



International Nursing Congress

•*Night and sleep*•

The mysteries of sleeping and waking  
and nursing in sleep disorders

1 to 3 June 2018  
at the Goetheanum in Dornach

Goetheanum

Dear Colleagues,

For many patients, but also for the nurses on night duty, the night is a source of many fears and anxieties: loneliness, the after-effects of the day's events, painfully tossing and turning in bed, the inability to switch off, being wholly thrown back on one's own resources.

But then night can also be a source of recuperation, with peaceful sleep as the most effective medicine. The grandeur of the starry sky, the silence of the landscape at night and intimate conversation into the early hours. We are all familiar with this special atmosphere of the night.

This year's nursing congress is devoted to the subject of sleep and sleep disorders in their physiological and biorhythmical dimensions, prevention through nursing therapy and the treatment of sleep disorders, as well as the mythological and spiritual background of sleep as the "darkened" state of consciousness of human beings.

Sleeping, dreaming and waking are the three states of our everyday consciousness. Ego consciousness requires their interaction and transitional states. The congress will allow for deeper insights into these mysteries.

You are cordially invited!

*Rolf Heine and Birgitt Bahlmann*

Friday, 1 June

15.00–16.30

**Welcome and introduction**

"The night"

*Birgitt Bahlmann, Heidi Mahnke,  
Sonja van Hees*

16.30–17.15 Coffee break

17.15–18.45

**Workshops [A](#)**

18.45–20.00 Evening break

20.00–21.30

**Lecture**

Physiology of sleep, frequent sleep disorders  
and their treatment

*Matthias Kröz*

## Saturday, 2 June

08.15–08.45

### Creating the mood for the day

Meditation, eurythmy and singing

08.45–09.00 Break

09.00–10.30

### Lecture

The path of the soul in sleep and  
the nature of dreams

*Rolf Heine*

10.30–11.00 Coffee break

11.00–12.30

### Workshops [A](#)

12.30–14.30 Lunch break

14.30–15.00

### Picture viewing at the blue window

*Esther Gerster*

15.00–15.15 Break

15.15–16.45

### Workshops [B](#)

16.45–17.15 Coffee break

17.15–18.45

### Lectures

Night duty *Heidi Mahnke*

Shift planning *Hanna Burkhalter*

18.45–20.00 Evening break

20.00–21.00

### Eurythmy performance

Poems by Heidi Overhage-Baader

Music by D. Shostakovich, J.S. Bach and

R.P. Iwamatsu

*Geotheanum Ensemble*

## Sunday, 3 June

08.15–08.45

### Creating the mood for the day

Meditation, eurythmy and singing

08.45–09.00 Break

09.00–10.30

### Workshops [B](#)

10.30–11.00 Coffee break

11.00–12.30

### Lecture

Sleeping-dreaming-waking. The importance of  
consciousness in therapy

*Matthias Girke*

*The lectures will be translated into English.*

–Subject to change–

*There are two sets of workshops (marked with **A** and **B** in the program).  
Please select one workshop in section A and one in section B.*

### **Workshops time slots for **A** and **B****

Friday 17.15–18.45 / Saturday 11.00–12.30

Saturday 15.15–16.45 / Sunday 09.00–10.30

#### **1. Sleep rituals for anxieties in psychiatry**

A general look at the situation in the evening before sleep – Discussion of external treatments and soul exercises – Performance of soul exercises. Exchange of views / discussion.

*Klaus Adams, Kirchzarten, Germany (DE)*

#### **2. Supporting sleep as a nursing task in anthroposophical special needs education and social therapy**

Cultivating good sleep: this applies both to those who are supported and those who support them. Qualities can be developed in the practical combination of anthroposophical nursing, anthroposophical special needs education and social therapy. *Jörg Klappheck, Kalletal, Germany (DE)*

#### **3. On the trail of sleep supporting and soothing medicinal plants**

Based on phenomenological methods, we will immerse ourselves in the nature and effect of medicinal plants which have a sleep supporting and soothing action. This workshop will be held in the garden. *Christoph von Dach, Solothurn, Switzerland (DE/EN)*

#### **4. Nursing consultation for sleep disorders / juniper rheumatism compress**

Sleep history, consultation, possible intervention / juniper rheumatism compress: demonstration, case studies. *Marko Roknic, Buchenbach, Germany, Anne Ingeborg Haugholt, Järna, Sweden (DE)*

#### **5. Rhythmical Einreibung for infants and toddlers**

Rhythmical Einreibung builds on the embryonic rhythms, calms and relaxes children and provides them with warmth, confidence and security. Please, if possible, bring a doll along.

