

Body and I

The Immune System
and Autoimmune Disease



12–17
September 2023
at the Goetheanum

International Annual Conference
of the Medical Section



Anthroposophic
Medicine

There is only one temple in
the world, and that is
the human body. Nothing is more
sacred than this high form.

Novalis

Dear Colleagues,

This year our annual conference will focus on the question of the relationship between the I and its body. The living body is the place, already predisposed at the beginning of creation, where the immortal core of the human being establishes itself, giving the body its individual imprint. The body is, as Novalis puts it, the only true temple in the world. The task of the art of healing is to put an abnormal relationship of the I to its body into a more harmonious one. Thus the title of this year's annual conference of the Medical Section is **"Body and I - The immune system and autoimmune diseases"**. The human I penetrates its body in the form of the "I-organisation". This is expressed in an outstanding way in the development, individualisation and lifelong adaptability of the immune system. Its central function is to distinguish and demarcate the interior of the body from the exterior, its own bodily substance from that which is alien. Autoimmune diseases are a good example of what can happen when the body turns alien. Their frequency has been steadily increasing in recent decades with the growing influence of the "western lifestyle". Numerous lectures and case

The elements allow the spirit
To shape them through and through.
They needed to receive
The spirit's final driving forces,
That they might clothe the human being
With spirit-form and life of soul.

Rudolf Steiner, Wahrspruchworte, GA 40, p. 88.

reports will address the topic, which will be explored in depth in 26 workshops.

This year, too, the conference has three parts. In seven **specialist conferences** - for medicine and pharmacy, midwifery, eurythmy therapy, body therapy, nursing, psychotherapy and dentistry - the professional groups will work on their own topics. The focus of the **conference on spiritual deepening** will be the 11th class lesson, which will look at the structure of the body and the temple motif from an esoteric perspective, work on the Foundation Stone Meditation and on the Gospels. The **multiprofessional conference** will focus on the conference topic with speakers from over 15 countries worldwide. The development and pathology of the immune system will be presented with regard to the joint therapeutic activity on the patient, and there will be an exchange of therapeutic experiences between the professional groups.

A special highlight of the annual conference will be the handing on of the Section leadership to the incoming leadership team.

This year, too, we would like to encourage you to work with the texts below in preparation for

the conference. The World Group here offers an international forum that is preparing the ground for the gathering at the Goetheanum in worldwide online meetings and local working groups (contact: sophia.wittchow@medsektion-ikam.org).

For the Section Leaders and the IKAM Council

Matthias Girke Georg Soldner
Rolf Heine

Matthias Girke, Georg Soldner, Rolf Heine

Literature to prepare for the conference

Rudolf Steiner: *Das Geheimnis der Wunde*, Beiträge zur Rudolf Steiner Gesamtausgabe, No. 108, p. 8.

Rudolf Steiner: *"The Human Being within Us"*, lecture of 11 February 1923, CW 221.

Rudolf Steiner: *Extending Practical Medicine*, Chap. 14 (The Therapeutic Way of Thinking), CW 27.

2 Welcome

4 Programme

6 Specialist conferences

6 Medicine and Pharmacy

8 Anthroposophic Nursing

10 Eurythmy Therapy

12 Anthroposophic Psychotherapy

14 Midwifery

16 Anthroposophic Body Therapy

18 Dentistry

20 Artistic and meditative prelude

21 Spiritual deepening

Workshops and Class lessons

23 Multiprofessional conference

Workshops

30 Scientific Poster presentation

31 Registration for conference

Wednesday, 12 Sept	Wednesday, 13 Sept	Thursday, 14 Sept	Friday, 15 Sept	Saturday, 16 Sept	Sunday, 17 Sept
	08.15 Artistic and meditative prelude	08.15 Artistic and meditative prelude	08.15 Artistic and meditative prelude	08.15 Artistic and meditative prelude	08.15 Artistic and meditative prelude
	09.15 Specialist conferences	09.15 Specialist conferences	9.15 Class lesson and workshops	Incarnation today and the gender question Lecture by David Martin	9.15 Case presentations on autoimmune diseases Kan-aneek Kaewthaweesab, Maria Wängemar, Adam Blanning
	10.30 Coffee break	10.30 Coffee break	10.30 Coffee break	10.30 Coffee break	10.30 Coffee break
	11.15 Specialist conferences	11.15 Specialist conferences	11.15 Turning to the future: Rudolf Steiner and Ita Wegman in Paenmaenmawr in August 1923 Lecture by Peter Selg	11.15 Workshops 2	11.15 Fruit of the past – seed for the future Closing lecture by Marion Debus, Karin Michael, Adam Blanning The Foundation Stone in eurythmy Goetheanum Eurythmy Ensemble
	12.30 Lunch break	12.30 Lunch break	12.30 Lunch break	12.30 Lunch break	12.45 End
Specialist conferences		Spiritual deepening	Multiprofessional conference		
15.00 <i>Joint start of the conference</i> Welcome Matthias Girke, Georg Soldner Formation of the body – an instrument of destiny Lecture by Karin Michael, Marion Debus	15.00 Specialist conferences	15.00 “It is the spirit that builds the body” – The action of the I-organisation in the human body Lecture by Matthias Girke	15.00 Development of the immune system and autoimmune diseases Lecture by Georg Soldner, Markus Sommer	15.00 Handover of the Section leadership World Group, IKAM	
16.30 Coffee break	16.30 Coffee break	16.30 Coffee break	16.30 Coffee break	16.30 Coffee break	
17.15 Specialist conferences	17.15 Specialist conferences	17.15 Class lesson and workshops	17.15 Workshops 1	17.15 Workshops 3	
18.30 Evening break	18.30 Evening break	18.30 Evening break	18.30 Evening break	18.30 Evening break	
20.00 <i>When the body turns alien</i> <i>Eurythmy therapy</i> Katharina Gerlach <i>Psychotherapy and massage as developed by Dr Simeon Pressel</i> Thea Friemel <i>Painting therapy</i> Bernadette Gollmer Conclusion with eurythmy Ends 21.00	20.00 <i>How the body becomes familiar</i> <i>The embryonic envelopes</i> Natalie Hurst <i>Birth</i> Daniela Zahl <i>Embodiment in childhood and adolescence</i> Jan Vagedes Conclusion with eurythmy Ends 21.00	20.00 Welcoming the unborn – Farewell to the deceased Anne-Gritli Göbel-Wirth Commemoration of the dead Matthias Girke Conclusion with eurythmy Ends 21.00	20.00 Recovering the I through writing – Jorge Semprun 1923–2011 The experience of Buchenwald concentration camp and coming to terms with it through art Lecture by Christiane Haid Conclusion with eurythmy Ends 21.00	20.00 Wegspuren Eurythmy performance by the Goetheanum Eurythmy Ensemble Ends 21.00 21.15 Terrace festival	

The action of the invisible in the autoimmune process

Conference languages DE / EN

100 years of “The invisible human being within us”

Autoimmune diseases open up big questions physically, mentally and spiritually around people's struggles with themselves. Who is here wrestling with whom? How can the various aspects of genetic predisposition, specific environmental factors, psychosocial stresses and personal moments of destiny be meaningfully related to each other?

