



Medical Section of
the Goetheanum

Research Congress

One Health

“Studying and addressing LIFE in Medicine”

An Anthroposophic Medicine research congress on concepts,
research methods and implementation in clinical practice

March 3-5, 2023

at the Goetheanum Schreinerei

Dornach, November 2022

Dear colleagues, professionals, students and researchers from all medical professions,

We hereby invite you all to the 2023 Anthroposophic Medicine Research Congress with the main topics of:

- One Health
- Life research: How to understand and study life and how to apply this knowledge in clinical practice
- The latest Anthroposophic Medicine research projects and results

Day 1: One Health

“One Health is an integrated, unifying approach that aims to sustainably balance and optimize the health of people, animals and ecosystems. It recognizes that the health of humans, domestic and wild animals, plants, and the wider environment (including ecosystems) are closely linked and inter-dependent.

The approach mobilizes multiple sectors, disciplines and communities at varying levels of society to work together to foster well-being and tackle threats to health and ecosystems, while addressing the collective need for clean water, energy and air, safe and nutritious food, taking action on climate changes and contributing to sustainable development.” (https://www.who.int/health-topics/one-health#tab=tab_1)

Anthroposophic Medicine represents a holistic, integrative approach that considers human, animal and plant health in a common context and comprehensively promotes biodiversity and self-regulation. As an ecological medicine, it supports the One Health concept and strives for a comprehensive Sustainable Health & Health Care System by taking into account the environment, the social context and the economic conditions.

On Day 1 of the conference we will explore the One Health development and the contribution of Anthroposophic Medicine to this development, as well as the need for further integration of and cooperation between diverse domains and sectors.

Day 2: Life research

To explore and fully understand the conditions of life and life itself, the methods and concepts of conventional (natural) science, based on a (post)modern worldview, do not appear to be sufficient. They need to be matched by methods and concepts from spiritual science. What are the consequences, challenges and opportunities/ chances of an integrated holistic, i.e. natural and spiritual science based concept of life for science and for healthcare practice?

On the second day of the congress we will first explore the contributions and limitations of conventional concepts of life and how spiritual science can help to improve our understanding of life. Then we will examine how we can study life in nature (plants, animals) and medicine; which conventional and anthroposophic methods can be used and what kind of results do they 'produce'? Subsequently we will hear how and with which results life processes are studied and addressed in Anthroposophic Medicine, for example in Anthroposophic Medicine diagnostics, eurythmy therapy, physiotherapy, biography work, psychotherapy, pharmacy, and art therapy nursing, and also in bio-dynamic agriculture and Waldorf education. In eight workshops these and other topics will be discussed further.

Day 3: Anthroposophic Medicine research

On the last day of the congress we will have parallel workshop sessions where all latest research projects on Anthroposophic Medicine research will be presented and discussed. The congress will end with a plenary discussion on four questions:

- What did we learn from the congress that is important for the future development of Anthroposophic Medicine?
- Where do we stand with the concepts, methods and implementation of life knowledge?
- Which questions do we have to answer through our research in the next 10 years?
- How can we collaborate within and outside of Anthroposophic Medicine?

The congress is primarily meant for Anthroposophic Medicine healthcare professionals, healthcare students and researchers.

For the preparatory group

Georg Soldner, MD Prof. Dr. Erik W. Baars

Friday, March 3

ONE HEALTH RESEARCH

14.30 **Opening of the Congress**
Welcome by Georg Soldner and Erik Baars

14.45 **Our world in crisis: A crisis of worldviews?**
Annick de Witt

15.15 **Q&A with the speaker**

15.30 **Progress towards sustainable Pharmacy?**
Christian Peifer

16.00 **Q&A with the speaker**

16.15 Break

16.45 **Sustainability and pharmacology - some aspects on pharmacodynamics and pharmacokinetics between excretion and uptake**
Petra Thürmann

17.15 **Q&A with the speaker**

17.30 **One Health and Zoonoses**
Jakob Zinsstag

18.00 **Q&A with the speaker**

18.15 Dinner Break

19.45 **Properties of Life - Proposal for a concept of understanding the organism and its consequences**
Bernd Rosslenbroich

