue about them and continue to develop them. It aims to communicate tools for own studies and research steps and to encourage everyone to make their research results public.

Every person who works creatively is confronted with questions arising from their occupational activity, leading to hypotheses and findings. Some colleagues have probably been able to specialise in particular areas and to develop more or less advanced expertise. The conference offers these "experts" the opportunity to find each other and exchange views.

One workshop will set out the steps for setting up single-case studies, jointly or alone, and preparing them for publication. Since our senses are probably the most central and important research instruments, there will be a workshop on training Goethean observation. One workshop will shine a research light on speech exercises we have developed ourselves, another one will translate Rudolf Steiner's speech exercises into other languages. People from different countries are warmly invited to create texts in their mother tongue and to pass on the results in their home country. We want to encourage colleagues from as many language areas as possible to become actively involved. One workshop will study the connection between language development and movement, another one is calling for collaboration to demonstrate and continue to develop the potential of creative speech for Waldorf schools.

In his introductory lecture, Matthias Girke will trace a line from research to the meditative path of knowledge. Dietrich von Bonin and Erik Baars will inspire and instruct us in how to approach our own research and Armin Husemann will report about his research on the effect of the articulation of the speech sounds on the movement of the blood.

We have planned a "Poster Session" and will learn about the questions and research areas which are currently occupying colleagues. Dietrich von Bonin provides a guide below how everyone can participate in the poster presentation.

At the last conference in Dornach in October 2019, we met in small groups at the end to work on topics relevant for the future. In the subsequent plenary session, the resulting motifs were collected and compiled in a minute which was then sent to participants. We will build on that work this year and would be pleased to receive your reports in this connection. Keyword: Future workshop.

Immediately after the conference you can immerse yourself in Goethe's *Faust*. You will see a new production, shortened to nine hours. Faust 1 will be performed on Saturday, 24 October from 18.00 to 22.00, Faust 2 on Sunday, 25 October from 09.30 to 18.00. Ticket prices and the opportunity to register will be online now on the [Goetheanum website](#). Advance information can be found on the [faust.jetzt](#) website. The ticket for visiting the Faust performances is not part of the conference fee.

As last year, people are also welcome at the conference who themselves don't have a training in creative speech but who are interested in the subject.

We look forward to a lively exchange of views and to actively continuing to develop our method together which is so close to all our hearts. A very warm invitation to you!

Claudia Kringe-Andres, June 2020

Matthias Girke and Georg Soldner

For the Medical Section

Stefan Hasler

For the Section for the Performing Arts

Philip Jacobsen, Kirstin Kaiser,

Claudia Kringe-Andres, Marion Schroth,

Xandor Koesen-York and Dietrich von Bonin

For the preparatory group

Contact and conference information

For contributions for the commemoration of the dead

Please get in touch with Silke Kollewijn.

Contact: silke.kollewijn@goetheanum.ch

For contributions and reports from the professional fields and for the future workshop

For the unit on Thursday afternoon please get in touch with Kirstin Kaiser.

Contact: kirstin.kaiser@medsektion-goetheanum.ch

Artistic contributions for the poetry evening

You are welcome to let Philip Jacobsen know about them in advance.

Contact: kontakt@nonkonform.ch

Ideas posters for research in creative speech in education and therapy

Dietrich von Bonin

During this year's study days we would like to try out a new format with you. There will be a poster presentation at which experienced researchers will not be the only ones to present their ideas and findings – no, it's for you too. Perhaps you have gathered experience with a disorder, have experienced the particular power of an exercise or method and want to communicate your findings but don't know how they could be turned into a research project or case study?

Before the conference, please make a brief note of your thoughts on the following seven questions which you will then write on a flip chart during the conference and discuss with colleagues walking past. You will take valuable suggestions home with you and – who knows – it might lead to a project which helps all of us!