100 years ago, Rudolf Steiner gave the lecture “The invisible human being within us” (GA 221), which had a defining influence on Anthroposophic Medicine. In it, a systematic understanding of the human being unfolds which illustrates how the spiritual core of the human being penetrates and shapes the visible body with four differentiated force currents. Following the traces of these invisible currents, we aim to understand immunological phenomena such as autoreaction and self-tolerance, and in doing so will steer typological constellations of the human constitutional elements to the concrete remedy on the basis of a patient presentation from Klinik Arlesheim.

Pharmaceutically, the challenge that must be met time and again is to find a bridge from the individual healing requirement to the substances of nature. How do the various kingdoms of nature and pharmaceutical preparations show themselves against the background of the “invisible human being”? Especially for patients with autoimmune diseases, it seems essential not only to reintegrate the self-alienated nature of their own body, but also to enable a healing connection to external nature.

We warmly invite you to this specialist conference prepared jointly by pharmacists and physicians. In terms of teaching methodology, we strive for different formats with lectures, work in small groups, keynote and discussion units as well as a panel discussion. In medico-pharmaceutical workshops, we aim to bring the natural substances and the pharmaceutical processing methods to direct experience. We look forward to living work together!

Preparatory group : Philipp Busche, Annette Greco, Robert Fitger, Judit Kedves, Mónica Mennet-von Eiff, Severin Pöchtrager und Johannes Weinzirl

12 Sept – Tuesday

**15.00 Joint start of the conference
Welcome**
Matthias Girke, Georg Soldner
**Formation of the body -
an instrument of destiny**
Lecture
Karin Michael, Marion Debus
16.30 Coffee break
**17.15 The invisible in the
autoimmune event -
100 years of the lecture “The
invisible human being within us”**
Philipp Busche
18.30 Evening break
**20.00 For all specialist
conferences**
When the body turns alien
Eurythmy therapy
Katharina Gerlach
**Psychotherapy and massage as
developed by Dr Simeon Pressel**
Thea Friemel
Painting therapy
Bernadette Gollmer
Conclusion in eurythmy

13 Sept – Wednesday

**08.15 Artistic and meditative
prelude**
09.15 Patient case presentation
**Case history & work in
small groups**
Klinik Arlesheim, Internal Medicine
10.30 Coffee break
**11.15 From the healing require-
ment to the pharmaceutical
mechanism of action**
**Keynote contributions & work
in small groups**
*Mónica Mennet-von Eiff,
Judit Kedves*
12.30 Lunch break
**15.00 Medico-pharmaceutical
laboratory I: Stibium**
**With demonstrations on the
Goetheanum Terrace**
Franziska Bächtle, Robert Fitger
16.30 Coffee break
**17.15 Medico-pharmaceutical
laboratory II: Equisetum
with exercises on the pharma-
ceutical processes**
Friederike Tews, Severin Pöchtrager
18.30 Evening break
**20.00 For all specialist
conferences**
How the body becomes familiar
The embryonic envelopes
Natalie Hurst
Birth
Daniela Zahl
**Embodiment in childhood
and adolescence**
Jan Vagedes
Conclusion with eurythmy

14 Sept – Thursday

**08.15 Artistic and meditative
prelude**
**09.15 Organ preparations for
autoimmune diseases**
**Production of medicines, protein
metabolism and therapy**
Annette Greco, Johannes Weinzirl
10.30 Coffee break
**11.15 Medicinal therapy for
autoimmune diseases**
**Differential therapy of Stibium,
Equisetum, Apis, Formica etc.**
*Moderators: Philipp Busche,
Mónica Mennet-von Eiff*
12.30 Lunch break

Being in between – Simply nursing!

Conference languages DE / EN

Nursing takes place in the intermediate spaces. Between injury and healing, awakening and sleeping, inside and outside, patient and physician, between relatives. In the in-between it is mostly invisible. It appears when it is missing. Nursing lives in time. In our health systems, dominated by economic and financial constraints, time is a cost factor and nursing care is reduced to the performance of medical and administrative procedures. Ever more colleagues are leaving this system that does not see and rejects the reasons for which nurses have chosen this profession.

Now, complaining does not get us any further. But encouraging examples of new beginnings and of the transformation of existing situations through inner strength do. In this respect we want to follow different avenues in our conference.

Being inspired and motivated by innovative anthroposophical nursing initiatives

Sophie Martin will talk about a unique nursing project in France. A country where complementary medicine is under severe attack.

Fiona Bay has worked with emergency education teams and with Doctors Without Borders in various crisis zones around the world. Working with people affected by war and terror, running hospitals, organising aid.

Tracing the personal nursing and biographical path of development

What led me into nursing? What separates me from this impulse? How does what I have experienced accompany me on my further path? Deborah Bednarek introduces this topic and leads the “Biography and Occupation” workshop.

Tapping inner strengths and surviving frenzied everyday life

Deadening or becoming inwardly worn out? This is a question that many nurses are confronted with. How can we preserve our vulnerability? How can compassion be transformed into an organ of perception? A workshop with Rolf Heine will consider these questions.

Implementing Anthroposophic Nursing in a non-anthroposophical setting

Colleagues all over the world are undergoing further training in Anthroposophic Nursing. However, there are relatively few anthroposophical settings in which nurses can be employed. What opportunities are there to join forces? How can what has been learned also be applied in a non-anthroposophical environment? Christoph von Dach explores this question in his workshop.

We hope to see participants from all over the world at this international conference for nurses. It is the prelude to two more exciting multiprofessional conferences, whose attendance we warmly recommend.

12 Sept – Tuesday

15.00 Joint start of the conference Welcome

Matthias Girke, Georg Soldner

Formation of the body – an instrument of destiny

Lecture Karin Michael,

Marion Debus

16.30 Coffee break

17.15 Being in between – Simply nursing

Welcome and introduction

Elizabeth Sustick, Christoph von

Dach, Deborah Bednarek,

Sonja van Hees

18.30 Evening break

20.00 For all specialist conferences

When the body turns alien

Eurythmy therapy

Katharina Gerlach

Psychotherapy and massage as

developed by Dr Simeon Pressel

Thea Friemel

Painting therapy

Bernadette Gollmer

Conclusion with eurythmy

13 Sept – Wednesday

08.15 Artistic and meditative prelude

09.15 At the crossroads / warmth care

Sophie Martin

10.30 Coffee break

11.15 Tracing our own nursing biographical path of development

Deborah Bednarek

Tapping inner strengths and surviving frenzied everyday life

Rolf Heine

Implementing Anthroposophic Nursing in a non-anthroposophical setting

Christoph von Dach

12.30 Lunch break

15.00 Workshops

Working on our own biography

Deborah Bednarek

Vulnerability (tapping inner strengths)

Rolf Heine

Implementing community building and Anthroposophic Nursing

Christoph von Dach

16.30 Coffee break

17.15 Working on our own biography

Deborah Bednarek

Vulnerability (tapping inner strengths)

Rolf Heine

Implementing community building and Anthroposophic Nursing

Christoph von Dach

18.30 Evening break

20.00 For all specialist conferences

How the body becomes familiar

The embryonic envelopes

Natalie Hurst

Birth

Daniela Zahl

Embodiment in childhood and adolescence

Jan Vagedes

Conclusion with eurythmy

14 Sept – Thursday

08.15 Artistic and meditative prelude

09.15 Nursing in crisis zones

Fiona Bay

10.30 Coffee break

11.15 Fishbowl with speakers and plenary session

12:00 Being in between: How do we understand and how do we live in the etheric world?

