

The heart around us

The importance
and meaning of the
therapeutic community

13–18
September 2022
at the Goetheanum



Anthroposophic
Medicine

International Annual Conference
of the Medical Section

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... [so] the heart becomes the lifelong guarantor of the mediation between the earthly and the cosmic part of being human that we are prophetically given as a gift. The heart does not belong to the earthly I, the everyday I, nor to its own I of the spheres, of the night, but to the I that can connect all people, the I of humanity.

Wolfgang Schad: Der periphere Blick. Die Vervollständigung der Aufklärung, Stuttgart 2014.

Dear Colleagues,

Wolfgang Schad’s words quoted above beautifully sum up the guiding theme of this year’s annual conference of the Medical Section: the importance of the therapeutic community. After almost three years of social distancing, of restrictions on meeting and travelling, the sense of the importance of real person-to-person encounters has been sharpened again. Something that was known for a long time became tangible.

Diseases often arise in a social context that favours them or creates opportunities for healing. Communities can thus be part of the problem - and at the same time a necessary part of the solution.

This is a bitter realisation at a time of war in Eastern Europe, the spiral of rearmament and the resulting global harms, especially for the poorest of the poor.

The medicine of our time is gradually practising looking at disease and health with an ecological eye. The connections with regard to health between consciousness and the immune system, between loneliness, mental conflicts and diseases of the heart, between social status and education are, on the one hand, gradually finding their way into holistic treatment paths. On the other hand, precision medicine at the genetic

and molecular level is being driven forward with tremendous input. Processes of consciousness are interpreted purely as processes of data processing, with corresponding effects on the image of the human being and social coexistence. Artificial intelligence and robotics are increasingly finding their way into medicine.

The big questions associated with this development form the background for this year's Medical Section conference. In numerous lectures and workshops we intend to focus on the healing factors of human coexistence and therapeutic community building. The heart as organ of the middle offers the appropriate medical and therapeutic link in this respect. The question of how human health can become the focus of medicine forms a thematic arc from the beginning to the final day of the conference.

Like last year, the conference is structured in three parts. Parallel, profession-related conferences of eurythmy therapy, therapeutic speech, art therapy, psychotherapy, medicine and pharmacy and a conference of patients' associations form the prelude. The middle section offers the

opportunity for spiritual deepening and to work on the 16th class lesson. The multiprofessional conference carries the heart theme through the five CARE areas: birth and childhood, infectiology, anxiety and trauma, oncology and palliative medicine.

Workshops with contributions from India, Russia, USA, France, Holland, Italy, Switzerland and Germany offer an interesting international programme filled with content.

All three parts of the conference can also be attended individually. Participation in the whole event, however, brings the composition of the whole to life and gives cohesion to the parts.

The lecture programme, the morning preludes, almost 50 working groups, and guided tours of the Goetheanum promise a special experience and a contribution to strengthening Anthroposophic Medicine at a time when it is subject to major public attacks.

We look forward to an interesting and vibrant conference, we send you warm greetings on behalf of the International Coordination of Anthroposophic Medicine



Matthias Girke



Georg Soldner



Rolf Heine

Let this passage from the second verse of the Foundation Stone Meditation be preparation for and accompaniment to the conference:

Human soul!
You live in the beat
of heart and lung,
Which leads you through
the rhythm of time
Into the feeling
of your own soul's being:

Practice spirit contemplation
In equilibrium of soul,
Where the surging
Cosmic creative deeds
Unite
Your own I
With the cosmic I;
And you will truly feel
In human soul's creating.

Literature for preparation of the conference:

Rudolf Steiner: *The Challenge of the Times*, CW 186.
 Fourth lecture, Dornach, 6 December 1918.

Rudolf Steiner: *Manifestations of Karma*, CW 120.
 Tenth lecture, Free Will and Karma in the Future of
 Human Evolution, Hamburg, 27 May 1910.

13 Sept – Tuesday

14 Sept – Wednesday

15 Sept – Thursday

08.15 Artistic and meditative prelude

09.15 Specialist conferences

10.30 Coffee break

11.15 Specialist conferences

12.30 Lunch break

Specialist conferences

14.30 *Joint start of the conference*
Welcome

Matthias Girke, Georg Soldner
Health and community
Machteld Huber

16.00 Coffee break

16.45 Specialist conferences

18.00 Evening break

20.00 Therapeutic healing impulses through music, speech and Bothmer® gymnastics

Laura Piffaretti, Gudrun Rehberg, Esther Böttcher

21.00 Conclusion around the Goetheanum

20.00 Crises and developments of therapeutic communities

Herbert Salzmann

21.00 Conclusion around the Goetheanum

08.15 Artistic and meditative prelude

09.15 Specialist conferences

10.30 Coffee break

11.15 Specialist conferences

12.30 Lunch break

Spiritual deepening

14.30 *Start of conference on spiritual deepening*
Sun forces in the community – the “we” in the Foundation Stone Meditation
Matthias Girke

16.00 Coffee break

16.45 School of Spiritual Science work Workshops

18.00 Evening break

20.00 Cultivating the community of the living and the dead
Ursa Neuhaus
Commemoration of the dead
Matthias Girke
Finish with eurythmy

21.00 Conclusion around the Goetheanum

16 Sept – Friday

17 Sept – Saturday

18 Sept – Sunday

08.15 Artistic and meditative prelude

09.15 School of Spiritual Science work Workshops

10.30 Coffee break

11.15 Experiences of spiritual paths
Michaela Glöckler, Matthew Mirkin, Iramaia Chaguri

12.30 Lunch break

Multiprofessional conference

15.00 *Start of the multiprofessional conference*
Community building with machines?
Jan Vagedes, Rolf Heine

16.00 Coffee break

16.45 Workshops

18.00 Evening break

20.00 Eurythmy performance by the Goetheanum Ensemble

21.00 Conclusion around the Goetheanum

08.15 Artistic and meditative prelude

09.15 The heart in the biography
Karin Michael, Boris Krause, Anna Girke

10.30 Coffee break

11.15 Workshops

12.30 Lunch break

14.30 Open Space Best practice

16.00 Coffee break

16.45 Workshops

18.00 Evening break

20.00 The struggle for the image of the human being in medicine
Peter Selg

21.00 Conclusion around the Goetheanum

08.15 Artistic and meditative prelude

09.15 Panel: What kind of medicine do we want in the future?
Moderator: Gerald Häfner

10.30 Coffee break

11.15 Community building in religious ritual and cognition through the power of the heart
João Torunsky
Conclusion
Matthias Girke, Georg Soldner
The Foundation Stone in eurythmy

12.45 End

Integrative approaches in medicine and pharmacy using the example of pollinosis and allergic asthma

Conference languages
DE / EN

Integrative medicine means building bridges. The stability of the bridge depends primarily on its piers: scientific knowledge, the evidence of clinical experience, but also the spiritual scientific dimension of medicine. Such a bridge can lead to a system of medicine that is in tune with people and its time.

Integrative medicine is based on multi- and interdisciplinary collaboration. In mutual understanding and respect as well as in the further development of integrative therapy concepts, the wealth of perspectives can be focused and reach its maximum extent for the patient's wellbeing.

