

# Anthroposophic psychiatry psychotherapy and psychosomatics

Understanding, treating and preventing  
mental disorders

International annual conference on anthroposophic medicine,  
Medical Section at the Goetheanum, Dornach / Switzerland  
Thursday, 13 September to Sunday, 16 September 2012

Goetheanum



### **Dear attendees and co-workers at the 2012 annual conference**

The subject of this year's annual conference at the Goetheanum comprises the whole field of mental health. For centuries and across all cultures we have been familiar with mental illnesses which can come to expression in, for example, serious melancholia or a psychotic state of being beside oneself ("insanity", "frenzy" and so on).

But since the nineteenth century we have been able to observe the rise of forms of illness such as neurotic disorders, personality disorders, eating disorders, traumatic disorders, attention deficit disorders and many others which are connected with the challenges of our time and which Rudolf Steiner described as "cultural disorders": "That is where all the cultural disorders, the cultural decadence, all the psychological emptiness, hypochondria, eccentricities, dissatisfaction, crankiness and so on come from, also all the aggressive instincts which attack a culture, which reject a culture. Because either one accepts the culture of an age and adapts to it, or one develops the corresponding poison which is deposited and which will only dissolve through acceptance of the culture." And Rudolf Steiner sees the possibility of transformation as follows: "There must be the possibility in the world, precisely in our time for example, that people develop a certain spiritual life, that they develop impulses for a free inner, spiritual life within themselves." (1 January 1917, GA 173b, p.182, 184; previously GA 174)

*Through severe obstacles of soul,  
Through confused darkness of spirit –  
To earnest clarity,  
To bright truth.  
Rudolf Steiner GA 40, p. 216  
Lecture Berlin 6 March 1913,  
GA 62, p. 415*

The troubles of psychiatry, psychotherapy and psychosomatics today continue to lie in the insufficiently understood relationship between body, soul and spirit. In the lecture “Hygiene – a social problem” (7 April 1920, GA 314) and the opinion “On psychiatry” (26 March 1920, GA 314), Rudolf Steiner reveals aspects regarding a future psychiatry which sees the whole body as an organ mirroring the soul and spirit and which allows us to think of the ‘I’ as independent spirit. We want to make the fundamentals of a psychiatry of the future the subject of the morning and evening lectures. In doing so, motifs from the Mystery Dramas in the sense of a practical study of the psyche and destiny will be helpful. A variety of working groups will provide examples of therapeutic approaches from the various fields of work which, of course, will have to remain fragmentary given the breadth of the subject area. We would like to thank everyone who contributed to the preparation of the annual conference and look forward to stimulating work together.

Warm regards

For the preparatory group - *Ad Dekkers, Henriette Dekkers, Michaela Glöckler, Boris Krause, Michaela Quetz and Wolfgang Rissmann*

*For the International Coordination of Anthroposophic Medicine / IKAM  
Andreas Arendt, Roland Bersdorf, Guus H. van der Bie, Ad Dekkers,  
Henriette Dekkers, Stefan Geider, Wolf-Ingo Gobin, Rüdiger Grimm, Rolf  
Heine, Nand De Herdt, Angelika Jaschke, Andreas Jäschke, Kirstin Kaiser,  
Manfred Kohlhase, Natascha Neisecke, Unda Niedermann, Anna Sophia  
Riekert, Hans-Jürgen Schumacher, Patrick Sirdey, Heike Sommer, Johannes  
Stellmann, René de Winter, Peter Zimmermann and Michaela Glöckler*

Thursday 13.9.2012	Friday 14.9.2012
<p>13.30 Lecturers' meeting</p>	<p>9.00 – 10.30  <b>The human soul, a dramatic battleground</b>            The challenge of the consciousness soul  <i>Ad Dekkers</i></p>
	<p>Break, 10.30 – 11.15</p>
	<p>11.15 – 12.30 h            Work in small groups on core questions of social health  <i>Groups are assigned at the start of the conference on 13 September as part of the Welcome and by notices</i></p>
<p>14.00 – 15.15  <b>Working groups and meetings of professional groups</b></p>	<p>14.00 – 15.15            Working groups and meetings of professional groups</p>
<p>15.30 h  <b>Welcome Concert</b>            (in preparation)</p>	<p>Break, 15.15 – 15.45</p>
	<p>15.45 – 16.45            Forum  <b>Work on rhythm in the therapeutic process and in prevention</b>            Henning Elsner, Andreas Laubersheimer, Christian Schopper  <i>Moderation: Michaela Glöckler</i></p>
<p>Break, 16.45 – 17.15</p>	<p>Break, 16.45 – 17.15</p>
<p>17.15 – 18.45            Seminars and working groups</p>	<p>17.15 – 18.45            Seminars and working groups</p>
<p>Break, 18.45 – 20.00</p>	<p>Break, 18.45 – 20.00</p>
<p>20.00 – 21.30            Artistic prelude  <b>Depression as an existential experience at the abyss of being</b>            The task of transformation in the face of the Great Guardian of the Threshold  <i>Henriette Dekkers</i></p>	<p>20.00 – 21.30            Artistic prelude  <b>Psychotic experience as a loss of one's power of judgement</b>            The stronger search for true reality  <i>Wolfgang Rissmann</i></p>

