



Online Research Conference

Medical Section
at the Goetheanum

“Regulation,
Rhythm and Health”

March 5–6, 2021

Goetheanum

Dornach, January 2021

Dear Researchers, dear Colleagues

We cordially invite you to our research conference from March 5 to 6, 2021, with the title "Regulation, Rhythm and Health". Due to the Covid-19 restrictions this research conference will be held online (in English).

What is health? What does it mean to study the living body in basic or clinical research? How can we involve patients' needs and resources in daily care?

The intention of this conference is to exchange health research concepts and methodologies in different settings and to compare different approaches to health. We will meet online international researchers from the field of salutogenesis and hygiogenesis, as well as philosophers and basic researchers in chronobiology, and a group of young researchers.

Please feel invited and join us as a researcher, scientifically interested medical doctor or student, nurse or health professional.

For the Research Council

Prof. Dr. Ursula Wolf

Coordinator

Prof. Dr. Erik W. Baars

Coordinator

Dr. phil. Bettina Berger

Conference Preparation Team

PD Dr. med. Matthias Kröz

Conference Preparation Team

Dr. med. Friedemann Schad

Conference Preparation Team

Dr. med. Matthias Girke

Head of the Medical Section

Georg Soldner

Deputy Head of the Medical Section

Friday, March 5

15.00 **Welcome**

Welcome by Georg Soldner

15.10 **Introduction to "Regulation, Rhythm and Health"**

Matthias Girke

Moderation: Ursula Wolf

15.30 **Basic insights into biological rhythms**

Carsten Gründemann

16.15 **Explaining physiological regulation through the integration of conventional science and anthroposophic spiritual science**

Erik Baars

17.00 Short break

Moderation: Matthias Kröz

17.30 **Heart rate variability and sleep**

Dirk Cysarz

18.15 **How to measure adaptation and how to evaluate normalization**

Christoph Gutenbrunner

19.00 Evening break

Moderation: Georg Soldner

20.00 **Cyclical and linear time – conflict and balance**

Thomas Fuchs

21.00 End

Saturday, March 6

Moderation: Bettina Berger

- 08.30 **Eurythmy**
Katharina Gerlach
- 09.00 **From concept to clinical outcome – autonomic regulation. An overview**
Matthias Kröz
- 09.45 **Sense of coherence and its impact on health**
Bengt Lindström

10.30 Short break

Moderation: Friedemann Schad

- 11.00 **Awe and gratitude. Experience spirituality – talk about it – investigate it**
Arndt Büssing
- 11.45 **Health competencies and personal growth**
Bettina Berger

12.30 Lunch break

Moderation: Beate Stock-Schröer

- 14.30 **Junior researchers' presentations**

15.45 Short break

Moderation: Erik Baars

- 16.15 **Variations of melatonin production during two sunspot cycles:
examples of cosmic influences on living organisms**
Christian Bartsch
- 17.00 **What does it mean - health? And how to promote and measure it?**
Machteld Huber

18.00 Evening break

- 19.00 **Breakout Rooms**
Discussion in small groups via separate Zoom links
- 19.30 **Plenary Discussion what is health? Summary and Perspectives**
Moderated by Ursula Wolf, Erik Baars and Georg Soldner

20.30 *End*

List of speakers

Prof. Dr. Erik W. Baars, MD, PhD, MSc Epidemiology

Medical doctor and epidemiologist. Has worked in anthroposophic healthcare for more than 16 years and is senior healthcare researcher at the Louis Bolk Instituut (Netherlands). Since 2007 he has been a professor of Anthroposophic Healthcare at the University of Applied Sciences Leiden (Netherlands). Erik Baars has more than 250 publications to his name. Together with Prof. Peter Kooreman he received the "Excellence in Integrative Medicine Research Award" (category 'clinical research') from the European Society of Integrative Medicine. He is also an editorial board member for the scientific journals Healthcare and Medicines.

PD Dr. rer. nat. Christian Bartsch

Tübingen Interfaculty Institute of Biochemistry. Has been performing research together with his wife, Dr. rer. nat. Hella Bartsch, on the link between the pineal gland and cancer ever since 1975. They started their research during a five-year stay at the All India Institute of Medical Sciences, New Delhi, India. Within the last 20 years a close cooperation has developed with the Forschungsinstitut Havelhöhe, Berlin (Germany), working on cancer-related fatigue.

