

International Annual Conference
14 to 19 September 2021
Medical Section at the Goetheanum

Human and Planetary Health

The Responsibility of
Medicine for People
and Nature

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When I look into the sun
Its light speaks radiantly to me
Of the spirit that full of grace
Through world existence works.

Sun, you bearer of radiance,
The power of your light on matter
Conjures life from out of Earth's
Immeasurably rich depths.

When I feel into my heart,
The spirit speaks its own word
Of the human being that it loves
Through time and all eternity

Heart, you bearer of the soul,
The spirit power of your light
Conjures life out of the human being's
Immeasurably deep inwardness.

I can see, looking upward,
To the sun's bright orb,
The mighty world heart.

I can feel, looking inward,
To the heart's warm life:
The ensouled human sun.

Rudolf Steiner
for Henriette Maria Wegman (1851–1935)
on her 73rd birthday

Dear Friends of Anthroposophic Medicine,

In the second year of the pandemic, the longing for human encounter and expert discussion is growing. It is precisely in social distancing that we experience the special quality of meeting with colleagues and so we hope that it will again be possible to hold this annual conference at the Goetheanum. The COVID-19 disease has confronted Anthroposophic Medicine with the question of whether we are in a position to make a relevant contribution to the important health issues of our time. Together we developed integrative treatment concepts; in doing so, the international interchange between colleagues was very important.

Thus the effectiveness of anthroposophical care and therapy could be experienced both in anthroposophical hospitals and in outpatient practice, in Rio de Janeiro and Lima as much as in Berlin or Arlesheim. Important contributions have also been made in treating the often serious consequences of the pandemic containment measures. Equally, the pandemic poses spiritual questions. We are grateful for the thoughts developed from different perspectives, including also on challenging topics such as preventive measures and vaccination.

It is only through the development of the human being, the deepening of interpersonal relationships and assistance, as well as the transformation of our relationship with the world, that the tasks posed by the pandemic can be solved. Because the COVID-19 pandemic has not developed independently of the ever-increasing human intervention in the life of the earth, right down into the world of microorganisms.

The relationship with the animal world has entered our consciousness as a burning issue, as has the preservation of forests and an agriculture that makes the soil healthy again. Cosmologically, the pandemic occurred in a constellation that Rudolf Steiner described very precisely 100 years ago in connection with pandemics. COVID-19 has made people painfully aware of their intimate connection with nature and the cosmos.

Medicine today can solve many problems, but it can also be the cause or contributory cause of fatal developments: pharmaceutical residues in our waters, mountains of waste left behind by medical consumables, the energy consumption of medical facilities, or antibiotic resistance are raising the question of an ecological turnaround in medicine among more and more people. Anthroposophic Medicine can and should be actively involved in this.

The now widespread idea that there can only be comprehensive health if all areas of social, economic and ecological life are looked at together (“One Health”) shows how capable Anthroposophic Medicine is of connecting to the current situation. In this context, the transdisciplinary cooperation between medicine, agriculture and education and the collaboration between the older and younger generations is of particular importance. We eagerly await corresponding guest contributions at our conference in this respect.

With this prospect, we have our eye on three centenary anniversaries, namely of the anthroposophic hospital impulse with the founding of the clinical and therapeutic institutes in Arlesheim and Stuttgart in 1921, of anthroposophic pharmacy with the founding of Weleda in Arlesheim in 1921, and of eurythmy therapy with the eurythmy therapy course given by Rudolf Steiner in 1921.

We look forward to seeing participants from all “possible” parts of world again and to many new encounters.

Matthias Girke, Georg Soldner, Rolf Heine



In preparation for the conference, we recommend the Rudolf Steiner's cycle Harmony of the Creative Word, GA 230, particularly lectures 9–12.

**Structure of the conference:
the conference has three sections:**
Specialist conferences
Spiritual deepening
Multiprofessional conference

The conference starts with seven parallel specialist conferences for medicine and pharmacy, for eurythmy therapy, for body therapy, for nursing, for psychotherapy, for therapeutic speech, and for veterinary medicine.

The middle part focuses on spiritual deepening.

In the concluding multiprofessional conference, the conference topic will be led over into medical practice.



This structure allows participants to meet in relation to their subject within their own professional group, to deepen it in the spirit of anthroposophy, and to work together on a future system of medicine.

Each part of the conference can be booked separately. This means that participants can choose to attend the conference in part or as a whole.
The detailed programme can be found on the next page.

Friday, 17 Sept

Saturday, 18 Sept

Sunday, 19 Sept

Multiprofessional conference

Tuesday, 14 Sept	Wednesday, 15 Sept	Thursday, 16 Sept
Conference overview	08.00 Meditative and artistic prelude, p. 24	08.00 Meditative and artistic prelude, p. 24
	09.00 Specialist conferences, programmes p. 10–23	09.00 Specialist conferences, programmes p. 10–23
	10.45 Coffee break	10.45 Coffee break
	11.30 Specialist conferences, programmes p. 10–23	11.30 Specialist conferences, programmes p. 10–23
	12.45 Lunch break	12.45 Lunch break
Specialist conferences		Spiritual deepening for the health professions
14.45 Welcome, conference opening and explanation of the structure and conception of the annual conference <i>Matthias Girke, Georg Soldner, Rolf Heine</i> Introduction and representatives of the specialist conferences	14.45 Specialist conferences, programmes p. 10–23	14.45 The schooling path in Anthroposophic Medicine <i>Matthias Girke</i>
16.00 Coffee break	16.00 Coffee break	16.00 Coffee break
16.45 Start of specialist conferences, programme p. 10–23	16.45 Specialist conferences, programmes p. 10–23	16.45 Workshops and Class lessons, p. 25/26
18.00 Evening break	18.00 Evening break	18.00 Evening break
20.00 The eurythmy therapy course as a complete living organism –an etheric physiology of the human being <i>Wilburg Keller Roth</i> Conclusion with artistic postlude on the Sun Motif	20.00 Active principles of Anthroposophic Pharmacy <i>Vesna Forštnerič, Albert Schmidli</i> Conclusion with artistic postlude on nature, cosmos, human being	20.00 Commemoration of the dead <i>Matthias Girke</i> The deceased and the transformation of the earth <i>Rolf Heine</i> Eurythmy postlude on the Michael Imagination “Springing from Powers of the Sun”
21.00 Concluding the day to 22.00	21.00 Concluding the day to 22.00	21.00 Concluding the day to 22.00

Friday, 17 Sept	Saturday, 18 Sept	Sunday, 19 Sept
08.00 Meditative and artistic prelude, p. 24	08.00 Meditative and artistic prelude, p. 24	08.00 Meditative and artistic prelude, p. 24
09.00 Day's motif and announcements <i>Sophia Wittchow</i>	09.00 Day's motif and announcements <i>Sophia Wittchow</i>	09.00 Day's motif and announcements <i>Sophia Wittchow</i>
09.30 Workshops and Class Lessons, p. 25/26	09.30 Ecology of the earth <i>Christian Grah, Anja Leetz, Johannes Kronenberg</i>	09.30 Word – Movement – Substance Four contributions on the Foundation Stone Meditation from a medical perspective <i>Libertad Aguilar, Adam Blanning, Rosalinda Maglana, Hana Adamcová</i>
10.45 Coffee break	10.45 Coffee break	10.45 Coffee break
11.30 The importance of the meditations in the course for young doctors for the health professions <i>Matthias Girke</i>	11.30 Multiprofessional conference workshops, p. 27–33	11.30 Farewell, acknowledgements <i>Matthias Girke, Georg Soldner</i> Foundation Stone Meditation Goetheanum Eurythmy Ensemble
12.45 Lunch break	12.45 Lunch break	12.45 End of conference
Multiprofessional conference – Medicine for a living earth		
14.45 The ecological dimension of medicine and biodynamic agriculture <i>Ueli Hurter, Georg Soldner</i>	14.45 Open Space World community with presentation of local initiatives <i>Sophia Wittchow, Moniek van Duin, Moritz Christoph</i>	
16.00 Coffee break	16.00 Coffee break	
16.45 Multiprofessional conference workshops, p. 27–33	16.45 Multiprofessional conference workshops, p. 27–33	
18.00 Evening break	18.00 Evening break	
20.00 Celebratory lecture on 100 years of the hospital impulse – Anthroposophic hospitals as places of healing <i>Harald Matthes, Sigune Singer-Bayrle, Philipp Busche</i> Artistic postlude	20.00 Eurythmy – “Klangzeiten” Goetheanum Eurythmy Ensemble	
21.00 Concluding the day to 22.00	21.00 Concluding the day to 22.00	

Eurythmy therapy specialist conference

How do we work – what is effective?