Saturday 15.9.2012	Sunday 16.9.2012
<p>9.00 – 10.30</p> <p><b>The human body as organ mirroring Psychosomatic and psychiatric disorders</b></p> <p><i>Michaele Quetz, Wolfgang Rissmann</i></p>	<p>9.00 – 10.30</p> <p><b>The healing power of the human spirit</b></p> <p><i>Peter Selg</i></p>
<p>Break, 10.30 – 11.15</p>	<p>Break, 10.30 – 11.15</p>
<p>11.15 – 12.30</p> <p>Work in small groups on core questions of social health</p>	<p>11.15 – 12.15</p> <p>Work in small groups on core questions of social health</p> <p>12.30 – 13.00</p> <p><b>Concluding plenary session, Foundation Stone Meditation</b></p>
<p>Lunch break, 12.30 – 14.00</p>	<p>Conference ends, 13.00</p>
<p>14.00 – 15.15</p> <p>Working groups and meetings of professional groups</p>	
<p>Break, 15.15 – 15.45</p>	
<p>15.45 – 16.45</p> <p>Forum</p> <p><b>Quo vadis anthroposophic psychiatry, psychotherapy and psychosomatics?</b></p> <p><i>Henriette Dekkers, Matthias Wildermuth, Michaele Quetz, Wolfgang Rissmann</i></p> <p><i>Moderation: Harald Matthes</i></p>	
<p>Break, 16.45 – 17.15</p>	
<p>17.15 – 18.45</p> <p>Seminars and working groups</p>	
<p>Break, 18.45 – 20.00</p>	
<p>20.00 – 21.30</p> <p>Artistic prelude</p> <p><b>About the karmic causes of psychopathological phenomena</b></p> <p>What can psychiatry learn from the figure of Maria in Rudolf Steiner's Mystery Dramas?</p> <p><i>Michaela Glöckler</i></p>	

*Subject to amendment!*

## Working groups

### Medicinal products

Thursday to Saturday 14.00 – 15.15

**1. Treatment of depressive disorders through medication and external applications. With practical demonstration of applications.**

Dr. med. Wolfgang Rissmann, psychiatrist, Buchenbach / DE;  
Vivianne Demarais, nurse, Buchenbach / DE (German, English, French)

**2. Potentised organ preparations in psychiatry and psychosomatics.**

Dr. med. Franziska Roemer, general practitioner, Bad Boll-Eckwälden / DE. With contributions from the practice of other physicians (German, English, Spanish)

**3. Use of psychopharmaceuticals as part of an integrated anthroposophic treatment concept.**

Understanding neurotransmitters on the basis of our knowledge of the human being as “therapeutic poisons” to strengthen physical processes of consciousness. Dr. med. Johannes Reiner, psychiatrist and psychotherapist, Stuttgart / DE; Dr. med. Siegwald Elsas, neurologist, Arlesheim / CH (German, English)

### Body therapy

Thursday – Saturday 14.00 – 15.15

**4. External applications in anthroposophic psychiatry and psychosomatics, biodynamic body psychotherapy developed by Gerda Boyesen.**

Concepts, indications and active principles in psychiatric disorders. Introduction to the possibility of process-based treatment support based on own observations and the observations of others. With case studies. Charlotte Allmer, biodynamic body psychotherapist, practitioner of rhythmical massage, Graz / AT (German, English)

**5. Rhythmical massage developed by Dr. med. Ita Wegman in psychiatry and psychosomatics.** We want to work with the lectures in such a way in the working group that we apply the clinical pictures and therapeutic suggestions in practice. The development of a treatment concept and the practical execution of the latter through massage, embrocations and organ treatments will create the reference to the corresponding disorder. Eva-Marie Batschko, nurse, trainer in rhythmical massage, rhythmical embrocations and anthroposophic nursing, Carus Academy Hamburg / DE (German, English)

**6. Movement and body therapy against the background of Spacial Dynamics® in acute psychiatry.** Using various clinical pictures and case studies from acute psychiatry, possibilities of intervention and healing are discussed and transformed into movement against the background of Spacial Dynamics®. Case studies from participants are welcome. Dieter Bigler, movement and body therapist, St. Urban / CH; Josy Höller, senior psychologist, St. Urban / CH (German, English)

