

Enlightening the Heart



**International conference
for young people
in therapeutic training
and professions**

**Whitsun 18 - 25 May 2013
at the Goetheanum**

International
Young Medics Forum
Medical Section
at the Goetheanum

Initiative
for Scholarships
in Anthroposophic Medicine

An encounter between young people ...

... interested in anthroposophic medicine from all the medical, therapeutic and nursing professions associated with people who are ill.

This invitation is addressed both to those who are interested in familiarising themselves with anthroposophic medicine and those who want to deepen their knowledge.

We want to strengthen interdisciplinary collaboration and stimulate impulses for training and further training

A HEART-felt invitation ...

to study the anthroposophical
knowledge of the human being

to practice the
practical skills of anthroposophic medicine

for conversation and to deepen the
inner path of development

... focused on the HEART.

The preparatory group

The idea for this conference arose among a number of medical students and physicians from the Young Physicians' Forum, an initiative of young people with an interest in anthroposophic medicine.
-> www.jungmedizinerforum.org

The conference will come to life through what each individual contributes. The aim is to bring together and exchange initiatives, interests, training, skills and ideas.

Hence the programme set out here is a provisional one and we welcome everyone who wishes to be involved in its organisation, be it directly at the conference, as a member of the preparatory group or through contributions of content.

The current preparatory group:

Fiona Bay
Carine Biessels
Esther Böttcher
Marlene Brandl
Philipp Busche
Olaf Dickreiter
René Ebersbach
Judith Fischer
Christof Garbers
Tanja Geib
Julia Grebner
Swantje Harlan
Christoph Holtermann
Johanna Hünig
Maya Küsgen
Jan Mergelsberg
Odilia Mußler
Natascha Neisecke
Adalheidur Olafsdottir
Ann-Kristin Olk
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Christina Spitta
Daniel Thiel
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Anna Sophia Werthmann
Paul Werthmann
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Michaela Glöckler
Medical Section
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Christophorus Stiftung
Verband Anthroposophischer
Kliniken



Understanding the human heart

The anthroposophical image of the human being can be experienced through art: the formative, creative forces of the etheric body (“life”) by means of sculpture, the interior space of the astral body (“soul”) by means of music, and the action of the I (“individuality”) in language. In the course of the week, we will work to understand this image of the human being and the position of the heart within it. What is its relationship to the polarity of consciousness and life? How is the heart connected with the soul life? How is it connected with the destiny of human beings?

Understanding the heart will be the essence of the cooperation in between the participants. Practical artistic work will be organized in small groups which will be deepened further through plenary lectures.

Practical anthroposophic medicine

Specialist courses

In every single profession of Anthroposophical Medicine, different kind of basic skills and knowledge is needed. The specialist courses will give you the chance to learn from experienced people about such “basic skills”, to deepen your knowledge and exchange ideas. Through the specialist courses, the participants will get an understanding of the challenges of everyday life of the particular profession.

The work on one of the topics will continue for three days. Hence it is possible to take part in two different courses during the conference.

Patient encounter as a team

In the process of working with a patient, the different professions encounter various situations. An understanding cooperation is only possible if everybody reflects their respective approach together which will help bring about a more comprehensible picture of the patient.

The sessions with a real patient will take place in small, interdisciplinary groups. A treatment concept will be worked out and handed over to the team treating the patient.

Spirituality

The inner path of Anthroposophical Medicine can be a help in the everyday life. You can draw strength and new ideas from the inner connection to spiritual subjects for your own profession. For different professions, this path may diversify further. Elements of the inner path are for example exercises and meditations as well as self-education through art.

The profession-related as well as the interdisciplinary groups will take place continuously for the whole week.