The eurythmy therapy specialist conference belongs to the first part of the 2021 annual conference of the Medical Section. We want it to be characterised by the reciprocal perception of our work. Here examples from our practice provide the basis for our joint exercises.

We want to present cases from our practice to each other and discuss the exercises, methods, approaches and active principles. Undoubtedly each of us has experienced a special treatment episode that they would like to share. We call that a case vignette. What we do every day applies here: description of the exercises, changes we observe in patients, what they tell us. So it is therefore quite simple: I write down what I do and observe, and I listen to what my patient tells me.

We will present our case vignettes to each other in six parallel workshops. It is not about “right or wrong”, about “better or worse”, but about mutual perception and a common understanding of what we do every day! That is why we ask all participants

to bring along a case from their own practice. To make writing easier, we have created a guide: the case vignette in EYT (CAVI-EYT) serves to describe individual cases from EYT practice briefly and at the same time relevantly. The guide with examples and templates that can be directly written into can be found at: <https://eurythmytherapy-medsektion.net/en/>

The aim is to present in brief what is important, new and special about a treatment; to show that we can substantiate our therapeutic actions and demonstrate their effectiveness. The focus is on the diagnosis of movement and the constitutional elements.

We hope for a lively exchange of views and a bold range of very many cases from all over the world for the specialist conference in September 2021.

*Hana Adamcová, Katharina Gerlach,
Ingrid Hermansen*

Tuesday, 14 Sept

14.45 | Joint start of specialist conferences
Introduction: Healing with forces that create and shape life – the ecological dimension of medicine
Matthias Girke, Rolf Heine, Georg Soldner
Introduction of specialist conferences

16.00 | Break

16.45 | Welcome:
Hana Adamcová, Ingrid Hermansen, Katharina Gerlach
Profession and patient at the centre – how we want to work together
Case vignette
Moderator: *Katharina Gerlach*

18.00 | Evening break

20:00 | The eurythmy therapy course as living organism – an etheric physiology of the human being
Wilburg Keller Roth, Hana Adamcová
Artistic conclusion

Wednesday, 15 Sept

08.00 | Meditative and artistic prelude

09.00 | Announcements / Day's motif
Workshops 1–5
Case discussions from the practice presentations

10.45 | Break

11.30 | Workshops 1–5
Case discussions from the practice presentations

12.45 | Lunch break

Dialogue walk and BVHE meeting
Country representatives meeting
CARE areas meeting

16.00 | Break

16.45 | Eurythmy therapy under pandemic conditions

18.00 | Evening break

20.00 | Active principles of pharmacy
Vesna Forštnerič, Albert Schmidli

Thursday, 16 Sept

08.00 | Meditative and artistic prelude

09.00 | Announcements / Day's motif
Workshops 1–5
Case discussions from the practice presentations

10.45 | Break

What do we take back to our patients?

Plenary discussion

Moderator: *Ingrid Hermansen*

12.45 | Lunch break

Medicine and pharmacy specialist conference

On the active principles in anthroposophic pharmacy

We are celebrating 100 years of anthroposophic pharmacy. Since the beginnings of anthroposophic pharmacy we have referred to its specific active principles. “The medicines must therefore be such that they not only reverse the disease process, but also support the decreasing vitality again,” is how Ita Wegman and Rudolf Steiner characterise it in general in the introduction to Chapter 19 of *Extending Practical Medicine*. How can we describe the mode of action of anthroposophic medicinal products in a differentiated way, use them therapeutically, optimise them pharmaceutically and develop them? How can I capture the substance and its vitality with a process in such a way that it then counters the pathological process? Physicians and pharmacists look at the questions about the active principles from different perspectives: how can a pathological process be intercepted, perhaps even “taken on” or “taken over” by the medicinal product, so that the self-regulatory capacities, the forces of recovery of the organism can unfold? How can we succeed in strengthening the vitality of the organism? How can the interaction of the constitutional elements be harmonised? Which pharmaceutical processes and forms of application correspond to the specific therapeutic medical objectives?

It is becoming ever more important to have a common understanding of these perspectives in pharmaceutical and medical training, in the dialogue with patients, in the public debate in order to be

able to continue to develop anthroposophic medicine and anthroposophic pharmacy. Here the question always arises: how do we communicate these perspectives? How do we link them to existing concepts and what is needed that is new?

After 100 years of anthroposophic medicine and pharmacy, we as pharmacists and physicians in the Medical Section would like to share and discuss the current understanding of the active principles from the different perspectives. The topic of active principles is a central one and will therefore be the first thing we want to deal with in the 2021 specialist conference for medicine and pharmacy. We warmly invite you to work with us on the spiritual scientific understanding, on questions of the practical, therapeutic and pharmaceutical use of these principles and on their communication to young doctors and pharmacists. Understanding anthroposophic medicines and the pharmaceutical manufacturing processes used for them is also a core question for a future, enabling system of therapy that wishes to act systemically and possibly integratively.

We look forward to a stimulating exchange of views.

Warmly

Georg Soldner, Mónica Mennet-von Eiff

Tuesday, 14 Sept	Wednesday, 15 Sept	Thursday, 16 Sept
<p>14.45 Joint start of specialist conferences Introduction: Healing with forces that create and shape life – the ecological dimension of medicine <i>Matthias Girke, Rolf Heine, Georg Soldner</i> Introduction of specialist conferences</p>	<p>08.00 Meditative and artistic prelude</p> <p>09.00 How can human self-regulation be stimulated and strengthened with medicines? Hygiogenesis, salutogenesis/ autogenesis <i>Carsten Gründemann, Harald Matthes</i></p>	<p>08.00 Meditative and artistic prelude</p> <p>09.00 Announcements / Day's motif Pharmaceutical processes in their relationship with the human biography <i>Wolfram Engel, Georg Soldner</i></p>
<p>16.00 Break</p>	<p>10.45 Break</p>	<p>10.45 Break</p>
<p>16.45 The active principles of anthroposophic pharmacotherapy <i>Matthias Girke, Peter Pedersen</i></p>	<p>11.30 Active principles of mistletoe therapy <i>Stephan Baumgartner, Marion Debus</i></p>	<p>11:30 Sustainable medicinal therapy and ecological pharmacy Panel discussion Moderator: <i>Andreas Arendt</i></p>
<p>18.00 Evening break</p>	<p>12.45 Lunch break</p>	<p>12.45 Lunch break</p>
<p>20:00 The eurythmy therapy course as living organism – an etheric physiology of the human being <i>Wilburg Keller Roth, Hana Adamcová</i> Artistic conclusion</p>	<p>14.45 Pharmaceutical processes – humanisation of nature into an active impulse <i>Annette Greco, Mónica Mennet-von Eiff</i></p> <p>16.00 Break</p> <p>16.45 Active principles from the perspective of the seven life processes <i>Martin-Günther Sterner</i></p>	
	<p>18.00 Evening break</p>	
	<p>20.00 Active principles of pharmacy <i>Vesna Forštnerič, Albert Schmidli</i></p>	

Nursing specialist conference

Spirituality in nursing – Future challenges and task of nursing

The nursing specialist conference directly builds on the topic of the entire annual conference. It is about the involvement of nursing in the enormous social and cultural changes that will come about in the next decades – in the field of ecology, of peaceful and just social coexistence, and the basic values with which we humans want to live together on this planet. We will begin work at this conference on a charter for nursing in the twenty-first century.

The professional focus is on the increasing technologisation of nursing and medicine. The appearance of Christ in the etheric world stands in polar opposition to technologisation. It opens up a deeper understanding of the healing power of nursing in concrete everyday life and of the abysses we often encounter in times of the pandemic.