## **Art therapy**

**Thursday – Saturday 14.00 – 15.15**

**7. Handling “difficult” patients – on the basis of the ego states model.** Presentations, case studies, discussions. For nurses, therapists and physicians who are looking for ways to handle so-called difficult patients more easily and respectfully and conserve their own strength. No prior requirements for participation! Susanne Rivoir, art therapy and psychotherapy (HPG), biography work, Niefern-Öschelbronn / DE (German)

**8. Art therapy in psychosomatics.** Using case studies, the collaboration between psychotherapy and painting therapy will be presented. How do the phenomena of the disorder manifest themselves? How can the anthroposophic understanding of the human being help us to reach a diagnosis and therapy? Boris

Krause, specialist in psychiatry, psychotherapy and psychosomatic medicine, Filderstadt / DE; Christine Pommerenke, art therapist (painting, sculpture), lecturer, Filderstadt / DE (German)

**9. Music and singing therapy in psychiatric illnesses.** Depressive disorders and selected psychosomatic disorders will be considered in particular with suggestions regarding indications and therapy. Group work with active work elements, phenomenological studies, discussion. Viola Heckel, music and singing therapist, Buchenbach / DE; Stephan Kühne, music therapist, Berlin / DE (German, English)

## **Soul exercises**

**Thursday – Saturday 14.00 – 15.15**

**10. Strengthening the 'I' through soul exercises in depressive disorders, anxiety disorders and psychoses.** Indications, execution and therapeutic effects. With practical exercises. Klaus Adams, specialist psychiatric nurse, expert in anthroposophic nursing, Kirchzarten / DE (German)

**11. Changing habits as a method for self-confidently handling biographical crises, depressive disorders and psychosomatic illnesses.** Indications and therapeutic experience. Dr. med. Johannes Bindel, general practitioner, Bad Boll / DE; Susanne Kallenberg-Bindel, biography work, biographical coaching, Bad Boll / DE (German)

## **Working with fairy tales**

**Thursday - Saturday 14.00 – 15.15**

**12. Group fairy tale work with acute psychiatric patients.** Indications, experiences, effects. Annemarie Geiger, specialist in education, fairy tale therapist, Buchenbach / DE; Veronika Werner, specialist in internal medicine, Buchenbach / DE (German)

## Psychosomatics

Thursday – Saturday 14.00 – 15.15

**13. The meaning of transgenerationality in psychosomatic medicine – foundations and case studies.** Own experiences and biographical sequences are expressly welcomed. We will particularly concern ourselves with the destiny of the period 1933 to 1945 with its immense transgenerational consequences. Dr. med. Christian Schopper, neurologist, psychiatrist, psychotherapist, Badenweiler / DE (German)

## Child and adolescent psychiatry

Thursday – Saturday 14.00 – 15.15

**14. Autistic disorders and schizophrenic psychoses – polar or similar clinical pictures?** With examples from diagnosis and therapy. Dr. med. Arne Schmidt, specialist in child and adolescent psychiatry, Herdecke / DE; Dr. med. Michael Meusers, specialist in child and adolescent psychiatry, Herdecke / DE (German, English)

**15. Multimodal treatment methods from an anthroposophical perspective for child and adolescent psychiatric disorders –** such as anxiety disorders, “social blindness”, over-sensitivity, etc. in children and adolescents aged 10 to 16. Reality-related self-confidence is strengthened, self-assertion and social competences are supported by appealing to the connection between perception of, immersion in and understanding of oneself and others. Through narratives, art and movement exercises. Thea Giesen, psychological child and adolescent psychotherapist, Leiden / NL; Marijke de Mare, art therapist, Leiden / NL (German, Dutch)

## Social questions, community building

Thursday – Saturday 14.00 – 15.15

**16. Organisational development in anthroposophical clinics: a constant social challenge.** Dr. med. Stefan Schmidt-Troschke, specialist in child and adolescent medicine, Herdecke / DE (German, English)

## Research

Thursday – Saturday 14.00 – 15.15

**17. TOPICS project: development of an Internet portal and knowledge database of anthroposophic medicine.** Meeting of the International Scientific Board. Dr. med. Matthias Girke, Berlin / DE; Dr. med. Michaela Glöckler, Dornach / CH (English, German), by invitation only.

**18. International Research Council.** Coordination: Dr. med. Helmut Kiene, Freiburg / DE; PD Dr. med. Harald Matthes; Prof. Dr. med. Peter Matthiessen, Herdecke / DE and Berlin / DE; Dr. med. Michaela Glöckler, Dornach / CH (German, English), by invitation only.

