



Goetheanum
Medical Section

What the Case Histories Can Teach Us

100 years of the book "Fundamentals of Therapy"

Saturday, 3 May / Sunday, 4 May 2025 (90 min)

Saturday, 28 June / Sunday, 29 June 2025 (90 min)

Saturday, 25 October / Sunday, 26 October 2025 (90 min)

Three online teaching presentations, held by Adam Blanning MD, will be paired with interdisciplinary small group discussions about the cases. Anyone who is working with patients is welcome to take part!

The main meeting language will be English, with simultaneous translation into Mandarin, Spanish and German (details see below).

What is it about?

In collaboration with Ita Wegman, Rudolf Steiner finishing the book "Fundamentals of Therapy" ("Grundlegendes für eine Erweiterung der Heilkunst") as one of his final tasks before his death in 1925. The book is an open secret – difficult to read if you approach it like a usual book of factual content, but profound when understood as a guide to process, constitution and states of being. That doorway opens wider when we work with it in group study. Through case discussions, we wish to offer an international celebration of this landmark guide for extending the art of healing.

Each lesson will be offered twice:

You choose which timing works best for you. Both sessions will use the same zoom link:

- once for Europe (Saturday afternoon), Americas (Saturday morning), and Western Asia (Sunday morning)
- once for Eastern Asia (Sunday morning), Australia/NZ (Sunday morning), Americas (Saturday evening)

Schedule:

Lesson 1: Case #1

Anxiety, Palpitations and Pain: the Astral body in a state of excessive activity

Saturday, 3 May / Sunday, 4 May 2025 – 90 minutes (with simultaneous translation into Mandarin [session B], Spanish and German [session A])

Session A: Europe, Americas, Western Asia

0200 NZDT (Auckland) – 4 May (Sun)
0000 AEDT (Sydney) – 4 May (Sun)
2200 CST (Taiwan) – 3 May (Sat)
2100 ICT (Bangkok) – 3 May (Sat)
1930 IST (Delhi) – 3 May (Sat)
1700 MSK (St Petersburg) – 3 May (Sat)
1600 CET (Dornach) – 3 May (Sat)
1500 GMT (London) – 3 May (Sat)
1100 BRT (São Paulo) – 3 May (Sat)
1000 EST (New York) – 3 May (Sat)
0800 MST (Denver) – 3 May (Sat)
0700 PST (San Francisco) – 3 May (Sat)

Session B: Asia, Australia / NZ, Americas

1100 NZDT (Auckland) – 4 May (Sun)
0900 AEDT (Sydney) – 4 May (Sun)
0700 CST (Taiwan) – 4 May (Sun)
0600 ICT (Bangkok) – 4 May (Sun)
0430 IST (Delhi) – 4 May (Sun)
0200 MSK (St Petersburg) – 4 May (Sun)
0100 CET (Dornach) – 4 May (Sun)
0000 GMT (London) – 4 May (Sun)
2000 BRT (São Paulo) – 3 May (Sat)
1900 EST (New York) – 3 May (Sat)
1700 MST (Denver) – 3 May (Sat)
1600 PST (San Francisco) – 3 May (Sat)

Lesson 2: Case #2

Depression, Fatigue and Apathy: the Astral body with insufficient affinity to the etheric and physical bodies

Saturday, 28 June / Sunday, 29 June 2025 – 90 minutes (with simultaneous translation into Mandarin [session B], Spanish and German [session A])

Session A: Europe, Americas, Western Asia

0200 NZDT (Auckland) – 29 June (Sun)
0000 AEDT (Sydney) – 29 June (Sun)
2200 CST (Taiwan) – 28 June (Sat)
2100 ICT (Bangkok) – 28 June (Sat)
1930 IST (Delhi) – 28 June (Sat)
1700 MSK (St Petersburg) – 28 June (Sat)
1600 CET (Dornach) – 28 June (Sat)
1500 GMT (London) – 28 June (Sat)
1100 BRT (São Paulo) – 28 June (Sat)
1000 EST (New York) – 28 June (Sat)
0800 MST (Denver) – 28 June (Sat)
0700 PST (San Francisco) – 28 June (Sat)

Session B: Asia, Australia / NZ, Americas

1100 NZDT (Auckland) – 29 June (Sun)
0900 AEDT (Sydney) – 29 June (Sun)
0700 CST (Taiwan) – 29 June (Sun)
0600 ICT (Bangkok) – 29 June (Sun)
0430 IST (Delhi) – 29 June (Sun)
0200 MSK (St Petersburg) – 29 June (Sun)
0100 CET (Dornach) – 29 June (Sun)
0000 GMT (London) – 29 June (Sun)
2000 BRT (São Paulo) – 28 June (Sat)
1900 EST (New York) – 28 June (Sat)
1700 MST (Denver) – 28 June (Sat)
1600 PST (San Francisco) – 28 June (Sat)

Lesson 3: Cases #5 and #6

Allergies and a Tendency towards Cramps: Hypersensitive astral body and I-organization

Saturday, 25 October / Sunday, 26 October 2025 – 90 minutes (with simultaneous translation into Mandarin [session B], Spanish and German [session A])

Session A: Europe, Americas, Western Asia

0200 NZDT (Auckland) – 26 Oct (Sun)
0000 AEDT (Sydney) – 26 Oct (Sun)
2200 CST (Taiwan) – 25 Oct (Sat)
2100 ICT (Bangkok) – 25 Oct (Sat)
1930 IST (Delhi) – 25 Oct (Sat)
1700 MSK (St Petersburg) – 25 Oct (Sat)
1600 CET (Dornach) – 25 Oct (Sat)
1500 GMT (London) – 25 Oct (Sat)
1100 BRT (São Paulo) – 25 Oct (Sat)
1000 EST (New York) – 25 Oct (Sat)
0800 MST (Denver) – 25 Oct (Sat)
0700 PST (San Francisco) – 25 Oct (Sat)

Session B: Asia, Australia / NZ, Americas

1100 NZDT (Auckland) – 26 Oct (Sun)
0900 AEDT (Sydney) – 26 Oct (Sun)
0700 CST (Taiwan) – 26 Oct (Sun)
0600 ICT (Bangkok) – 26 Oct (Sun)
0430 IST (Delhi) – 26 Oct (Sun)
0200 MSK (St Petersburg) – 26 Oct (Sun)
0100 CET (Dornach) – 26 Oct (Sun)
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2000 BRT (São Paulo) – 25 Oct (Sat)
1900 EST (New York) – 25 Oct (Sat)
1700 MST (Denver) – 25 Oct (Sat)
1600 PST (San Francisco) – 25 Oct (Sat)

Learning Goals:

- Gain deeper understanding of the fourfold constitutional pictures that stand behind important illnesses
- Share ways to enliven our work with patients
- Connect as a worldwide community in a celebration of Rudolf Steiner and Ita Wegman's generous gift

Tuition (which covers all three sessions):

Solidary 100 CHF (supports the participation of others)
Regular 60 CHF
Discounted 45 CHF
Hardship 30 CHF

Recordings, including translation, will be sent out for all lessons, but because this activity centers around small group work and learning, we encourage everyone to take part in the live sessions as much as possible. Small group discussion time (30+ minutes) will not be included in the recordings.

Pre-registration:

[Pre-registration](#)