Workshops:

- What does it mean to care for the earth as a living organism?
Christoph von Dach
- The four ether types in Rhythmical Einreibung
Janice Balaskas, Manuela Garbe
- Spiritual consciousness and ecological nursing in practice
Michaela Schnur
- Formative forces and elemental beings
Rolf Heine

Tuesday, 14 Sept	Wednesday, 15 Sept	Thursday, 16 Sept
<p>14.45 Joint start of specialist conferences Introduction: Healing with forces that create and shape life – the ecological dimension of medicine <i>Matthias Girke, Rolf Heine, Georg Soldner</i> Introduction of specialist conferences</p>	<p>08.00 Meditative and artistic prelude 09:00 Announcements / Day's motif Nursing and technology – artificial intelligence, robotics and genetic medicine <i>Christoph von Dach</i> 10.45 Break</p>	<p>08.00 Meditative and artistic prelude 09.00 Announcements / Day's motif Christ in the etheric world <i>Peter Selg</i> 10.45 Break 11:30 What's next with the charter? Contributions from all over the world Words to send us on our way: <i>Arthur Zajonc</i></p>
<p>16.00 Break 16:45 The mission of nursing in the twenty-first century <i>Rolf Heine</i> Contributions from all over the world on nursing initiatives</p>	<p>11.30 Workshops 1–4 12.45 Lunch break 14.45 Open space Work on a charter for nursing in the twenty-first century Dialogue walk, plant observation, landscape observation, observation of the Representative of Humanity</p>	<p>12.45 Lunch break</p>
<p>18.00 Evening break 20:00 The eurythmy therapy course as living organism – an etheric physiology of the human being <i>Wilburg Keller Roth, Hana Adamcová</i> Artistic conclusion</p>	<p>16.00 Break 16.45 Workshops 1–4 18.00 Evening break</p>	
	<p>20.00 Active principles of pharmacy <i>Vesna Forštnerič, Albert Schmidli</i></p>	

Veterinary medicine specialist conference

A bridge between the health of people and the earth

The veterinary medicine specialist conference is the first international conference of anthroposophic veterinary medicine at the Goetheanum.

After the first meetings for veterinarians which were organised during the international annual conference of the Medical Section, we would like to give a further in-depth impulse to provide all veterinarians worldwide with the opportunity to engage with the study and practice of anthroposophic veterinary medicine according to the teachings and methods of Rudolf Steiner.

The anthroposophical approach to the way we see animals – be they livestock or domestic – also offers suggestions for solving emerging problems such as antibiotic resistance and cancer. A century after the first course Rudolf Steiner gave for physicians and the first applications in veterinary medicine, we now want to deepen our knowledge and awareness to create an international

community of all those who, working alone and scattered around the world, are asking questions in a pioneering spirit and want to deepen and share a method of anthroposophy.

With the help of anthroposophy, we will introduce an integrative veterinary medicine which sees the animal as a being which is fully integrated into and dependent on its environment.

Tuesday, 14 Sept

14.45 | Joint start of specialist conferences

Introduction: Healing with forces that create and shape life – the ecological dimension of medicine

Matthias Girke, Rolf Heine, Georg Soldner

Introduction of specialist conferences

16.00 | Break

16:45 | Welcome:

Sabrina Menestrina

Guldesmühle Dischingen 1920 –

Impulses for anthroposophic veterinary medicine

Markus Steiner

18.00 | Evening break

20:00 | The eurythmy therapy course as living organism –

an etheric physiology of the human being

Wilburg Keller Roth,

Hana Adamcová

Artistic conclusion

Wednesday, 15 Sept

08.00 | Meditative and artistic prelude

09.00 | Announcements / Day's motif

Animals taking care of humans: domestic animals

Claudio Elli

10.45 | Break

11:30 | Animals taking care of humans: animals in agriculture

Marcello Volanti

12.45 | Lunch break

14.45 | Panel discussion

Moderator: *Sabrina Menestrina*

16.00 | Break

16.45 | Panel discussion

Moderator: *Sabrina Menestrina*

18.00 | Evening break

20.00 | Active principles of pharmacy

Vesna Forštnerič, Albert Schmidli

Thursday, 16 Sept

08.00 | Meditative and artistic prelude

09.00 | Announcements / Day's motif

Mistletoe therapy in veterinary medicine

Ulrike Biegel

10.45 | Break

11.30 | Perspectives for the eurythmy treatment of animals

Christine van Draanen

12.45 | Lunch break

Body therapy specialist conference

Life and recovery forces in anthroposophic body therapy

"There is only one temple in the world and that is the human body. Nothing is more sacred than this high form [...]. We touch heaven when we lay our hand on a human body." Novalis

Dear Colleagues,

We hereby warmly invite you to the international conference of anthroposophic body therapy in interdisciplinary dialogue. How do we take hold of and shape the life and formative forces in the various body therapy methods and what is our contribution in terms of responsibility towards our planet and its future?

In seven units we will work together theoretically and practically on the following topics: Ability to meet with undivided attention in joint conversation. Comparative demonstrations of the different methods and discussion about them. Practical small group work in different groups: movement therapies, touching therapies (massage therapies), touching therapies with sounds (chirophonetics, anthropophonetics), external treatments and baths. In the plenary session, we will together work through the content of what we have experienced.

The keynote presentation by *Peter Altmeyer*, "Mesenchyme and fascia – organ system of life" in the middle of the specialist conference, will serve as a basis for our further work. How do we understand the different approaches to the life forces in the various methods in order to be able to use

them in a differentiated way? We are particularly interested in an exchange of experiences about and approaches to an explanation of the effectiveness of the different body therapy methods. As examples from practice, we would like to devote special attention to the treatment of asthma, cardiovascular diseases as well as anxiety and spasticity and ask ourselves the question: what do we take back to our patients from this conference?

In the practical units, the focus is on the professional interchange between colleagues. In the respective "movement", "touch", "touch with sounds" and "bath therapies" groups, the corresponding therapeutic approaches will be demonstrated, compared and discussed.

A detailed programme for this specialist conference is available from info@iaabt-medsektion.net

Tuesday, 14 Sept	Wednesday, 15 Sept	Thursday, 16 Sept
<p>14.45 Joint start of specialist conferences Introduction: Healing with forces that create and shape life – the ecological dimension of medicine <i>Matthias Girke, Rolf Heine, Georg Soldner</i> Introduction of specialist conferences</p>	<p>08.00 Meditative and artistic prelude</p> <p>09.00 Announcements / Day's motif Workshops 1–4 Comparative demonstrations and exchange of views on touch and movement</p>	<p>08.00 Meditative and artistic prelude</p> <p>09.00 Announcements / Day's motif Workshops 1–4 Workshop discussion Ways of accessing the life forces through different forms of therapy</p>
<p>16.00 Break</p>	<p>10.45 Break</p>	<p>10.45 Break</p>
<p>16.45 Joint conversation Ability to meet with undivided attention as the basis for healing – How do the different approaches and methods differ? Moderator: <i>Elma Pressel</i></p>	<p>11.30 Workshops 1–4 Comparative demonstrations and exchange of views on touch and movement</p> <p>12.45 Lunch break</p> <p>14.45 IAABT Members' Meeting</p>	<p>11.30 Individual experiences with clinical pictures. What do we take back to our patients? Keynote presentation: <i>Albrecht Warning</i> Followed by panel discussion</p>
<p>18.00 Evening break</p>	<p>16.00 Break</p>	<p>12.45 Lunch break</p>
<p>20.00 The eurythmy therapy course as living organism – an etheric physiology of the human being <i>Wilburg Keller Roth, Hana Adamcová</i> Artistic conclusion</p>	<p>16.45 The therapist as a mesenchyme and fascia system of life <i>Peter Altmeyer</i></p> <p>18.00 Evening break</p> <p>20.00 Active principles of pharmacy <i>Vesna Forštnerič, Albert Schmidli</i></p>	

Therapeutic speech specialist conference

Therapeutic speech as a bridge to meditation – spirituality in our profession

Will transformation ...” These words by RM Rilke encapsulate the content and structure of our specialist conference this year, which will for the first time take place in September already!

With our conference theme “Therapeutic speech as a bridge to meditation – spirituality in our profession”, we would like once again to work on forging the spiritual bond that inspires and nourishes us as a movement in art, therapy and education. Language can communicate a purely intellectual content. It can become a picture, an imagination. It can dive down into experience and become a source of inspiration, and it can allow us to have an encounter with the essence of the other, an intuition, both in human encounter and in meditation.

There are three workshops to choose from to discuss the transformative power of the logos. We have chosen “The Mysteries” by JW von Goethe as the artistic text for the speech choir with *Agnes Zehnter*. We will also be introduced by *Jürg Schmied* to the background of this “threshold text”.