## Professional groups and conferences

Thursday – Saturday 14.00 – 15.15

**19. Foundation of the international umbrella organisation for anthroposophic psychotherapy.** Initiators and invitees: IKAM coordinators for psychotherapy, chair persons of the German Society for Anthroposophic Psychotherapy / DtGAP; council members and members of the national societies for anthroposophic psychotherapy worldwide; all psychotherapists who have attended/are attending advanced training (German, English)

**20. General National Coordination of Anthroposophic Medicine / GNCAM.** Dr. med. Michaela Glöckler, Dornach / CH; Simon Bednarek, MD, Napier / NZ; Koop Daniels, Appelscha / NL; Dr. med. Ursula Flatters, Järna / SE; Dr. med. Stefan Geider, Aberdeen / GB (Scotland), Alicia Landman, Moab UT/ USA; Heike Sommer, M.A., Public Relations, Dornach / CH; Barbara Wais, Gf. DAMiD, Berlin / DE (German, English), by invitation only.

**21. Specialist group meeting of therapeutically working biographical counsellors** with Dr. med. Michaela Glöckler. Friday, 14.9.2012 only. Dialogue about the possibilities of specialist collaboration in the Medical Section between biographical counsellors working in a therapeutic context. Anita Charton, psychologist (diploma), biographical counsellor (diploma), Basel / CH (German, English)

**22. Professional group meeting for biography work, biographical counselling and biographical coaching.** Saturday, 15.9.2012 only. The plan is for an assessment of the current position of therapeutically applied biography work. All colleagues who undertake professional biography work are invited. Anita Charton, psychologist (diploma), biographical counsellor (diploma), Basel / CH (German, English, possibly other languages)

**23. Annual Assembly of the European Federation of Patients' Associations for Anthroposophic Medicine / EFPAM.** Friday, 14.9.2012 only, afternoon 14.00 - 15.15. Board of EFPAM, René de Winter, Leidschendam / NL; Hans Jürgen Schumacher, Berlin / DE; Colette Pradelle, Amance / FR; Michel Pradelle, Amance / FR; Renate Sippel, Kumberg / AT (English). For representatives of member associations only.

**24. Round Table of the European Federation of Patients' Associations for Anthroposophic Medicine / EFPAM.** Friday, 14.9.2012 only, afternoon 15.30 - 17.30. Board of EFPAM, René de Winter, Leidschendam / NL; Hans Jürgen Schumacher, Berlin / DE; Colette Pradelle, Amance / FR; Michel Pradelle, Amance / FR; Renate Sippel, Kumberg / AT (English). For representatives of member associations only.

**25. Conference and annual general meeting of the International Association of Anthroposophic Pharmacists / IAAP.** Friday, 14.9.2012 only. Order of events: 16.30 to 18.00 IAAP Conference; 18.00 to 19.30 Annual General Meeting. The International Association of Anthroposophic Pharmacists (IAAP) invites all interested persons and the members of the national pharmaceutical associations to a conference to be followed by the 2012 ordinary annual general meeting. Reports about the work of the umbrella organisation and from the countries. Method: brief accounts, conversational work. Target group: pharmacists and all interested persons. Dr. Samir Kedwani, Schwäbisch Gmünd / DE (moderation); Dr. rer. nat. Manfred Kohlhasse (President), Schwäbisch Gmünd / DE; Dipl. Pharm. Christiaan Mol, Bad Boll / DE; Dr. pharm. Monica Mennet-von Eiff, Arlesheim / CH; Nelly Segur, Huningue / FR (German, English)

**26. The Anthroposophical Pharmacopoeia (APC).** Saturday, 15.9.2012 only. The international umbrella organisation for pharmacists (IAAP) wants to continue the dialogue about the Anthroposophical Pharmacopoeia. Current position of the work and strategy for the future. Method: brief account, conversational work. Target group: pharmacists, regulatory affairs specialists, physicians and all interested persons. Dipl. Pharm. Christiaan Mol, Chairman APC, Bad Boll / DE (German, English)

**27. How is handling aspects of psychiatric disorders experienced during training?** The Young Physicians' Forum invites you to an interdisciplinary exchange of views. Plastic exercises, conversation. For medical students, young physicians, nurses, therapists, curative education specialists, pharmacists. Cand. med. Anna Sophia Riekert, Herdecke / DE; cand. med. Ilja Thomas, Mainz / DE; cand. med. Paul Werthmann, Herdecke / DE (German, English)

**28. Introduction to Spacial Dynamics®**, founded out of the experience that every psychological condition has a corresponding movement pattern and a shared surrounding spacial gestalt. Jaimen McMillan, founder of Spacial Dynamics®, New York/ USA; Christina Spitta, physician, Spacial Dynamics® movement therapist and trainer, Heidenheim / DE (German, English)

**29. Representatives of training and methods in the specialist field of anthroposophic physiotherapy and physical therapies APT.** By invitation only. Unda Niedermann, professional coordinator for rhythmical massage, trainer and director of the SRM, Arlesheim / CH (German, English)

