



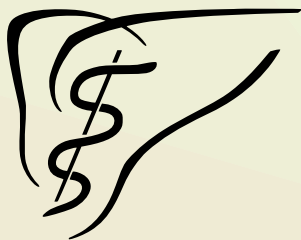
100 Years of Anthroposophic Medicine

Crossing Bridges —
Being Human!

World Conference
Celebrating 100 Years of
Anthroposophic Medicine
September 12 to 20, 2020
at the Goetheanum

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The human being is a bridge
Between the past
And future existence;
The present is momentary;
The moment as bridge.

Rudolf Steiner for Ita Wegman on 24 December 1920

Dear Colleagues, dear Friends from all the health professions,

In 2020, Anthroposophic Medicine is celebrating its hundredth anniversary. The classic annual conference at the Goetheanum has therefore been transformed into a festive world conference. It has been in preparation for several years by a group of young people in the Medical Section.

"Crossing Bridges – Being Human!" – we warmly invite you to build bridges between body, soul and spirit, between natural science and spiritual science, between the generations, countries and professional groups for an integrative art of healing which puts the human being at its centre.

This programme brochure contains information about 30 keynote lectures and more than 120 workshops and specialist courses, making the anthroposophical image of the human being subject to practical experience in medicine through the four elements, ether types and stages of consciousness. How do body and soul interpenetrate one another in the moment of enthusiasm? How does everyday work change when we jointly strive for the ideals of freedom, love and wisdom? What characterises a healthy medical establishment and a health service that does justice to the human being? What understanding of illness, what therapeutic concepts can Anthroposophic Medicine contribute to the various specialisms in the spirit of an integrative medicine? How does the collaboration between different healing professions develop in the process?

100 years of Anthroposophic Medicine also invite us not to stint on the celebration! Be it with lectures, orchestral and artistic performances, dance and encounters with people from over 50 countries, or with science spaces, panel discussions and future forums which provide space for us to reflect and ask: to what extent can we bring into the present the original impulses of the system of medicine founded by Rudolf Steiner and Ita Wegman? What are the scientific, health policy and therapeutic milestones of the last 100 years? What is our perspective and vision as we face the future?

Lastly, we want to turn to the spiritual in medicine: how do we put into practice the good in medicine? In doing so, we address above all the approaches, exercises and meditations of the young physicians movement, of pastoral medicine and the path of inner development of the School of Spiritual Science.

We look forward to this week of joint celebration!

Dr. Matthias Girke and Georg Soldner

for the preparatory team of the world conference,
the International Coordination of Anthroposophic Medicine (IKAM) and
the team of the Medical Section at the Goetheanum

SCHEDULE 1ST HALF OF THE WEEK

Saturday, September 12	Sunday, September 13	Monday, September 14
University of Basel Science Congress Integrative Medicine Arrival	8:00 Optional morning courses	
	9:00 Warmth Acts – Four Elements	9:00 Light Acts – Four Ethers
	9:30 Keynote lectures <i>Prof. Dr. Friedrich Edelhäuser</i> <i>Dr. Marion Debus</i> DE*	9:30 Keynote lectures <i>Dr. Martin Basfeld, Norman</i> <i>Kingeter, Michael Chaptis</i> EN*
	10:30 Break	
	11:15 Groups for Deepening and Experiencing the Lecture – Nature, Movement, Art and Conversation	
	12:30 Lunch break	
	14:45 World Space Current Initiatives and International Projects EN*	14:45 Future Forum – The Pro- fessions and Interprofessional Cooperation DE*
	16:00 Break	
	16:45 Methodical and Therapeutic Specialist Courses in Intergenerational and Interdisciplinary Collaboration	
	18:00 Evening break	
20:00 The Human Being is a Bridge (opening) <i>Preparatory Group</i> Strings of Light (Extract from the session) <i>Goetheanum- Eurythmy-Ensemble</i>	20:00 Artistic Program <i>Compagnie Pas de Deux</i>	20:00 Spiritual Evening Sessions in Three Groups School of Spiritual Science
21:00 Night Café for Encounters, Dance and Culture		

Tuesday, September 15		Wednesday, September 16	
8:00 Optional morning courses			
9:00 Human soul! – Stages of Consciousness		9:00 Physiology of Enthusiasm	
9:30 Keynote lectures <i>Victoria Martínez</i> <i>Dr. David McGavin</i> EN*		9:30 Keynote lecture <i>Dr. Armin Husemann mit Kammermusikensemble</i> DE*	
10:30 Break			
11:15 Groups for Deepening the Lecture		Festive event – 100 years of Anthroposophic Medicine	11:15 Eurythmy and Welcome Festive Address <i>Prof. Dr. Giovanni Maio</i>
12:30 Lunch break			12:30 Terrace Festivities
14:45 Open Space Perspectives for Healthy Medical Institutions DE*			14:30 Artistic Attunement and Remembering of the Dead Festive Address <i>Prof. Dr. Peter Selg</i> Festive Address <i>Dr. Michaela Glöckler</i>
16:00 Break			16:00 Break
16:45 Methodical and Therapeutic Specialist Courses			16:45 Artistic Attunement and Festive Addresses <i>Dr. Matthias Girke & Georg Soldner</i>
18:00 Evening break			18:00 Departure for participants of the 1st half of the week
20:00 Spiritual Evening Sessions in Three Groups School of Spiritual Science			
21:00 Night Café			* This lecture will be held in the language indicated and simultaneously translated into the following languages: German, English, Italian, French, Spanish, Russian, Chinese, Japanese

SCHEDULE 2ND HALF OF THE WEEK

Wednesday, September 16		Thursday, September 17	Friday, September 18
<div> Festive event – 100 years of Anthroposophic Medicine </div>		8:00 Optional morning courses	
		9:00 Freedom – Penetrating Appearances	9:00 Love – Overcoming Violence
		9:30 Keynote lectures <i>Prof. Dr. Peter Heusser</i> <i>Bart Vanmechelen</i>	9:30 Keynote lectures <i>Dr. Lakshmi Prasanna</i> <i>Rolf Heine</i>
		DE*	EN*
		10:30 Break	
Arrival for participants of the 2nd half of the week		11:15 Groups for Deepening and Experiencing the Lecture – Nature, Movement, Art and Conversation	
11:15 Eurythmy and Welcome, Festive Address <i>Prof. Dr. Giovanni Maio</i>		12:30 Lunch break	
12:30 Terrace Festivities		14:45 Science Space Milestones, Current Research, Future Studies	
14:30 Artistic Attunement and Remembering of the Dead Festive Addresses <i>Prof. Dr. Peter Selg,</i> <i>Dr. Michaela Glöckler</i>		EN*	14:45 Future Forum Identity and Integrative Medical Cooperation DE*
16:00 Break		16:00 Break	
16:45 Art, Festive Addresses <i>Dr. Matthias Girke &</i> <i>Georg Soldner</i>		16:45 Methodical and Therapeutic Specialist Courses in Intergenerational and Interdisciplinary Collaboration	
		18:00 Evening break	
20:30 Ninth Symphony in d minor (op. 125) Ludwig van Beethoven <i>New Orchestra Basel with Choir</i>		20:00 Spiritual Evening Sessions in Three Groups School of Spiritual Science	
		21:00 Night Café for Encounters, Dance and Culture	

Saturday, September 19	Sunday, September 20
8:00 Optional morning courses	
9:00 Wisdom – the Resurrection of Substance	9:00 Future Forum for Anthroposophic Medicine from East, West, North, South <i>Dr. Moon Maglana, Janice Balaskas, Merja Riiijärvi, Dr. Iracema Benevides</i>
9:30 Keynote lectures <i>Dr. Wolfram Engel</i> <i>Tomáš Boněk</i> DE*	
10:30 Break	
11:15 Groups for Deepening the Lecture	11:15 Closing & Outlook Foundation Stone Meditation
12:30 Lunch break	12:30 Departure
14:45 Open Space Perspectives for a Salutary Healthcare System DE*	
16:00 Break	
16:45 Methodical and Therapeutic Specialist Courses	
18:00 Evening break	
20:00 Open Stage	
21:00 Night Café	
* This lecture will be held in the language indicated and simultaneously translated into the following languages: German, English, Italian, French, Spanish, Russian, Chinese, Japanese	

The conference week – a progression in eight stages

In 1920, Rudolf Steiner gave three lectures which were particularly recommended to young medics, and subsequently other therapeutic professions as well, to acquire the foundations of the anthroposophical understanding of the human being and the world. These three "bridge lectures" form the basis of the arc spanning the content of the world conference on the hundredth anniversary of Anthroposophic Medicine.

Each day we will take up motifs and relate them to medical and therapeutic questions of the present. The conference thus follows a path from the four elements (Sunday) through the four ether types (Monday) and the human stages of consciousness (Tuesday) to the secret of enthusiasm (Wednesday). This opens up the reality of the three great ideals: freedom in confrontation with appearances (Thursday), love in confrontation with violence (Friday) and wisdom in the transformation of substance (Saturday).

Organisationally the conference is divided into two parts which can also be attended separately. A festive event with a terrace festival to celebrate the hundredth anniversary of Anthroposophic Medicine will take place at their intersection on Wednesday.

The conference days – the course of each day

For early risers, each day starts at 8.00 with optional morning courses on movement, music, speech and meditation. At 9.00 the preparatory team will give an introduction to the motif for the day which is followed by two keynote lectures which are then deepened in workshops starting at 11.15 (experiencing nature, movement, art and conversation). After the lunch break, there are events at 14.45 on science, multidisciplinary collaboration and current health policy before from 16.45 onwards the focus turns to work in specialist medical courses on the methods and practice of Anthroposophic Medicine. Starting at 20.00 in the evening, artistic performances alternate with contributions on the spiritual dimension of medicine. Here there are always three choices available. This is followed by the Night Café inviting everyone to bring the day to an end with a social gathering and dancing.

Festive event – 100 years of Anthroposophic Medicine

On Wednesday we will celebrate the hundredth anniversary of Anthroposophic Medicine with a festive event. The speakers include Prof Dr Giovanni Maio, Prof Dr Peter Selg, Dr Michaela Glöckler, Dr Matthias Girke and Georg Soldner. In addition we can look forward to artistic contributions, there will be a commemoration of the dead, as well as a terrace festival with the opportunity to meet other participants, particularly also the representatives of the International Coordination of Anthroposophic Medicine (IKAM). The festive event can be attended with all conference tickets (whole week, part 1 and part 2).

In the evening, the second part of the conference week will open festively with Beethoven's Ninth Symphony (in d minor, op. 125) performed by the Neue Orchester Basel and choir.

Open stage – cultural diversity

The last evening of our conference has been organised as an "open stage" for everyone: all participants are warmly invited – individually or with others – to perform an artistic contribution! This contribution can be spontaneously rehearsed at the conference or prepared in advance. It can feature the cultural wealth of a country, take up a situation at the conference, artistically deepen the conference content or make other participants laugh – both reflective and humorous contributions are welcome! Contributions can be sent to openstage@crossingbridges.care and should be restricted to a maximum of five minutes. Depending on the number of submissions, the preparatory team reserves the right to make a selection.

Future forum – perspectives from North, South, East and West

The conference ends of Sunday 20 September with a forum on the future of Anthroposophic Medicine over the next 100 years. Four women – Merja Riiijärvi (Finland), Iracema Benevides (Brazil), Moon Maglana (Philippines) and Janice Balaskas (USA) – will tell us about their perspectives, hopes and wishes for the future of the anthroposophical medical movement. The Foundation Stone Meditation performed by the Goetheanum Stage Ensemble will then worthily conclude the world conference.

Exhibitions – science, initiatives and art

Poster exhibition on research and studies in Anthroposophic Medicine

Posters on current scientific work in Anthroposophic Medicine and thus all caring and therapeutic professions can be exhibited at the world conference. We would ask interested research institutes to prepare studies or alternatively an overview of the main research areas of the institute as posters. To submit a poster please send the abstract to science@crossingbridges.care. In the second half of the week, there will be poster sessions in the break from 16.00–16.45. We would ask exhibitors to be at their posters at this time so they can answer questions.