*Anette Beisswenger, Dornach, Switzerland (DE)*

#### **6. Restorative sleep begins at 8 o'clock in the morning**

With external treatments we enable a refreshing start to the day, support restorative sleep and thus build an arc spanning the whole of the day.

*Ursi Soldner, Gröbenzell, Germany, Therese Beerli, Zurich, Switzerland (DE)*

#### **7. Oil dispersion baths for sleep disorders**

Salutogenesis with oil dispersion baths for stress and excessive demands. Oil dispersion bath therapy for sleep disorders due to trauma, pain, depression. Your questions are comprehensively worked on. *Reinhold and Larissa Schön, Bad Boll, Germany (DE/RU)*

#### **8. Sleep disorders in girls and women during puberty and the menopause**

We will look at sleep disorders phenomenologically – at the beginning and during the menstruation period and at the start of the menopause. And we will relate this to possible external treatments.

*Sonja vans Hees, Zeist, Holland (DE, NE)*

### 9. Medical massage therapy as developed by Volkier Bentinck

This type of massage with its humorous, ordering, fatherly qualities will put a smile on your face!

*Petra Stoutjesdijk, Amersfoort, M. Gores, Holland (DE/EN/NL)*

### 10. Why, what, how and where do we actually eat?

What and for what purpose do we actually eat? Anthroposophical nutritional therapy. The hepatobiliary rhythm, herbs and food plants. Based on your questions and issues.

*Johannes Kingma, Bad Liebenzell, Germany (DE/EN/NL)*

### 11. Workshop discussion

We will concern ourselves with the question of the difference between sleep and daytime consciousness. We intend to enter into dialogue using texts and mantric verses.

*Olaf Dickreiter, Filderstadt, Germany, Christian Richert, Bad Liebenzell, Germany (DE)*

### 12. Sleep in the intensive care unit

I will look more closely at what sleep means in an intensive care unit, including sedation, continuous observation and intervention, and the effects of lack of sleep on healing, especially with regard to delirium. *Saskia Peerdeman, Bülach, Switzerland (DE/EN)*

## **Workshops time slots for A only**

Friday 17.15–18.45 / Saturday 11.00–12.30

### 13. Disorders related to going to sleep, sleeping through the night and waking up

In this workshop we will discuss the most frequent causes of sleep disorders, seek to understand them from the perspective of spiritual science, and familiarise ourselves with proven external treatments. *Rolf Heine, Filderstadt, Germany (DE/EN)*

### 14. ... and as it grew dark ...

What do folktales tell us about trials and salvation in the night? Discussion group with the aid of folktales. *Annemarie Geiger, Buchenbach, Germany (DE)*

## **Workshops time slots for B only**

Saturday 15.15–16.45 / Sunday 09.00–10.30

### 15. Meditations for going to sleep

If we want to go to sleep, we must “become resigned”. Word and picture meditations can initiate and accompany this process. We will also occupy ourselves with review exercises and remembering dreams. *Rolf Heine, Filderstadt, Germany (DE/EN)*

### 16. The balance of the sleeping-waking rhythm in old age and in people with dementia

We will together work on the night side in old age and in relation to people with dementia. The rhythm of sleeping and waking changes and creative nursing measures are required.

*Ursa Neuhaus, Bern, Switzerland (DE)*

### Translation services

We will gladly provide simultaneous translation for our foreign guests, if required. However, we count on your understanding that we can only financially arrange for such translation if the number of participants for a certain language group is seven or more; if fewer participants register for a particular language, you are requested to bring your own translator – they will of course receive a free ticket for the conference.

(Requests by 7 May 2018 to [francois.bonhote@medsektion-goetheanum.ch](mailto:francois.bonhote@medsektion-goetheanum.ch))

### Registration

Please register by 18 May by telephone, online or by email:

Goetheanum Empfang, Postfach, 4143 Dornach (Switzerland)

Tel +41 61 706 44 44 | Fax +41 61 706 44 46 | [tickets@goetheanum.org](mailto:tickets@goetheanum.org)

Online registration at: [www.goetheanum.org/8739.html](http://www.goetheanum.org/8739.html)

### Conference fee

The costs for the conference (without meals) are CHF 240,  
for students and senior citizens CHF 100 (proof of status required).

### Literature for preparation

Rudolf Steiner, *An outline of esoteric science*, GA 13, Chapter "Sleep and Death"

### Donations

To support the "International Nursing Congress" (not for the remittance of the conference fee).