We will meet in parallel with the other specialist conferences. Therefore we will be able to participate with other professional groups at the beginning and end of the day. Immediately following our two-day specialist conference, there will be the opportunity to experience further spiritual deepening at an extended conference of the School of Spiritual Science.

We would like warmly to invite you to fill the Goe-theanum with life and breath as a place of encounter and research and to enter into a lively, vibrant interchange.

Workshops:

- We want to practise together on the following topics: How does practising speech in meditation become a communication with our “divine teachers”? / The real life of the soul in the air: seven steps to speaking in the realm of the etheric (following Rudolf Steiner’s meditation for Ita Wegman). / The logos working in us and its reflection in the speech process. / The patient meditation for MS patients: a contemporary bridging approach.

Barbara Ziegler-Denjean

- We would like to invite you to an exchange of views between colleagues, contributions from the participants are explicitly welcome. With *Kirstin Kaiser, Johannes Duve, Marion Schroth, Jürg Schmied* and others

- Exchange of experiences, research approaches on the basis of our understanding of the human being (theory of the senses) and concrete suggestions for dealing with virtual communication. “What can I be to a person ...? And what, in contrast, am I to a soul ...?” (Strader, Third Mystery Drama). If possible, bring smartphone or laptop along. *Christiane Görner*

Tuesday, 14 Sept	Wednesday, 15 Sept	Thursday, 16 Sept
<p>14.45 Joint start of specialist conferences Introduction: Healing with forces that create and shape life – the ecological dimension of medicine <i>Matthias Girke, Rolf Heine, Georg Soldner</i> Introduction of specialist conferences</p>	<p>08.00 Meditative and artistic prelude 09.00 Announcements / Day's motif Therapeutic speech as a bridge to meditation <i>Xandor Koesen-York</i> 10.45 Break 11.30 Workshops 1–3</p>	<p>08.00 Meditative and artistic prelude 09.00 Announcements / Day's motif Workshops 1–3 10.45 Break 11.30 How to deal with verses, mantras, meditations – transitions and demarcation Impulses and interchange in the plenary session Moderator: <i>Agnes Zehnter, Stefan Hasler, Xandor Koesen-York</i></p>
<p>16.00 Break 16.45 Welcome / Introduction The Foundation Stone verse Speech choir with <i>Agnes Zehnter</i> From everyday speech into the etheric world of the forces of resurrection – the schooling path through speech as conscious crossing of the threshold</p>	<p>12.45 Lunch break 14.45 Workshops 1–3 16.00 Break 16.45 "The Mysteries" by Goethe – going to the threshold <i>Jürg Schmied</i> Speech choir with <i>Agnes Zehnter</i> 18.00 Evening break</p>	<p>12.45 Lunch break</p>
<p>18.00 Evening break 20.00 The eurythmy therapy course as living organism – an etheric physiology of the human being <i>Wilburg Keller Roth, Hana Adamcová</i> Artistic conclusion</p>	<p>20.00 Active principles of pharmacy <i>Vesna Forštnerič, Albert Schmidli</i></p>	

Psychotherapy specialist conference: The Specificity of Anthroposophic Psychotherapy

The International Federation of Anthroposophic Psychotherapy Associations (IFAPA) is pleased to invite you to the conference “The Specificity of Anthroposophic Psychotherapy”.

In October 1997, with the first World Congress for Psychotherapy and Anthroposophy in Driebergen, the Netherlands, the first seeds were sown for the worldwide spread of anthroposophic psychotherapy. Since then, colleagues in more than a dozen countries have trained, qualified and developed their own access routes. With this specialist conference in 2021, they carry the fruits of this work into the annual conference of the professional communities of Anthroposophic Medicine.

In six lectures, the contributing colleagues will present psychotherapeutic topics related to current issues of the health of people and planet earth from the perspectives of their countries of origin.

In the subsequent discussion within the international community of psychotherapists and in the central panel discussion, the specific anthroposophical psychotherapeutic features of diagnostic and therapeutic procedures will be made visible.

On behalf of the IFAPA board, the preparatory group with *Vasuprada Kartic*, *Giovanna Bettini*, *Henriette Dekkers* and *Hartmut Horn* sends you greetings and looks forward to welcoming you in Dornach!

Tuesday, 14 Sept	Wednesday, 15 Sept	Thursday, 16 Sept
<p>14.45 Joint start of specialist conferences Introduction: Healing with forces that create and shape life – the ecological dimension of medicine <i>Matthias Girke, Rolf Heine, Georg Soldner</i> Introduction of specialist conferences</p>	<p>08.00 Meditative and artistic prelude</p> <p>09.00 Announcements / Day's motif Physical manifestations of trauma in different phases of the soul under pandemic conditions <i>Vasuprada Kartic</i></p>	<p>08.00 Meditative and artistic prelude</p> <p>09.00 Announcements / Day's motif "Ad Dekkers Exercises" A unique feature of anthroposophic psychotherapy training <i>Ad Dekkers</i></p>
<p>16.00 Break</p>	<p>10.45 Break</p>	<p>10.45 Break</p>
<p>16.45 The healing power of presence of mind <i>Tatjana Pawlova</i></p>	<p>11:30 Anthroposophy-based psychotherapy <i>Markus Treichler, Johannes Reiner</i></p>	<p>11.30 Covid-19 and the anthroposophical way of thinking in psychotherapy <i>Giovanna Bettini</i></p>
<p>18.00 Evening break</p>	<p>12.45 Lunch break</p>	<p>12.45 Lunch break</p>
<p>20:00 The eurythmy therapy course as living organism – an etheric physiology of the human being <i>Wilburg Keller Roth, Hana Adamcová</i> Artistic conclusion</p>	<p>14:45 What is special about anthroposophic psychotherapy Panel discussion Moderator: <i>Hartmut Horn</i></p> <p>16.00 Break</p> <p>16.45 The healing power of anthroposophic psychotherapy in pandemic-related disorders <i>Henriette Dekkers</i></p>	<p>16.00 Break</p>
	<p>18.00 Evening break</p>	
	<p>20.00 Active principles of pharmacy <i>Vesna Forštnerič, Albert Schmidli</i></p>	

Meditative and artistic prelude

Wednesday, 15 Sept to Sunday, 19 Sept,
08.00 to 09.00

ET 1 | Morning meditation (DE/EN)

Based on Rudolf Steiner's meditation instructions and modern meditation research, we would like to practise and deepen our meditation skills. *David Martin, Silke Schwarz*

ET 2 | Eurythmy – The powerful gravity of earth through the word of my feet, (DE/EN)

This sentence from the eurythmy meditation links above and below, will and thinking. Speaking feet awaken us and make us happy. *Kathrin Anderau*

ET 3 | Loheland gymnastics (DE/EN)

With the Loheland movement training we want to strengthen our life forces at the start of the day. In perception we experience ourselves as well as our relationship with space and the associated possibility of building closeness at a distance. *Sabine Podehl, Simone Koring*

ET 4 | Singing in the western stairwell (DE/EN)

"The earth loves us. It is happy when it hears us singing" (Wisdom of the Blackfoot American Indians). Together we intend to discover sound spaces, develop confidence in our own singing voice and enjoy songs and the polyphonic sound of the choir. With specific exercises developed by the School of Uncovering the Voice, the invigorating powers of breath, sound and tonal qualities can be experienced holistically; regular singing enables inner transformation and strengthens the immune system. *Viola Heckel*

ET 5 | Therapeutic speech with exercises and short poems (DE) (not on Sunday)

Therapeutic speech makes the content of verses or mantras come alive and experienceable, so that in meditation the way to the image, the heart and the essential encounter is more easily found. We will work mainly with the Foundation Stone verse "Human soul! You live [...]". *Xandor Koesen-York*

ET 6 | Bothmer® gymnastics – The human being as a being of the middle (DE)

(Wednesday and Thursday only)

Four soul states: wonder – reverence – feeling in wise harmony with the laws of the world – devotion. Rudolf Steiner, *The World of the Senses and the World of the Spirit*, a path of schooling as a possibility for the meditative deepening of movement, movement becomes healing. Please bring eurythmy shoes. No preparation necessary. But the first two lectures of *The World of the Senses and the World of the Spirit*, CW 134, can be studied as a prelude. *Urs Kohler*