Against this background, this year's specialist conference on medicine and pharmacy will concern itself with integrative approaches using the example of pollinosis and allergic asthma. Pharmaceutical, medical as well as social aspects will be consolidated.

How can we understand this now so common clinical picture? What is the mechanism of action of anthroposophic medicinal treatment here? Besides the understanding of the disease - current and historical - and the practical experience with an integrative medicinal treatment, we look at research activities on Citrus and Cydonia and consider the linguistic challenges of conveying the medico-pharmacological approaches in day-to-day work with colleagues and patients. Sufficient space is also provided for personal exchange.

On the one hand, the specialist conference provides inspiration and a broader perspective on a well-known clinical picture and its treatment. On the other hand, we would like to experience, through examples, enrichment through diversity, practising in the spirit of integrative medicine, and provide encouragement to further develop this path.

13 Sept – Tuesday

14.30 Joint start of conference
Welcome
Matthias Girke, Georg Soldner
Health and community
Machteld Huber
16.00 Coffee break
16.45 Welcome and introduction
Georg Soldner,
Mónica Mennet-von Eiff
Keynote lecture
Integrative approaches in pharmacy
Mónica Mennet-von Eiff
Dialogue walk – medico-pharmaceutical dialogue (key phrases, keywords)
Hay fever as a disease of our time – Rudolf Steiner's accounts in a historical context
Ulrich Meyer / Discussion
18.30 Evening break
20.00 Therapeutic healing impulses through music, speech and Bothmer® gymnastics
Laura Piffaretti, Gudrun Rehberg, Esther Böttcher
21.00 Conclusion around the Goetheanum

14 Sept – Wednesday

8.15 Creative speech
Agnes Zehnter
09.15 The Goetheanistic botanical aspects of Citrus and Cydonia
Jean-Georges Barth
10.30 Coffee break
11.15 The pharmaceutical processes of the manufacturers on Citrus limon and Cydonia oblonga
Annette Greco, Claudia Suhr, Peter Pedersen
Open questions on the development of the pharmaceutical processes of typical anthroposophical compounds using the example of Gencydo
Broder von Laue
13.00 Lunch break
14.30 Methods and results from preclinical research
Carsten Gründemann
Clinical research on preparations from Citrus and Cydonia
Erik Baars / Discussion
Results of preclinical and clinical research – the practical and therapeutic experience with Citrus / Cydonia
16.00 Coffee break
16.45 Constitutional, immunological and epidemiological aspects of pollinosis and allergic asthma
Georg Soldner
Integrative treatment of pollinosis and allergic asthma from an anthroposophical perspective
Eva Streit
18.30 Evening break
20.00 Crises and developments of therapeutic communities
Herbert Salzmann
21.00 Conclusion around the Goetheanum
Poetry evening in the yurt

15 Sept – Thursday

8.15 Eurythmy therapy for pollinosis and asthma
Kaspar Zett
9.15 Looking at the substance lead
Wolfram Engel
Lead in the treatment of pollinosis and allergic asthma (case vignette)
Andreas Arendt
10.30 Coffee break
11.15 Communication and practice regarding pollinosis and allergic asthma in the dispensary and the practice "Discussion with customers / Discussion with patients". (small discussions and plenary session)
Georg Soldner, Annette Greco
Summary and outlook
Mónica Mennet-von Eiff, Georg Soldner
13.00 Lunch break

Anthroposophic arts therapies specialist conference - painting and drawing section

10

Point and surroundings - in dialogue with the world

It has been a long time since there was an anthroposophic arts therapies specialist conference exclusively for the field of painting / drawing. Under the motto "Our world, our art, our spirit" we intend to deal with mineral colours, with gold, with plants and plant colours, with communities out in the world and very close by, as well as with the spiritual possibilities in the context of painting therapy.

After almost three years of travel restrictions, the conference is finally taking place again in analogue form at the Goetheanum. In addition, we will offer workshops that will take place in hybrid form or exclusively online. This is also intended to enable colleagues who are unable to travel to the conference to participate. We will also be joined by participants from all over the world in a livestream. *Johanna Gunkel (DE), Elisabeth Körber (GB), Gabriela Osman (AR), Eva Paul (DE)*

Workshops:

A) Worth our weight in gold together

In playing with the qualities of gold, we accompany each other in encounters from person to person, alternating between dialogue and meditative silence. Workshop only in-person at the Goetheanum. *Simone Gaiss*

B) Drawing on plentiful resources - art not isolation

An online a.l.s o.b project for artistic and regenerative encounter

The a.l.s o.b project was developed in 2020 by Prof Hildrun Rolff and colleagues to support students isolating during the pandemic with online art therapy and social art online provisions. The connecting, stress-reducing and strengthening effect of this community experience could be validated in a study in 2021.

The workshop is only being offered online. *Eva Paul and students of the BA in Art Therapy and Social Art, Alanus University of Arts and Social Sciences*

C) Working with the living being of a plant - The gifts of plant medicine and reciprocity using a therapeutic art approach

Working creatively with plants is central to the UK's Therapeutic Arts Collective. From the collaboration with Weleda UK, an exchange arose with visual art therapists in Argentina Centro Vertical. What was initiated in preparation for the conference was a deeper shared investigation into the spirit nature and medicine of plants both through artistic exploration and honouring ancient wisdom.

This workshop is only in English as a face-to-face event interconnected with the online workshop in Argentina.

Workshop leaders in Dornach: Eleanor Darley (UK), Ali Rabjohns (UK), in Argentina: Claudia Susana Robles, Gabriela Osman

Conference languages
DE / EN

Anthroposophic arts therapies

11

D) The square as a series - All around in a circle - Creating together

Many quadratic formats are created with drawing and painting elements. A new togetherness emerges playfully from this. The single part finds itself again in the whole. This format is designed as a working basis for community work.

Online provision linked with an on-site workshop. *Online from Egypt: Petra Rosenkranz, on-site: Johanna Gunkel*

For online-only participation at the conference: Registration by email to Johanna Gunkel, johanna.gunkel@medsektion-ikam.org.

13 Sept - Tuesday

14.30 Joint start of conference Welcome
Matthias Girke, Georg Soldner
Health and community
Machteld Huber
16.00 Coffee break
16.45 Start of specialist conference
First unit together on-site and connected online
(Reporter / Blog)
18.00 Evening break
20.00 Therapeutic healing impulses through music, speech and Bothmer® gymnastics
Laura Piffaretti, Gudrun Rehberg, Esther Böttcher
21.00 Conclusion around the Goetheanum

14 Sept - Wednesday

08.15 Artistic and meditative prelude
09.15 Four workshops in parallel in-person and online
10.30 Coffee break
11.15 Four workshops in parallel in-person and online
12.30 Lunch break
14.30 Second unit together on-site and connected online
(Reporter / Blog)
16.00 Coffee break
16.45 Four workshops in parallel in-person and online
18.00 Evening break
20.00 Crises and developments of therapeutic communities
Herbert Salzmann
21.00 Conclusion around the Goetheanum
Poetry evening in the yurt

15 Sept - Thursday

08.15 Artistic and meditative prelude
09.15 Four workshops in parallel in-person and online
10.30 Coffee break
11.15 Third unit together on-site and connected online
(Reporter / Blog)
12.30 Lunch break

The breathing heart

To have one's heart in the right place, to have something at heart, to take heart, to pour out one's heart - it is not only in the physical organ-ism that the heart occupies a special place as a central organ. We also connect emotional processes with the heart. And just as on the physical level this organ is connected with the concepts of centre and periphery, so the heart also oscillates on a soul level between the I and the periphery. Here "health" lies in rhythm, in the situationally adapted alternation of systole and diastole, of tension and relaxation.