Sonja von Hees

12.30 Lunch break

Describing - moving - discussing the health of the immune system

At the centre of the international specialist conference on eurythmy therapy is the **health of the immune system**. The focus is on two of the much-used sequences TSRMA and LAOUM, which will be examined from as many perspectives as possible. In addition to movement, the focus this year will also be on the experiences of colleagues from around the world in practice and the joint exchange of ideas.

We were able to attract **Annette Weißkircher** (research and experiences in allergic rhinopathy), **Norman Kingeter** and **Rob Schapink** (results of archival research) to provide historical back-

ground information and information from practical research.

Following this specialist conference, we recommend attending the conference on spiritual deepening and the multiprofessional conference. In the multiprofessional conference, the conference topic will be discussed together with physicians and other therapists.

We look forward to seeing you!
Hana Adamcová, Ingrid Hermansen, Katharina Gerlach, Annette Weißkircher, Norman Kingeter, Rob Schapink

Conference languages DE / EN

12 Sept - Tuesday

**15.00 Joint start of the conference
Welcome**
Matthias Girke, Georg Soldner
Formation of the body - an instrument of destiny
Lecture *Karin Michael, Marion Debus*
16.30 Coffee break
**17.15 Prelude into the conference topic
Aspects of and background to the sound sequences from archival research**
Norman Kingeter, Rob Schapink
18.30 Evening break
**20.00 For all specialist conferences
When the body turns alien
Eurythmy therapy**
Katharina Gerlach
Psychotherapy and massage as developed by Dr Simeon Pressel
Thea Friemel
Painting therapy
Bernadette Gollmer
Conclusion with eurythmy

13 Sept - Wednesday

08.15 Artistic and meditative prelude
**09.15 Joint start in movement
Workshops on understanding and applying the sound sequences with case studies from practice**
10.30 Coffee break
11.15 The efficacy of the eurythmy therapy sequence TSRMA in allergic rhinopathy (research and practical experience)
Annette Weißkircher
12.30 Lunch break
15.00 Workshops on understanding and applying the sequence with case studies from practice
16.30 Coffee break
17.15 Further aspects on sound sequences
Annette Weißkircher, Norman Kingeter, Rob Schapink
18.30 Evening break
**20.00 For all specialist conferences
How the body becomes familiar
The embryonic envelopes
Birth**
Natalie Hurst
Daniela Zahl
Embodiment in childhood and adolescence
Jan Vagedes
Conclusion with eurythmy

14 Sept - Thursday

08.15 Artistic and meditative prelude
**09.15 Joint start in movement
Workshops on understanding and applying the sound sequences with case studies from practice**
10.30 Coffee break
11.15 Joint review and look ahead to the coming year
12.30 Lunch break

Factors of developmental psychology in the origin of autoimmune diseases – the breakdown of identity in soul and body in adolescence

The global rise of some autoimmune diseases affects childhood and adolescence already. The international specialist group of psychotherapists will address those disruptive and damaging influences in childhood and adolescence that can predispose to later illness. In particular, some barely visible educational errors lead to serious illness later on.

The manifestation of a somatic autoimmune disease depends on additional, individual factors. However, the same disruptive influences predispose to both psychosomatic and mental illnesses. Since the concern is particularly to uncover the hidden harms, the development in childhood and adolescence will be examined from a psychological, medical as well as educational perspective. We will also work on how effective prevention and therapy can be achieved through interdisciplinary cooperation.

The conference will be held both in person in the Terrassensaal and online. We would ask you in advance to excuse any unavoidable “hybrid side effects”. The conference language will be English. Translation into Spanish, Italian, Russian and German will be arranged. In order to participate in one of these other languages, in-person participants need a mobile phone with a Zoom app and earphones.

We look forward to seeing the diversity, colourfulness and vibrancy of the developing, still young discipline of Anthroposophic Psychotherapy and send greetings on behalf of the Umbrella Association of Anthroposophic Psychotherapy Societies!

Vasuprada Kartic Godavathy, Giovanna Bettini, Henriette Dekkers, Hartmut G Horn

Conference languages
DE/EN/RU/ES/IT

12 Sept – Tuesday

**15.00 Joint start of the conference
Welcome**

Matthias Girke, Georg Soldner

Formation of the body – an instrument of destiny

Lecture *Karin Michael,*

Marion Debus

16.30 Coffee break

17.15 Opening of psychotherapy-conference, introduction

Henriette Dekkers

Keynote presentation: Attacks on child development

Hartmut G Horn

Keynote presentation: Breakdown of identity in soul and body in adolescence

Giovanna Bettini

Work in small groups: Experiences from professional practice

Collation of responses by the organising committee

18.30 Evening break

20.00 For all specialist conferences

When the body turns alien Eurythmy therapy

Katharina Gerlach

Psychotherapy and massage as developed by Dr Simeon Pressel

Thea Friemel

Painting therapy

Bernadette Gollmer

Conclusion with eurythmy

13 Sept – Wednesday

08.30 Opening with mantra The South American Psychotherapy Conference ELAPA – the power of community building

Álvaro González, Patricia Botelho

Preview of the structure of the day

Henriette Dekkers, Hartmut G Horn

09.00 Second admission for in-person participants

09.15 Understanding deeper developmental needs of the first 21 years

Lecture with discussion

Adam Blanning

10.30 Coffee break

11.15 The global rise of autoimmune diseases – the mental vulnerability of children and young people

Keynote presentations

Vasuprada Kartic, Swapna Narendra,

Carlos Guio

12.30 Lunch break

15.00 Systematic disruption of development due to school constraints, smartphones, media platforms, advertising, consumption

The teacher Wilfried Kessler interviewed by Hartmut Horn

Questions from participants and discussion

16.30 Coffee break

17.15 The global rise of toxic stress and anxiety – General increase in mental disorders in children and adolescents – Approaches to healing