ET 7 | Bothmer® gymnastics (DE/EN)/RU)

(Friday, Saturday, Sunday only)

We will awaken the will human being in the limbs to be present and ready for action for the day. The focus is on forces of sympathy and joy of movement so that we can radiate out into the world and connect with it and the social forces. *Elja Thilo, Linda Kiss*

ET 8 | Spacial Dynamics® (EN/DE)

Greeting heaven and earth: starting the day fresh and dynamically with Spacial Dynamics® movement exercises. *Christina Spitta, Jaimen McMillan*

Spiritual deepening for the health professions

Workshops and Class lessons

Thursday, 16 Sept, 16.45–18.00

Friday, 17 Sept, 9.30–10.45

HS 9 | The meditations of the 11th lesson of the meditative path of knowledge of the Michael School (DE)

For members of the School of Spiritual Science (blue card). Thursday: Free rendering of the Class lesson; Friday: Free rendering of the Class lesson with conversation about the meditations of the 11th Class lesson. *Matthias Girke*

HS 10 | The temple meditation of the 11th Class lesson (EN)

For members of the School of Spiritual Science (blue card). Free rendering of the 11th 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*

HS 11 | Experiencing the mantras of the Class lesson through therapeutic speech in motion (DE)

For members of the School of Spiritual Science (blue card). Speech in motion is a bridge to meditation. We will let ourselves be enchanted by sound movements, word gestures and rhythms. The mantras thus come to life out of the wellspring of speech. Out of it we will develop meditation. *Inga York-Koesen, Xandor Koesen-York*

HS 12 | The mantras as inner path for art therapists (DE)

For members of the School of Spiritual Science (blue card). Work with pictorial, sound and rhythmical elements from the 1st to the 3rd Class lesson. In addition,

individual and joint reflection in connection with our experiences as therapists on the path of transforming our own soul forces. Special focus of the work is the 3rd Class lesson. *Kaspar Jaggi, Laura Piffaretti, Oliver Ifill*

HS 13 | Introduction to the School of Spiritual Science (DE/EN)

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*

HS 14 | Forms of expression of anthroposophical spirituality in the world religions (DE/EN)

Although anthroposophy is not a religion, its spiritual path nevertheless leads into the inner spaces of experience of all religions. This working group will exchange experiences on how religions differ and what they have in common. *Michaela Glöckler*

HS 15 | Four steps into the middle (DE)

“Spiritual science refers to four qualities which a person has to acquire on the so-called path of probation to rise to higher knowledge. The first of them is the faculty to discriminate in our thoughts between truth and appearance, truthfulness and mere opinion. The second attribute is the correct estimation of what is true and real as against appearance. The third faculty consists of the [...] practice of the six qualities: controlling our thoughts, controlling our actions, perseverance, tolerance, faith and equanimity. The fourth is the love of inner freedom.” We warmly invite you to practical exercises, conversation, research and self-encounter. *Johannes Weinzirl, Anke Dietrich*

HS 16 | Colour meets word – art meets mantra (DE/EN)

Space and time are the given dimensions of our everyday life. If we start creating with them, we open up a practice field of spirituality, enter into dialogue with the innermost life impulses. With paper, colour, surface and line, with breath, voice, sound and word we intend to explore paths in this field. Here it is particularly

interesting when the boundaries become blurred, language seeks pictorial expression, or pictures begin to tell a story. With a process-oriented, interdisciplinary approach, we will immerse ourselves on the basis of the subsidiary exercises in a verse by Rudolf Steiner. No previous artistic experience necessary. Materials will be provided. *Rita Eckart, Franziska Schmidt von Nell*

HS 17 | Our connection to the hierarchies as a support for anthroposophic therapeutic work: eurythmy workshop (EN)

“Let us think of the child, the incomplete human being, who has not yet attained to their full adulthood. How shall we help the gods, so that the physical form of the child shall be rightly furthered in their development? We must teach them eurythmy, for this is a continuation of divine movement, of the divine creation of the human being.” (Rudolf Steiner). We will experience this “divine movement of creation” in eurythmy, by moving the journey through the planetary spheres and their relevant hierarchies from death to new birth. In the second session we will continue the exploration by relating this journey to the very young child’s process of learning to move, speak and think in the first three years of life. A basic knowledge of eurythmy is assumed. Bring eurythmy shoes. *Ursula Browning*

HS 18 | Rudolf Steiner’s six subsidiary exercises in movement (DE/EN)

In Guidance in Esoteric Training, Rudolf Steiner added subtle movement exercises to the familiar six subsidiary exercises which have proved to be very helpful in being able to playfully apply these exercises, which are fundamental for a spiritual training, also over the long term. According to Steiner, these six exercises protect those who follow spiritual paths. In this workshop, we will move Steiner’s guidance and also use Spacial Dynamics® exercises as a help. *Jaimen McMillan, Christina Spitta*

HS 19 | Internalising the word through therapeutic speech. Prayer and meditation practice for medical and therapeutic everyday life (DE)

Taking meditations and prayers from content 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. *Esther Böttcher, Dietrich von Bonin*

HS 20 | Body therapies as supporting the spiritual development of patients and therapists using the example of Spacial Dynamics® and oil dispersion bath therapy (DE)

Do body therapies open up the body to the spirit and soul of the human being and do they also promote spiritual development – of the person being treated as well as of the therapist? Can body therapies facilitate a spiritual training path? Does Spacial Dynamics® – through active movement of dynamic archetypes – convey spatial experiences far into spiritual dimensions? Do oil dispersion baths, immersed in outer calm, induce inner working towards a connection with the spiritual world and our own life impulses? With the help of practical exercises and personal experiences, we will work on these questions in the group. No previous knowledge is necessary. *Markus Krüger, Anne Krüger*

HS 21 | The sun meditations (DE)

Many of Rudolf Steiner’s meditations are about the sun. In words that touch the heart, they connect light and warmth in nature and the cosmos with the inwardness of the soul. We intend to look at some selected verses and in the process follow paths to elevate them to meditation and mantra. *Rolf Heine*

HS 22 | Qualities of the four elements in the earth and the human being (DE)

We experience the physical world as a solid, fluid, airy and warm texture in its manifold interpenetrations. The same also applies to the physical organisation of the human being, in whose fourfold structure our higher constitutional elements take effect. These four qualities can also be observed in the way we think

about the world. Can an immersion in the qualities of the elements make the connection between earth and human being more tangible for us and provide impulses for the return to health of both? This is what we intend to explore in this workshop. *Stefan Langhammer*

HS 23 | The seven life processes – a meditative path (DE/EN)

The seven life processes, which Rudolf Steiner develops as a physiological metamorphosis of the planetary processes, contain within them an esoteric approach to the human being. As a meditative path, they can connect the therapeutic professional groups and deepen the experienced understanding of illness for a good therapy. In this working group we will explore the seven life processes through observation and let them inspire our professional meditative practice. *Martin-Günther Sterner, NN*

**Multiprofessional conference –
Medicine for a living earth**
Workshops: Friday, 17 Sept, 16.45–18.00
Saturday, 18 Sept, 11.30–12.45
and 16.45–18.00

MP 24 | Transformative action as a necessary therapeutic measure in the face of the climate emergency for enterprises of Anthroposophic Medicine – but how? (DE/EN)

The climate emergency is a medical emergency for the earth. The earth is sick. Especially our larger health facilities can and should now respond to this emergency according to the possibilities of Anthroposophic Medicine. How can we very concretely enable transformative action in our facilities? How can we finance change and become change agents as role models for others? The Mäander youth welfare facility and the Havelhöhe community hospital have already declared their intention to become zero-emission organisations by 2030 at the latest. How can an entire enterprise with hundreds of staff and all its supply chains be made climate-neutral? How can all processes of the internal organisation be oriented towards mindful ecological action? The importance of the United Nations Social Development Goals for regional energy production, the conversion of all purchasing structures and waste reduction, and the circular economy for water and all materials will be set out in short presentations. How can we, as anthroposophical health enterprises, move forward and re-found One Health Medicine? We want to discuss this in small groups and find out how we can support each other. One Health Medicine also holds the opportunity for the anthroposophical movement to strengthen the mission of our organisations anew and together. *Christian Grah, Georg Soldner, Johannes Kronenberg, Stefan Ruf*

MP 25 | People, cosmos and nature – their relationship in the present age (DE)