Questions:

1. What have I observed? (Disorder, illness – suitable exercises or texts)
2. How might this be turned into a research project? (Jot down your own ideas in a few sentences)
3. Can I formulate a central research question on the basis of these ideas? (Feel free to try; if not, this point can be skipped)
4. Does previous work or do publications already exist on this subject? (Write down, if known)
5. What result do I hope for? (In relation to points 2 and 3)
6. Whom would I need to be involved or to help? (Should several people carry out the same exercises, do I have material for a single-case presentation but difficulties with formulation, etc.)
7. What preliminary work have I already done for the concrete execution of the project? (Note of project outline, patient files, etc., if available)

Workshops

1. Multilingual research on the laws of Rudolf Steiner's speech exercises [EN / DE](#)

Colleagues from a great variety of countries will study the speech exercises as the basis for translation into the various languages. The aim of the work is to stimulate translation activity and compile a collection of translated exercises.

Kirstin Kaiser and Dorte Rosendahl

2. My path to the single-case study [DE](#)

We will work with a proven grid for submissions to the journal *Der Merkurstab* and, using the examples you have brought along, will consider how they can be well formulated and what is important in preparing a case study. Please bring your notes on interesting progressions. Also medical reports, written feedback from patients, etc. Case reports on the most frequent clinical pictures of anxiety, depression and exhaustion are of particular interest.

Dietrich von Bonin

3. The accord between language development and movement development [DE](#)

How can we support our exercises from creative speech therapy in the various age groups, using gesticulation, gestures, play and the elements of Greek gymnastics?

Elke Irene Scheuffele

4. Language development in Waldorf schools [DE](#)

This workshop addresses creative speech practitioners who are interested in being involved in a research project of the Freie Hochschule Stuttgart - Seminar for Waldorf Pedagogy on language development in Waldorf schools. The purpose of the group is to establish contact and develop ideas. This practice-oriented research project aims to demonstrate and develop further the potential of creative speech for schools in view of the increasing impoverishment of language skills. Ideally the work of this group would form the starting point for a longer-term collaboration.

Rainer Patzlaff and Ulrike Hans

5. Own exercises in therapy. How are they created, how can they be studied and used? [DE](#)

We will present own exercises which have already been used in therapy and have proven their worth. First the lecturers will each demonstrate an exercise and explain their criteria and experiences with it, possibly with individual case studies. Then exercises from the participants can be presented.

Some questions for the own exercises:

- How do I develop own exercises? Are there language criteria?
- What makes them valuable for creative speech?
- What is the therapeutic effect of an exercise?

Jürg Schmied, Barbara Ziegler-Denjean, Xandor Koesen York

Workshops

6. Goethean research in working with language and patients [EN](#) / [DE](#)

Goethean research is a method of observing and describing the research object in such an open-minded and non-judgemental way that its nature can express itself in the awareness of the observer. This enables us to recognise the supersensory in the sensory. We would like to try to take a fresh look at such observation with colleagues unfamiliar with the subject and to attempt to deepen it for those already more familiar with it.

We will work on three topics:

- Introduction to Goethean phenomenology
- Deepening the observation of language phenomena
(Sounds, two exercises, two texts in two languages)
- Deepening the observation of the patient by this methodology

Marjo van der Himst and Philip Jacobsen

Wednesday, 21 October

15.00–16.30

School meeting for members of the School of Spiritual Science

7th class lesson

Creative speech, introduction and discussion

Given by Marjo v. d. Himst,

Xandor Koesen-York, Oliver Ifill

- or -

Introduction to the Class work of the School of Spiritual Science

Open event for members and non-members of
the First Class

Given by Agnes Zehnter

17.00–18.15

Welcome and introduction

Foundation Stone verse

Commemoration of the dead

18.15–20.00 Evening break

20.00–21.15

Research and the meditative path of knowledge

Lecture by Matthias Girke

Followed by Night Café in the Schreinerei until
22.00

Thursday, 22 October

07.45–08.40

Bothmer® gymnastics

With Urs Kohler

09.00–10.30

Scientific research and daily practice. A field of tension?