During the specialist conference "The Breathing Heart" we intend to concern ourselves with the healing powers that lie in the pulse and breathing. We will explore our topic in three dimensions: on a bodily-etheric level we will look at physiology and the effect of creative speech on the heart; on a soul level we will explore the field of empathy and our own boundary as a source of illness and health; in a spiritual dimension we will raise questions about multidisciplinary cooperation and the meaning and importance of the therapeutic community.

Our specialist conference for educational and therapeutic creative speech will begin on **Tuesday, 13 September 2022 at 09.00**. This will give us time to work practically in four workshops and to exchange ideas on the keynote speeches in the plenary session.

Conference language
DE/EN

Workshop 1: "Incarnating exercises in adolescence"

Language as an incarnating art is becoming increasingly significant for young people. Digital reality alienates us from our own body, creates a non-sensory relationship with the world. How do we work with young people in upper school?

Jutta Nöthiger

Workshop 2: "Strengthening the breathing through sound, syllable, rhythm"

Proven "small breathing exercises" from the "Sound Informed Movement" concept. Experiences with speech in early childhood as active forces in adulthood with reference to post- and long Covid.

Dietrich von Bonin

Workshop 3: "Take courage in your heart"

How can we accompany patients from fear to courage? Among other things, I will present a series of exercises for use in acute panic attacks. The exchange among colleagues is very welcome, and participants are also welcome to contribute suitable texts or exercises.

Claudia Kringe

Workshop 4: "You only see well with the heart..."

Burn-out (often also chronic exhaustion) is characterised by the disconnect between thinking,

feeling and will and the connection with the body. We will examine and practise texts and techniques to trace the therapeutically effective forces of soul qualities.

Franziska Schmidt von Nell

The morning activities and evening events are common to all specialist conferences. Johannes Duve (contact: johannesduve@icloud.com) will

be happy to receive artistic contributions for the poetry evening on 14 September 2022 from 21.00 onwards.

We look forward filling the Goetheanum with vibrancy and breath with you.

Esther Böttcher, Dietrich von Bonin, Johannes Duve, Franziska Schmidt von Nell, Xandor Koesen-York

13 Sept - Tuesday

09.15 Start of Therapeutic speech specialist conference
Welcome & Foundation Stone verse

On the beat of heart and lung
Xandor Koesen-York

Choral hexameter speaking
Agnes Zehnter

10.30 Break / self-catering

11.15 Workshops 1-4

12.30 Lunch break

14.30 Health and community
Machteld Huber

16.00 Coffee break

16.45 Workshops 1-4

18.00 Evening break

20.00 Therapeutic healing impulses through music, speech and Bothmer® gymnastics
Laura Piffaretti, Gudrun Rehberg, Esther Böttcher

21.00 Conclusion around the Goetheanum

14 Sept - Wednesday

08.15 Artistic and meditative prelude

09.15 Keynote presentations & Conversation 1

The oscillating and breathing heart. Breathing and heart rhythm in dialogue

Dietrich von Bonin

Choral hexameter speaking

Agnes Zehnter

The listening and the speaking heart

Esther Böttcher

10.30 Coffee break

11.15 Workshops 1-4

12.30 Lunch break

14.30 Workshops 1-4

16.00 Coffee break

16.45 Keynote presentations & Conversation 2

The physiology of empathy

Johannes Weinzi

On the origin of the gesture

Kirstin Lumme

18.00 Evening break

20.00 Crises and developments of therapeutic communities

Herbert Salzmann

21.00 Conclusion around the Goetheanum

Poetry evening in the yurt

15 Sept - Thursday

08.15 Artistic and meditative prelude

09.15 Keynote presentations & Conversation 3

How do we develop a sense of self and a sense of community in pupils?

Jutta Nöthiger

Interpersonal impairments and aptitudes

Xandor Koesen-York

Competent collaboration in the interdisciplinary therapeutic setting

Leonhard Knittel

10.30 Coffee break

11.15 A look into the world & conclusion

12.30 Lunch break

How do we work – what is effective? The rhythmical system as a bridge

Conference languages
DE / EN

This year, too, we would like to present cases from our practice for each other and discuss exercises, methods, approaches and principles of action. Undoubtedly everyone has experienced special treatment episodes that they would like to share with others. Here the focus is on the patient, their rhythmical system with the beat of heart and lung.

Regardless of whether you have worked prophylactically or with indications, whether, for example, you work with children at school, in private practice or in a hospital: we hope for active listening among colleagues.

Case vignettes will be presented, discussed and considered in parallel moderated workshops in German and English. For the workshops this means specifically: everyone should, if possible, present a case vignette from the aspect of the rhythmical system.

On two afternoons we will all meet together, once on the topic of the centre, once on the topic of the periphery.

This is how the case vignette should be structured:

- Presentation of the patient
- Which exercises did I do?
 - Unusual treatment concepts and ideas are of interest here: exercises that may deviate from the classical exercises; exercises from other therapy approaches that are included because someone has such an additional training.
 - Where were there difficulties (from which we can learn)?
- Where / how did the treatment take place?
 - Practice, school, hospital;
 - did you have to work via video, telephone or in any other way due to coronavirus and did this result in long breaks?
- How can I tell if it is working?
 - Patient survey;
 - own observations.

More information and a template can be found at www.eurythmytherapy-medsektion.net.

We look forward to your involvement, so we can work with variety.

We want every participant to feel welcome and responsible for the success of the project, to contribute something from their experiences and questions.

*Hana Adamcová, Ingrid Hermansen,
Katharina Gerlach*

13 Sept – Tuesday

14.30 Joint start of conference
Welcome
Matthias Girke, Georg Soldner
Health and community
Machteld Huber
16.00 Coffee break
16.45 Start of the eurythmy therapy specialist conference
Joint work on the topic of the surroundings
Plenary work
18.00 Evening break
20.00 Therapeutic healing impulses through music, speech and Bothmer® gymnastics
Laura Piffaretti, Gudrun Rehberg, Esther Böttcher
21.00 Conclusion around the Goetheanum

14 Sept – Wednesday

08.15 Artistic and meditative prelude
09.15 Joint start and case presentations in workshops
10.30 Coffee break
11.15 Case presentations in workshops
12.30 Lunch break
14.30 The eurythmy therapy community – what lives in the centre and in the surroundings?
Plenary work
16.00 Coffee break
16.45 Joint work on the topic of the centre
Plenary work
18.00 Evening break
20.00 Crises and developments of therapeutic communities
Herbert Salzmann
21.00 Conclusion around the Goetheanum
Poetry evening in the yurt

15 Sept – Thursday

08.15 Artistic and meditative prelude
09.15 Joint start and case presentations in workshops
10.30 Coffee break
11.15 What do we take back with us to the patients and for our profession?
Plenary discussion
12.30 Lunch break

Creating health together:
the patients, the doctors
and the therapists

Conference language
EN

Creating health together with patients, physicians and therapists is the main theme of this conference.