Meron Barak, Ioulia Ventouratou

18.30 Evening break

20.00 For all specialist conferences How the body becomes familiar

The embryonic envelopes

Natalie Hurst

Birth

Daniela Zahl

Embodiment in childhood and adolescence

Jan Vagedes

Conclusion with eurythmy

14 Sept – Thursday

08.30 Opening with mantra The healing effect of community building on the global disease of social isolation

Susan Overhauser

Preview of the structure of the day

Henriette Dekkers, Hartmut G Horn

09.00 Second admission for in-person participants

09.15 Presentation of the results of the work in small groups on Tuesday

Vasuprada Kartic, Henriette Dekkers,

John Lees

Worldwide initiatives for the return to health of body, soul and spirit in adolescence – Short presentations by: IYP Programme, Järna / SE

Henriette Dekkers

BD Youth Connect India

Vasuprada Kartic

YIAM Dornach

Matthew Mirkin, Giovanna Bettini

Freies Jugendseminar Stuttgart

Marco Bindelli, Hartmut Horn

10.30 Coffee break

11.15 Creating new community building in family systems – fostering social security and identity formation among adolescents

Henriette Dekkers

Review of the conference results, outlook

Henriette Dekkers, Hartmut Horn

The placenta - Tree of the whole of life

The child-to-be has a first house-building project - building the placenta. Their dwelling becomes part of themselves. It becomes their life. The placenta is created before the unborn and born after them. It is located in counterspace and in this way is connected with the other world. The working hypothesis for this conference is that the placenta with its envelopes remains active for humans in a differentiated and communicable way even after its organic disappearance. What effects of forces still remain part of us? We invite all midwives to look at, study and reflect on these issues in different ways. We wish you wonderful, busy and inspiring autumn days.

For the Association for Anthroposophic Midwifery and the International Coordination of Anthroposophic Medicine: Merja Riijärvi.

WS 1: Workshop for the exhausted and for all generations of midwives: "Drama and music". (Christian and Susann Breme) (DE/EN)

Christian Breme is a Waldorf teacher, sculptor and illustrator and the author of the play "The unborn make themselves known". It can be rehearsed and performed in a very short time even without acting experience. The play is based on the stories of parents and their dreams and waking dreams of the approaching being of the child. The cellist Gotthard Killian will participate in the workshop. There will be improvisation with voice and instruments. Music by Arvo Pärt will frame

Conference languages
see individual workshops

the production. Those who wish can bring their musical instruments along.

WS 2: Workshop for those thirsty for knowledge: "Textual work and art"

(Daniela Zahl and Georg Müller) (DE/EN)

Textual work and art on the subject of the placenta. How do we look at the embryonic envelopes? Where and how did Rudolf Steiner speak about this? What is the importance for us in the midwifery profession? In this group we will approach the topic through reflection and artistically. Georg Müller will guide us to the violet glass window in the large auditorium of the Goetheanum. The workshop is a unique opportunity to understand and incorporate the embryonic envelopes into our midwifery work. Literature for preparation.

WS 3: Workshop for practitioners. "Emergency management of the placental phases" (DE/EN)

There are transitions between physiology and pathology that can be identified. It is important to be alert here and, if necessary, to act appropriately. Such presence of mind can be specifically practised. What help does the child need and when? What to do if the child can no longer manage? What follow-up is required postpartum if the child has experienced an intrauterine placental emergency? Bring your experiences and insights and be inspired by each other. It will be highly interesting and specific.

WS 4: Workshop for cultural anthropologists and multiculturalists. "The cultural meaning of the placenta" (Merja Riijärvi, Carina Barreto) (DE/EN/ES)

The approach to the placenta differs in many cultures. While placenta burial often takes place in African countries, in Germany it mainly ends up

in the waste. In this workshop we want to look at how the placenta is approached in different cultures and thus develop a way of dealing with the placenta that is appropriate to its nature. What can we do as midwives to introduce a new understanding into society?

12 Sept - Tuesday

15.00 Joint start of the conference

Welcome

Matthias Girke, Georg Soldner

Formation of the body - an instrument of destiny

Lecture Karin Michael, Marion Debus

16.30 *Coffee break*

17.15 Start of specialist conference

Where are we?

About the Goetheanum and the Medical Section

Who are we?

Introduction of the participants and their fields of work

What are we doing here?

The workshops introduce themselves

Singing together

18.30 *Evening break*

20.00 For all specialist conferences

When the body turns alien

Eurythmy therapy

Katharina Gerlach

Psychotherapy and massage as developed by Dr Simeon Pressel

Thea Friemel

Painting therapy

Bernadette Gollmer

Conclusion with eurythmy

13 Sept - Wednesday

08.15 Artistic and meditative prelude

09.15 WS 1-4

10.30 *Coffee break*

11.15 WS 1-4

12.30 *Lunch break*

15.00 The lost half of the human being - The placenta of the unborn

Peter Selg

16.30 *Coffee break*

17.15 WS 1-4

18.30 *Evening break*

20.00 For all specialist conferences

How the body becomes familiar

The embryonic envelopes

Natalie Hurst

Birth

Daniela Zahl

Embodiment in childhood and adolescence

Jan Vagedes

Conclusion with eurythmy

14 Sept - Thursday

08.15 Artistic and meditative prelude

09.15 WS 1-4

10.30 *Coffee break*

11.15 Conclusion of conference

Impressions from the workshops and take-home message

The unborn make themselves known

A play by Christian Breme

Music by Arvo Pärt

Gotthard Killian, Cello

How do we heal – what is effective?

Conference languages DE / EN

“The will to heal cannot be achieved by an inner commandment, but can only be achieved by devoted behaviour of the soul in the world.”

Rudolf Steiner

Dear Colleagues,

We hereby warmly invite you to the international conference of Anthroposophic Body Therapy in interdisciplinary dialogue.

What can we do in the various body therapy methods to help our patients strengthen the immune system and prevent and treat autoimmune diseases?

How do we familiarise ourselves with the body?

In the first half of the conference, we will work together in small groups as well as in the plenary session on the basis of a case report from the spectrum of immunology. With practical exercises as well as demonstrations of treatment approaches, we want to promote reciprocal perception and individual professional exchange.

Adam Blanning will give a keynote lecture on the topic: “Being in harmony with oneself – How the lower senses in childhood support upright-ness for life.”

In the two units that follow, Hannie Bakker and Frank Slood will encourage us to look further: human physical development, its relationship with the development of the I in the biography and the associated development of immunity.