Poster exhibitions on worldwide initiatives in Anthroposophic Medicine

In the "World Space" on Sunday we want to give an overview of globally relevant initiatives, projects and petitions of Anthroposophic Medicine. In addition, young initiatives can exhibit their project with a poster. For the submission of a poster please send a summary to initiative@crossingbridges.care. In the first half of the week, there will be poster sessions in the break from 16.00–16.45. We would ask the people responsible to be at their posters at this time so they can answer questions.

Art exhibition on the conference

From the art of healing through art therapy to the visual arts – this bridge, too, we wish to build. Art affects people, it can be health-giving but also make us ill. The bridge between medicine and art is to be made visible at the conference in the form of an exhibition which can be visited at the Goetheanum and for which there will be guided tours. It is divided into two parts. The first looks at the past, what is there already: 100 years of Anthroposophic Medicine, historical documents, picture material and objects. The second part will thematically follow the course of the conference. It will bring visibility, based on the Bridge lectures, to each day's theme and direct our eye from the present to the future.

Supporting programme – science congress and Ita Wegman Campus tour

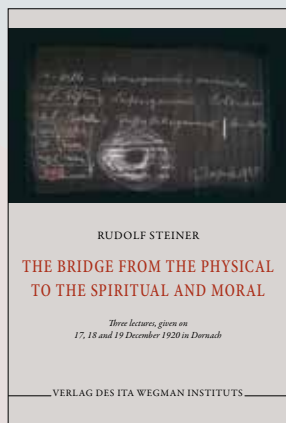
Scientific congress on integrative medicine at Basel University Hospital

Before the start of the World Conference, on Saturday, 12 September 2020, a scientific congress on integrative medicine will be held from 9:30 in the morning at Basel University Hospital. It is jointly organised by the University Hospital and the Arlesheim Clinic and is under the honorary patronage of the two Presidents of the Board of Directors and Medical Directors. The congress will be held in German and English. Further information on the programme, speakers and registration for this optional event will be available on our website www.crossingbridges.care from April 2020.

Ita Wegman Campus tour

At the end of the world conference, there is an optional guided tour of the Ita Wegman Campus. The Ita Wegman Campus is an association of institutions and facilities which work in the surroundings of the Goetheanum on the basis of the medical and therapeutic impulse. The guided tour will provide an insight into the work of institutions such as Klinik Arlesheim, the Sonnenhof, the Ita Wegman Archive and other facilities. Anyone interested in such a tour can indicate this on the registration form.

Special edition – Rudolf Steiner's "Bridge lectures"



"I am currently circulating the December 1920 lectures and Hygiene among people so that everyone will have read them by the time of the course."

Helene von Grunelius in preparing the first course for young medics

Rudolf Steiner's "Bridge lectures" have been republished in English and German as a special edition by the Ita Wegman Verlag.

The booklet appears under the title "The Bridge from the Physical to the Spiritual and Moral". It is available for € 15 / CHF 18 and can be acquired as of now from bookshops, from book@crossingbridges.care or also at the conference itself.



The preparatory group

How did the preparatory group for the world conference come together and develop? On a sunny afternoon in June 2017, a motley group of young people met at the Goetheanum in Dornach. All of them had followed the invitation to come together to dream and so approximately twenty-five young people from the greatest variety of professional groups (medicine, nursing, obstetrics, special needs education / social care, social therapy, pharmacy, art and music therapy, teaching) dreamt of something communal, something that would connect the world.

The impulse for this followed on from the international young medics conference "Enlightening the heart" which took place at the Goetheanum in 2013. Some of the people attending the meeting had been at that conference or, indeed, helped to organise it, some were completely new. Might a similar event not be held seven years later – that was the thought. The impulse of a joint conference was met with enthusiasm and led to a colourful wall covered with ideas and visions.

Rudolf Steiner's Bridge lectures and the motif of the bridge had also already been brought up. Yet a good year was to pass in which the thematic foundation, commonalities and differences, goals and ideals were wrestled with until everyone finally came to the joint decision to use the Bridge lectures as the basis of our conference.

Many questions were considered during this time. What connects the different professional groups, what differentiates them? How does a common spirit arise without well-founded professional differences being lost? What are

the questions and needs of our time? How can a bridge be built between cultures, countries and continents? How between generations? What is the connecting element between people who have only just met and developed an interest in the anthroposophical movement and those who have engaged with it intensively for decades?

In the following three years the preparatory group met repeatedly in different constellations and places. In this process the second key motif to appear was the Staff of Mercury and we engaged more deeply with its content as a group. In this context we worked on the Michael and Raphael impulse in medicine and were grateful how these two streams found their way to one another. This was evident even in the smallest tasks, such as the graphic design of a flyer. We are, for example, very happy about the new logo for a hundred years of Anthroposophic Medicine which depicts the Staff of Mercury in a noble, clear and upright fashion.

The International Coordination of Anthroposophic Medicine (IKAM) and the Medical Section placed great trust in us and in the course of the intensive study of the Bridge lectures, which always accompanied our meetings, also in their content, we developed the vision of a festive world conference to celebrate the occasion of one hundred years of Anthroposophic Medicine.

This world conference is now no longer intended just for the young generation but for all people who feel a connection with Anthroposophic Medicine throughout the world. Following the arc of the Bridge lectures in its content, and thus building on the previous annual conferences of the Medical Section (Living Warmth, Living Light, Human Soul!), it wishes to prepare the ground for the future.

Lisa Bögel, François Bonhôte, Miko Brockhaus, Moritz Christoph, Olaf Dickreiter, Moniek van Duin, Mirjam Fäth, Valentino Franzoi, Margarethe Gesell, Matthias Girke, Marlene Ibele, Jannik Jesse, Eva-Maria Kuhn, Evgenija Naumenko, Elma Pressel, Christian Richert, Rozemarijken Scheffers, Julia Sieber, Georg Soldner, Christina Spitta, Johannes Weinzi, Anna Sophia and Paul Werthmann





From the graphical
development process –
The Caduceus designed by
Rozemarijken Scheffers



From the graphical
development process –
The Caduceus designed
by Barbara Schnetzler

The human being is a bridge
Between the past
And future existence;
The present is momentary;
The moment as bridge.
Spirit turned to soul
In matter's shell,
It comes from the past;
Soul turning to spirit
In seed encased,
It is future bound.
Grasp the future
Through what has been,
Hope for what will become through what
is complete.
So seize what is in what will be;
So seize what will be in what is.

Rudolf Steiner for Ita Wegman, Christmas, 24 December 1920

Optional morning courses, 8.00–8.45

For all early risers who want to start the day together, a selection of courses is offered punctually at eight. Through movement, music, speech or meditation – there is something for everyone so that they can afterwards brightly attune themselves to the day's topic in the Große Saal. Registration for the optional courses is requested.

M1. Enlivening speech. *Sibylle Eichstaedt* **EN** Enlivening speech: exercises and poetry with a therapeutic background, but in this context intended as an awakening, artistic-playful morning activity at the start of each of our intense days of working together.

M2. New perspectives through form drawing. *Peter Büchi* **DE/EN/FR** With simple means and without prior conditions, therapeutic form drawing offers many approaches to sensory development and care. Active looking is intensively supported and a living relationship with the world of the senses established. By making finished forms capable of experience as living movement, a subtle sense of form arises through doing as the basis for a new encounter with the world.

M3. Musical therapeutic improvisation on the topic for the day. *Laura Piffaretti, Anna-Barbara Hess* **DE/EN/IT** We will take up the topic for the day with instruments, the voice and musical elements from anthroposophical music therapy, and as we improvise together give expression to it in sound and bring it to experience. No prior musical knowledge is required. Participation can be active or by listening.

M4. Land-Art. *Ulrikke Stokholm* **DE/EN/DK** In nature of the Goetheanum grounds we will encounter the coming day through our attentive senses. They open up for us the play of the elements and ethers in each of their unique encounters. With this impression we will cautiously enter into an interchange with nature by sensitively introducing our own expression with its materials and elements into its ensemble. And will listen for its response. Important: wear clothing appropriate for the weather. Introduction in front of the main entrance of the Goetheanum (West) punctually at 8.00 each day. Please do not join later since this may disturb the absorption of the participants.

M5. Loheland gymnastics / movement training. *Sabine Podehl, Simone Koring* **DE/EN** Loheland movement training enables human beings to experience their innate laws and to place them in the context of space and time in such a way that freedom, ability to act, as well as responsibility for our own actions and in social coexistence can be directly experienced. In the upright posture from our own standpoint we move into the space. In our course we will focus on an experience and exploration of uprightness. Finding our own standpoint, its place between heaviness and lightness. Arriving at ourselves, to enter into an encounter with ourselves and the other participants.

M6. Singing in the western stairwell. *Viola Heckel M.A. DE/EN* Singing is an element of life which gives us pleasure, inner freedom and human belonging. Exercises from the school for uncovering the voice of Valborg Werbeck-Svärdström stimulate the perception of tone, breathing and sounds and enliven the voice. In addition we will take delight in songs, improvisations and the sound of multiple voices in the choir. The goal of the course is to have a direct experience of the regenerating forces of singing. The course is open to everyone who likes singing. No previous knowledge is necessary.

M7. Eurythmy: movement as the location of self-knowledge *Libertad Aguilar DE/ES* Eurythmy allows us to develop the ability to know about ourselves in relation to our own movement but also in relation to the cosmos and nature. For this reason this course offers movement sequences for everyday practice and self-knowledge out of an understanding of the creative forces and through simple group and individual choreographic movements, enabling the visualisation of soul tendencies with regard to the relationship with the other person and the environment.

M8. Spacial Dynamics®. *Dr. med. Christina Spitta, Gabriele Hurter, Jaimen McMillan DE/EN* Refreshing and vitalising movement exercises to attune to the day – with aspects relating to the respective topic for the day. Jaimen McMillan will join the team in the second half of the conference.

M9. Starting the day deliberately with joy in movement - yoga in accordance with the New Yoga Will. *Judith Leikam DE/IT* "An asana is always a static movement, a finished form into which the body is led very deliberately. In this field of work the creative shaping of meaning appears like a supporting pillar which leads to the illumination of the personality and moves it closer to the unity and integration of spirit and life." (Heinz Grill). Yoga in accordance with the New Yoga Will as an integrative path from above downwards, from the spirit via the activation of the soul forces to expression in the body: in deliberately shaping our movement we will tangibly approach the daily topic each morning. No previous knowledge is necessary.

M10. Bothmer®Gymnastics: movement as a bridge. *Jessie Delage, Sabine Nagel EN/DE* We will open the day through movement, movement as a bridge to the body, to the space, to the others. Bothmer gymnastics, guided by the I consciousness, helps us to perceive and to grasp our own body while opening it to the forces of space that structure it. This opening allows us to meet others in a movement that is both individual and collective. In this way a bridge will be built to the other persons, practicing together is a deep and wonderful experience. Individuals, pairs and group exercises.

M11. Mind-body knowledge of the human being: Meditation for self and world experience. *Prof. Dr. med. David Martin, Dr. med. Silke Schwarz EN/DE* When you first looked into a microscope as a medical student you probably just saw blobs of colour. In fact, you first had to learn to focus your microscope on the right level, with the right lighting, etc. If you had a skilled teacher and good equipment, you will have been able to catch up 300 years of microscopy development within a few decades. Meditation is similar, except that it is a macroscope into the world of being. Come join us on the path to self and world realisation.

Attunement to the day and keynote lectures, 9.00–10.30

In attunement to the day, a motif from the Bridge lectures will be introduced by the preparatory group in the Große Saal each day. Two keynote lectures will pick this up and relate it to the medical and therapeutic understanding of the human being or medical and therapeutic practice.