18th - 25th May 2013

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:30 - 09:15		Understanding the human heart Artistic exercises in small groups						
09:30 - 11:00	Arrival Registration	Understanding the human heart Plenary lecture						
11:30 - 13:00		Specialist courses		Specialist courses		Specialist courses		Closing
			Lunch break		Free! Time for hikes, encounters etc..	Lunch break		
15:00 - 16:30	Opening Welcome	Patient encounter as a team		Patient encounter as a team		Encounter as a team		Departure
			Coffee break			Coffee break		Bus tour
17:30 - 19:00	Spirituality - The inner path Professional groups and interdisciplinary groups.							
	<i>Evening break and meeting each other, art performance, night cafe, open stage</i>							

Conference program

Time structure

In terms of content the conference can be divided into two parts. One which starts on Saturday and stretches till Wednesday and another one which starts on Wednesday and ends on Saturday. Seen from this point it is possible to attend only the first part of the conference starting from Saturday (18th May) to Wednesday (22nd May).

Supporting program

For those who have come a long way and want to familiarize themselves with Anthroposophical Medicine we will organize a bus tour after the conference to visit some Anthroposophical institutions such as hospitals and productions places of medicine (26th to 1st June 2013). On request we are happy to arrange internships and guest visits in an Anthroposophical hospital.

„The source of Art“ (17th to 20th May 2013): Prior and also for the first few days of our conference there is another conference happening at the Goetheanum: The Whitsun conference of the „Section of the literary Arts and Humanities“ and the “Section for Eurythmy, Speech, Music, Puppetry and Drama“ as well as of the „General Anthroposophic Section“.

Practical anthroposophic medicine

Medical students / doctors

Anamnesis
Physical examination and results
Pathology
The knowledge of substances
Working out a therapy
Soul hygiene in a doctor's daily life

Nurses

The temperaments as an access to the patient
Nursing skills: washings, external body applications, rhythmical embrocations
Nursing gestures
Substances used in nursing

Pharmacists / pharmaceutical technical assistants

Knowledge on substances in the three realms of nature
Pharmaceutical processes
The daily life of a pharmacist:
Knowledge of the human nature and indications
Allopathy anthroposophically extended

Non-medical practitioner

Anamnesis
The conversation with a patient
Diagnosis of the four human elements
The processing of a medicine
The choosing of a medicine
Practical applications: wraps, massages, compresses

Curative Eurythmy

Coming from the anamnesis to the diagnosis of the four human elements
Illness and the four human elements
Working on a therapy
Deepening the methods of curative eurythmy
Time structure of a therapy

Midwives

External body applications / rhythmical embrocation
Substances used by midwives
Disability and death in the beginning of life
Infant care
Nursing gestures for the new born child

Body workers /Movement therapy

Physiotherapy
Basic skills in "Pressel massage"
Basic skills in rhythmical massage
Spacial Dynamics
Mechanical movement and the energetic flow

Music and singing therapists

Instruments used in the therapies
Musical qualities
Music and the human being
Diagnosis and working through musical and singing therapy

Creative speech therapists

Anamnesis
Diagnosis of the four human elements
Working out a therapy
Practical exercises

Art therapy, psychotherapy, dentistry, curative pedagogy and other spiritual courses are still in development. We are thankful for assistance!

Subjects for the courses on spirituality:

Medical students / doctors

7 Mantras in the "Course for Young Doctors" by R.Steiner (GA316)

Nurses:

The six steps to self-education. Training in perception. Meditations in nursing

Pharmacists / pharmaceutical technical assistants

The „act of serving“ as a basic attitude. Gaining access to the spiritual forces of a substance

Non-medical practitioner:

Meditation as a tool for the perceiving and introspecting keeping a patient in mind

Curative Eurythmy:

The „seven gestalt meditations“ in eurythmy and their transformation in curative eurythmy

Midwives:

What is anthroposophical obstetrics? Conversations and reports on inner and outer questions

Open for all the professions

The inner path in therapeutic professions. Training in perception
Exercises and meditations.

spring mood at the goetheanum
with young people from all over the world

a loving encounter at heart
to discover therapeutic skills actively

fashioning anthroposophic medicine
at present
together

Registration and further information
on our website:

www.enlightening-the-heart.org

We welcome your questions,
suggestions or interest
in being involved:

info@enlightening-the-heart.org

Whitsun Conference „Enlightening the heart“
Medical Section at the Goetheanum
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