It brings together patients and physicians creating initiatives for patients.

During this conference, we hope that all participants will connect with each other and take home the intention and inspiration to connect with the international or national patient movements to help our citizens become more aware and co-responsible for their quality of life and health on both personal and societal levels.

The National Patient Associations for Anthroposophic Medicine need (administrative) support in representing "The Patient" to all relevant health and consumer authorities. At this conference we want to bring together all patient movements (existing and in development) and enable them to work together.

On the first day, we will open with a short lecture by Stefan Schmidt-Troschke on the challenges of civil society (45') and an opening lecture by Georg Soldner (45').

On the second day, we will focus on how to practice advocacy effectively and share what difficulties we encounter.

In the afternoon we will zoom in on empowerment and the patient perspective and engage in dialogue with pharmacists about access, availability, affordability, applicability of Anthroposophic Medicine.

The third day is designed for encounters. Presentations of anthroposophic therapeutic initiatives from different countries are planned, with a focus on the Patient Perspective and sharing of initiatives and best practices by patient movements from different countries.

Wieneke Groot

13 Sept – Tuesday

14.30 Joint start of conference
Welcome
Matthias Girke, Georg Soldner
Health and community
Machteld Huber
16.00 Coffee break
16.45 Beginning statements
Wieneke Goot
What are the challenges of civil society
Stefan Schmidt-Troschke
18.00 Evening break
20.00 Therapeutic healing impulses through music, speech and Bothmer® gymnastics
Laura Piffaretti, Gudrun Rehberg, Esther Böttcher
21.00 Conclusion around the Goetheanum

14 Sept – Wednesday

08.15 Artistic and meditative prelude
09.15 Advocacy Part 1
What it is and how you can use it
10.30 Coffee break
11.15 Advocacy Part 2
Roleplay
12.30 Lunch
14.30 Empowerment & patient perspective
16.00 Coffee break
16.45 Pharmacists' presentation about access, availability, affordability, applicability
18.00 Evening break
20.00 Crises and development of therapeutic communities
Herbert Salzmann
21.00 Conclusion around the Goetheanum
Poetry evening in the yurt

15 Sept – Thursday

08.15 Artistic and meditative prelude
09.15 Presentations from anthroposophical therapeutic initiatives from different countries focusing on patient perspectives
10.30 Coffee break
11.15 Sharing best practices: PAFAM about application kit, Gesundheit aktiv about U-health, Czech founding patient movement, Anthrosana about social media campaign, American association about health creation.
Conclusion: what do you take home after this conference (bonding, networking). Make a wish / set a goal
12.30 Lunch

Treating anxiety disorders

Dear colleagues in the anthroposophic medical movement!

The International Federation of Anthroposophic Psychotherapy Associations is honoured to invite you to a conference on a clinical picture of great topicality. While concrete anxiety is initially a protective emotion, generalised anxiety disorder has the potency to change a person's life in such a way that the prenatal goal is lost from sight, that the common thread is lost, that the self-chosen path of life fails.

Based on the most up-to-date research into anxiety, we will present the different forms of expression of anxiety, depending on culture, with its specific spirituality. The respective historical background as well as the respective present social and political living conditions cause a kind of basic disturbance in the structure of the human constitutional elements. In the detailed description of the vegetative regulatory systems, we will come across the pathologising traces of previous traumatisation.

Anxiety often masks itself by developing somatic or other psychopathological symptoms. A specific feature of anthroposophical psychodiagnostics is a procedure divided according to life phases, which is presented in three steps.

As this conference is being prepared, a war is beginning in Europe which affects our topic in an

almost unimaginable way. Under the impression of these shocking events, we are planning a working unit that will deal with the then given situation in Ukraine in September and its frightening effects reaching into the following generations.

Although piling completely in comparison, a review of the consequences of the Covid-19 pandemic up to this point will nevertheless be undertaken. A differentiation will be made between the frightening effects of this novel viral disease per se and those appeals to fear that trigger anxiety epidemics and have been deemed necessary to control the behaviour of large groups of people.

"Forming surroundings with the forces of the heart for the benefit of our patients" is our motto. Anthroposophical psychotherapy unfolds in the interprofessional collaboration of psychotherapists with physicians, art and movement therapists as a special feature and benchmark of anthroposophical medicine.

The conference will take place in Dornach in English with synchronous translation into German and at the same time as an online event with local translation into the national languages.

We look forward to meeting you and send greetings on behalf of the International Federation of Anthroposophic Psychotherapy Associations.

Giovanna Bettini, Vasuprada Kartic, Suchitra Inamdar, Henriette Dekkers, Hartmut Horn

Conference languages
DE / EN

13 Sept – Tuesday

14.30 Joint start of conference

Welcome

Matthias Girke, Georg Soldner

Health and community

Machteld Huber

16.00 Coffee break

16.45 Welcome

Introduction to anxiety disorders worldwide

Henriette Dekkers

The rise of competition – anxiety to fail

Kiranmayi S. Bapi

The rise of power – anxiety to survive

Sarit Plishty

The rise of viral infections that assault the rhythmical system – anxiety to die

Miguel Falero

18.00 Evening break

20.00 Therapeutic healing impulses through music, speech and Bothmer® gymnastics

Laura Piffaretti, Gudrun Rehberg,

Esther Böttcher

21.00 Conclusion

around the Goetheanum

14 Sept – Wednesday

08.15 Artistic and meditative prelude

09.15 The physiology of anxiety from a perspective of knowledge of the human being and its implications for the psychotherapist

Georg Soldner

10.30 Coffee break

11.15 Anxiety phenomena in the course of life. The differential diagnosis of anxiety Anxiety disguised in behavioural signals in early childhood

Marah Evans

Anxiety disguised in psychosomatic disorders in adulthood

Henriette Dekkers

Anxiety in intergenerationality / anxiety in elderly people

Hartmut Horn

12.30 Lunch break

14.30 Anxiety disorders / PTSD arising from humanity in times of global warfare

The global shock of warfare – The global rise of anxiety – The mission of moral indignity – The mission of moral rage – Inimical fragmentation or cohesiveness in brotherhood

International panel

16.00 Coffee break

16.45 Spiritual healing of anxiety disorders incurred in the context of a social system – Healing ways in body, soul, and spirit

Boris Krause

18.00 Evening break

20.00 Crises and developments of therapeutic communities

Herbert Salzmann

21.00 Conclusion around the Goetheanum Poetry evening in the yurt

15 Sept – Thursday

08.15 Artistic and meditative prelude

09.15 Overcoming inner fragmentation due to traumatisation

Susan Overhauser

Healing the pathogenetic consequences of Sars-CoV-2 governmental regulations.

Global overview – Focus on the pathogenesis in the archetypical country Germany – Avoiding the transgenerational transmission

Hartmut Horn

10.30 Coffee break

11.15 Healing potentialities in psychotherapeutic treatment – The mystery of the human encounter

A shorts anthology of therapeutic experiences that have given patients resilience, faith, hope, and light

Henriette Dekkers

Conclusion and review: A short anthology of the specialist conference – Outlook for the future

John F Lees

12.30 Lunch break

Wednesday to Sunday,
always at 08.15–09.00

M1 Eurythmy: vital warmth and consciousness. Vitalising and creative movement gestures (DE)

Please bring eurythmy shoes for the lower human being, switch off your mobile phone for the higher human being!