Sunday: Living warmth – four elements

- The four elements in nature and the human being *Prof. Dr. Friedrich Edelhäuser*
- Warmth as an element in the therapeutic relationship *Dr. Marion Debus*

Monday: Living Light – four ethers

- The four ethers from the perspective of physics *Dr. Martin Basfeld*
- Four ethers – perspectives and demonstration from eurythmy
Norman Kingeter, Michael Chapitis

Tuesday: Human soul! – stages of growing consciousness

- Consciousness and pain medicine *Dr. David McGavin*
- Trauma, silent suffering *Victoria Martínez*

Wednesday: The physiology of enthusiasm

- The musical structure of the human being demonstrated with the second movement of Beethoven's 5th Piano Concerto
Dr. Armin Husemann with chamber music ensemble

Thursday: Freedom – penetrating appearances

- From appearance to being. Freedom in the age of Michael *Prof. Dr. Peter Heusser*
- Esoteric courage – practising freedom to commit oneself *Bart Vanmechelen*

Friday: Love – overcoming violence

- The human contribution to the becoming of love – from a medical and nursing view
Rolf Heine, Dr. Lakshmi Prasanna

Saturday: Wisdom – resurrection of substance

- Death and resurrection in the laboratory and at the altar
Dr. Wolfram Engel, Tomáš Boněk

Deepening groups in the 1st half of the week, 11.15–12.30

This is where the choice of deepening groups for the first half of the week can be found. In these workshops the motif for the day is deepened in art and movement therapies, nature and Goethean observation, experiential and experimental modes of work as well as text and dialogical forms of working. When registering, please select three groups specifying your preference. Short biographies of the workshop leaders and further information can be found at www.crossingbridges.care

X12. Music as entry to the sound ether of chemistry. *Dr. Armin Husemann DE* With musical listening exercises and examples at the piano we will work on music as the revelation of the secret laws of chemistry.

X13. The invisible human being in us – diagnosis. *Philipp Busche DE* Every treatment is based on a clear diagnosis. How can this be done when the invisible aspects of the human being must be taken into account? Building on the lectures, we will consider issues of medical history and aspects of physical examination to come to a systematically developed diagnosis of the human constitutional elements. The course will contain small exercises and case work to ensure the greatest possible relevance to practice.

X14. Architecture, art and therapy. *Prof. Dr. phil. Reinhold J. Fäth DE/EN* With reference to the content of each day's topics – the four elements (day 1), the ether types (day 2), the stages of consciousness (day 3) – this workshop will concern itself with the effects of architecture, interior design and design. We will clarify these terms in the context of "art" and with regard to the human constitutional elements, and will discuss possible uses in art therapy. Specific questions from participants are welcome and will as far as possible be included.

X15. Anthroposophical meditation. *Dr. Christoph Hueck DE/EN* The topics of the preceding lectures – elements, ether types and stages of consciousness – will be meditatively deepened. At the same time this workshop is an introduction to the method and background of anthroposophical meditation. Suitable both for beginners and also those who are more advanced.

X16. The etheric in nature. *Carmen Eppel, Dr. med. U. Geyer DE/EN* Nature is our teacher in the search for the etheric: cloud formations in the sky, the mood in a landscape, and above all the plants in their many different forms. We will concern ourselves specifically with the formative gestures of the four types of ether, gather experiences out in nature, follow them up using the example of medicinal plants and develop a perception of their healing efficacy.

X17. Ophthalmic eurythmy therapy. *Margret Thiersch DE/EN* The eye as our sensory organ for light is located in the eye socket – embedded in warmth – and is thereby connected with the whole warmth organism of the human being. The sight of the eyes extends, like the movement of the arms, into the surroundings and, like the latter, in health returns to the centre as in breathing. In polar opposition to sight, the feet "see" into gravity. Through their relationship with the surroundings and the centre, the tone movements of the limbs can have a healing effect on the eyes. The alternating view of polar colours during the exercises supports this effect. Practice in the treatment of increasing short-sightedness and retinal degeneration.

Deepening groups in the 1st half of the week, 11.15–12.30

X18. Experiencing the action of the four elements and four ether types, and therein I development, in biography work, and making use of it in the therapeutic discussion. *Dr. med. Susanne Hofmeister* **DE/EN**

The course of our life displays the same laws in time which form the human body. Knowing the action of the I in our biography leads to a deeper understanding of health and illness. We will describe the qualities of the four elements and the four ether types in the course of our life to 21 and the transformation of the soul qualities to the age of 42. We will familiarise ourselves with the transformation into spiritual qualities as the opportunity for self-realisation after 42. After 63 a personal vision of the future is required so that a "rejuvenation" of the etheric forces into the future space becomes possible.

X19. Dynamic processes in eurythmy therapy. *Norman Kingeter, M.A., Michael Chapis* **EN/DE**

Marjorie Spock elaborated movement forms for deepening the understanding of the four ethers. Based on this and other exercises, we will look at the dynamics in eurythmy therapy exercises. The goal is to develop an expanded approach to therapeutic processes.

X20. Craniosacral osteopathy as bridge to perception of the etheric. *Birgit Faller, Gabriele Förster* **DE/EN**

In craniosacral osteopathy we learn to come into contact through touch with the etheric forces in and around us. Windows open to diagnosis in our understanding of the human being in general as well as in certain organ structures, extending as far as identifying remedies. The willingness to touch one another is a prerequisite. Comfortable clothing desirable.

X21. Modelling: I mould the earth – the earth moulds me. *Michaela Schulz-Matan* **DE**

On the one hand we will mould the earth material with our hands and act on it creatively in various processes. On the other we will interrogate our interior as to what these processes have moved in it and what it experienced in reaction. In the subsequent discussion about the inner and outer experience we will then build the bridge in "communication" and "perception" from myself to the world, from I to you. No previous modelling knowledge required.

X22. Rhythmical Einreibung and the ether types. *Rebekka Lang, Janice Balaskas* **EN/DE**

In harmony with the lecture topic in the morning, we will investigate the various ether types and their reality in rhythmical Einreibung. We will work practically but also keep linking to the theory.

X23. Pharmacy experience workshop. *Albert Schmidli, Dott.ssa Laura Borghi* **EN/DE**

Phenomenological, pharmaceutical and therapeutic walk through the warmth stages of anthroposophical pharmacy with vivid demonstrations. The focus is on the process of digestion as well as drying, roasting, carbonising and ashing, including the medicines of Anthroposophic Medicine produced by these processes with an exchange of experiences about therapy. In conclusion we will look at the warmth led production of Cinis capsellae comp., one of the most spiritual medicines given by Rudolf Steiner.

X24. Fruits and seeds and their relationship with form and matter. *Ruth Mander, Michael Kalisch* **DE**

What do fruits and seeds reveal about the forces which are active on and in them? Together we will experience their "generous abundance" and astonishing physical "mechanisms" and discover various connections: the relationship of fruits and seeds with the elements, the climate zones, animals and people.

X25. Deepening and connecting through drawing. *Rozemarijken Scheffers, Margarethe Gesell* **DE/NL**

Using various avenues of drawing, we aim to discover bridges between body and soul, between outside and inside, between one another.

Deepening groups in the 1st half of the week, 11.15–12.30

X26. The motifs of the days – understanding, deepening, wisdom. Moritz Christoph DE/EN/FR

We will look back at the morning contribution together. What questions were ignited? What further aspects do we want to add to the motif for the day? We will look at the relevant passages in the Bridge lectures and deepen them through our experiences as well as scientific aspects. The Bridge lectures of 17, 18 and 19 December 1920 as well as the collection of quotes on the conference page may be used for preparation. The workshop aims to deepen the motif for the day through aspects of content and the exchange of views.

X27. Practical experience with external treatments in relation to warmth, light, body and soul. Astrid Sterner, Christiane Eberhardt DE/EN

The external treatments are a central element of Anthroposophic Medicine. As therapy they directly and without mediation bring to bear the elements of earth – water – air – warmth – light on body and soul via the I organisation. In this course we will experience these elements for ourselves with external treatments.

X28. The life processes in the mirror of the elements, of body and soul. Martin-Günther Sterner, Noemi Böken DE/EN/RU

Human life unfolds in seven clearly separated processes which physically underlie the physiology and mentally underlie consciousness. As "events", they guide the substances at the levels of the elements through the human constitutional elements, the "invisible" human being. In pictorial reflections on bodily physiological as well as mentally cognitive processes, and in the experience of eurythmy, we will develop a fundamental insight into the world of the life processes.

X29. Phenomenology of the etheric in physics. Dr. rer. nat. Martin Basfeld DE

Ways of accessing the ether types are presented through the observation of simple flow processes and movements. The methodology is guided by Rudolf Steiner's lectures on the elements and ethers from 1920 in GA 320, the so-called "warmth course".

X30. How do the etheric forces take effect in oil dispersion baths? Dr. Markus Krüger, Beate Motte DE

Bathing in etheric forces. What are the etheric forces? How do they reveal themselves specifically in oil dispersion baths? What does "etherisation of the bath water" mean? How are the etheric forces of medicinal plants unlocked in oil dispersion baths? How do they become accessible to the patient in oil dispersion baths? How can the etheric forces be absorbed in bathing and unfold their healing action in the human being? We will deepen these question in the workshop through the experience of practical exercises and in discussion.

X31. The mutually reinforcing healing power of Anthroposophic Medicine and anthroposophic psychotherapy: anamnesis, healing, healing crisis and recovery. Dr. phil. John Lees, Dr. med. Romulo de Mello Silva EN

The workshop will examine how the mutually supporting interventions of Anthroposophic Medicine and anthroposophic psychotherapy create healing care circles around patients both in waking and sleep life in order to maximize the effect of both interventions. The focus will be on the psychological and psychosomatic consequences of trauma. The workshop will use case studies to demonstrate the importance of working with the client's healthy I, bridging earthly and spiritual life by quickening moral ideals, establishing healthy connections with the outer world, despite the difficult world situation, and the challenges of recovery.

Deepening groups in the 1st half of the week, 11.15–12.30

X32. Anxiety: how can psychodrama and speech bring relief? *Camille van der Meer, Marga van den Eijnden, Marjo van der Himst* **EN/DE/NL** This is an experimental workshop where the possibilities of this approach will be explored. We will experience exercises for different conditions associated with fear. Day 1/How can rhythm and breathing support the ego and warmth process in cancer related fear. Day 2/How can drama and speech stimulate the etheric forces, the inner light and life in people who suffer from burn out. Day 3/How in social anxiety psychodrama exercises can support the soul in the transition from being closed off to opening up oneself and the world?

X33. Stepwise from sense perception to imagination. *Torsten Arncken* **EN** The qualities of the four elements will be observed in the taste of different salts. We actively symbolise their inner qualities and bring them to our conscious mind. The second day we will differentiate the medicinal effects of two species of Echinacea. We will taste the plants and connect their overall phenomenology with their natural environment. We will observe the four etheric forces in the metamorphosis of plants and humans. The third day we will symbolise the scent of plants, fertilised with metals. Thus, we will experience planetary beings.

X34. Passing warmth and light into music flowing from inside to outside. *Aihua Lee* **CN** Music touches our soul when we hear it. It transfers the spiritual impulses into our bodies. When the light is here, we might feel relieved and then we breath out. We may cry in empathy because of the warmth which is expressed by the music. What instruments could bring up a warm quality? In certain music keys we feel there is more "light" in them. Could it be possible that on one instrument we could express both light and warm qualities?

X35. Group text work with the Bridges lectures. *Dr. Adam Blanning* **EN** This will be a collaborative discussion group, where each day we will work with selected passages from the Bridge lectures. Our goal is to build a living and practical understanding of the four elements, the four ethers, as well as associated levels of consciousness. These are living activities – where do find them? How do these names correspond to what we already know and experience all the time?

X36. Bending and stretching as healing principle in eurythmy therapy and medicine. *Johanna Boňková, Hana Adamcová, M.A.* **DE/CZ** Starting from the "bending and stretching" exercises, we aim to bring the topics of the morning keynote lectures to experience in movement. There will be time to reflect on the effect of the exercises. Ways into practice will be illustrated using the medical and therapeutic aspects following on from this. In this way eurythmy therapy can become a bridge to a deeper therapeutic understanding. Don't forget your eurythmy shoes!

X37. Follow-on work in (silent) own activity – for individualists. This group is about freely working up the topic of the lecture heard in the morning for oneself. This can be done in the greatest variety of ways. Those who quietly want to occupy themselves with each topic by writing, drawing, painting, thinking, meditating... are welcome to do so in the room provided for this purpose. But those who want to do so on a walk or something similar in nature should also feel welcome in this group. It is about free and individual work with the topic for the day. Thus the time in this group can also quite generally be used as a time to pause and allow impressions to resonate.