Lecture by Dietrich von Bonin

10.30–11.15 Coffee break

11.15–12.30

Workshops

12.30–14.15 Lunch break

14.15–15.00

Speech choir

German speech choir Inga York-Koesen

English speech choir Geoffrey Norris

15.15–16.15

Workshops

16.15–16.45 Coffee break

16.45–18.15

Plenary session on Section work

Reports from the Section and the professional
fields. *Kirstin Kaiser, Stefan Hasler and others*

Future workshop

Moderators Philip Jacobsen and Kirstin Kaiser

18.15–20.00 Evening break

20.00–21.15

Insights into the therapeutic speech research workshop

Sinusitis

Short contribution by Ute Poland

Current research on Rudolf Steiner's medical works

Short contribution by Johannes Weinzirol

Panic attacks

*Short contribution by Kirstin Kaiser and Claudia
Kringe-Andres*

Friday, 23 October

07.45–08.40

Bothmer® gymnastics

With Urs Kohler

09.00–10.30

**Getting from the research question
to the research project**

Lecture by Erik W. Baars

10.30–11.15 Coffee break

11.15–12.30

**Interactive deepening of the lecture
by Erik W. Baars**

Moderator Xandor Koesen-York

12.30–14.15 Lunch break

14.15–15.00

Speech choir

German speech choir Inga York-Koesen

English speech choir Geoffrey Norris

15.15–16.15

Workshops

16.15–16.45 Coffee break

16.45–18.15

Poster presentation

Short introduction by Dietrich von Bonin

18.15–20.00 Evening break

20.00 to approx. 21.15

Poetry in the evening

“... es schoss so scharf auf Schussweise!”

Contributions from participants

Saturday, 24 October

07.45–08.40

Bothmer® gymnastics

With Urs Kohler

09.00–10.30

**How does the articulation of the speech sounds
act on the movement of the blood?**

Lecture by Armin Husemann

10.30–11.15 Coffee break

11.15–12.30

Workshops

12.30–14.00 Lunch break

14.00–14.30

Speech choir

German speech choir Inga York-Koesen

English speech choir Geoffrey Norris

14.45–15.45

Workshops

15.45–16.00 Short break in the Schreinerei

16.00 –16.45

Exchange of views, outlook, drinks

Moderators Philipp Jacobsen and Kirstin Kaiser

***End of the Confenrece ***

- subject to change -

Faust

18.00–22.00

Goethe's Faust 1

Goetheanum Stage

Director of acting Andrea Pfaehler

Director of eurythmy Eduardo Torres

(Faust 2 on Sunday, 25 October, 09.30–18.00)

*The ticket for visiting the Faust performances is not part
of the conference fee*

Lecturers and contributors

Prof Dr Erik W Baars works as a physician in Anthroposophic Medicine; professional experience in the fields of epidemiology, internal medicine, psychiatry, Anthroposophic Medicine, integrative medicine, methodology (Netherlands).

Dr med Matthias Girke, specialist in internal medicine, palliative medicine, diabetology and Anthroposophic Medicine. Co-founder of the Havelhöhe community hospital in Berlin. Since 1993 member of the executive council of the Society of Anthroposophic Physicians in Germany, co-founder of the Umbrella Association for Anthroposophic Medicine in Germany and since then member of its executive council. Since 2016 head of the Medical Section of the School of Spiritual Science at the Goetheanum in Dornach. Since 2017 member of the executive council of the General Anthroposophical Society (Switzerland).

Ulrike Hans, creative speech practitioner, MA in verbal communication and rhetoric, lecturer in creative speech at the Freie Hochschule Stuttgart - Seminar for Waldorf Pedagogy in Stuttgart (Germany).

Stefan Hasler, head of the Section for the Performing Arts at the Goetheanum, training as pianist, conductor and eurythmist, lecturer at Alanus University of Arts and Social Sciences in Alfter, Dornach (Switzerland).

Dr med Armin Husemann, general practitioner, lecturer and director of the Eugen Kolisko Academy in Filderstadt, publications on basic research in Anthroposophic Medicine and on the teaching theory of medical training involving the understanding of the human being through sculpture, music and language: "The Harmony of the Human Body" (1994), "Human Hearing and the Reality of Music" (2014), "Form, Life and Consciousness" (2019), "Die Blutbewegung und das Herz" (2019) (Germany).

Oliver Ifill, since 1995 trainer on the language and drama course at the teacher training seminar of Snellman College in Helsinki, in charge since 2018; since 2008 therapist at the Sylvia School in Lahti; Master of Education in 2010; co-worker of the School of Spiritual Science (Finland).