**30. International Working Group for Anthroposophy and Acupuncture.** Definition of terms in the Aristotelian and Chinese theory of elements in relation to the components of the human being and emotionality. Cast studies. Open for interested colleagues. Dr. med. Eef Jansen, consultant, IFU-Maastricht / NL; Doris Lamers, acupuncturist, physiotherapist, Amstelveen / NL; Theresa Trouwee-Wolters, acupuncturist, physiotherapist, Leiden / NL (German, English)

**31. Professional group meeting of anthroposophic non-medical practitioners.** Special focus: work and self-conception of anthroposophic non-medical practitioners in psychotherapy. Alexander B. Schadow, non-medical practitioner (psychotherapy), Nienhagen near Celle / DE (German)

# Seminars and working groups

## Medicines

Thursday – Saturday 17.15 – 18.45

**32. Treatment of schizophrenia, schizoaffective psychoses and bipolar disorders with medicines and external applications.**

Dr. med. Elisabeth Kaufmann, psychiatrist and psychotherapist, Buchenbach / DE; Stephan Ehrck, specialist psychiatric nurse, Buchenbach / DE (German, English)

**33. Cancer and psychiatric illness – two diametrically opposed diseases and their treatment with winter-flowering plant-remedies.** Dr. med. Dietrich Schlodder, Rosenfeld, Fischermühle / DE (German, English)

**34. Symptoms and signs of posttraumatic dissociation of the components of the human being and fundamental therapeutic gestures (medicines, external applications, eurythmy therapy) in case 1 and 2 of Fundamentals (GA 27).** Dr. med. Wilburg Keller Roth, general practitioner, Basel / CH (German)

## Body therapy

Thursday – Saturday 17.15 – 18.45

**35. Approaches to the treatment of traumatised patients in a psychosomatic clinic (medical, nursing, with body therapy).**

The focus is on external applications or body therapies, preferably anthroposophic body therapies. Dr. med. Christian Schopper, neurologist, psychiatrist, psychotherapist, Badenweiler / DE; Marco Roknic, specialist psychiatric nurse, Badenweiler / DE (German)

## Eurythmy therapy

Thursday – Saturday 17.15 – 18.45

**36. Eurythmy therapy in psychosomatics. The aim is to present the collaboration between psychotherapy and eurythmy therapy, using patient examples.** How do the phenomena of the disorder manifest themselves? How can the anthroposophic understanding of the human being help to reach diagnosis and therapy? Boris Krause, psychiatrist, psychotherapist and specialist in psychosomatics, Filderstadt / DE; Mechthild Groh-Schulz, eurythmy therapist, Filderstadt / DE (German)

**37. The workings of the body and mental experience. The importance of individual eurythmy therapy in psychiatry, with case studies.** Dr. med. Marjolein Schulthess-Roozen, psychiatrist and psychotherapist, Arlesheim / CH; Anke-Marie Jacobs, eurythmy therapist, biographical counsellor, Arlesheim / CH (German, English)

## Art therapy

Thursday – Saturday 17.15 – 18.45

**38. Psychotherapeutic directions in comparison with anthroposophic art therapy methods.** Prof. Hiltrun Rolff, art therapist, Alfter near Bonn / DE (German, English)

**39. “The most dangerous of goods is language”** (F. Hölderlin). How can we not only become effective in speaking, but real? Being and speaking between experience of the self and self-development in psychotherapy and therapeutic creative speech. We would like to work with you through reflection and speech to bring language and dialogue to life using patient examples. Markus Treichler, psychiatrist, psychotherapist, Filderstadt / DE; Annette Flaig-Rapp, therapeutic creative speech, systemic therapist, drama teacher, Filderstadt / DE (German)

## Research

Thursday – Saturday 17.15 – 18.45

40. Research questions in anthroposophic psychiatry, psychotherapy and psychosomatics. Possibilities of hermeneutically oriented and Goetheanistic single-case research. Where are we today in anthroposophic psychiatric research? Where do the challenges lie? Which concepts can we develop? Prof. Dr. med. Peter Matthiessen, psychiatrist and psychotherapist, Herdecke / DE (German, English)

## Soul exercises

Thursday – Saturday 17.15 – 18.45

41. Anthroposophic regardfulness programme – a group programme for psychiatric and psychosomatic disorders on the basis of the eightfold path. Indications and therapeutic effects. Dr. med. Harald Haas, psychiatrist and psychotherapist, Bern / CH; Theodor Handhammer, eurythmy therapist, Bern / CH; Dr. med. Heid Böll-Haas, specialist in psychosomatic and psychosocial medicine, Bern / CH (German)

## Biography work

Thursday – Saturday 17.15 – 18.45

42. **Biography work in psycho-oncology.** Biography work at the threshold – experience gained in many years of working with people suffering from a life-threatening disease. With practical exercises. Anita Charton, psychologist (diploma), biographical counsellor (diploma), Basel / CH (German, English)