Deepening groups in the 2nd half of the week, 11.15–12.30

This is where the choice of deepening groups for the second half of the week can be found. In these workshops the motif for the day is deepened in art and movement therapies, nature and Goethean observation, experiential and experimental modes of work as well as text and dialogical forms of working. When registering please select three groups specifying your preference. Short biographies of the workshop leaders and further information can be found at www.crossingbridges.care

X63. The invisible human being – therapy. *Philipp Busche* **DE** An understanding of the human constitutional elements can deepen diagnosis and thus extend the understanding of medical needs. What consequences does that have for therapy? What perspectives can help to draw up a therapeutic concept which takes account of the aspects of the visible and invisible human being? The aim of the workshop is to deal with and exchange views on such questions through keynote contributions, exercises and in conversation. It is a practice-based workshop.

X64. The realisation of freedom, love and wisdom in professional nursing. *Jacqueline Goldberg, Sören Hirning-Goldberg* **DE** Day 1: Nursing actions are standardised, nursing organisations regulated by law and liability. How can freedom arise here? Day 2: Rudolf Steiner wanted to give a course about nursing work as "working love". That (no longer) happened. What does that mean for the individual nursing situation and the nursing community? Day 3: Future impulses for anthroposophic nursing between equanimity and courage. These three motifs will be considered together on the three days in the colloquium.

X65. Extension of psychotherapy through anthroposophy – following-up on lectures. *Dr. Ad Dekkers, Dr. Henriette Dekkers-Appel* **DE/EN/NL** Short presentation on the subject, exercises, results and discussion.

X66. Therapeutic speech. *Esther Böttcher, Dietrich von Bonin* **DE** We will concern ourselves with deepening the conference topic through speech, breathing, the voice and movement as shaping the relationship between I and You, I and the world. In shaping speech with myself and with the You, can this give rise to an intimation of the healing power of the ideals of freedom, love and wisdom? How do we come to a language from the middle, a language of the heart?

X67. Anthropophonetics: healing from out of the musical and sound structure of the human being. *Anna ZeiB, Prof. Dr. med. Ralf-Dieter Hofheinz, Christoph Broens* **DE** In the harmony of tones, sounds and touch (forms stroked on the body with the hands), anthropophonetics has a harmonising effect on the human constitutional elements. The course will deepen that and bring it to experience through exercises. The topics of the keynote lectures on each day will also be taken up from this perspective. The workshop will deal with the difference of anthropophonetics for physicians in contrast to the approach for therapists.

Deepening groups in the 2nd half of the week, 11.15–12.30

X68. Metal colour light therapy – perspectives of transformation. *Friedlinde Meier, Clothilde Bernard, Lucien Turci* DE/EN/FR/SE We aim to look at the effects of sunlight, colour and metal by our own observations of metal colour light glass. Can we find freedom – love – wisdom in the encounter with metal colour light? How do we experience light and shadow in the glass? What therapeutic effects do we experience in the rhythmicised, translucent colours and their afterimages? How do we respond to the metal transformed into colour? Glass etching: Clothilde Bernard. Therapy: Beatrice Hallqvist, Gnesta; Holger Schimanke, Filder Clinic; Hazel Adams, Bristol; Ulrike Eyman, Darmstadt; and Friedlinde Meier. Glass manufacture: Lucien Turci.

X69. The rainbow as bridge, artistic exercises with the rainbow in art therapy as developed by Margarete Hauschka using plant colours. *Elisa Dudinsky* DE/EN The inner rainbow as a double inversion in the etheric and astral body represents the action of colour in the human being. Artistic exercises will be carried out with this in mind which go back to the work of Margarete Hauschka. The rainbow is seen as the archetypal image of the connection of the human being from the earthly to the spiritual world. The action of the colours of the rainbow always display perfect harmony through the use of which people can feel themselves more fulfilled, blocks can be dissolved and healing processes stimulated.

X70. Phenomenological reflections on the nature and embryology of the human being for an understanding of freedom, love and wisdom. *Dr. med. Guus van der Bie* DE/EN Using human embryological development, we will seek to trace the action of higher organisational levels (human constitutional elements). A Goethean and phenomenological way of observation opens possibilities of learning to "read" the action of these constitutional elements in creating bodily form, as a result of which form can acquire meaning. Every form arises from bodily substance in motion. We will relate these movements to freedom, wisdom and love. The human form is a unique phenomenon within the realms of nature for an understanding of the human qualities in their bodily manifestation.

X71. Desire to help and will to heal – where is my spiritual home? *Rolf Heine* DE/EN As physicians, nurses or therapists we realise a professional biography. It has a long history and is preparing a new culture. What made us become a physician, nurse or therapist? How do we integrate our wider interests in life into life alongside our profession? Is there an individual – and a joint – spiritual mission of our healing professions? We will work in small groups, read short text extracts, ask questions, listen, struggle for answers, find joint perspectives – perhaps ways. Literature: Rudolf Steiner, GA 172, The Karma of Vocation, lectures 4 and 5 of 12/13 November 1916.

X72. Reflecting on therapeutic aspects of freedom, love, wisdom. *PhD Dr. Henrik Szöke, Jaimen McMillen, Dr. med. Christina Spitta* DE/EN With each therapeutic action we move in the field of professional empathy. What are the realities of an action permeated with spiritual science which is undertaken in freedom, love and wisdom? How can deepened insights be advocated and communicated in today's environment within the tension between the "objective evidence" of the health system and free intuitive action responsibly taken? We will "move" these question during the workshop with a keynote lecture, discussion and movement.

X73. The event as a bridge – biographic counseling. *Sylke Ober-Brödlin, Siegfried Ober* DE In the work with concrete biographical events we will consider the topics: 1. Experiencing moments of freedom in our own biography. 2. Understanding our own biography in the "love of doing". 3. Discovering moral intuition (wisdom) in our own biography. Eurythmy exercises will encourage and clarify these processes.

Deepening groups in the 2nd half of the week, 11.15–12.30

X74. The motifs of the days – understanding, deepening, wisdom. *Moritz Christoph* DE/EN/FR

We will look back at the morning contribution together. What questions were ignited? What further aspects do we want to add to the motif for the day? We will look at the relevant passages in the "Bridge lectures" and deepen them through our experiences as well as scientific aspects. The "Bridge lectures" of 17, 18 and 19 December 1920 as well as the collection of quotes on the conference page may be used for preparation. The workshop aims to deepen the motif for the day through aspects of content and the exchange of views.

X75. "Freedom wisdom love" and "thinking feeling will" in eurythmy therapy. *Evelyn F. Warnet*

DE The ideals of the twelfth lecture "freedom wisdom love" will be related to the foundations of eurythmy therapy of thinking, feeling and will.

X76. Organ – soul – medicine. The connection between organ processes and eurythmy. *Noemi Böken, Dr. Olaf Koob* DE/EN

The four meteorological organs (lungs, liver, kidneys and heart) and their symptomatology in health and illness, accompanied by eurythmy.

X77. Organ Einreibungen. *Marko Roknic, Petra Roknic* DE

Demonstration of individual organ Einreibung. How important is devotion in carrying out organ Einreibung? How can I approach the qualities of organ Einreibung? Exercises.

X78. Supersensory observations on the human being. *Frank Burdich, Inessa Burdich* DE

Every person is much nearer to the possibility of perceiving the supersensory than they normally think. In this course methods of perceiving the supersensory will be shown, practised and applied to the observation of the human being. The course leaders will also report from the practice of observing the supersensory constitution of the human being and their illnesses.

X79. Freedom, love, wisdom in movement therapy. *Stephan Thilo, Jane Johansen* DE/EN/FR

In movement we encounter the world through the lower senses, the content of which we raise to consciousness, thereby being able to achieve freedom in movement and action. Moving in freedom creates an encounter with the world, with the other and ourselves. The words are written on the temple of Apollo in Delphi: "Know thyself". Through Bothmer movement exercises we will approach this wisdom and ponder the current questions of the morning lectures. Using simple and meaningful exercises, we will investigate the influence of the soul and spiritual element on the movement event and work on the therapeutic potential of freedom, love and wisdom.

X80. Life processes and nutrition in the light of freedom, love and wisdom. *Martin-Günther Sterner, Iracema Benevides* DE/EN

In nutrition, through which human beings unite themselves substantially with their environment and the cosmos, the human being stands between freedom and rules, between enjoyment and rejection, between drives and reason. These substances are transformed in seven demarcated processes and led at the element level through the constitutional elements, the "invisible" human being, as "events". On the basis of these life processes (see part I of the workshop, but participation in part II also possible without part I), we will learn to understand forms of nutrition better in prevention, therapy and aftercare, to use them more precisely and to handle them with greater freedom.

Deepening groups in the 2nd half of the week, 11.15–12.30

X81. Pharmaceutical processes and medicines. *Dr. med. Severin Pöchtrager, Judit Kedves DE* What is required to turn a natural substance into a medicine? In this workshop-like course we will concern ourselves with individual natural substances, their pharmaceutical processing and clinical use. In doing so, we want to observe the qualities of individual pharmaceutical processes and build a bridge to the anthroposophical understanding of the human being. This bridge is intended to help us also to take account of the pharmaceutical process in the choice of medicine together with the substance.

X82. The path from crisis to healing through the four elements and ethers in the story of The Goosegirl. *Karin Jarman, Nicole Weinberger EN/DE* The Grimm's story of the Goosegirl shows a remarkable and accurate journey of how the soul struggles to free herself from the bondage of blood relationships to find her authentic being by traversing the four elements and ethers. In this workshop we will enter deeply into the language of fairy tales via art making and conversation.

X83. Elementary healthcare and elementary therapy. *Ute Köncke, Ute Hild DE/EN/RU* Archetypal forms of healing work in basic forms of care in a sustained fashion on self-regulation, above in the field of the life forces, through stimulating the body's own warmth and a minimum of independent movement. In each day's specific motif of freedom, love and wisdom, specific applications will be presented and instruction given. In addition, usage reports and case studies from clinical, therapeutic and lifeworld realms of experience will be discussed including aspects of natural and spiritual science.

X84. Rhythm – in freedom, love and wisdom. *Irmela Berger-Beyer, Conrad Lorenz DE* The nature of rhythm; the way to imbue the therapies of Anthroposophic Medicine with the spirit of Christ; with practical examples of rhythmical Einreibung / rhythmical massage therapy as developed by Dr Ita Wegman and Dr Margarethe Hauschka as well as supplementary art appreciation. In all therapies of Anthroposophic Medicine, the breathing dialogue between microcosm and macrocosm is fundamental. We invite you to a deepening interdisciplinary exchange of views on the phenomena of rhythm in the human being, in doing, in the picture and in the Foundation Stone.

X85. Healing by freedom: crossing the abyss between soul and spirit. *Tatiana Pavlova EN/RU* Fear of the spirit is one of the biggest problems nowadays. The fact that free human will mostly is not used for free deeds leads to the transformation of the potential for freedom into illnesses. Anthroposophical psychotherapy, based on Rudolf Steiner's Philosophy of Freedom, helps to understand spirit (ethical monism), experience spirit (moral forces in destiny) and perceive spirit (sense of truth) by working to strengthen the soul through looking for drops of real freedom in everyday life. In our workshop we will consider how this can be done in the therapy process and the relationship with patients and share our experiences

X86. Freedom, love, wisdom – the parts and the whole – a music therapy search. *Yael Barak EN* We will try to widen our experience of the qualities of freedom, love and wisdom through musical activities. Improvising and composing – using melody, harmony and rhythm. Please bring your own instruments and voice. We will look for these three qualities in music therapy, especially in therapy with cancer patients.

Deepening groups in the 2nd half of the week, 11.15–12.30

X87. Follow-on work in (silent) own activity – for individualists. This group is about freely working up the topic of the lecture heard in the morning for oneself. This can be done in the greatest variety of ways. Those who quietly want to occupy themselves with each topic by writing, drawing, painting, thinking, meditating... are welcome to do so in the room provided for this purpose. But those who want to do so on a walk or something similar in nature should also feel welcome in this group. It is about free and individual work with the topic for the day. Thus the time in this group can also quite generally be used as a time to pause and allow impressions to resonate.