Philip Jacobsen, MSc in psychology, occupation as human resources manager in private business and as course leader on courses for the unemployed, now as biography worker, 25 years of creative speech with Christian Althaus in Zurich, Dornach (Switzerland).

Kirstin Kaiser, adult education teacher, creative speech practitioner and graduate (diploma) art therapist (ED) specialising in drama and speech therapy, lecturer at AmWort on the artistic and therapeutic training course, therapist at Klinik Arlesheim, atS coordinator (ICAAT), Ettingen (Switzerland).

Xandor Koesen-York, has worked as a therapeutic and educational creative speech practitioner since 1985. Art therapist (ED) specialising in drama and speech therapy; currently working at the Krefeld Medical Centre and the Essen Free Waldorf School; practice in Straelen (Germany).

Lecturers and contributors

Urs Kohler, Bothmer® gymnastics and gym teacher; sculptor and design art teacher.

Fields of work on various courses with Bothmer® gymnastics, at conferences, seminars and continuing lay courses, artistic design, modelling, stone carving in the upper school of Basel Rudolf Steiner School (Switzerland).

Silke Kollewijn, creative speech practitioner, actor, art therapist (ED) specialising in drama and speech therapy, member of staff in the Speech Department of the Section for the Performing Arts, work in Waldorf schools and in independent practice in Basel, independent artistic activity, Dornach (Switzerland).

Claudia Kringe-Andres, creative speech practitioner, art therapist (ED) specialising in drama and speech therapy, therapist at Klinik Arlesheim, Dornach (Switzerland).

Geoffrey Norris, actor, creative speech practitioner, director, story teller, singing, drama and movement teacher with over 40 years experience in teaching and performance. In 2017 he founded "The Speech and Drama Studio". He teaches students of creative speech and drama worldwide and is a member of Lemniscate Arts USA. (England)

Rainer Patzlaff, director of the IPSUM Institute in Stuttgart, professor emeritus of childhood education (Alanus University of Arts and Social Sciences, Alfter), Stuttgart (Germany).

Ute Poland, therapeutic speech practitioner: degree in German and Romance languages for teaching; study of creative speech and therapeutic speech at the Dora Gutbrod School; licence practice placement at the Friedrich Husemann Clinic; has worked for 13 years as a therapeutic speech practitioner in independent practice in Schopfheim (Germany); lectures on therapeutic speech in burnout and hypertension; lectures on the mode of action of therapeutic speech; courses in rhetoric; member of the CARE II working group of the Medical Section at the Goetheanum; author of an article for *Merkurstab* on therapeutic speech in recurrent sinusitis; performance of a great range of recitations (Germany).

Dorthe Rosendahl, training as creative speech practitioner and therapeutic speech practitioner in Dornach, Waldorf kindergarten teacher in Copenhagen. Therapeutic experience in speech therapy with children and adults as well as children, young people and adults in need of special care in Denmark. Artistic experience: own programmes with stories and poetry; speaker for eurythmy (Denmark)

Elke Irene Scheuffele, creative speech practitioner, actor, speech therapist, works in a Waldorf special school in Bonn, a Waldorf school in Cologne and at the teacher training seminars in Lisbon; Alfter (Germany).

Lecturers and contributors

Jürg Schmied, training at the Marie Steiner School for Creative Speech and Dramatic Art with J. W. Ernst. Studied philosophy, German and Greek in Basel and has worked in education, theatre and therapy. For the last eight years he has been therapeutic speech practitioner at the Lahnhöhe Psychosomatic Clinic near Koblenz. Publication of poetry and essays; numerous performances and recitations (Germany).

Marion Schroth, therapeutic speech practitioner and drama teacher, leads the Ensemble TennenTalTheater as inclusive theatre, additionally drama projects for young adults in training, many years of experience with class plays: class 6 to class 12, therapeutic work using the Chekov method for anxiety and panic disorders. Tennental Village Community, Deckenpfronn (Germany).

Marjo van der Himst, speech therapist in independent practice and at a Waldorf school, lecturer on the speech and drama training course at the Hogeschool Leiden (Netherlands).