43. **Prerequisites for biographical competence and transformative power in adulthood.** On the prevention of psychiatric disorders through conscious structuring of the childhood environment. With practical exercises. Dr. med. Leo Beth, general practitioner, biographical counsellor, NL; Dr. phil. Jacques Meulman, psychological psychotherapist, NL (German, Dutch, English)

## Psychosomatics

Thursday – Saturday 17.15 – 18.45

**44. Psychosomatic aspects of chronic bowel diseases:** Crohn's disease, ulcerative colitis and irritable bowel diseases. Understanding them on the basis of our knowledge of the human being and clinical experience in treatment. Eurythmy therapy approaches and background with joint practical exercises. Dr. med. Harald Merckens, specialist in internal medicine, Filderstadt / DE; Renée Reder-Gruijters, eurythmy therapist, trainer, Alfter / DE (German, Dutch, English)

**45. Psychosomatic disorders and psychiatric comorbidity in general practice.** Their medical and psychotherapeutic treatment from an anthroposophical perspective. Dr. med. Miguel Falero, general practitioner, psychotherapist, Madrid / ES; Dr. Marie de Una, psychological psychotherapist, Madrid / ES (Spanish, German)

**46. Multimodal anthroposophic treatment concept of somatisation disorder at the Gemeinschaftskrankenhaus Havelhöhe (Berlin).** Integration of anthroposophic medication, nursing therapy, schema therapy, anthroposophic psychotherapy and art therapy treatment approaches. Dr. med. Michaela Quetz, specialist in internal medicine, psychosomatic medicine, psychotherapy, Berlin / DE; Stefan Dörner, psychological psychotherapist, Berlin / DE (German)

**47. Anthroposophic medicine in psycho-oncology.** Ways to achieve inner strength, resilience and empowerment in handling cancer through the inner exercise of regardfulness and meditation. Dr. med. Christian Grah, specialist in internal medicine, pneumology, psycho-oncology, Berlin / DE; Dr. med. Marco Ephraim, general practitioner, Zoetermeer / NL; Irene Pouwelse, eurythmy therapy, Zoetermeer / NL (German, Dutch, English)

## Psychotherapy

Thursday – Saturday 17.15 – 18.45

**48. Traumatisation through transgression, violation and sexual abuse.** Cordula Falt, psychological psychotherapist, Kirchzarten / DE (German, English)

**49. Incarnation of the borderline ego through the psychotherapeutic use of mentalisation capacity** – an introduction to mentalisation-based therapy. Dr .med. Toby Zundel, consultant adolescent psychiatrist, Maudsley Hospital NHS Trust, London, UK; John Lees, PhD, psychotherapist, senior lecturer in mental health, Faculty of Medicine and Health, University of Leeds, UK (English, German)

**50. Making a start towards a psychotherapy based in the spirit-self** – as a healing response to the fracturing of the soul components through unconsciously crossing the threshold. With examples from practice (depressive disorders, anxiety disorders, personality disorders). Klaus Herbig, specialist psychologists for psychotherapy, Zurich / CH; Achim Noschka, psychological psychotherapist, Mainz / DE (German, English)

**51. The dissociation of the components of the human being at the threshold to the spiritual world.** Distinguishing the side-effects of spiritual training and psychiatric clinical pictures in connection with the book by R. Steiner: *Knowledge of the higher worlds. How is it achieved?* GA 10, chapter "Division of the personality during spiritual training". Wolfgang Drescher, psychotherapist, Kirchzarten / DE (German, English)

## Child and adolescent psychiatry

Thursday – Saturday 17.15 – 18.45

**52. Development and disorders of the components of the human being in childhood.** While the components of the human being and their dynamic are often presented in the way they affect healthy and ill adults, the physiological development and internalisation of the human components during pregnancy and childhood have rarely been systematically described. Starting on this basis, and using examples, the working group aims to discuss important disorders with regard to such development in the context of illness and disability in childhood. Literature: R. Steiner, lecture of 11.2.1923, GA 221. Georg Soldner, paediatrician, Munich / DE (German, English)

**53. ADHD – in a culture of prolonged threat of war and war experiences.** Medications, therapies in general practice and in schools. Meron Barak MD, general practitioner, Harduf/ IL (English, Hebrew)

**54. Autism spectrum disorders.** What is the cause of these phenomena in children and adults? The development of the child in the first years of life will be looked at from this perspective. With examples from practice. Dr. med. Renata Wispler, general practitioner, Schloss Hamborn / DE (German, English)