“Stars once spoke to human beings. Their falling silent

is cosmic destiny.” The current fate of humanity calls for comprehensive ecological responsibility. This includes a new cosmology which was predisposed in the courses which founded Anthroposophic Medicine. How are cosmological rhythms, planetary constellations or solar activity related to the human organism? Based on the various medical cultures, an attempt will be made to ascend from the earth via the planets and the zodiac to the ancient understanding of the microcosm and macrocosm. With modern times and the advance of natural science, the old harmony is fading. Modern thinking threatens to lose the human being in the unfathomable vastness of the physical universe. What does this signature have to do with the current development of the consciousness soul? Which cosmic constellations and activities accompany the coronavirus crisis in particular? And what might a medical-spiritual cosmology look like with the perspective that “in the mute silence there ripens what human beings speak to stars”? We warmly invite you to two keynote presentations and a discussion. *Johannes Weinzirl, Hartmut Ramm*

MP 26 | Unity of macrocosm earth and microcosm human being, perception of remedies in the etheric and astral part of the human being and their effect. (DE/EN)

In this course we intend to practise the perception of remedies in the microcosm of the human being; the process that goes from the human being via a diagnosis into nature and from there acts back on the human being. In the microcosm of the human being we perceive the macrocosm and its healing effect on the human being. This course includes a structural theoretical part, but the main part is to be made up of practical exercises in threes under supervised guidance/support. If possible, please bring a blanket. *Gabriele Förster, Gerd Bronner*

MP 27 | One health – One life. The processes of life as a bond between human being, earth and cosmos (DE/EN)

Through life we, as human beings, give a “dwelling to

the spirit”; through life the spirit works in nature, also through our life. If we make room for a “malevolent spirit”, nature falls ill. The seminar aims to help us to better recognise the quality of “life” in human beings and nature, to understand it more deeply and to learn to care for it well. Life, Rudolf Steiner says, “breaks down” into seven processes which, as a metamorphosis of the planetary effects, convey the forces of the zodiac to the earth and into the human being. In this seminar we will look at the qualities of these seven life processes and develop them in eurythmy exercises and in conversation. *Martin-Günther Sterner*

MP 28 | Cooking for future & health – healthy nutrition for people and the planet (DE)

The importance of nutrition for the development and maintenance of human health, peaceful coexistence on this planet and the maintenance of ecosystems cannot be overestimated. Our current food system is not only causing an epidemic of disease, obesity and malnutrition but is also driving the erosion of the basis of our existence – our planet’s sphere of life. Our food and agriculture are facing a necessary and urgent transformation which must be shaped by our decisions and in our kitchens today, but above all by politics and society worldwide. Our course aims to look at the big picture and to clarify in a very practical way what this nutritional transformation is all about, how we can start on our plate to take care of our own healthy nutrition, how we can develop our relationship to food, how we as therapists can influence diseases in a very positive way. We want to talk about nutrition, we want to cook and eat together. *Sebastian Göbel, Diana Studerus*

MP 29 | Tapping into the heart and nature of healing; developing supersensible perception and heart intuition through nature connection, movement and games (DE/EN)

In this workshop, we’ll explore the warmth and empathic qualities of heart, called for in the future of human and planetary healing, by practising and developing our perceptive skills and intuition, meeting the

beings of the trees around the Goetheanum, maybe also meeting the Goetheanum Being itself, and bringing the most important element of health and well-being for humans and the planet; laughter, joy and social connection, through games, shared experience and movement. By the end of the three workshops, we hope you can go home with greater confidence in your own intuition, first-hand experience in communicating with, receiving guidance from, and witnessing healing for a tree (and knowing how to do this yourself again at home), and a sense of relaxation and joy in your body, soul and spirit, having enjoyed the company and shared experiences of the group. All welcome, with openness, curiosity and warmth for a joyful exploration of heart and healing in nature. *Katie Brayne*

MP 30 | The issue is decisive: external treatments in the context of warmth and sleep (DE/EN)

In this workshop we intend to use the research results of R Rayman on warmth and sleep to investigate the consequences for external treatments in nursing (Mild skin warming, a non-pharmacological way to modulate sleep and vigilance. RJEM Raymann. Integrative Neurophysiology Research. Abstract link: <https://research.vu.nl/ws/por/talfiles/portal/42125593/abstract+english.pdf>). We will look at Rhythmical Einreibung as developed by Wegman/Hauschka, wraps, compresses and footbaths. We will practise with ointments and oils and evaluate the experiences gathered in the evening and at night. In addition, the status of the Dutch nursing charter process will be presented. How can nursing stimulate the necessary cultural change that has become visible in the pandemic? For nurses, physicians, physiotherapists, scientists. *Sonja vans Hees*

MP 31 | Practising and experiencing turning points through eurythmy and external treatments (DE)

All healing starts from breathing: inhalation – turning point – exhalation: we will practise this turning point to health in many ways through eurythmy and with

external treatments. Please bring eurythmy shoes, a hot water bottle, a thermos flask for hot water, woollen socks and a towel. *Noemi Boeken, Astrid Sterner*

MP 32 | The patient's place in teamwork (EN)

In long term conditions, diagnosis and treatment are, of necessity, changing and dynamic processes. Patients' perceptions and ideas are valuable aids for developing the therapeutic process, but all too often they go unnoticed. The workshop aims to enhance the participants' ability to pick up and take advantage of this phenomenon. We will do this through eurythmy and discussion of case studies. *Ingrid Hermansen, David McGavin*

MP 33 | The patient's perspective in eurythmy therapy (DE)

The patient's perspective can contribute in many ways to both assessing and shaping the course of therapy. We will make a quantitative evaluation with concrete questions to which concrete answers can be given. Qualitatively, we have many different options. In what way do we resonate with patients? What questions do we ask them? What do we observe? When do patients comment? Are there exercises through which we can grasp the patient's perspective? This working group aims to provide an insight into different methods for grasping the patient perspective. Movement is a central element in this workshop. *Katharina Gerlach, Anna de Milas*

MP 34 | Differentiating aspects in our understanding of the human being on the effectiveness of metal therapies in Anthroposophic Medicine (DE/EN)

In this workshop, we want to use the various approaches to therapy in the anthroposophical understanding of the human being based on the visible and invisible human being (Rudolf Steiner, GA 221, lecture of 11 February 1923) to shed light on a metal therapy and its various pharmaceutical production methods. How do we get from a general understanding of metal effects to specific ones and, by differentiating the

manufacturing processes, to a process-specific understanding and an understanding of effects? *Harald Matthes, Mónica Mennet-from Eiff*

MP 35 | From 12 precious stones to 12 senses in therapy (DE/EN)

In some lectures (for example, GA 97, 13.10.1906) R. Steiner is talking about the parallel processes of creation of sense organs in the human organism and precious stones in the body of the Earth. This story was not finalized by him and we want to continue the discussion to exchange by experience in understanding the topic, preparing the remedies out of precious stones and using them in practice, for example in treatment of sense organs in COVID19 patients or in chronic elderly people disease. *Denis Koshechkin, Albert Schmidli, Vadim Sivolobov*

MP 36 | Solutio alkalina 5% (Weleda). Medicine of the renewal forces – rediscovered! Insights into the pharmaceutical process and its analogies to humus formation – with its comprehensive seed character for the vitality of the earth (DE/EN)

Solutio alkalina 5% is a specific anthroposophical medicinal product. New indications in somatic and psychosomatic medicine as well as psychotraumatology were developed by physicians at the Eugen Kolisko Academy with Dr Wolfram Engel (pharmacist, Weleda). The production process follows the transformation processes of plant life throughout the year to seed formation (ash formation). Solutio alkalina thus becomes a mediator of life-creating forces of renewal and the future. Production: a complex pharmaceutical process takes place under laboratory conditions – similar to the formation of humus in an enhanced form. Around Easter, young plant greens, potassium tartrate, compost, biodynamic compost preparations and rainwater are started in glass flasks; supplemented at St John's Day and Michaelmas with fresh plant greens and potassium tartrate. The mixture matures at 37 °C for a whole year. Then, again around Easter, it is burnt to ash

and dissolved in water. Potassium tartrate from the vine plant and the ash point to leading forces of the I, the young plant green indicates etheric forces. The following will be worked on: pharmaceutical process, connection between ash and seed formation, humus as "universal seed", humus formation and compost preparations (Goetheanum nursery). Transgenerational traumatization case study. Other indications. *Pia Büchi, Ueli Hurter, Helmut Keil*