Dietrich von Bonin, art therapist (ED) specialising in drama and speech therapy. He has a Master of Medical Education (MME) and works as a therapist for anthroposophical therapeutic speech in independent practice. He is the director of the quality assurance commission of OdA ARTECURA, the umbrella organisation for artistic therapies in Switzerland, was a research associate at the Institute for Integrative Medicine of the University Bern for 16 years and is the author of specialist publications (Switzerland).

Dr med univ Johannes Weinzirl, physician and research associate; medical studies in Vienna, doctorate from Bern University. Training in Anthroposophic Medicine at the Klinik Arlesheim and Eugen Kolisko Academy. Currently in further training to become a specialist in general internal medicine (FMH). Research associate at the Institute of Integrative Medicine of Witten/Herdecke University and the Medical Section at the Goetheanum (Switzerland).

Inga York-Koesen, creative speech practitioner, has worked as an artist in creative speech and drama for 30 years (Germany).

Agnes Zehnter, creative speech practitioner, AmWort course leader, coordinator of creative speech training worldwide within the Section for the Performing Arts, co-founder of the Creative Speech Network, artistic, educational and therapeutic work; Dornach (Switzerland).

Barbara Ziegler-Denjean has worked for 40 years as a speech and breathing therapist in independent practice. Additionally she works as a guest lecturer at various advanced training and training seminars as well as being a book author and speech artist (Germany).

General information

Faust 1&2

Immediately after the conference you can immerse yourself in Goethe's *Faust*. You will see a new production, shortened to nine hours. Faust 1 will be performed on Saturday, 24 October from 18.00 to 22.00, Faust 2 on Sunday, 25 October from 09.30 to 18.00. Ticket prices and the opportunity to register will be online now on the [Goetheanum website](#). Advance information can be found on the [faust.jetzt](#) website. The ticket for visiting the Faust performances is not part of the conference fee.

Translation and conference language

The conference will be simultaneously translated into English. Please bring your own interpreter if you prefer a different language. We will, of course, offer the interpreter a complimentary conference ticket.

Requests by 5 October 2020 to francois.bonhote@medsektion-goetheanum.ch

Registration

Goetheanum Empfang, Postfach, 4143 Dornach, Switzerland

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

Donations

To support the creative speech 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 "ST 2020"

Med. Sektion / Förderstiftung AM / Volksbank Dreiländereck eG

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

Purpose "ST 2020"

Notes

Notes

Booking Form

OTS

"Action Research ..."

International Conference on Creative Speech in Therapy and Education
of the Medical Section in collaboration with the Section for the Performing Arts at the Goetheanum
from Wednesday, 21 to Saturday, 24 October 2020

Application requested prior to: **Wednesday, 7 October 2020**

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 _____

I need translation into ☐ English

Conference ticket

☐ CHF 360 (with sponsorship¹) ☐ CHF 270 (regular price) ☐ CHF 160 (concessions²) ☐ CHF 100 (students³)

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

Food intolerance ☐ Gluten ☐ Lactose

Bothmer Gymnastics (7:45h) ☐

Speech choir DE ☐ or Speech choir EN ☐

Workshops 1st choice, n° _____ 2nd choice⁴, n° _____ 3rd choice⁴, n° _____

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

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 OAPs, the unemployed and people with disabilities who receive benefits. Proof of status has to be submitted with your booking form.

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

⁴ 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.

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from Wednesday, 21 to Saturday, 24 October 2020

Application requested prior to: Wednesday, 7 October 2020

Conference fees:

with sponsorship ¹ :	CHF 360	with meals: CHF 510
regular price:	CHF 270	with meals: CHF 420
concessions ² :	CHF 160	with meals: CHF 310
students ³ :	CHF 100	with meals: CHF 250

Conference meals

Conference meals (vegetarian) include 3 lunch and 3 evening meal at CHF 150 in total. Lactose-free and gluten-free dishes can be provided. We regret that any other food intolerances cannot be catered for.

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 (7.10.2020, 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 (20.10.2020). 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.

Terms and Conditions will be sent on request or can be accessed online at <https://www.goetheanum.org/en/events/informations/>. The Biannual events magazine (Pdf-Download) can be found also there.