20.15 **Panel discussion on One Health with all speakers of Day 1**

21.00 End

Saturday, March 4

LIFE RESEARCH

09.00 **Conventional concepts of life, their limitations and anthroposophic concepts**
Erik Baars

09.30 **Research on life processes in eurythmy therapy**
Katharina Gerlach

10.00 **Q&A with the speakers**

10.15 *Break*

Research Methods to study Life

10.45 **How to study life with Systems Biology?**
Herman van Wietmarschen

11.15 **Q&A with the speaker**

11.30 **How to study life with imagination, inspiration and intuition? (lecture in German)¹**
Dorian Schmidt

12.00 **Q&A with the speaker**

12.15 **How to study life with Goethean phenomenology? (lecture in German)¹**
Friedrich Edelhäuser

12.45 **Q&A with the speaker**

13.00 *Lunch Break*

Workshops

14.00 **In-depth Workshops Round 1**

15.00 **In-depth Workshops Round 2**

16.00 *Break*

16.30 **How to diagnose the living human being (Bildnatur des Menschen)?**
Pim Blomaard

¹ The German lecture will be simultaneously translated in English

17.00	Q&A with the speaker
17.15	Biographic development as an expression of life Personal development, participation, biography, disease and development <i>Bettina Berger</i>
17.45	Q&A with the speaker
18.00	Research on life processes in anthroposophic physiotherapy <i>Nicole Weerts</i>
18.30	Q&A with the speaker
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18.45	<i>Dinner Break</i>
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20.00	In search for biodynamic milk quality, a narrative about health <i>Ton Baars</i>
20.30	Q&A with the speaker
20.45	Health promotion through education <i>Karin Michael</i>
21.15	Panel discussion on Life Research with all speakers of Day 2
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21.30	<i>End</i>

Workshops

Saturday, 14.00 – 16.30 (two rounds)

1. **Methodology** (all available methodological speakers, Erik Baars)
2. **Intuitive multidisciplinary healthcare meeting - assessing the whole picture of the patient** (Pim Blomaard)
3. **Physiotherapy** (Nicole Weerts & Gita van Duinen)
4. **Pharmacy** (Monica Mennet & Friederike Tews)
5. **Psychotherapy** (John Lees)
6. **Art therapy** (Hildrun Rolff)
7. **Healthy education** (Karin Michael)
8. **Worldviews** (Annick de Witt)

Sunday, March 5

ANTHROPOSOPHIC MEDICINE RESEARCH

09.00 **Eurythmy – Vitalizing Exercises**
Katharina Gerlach

Parallel sessions Anthroposophic Medicine research (4 sessions of 15 min per round)

09.30 **1st Round²**

10.30 *Break*

11.00 **2nd Round**

12.00 **Plenary Discussion with Questions and Mentimeter**

1. What did we learn from the congress that is important for the future development of Anthroposophic Medicine?
 2. Where do we stand with the concepts, methods and implementation of one health and life knowledge?
 3. Which questions do we have to answer in the next 10 years?
 4. How can we collaborate within and outside of Anthroposophic Medicine?
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13.00 *End*

² Including one session for young researchers (organized by Beate Stock-Schroer)

General Information

Translation

Conference language is English. Two lectures will be held in German and simultaneously translated to English (see programm of Saturday morning)

Conference fee

Regular price: CHF 325 (lunch included), dinner 2 x 25 CHF to be booked separately

Reduced price: CHF 200 (lunch included), dinner 2 x 25 CHF to be booked separately

*Support price: CHF 480 (lunch included), dinner 2 x 25 CHF to be booked separately

*Makes it possible to support conference participants from poorer/remote countries.

Registration

Online registration at:

www.goetheanum.org/foko2023

www.goetheanum.org/en/reco2023

If you have any questions about registration, please contact the colleagues at the Goetheanum reception: Tel +41 61 706 44 44 / tickets@goetheanum.org

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

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Purpose: "Research Congress 2023"

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