MP 37 | Copper and iron processes in metal colour light therapy and medicine (DE/EN)

With our own observation of the metal colour light glass panels, we will directly experience the different qualities of copper and iron in their warmth effect, vitalisation and formation of inner holding power. Consideration of both metals as substances and medicines will complement and deepen our understanding of the observed processes on the metal colour light glass panels and patients. *Friedlinde Meier, Harald Merckens*

MP 38 | Interprofessional case report on the basis of Rudolf Steiner's lecture "The invisible human being in us – the pathology underlying therapy". (DE)

On the basis of a patient presentation, we want to develop diagnosis, treatment requirement and therapy suggestions, deepening them through our understanding of the human being. *Philipp Busche, Viola Heckel, Kirstin Kaiser, Norman Kingeter, Claudia Kringe, Rob Schapink, Anjuli Theis*

MP 39 | Osteopathy: the body as a reflection of the spirit (EN)

The proposal is based on deepening in the osteopathic practice, on balancing the different bodies. Although the client normally brings a physical problem to the consulting room, for there to be an improvement, the search for the balance of the four suprasensible bodies (physical, etheric, astral, organisation of the self) is imperative. It is about discovering the individual and the uniqueness of each person that is visible in the body. Delve into the physical body as it is the instru-

ment that bears the spiritual forces in earthly life. When there is disharmony in at least one of the bodies, this is reflected in the physical illness. The inner work of the osteopath is of vital importance and the osteopathic practice will be correlated with the Our Father (The Lord's Prayer). The workshop will be supported by successful cases within osteopathic practice. The workshop will be oriented to health professionals, body therapists and complementary therapists. Presentation of a case of osteopathic treatment in combination with curative teaching. *Paul Chaplin, Victoria Rubles*

MP 40 | Joints – organs of freedom (DE/EN)

The joint needs freedom in the harmony of the will human being with the cosmos. We will work on the structures of the joint as places where the constitutional elements come to expression and establish their relation to the elements, movement and being human. Various therapeutic ways of working address the treatment of joint diseases and their effects on people. We want to shed light on the possibilities of dealing with these phenomena from the perspective of movement and develop ideas for therapy through reciprocal exchange. *Stephan Thilo, Bruno Callegaro*

MP 41 | Self-care in the therapeutic professions – perceiving ether qualities (DE/EN)

The loss of a feeling for stillness and movement is part of our modern times and a daily challenge. What ways are available to us to develop skills through practice again? How do we develop the sense for the living sphere and what gives life? Eurythmy therapy, plants and nature observation ... to bring the perspectives of a eurythmy therapist and a gynaecologist into conversation, the schooling of dynamic forces using the example of sounds and their perception in the formative gestures of the plants and in the female organism (cyclical, pregnancy) provide the framework for this workshop. *Carmen Eppel, Hana Adamcová*

MP 42 | The female cycle from an anthroposophically extended perspective with a practical insight into integrative gynaecology (DE/EN)

Theoretical insight from a medical perspective into the healthy female cycle. If an imbalance or change in the female cycle is detected at an early stage, attention can be drawn to it with the help of anthroposophically extended medicine and with accompanying exercises, and support can be offered. Case studies from gynaecology. Practical exercises with eurythmy therapy and painting therapy, the human being between light and darkness in charcoal work. Please bring eurythmy shoes. *Bernadette Gollmer, Jana Vorbachova, Ursula Browning*

MP 43 | Clinical obstetrics – a good start for young families (DE)

The rising caesarean rate has far-reaching consequences for families and society. What contribution can low-intervention obstetric care in hospital make to salutogenesis? Bonding and breastfeeding are an important building block for a successful family life. What do young families need to cope well with this special time? What other form of interdisciplinary cooperation is needed to make the professions related to pregnancy, birth and the postpartum period attractive to young people? *Hauke Schütt, Alexandra Sperling*

MP 44 | Eurythmy therapy in obstetrics – the event of birth (DE)

A phenomenon that can be observed today shows an extreme breakdown into polarities, without rhythmic mediation. The archetype of polarity and rhythmic mediation as a world process can be observed particularly vividly in the birth process. Birth and death are the crucial experiences that can separate and also unite worlds. Transitions are evident in the phenomena of pregnancy, birth and early childhood. They can make the essence of the human being visible in its rhythmic alternation of being unborn and incarnation on earth. Good observation and understanding of these processes can provide a basis for decision-making in many questions of everyday life in all professions. Through aspects of the birth process based on our understanding of the human being, eurythmy therapy exercises

can be found to support labour in order to prevent the tendency for bradytocia, prolonged pregnancy, induction, caesarean. Please bring eurythmy shoes. *Mechtild Groh-Schulz, Angela Kuck*

MP 45 | From darkness into light (DE/EN)

Discussion and joint movement of hygienic, medicinal and movement therapy approaches (Spacial Dynamics®) on the subjects of anxiety and depression. *Henrik Szőke, Jaimen McMillan, Christina Spitta*

MP 46 | Psychotherapy and nursing – an interdisciplinary approach in the treatment of dissociation (DE/ES)

A definition of dissociation based on anthroposophy extends the understanding of various psychopathological symptoms. After a short theoretical introduction, we will present the process of interdisciplinary cooperation between anthroposophical psychotherapy and nursing on the basis of a case study. *Andrea Henning, Sagrario de la Peña*

MP 47 | Illness as transformation and inner change (DE/EN)

The course of psychosomatic and psychiatric illnesses in the interaction between physician and eurythmy therapist. *Christian Schopper*

MP 48 | Anthroposophic medicine and anthroposophic psychotherapy as mutually strengthening disciplines (EN)

To show that anthroposophic medicine needs anthroposophic psychotherapy as much as anthroposophic psychotherapy needs anthroposophic medicine. For instance, a severely depressed or anxious patient with psychosomatic problems obviously needs AM treatment but it is not so obvious that they also need AP treatment. In the earlier stages of the therapy, AP with its narrative approach and higher frequency of sessions can both “contain” the patient and bring a biographical developmental and broader contextual perspective to the work in addition to a medical diagnostic perspective. In the transformational stage, the mechanisms of

action of psychotherapy emulate the mechanisms of action of medicine. In the latter stage, when the patient moves out of their illness “comfort” zone and experiences the recovery process and the unfamiliar new state of consciousness as harrowing, precarious and frightening, it is also essential that AM and AP work closely together. AP, again with its higher frequency of sessions, can contain the patient, manage strong “transferences” in the therapeutic relationship and bring salutogenic coherence to the new state of recovery to enable a better capacity to manage life’s challenges. The presentation will adopt case study practitioner research principles with an introductory session which will include an account of the AM remedies and the AP interventions, illustrated with case vignettes, and the subsequent two sessions will look at two in-depth case studies. *John Lees, Romulo de Mello Silva*

MP 49 | Biography work in changed times (DE)

What contribution does biography work make to the topic of sustainable medicine? How can necessities of the times be brought into a meaningful relationship with the individual biography or even recognised as its goal? Based on our own experiences, the question of how life crises and their coping strategies are related to this is explored in small groups. Eurythmy and speech exercises serve to deepen it. Please bring eurythmy shoes. *Sylke Ober-Brödlin, Siegfried Ober*

MP 50 | Inner security as the foundation for outward freedom: the pathway to the life sense (EN)

This workshop will explore the developmental weaving between outward steps of greater strength and mobility, with quieter, inwardly-directed steps of self-soothing and self-awareness. Throughout childhood outer independence needs to be matched with inner anchoring. This reciprocal developmental dynamic provides a framework for fostering greater resilience with anxiety disorders, sleep disorders, disruptive behaviours and strong sensory-seeking patterns. Practical anthroposophic nursing and homecare treatments will help par-

ticipants experience this pathway to the life sense in their own bodies. This course brings a new way of looking at the circle of the twelve senses. *Adam Blanning, Elizabeth Sustick*

MP 51 | Interdisciplinary collaboration in special needs education and social therapy – from diagnosis to way of living (DE/EN)