Dr. phil. Bettina Berger

Studied Theology and Anthropology, Development, Realization and Evaluation in the first program in scientific competencies for medical lay persons between 2002 and 2010. Thesis in Health Sciences, Hamburg 2008 (Prof. Dr. I. Muehlhauser), Senior researcher, Member of the Chair of Medical Theory, Integrative and Anthroposophic Medicine, Faculty of Health at Witten/Herdecke University. Research topics include personal growth and biography, Rubicon, Integrative health competencies for patients with chronic diseases, first-person perspective, Integrative Type 1 Diabetes, qualitative methods. Member of the advisory board of the patient and citizen association "Gesundheit Aktiv".

Prof. Dr. med. Arndt Büssing

Professor for quality of life, spirituality and coping at Witten/Herdecke University, and associated as a research professor at IUNCTUS - Competence Center for Christian Spirituality at the Philosophical-Theological University of Münster since 2016. His research interests focus on the importance of spirituality as a resource and on the support of the spiritual needs of people in stressful situations. He is co-editor of the German Journal for Oncology, on the editorial boards of the journal Spiritual Care and Journal for the Study of Spirituality, and Editor-in-Chief of the journal Religions.

Prof. Dr. rer. nat. Dirk Cysarz

Physicist specializing in physiologic time series analysis applied to chronobiological oscillations of physiologic functions in health and disease (e.g. heart rate variability and coordination of heartbeat and respiration). He earned his PhD in 2003 and his habilitation in 2011. He has held the Professorship for Rhythm Research and Therapeutic Physiology with a focus on Anthroposophic Medicine at Witten/Herdecke University (Germany), since 2017.

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Prof. Thomas Fuchs, MD, PhD

Karl Jaspers Professor of Philosophy and Psychiatry at Heidelberg University (Germany). His main areas of research include phenomenological philosophy and psychopathology, embodied cognitive science, and interactive concepts of social cognition. He is editor-in-chief of *Psychopathology* and president of the European Association of Phenomenology and Psychopathology.

Recent book: *Ecology of the Brain. The Phenomenology and Biology of the Embodied Mind*. Oxford University Press, 2018.

Dr. Katharina Gerlach

Eurythmy therapist. Dissertation on documentation of movement-oriented mind-body therapies at Witten/Herdecke University (Germany). Scientific associate at the Research Institute (RIArT) and at the Institute for Eurythmy Therapy, Alanus University of Arts and Social Sciences (Germany). Member of IKAM/Eurythmy Therapy. Own practice at Therapeutikum Krefeld. Her main therapeutic topics are neurological diseases, exhaustion and depression issues, and diseases of the musculoskeletal system.

Dr. med. Matthias Girke

Specialist in Internal Medicine, Palliative Medicine, Diabetology, Anthroposophic Medicine. Co-founder of Gemeinschaftskrankenhaus Havelhöhe Berlin (Germany). Co-founder and a member of the board of DAMiD, the umbrella organization for Anthroposophic Medicine in Germany. Member of the Board of the Association of Anthroposophic Physicians in Germany. Head of the Medical Section of the School of Spiritual Science at the Goetheanum (Switzerland) since 2016. Member of the Executive Council of the General Anthroposophical Society since 2017.

Prof. Dr. rer. nat. PD Carsten Gründemann

Carsten Gründemann earned a diploma degree in biology at the University of Tübingen (Germany) in 2004 and finished his PhD thesis in 2009. He established an independent preclinical research group at the Medical Center – University of Freiburg (Germany) in 2009 and received the *venia legendi* in 2016. He further created the Division of Anthroposophic Medical Research there and now he is Professor of Translational Complementary Medicine at the University of Basel (Switzerland). Besides fundamental research, he is also involved in the application and commercialization of research outcomes.

Professor Christoph Gutenbrunner, MD, PhD, FRCP

Specialist in Physical and Rehabilitation Medicine and full professor at Hannover Medical School. He is head and academic chair of the department of Rehabilitation Medicine. He is Managing Director of the Coordination Centre for Rehabilitation Research. His clinical work is in acute rehabilitation, musculoskeletal medicine and pain rehabilitation. His research is on physiological mechanisms of physical medicine interventions, evaluation of complex rehabilitation programs, as well as on definitions and new concepts in health-related rehabilitation. Active in a number of international projects for the implementation of rehabilitation services in health systems, e.g. in Abu Dhabi (United Arab Emirates), Egypt, Ukraine, Korea and China. He is a member of many national and international scientific organisations and held multiple leading positions. He is honorary fellow of the Royal College of Physicians (London). He was president of the 2015 World Congress of the International Society of Physical and Rehabilitation Medicine. He was Chair of the ISPRM-WHO-Liaison Committee of the International Society of Physical and Rehabilitation Medicine and main WHO Liaison from 2010 to 2018. At present, he is Past-President of the German Society of Physical and Rehabilitation Medicine (DGPRM) and president of the Global Rehabilitation Alliance (GRA).