12 Sept – Tuesday

**15.00 Jointstart of the conference
Welcome**

Matthias Girke, Georg Soldner

**Formation of the body –
an instrument of destiny**

*Lecture Karin Michael,
Marion Debus*

16.30 Coffee break

**17.15 Joint start
with all the methods:**

**Presentation of a case
report from the spectrum
of immunology**

**Method-internal small groups:
For this case report we want
to design a model treatment plan
with the therapists present
(within the method).**

Moderator: Almut Steyer

18.30 Evening break

**20.00 For all specialist
conferences**

**When the body turns alien
Eurythmy therapy**

Katharina Gerlach

**Psychotherapy and massage as
developed by Dr Simeon Pressel**

Thea Friemel

Painting therapy

Bernadette Gollmer

Conclusion with eurythmy

13 Sept – Wednesday

**08.15 Artistic and meditative
prelude**

**09.15 Demonstration of the
developed treatment plan:
Anthroposophical massage
therapies (e. g. rhythmical mas-
sage therapy and massage as
developed by Dr Simeon Pressel)
followed by a discussion about
the mechanisms of action**

Moderator: Martina Frey

10.30 Coffee break

**11.15 Demonstration of the
developed treatment plan:
Anthroposophical movement and
balneotherapies
(e. g. Bothmer® therapy and
Spacial Dynamics®) followed by
a discussion about the mecha-
nisms of action**

Moderator: Gudrun Rehberg

12.30 Lunch break

**15.00 Demonstration of the
developed treatment plan:
Chirophonetics, anthropofonet-
ics, colour meridian therapy, etc.
followed by a discussion about
the mechanisms of action**

Moderator: Almut Karges

16.30 Coffee break

**17.15 Keynote presentation
“Being in harmony with one-
self – How the lower senses in
childhood support upright-ness
for life.”**

Adam Blanning

18.30 Evening break

**20.00 For all specialist
conferences**

**How the body becomes familiar
The embryonic envelopes**

Natalie Hurst

Birth

Daniela Zahl

**Embodiment in childhood
and adolescence**

Jan Vagedes

Conclusion with eurythmy

6th International Congress of Anthroposophical Dentistry

Oral health and immune system

We look forward with great pleasure to welcoming the participants at the 6th International Congress of Anthroposophical Dentistry.

On this occasion it will have a different format from the previous ones. The event will take place at the Goetheanum in Dornach, Switzerland, as part of the annual conference of the Medical Section of the School of Spiritual Science.

The scientific program for the dentists will have lectures by distinguished professionals from different countries.

It will be a memorable meeting: dentists, physicians and other anthroposophical healthcare professionals in joint activity at the Goetheanum as part of the commemoration of 100 years of the Christmas Conference (1923-2023), holding the 6th International Congress of Anthroposophical Dentistry.

The main theme will be the relationship between oral health and the immune system.

The lectures will be of interest to dentists, as well as physicians and therapists in general, with

content that will make a positive difference in daily personal and professional life.

"Anthroposophical dentistry expands the understanding of the forces that simultaneously form nature, the human being and the teeth, providing a basis for more comprehensive therapies."

In anthroposophical dentistry we see each patient as a being on an evolutionary path requiring integrative treatment also in relation to oral care.

We invite everyone to this unique event. We will exchange experiences and establish a healthy, scientific and practical dialogue about anthroposophical dentistry in its current situation and stage of development in different countries around the world.

Together we will strengthen the knowledge already acquired on this journey; we will improve, build or renew the connections between us, making our friendship stronger.

We look forward to seeing you.

*Celia Lulo, Alessandro Vannini, Juliana García,
Camila Contreras, Stefano Milani*

Conference language
EN

12 Sept - Tuesday

15.00 Joint start of the conference
Welcome

Matthias Girke, Georg Soldner

Formation of the body - an instrument of destiny

Lecture *Karin Michael, Marion Debus*

16.30 Coffee break

17.15 Germany

Fear and how to overcome it in dentistry

Rudolf Völker

Periodontitis and diabetes - a look from the point of view of the fourfold human organisation

Martin Zimmermann

18.30 Evening break

20.00 For all specialist conferences

When the body turns alien

Eurythmy therapy

Katharina Gerlach

Psychotherapy and massage as developed by Dr Simeon Pressel

Thea Friemel

Painting therapy

Bernadette Gollmer

Conclusion with eurythmy

13 Sept - Wednesday

08.15 Setting the mood for the day

09.15 Chile

"Molar incisor hypomineralisation"

Ana Maria Toro

The oral cavity, an important site of immunological surveillance

Nair da Fonseca

10.30 Coffee break

11.15 Argentina

Development of teeth and jaws: reflex of the organisation of the self

Fabiola Limardo

Surgical clinical case, treated under an anthroposophic dental approach and use of dynamic natural medication

Miguel Facal

12.30 Lunch break

15.00 Spain

Strengthening the self through active subtle perception of dental contacts and balanced dental occlusion

Dolores López del Jesús

Effect of light and oxygen as physical-chemical agents over the structure of matter

Judith Ghelfo

16.30 Coffee break

17.15 France

Immunity and Mars' strength

Leandro Caubet

Twins: Individuality, immunity and autoimmune diseases - oral and dental manifestations

Olivier Coutris

18.30 Evening break

20.00 For all specialist conferences

The Body and I

The embryonic envelopes

Natalie Hurst

Birth

Daniela Zahl

How an individuality embodies

Jan Vagedes

Conclusion with eurythmy

14 Sept - Thursday

08.15 Setting the mood for the day

09.15 Italy

Missing teeth and cognitive disease

Stefano Milani

Relationship between teeth and cognitive functions: the second dentition

Alessandro Vannini

10.30 Coffee break

11.15 Brasil

Dental treatments from an anthroposophical view

Celia Lulo, Leonardo Figueiredo

12.30 Lunch break

Artistic and meditative prelude

20

Wednesday to Sunday,
always at 08.15–09.00

M1 Spacial Dynamics® (DE/EN)

Body and I – starting the day in a fresh and dynamic way with movement exercises and ideas from Spacial Dynamics®.

Jaimen McMillan, Christina Spitta

M2 Morning meditation (DE/EN)

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

Prof Dr med David Martin, Dr med Silke Schwarz

M3 Eurythmy (DE)

“... I'm constantly coming and going ...”.

Minor and major in musical eurythmy therapy

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

Andrea Scheer-Nagy

M4 Singing in the western stairwell (DE/EN)

This course is for everyone who would like to sing! Singing brings us into contact with ourselves, with our voice as our very own potential. In the course you can experience how choral singing can playfully and largely unconsciously convey community-building resonance on a so-

cial, spiritual and on a functional-organic level. Exercises from the school for uncovering the voice of Valborg Werbeck-Svårdström stimulate the perception of tone, breathing and sounds and enliven the voice and strength immunity.

Viola Heckel

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

Through simple exercises, we will explore the question of whether Bothmer® gymnastics can strengthen the immune forces.

Please bring eurythmy shoes.

Gudrun Rehberg

M6 Loheland gymnastics (DE/EN)

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

Sabine Podehl, Simone Koring

Spiritual deepening Workshops and Class lessons

21

Thursday, 17.15–18.30 /
Friday, 09.15–10.30

The two units of the workshops
build on one another.

1. The meditations of the 11th lecture of the meditative path of knowledge of the Michael School (DE) (For members of the first class of the School of Spiritual Science)

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

Dr med Matthias Girke

2. The meditations of the 11th lecture of the meditative path of knowledge of the Michael School (EN) (For members of the first class of the School for Spiritual Science)

Free-form class lecture on Thursday with conversation on the meditations of the 16th class lecture on Friday.

Adam Blanning MD

3. Forming the Temple (DE / EN) (For members of the first class of the School of Spiritual Science)

We will move the essential content of Rudolf Steiner's 11th class lesson together and in doing so also apply ideas and exercises from Spacial Dynamics®.