X88. Group text work with the "Bridge lectures". Dr. Adam Blanning EN This will be a collaborative discussion group, where each day we will work with selected passages from the "Bridge lectures".

Spaces for science, collaboration and health policy 14.45–16.00

In the afternoon, our attention turns to topical questions and needs of current medicine and health policy. What globally relevant initiatives, projects and petitions are there currently? How do we develop collaboration between the individual health professions which is appropriate for our time, but also between various integrative medical approaches and systems? What does the future of a healthy outpatient or clinical facility look like and a health system fit for human beings? These units will take place in an open form as presentations, panel discussions and plenary discussions.

Manufacturer's clinic – Tuesday & Thursday 14.45 to 16.00

On two days, there will additionally be a moderated forum at which those in positions of responsibility at the manufacturers Abnoba, Helixor, Iscador, WALA and Weleda will give short presentations on current topics in their companies and answer questions that have been brought along. The focus of the event will be on dialogue between the manufacturers and participants.

Specialist courses in the 1st half of the week, 16.45–18.00

This is where the specialist courses on methods and therapy in the first half of the week can be found. The specialist courses address themselves to the methods of Anthroposophic Medicine as well as concrete diagnostic and therapeutic applications for everyday practice. They take up the current CARE topics of the Medical Section or have a specific professional orientation in line with the areas of the International Coordination of Anthroposophic Medicine (IKAM). Any prior requirements for the work will be set out in the description of the course concerned. When registering please select three groups specifying your preference. Short biographies of the workshop leaders and further information can be found at www.crossingbridges.care

S38. Immunology in early childhood – childhood diseases – vaccination questions. *Georg Soldner DE/EN* The topic is the development of the immune system which is closely connected with the child's warmth organisation. How does vaccination influence this development? What role is played by the time when the vaccination is given, what role by the type of vaccine? What, on the other hand, supports immunological development and what role is played in this by acute diseases in early childhood? How does Anthroposophic Medicine give us a deeper understanding here, how can we advise parents and support children?

S39. Being an inclusion artist – on the trail of the hidden I. *Sonja Zausch, Bart Vanmechelen DE/EN/BE* Training perception and practising artistically, we aim for a closer understanding of what we need to do to support special needs. What attitude is required, what does support mean and what do we understand by development? With meditative and eurythmy exercises.

S40. Anthroposophic breathing and movement therapy in lung cancer patients – a feasible modality in hospital units? *Dietrich von Bonin, MME, Dr. med. Christian Grah EN/DE* Results of an observational study in a German pneumo-oncological centre: Feasibility and dosage of multimodal anthroposophic complex therapy in lung-cancer patients. Presentation and practical training of breathing exercises using sound (Anthroposophic Therapeutic Speech ATS) and music therapy.

S41. "Musicament" TAO tones – working musically from the etheric into the organic. *Laura Piffaretti, Monica Bissegger DE/EN* We intend to study Rudolf Steiner's remarks about the TAO tones and their deepening by various music therapists, particularly with regard to the elements, the ether types and their action on the soul and body of the ill person. We will make the various therapeutic approaches sound and discuss relevant case studies. This work is aimed at music therapists and people with a basic knowledge of music.

S42. Oncological case presentations – innovative mistletoe treatments. *Dr. med. Yván Villegas, Maike Kergel, María Reynel DE/ES* Presentation and discussion of innovative mistletoe treatments from private medical practice and their publication as case reports.

S43. Age culture and elderly care: initiatives and experiences from all over the world. *Sabine Ringer, Dipl.-Päd. Dr. Gerhard Herz DE/EN* Age culture and elderly care remain relevant due to demographic developments. We will gather initiatives worldwide which concern themselves specifically with ageing and support in old

Specialist courses in the 1st half of the week, 16.45–18.00

age. The aim is to create awareness through the reports of what can serve as a source of strength. It is expressly desired that flyers and/or descriptions and photos are brought along or sent in advance in order to obtain a living picture.

S44. Warmth in nursing. Carola Riehm, Christiane Eberhardt **DE** This workshop will concern itself specifically with various aspects of warmth in nursing and with practical applications.

S45. Understanding of and therapeutic speech in burnout. *Dr. med. Albrecht Warning, Franziska Schmidt von Nell* **DE/EN** Being burnt out, the exhaustion of the flame of life, occurs in the conflict between idealistic keenness and the burden of the pressure of work. A whole range of different weaknesses and states of failure follow. Stressed and worn down in clocked time, our personal life rhythms rigidify or become chaotic. The dynamic of rhythmically shaped speech opens the way to coherence of physical strength, soul vibrancy and spirit contemplation. With speech exercises and reflections on the medical understanding of the human being we aim to offer signposts to self-efficacy.

S46. Medical ethics after Auschwitz. *Prof. Dr. med. Peter Selg* **DE** Report on Witten-Herdecke University's medical ethics seminars at the Auschwitz-Birkenau memorial since 2008 and a glimpse of the subject matter reflected on in that location (day 1). Alexander Mitscherlich, the Nuremberg doctors trials and their consequences (day 2). Against "euthanasia". Karl König's dispute with the paediatrics professor Werner Cate, one of the protagonists of the euthanasia of children (1939–1945) and future chairholder at Kiel University, Germany (day 3).

S47. Digital present and future. *Michaela Glöckler* **DE/EN** What can we do so that children and young people grow up healthily in the world of digital media? How do we ourselves deal with new technology? Is it just about adapting or are there alternatives? What is the transhumanist strategy and message? What does Rudolf Steiner say about the technology of the future? What tasks did he see for anthroposophy and what tasks do we see for the AM movement?

S48. Pregnancy – birth – early childhood. *Angelika Maaser, Claudia Grah-Wittich* **DE/EN** How can we organise pregnancy, birth and early childhood in such a way that they can contribute to success, to biography? Letting the introduction (pregnancy), prelude (birth) and overture (early childhood) harmonise together is a challenge today for therapists and physicians. Many children display regulatory and adjustment disorders and require early help. The workshop will focus on the development of a common inner attitude between various disciplines and concrete, networked measures for the start of life to support a healthy development.

S49. Anthroposophical dentistry then and now. *Andrea Theresia Wernthaler, Dr. Wencke Lindemann* **EN/DE/ES/PT** By working on topics of dental medicine (periodontitis, bruxism, disorders of enamel formation in children), the workshop aims to set out how as long as a hundred years ago Rudolf Steiner recognised in his lectures for physicians the importance of collaboration between physician and dentists, linking systemic disorders as well as various constitutional types with oral/dental diseases. Hence this workshop is aimed not just at dentists but also physicians who have an interest in how these spiritual scientific connections can be confirmed by modern research.

S50. The veterinary physician, a bridge between the health of animals and humans. *Dr. med. vet. Sabrina Menestrina, Dr. med. vet. Claudio Elli* **DE/IT** It is becoming increasingly clear that the relationship between humans and animals, humans and nature is of fundamental importance for true salutogenesis. It is a question of nutrition, be it the physical feeding of animals or nutrition for the soul through the relationship with domestic animals. Human beings feel a deep need, a hunger for a relationship with animals. How much do we need animals for our wellbeing? All of us speak about the welfare of animals in this century in which animals have lost the dignity of an existence / a life worth living like never before.

Specialist courses in the 1st half of the week, 16.45–18.00

S51. Stars once spoke to human beings... - How can we approach a mystery medicine with understanding? *Diethard Tauschel, Monika Layer, Angelika Stieber-Pelikan* **DE/EN** Rudolf Steiner and Ita Wegman inaugurated and jointly developed an extension of the art of healing. In this context the question about the renewal of the mysteries and of mystery medicine played a crucial role. Studying examples of individual ancient mysteries, we intend to investigate, among other things, the question of the relationship between micro- and macrocosm. This interprofessional course will have workshop character. We aim to work interactively on the questions concerning mystery medicine by means including eurythmy, art appreciation and keynote contributions.

S52. Trauma, resilience and post-traumatic growth. *Dr. med. Hartmut G. Horn, Dr. Giovanna Bettini, Psychotherapeutin* **DE/EN/IT** Research shows that the outcome following a traumatic event can vary ranging from the development of post-traumatic stress disorder to complete recovery. What are the resilience factors that allow the soul to heal itself? What kind of trauma therapy interventions on the physical level as well as the etheric, astral and also I level can prevent the development of complications? Through what kind of interventions can we at a later time help the affected person to pick up the thread of their life again?

S53. The botany, pharmacy and therapeutic use of mistletoe. *Dr. med. Severin Pöchtrager, Dr. sc. nat. Konrad Urech* **DE** In this course we will let the nature of mistletoe speak to us on the basis of Goethean and anthroposophical observation. We will learn about the diversity of the various pharmaceutical manufacturing processes and form a basis for the clinical use of mistletoe therapy.

S54. Potentised substances – empiricism, theory and evidence. *Dr. sc. nat. Stephan Baumgartner, Dr. med. Jürg Lehmann* **DE** Potentised medicines are an important part of Anthroposophic Medicine. We propose to focus on three subject areas in our workshop: (1) the theoretical and historical background and understanding of potentisation and the effect of potentised medicines from the perspective of Samuel Hahnemann and Rudolf Steiner; (2) the current state of clinical and basic research on the effect and efficacy of potentised preparations; (3) current approaches to an integrative understanding of the potentisation or homeopathisation process on the basis of the research results of natural and spiritual science.

S55. Chemo- and immunotherapies in oncology – spiritual scientific understanding and therapeutic support. *Dr. med. Marion Debus* **DE/EN** Against the background of a spiritual scientific understanding of cancer, we will examine the development, indications and mode of action of modern cancer treatments. When does it make sense to use them? What is particularly problematical? How does mistletoe therapy work in this context and how is it best deployed? How can side effects be treated? A deeper understanding of conventional therapeutic procedures can become the basis for real integrative therapeutic action for cancer patients.

S56. Practical treatments for anxiety, sleep disorders and restlessness. *Dr. Adam Blanning, Elizabeth Sustick* **EN** This workshop will explore the developmental weaving between outward steps of strength and mobility, with quieter, inwardly-directed steps of self-soothing and self-awareness. This reciprocal dynamic provides a framework for fostering greater resilience with anxiety, sleep disorders, disruptive behaviours and strong sensory-seeking patterns. Practical anthroposophic nursing and homecare treatments will help participants experience this pathway to the life sense in their own bodies. This course brings a new way of looking at senses development.

S57. Support in conspicuous prenatal diagnosis, intrauterine foetal death and when a child dies immediately after birth. *Karen Dirks* **DE** Conspicuous findings in prenatal diagnosis, the decision whether to carry on with the pregnancy or have an abortion, support when the child has already died in the womb, for stillbirth or when the child dies immediately after birth are situations we repeatedly encounter as specialists. How can we manage to create a space in which parents can make their very individual decisions, can take leave, grieve and accept, realise and process the event? What rituals, texts, pictures, treatments and medicines can help and act as a support?

S58. Warming up to fever! *Prof. Dr. med. David Martin, Dr. med. Henrik Szőke, Andrea Szőke* **EN/DE** Based on our examination of all guidelines worldwide and on our FeverApp as well as on our collection of all of Rudolf Steiner's statements on fever, we will investigate and discuss the science of fever and the art of dealing with fever in practice. This will include a closer look at the pros and cons of enemas, calf wraps and washings, as well as a critical look at our medicines. Practical exercises will complement this investigation.

S59. The clown and healing. *Dr. med. David McGavin, John Browning* **EN** The clown perceives what others miss. He notices where the light would shine when all is going dark. He seeks out the paradox, loves absurdity and contradiction. He flourishes in the worlds of uncertainty and mistakes, especially when things are going wrong. If the clown has not got a problem, he's got a big problem. This is a workshop for the modest therapist or clinician who, from time to time, doubts his or her own abilities.

S60. The Body as a vessel of memory. *Michael Kokinos, Ariane Otto* **EN** The emergence of various layers of feelings, qualities and pictures within the client and the therapist while working "hands on" in body therapies. How can we distinguish these? How can we integrate them? We will explore this theme working experientially and in conversation through the lens of craniosacral therapy where the cultivation of deep listening and stillness is emphasised.