Both in special needs education and social therapy we encounter people with different forms of challenging behaviour. This can vary greatly – we encounter people with expansive, perhaps even aggressive behaviour, quiet, withdrawn people, or they show themselves to be difficult to reach in an autistic world. In whatever way: we are challenged as companions – the question always applies: what is the reason for the behaviour of a child, a young person, an adult or an old person. It is then necessary to make a diagnosis – that is, to sort out the symptoms in order to be able to look through to the “person”, to the core of the other. If the behaviour is caused by traumatisation, by unresolved issues, by another form of mental illness, by pain or other physical causes, by underload or overload, by a not yet sufficiently understood impairment of perception – each person brings their question with them, with the request that it be heard. The image jointly developed by the special needs and medical companion can become the basis for creating a healing environment for coping and for the further development of the personality. In order for the whole human being to appear in this image, we need the different perspectives of the others who connect with this person and with each other in cooperation. *Bart Vanmechelen, Walter Dahlhaus*

MP 52 | The sounds of speech as a remedy – case studies of children in special needs education and their treatment possibilities from the perspective of therapeuticspeech, chirophonetics and eurythmy therapy (DE)

When the living spirit, the archetypal nature of a sound shines forth, the healing powers of speech can become

immediate and real. In the schooling through therapeutic speech, in the soul-filled eurythmy gesture and through direct touch (chirophonetics), we aim to approach these forces and let them become tangible. How does the healing effect of these three therapies manifest in specific clinical pictures? Please bring eurythmy shoes. *Stephan Rex, Ulrike Küsters, Dorothea Kuhne, Monika Mottaghy*

MP 53 | External treatments and telemedicine (EN/DE)

Online conferences, online training courses, webinars and telemedicine have taken off with the coronavirus pandemic. What was long considered taboo, especially in Anthroposophic Medicine, now proved to be feasible and helpful. And it did so in professional cooperation, patient education, further and advanced training as far as telemedical treatment. New perspectives opened up for diagnosis, patient care, external treatments or acupuncture, something which will presumably continue to influence everyday therapeutic practice even after the pandemic. Eran Ben-Arye will be joining us online from Israel to talk about his telemedicine experience. We will discuss the opportunities and limits of media-supported treatments and describe the qualities of the living sphere in the social space. *Eran Ben-Arye, Rolf Heine*

Please select the unit or combination of units you would like to attend

Specialist conference 14–16 Sept 2021

- (inklusive 2 Mittagessen am 15. und 16.9.)
- CHF 260 regular price
 - CHF 200 concessionary conference price¹
 - CHF 150 student price²
 - CHF 380 sponsorship price
 - CHF 50 evening meal on 14 and 15 Sept
- Food intolerance Gluten Lactose

Spiritual deepening 16/17 Sept 2021

- CHF 120 regular price
 - CHF 100 concessionary conference price¹
 - CHF 60 student price²
 - CHF 200 sponsorship price
 - CHF 25 evening meal on 16 Sept
- Food intolerance Gluten Lactose

Multiprofessional conference 17–19 Sept 2021

- (including 2 lunches on 17 and 18 Sept)
- CHF 260 regular price
 - CHF 200 concessionary conference price¹
 - CHF 150 student price²
 - CHF 380 sponsorship price
 - CHF 50 evening meal on 14 and 15 Sept
- Food intolerance Gluten Lactose

¹ The concessionary conference price is intended for people on low income, e.g. pensioners / senior citizens in straitened circumstances, people with disabilities (in receipt of welfare benefits), unemployed persons, low paid professional groups and people in need of support from financially weak countries. Proof of status should be submitted with the registration.

² The student price is intended for students, school students, trainees, those performing military/community service and people without income. Proof of status should be submitted with the registration (scan of enrolment certificate, school student card, etc.)

Specialist conferences:

Translation and workshops

Translation will be taken on by each specialist conference. For more information on the available languages, please refer to the programme. Registration for the workshops of the specialist conferences is done locally in the individual specialist conferences. If you have any questions, please ask at the Section's Information Desk or those responsible for the specialist conference.

Translation: Spiritual Deepening and Multiprofessional Conference

- German French Italian Spanish
 Russian English

Registration for morning courses

Please enter your name at the Information Desk on arrival.

Workshops: Spiritual Deepening and Multiprofessional Conference

Please note the abbreviations in the programme:

MP = Groups for "Multiprofessional Conference"

HS = Groups for "Spiritual Deepening"

Spiritual deepening workshops (HS)

1st choice HS no.

2nd choice HS no.

3rd choice HS no.

Multiprofessional Conference workshops (MP)

1st choice MP no.

2nd choice MP no.

3rd choice MP no.

Conference tickets

Paid tickets will be ready for you at the conference Information Desk when you arrive at the Goetheanum. Tickets that have not yet been paid for can be collected from Reception up to one hour before the start at the latest. In addition to cash in CHF or €, we also accept VISA, MasterCard, ec-direkt and Postcard der Schweiz.

Parking permits

Parking permits can be obtained at the Information Desk. The cost per day is CHF 7. Please pay in cash.

Modes of payment: Credit card (all countries): the total amount will be charged to your card after the registration has been processed. The registration and payment confirmation will be sent to you by email or post.

Invoice Switzerland: After your registration has been processed, you will receive a registration confirmation with invoice. Please note that invoices will only be sent up to 10 days before the start of the event. After that, only payments by credit card or on arrival are possible.

Invoice Euro Zone: After your registration has been processed, you will receive a registration confirmation with invoice (German euro account). Please note that invoices will only be sent up to 14 days before the start of the event. After that, only payments by credit card or on arrival are possible.

Other countries: After your registration has been processed, a confirmation will be sent to you by email. Payment is either by credit card or on arrival at Reception. Payment by bank transfer is not possible.

Group registration: The institution will be given a collective invoice. Subsequent registrations can only be booked and invoiced individually.

Payment: Please note that the conference fee must have been received by us/paid before the start of the conference.

Cancellation: You can cancel the booked units free of charge until Friday, 3 September 2021. If you wish to change your registration, this is also possible free of charge until 3 September 2021. After this date, no more changes to the conference modules can be considered. After this date, 50 % of the conference fee will be charged. In case of non-attendance or cancellation on the day of the event, the full invoice amount is due. We will gladly accept a substitute participant at no additional cost.

Your personal details for registration | **1JK**
(Please complete in block capitals – thank you)

Mr Ms

Name, first name

Invoice to privat address Invoice to institution

Name of institution

Postcode

Place

Tel.

Email

Profession

Payment method: Invoice (for Switzerland and the Euro Zone only)

Credit card (all countries) Card number _____/_____/_____/_____ Expires end ___/___

With my signature I confirm my agreement with the payment and cancellation terms..

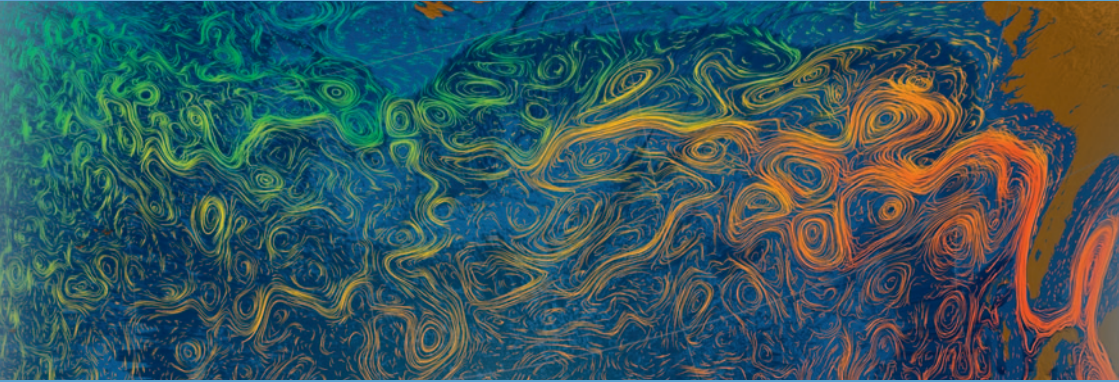
Place, date and signature

(Data processing: The data will be recorded and stored electronically and will not be passed on to third parties)

Please send this form to:

Goetheanum Empfang, Postfach, 4143 Dornach, Switzerland

Fax: +41 (0)61 706 44 46 / Email: tickets@goetheanum.ch



International Annual Conference
14 to 19 September 2021
Medical Section at the Goetheanum

Human and Planetary Health
The Responsibility of Medicine for
People and Nature