Jaimen McMillan, Christina Spitta

4. Gospel work (DE)

This year in our work on spiritual deepening we want to look at the topic of community building in the Gospels and Luke's Acts of the Apostles. We are guided by the question of the spiritual dimension of the community and its significance for the art of healing. To this end we will deepen selected text passages in a joint dialogue. The goal is to

recognise where and in what form community building is described in the Gospels. In doing so, we can experience that in working together on and with these texts, community building also begins on a higher level.

Georg Soldner, Dr med Jan Vagedes

5. Getting to know Vidar as a guide in the etheric (EN)

The new archangel once known by the name Vidar provides the etheric sheath for Christ in our time. This being has been an important figure in ancient mysteries and is an important figure in the future mysteries which already begin. How can we develop a relationship to this being? The activity of Vidar throughout the ages will be explored along with his activity in our time, including his relationship with Michael and Christ. Vidar is known not only in Norse mythology as the silent Aesir who overcomes the Fenris Wolf (Ahriman), but also as the angel of Gautama Buddha (see GA 121).

Susan Overhauser PhD

6. Recollection, stillness of soul and imagination (DE)

We want to work with and on the three prompts to practice of the Foundation Stone Meditation “Practice spirit recollection – Practice spirit contemplation – Practice spirit vision”. It is about remembering and forgetting, stillness of soul and movement of soul, and about becoming conscious of imaginations.

Rolf Heine

7. Foundation Stone Meditation (EN)

Exchange after motion research in the three cosmic planes. Because of their relationship with our willing, feeling and thinking, we can connect here with the magic powers of depth, circumference and height. In the horizontal plane, the great secret lies in the attunement between lungs and heart, where cosmic rhythms connect with pulse and blood rhythm. In the rhythm of the solar year, the small human breath rhythm is harmonically connected with the greatest rhythm of the world breath. "For Christ's will rules in the surrounding sphere / Granting grace to souls in cosmic rhythms".

Hannie Bakker

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

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

Dr med Marion Debus

9. Introduction to the School of Spiritual Science (EN)

The working group is intended for anyone who wants to get acquainted with the School for Spiritual Science and the path of schooling within the class lessons. Previous experience is not required.

Michelle Vette

10. Guided tour of the Rudolf Steiner Atelier – October 1924 to March 1925

(DE, Thursday only)

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

the historical events, of his dying and death.

Prof Dr med Peter Selg

11. Rudolf Steiner Atelier, October 1924 until March 1925 (EN, Friday only)

Meditative reflection on Rudolf Steiner's last period of life, his works and intentions as well as his accompaniment by Ita Wegman at the place of the historical event, his death and dying.

Prof Dr med Peter Selg

Multiprofessional conference Workshops

**Friday, 17.15–18.30 /
Saturday 11.15–12.30 and
17.15–18.00**

The units of each workshop
build on one another.

12. Type 1 diabetes as an autoimmune disease – What is helpful from the perspective of those affected? (DE)

People with autoimmune type 1 diabetes are dependent on self-dosing their insulin substitution – a full-time job – for the rest of their lives; other areas of life can easily be neglected. Approx. 380,000 people are currently living with this diagnosis in Germany, and the trend is rising sharply! We would like to exchange ideas about ways to reduce the risk of the disease and its many sequelae. What do those affected want from anthroposophically working physicians and therapists? What is your experience with this disease? We present two interprofessional, multimodal, anthroposophically inspired concepts – for children and adolescents and for adults. We look forward to your feedback!

Dr phil Bettina Berger

13. Long Covid and post-vac syndrome – a therapeutic challenge in the interdisciplinary setting (DE/EN)

Long Covid and post-vac syndromes represent immunological dysregulation in response to the SARS CoV-2 virus or their spike protein epitopes upon vaccination. The clinical spectrum ranges from headaches, joint and limb pain to neurological disorders, cardiac and pulmonary changes, ME / CFS and severe muscle disorders. This leads to the formation of adrenergic agonistic autoantibodies (GPCR AA) and microthrombotic organ

damage. In this interdisciplinary seminar, we want to report on our therapeutic experiences with the various symptom patterns using anthroposophic medicines, mistletoe, immune adsorption and H.E.L.P. apheresis, whole-body hyperthermia, therapeutic eurythmy and art therapies, and enter into an exchange of experiences with you as colleagues.

Philipp Busche, Prof Dr Harald Matthes

14. Sepsis and inflammation: bases of understanding and anthroposophical medical therapy (DE)

Sepsis is a severe, increasingly frequent and life-threatening disease caused by infections with bacteria or fungi. What causes a local infection to develop into a hyperinflammation that endangers the entire organism? How can we understand this pathology in greater depth? What can help to prevent the development of severe sepsis and how can it be treated by anthroposophical medicine once it is here? What is helpful for a comprehensive recovery and convalescence? What role do the various anthroposophical medical therapies (medication, external applications, rhythmical Einreibung / massage, eurythmy therapy, art therapy ...) play in the different phases? We intend to explore these questions in the workshop. It is primarily aimed at physicians and nursing professionals, but is also open to other interested therapists.

Dr med Thomas Breittkreuz, Sigune Singer-Bayrle

15. Perioperative changes of the immune system (DE)

An invitation from the Anthroposophical Perioperative Medicine Working Group: The immune system undergoes major changes perioperatively, which can be of decisive importance for the postoperative outcome. In the first part we want to deal with the question of the influence of surgery and anaesthesia on the immune system and which special features we see in the perioperative structure of the human constitutional elements. What can organ loss or implants mean for this structure? In the second part we will ask specialists about perioperative topics such as nutrition and microbiome, antibiotic administration and changes in meridian flow, and in the third part we will look at therapeutic options from different professions.
Dr med Luisa Peter, Dr med Sonny Jung

16. FeverApp and FeverFriend app: Workshop to optimise them for global effectiveness, including the own experiences of participants (EN)

In almost every place in the world, the management of fever is characterised by excessive use of medication and irrational fears. On the other hand, there is a lack of awareness of danger. Many families practice a management that appreciates fever as support for the immune system - and consume highly significantly fewer antibiotics and antipyretics with higher satisfaction. With this in mind, David Martin and Henrik Szőke have developed a program to optimize the management of fever worldwide. (www.feverapp.de, www.feverfriend.eu) In the workshop we will share the results of the last years, collect personal experiences with the participants and develop ideas to optimise the apps for a worldwide application.
Prof Dr med David Martin, Dr Henrik Szőke PhD

17. The development of the immune system in the context of nutrition and the microbiome (DE/EN)

There is no doubt that the development and function of the immune system is related to our microbiome, which in turn is related to nutrition. A varied diet with fresh fruit and vegetables, high-quality oils and no additives promotes a high diversity in the microbiome and thus a high level of immunological competence. Similarly the quality of the food, the way it is grown and even the microbiome of the soil have a decisive influence. We focus on the connections of caring for the earth, plants and animals with nutrition, strength and health. There are specialist inputs, discussions and exercises.