S61. Human encounter at the threshold of the new mysteries – the unseen power behind the so-called "placebo effect". *Dr. med. James Dyson, Dr. Roberta Nelson, PhD, LPCC, LAC* **EN** The boundary between wakeful awareness and the (higher and lower) unconscious is now so very much thinner than a century ago. Established boundaries between human beings and within personality structures dissolve more readily, frequently bypassing a conscious encounter with the Guardian of the Threshold. Such conditions, nowadays well documented and termed "spiritual emergencies", frequently manifest within the context of both professional and personal relationships.

S62. Children in desperation – bridges into healthier life. *Dr. med. Anne Daniel-Karsen, Karmen Linnamägi* **EN** The content of the workshop is to find the ways how to support children who have been left traumatised after living through complications and violence at home, between their parents and close ones, and how to build up their lives again to become healthier and more whole. Practical examples from their work. Norwegian animation movie about being a child in situations of domestic violence: "Angry Man" (20 min). Discussing the theme of vulnerability and shock in artistic form, in pastel drawing. Finding the therapeutic approach in art therapy and music therapy, voice exercises.

Specialist courses in the 2nd half of the week, 16.45–18.00

This is where the specialist courses on methods and therapy in the second half of the week can be found. The specialist courses address themselves to the methods of Anthroposophic Medicine as well as concrete diagnostic and therapeutic applications for everyday practice. They take up the current CARE topics of the Medical Section or have a specific professional orientation in line with the areas of the International Coordination of Anthroposophic Medicine (IKAM). Any prior requirements for the work will be set out in the description of the course concerned. When registering please select three groups specifying your preference. Short biographies of the workshop leaders and further information can be found at www.crossingbridges.care

S89. Anthroposophic pastoral medicine – a future impulse. *Dr. med. Matthias Girke, Tomáš Boněk*

DE Anthroposophical pastoral medicine was established by Rudolf Steiner in September 1924. In this workshop we will work on central topics of pastoral medicine and discuss the integration of medical and priestly collaboration into the overall treatment of the patient and thus the relationship with the other professional groups. This is connected with the relationship of the sacraments to the medicines and the other therapeutic procedures of Anthroposophic Medicine. As a result the question as to the nature and meaning of the therapeutic community arises as an additional work topic.

S90. Infectious diseases, therapeutic concepts and patient information. *Madeleen Winkler, Ursi Soldner*

DE/EN We will discuss the treatment plans for simple diseases of the upper airways, the chest area and the urinary tract, self-care and therapies, as well as external treatments. These will be shown step-by-step so that they can be understood.

S91. Therapy at the threshold of the twenty-first century. The morphological changes in the constitution of the child which become visible in the mouth, voice and speech. *Enrica Dal Zio,*

Dr. med. Silvana Santoro, Dr. med. Angela Assenza **DE/IT** Changes arising from the observation of the last twenty years in dental medicine, phoniatrics and therapeutic speech. Interdisciplinary therapy and research work in therapeutic speech, dentosophy, phoniatrics and chirophonetics.

S92. Anxiety in pregnancy today. *Dr. Angela Kuck, Mechthild Groh-Schulz*

DE/EN The occurrence of anxiety in pregnancy today; possibilities of therapy from a medical and eurythmy therapy perspective. Eurythmy therapy in pregnancy, in connection with birth and "becoming parents", has shown itself to be very helpful and useful in practice. It creates experiences for expectant mothers which can make attachment with herself and the child easier and strengthen the trust in her own perception.

S93. Eurythmy therapy as bridge between cosmic formative forces and the human organism.

Therapeutic examples from work in oncology. *Pirkko Ollilainen, Dr. Sheila Grande* **DE/PT** Depiction of eurythmy therapy in different tumour diseases. Joint work on the movement phenomena of patients and the action of the formative forces in the physiopathology and structure of the therapy. Eurythmy therapy and medical work on oncological clinical pictures relating to the formative forces. Movement pictures as diagnostic phenomenology of the pathology of the tumour disease. Dealing with the formative forces therapeutically.

S94. "Spirit" in science and medicine? *Prof. Dr. med. Peter Heusser* **DE/EN** 100 years after the foundation by Rudolf Steiner of a medicine extended by spiritual science, medical disciplines which advocate the spiritual in medicine in theory and practice are once again being vehemently opposed as allegedly being "unscientific". The workshop will therefore deal with questions such as the following: what is spirit? What is the connection between the spirit and medicine? Is a science of the spirit possible? What is its relationship with natural science? Is the accusation of being unscientific justified? What is required for the sustainable justification, application, representation and recognition of the spiritual in science and medicine?

S95. Building bridges in the sociotherapeutic community. *Gabriele Förster, Elke Zech, Eric Flemming* **DE/EN** The concrete experience of point and circle. What areas do we touch on when we enter the field of social therapy/special needs education? What does the human being standing at the centre require? What do their surroundings need? How do we manage to build bridges? Using the example of a concrete case report, we want to show the complexity existing between the areas of social therapy/special needs education, medicine, therapies, nursing and art. We want to bring the intangible element that weaves between everything to joint experience through artistic processes and meditation.

S96. Own activity as curative element: meditation and eurythmy therapy. *Dr. Katharina Gerlach, M.A., Prof. Dr. med. Friedrich Edelhäuser* **DE** Rudolf Steiner encouraged body-oriented meditation from 1904 onwards. Alongside eurythmy therapy instructions, he recommended specific meditations for individual patients between 1921 and 1924. Both – meditating and eurythmy therapy – require the patient's own activity. Through active practice, we will encounter this connection: the individual experience in the intentionally made movement forms the basis for an approach to the question as to what extent a curative effect may be given through the own activity component of eurythmy therapy and meditation. The focus of this workshop will be information about neurological questions.

S97. Medicine, meditation, neuroscience. *Dr. med. Robert Kempenich* **EN/DE** How to discover in oneself the functional tripartition and the quadripartite constitution through the stages of imagination, inspiration and intuition. Application in daily medical practice.

Specialist courses in the 2nd half of the week, 16.45–18.00

S98. Spiritual organology. *Dr. med. Michaela Glöckler, Rolf Heine, Philine Wetzel DE/EN* The godlikeness of the human body turns this body into the temple of the deity. Every detail of form, be it ever so small, every function, particularly the structure and action of the inner organs, bears witness to that. The aim of this workshop is to recognise their spiritual signature, to make it productive for diagnosis and therapy. Literature: Rudolf Steiner, GA 10: Knowledge of the Higher Worlds and Its Attainment; Course for Young Doctors, lectures 7 and 8; Michaela Glöckler: Raphael and the Mysteries of Illness and Healing.

S99. Treasures from the first years of the medical and therapeutic Institute Arlesheim – their importance for medicine and nursing today. *Dr. Christoph von Dach DE/EN* All the case histories from the first period of the clinical and therapeutic Institute (today Klinik Arlesheim) are kept at the Ita Wegman Institute. They contain valuable references to applications of the time. Based on the results of an analysis of 497 case histories (2954 treatments), the bridge to today's medical and nursing practice is developed. The goal is to make the treasures from that time of use today. The results will be presented by way of introduction and thoughts about the practice of that time will be debated. Specific questions from participants will be dealt with to the extent possible.

S100. Anthroposophical treatment plans for dermatological diseases. *Dr. med. Lüder Jachens DE* To begin with, neurodermatitis and psoriasis will be looked at as a polarity. Then we will discuss the treatment of dermatoses via the inner organs, particularly the liver, using the example of acne and rosacea. Lastly we will deal with the personality and the treatment of patients with a malignant melanoma.

S101. The other way round – support and care for people with dementia. *Ursa Neuhaus, lic. phil., Rachel Maeder-Lis DE* Supporting and caring for people with dementia is a temporal and spatial challenge. The course of developing dementia can take up to twelve years and care measures keep increasing towards the end of life. The focus is on three central questions: how does a person with dementia experience the world in everyday life and in particular situations? How can the progression of the disease be recognised, consciously supported and shared together? What attitude is necessary in the encounter with people with developing dementia?

S102. The healthy social life is found... – What elements and paths can we find for a renewed mystery medicine? *Diethard Tauschel, Monika Layer, Angelika Stieber-Pelikan DE/EN* Rudolf Steiner and Ita Wegman inaugurated and jointly developed an extension of the art of healing. In this context the question about the renewal of the mysteries and of mystery medicine played a crucial role. Looking at examples of individual mysteries, we intend to investigate the question: how can we come closer to a renewed mystery medicine? Which elements can play a central role in it? This interprofessional course will have workshop character. We aim to work interactively on the questions concerning mystery medicine by means of eurythmy, art appreciation and keynote contributions, among other things.

S103. Pain treatment in anthroposophic body therapy. *Elma Pressel, Stephan Thilo DE/EN* Pain with varying causes and in various forms presents a challenge to any therapeutic intervention. In everyday therapy we frequently encounter treatment resistant pain symptoms which respond well to body-oriented interventions and can frequently be led into a healing process. In this workshop we want to touch on the experiences, courses of action and possibilities of body therapeutic interventions in discussion among colleagues and work on practice-relevant treatment approaches based on the study of the human constitutional elements.

S104. Concepts of anthroposophically extended palliative care. *Jörg Eberhardt, DEAA, MBA, Christiane Eberhardt, HP DE* Palliative care addresses four different levels of the patient's being: their corporeality, their life sphere integrated into the social environment, their soul world, and their spiritual ties. The palliative patient can experience pain at these four levels up to and including existential distress with the longing for death (total pain concept of Cicely Saunders). Using practical examples, we will present and jointly continue to develop concepts of anthroposophically extended palliative care including external treatments, art therapy, eurythmy therapy and a spiritually-based encounter through conversation.

S105. Induction of labour – anthroposophically supported. *Merja Riijärvi, Anette Beisswenger DE/SE* Every fifth birth is induced. Relevant medical indications; midwife's anamnesis based on the anthroposophical understanding of the human being; choice of methods and resources from anthroposophical nursing, art therapy and medicine; carrying out and testing their efficacy can lead to a reorientation. This offers the woman and child re-entry to the individual birth process and counters the pathologies with corresponding interventions. Midwives, gynaecologists and paediatricians are invited who want to partake in the wealth of experience of the art of anthroposophical nursing and midwifery.

S106. From an infirmary to a house of health. *Lukas Hirt, Helene von Bremen, Philipp Busche DE* This workshop aims to work on the question what is needed to turn a hospital under present conditions into a place in which health can be cultivated and developed and in which this applies to patients and staff alike? To this end we will work on current social questions using existing examples and we look forward to the ideas and experiences of participants. The workshop is planned to be creative workshop and is intended to become a crystallisation point for new projects.

S107. Anthroposophic treatment concepts for arterial hypertension. *Dr. med. Thomas Breitzkreuz EN* The workshop aims to deepen the understanding of hypertension as the no.1 chronic cardiovascular disease and to deliver basic knowledge for practising the anthroposophic three type approach. Rudolf Steiner's approach to cardiovascular diseases will be discussed in the context of recent research in conventional and integrative cardiology. The three types concept will be introduced in a practical manner in order to enable and encourage participants to diagnose, advise and treat their patients (focus on anthroposophic medicines and external applications). The target groups are physicians / students. Nurses and therapists are welcome.

S108. The patient in the field of tension between hospital and house or home – do I bear the responsibility alone? *Elke Kaschdailewitsch, Dorothea von Heynitz DE* Finally alone! Loneliness despite togetherness? Where do I feel my loneliness as painful? What is required to counter loneliness? Welcome loneliness!

S109. Supported with love – approaching end of life. *Barbara Trapp, Mechtild Bischof DE* When people turn towards the end of life, it widens the perspective to questions about existence here and on the other side, both for the people who are terminally ill and also for those of us who support them. Opening the heart can prepare a supportive field which helps to overcome anxieties, find a profound encounter with oneself and one's destiny, resolve conflicts and, as appropriate, experience peace. Through keynote presentations, artistic exercises, meditation, spiritual healing work, exchange of experiences and eurythmy it can become possible to obtain effective supporting experiences and to approach this soul-spiritual space.