Andrea Scheer-Nagy, Kathrin Anderau

M2 Loheland gymnastics (DE/EN)

With the Loheland movement training we want to strengthen our physical and mental life forces at the start of the day. Movement processes of breathing rhythms open our hearts and allow us to experience space as well as social togetherness through diverse forms of movement.

Please bring comfortable clothing and gym shoes.
Sabine Podehl, Simone Koring

M3 Singing in the western stairwell (DE/EN)

This course is for everyone who would like to sing! Singing can playfully and largely unconsciously convey community-building resonance on a social, emotional and functional-organic level and thus become a “matter of the heart” – and not only in a figurative sense; in choral singing, the breath as well as the heart rhythm of the participants adapt to each other. Exercises based on the School of Uncovering the Voice of Valborg Werbeck-Svårdström stimulate the perception of tone, breath and sounds and enliven the voice.

Viola Heckel

M4 Rudolf Steiner's Foundation Stone verse: spoken, moved and experienced (DE)

An active morning course with creative speech and meditative deepening.

Xandor Koesen-York

M5 Bothmer® gymnastics – Infinity moves us (DE/EN)

We will learn to use the spatial forces for our own movements and practise connecting with all spatial directions.

Please bring eurythmy shoes.

Gudrun Rehberg

M6 Spacial Dynamics® – Moving centre and periphery (DE/EN)

We will together move SD exercises and hands-on techniques with these ideas, as far as possible outside, in order to start the day in a dynamic, lively and present way.

Christina Spitta, Jaimen McMillan

M7 Morning meditation (DE/EN)

How do we meditate? How are Buddhism and Christianity connected in the developmental stream of humanity? How will they continue to develop? What kind of mindfulness, concentration, mediation and prayer is really helpful and beneficial when, for what and for whom, especially with regard to inner development and (healing) insight? We want to concern ourselves with these questions through practice and exchange, including modern meditation research and practice.

Silke Schwarz, David Martin

Workshops Spiritual deepening

Thursday, 16.45–18.00 /
Friday, 09.15–10.30

The two units of the workshops
build on one another.

1. The meditations of the 16th lesson of the meditative path of knowledge of the Michael School (DE) (For class members of the School of Spiritual Science with blue card)

Free rendering of the class lesson on Thursday with conversation on the meditations of the 16th class lesson on Friday.

Matthias Girke

2. The temple meditation of the 16th class lesson (EN) (For class members of the School of Spiritual Science with blue card)

Free rendering of the 16th class lesson in English for members of the School of Spiritual Science. We will deepen our consciousness and understanding of the temple meditation. On the next morning we will share different perspectives and insights about the meditation in a class conversation. And in a third step we will explore how the fruits of this meditative work can flow into our daily life and work.

Bart Vanmechelen

3. Introduction to the School of Spiritual Science (DE)

This workshop is addressed to everyone who wants to familiarise themselves with the School of Spiritual Science and the schooling path of the class lessons. No previous knowledge is necessary.

Marion Debus

4. Sun forces in the therapeutic community – working together on the gospels (DE)

Guiding meditations and prayers from their con-

tent to experience. Gestures illuminated from the soul combine the breath with the word and lead into our own inner being along the thread of the mantric text. Such dialogue contributes to a healthy professional practice and can also serve as a guide for patients.

Georg Soldner, Jan Vagedes

5. Rudolf Steiner's studio October 1924 to March 1925 (DE on Thursday / EN on Friday, the one does not build on the other)

Meditative reflection on the last period in Rudolf Steiner's life, his work and intentions, as well as his support from Ita Wegman, at the location of the historical events, of his dying and death.

Peter Selg

6. Tuning the community singing (EN)

Singing in a group creates a resonating community circle.

Can I find myself in it, through sound and listening? Can I perceive my own musical centre and the periphery of the sound in the circle?

Can I find the right place for me? Can I give strength to the group circle?

Can I feel myself nurtured by sound and empowered by the force of the circle?

We will explore those questions through singing, listening, and playing, knowing those musical questions are spiritually and socially relevant too. Comfortable clothes, comfortable shoes or eurythmy shoes are recommended.

Marina Sacchetti

7. How can we accompany pregnancy, birth and early childhood spiritually as the environment for the growing life? (DE)

By looking at the early phases of life, we would like to jointly develop through exercises and ideas how reflection on the spiritual origin of the child can support a successful / healthy incarnation.

Claudia Grah-Wittich Angelika Maaser

8. Exercises in perceiving the beings in nature – working together with the elemental world (DE)

The modern soul seeks to experience the beings of nature. We want, through our own cognitive powers, to get to know those beings that work in nature. Equally we want to show gratitude towards the beings of nature and support them in their work.

In this workshop we intend to sharpen our own perceptive skills. There are many ways and methods to approach the world of elemental beings. Some of them will be introduced in the course and then practised. Together we will exchange experiences afterwards. There will also be time for questions and discussion.

Part of the time is spent outside. Please therefore bring appropriate clothing.

Karsten Massei

9. Listening with the heart – speaking from the heart (DE/EN)

Mantric poetry is performative: it takes place in the act of speaking. What does it take for the word to become action? The resources of creative speech enable a relationship to be built with the text on many levels. Through thinking, feeling and volition, in sound, rhythm and sentence structure, with voice and breath, we will try in

this workshop to make a friend of a verse. Participation is possible without prior knowledge.

Franziska Schmidt von Nell

10. “Listening between the words” as a training path in groups (DE)

“Listening between the words” is a call for a particular attitude. We intend to practise this together using the words of the 24th week of the Calendar of the Soul.

Jan Ziolkowski

11. The heart as it is formed from its surroundings and as starting point for the metamorphic series of the organs – the etheric heart (DE)

This course will look at the heart as the starting point of the metamorphic series of the organs. Here the starting point is the formation of the four heart chambers from the six currents (physical body, etheric body, astral body, I, sentient body, sentient soul, see GA 115). The human form arises from the confluence of these six currents. In the course, practical aspects in diagnosis and therapy will be considered which open up from the connection of the metamorphic series of the organs with the constitutional elements. Special attention will be paid to the etheric organs, the etheric heart (see anthropophonetics for physicians).

Christoph Broens, Hartmut Endlich

12. Social aspects of health: community as the earth area for realisation of individual spiritual abilities (EN/RU)

Human beings have different abilities they need to be human beings. Some of these abilities people get from their bodies, some others are brought by individuals by themselves from the spiritual world, but there are also some abilities which could and must be developed just during earthly life in communication with other human beings. At our workshop we will consider the essence and spiritual aspects of human abilities, the conditions and possibilities of their development and of health and disease in connection with the realisation and development of abilities at different stages of human life.

Tatiana Pavlova

13. Paths of spiritual training – alone and/or together? (EN)

Those of us applying the fruits of anthroposophic research in their clinical practice may feel the longing to also find access to its roots. How can we develop capacities to accurately perceive and evaluate supersensible realities? Meditation in quiet solitude will always remain an indispensable requirement. However, certain steps on the path may also be taken in community with others, notably in the context of medicine. Alongside the often underestimated methodic study of anthroposophic texts, this can include a method of 'shared phenomenological research' of organs, plants etc. which may eventually lead to the beholding of their spiritual context. A new independence in the application of anthroposophic medicine may result. In our workshop we want to portray and discuss this collaborative approach (some call it the 'Saturn path') as it may emerge

from - and enhance the fruits of - the path of solitary meditation.