Dr med Karin Michael, Dr Jasmin Peschke

18. Potentised organ preparations in the treatment of autoimmune diseases (DE/EN)

In the treatment of autoimmune diseases, the potentised organ preparations of Anthroposophic Medicine have proved to be valuable medicinal products. In the workshop, Markus Sommer and Georg Soldner report on this topic from their many years of practical experience. The workshop offers opportunities for an exchange of views and a deeper understanding of this therapeutic option. Reports from own experience can be contributed as well as questions about own patients.

Georg Soldner, Dr med Markus Sommer

19. Spirituality and its impact on the immune system with a focus on oncology (DE/ES)

What experience have we gained in this regard in our work? How can we support people to whom their own spirituality is still alien or not accessible? The field of oncology in particular needs

to deal with these experiences. In my work I experience that the creative process can be in the creatively artistic sphere as well as in the insight into new thoughts, which open up this space of spirituality in the person and thereby have an immunologically strengthening effect. We will immerse ourselves in the topic in dialogue and with simple eurythmy exercises that are manageable for everyone. "The person who does not drink, eat or breathe dies, the person who does not perceive their spirituality falls ill or dies!" - to summarise Willigis Jäger.

Joseph Ulrich, Susana Ulrich

20. Autoimmune diseases and their treatment with important anthroposophic remedies (EN)

Through phenomenological observations and demonstrations of important healing substances and their pharmaceutical transformation in anthroposophic remedies, we try to build up an inner picture of healing remedies. A deeper understanding of their effects should be gained based on impressive experiences and case reports with these remedies that work in the threefold human organism.

*Kan-anek Kaewthaweesab MD MSc,
Albert Schmidli*

21. Hay fever in movement (DE/EN)

Allergic rhinitis is the most common allergic disease. Interactively, we move exercises from eurythmy therapy, work on aspects of the understanding of the human being and present research on the topic. Comfortable shoes and clothing are advised.

*Dr Katharina Gerlach, Dr med Markus Krüger,
Prof Annette Weißkircher*

22. Speech and bowel - On the interdisciplinary treatment of ulcerative colitis and Crohn's disease through integrative gastroenterology and therapeutic speech (DE)

Chronic inflammatory bowel diseases can be physically explained by a kind of immunological dysregulation. Central to the patient's experience is the healthy integration of the lower human being. In the three units, we take an interdisciplinary approach to understanding and treating these increasingly common disease entities. Starting from the typical phenomena of how they manifest, we translate two essential concepts of Anthroposophic Medicine into practice by means of exercises and patient examples.

Dr med Leonhard Knittel, Dietrich von Bonin

23. Positive health in biographical perspective (NL/EN)

Last year Machteld Huber opened the conference with the topic Positive Health and showed us the spider web diagram she developed as a conversation tool. Human autonomy is central to this. I use this same spider web model in my 'Positive health in biographical perspective' courses. Here the participant examines his/her health potential in a group setting. Each time we treat one of the six themes: bodily functions, mental well-being, meaning, quality of life, participation and daily functioning. On the basis of questions per topic about the past, about the present and what the improvement wishes are per topic, participants arrive at new steps to improve their health. The working method is that participants first write down the answers to the questions, and then read it aloud to the group. A maximum of listening and a minimum of reacting is the rule of the game and

offers a safe setting. This workshop offers an experience with this course concept.

Hannie Bakker, Frank Sloot

24. Not all warmth is the same - How do warmth therapies differ qualitatively? (DE/EN)

Mistletoe therapy and whole-body hyperthermia were developed simultaneously in the twentieth century. Both are used not only in cancer therapy, but also in numerous autoimmune diseases. Oil dispersion baths and local heat applications are also effective for autoimmune diseases. How do these therapeutic approaches differ - how can they support each other?

Dr med Marion Debus, Rolf Heine, Ute Heitz, Beate Motte

25. The spleen in Anthroposophic Medicine - Spiritual scientific understanding of the organs, current physiological research and therapeutic aspects (DE/EN)

The spleen - as a central organ of the immune system - has been perceived as a "mysterious organ" for thousands of years. In this workshop we want to develop Rudolf Steiner's understanding of the spleen by means of keynote contributions and deepen it with the help of scientific studies. Together we will work out consequences for therapeutic practice up to and including concrete remedies. In this context we will also turn to the "spleen massage" with its indication and execution.

Dr med Johannes Weinzirl, Dr med Tom Scheffers

26. Biography work in the house of our life strengthens our experience of self and our sense of community (DE/EN)

We are increasingly losing the ground under our feet that until recently we took so much for grant-

ed. Biography work in the house of our life represents a contemporary opportunity for self-knowledge through which we gain deeper insights into personal biographical connections. The golden thread of life becomes visible, this leads to a deep self-identification. This conscious, appreciative relationship with our self strengthens our own immunity and effectively protects against autoimmune diseases. At the same time it becomes clear that nothing would have come into being without the encounter with other people. This insight can lead to a shaping of the future from out of the I, which shapes the community with other people and thus the connectedness with the spiritual world more consciously. Keynote presentation on the topic. Deepening: first, through biographical self-knowledge and exchange of ideas in groups of two; second, through an artistic group exercise, the power of community building can be experienced directly.

Dr med Susanne Hofmeister, Karin Jarman

27. Questions of the Heart (EN)

Our workshop will be based upon the 'Course for Young Doctors' which was given by Rudolf Steiner in 1924, a series of lectures that we are working with in preparation for the 100th anniversary in 2024. In the workshop we will compare the young people's questions from the last century with our own questions today and strive to find Rudolf Steiner's answers within the course. What interests us particularly is the confrontation with materialism in medicine, and how we can develop a more spiritual, 'heart' medicine which recognises the individual and karma. We are not experts on this but want to share questions and ideas, and hopefully get into stimulating discussions.

Demi Franco, Matthew Mirkin, Tania Prince, Dr med Sophia Wittchow

28. Autoimmune diseases in rheumatology (DE)

We will look at the spectrum of autoimmune diseases and their spiritual scientific understanding. Important questions relate to the biographical contexts that lead to the body becoming alien. From the work of the Anthroposophical Rheumatology Working Group of the Medical Section, the therapeutic possibilities and clinical experiences will then be presented and worked on. How can we support the harmonious interaction of the human constitutional elements? What inner developments can be observed on this path? We look forward to the multiprofessional exchange of ideas on these challenging topics.

Dr med Matthias Girke

29. Creating bridges between osteopathy and art as prevention and treatment of autoimmune diseases through a fourfold view of the human being (EN/ES)

The workshop is based on the deepening of osteopathic practice in combination with art therapy, creating an exchange of balance between the different suprasensitive bodies in the prevention and treatment of autoimmune diseases. Practical application tools will be presented to strengthen the immune system, considering spiritual development and evolution.