Specialist courses in the 2nd half of the week, 16.45–18.00

S110. Show your wound – integrative wound care in the Christophorus community hospice.

Christine Kolbe-Alberdi, Birgit Kuban **DE** Since 2017, the nurses in the community hospice have carried out integrative wound care. The healthful combination of complementary and conventional methods will be presented using case descriptions. Serious wounds caused, for example, by ulcerating tumours represent a great additional burden for the patient concerned. This, at the latest, "reveals" the serious terminal illness. If a wound improves under committed wound care, this reveals the patient's life forces and also forces of hope. The healing wound become an outer expression of healing.

S111. Depression, one of the great epidemics of our time. Dr. med. Joost Laceulle, Dr. med. Marieke

Krans, Hilda Boersma **EN** Depression. How we can distinguish the various forms, including with the help of organ typologies, and how we can treat them anthroposophically in our therapeutic centres and other health centres. Medicinal therapy will be discussed and eurythmy therapy practised. Many other therapeutic possibilities, artistic, pastoral, etc., as well as the therapeutic conversation will also be raised.

S112. Childhood trauma, fear and the basic senses. Generational transmission of traumatic memories. Victoria Martínez, klinische Psychologin **ES** Reflection on clinical examples and phenomenological exercises on childhood trauma, fear and the basic senses. Examples of transgenerational transmission.

S113. The human upright as a bridge to wholeness and health. Jaimen McMillan, Elja Thilo **EN/DE**

In this workshop we will concern ourselves with the power of human uprightness from the perspective of Bothmer® gymnastics and Spacial Dynamics®: what enables it at a physical, soul and spiritual level? Why do we always have to struggle for it? What ideas and exercises for our patients and ourselves can we take away with us? We will tackle these questions in discussion and movement.

Evening contributions on spirituality and inner development 20.00–21.00

In the evening, our work on consciousness turns inwards with the goal of enabling a connection between the conference content and our personal, professional or universally human path of training and development. It is intended to provide a counterpoint to the more externally oriented contributions throughout the day. Three possibilities in large groups are offered and once one has been chosen participants should stay with it since the content is conceived as a thematic arc which builds internally on what has gone before. The groups can be chosen at the conference.

1. Meditation and inner development at work and in everyday life

Monday: Introduction to questions on the inner path of development

Prof. Dr. David Martin, Dr. Silke Schwarz (DE/EN)

Tuesday: Mantras and meditations for various professional groups

Elma Pressel, Sibylle Eichstaedt (DE) (Übersetzung in EN/IT/FR/ES/RU/CN/JP)

Thursday: Meditations for patients from Rudolf Steiner

Prof. Dr. Peter Selg (DE) (Übersetzung in EN/IT/FR/ES/RU/CN/JP)

Friday: The bridge to the dead – the human being at the threshold

Eva Batschko, Hana Adamcová, Erdmuthe Worel (DE, translation into EN/IT/FR/ES/RU/CN/JP)

2. The human being in the human being – warmth meditation and pastoral medicine

Monday: Introduction to the warmth meditation *Dr. Michaela Glöckler* (DE, translation into EN/IT/FR/ES/RU/CN/JP)

Tuesday: Practical deepening of the warmth meditation *Preparatory group (work in small groups)*

Thursday: What is Christian medicine? *Georg Soldner* (DE/EN)

Friday: The pastoral medical mantra *Dr. Christian Schikarski, Cristóbal Ortín* (DE/EN)

3. The human being as a being in the elemental world – class lesson and School work (DE/EN)

For members of the School of Spiritual Science. Please bring your blue card. For questions about or interest in membership of the School of Spiritual Science we are happy to help at sekretariat@goetheanum.org to find the right contact person.

Monday: Sixth and ninth class lesson (freely rendered) *Dr. Mathias Sauer* (DE), *Bart Vanmechelen* (EN)

Tuesday: School work on the sixth and ninth class lesson (dialogue & follow-on work)

Stefan Langhammer (DE), *Dr. Adam Blanning* (EN)

Thursday: School work on the fourteenth to sixteenth class lesson (dialogue & prior work)

Tom Scheffers (DE), *Rolf Heine* (EN)

Friday: Fourteenth to sixteenth class lesson (freely rendered)

Dr. Matthias Girke (DE), *Dr. Michaela Glöckler* (EN)

Night Café, 21:00–23:00

In the evening between 21.00 and 23.00, a meeting space will be organised to which everyone is warmly invited for dance, music and conversation. There will be a short introduction to circle and couple dances from the different continents as an invitation to carry on dancing. In addition, everyone is warmly invited to bring their musical instrument along and let it sound out in the breaks during the conference or in the evening under the stars.

Organisational matters and registration

Registration

Please send this registration using the attached form no later than 20 August 2020 by email, fax or letter to: Goetheanum Empfang, Postfach, 4143 Dornach, Switzerland
Tel +41 61 706 44 44 / Fax +41 61 706 44 46 / tickets@goetheanum.org

Conference meals

Lunch is included in the conference ticket. Breakfast and dinner can be booked separately.

Donation for the conference

Please do not use this bank details to transfer the conference fee.

Allg. Anthrop. Gesell. / Med. Sektion / Raiffeisenbank Dornach
IBAN: CH83 8080 8002 5593 0141 5 / BIC: RAIFCH22
Reason for payment "JK 2020"

Med. Sektion / Förderstiftung AM / Volksbank Dreiländereck eG
IBAN: DE92 6839 0000 0000 9707 60 / BIC: VOLODE66
Reason for payment "JK 2020"

Imprint: Medizinische Sektion am Goetheanum, Rütliweg 45, 4143 Dornach (Schweiz),
Tel.: +41 61 706 42 90, Fax: +41 61 706 42 91, info@medsektion-goetheanum.ch, www.medsektion-goetheanum.ch
Cover design: Karl Lierl www.lierl.de, inside design: Paul Werthmann

Booking Form

OJK

Crossing Bridges - Being Human! 100 Years of Anthroposophical Medicine

Conference of the Medical Section at the Goetheanum

from Saturday, 12 to Sunday, 20 September 2020

Registration closes: Saturday, 29 August 2020

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

Goetheanum Empfang, Postfach, CH-4143 Dornach

Fax + 41 61 706 4446, Tel. + 41 61 706 4444 email tickets@goetheanum.org

Please fill out in block capitals!

☐ Ms ☐ Mr

Name, first name _____

Billing address ☐ private address ☐ address of institution

if so, name of institution _____

Street, n° _____

Town _____

Postcode _____

Country _____

Country _____

Phone/fax _____

Email _____

Profession _____

I need translation into ☐ German ☐ English ☐ French ☐ Spanish ☐ Italian ☐ Russian ☐ Japanese ☐ Chinese

Early booking price until 30.06.2020, conference ticket including all lunches of the conference

☐ CHF 770 regular price ☐ CHF 590 with concessions¹ ☐ CHF 290 students² ☐ CHF 1200 with sponsorship³

Late booking price from 1.07.2020, conference ticket including all lunches of the conference

☐ CHF 840 regular price ☐ CHF 660 with concessions¹ ☐ CHF 350 students² ☐ CHF 1200 with sponsorship³

Evening meal (8x)

☐ CHF 200

Breakfast (8x)

☐ CHF 120\$

Food intolerance

☐ Gluten

☐ Lactose

Parking at the Goetheanum ☐ Parking permit: CHF 50

Optional morning courses (8:00-8:45)

1st choice, No. _____ 2nd choice⁴, No. _____ 3rd choice⁴, No. _____

Groups for Deepening (Sun-Tue, 11:15-12:30)

1st choice, No. _____ 2nd choice⁴, No. _____ 3rd choice⁴, No. _____

Specialist courses (Sun-Tue, 16:45-18:00)

1st choice, No. _____ 2nd choice⁴, No. _____ 3rd choice⁴, No. _____

Deepening groups (Thu-Sat, 11:15-12:30)

1st choice, No. _____ 2nd choice⁴, No. _____ 3rd choice⁴, No. _____

Specialist courses (Thu-Sat, 16:45-18:00)

1st choice, No. _____ 2nd choice⁴, No. _____ 3rd choice⁴, No. _____

Ita Wegman Campus Tour (please send me more information about this)

☐

Parts of the anniversary conference where there is room for personal input

(please send me more information about this)

☐

Insurance

☐ Cancellation insurance (5% of the total costs, CHF 10 minimum)

See cancellation conditions in the General Information

Payment methods

☐ on invoice (only Switzerland and Euro zone)

Credit card (all countries)

☐ Visa

☐ MasterCard

Card number: ____/____/____/____/____ Expiry date: ____/____

I agree to the terms of payment and cancellation.

Place, date, signature _____

^{1 2 3 4} Please see the next page

General Information

Crossing Bridges - Being Human! 100 Years of Anthroposophical Medicine

Early booking price until 30.06.2020

Regular price:	CHF 770	with meals:	CHF 970
Concessions ¹ :	CHF 590	with meals:	CHF 790
Students ² :	CHF 290	with meals:	CHF 490
With sponsorship ³ :	CHF 1200	with meals:	CHF 1400

Late booking price from 1.07.2020

Regular price:	CHF 840	with meals:	CHF 1040
Concessions ¹ :	CHF 660	with meals:	CHF 860
Students ² :	CHF 350	with meals:	CHF 550
With sponsorship ³ :	CHF 1200	with meals:	CHF 1400

Conference meals

All conference lunches are in the conference ticket included. Evening meals (8x) can be booked at CHF 200 in total. Also Breakfasts (8x) can be booked separately at CHF 120. Lactose-free and gluten-free dishes can be provided. We regret that any other food intolerances cannot be catered for.

Parking permit for the period of the conference: CHF 50 (not right next to the Goetheanum building). If you have a disability, please display your disability badge in your car.

Methods of payment/confirmation

On receipt of a group application, the respective institution will receive the account for the group. Subsequent bookings can only be applied for and paid on an individual basis.

Credit cards (all countries): The full amount will be charged to your credit card as soon as your booking has been processed. You will receive postal or email confirmation of your booking and payment.

Invoice Switzerland: Confirmation of booking and an invoice will be sent to you once your booking has been processed. Please note that we only send out invoices up until 10 days before the beginning of an event. After that, payment is only possible by credit card or on arrival.

Invoice Eurozone: Confirmation of booking and an invoice will be sent to you once your booking has been processed (Euro account). Please note that we only send out invoices up until 14 days before the beginning of an event. After that, payment is only possible by credit card or on arrival.

Other countries: Once your booking has been processed you will receive a confirmation by post or email. The amount due will either be charged to your credit card or you can pay on arrival. Bank transfers are not possible.

Please note that the conference fee must be paid before the conference starts.

Conference tickets: Paid tickets will be available for pickup at a special reception table of the conference preparation group when you arrive at the Goetheanum. Tickets that have not yet been paid for can be collected from the Reception Desk up to one hour before the event at the latest. Besides cash in CHF or EUR we also accept VISA, MasterCard, ec-direkt and Postcard-Switzerland.

Cancellation: Bookings may be cancelled free of charge up to 14 days prior to the beginning of the conference (29.8.2020, date of posting). After that, 50% of the conference fee will be charged. Meals, breakfast and parking permit may be cancelled free of charge up to 1 day prior to the begin of the conference (11.9.2020). Cancellation on the day when the conference begins or failure to attend are subject to an invoice of the total of 100%. Substitutes will be accepted at no extra cost.

Cancellation insurance: Subject to a payment of 5% of total costs (CHF 10 minimum) full cancellation insurance can be taken out to cover illness (including dependent children and partner), job loss and force majeure. Terms of insurance can be downloaded at: <https://www.goetheanum.org/en/events/informations/>

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

Terms and Conditions will be sent on request or can be accessed online at

<https://www.goetheanum.org/en/events/informations/>

The Biannual events magazine (Pdf-Download) can be found also there.

¹ The reduced conference fee is intended for people with low income, e.g. retired / senior citizens with financial hardship, people with disabilities (receiving disability benefits), unemployed, poorly paid professional groups and people from financially weak countries who need assistance. Proof must be submitted at the time of registration.