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

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

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*Purpose "PK 2018"*

Publishing information



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# Booking Form

# 8PK

## Night and Sleep

Nursing Congress of the Medical Section

at the Goetheanum from Friday, 1 to Sunday, 3 June 2018

Booking closes: Friday, 18 May 2018

Please complete the booking form and mail, fax or email to:

Goetheanum Empfang, Postfach, CH-4143 Dornach

Fax + 41 61 706 4446, Tel. + 41 61 706 4444 email [tickets@goetheanum.org](mailto:tickets@goetheanum.org)

Please fill out in block capitals!

☐ Ms

☐ Mr

Name, first name

Billing address

☐ private address

☐ address of institution

if so, name of institution

Street, n°

Town

Postcode

Country

Phone/fax

Email

Occupation

I need translation into

☐ English

Conference ticket

☐ CHF 380 (with sponsorship<sup>1</sup>)

☐ CHF 240 (regular price)

☐ CHF 100 (concessions<sup>2</sup>)

Meals (1x lunch, 2x evening meal)

☐ CHF 75

Breakfast (2x)

☐ CHF 30

Workshops A (Fri 17.15–18.45, Sat 11–12.30) 1<sup>st</sup> choice, n° \_\_\_\_\_ 2<sup>nd</sup> choice<sup>3</sup>, n° \_\_\_\_\_ 3<sup>rd</sup> choice<sup>3</sup>, n° \_\_\_\_\_

Workshops B (Sat 15.15–16.45, Sun 9–10.30) 1<sup>st</sup> choice, n° \_\_\_\_\_ 2<sup>nd</sup> choice<sup>3</sup>, n° \_\_\_\_\_ 3<sup>rd</sup> choice<sup>3</sup>, n° \_\_\_\_\_

Picture Viewing 2.6., 14.30: No registration necessary

Parking at the Goetheanum

☐ Parking permit: CHF 14

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: \_\_\_\_ / \_\_\_\_

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

I agree to the terms of payment and cancellation.

\_\_\_\_\_  
Place, date, signature

<sup>1</sup> Should you be in a position to pay an additional amount, this would help to cover the costs of the conference and support the work of the section.

<sup>2</sup> Concessions apply for students, schoolchildren, OAPs, the unemployed, those in training, military or civil service and people with disabilities who receive benefits. Proof of status has to be submitted with your booking form.

<sup>3</sup> When registering, your first choice is no longer open, is cancelled or will be cancelled, your second and third choice will be taken into account. If your first, second or third choice is full, we will try to contact you. Please look for updated information at the start of the conference.

Terms and Conditions will be sent on request or can be accessed online at [www.goetheanum.org/6025.html](http://www.goetheanum.org/6025.html).



# General Information

## Night and Sleep

Nursing Congress of the Medical Section  
at the Goetheanum from Friday, 1 to Sunday, 3 June 2018  
Booking closes: Friday, 18 May 2018

Conference fees: with sponsorship <sup>1</sup> :	CHF 380	with meals: CHF 455
regular price:	CHF 240	with meals: CHF 315
concessions <sup>2</sup> :	CHF 100	with meals: CHF 175

## Conference meals

Conference meals (vegetarian with dessert) include 1x lunch and 2x evening meal at CHF 75 in total. The meals cannot be booked separately. We regret that food intolerances cannot be catered for.

## Parking permit

For the period of the conference: CHF 14 (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 (18.5.2018, date of posting). After that, 50% of the conference fee will be charged. Meals, parking permit and group accommodation may be cancelled free of charge up to 1 day prior to the beginning of the conference (31.5.2018). 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](http://www.goetheanum.org/6053.html).

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

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## Goetheanum Guest Houses and Accommodation

Haus Friedwart	from CHF 75, about 5 min. walk to the Goetheanum phone +41 61 706 42 82, <a href="http://www.friedwart.ch">www.friedwart.ch</a>
Begegnungszentrum	from CHF 30, about 10 min. walk to the Goetheanum phone +41 61 706 42 82, <a href="mailto:friedwart@goetheanum.ch">friedwart@goetheanum.ch</a>
Accommodation bureau	rooms from CHF 55 <a href="mailto:kontakt@rooms-dornach.ch">kontakt@rooms-dornach.ch</a> ; <a href="http://www.rooms-dornach.ch">www.rooms-dornach.ch</a>

Prices are per person per night. Prices for accommodation cannot be guaranteed.

You can find further accommodations on our website: [www.goetheanum.org/4283.html](http://www.goetheanum.org/4283.html)