**55. Early prevention of childhood behavioural disorders, its basis in our understanding of the human being and practical implementation. With exercises using the “Early prevention in Havelhöhe” concept.** Dr. med. Christoph Meinecke, specialist in child and adolescent medicine, psychotherapy, Berlin / DE; Christina Meinecke, specialist in curative education, parent counsellor, Berlin / DE; Kirsten Schreiber, music therapist, systemic family therapist, Berlin / DE (German, English)

**56. Anthroposophic medication and body therapy treatment in social adjustment disorders, including ADHD, on the basis of events in the development of the child and in the family.**

Dr. med. Hartmut Horn, paediatrician, psychotherapist, Aichtal-Neuenhaus / DE (German)

## **Social psychiatry**

**Thursday – Saturday 17.15 – 18.45**

**57. Social psychiatric aftercare: work on the components of the human being in an interdisciplinary team.** Presentation of the concept of the “Sozialtherapie Thalmühle” in Bischmisheim (Saarbrücken), a residential home for people with chronic psychiatric disorders, and of the experience gained in the educational and therapeutic work in the ten years since it was founded. Ellen Keller, psychological psychotherapist, Saarbrücken / DE; Jürgen Keller, social education worker (diploma), Saarbrücken / DE (German)

# Pre-conference

## International conference for those working in medical training

Separate registration required, see below:

Wednesday, 12.9.2012, 10.00 – 18.00;

Thursday, 13.9.2012, 14.00 – 15.15;

Friday, 14.9.2012 and Saturday 15.9.2012, 14.00 - 16.45.

Coordination: Dr. med. Guus van der Bie, Zeist / NL; Dr.med. Friedrich Edelhäuser, Herdecke / DE; Stefan Langhammer, biologist, Dornach / CH; Dr. med. Robert Kempenich, oncologist, Strasbourg / FR; Dr. med. Wolfgang Rissmann, psychiatrist, Buchenbach / DE; Diethard Tauschel, physician, Witten / DE (German, English).

Everyone involved in medical training is invited. Registration and contact: Guus van der Bie: [guusvanderbie@planet.nl](mailto:guusvanderbie@planet.nl)

**Notes** .....

# Strengthening the heart

International conference for young physicians, Whitsun 2013

18 – 25 May 2013

Training the heart forms one of the foundations for the development of the inner physician. The mantras in the course for young physicians provide the focus of this conference. On this basis, anthroposophic anamnesis and findings, diagnosis of the components of the human being, determining the indicated medicine and spiritual pathology will be developed in artistic courses and dialogue. Through the concrete encounter between people, we hope at this conference to plant the seed for international collaboration which can provide impulses regarding issues relating to training and advanced training.



**Contact & information:** [tagungen@jungmedizinerforum.org](mailto:tagungen@jungmedizinerforum.org), [www.jungmedizinerforum.org](http://www.jungmedizinerforum.org)

## Registration

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tickets@goetheanum.org, www.goetheanum.org

## Translation

There will be simultaneous interpretation into English, French, Spanish, Russian and Italian for the plenary sessions. Anyone fluent in only one language is requested to organise whispered translation for themselves if they wish to take part in a group the shown language of which they do not know.

## Poster registration

Please send your research results as a structured abstract (objective, material and methods, results, conclusions, references) by 15 August 2012 to: Ursula Bruckmann, GKH Havelhöhe. ubruckmann@havelhoehe.de, Poster format, 118 x 84cm

## Donations in support of the annual conference

Please do not use these accounts to transfer the conference fee

### Bank details CH

Allg. Anthr. Gesel., Med. Sektion

Raiffeisenbank Dornach • Acc.: 10060.56 • Clearing: 80939 • Postal account: 40-9606-4

IBAN: CH53 8093 9000 0010 0605 6 • BIC: RAIFCH22

Purpose: Spende JK 2012

### Bank details DE and international

Med. Sektion, Förderstiftung AM

Volksbank Dreiländereck • Acc.: 970760 • Bank sort code: 683 900 00

IBAN: DE92 6839 0000 0000 9707 60 • BIC: VOLODE66

Purpose: Spende JK 2012

[www.medsektion-goetheanum.ch](http://www.medsektion-goetheanum.ch)

# Booking

# 2JK

## Anthroposophic, psychiatry, psychotherapy and psychosomatics

International annual conference of the Medical Section at the Goetheanum

from Thursday, 13 to Sunday, 16 September 2012

**Booking closes: Thursday, 30 August 2012**

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

Ms.  Mr.