² The student fee is intended for students, trainees, community/military service providers and people without income. Proof must be presented at the time of registration (scan of certificate of enrolment, student ID, etc.).

³ Should you be in a position to pay an additional amount, this would help to cover the costs of the conference and support the work of the section.

⁴ When registering, your first choice is no longer open, is cancelled or will be cancelled, your second and third choice will be taken into account. If your first, second or third choice is full, we will try to contact you. Please look for updated information at the start of the conference.

Booking Form

OJA

Crossing Bridges - Being Human! 100 Years of Anthroposophical Medicine

Conference of the Medical Section at the Goetheanum

1st half week from Saturday, 12 to Wednesday, 16 September 2020

Registration closes: Saturday, 29 August 2020

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

Goetheanum Empfang, Postfach, CH-4143 Dornach

Fax + 41 61 706 4446, Tel. + 41 61 706 4444 email tickets@goetheanum.org

Please fill out in block capitals!

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Name, first name _____

Billing address ☐ private address ☐ address of institution

if so, name of institution _____

Street, n° _____

Town _____

Postcode _____

Country _____

Country _____

Phone/fax _____

Email _____

Profession _____

I need translation into ☐ German ☐ English ☐ French ☐ Spanish ☐ Italian ☐ Russian ☐ Japanese ☐ Chinese

Early booking price until 30.06.2020, conference ticket including all lunches of the conference

☐ CHF 440 regular price ☐ CHF 330 with concessions¹ ☐ CHF 160 students² ☐ 700 with sponsorship³

Late booking price from 1.07.2020, conference ticket including all lunches of the conference

☐ CHF 480 regular price ☐ CHF 370 with concessions¹ ☐ CHF 200 students² ☐ 700 with sponsorship³

Evening meal (4x 12.9. to 15.9.) ☐ CHF 100 Breakfast (4x) ☐ CHF 60

Food intolerance ☐ Gluten ☐ Lactose

Parking at the Goetheanum ☐ Parking permit: CHF 25

Optional morning courses (8:00-9:45) 1st choice, No. _____ 2nd choice⁴, No. _____ 3rd choice⁴, No. _____

Groups for Deepening (11:15-12:30) 1st choice, No. _____ 2nd choice⁴, No. _____ 3rd choice⁴, No. _____

Specialist courses (16:45-18:00) 1st choice, No. _____ 2nd choice⁴, No. _____ 3rd choice⁴, No. _____

Parts of the anniversary conference where there is room for personal input

(please send me more information about this)

☐

Insurance

☐ Cancellation insurance (5% of the total costs, CHF 10 minimum)

See cancellation conditions in the General Information

Payment methods

☐ on invoice (only Switzerland and Euro zone)

Credit card (all countries) ☐ Visa ☐ MasterCard

Card number: ____ / ____ / ____ / ____ Expiry date: ____ / ____

I agree to the terms of payment and cancellation.

Place, date, signature _____

^{1 2 3 4} Please see the next page

General Information

Crossing Bridges - Being Human! 100 Years of Anthroposophical Medicine. 1st half week

Early booking price until 30.06.2020

Regular price:	CHF 440	with meals:	CHF 540
Concessions ¹ :	CHF 330	with meals:	CHF 430
Students ² :	CHF 160	with meals:	CHF 260
With sponsorship ³ :	CHF 700	with meals:	CHF 800

Late booking price from 1.07.2020

Regular price:	CHF 480	with meals:	CHF 580
Concessions ¹ :	CHF 370	with meals:	CHF 470
Students ² :	CHF 200	with meals:	CHF 300
With sponsorship ³ :	CHF 700	with meals:	CHF 800

Conference meals

All conference lunches are in the conference ticket included. Evening meals (4x, 12.9. to 15.9.) can be booked at CHF 100 in total. Also Breakfasts (4x) can be booked separately at CHF 60. Lactose-free and gluten-free dishes can be provided. We regret that any other food intolerances cannot be catered for.

Parking permit for the period of the conference: CHF 25 (not right next to the Goetheanum building). If you have a disability, please display your disability badge in your car.

Methods of payment/confirmation

On receipt of a group application, the respective institution will receive the account for the group. Subsequent bookings can only be applied for and paid on an individual basis.

Credit cards (all countries): The full amount will be charged to your credit card as soon as your booking has been processed. You will receive postal or email confirmation of your booking and payment.

Invoice Switzerland: Confirmation of booking and an invoice will be sent to you once your booking has been processed. Please note that we only send out invoices up until 10 days before the beginning of an event. After that, payment is only possible by credit card or on arrival.

Invoice Eurozone: Confirmation of booking and an invoice will be sent to you once your booking has been processed (Euro account). Please note that we only send out invoices up until 14 days before the beginning of an event. After that, payment is only possible by credit card or on arrival.

Other countries: Once your booking has been processed you will receive a confirmation by post or email. The amount due will either be charged to your credit card or you can pay on arrival. Bank transfers are not possible.

Please note that the conference fee must be paid before the conference starts.

Conference tickets: Paid tickets will be available for pickup at a special reception table of the conference preparation group when you arrive at the Goetheanum. Tickets that have not yet been paid for can be collected from the Reception Desk up to one hour before the event at the latest. Besides cash in CHF or EUR we also accept VISA, MasterCard, ec-direkt and Postcard-Switzerland.

Cancellation: Bookings may be cancelled free of charge up to 14 days prior to the beginning of the conference (29.8.2020, date of posting). After that, 50% of the conference fee will be charged. Meals, breakfast and parking permit may be cancelled free of charge up to 1 day prior to the begin of the conference (11.9.2020). Cancellation on the day when the conference begins or failure to attend are subject to an invoice of the total of 100%. Substitutes will be accepted at no extra cost.

Cancellation insurance: Subject to a payment of 5% of total costs (CHF 10 minimum) full cancellation insurance can be taken out to cover illness (including dependent children and partner), job loss and force majeure. Terms of insurance can be downloaded at: <https://www.goetheanum.org/en/events/informations/>

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

Terms and Conditions will be sent on request or can be accessed online at

<https://www.goetheanum.org/en/events/informations/>

The Biannual events magazine (Pdf-Download) can be found also there.

¹ The reduced conference fee is intended for people with low income, e.g. retired / senior citizens with financial hardship, people with disabilities (receiving disability benefits), unemployed, poorly paid professional groups and people from financially weak countries who need assistance. Proof must be submitted at the time of registration.

² The student fee is intended for students, trainees, community/military service providers and people without income. Proof must be presented at the time of registration (scan of certificate of enrolment, student ID, etc.).

³ Should you be in a position to pay an additional amount, this would help to cover the costs of the conference and support the work of the section.

⁴ When registering, your first choice is no longer open, is cancelled or will be cancelled, your second and third choice will be taken into account. If your first, second or third choice is full, we will try to contact you. Please look for updated information at the start of the conference.

Booking Form

OJB

Crossing Bridges - Being Human! 100 Years of Anthroposophical Medicine

Conference of the Medical Section at the Goetheanum

2nd half week from Wednesday, 16 to Sunday, 20 September 2020

Registration closes: Saturday, 29 August 2020

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

Goetheanum Empfang, Postfach, CH-4143 Dornach

Fax + 41 61 706 4446, Tel. + 41 61 706 4444 email tickets@goetheanum.org

Please fill out in block capitals!

☐ Ms ☐ Mr

Name, first name _____

Billing address ☐ private address ☐ address of institution

if so, name of institution _____

Street, n° _____

Town _____

Postcode _____

Country _____

Country _____

Phone/fax _____

Email _____

Profession _____

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Ita Wegman Campus Tour (please send me more information about this) ☐

Parts of the anniversary conference where there is room for personal input
(please send me more information about this) ☐

Insurance

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Place, date, signature _____

^{1 2 3 4} Please see the next page

General Information

Crossing Bridges - Being Human! 100 Years of Anthroposophical Medicine. 2nd half week

Early booking price until 30.06.2020

Regular price:	CHF 440	with meals:	CHF 540
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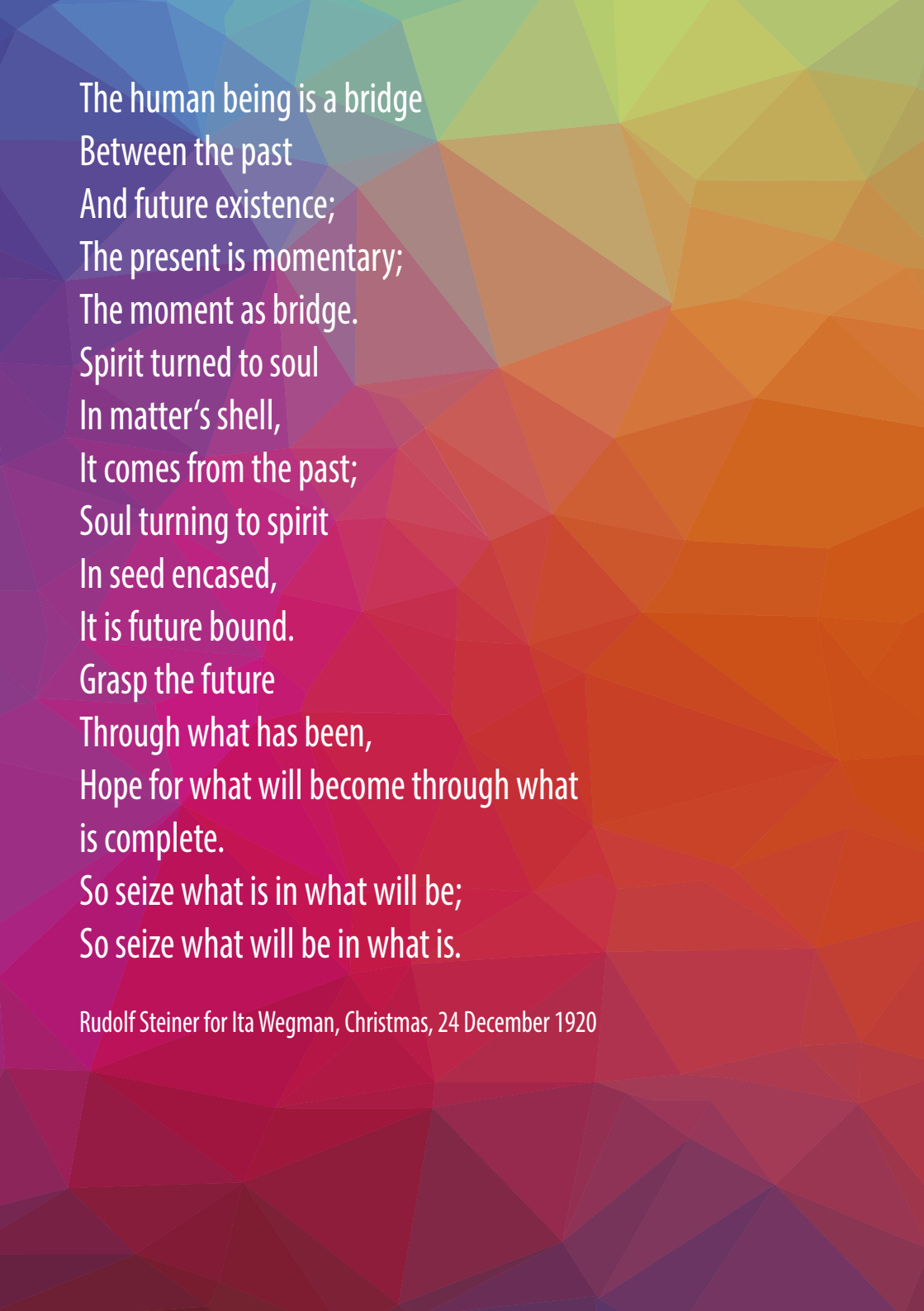
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The human being is a bridge
Between the past
And future existence;
The present is momentary;
The moment as bridge.
Spirit turned to soul
In matter's shell,
It comes from the past;
Soul turning to spirit
In seed encased,
It is future bound.
Grasp the future
Through what has been,
Hope for what will become through what
is complete.
So seize what is in what will be;
So seize what will be in what is.

Rudolf Steiner for Ita Wegman, Christmas, 24 December 1920