Martin Wittchow, Robert Fitger

14. Thou spirit of my earthly realm (DE)

In the so-called Samaritan Course, Rudolf Steiner gave three mantras that create a strong spiritual bond between the first aider and the wounded person. The third mantra addresses those spirits who look with loving interest at how we as humans try to resolve our conflicts peacefully. We intend to deepen this in the workshop, especially with regard to the current social, scientific and international conflicts.

Rolf Heine

15. Together in resonance, holistic perception of the patient (DE/EN)

In this course we would like to practise holistic perception of the patient with the help above all of the sense of touch. In doing so, we enter into resonance with the spiritual world, with the patient and with ourselves. This is a schooling path that can be followed in stages.

Please bring comfortable clothes and an openness to enter into new experiences.

Gabriele Förster, Ute Küpper

16. Look in your soul (DE)

We intend to approach the social element in the meditation "See in thy soul power of radiance". A reflection on gold and the artistic experience in speech and eurythmy will bring us closer to what is unspoken in this meditation. An interdisciplinary working group for medical and therapeutic professions.

Please bring eurythmy shoes. For preparation, CW 316, lecture eight, 9 January 1924.

Theresia Knittel

17. ...from our hearts, through our heads... Introduction to the concept of anthroposophy-based psychotherapy (EN)

Anthroposophy-based psychotherapy is not a new theory, but a spiritual activity. This concept brings the understanding of the human being and the psychology of anthroposophy into the practical application of the I-You situation in psychotherapy. It adds the biographical-spiritual dimension to the common biopsychosocial model of illness and therefore, in the training of therapists, includes as basic elements the Daily Review and the Six Steps of Self-Development, the practice of Rudolf Steiner's subsidiary exercises and other basic meditations. The course provides an introduction to the essential elements of the concept and their application in daily psychotherapeutic practice.

Johannes Reiner

18. Eurythmy work on the Foundation Stone Meditation (DE)

Joint eurythmy practice with the meditation.

Please bring eurythmy shoes, light shoes or good socks.

Stefan Hasler

19. Between microcosm and macrocosm – moving Rudolf Steiner's Foundation Stone verse together (DE/EN)

Together we will illuminate different aspects of this "foundation stone of the heart" of the anthroposophical community and, in keeping with this, we will also move and explore Spacial-Dynamics® exercises and ideas.

Jaimen McMillan, Henrik Szőke, Christina Spitta

20. Medicine and meditation: meditation in daily practice (DE/EN)

How can I perceive and experience the fourfold constitution and the functional threefoldness directly in myself? Practical exercises.

Preparation: CW 316, Understanding Healing. Meditative Reflections on Deepening Medicine through Spiritual Science.

Robert Kempenich

21. How do spirit and body resonate? Religious ritual in the mirror of the life processes (DE)

The question of the resonance of spirit and body underlies both the path of the body as the basis of spiritual life and the path from the spiritual into physical effectiveness. In the mirror of the life processes described by Rudolf Steiner, we intend to find a spiritually and physiologically deepened understanding of the path in religious ritual from the gospel reading via the offering and transsubstantiation to the communion - and vice versa.

Martin Günther Sterner, Renato Gomes

Workshops

Multiprofessional conference

Friday, 16.45–18.00 /
Saturday, 11.15–12.30 and
16.45–18.00

The two units of the workshops
build on one another.

22. Rediscovering the joy of parenthood in the light of anthroposophy (EN)

The mode of management of a prospective parent in the context of the understanding of the fourfold and threefold nature of the human being, including art. Integrating a holistic cultural, social approach in management.

A new amazing possibility of therapy in an unexplored field of gynaecology.

Wahida Moosa Shaikh-Murthy

23. Trans + Gender (DE/EN)

Transgender, gender dysphoria and gender issues: using real case histories, narratives and statistics as well as physiology, endocrinology, ensouled movement and imagination, inspiration and intuition, we will try to understand gender and modern gender and sexuality issues. This will give us a matrix to support clients, those to be healed and friends.

David Martin

24. How development of the inward senses builds capacities for social health (EN)

To meet outside challenges we need inner resiliency. If we do not have inner capacities for orientation we are captive to the outside world. Children gain more courage and flexibility as they strengthen and explore their "inward" senses (of smell, touch, balance, movement and life). Both children and adults use this inner pathway to calm, recover and soothe in the face of stress or change. We will explore the therapeutic aspects of this pathway, its developmental progression, as well as Stein-

er's specific indications about the senses, such as how our touch relates to "permeation by the feeling of God" and movement to "experience of one's own free soul nature".

Adam Blanning

25. Vaccination from a medical and from a patient perspective (DE)

Vaccination, vaccination questions, vaccination decisions are becoming more and more important. Stefan Schmidt-Troschke is a paediatrician and heads the patient association "Gesundheit aktiv" in Germany. He represents the concerns of patients there and is active on the board of the association "Ärztinnen und Ärzte für individualisierten Impfscheid" (Physicians for Individualised Vaccination Decision). Georg Soldner and Stefan Schmidt-Troschke have been working on vaccination issues for decades, in recent years especially on measles and Covid-19. The aim of the workshop is to understand the different perspectives and experiences of physicians and patients using concrete examples such as vaccinations against Covid-19 and measles. Models of good communication will be discussed. In addition, the workshop offers the opportunity to respond extensively to the questions of participants.

You can contribute to the success of the workshop if you send us your questions in writing one week before the start of the conference to info@medsektion-goetheanum.ch with the subject: Vaccination workshop.

Georg Soldner, Stefan Schmidt-Troschke

26. Long Covid – interdisciplinary: a joint discussion about aspects relating to our understanding of the human being and to practical experiences in its treatment (DE/EN)

The symptoms of long Covid or post-Covid syndrome are not uniform and individual. The spectrum ranges from mild exhaustion to disabling fatigue, poor concentration, agonising changes in the sense of smell and persistent shortness of breath or neurological disorders. It is estimated that up to 15% of all Covid-19 patients are affected. In hospitalised patients, more than half may be affected. From the point of view of Anthroposophic Medicine, we can speak of a general weakening in the etheric. We aim to exchange views about our perceptions and experiences with patients and medicinal substances in an interdisciplinary discussion between colleagues.

Severin Pöchtrager, Robert Fitger

27. Trauma therapy, anthroposophically extended (DE/EN)

What could anthroposophical trauma therapy be? There are established methods of psychotherapy for trauma sequelae. We intend to develop an understanding of how trauma sequelae are to be understood from an anthroposophical perspective and what can be derived from this for practice.

Boris Krause

28. Interprofessional oncological case discussions (DE/EN/ES)

Deepening interprofessional work on various oncological clinical pictures based on case discussions with special consideration of eurythmy therapy. How do I make a good initial therapy decision with regard to mistletoe therapy – slow

dose escalation, fever-inducing or intralesional? How do I assess progress or adjust the therapy? What aspects arise with regard to the use of eurythmy therapy? The workshop will discuss oncological experiences from the Centro Médico Antroposófico in Lima / Peru and Klinik Arlesheim / Switzerland.