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Machteld Huber, MD, PhD

Studied medicine in Utrecht (Netherlands), obtaining a medical degree in 1977, a bachelor's degree in philosophy in 1981, General Practitioner in 1983 and a PhD in 2014. Besides working with damaged persons, she took up research as a young doctor after serious experiences with illness herself. She worked on a holistic concept for food quality, methods for measuring that, as well as on the health effects of organic nutrition. She initiated a big nutrition intervention study about the health effects of organic food as project leader in 2005. In 2008 she decided to make health her topic and organized an international conference to discuss a new concept of health ("How should we define health?"). Later she performed a study to operationalize the concept, which resulted in the 'Positive Health' concept with six dimensions, the basis for the Institute for Positive Health (IPH) which she started and is still connected to. IPH supports implementation of Positive Health in policy, practice, research and education and the concept is already used in many practices in the Netherlands.

PD Dr. med. Matthias Kröz

Specialist in Internal Medicine and Sleep Medicine. Co-founder and member of the Board of Directors of the Havelhöhe Research Institute, Berlin (Germany). Co-Head of the Research Department and Head of Sleep Medicine at Klinik Arlesheim (Switzerland) and member of the Institute for Integrative Medicine, Witten/Herdecke University (Germany). Leader of a research group focusing on the development of psychometric methods for the assessment of salutogenesis and hygiogenesis and on cancer-related fatigue.

Prof. Dr. Bengt Lindström, MD, PhD

Professor of Salutogenesis at the Norwegian University of Science and Technology (Norway). Professor of Public Health and Health Promotion at the Nordic School of Public Health (Sweden). Specialist in Pediatrics. Presently Professor Emeritus. Founding member of the European Training Course Consortium 1991. Chaired several Associations in Child Health in Europe and Scandinavia. First Chair of The IUHPE Global Working Group on Salutogenesis in 2007.

Dr. med. Friedemann Schad

Specialist in Internal Medicine, Gastroenterology and Anthroposophic Medicine. His focus is GI-Oncology, Integrative Supportive Care and clinical research. He serves as the Head of the Department of Interdisciplinary Oncology and Palliative Care and the Center of Oncology at the Gemeinschaftskrankenhaus Havelhöhe, Berlin (Germany), and as a member of the hospital management.

Georg Soldner

Specialist in Pediatrics. Joint practice in Munich (Germany) with a focus on the treatment of chronically ill children from 1994 to 2016. Member of the Executive Board of the Medical Seminar in Bad Boll (Germany) since 1990. Member of the Executive Board of the Association of Anthroposophic Physicians in Germany since 1999. Director of the Academy Anthroposophic Medicine in Germany since 2013. Deputy head of the Medical Section of the School of Spiritual Science at the Goetheanum (Switzerland) since 2016.

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Dr. Beate Stock-Schröer

Master in Biological Science, student fellowship at the University of East England in Norwich (Great Britain). Worked for the German association of science journalists (WPK, Bonn) from 1992 to 1996. Responsible for several support programs for students funded by the Karl and Veronica Carstens-Foundation, Essen (Germany) from 1997 to 2019. Academic assistant in the Integrated Curriculum for Anthroposophic Medicine (ICURAM) at Witten/Herdecke University since 2019. Head of the Interprofessional Graduate College in Integrative Medicine and Health at Witten/Herdecke University since 2021.

Prof. Dr. Ursula Wolf, MD

Professor at the Medical Faculty, the Director of the Institute of Complementary and Integrative Medicine IKIM at the University of Bern (Switzerland) and heads the group Anthroposophically extended Medicine. Her professional activities include research, teaching, clinics and expert functions. She has spent several years of research in the USA. She is the President of the International Society of Traditional, Complementary & Integrative Medicine Research (ISCMR), an editorial board member for the scientific journals *Complementary Therapies in Medicine* and *Complementary Medicine Research*. Since several years, she also serves as a member of the Swiss Federal Medical Services at the Federal Office of Public Health.