Paul Chaplin, Myriam Orrillo

30. Spiritual potential and its influence on self-identification and immune system (EN/RU)

A human being is an individual spirit. This means that individuality has the power to define his or her own life by determining life goals and setting the boundaries of consciousness and its content,

and these ground the health at the body level because of the integrity of human being. To realise this spiritual power is not only the possibility but the important task of human development. If it is not fulfilled the integrity of human sheaths cannot be kept and this can lead to addiction at the soul level or to autoimmune disease at the body one. At the workshop we will consider an addiction process and the cases of computer addiction and autoimmune thyroiditis with psychotherapeutic approaches to the treatment.

Tatjana Pavlova

31. Activating individual aptitude for self-regulation (DE/FR/RU)

In the simple applications of Elemental Health Care developed by Erna Weerts®, the focus is on the individual person with their own aptitude for self-regulation. This is strengthened and vitalised through the stimulation of the body's own living warmth and minimal movement with its reflexive effects. All applications can be easily integrated via self-care into family care as well as into interdisciplinary forms of therapy. In addition to practical self-experience, examples from the clinical field and the special school sector will be discussed.

Dr rer medic Ute Köncke, Martina Lechtape

32. Own or alien? (DE/EN)

Can my own interaction with my surroundings have an influence on my health - especially the distinction between what I want to take in / accept and what I don't? We will explore this question together, using patient examples (on the topic of autoimmune thyroid diseases) and ideas and exercises from Spacial Dynamics®.

Gabriele Hurter, Jaimen McMillan, Christina Spitta

33. Systemic deployments, a possibility for strengthening and developing the immune system in adults (DE/EN)

A healthy immune system develops in the first three periods of seven years. The inherited body at birth is individualised at all levels at the age of 21. This process often fails to succeed fully: various organs and organ systems can become the cause of autoimmune diseases. Inhibiting factors for the individuation of the body are very varied. Hereditary or familial predispositions to disease, unhealthy living conditions and traumatic events can destroy the proper incarnation process of soul and body down into the organs. The work with systemic deployments concerning the first three seven-year periods can free entrapments in the etheric body that arose in youth and make a further development of the immune system possible. A workshop with deployments and eurythmy healing exercises for the immune system. *Hilda Boersma, Marieke Krans*

34. On a future mystery medicine: the body as temple (DE/EN)

“And a real start was made in giving medicine a truly new form” - as the physician Ita Wegman noted in her notebook 100 years ago after the Summer School in Penmaenmawr in Wales in August 1923. And further: “The mystery principle is that we learn to think pictorially, that events in the whole universe are grasped in images, thus also healing in the cosmos and healing in the microcosm which is only a picture of the macrocosm. The images then have to be brought together in meditations.” In this multiprofessional specialist course we want to address the evolutionary development of the human body and the relationship between microcosm and macrocosm

in relation to the human being and their body from the perspective of spiritual science. From whom and for whom is this “temple”? How have organs developed - and how will they continue to do so? What are our tasks in the therapeutic community in this respect? As a multiprofessional team, we want to approach these questions together with you - interactively through eurythmy, art appreciation and keynote contributions. The discussion will take place in small groups and in plenary work.

Angelika Stieber, Diethard Tauschel

35. Raphael - Inspirer of the new mysteries of the art of healing (EN)

Disease and destiny are indissolubly connected. Through the practice of hygienic occultism, it will be possible in the future to avoid all diseases that are not in our destiny, through conscious work on individual and social development. Raphael serves Christ by inspiring people to learn to link their salvation with the salvation of all humanity. The workshop will focus on how we can realise these ideals in our daily lives. In each session, through demonstration and self-experience of external applications, there will be contributions of care practices from anthroposophic nursing which demonstrate and support the healthy unfolding of the immune system.

Dr med Michaela Glöckler, Ursi Soldner, Elizabeth Sustick

36. The biology of autoimmune diseases as traces of the spirit in the body - physiopathology, salutogenesis and treatment (FR/EN)

The immune system is more than an organ of defence. Before it can defend, it must be able to distinguish the self from the non-self. On the bi-

ological level, the immune system is an organ of self-recognition: in order to recognise the other, the epitope, it must at the same time recognise the self, the idiotope. In the encounter with the other, self-recognition becomes possible due to the “inner images of the universe”. It is this art of encounter that is impaired in autoimmune diseases and that should be supported by salutogenic therapies adapted to each case.

Dr med Robert Kempenich

37. Therapeutic eurythmy for animals (DE/EN/IT)

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

Christine van Draanen, Dr med vet Sabrina Menestrina

Finding the gems - Workshop for midwives

Midwives did not offer their own workshop in this multiprofessional conference. Nevertheless, many topics in the conference programme and in the workshops are also of great interest for midwives. As participants in the conference, we therefore want to distribute ourselves among the various workshops and participate in them from a midwifery perspective. To prepare this aspect, we will meet before the actual conference on 4 September 2023 from 19.00-21.00 for an online workshop. When registering for the conference, please register for a workshop (12-36) in which you would like to participate from a midwifery

perspective. At the same time, register by email **for the online workshop** with **Merja Riijärvi** (merja.riijaervi@medsektion-ikam.org). You will then receive the access information. The online meeting will be held in German. After the conference, we plan to meet again online on 9 October 2023 from 19.00-21.00 to share our insights and experiences.

Merja Riijärvi

Scientific poster presentation

30

Friday, 14.00-14.45 and
Saturday, 13.30-14.15

Dear Colleagues,
dear Friends,

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

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

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

Thank you in advance for your contribution.

Kind regards,
Matthias Girke, Georg Soldner, Dagmar Brauer

Participants

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

Poster abstract

The one-sided abstract to be submitted should include:

1. Title
2. Name, title and institution of the authors
3. Background and question
4. Material and methods
5. Results
6. Discussion and conclusions
7. References

It is planned to publish the abstracts after the conference in the journal *Der Merkurstab* under the heading "Berichte aus Wissenschaft und Forschung" (Science and research reports). It is therefore important that you follow the above guidelines.

Abstract submission

Please send your abstract no later than 15 August by e-mail to dagmar.brauer@medsektion-goetheanum.ch

Poster size and orientation

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

Registration for conference

31

We look forward to your personal participation at the Goetheanum for the annual conference of the Medical Section. The conference is divided into three parts - specialist conferences of various professional groups in Anthroposophic Medicine; the spiritual deepening of our conference topic; and, in conclusion, the multiprofessional conference which brings the three parts of the conference together.

We would, of course, be delighted to welcome you as guests for the whole of the conference.

However, you can also register for the individual parts or combinations thereof.

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

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

Price structure of the annual conference of the Medical Section 2023

Booking of *all conference parts* from 12 to 17 September 2023 (with discount for booking the whole conference; lunches are included in the prices):

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

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

Part 1 Specialist conferences

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

Part 2 Spiritual deepening

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

Part 3 Multiprofessional unit

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

Registration

in German:

goetheanum.ch/de/veranstaltungen/ms-jahreskonferenz

Registration

in English:

goetheanum.ch/en/events/ms-jahreskonferenz

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