Marion Debus, Maike Kergel, Norman Kingeter, Yván Villegas

29. Consciousness, relationship and pain as essential aspects of birth and death. What makes our support helpful for the person at the threshold? (DE)

Birth and death, marginalised in life, predominantly alienated from the context of life, and with fragmented professional support, needs individual, emphatic and integrating support more than ever. How can we find a way of dealing with the desire for consciousness or unconsciousness, with physically and / or emotionally painful moments in events, from anthroposophical knowledge about these existential phases of life? Where do we experience parallels or metamorphosis between being born and dying, and what significance does “being with” have for the person coming or going? On the basis of individual observations and experiences of the participants and the experience of practical external treatments, we will try to face these questions in a practising way in order to understand the essence and to make individual support a reality.

Sabine Braun, Christiane Eberhardt, Jörg Eberhardt

30. Chronic pain – a comprehensive challenge (DE/EN)

People with chronic pain experience limitations in very many areas and aspects of life. Often a hardening or also rigidity is found on different levels of the organism. In order to address these people with their suffering and to enable development, we find interdisciplinary collaboration to be very helpful.

We are therefore pleased to present aspects of breathing and movement therapy, medical and psychotherapeutic support to you in our working group and make them tangible.

Kristina Gerstetter-Schmidt, Nina Klinger, Kordelia Kunisch

31. Interprofessional cooperation regarding patients in the end-of-life process with case reports (DE/EN)

What forms of interprofessional patient review and team meetings are there?

We welcome the contributions of participants to this question. The group is open to all professions in palliative care and hospice work.

For the preparation of the content, you are welcome to bring along contributions on “Forms of a patient review” and reports on experiences of joint support with a focus on: What has proved to be important or less important?

Regula Utzinger

32. The importance and meaning of the heart forces in the healing process (DE/ES)

The seminar is based on my experience as an art therapist and psychooncologist. We intend to focus on the path of salutogenesis. In the exchange of experiences we will focus on the questions: how can hope, faith in healing, gratitude, interest, courage and trust support the healing process? Can these forces help us in the transformation of pain, loneliness, fear and guilt? What role does the conversation with oneself, with the other, play in this? How can human beings reconnect with their own spirituality and the certainty of spiritual guidance? With the help of simple eurythmy exercises, Susana Ulrich will bring the topic to life and internalise it.

Please bring eurythmy shoes.

Josef Ulrich, Susana Ulrich

33. Endometriosis from a medical and music therapy perspective (DE/EN)

We will present a single case of a girl suffering from endometriosis, a disease that has become increasingly common in recent decades. In the field of Anthroposophic Medicine there are some interesting medicines, such as Mixture Stanni comp. and Helleborus niger. In allopathic medicine there are synthetic hormones to stop the growth of the endometrial cysts and soothe the menstrual pain. Regarding the relationship between ears and ovaries, the idea arose to recommend music therapy. Over the course of some months, the endometrial cyst astonishingly disappeared. The music therapist will describe the steps which led to this result.

Angelo Antonio Fierro, Laura Piffaretti

34. How do I strengthen the heart space in today's world? (DE/EN)

Due to today's world situation, many people experience fears that affect the structure of their constitutional elements. Concrete examples will be used to work on how inner attitudes, value systems, courage and fear are related to health and illness. Through meditative exercises and eurythmy therapy, the heart space will be experienced and widened as a source of joy in order to connect to our deeper will impulses.

Roman Huber, Christiana Link

35. Touching the heart (DE/EN)

All anthroposophical therapies of the heart have one thing in common: they give expression to reverence for the centre of the human being in a practical technique. What has moved from the centre into illness is reintegrated into the whole. We present this process from the perspective of massage as developed by Dr Simeon Pressel, rhythmical massage therapy and the pentagram Einreibung.

Rolf Heine, Elma Pressel, Wolfgang Linnighäusser

36. The Heart School as a multiprofessional approach to prevention and holistic treatment of cardiovascular diseases and stress disorders (DE)

The subsequent treatment following the acute phase of a cardiovascular disease in the sense of a "gardener's medicine" is much more difficult when it comes to promoting sustainable health after the acute correction of organ pathologies. Here it is important to enable lifestyle changes to prevent progression of the disease and improve the quality of life. Underway with their illness, questions arise for those affected about further

support possibilities for the healing forces, about mental influences on illness and health and about the meaning of an illness as a biographical event. The deeper meaning of healing lies not in the suppression of disease symptoms but in their transformation.

Please bring comfortable shoes.

Jakob Gruber

37. Heart and I-organisation in correspondence with remedies from the different realms of nature: Tourmaline, Aurum, Apis, Cardiodoron (Primula / Onopordon cum Hyoscyamo) (DE/EN)

In working on the topic "12 gemstones & 12 sense organs" we will come to understand the signature of tourmaline in correspondence with the heart as the sense organ of the blood and ego organisation. Tourmaline's signature leads us to three different kingdoms of nature and remedies that can come from them to support heart function.

Denis Koshechkin, Albert Schmidli

38. The immune system in the concert of the human constitutional elements and life processes (DE)

The immune system is a central organ that enables us to deal with the substances of the outside world without danger. We intend to look at this special organ from the perspective of an anthroposophically extended physiology. Against this background, we will derive basic therapy options and develop treatment possibilities using allergies as an example.

Martin Günther Sterner

39. Crises and developments of therapeutic communities (DE)

The lecture and workshops will focus on how spiritual strength can be effective in therapeutic communities. Crises in communities can also be understood as a call to develop qualities of the consciousness soul. These can be seen, for example, in a strong mission or in the spiritually alive constitution of learning and decision-making groups. Anthroposophically oriented therapeutic communities thus also have an inspiring effect on other organisations and on society as a whole.

Herbert Salzmann

40. Becoming capable of community – on a personal, interpersonal and spiritual level (DE/EN)

Together we will reflect on and move ideas and experiences around this topic and also include concepts and exercises from Spacial Dynamics®.

Henrik Szőke, Jaimen McMillan, Christina Spitta

41. Practical tools for spiritual community building (DE/EN)

The coronavirus pandemic has considerably exacerbated tensions and frictions in social interaction. But it has also awakened us in a good sense to the need to embrace ideals of spiritual community building and to understand and implement the techniques needed to put them into practice. These techniques will be presented and discussed in the workshop in the hope that peacemaking and therapeutic impulses for the work locally can emerge from them.

Michaela Glöckler

42. Anthroposophical biography work as a modern basis for a new culture of encounter from person to person (DE/EN)

We live in a time when the ground that used to be based on tradition and social cohesion no longer supports us. In many biographies there is also a deep rupture in the natural basic trust and confidence in our own life. The current crisis is now also challenging the normal encounter from person to person. A deeper understanding of what it means to be human and a knowledge of the laws of biography have become a necessity in our time in order to find a new culture of encounter in the family, at work, in society. We will discuss the subject in its topicality in small groups, come to a deeper understanding through biography work in the "house of our life" and through art therapy exercises, and finally try to formulate the new insights for a future culture of encounter.