Name, first name: \_\_\_\_\_

Street, no.: \_\_\_\_\_

Town: \_\_\_\_\_

Postcode: \_\_\_\_\_

Country: \_\_\_\_\_

Phone/fax: \_\_\_\_\_

Email: \_\_\_\_\_

Occupation: \_\_\_\_\_

I need translation in  English  German  French  Italian  
 Spanish  Russian  Japanese

Work groups (2.00-3.15 p.m.) 1st choice, no. \_\_\_\_\_ 2nd choice\*, no. \_\_\_\_\_ 3rd choice\*, no. \_\_\_\_\_

Work groups (5.15-6.45 p.m.) 1st choice, no. \_\_\_\_\_ 2nd choice\*, no. \_\_\_\_\_ 3rd choice\*, no. \_\_\_\_\_

Conference ticket without meals

CHF 500 (with sponsorship)  CHF 190 (regular price)  CHF 100 (concessions\*\*)

Conference ticket with meals (2 x lunch, 3 x evening meal)

CHF 610 (with sponsorship)  CHF 300 (regular price)  CHF 210 (concessions\*\*)

Breakfast (3 x)  CHF 45

Group accommodation  CHF 45

(3 nights from 13 to 16 September 2012; limited places; please bring a sleeping bag)

Parking at the Goetheanum  Parking permit: CHF 21

Insurance

Cancellation insurance (3% of the total costs, CHF 5 minimum)

Payment methods

on invoice (only Switzerland and Euro zone)

Credit card (all countries)  Visa  MasterCard

Card Number \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Expiry date \_\_\_\_ / \_\_\_\_

I would like to be informed about future General Anthroposophical Society and Goetheanum events (in German).

I agree to the terms of payment.

Place, date, signature \_\_\_\_\_

\* We will consider your second and third choices in case your first choice is booked out when we receive your application. If a work group should be cancelled we supply lists for you to change groups at the beginning of the conference.

\*\* Concessions apply for students, schoolchildren, OAPs, the unemployed, those in training, military or civil service and people with disabilities who receive benefits. Proof of status has to be submitted with your booking form.

# General Information

## Anthroposophic, psychiatry, psychotherapy and psychosomatics

International annual conference of the Medical Section at the Goetheanum

from Thursday, 13 to Sunday, 16 September 2012

Booking closes: Thursday, 30 August 2012

### Conference fees:

with sponsorship: CHF 500 with meals: CHF 610

regular price: CHF 190 with meals: CHF 300

concessions\*\* : CHF 100 with meals: CHF 210

### Conference meals

Conference meals include 2x lunch and 3x evening meal. Breakfast (3x) can be booked separately at CHF 45. We regret that food intolerances cannot be catered for.

### Group accommodation

3 nights from 13 to 16 September 2012 for CHF 45.

Limited places; please bring a sleeping bag.

### Parking permit

for the period of the conference: CHF 21 (not right next to the Goetheanum building). Please display your disabled badge in your car.

### Methods of payment / confirmation

**Credit cards (all countries):** The full amount due will be charged to your account as soon as your booking has been processed. Confirmation will be sent to you or may be collected from Reception.

**Invoice (CH/Euro zone):** Confirmation and invoice will be sent to you once your booking has been processed.

**Other countries:** Once your booking has been processed, you will be sent confirmation.

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

**Conference tickets:** Tickets can be collected at Reception, also if you pay on arrival. We accept cash (Euro and CHF), VISA, MasterCard, ec-direct and Postcard-Schweiz.

**Cancellation:** Bookings may be cancelled free of charge up to 14 days prior to the begin of the conference (date of posting). After that, 50% of the conference fee and 100% of the cost for booked meals will be charged. Cancellation on the day when the conference begins or failure to attend are subject to a 100% cancellation fee. Substitutes will be accepted at no extra cost.

**Cancellation insurance:** Subject to a payment of 3% of total costs (CHF 5 minimum) full cancellation insurance can be taken out to cover illness (including dependent children and partner), job loss and force majeure.

**Data processing:** All data will be electronically recorded and filed.

### Recommended accommodation:

#### Guest Houses and Goetheanum Accommodation Bureau\*\*\*

Accommodation bureau	rooms from CHF 50	
	phone +41 61 706 4445	zimmer@goetheanum.ch
Haus Friedwart	from CHF 75, about 5 min. walk to the Goetheanum	www.friedwart.ch
	phone +41 61 706 4282	
Begegnungszentrum	from CHF 30, about 10 min. walk to the Goetheanum	
	phone +41 61 706 4282	friedwart@goetheanum.ch

#### Guest House Stiftung Kloster Dornach from CHF 65

phone +41 61 701 1272 www.klosterdornach.ch

#### Hotels in Dornach and Arlesheim from CHF 120

Hotel Eremitage Arlesheim phone +41 61 701 5420 www.eremitage.ch

Hotel zum Ochsen Arlesheim phone +41 61 706 5200 www.ochsen.ch

#### Youth hostels from CHF 32

Youth hostel Basel St. Alban phone +41 61 272 0572 www.youthhostel.ch

basel back pack phone +41 61 333 0037 www.baselbackpack.ch

\*\*\* Prices are per person per night. Prices for accommodation cannot be guaranteed.