Susanne Hofmeister, Karin Jarman

43. Systemic constellations, a possibility for development out of stagnation towards flowing (DE/EN)

Working with systemic constellations offers a powerful contribution to healing and development in somatic, psychosomatic and relational issues by perceiving and acknowledging inclusions in the etheric body. How can we understand this method in terms of the fourfold human being and contemporary human development? How can we avoid losing ourselves in illusions or making things worse? A workshop with small constellations and eurythmy. Please bring eurythmy shoes.

Marieke Krans, Hilda Boersma

44. Mystery medicine – a path towards a future system of medicine? (DE)

Our medicine and health care today draw on the enormous wealth of scientific knowledge and have a beneficial effect in many areas. Research in recent decades has also increasingly focused on the soul and spirit of human beings. Integration in thought and action is still difficult on the basis of materialistic and reductionist ways of looking at things and thinking. Rudolf Steiner and Ita Wegman inaugurated and worked for an extension of the art of healing. In this context the question about the renewal of the mysteries and of mystery medicine played a crucial role. In this course we aim to address the questions: how can we approach the mysteries and their system of medicine? How can we understand a renewed mystery medicine? Which elements can play a central role in this context? What contribution can a renewed mystery medicine make to the further development of medicine? And how can we participate in its development and help shape it for the future?

Together, as a multi-professional team of lecturers, we intend to approach these questions together with you – by means of eurythmy, art appreciation, keynote contributions on earlier mysteries and their medicine, and interactive exchange (individual, small group, plenary work).
Diethard Tauschel, Monika Layer, Angelika Stieber

45. Working on inner and outer transformation in the face of the climate crisis – from (atmospheric) consciousness to (climate-friendly) therapeutic centre / practice / hospital (DE/EN)

The climate crisis is advancing. Forests burned in many parts of the world and there were heat records in the Arctic. Never before has the Greenland ice sheet thawed as quickly as it did in 2021. Sometimes it seems that all is already lost, but that is not true. What steps can we take today and now for inner and outer transformation? Where can every person and where can Anthroposophic Medicine make a contribution? We want to exchange concrete and practical ideas on two topics: climate-friendly health facilities – where do we stand and how can we help each other on the path of transformation? How do we develop atmospheric awareness?

Christian Grah, Cornelia Buldmann, Stefan Ruf

46. Healthy nutrition and community (DE/EN)

A meal builds community, offers opportunities to meet and enhances enjoyment. In community, nutritional and living habits can also be reflected upon and changes can be established in a sustainable way. Beyond the fellowship of the table, our food choices are the basis for relationships. What we eat is directly related to the health of the earth. So it matters how the food is produced, processed and traded. Cooperation based on trust and appreciation is the best prerequisite. In this respect, nutrition and community are broadly defined. In this workshop we will work with inputs, discussions and practical exercises.

Jasmin Peschke, Lea Sprügel

47. Eurythmy therapy for animals (DE/EN/IT)

We would like to exchange views with participants and do eurythmy therapy for animals together with them. The discussions will of course take place indoors, but the exercises with the cows, sheep and donkeys will of course be done outside in the meadows around the Goetheanum. The Goetheanum farmer Paul Pieterse has agreed to be present during the workshop.

Christine van Draanen, Sabrina Menestrina

Scientific poster presentation

32

Friday, 14.00–14.45
and Saturday, 13.30–14.15

Dear Colleagues,
dear Friends,

We warmly invite you to contribute to the scientific poster presentation of the annual conference of the Medical Section, which will be held in the form of an exchange of research results in two directions:

- Studies on multiprofessional / multimodal research concepts
- Recent studies in Anthroposophic Medicine

The posters will be presented in person in a poster presentation led by Dr Bettina Berger (Witten/Herdecke University).

Thank you for considering a contribution!

Warm regards,
Matthias Girke, Georg Soldner, Dagmar Brauer

Participants

The Call for Posters is addressed to all colleagues who are engaged in research in Anthroposophic Medicine.

Poster abstract

The one-sided abstract to be submitted should include:

1. Title
2. Name, title and institution of the authors
3. Question
4. Material and methods
5. Results
6. Conclusion
7. References

Since it is planned to publish the abstracts after the conference in the journal *Der Merkurstab* under the section "Science and Research", it is important that you comply with the guidelines above.

Abstract submission

Please send your abstract by email to dagmar.brauer@medsektion-goetheanum.ch by 15 August.

Poster size and orientation

A0 (approx. 119 x 84cm), portrait format

Registration for the annual conference of the Medical Section 2022

33

Dear Colleagues,
dear Friends!

We look forward to your participation in person at the Goetheanum for the annual conference of the Medical Section.

The conference is divided into three parts - specialist conferences of various professional groups in Anthroposophic Medicine; the spiritual deepening of our conference topic; and, in conclusion, the multiprofessional conference which brings the three parts together.

We would, of course, be delighted to welcome you as guests for the whole of the conference. However, you can also register for the individual parts or combinations thereof.

Throughout the conference, the lunches are included in the conference fee. Breakfast and evening meal can be booked separately as required.

The conference will be translated into German, French, Italian, Spanish, Russian and English.

Registration

in German:

<https://www.goetheanum.org/das-herz-im-umkreis>

Registration

in English:

<https://www.goetheanum.org/en/the-heart-around-us>

Price structure of the annual conference of the Medical Section 2022

Booking of *all conference parts* from 13 to 18 September 2022 (with a rebate for booking the whole conference / lunches are included in the price):

Normal price	CHF 600
Concessionary price	CHF 460
Student price	CHF 260
Support price	CHF 900

Booking of *individual conference parts* or *combinations* (lunches are included in the prices):

Part 1 Specialist conferences

Normal price	CHF 260
Concessionary price	CHF 200
Student price	CHF 120
Support price	CHF 380

Part 2 Spiritual deepening

Normal price	CHF 130
Concessionary price	CHF 100
Student price	CHF 60
Support price	CHF 200

Part 3 Multiprofessional unit

Normal price	CHF 260
Concessionary price	CHF 200
Student price	CHF 120
Support price	CHF 380



"Mysterium Cordis"
Mózes Foris
Relief (synthetic resin)
2015

Mysterium Cordis

Rhythm, movement are life.

In us human beings, this is taken care of by the heart.

The venous cross, with which the heart is held, indicates the four spatial directions in which the heart is actively involved through the blood circulation.

The blood encounters spherical forces and light in the head region through the senses and through thinking.

In the middle chest region, with the breathing and heart rhythm, the blood is rhythmised and ensouled with feelings.

In the limb and metabolic region, the blood internalises the external world in the form of food and through the movements performed.

Thus the heart is related to spiritual, soul and physical phenomena.

The heart is not a mechanical pump but like a dam regulates the flow of water.

It listens like an ear as an organ of empathy.

It is a pulsating midpoint that experiences the outer and inner world.

If it is healthy, it is like life, joy and love.

In the relief, the heart and the circulatory system are depicted in a form that is adapted to the size of the human being.

In this way, the person standing in front of it can connect with the qualities of the heart.

The relief is the visual leitmotif of this year's conference.

It is located in the entrance area of Klinik Arlesheim and can be viewed there.

Mózes Foris lives and works in Arlesheim, Switzerland.

Contact

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<https://medsektion-goetheanum.org/en/events-and-conferences>