



International specialist conference  
on creative speech  
in therapy and education

**BURNOUT**

**Devitalisation – Revitalisation**

Strengthening the etheric regenerative forces through  
creative speech

24 to 27 October 2018

Medical Section  
in collaboration with the  
Section for the Performing Arts

**Goetheanum**

Dear Colleagues, and everyone with an interest in this subject,

The time has come and we are meeting at the Goetheanum once again! This year we will concern ourselves with the prevention and treatment of burnout, as well as with how it arises in the first place. The syndrome has a long history – as long ago as in Homer's *Odyssey* we find a passage in Book 10 in which the goddess Circe says to Odysseus:

*[...] 'now you are weakened and dispirited,  
always thinking of your arduous wanderings, and never  
does joy give you strength and encouragement: you have suffered much.'  
Thus she spoke, and our proud hearts assented.  
So we stayed for a whole year, from one day to the next [...]*

(lines 463- 467 in transmission of J.H.Voss)

Odysseus and his men are so exhausted and dispirited that it takes a year before they think about continuing with their journey! One year – that is the recovery period for classic burnout.

On a number of occasions patients came to my practice who wanted to return to work after one or two weeks and I had to tell them that it would probably take a year before they were well again. When a year later they were able to start their reintegration into work, they recalled how stunned they had been about this at the time. Fortunately physicians have meanwhile become a lot more sensitive to this issue and patients often come at an earlier stage so that therapy can mostly take place in parallel to work.

The biographies of many people are an odyssey today. Many of our fellow human beings have to suffer a great deal before they find a productive path with regard to themselves and their work. In our restless time the individual actively has to create their own rhythm and recuperation otherwise there is a great drain on our vital forces which at some point leads to exhaustion and a feeling of a lack of perspective and meaning. The life forces grow weaker and weaker and people feel burnt out. Such exhaustion is often amplified by a lack of acknowledgement from our social environment.

In education, the teacher or therapist can often take preventive measures. We can teach children already to find and stay within their own limits. So that “digital exhaustion”, for example, does not determine our everyday lives.

We recommend the following literature in preparation for the subject:

- *Wendepunkt Burnout* by Fritz Helmut Hemmerich
- *Der unsichtbare Mensch in uns; Studien und Übungen* by Kathrin Studer-Senn
- *Schöpferisch werden in Zeiten der Erschöpfung* by Michaela Glöckler

There is plenty to discuss to fill three-and-a-half days with inspiring and stimulating material! We very much look forward once again to seeing you, the participants.

On behalf of the preparatory group, the Medical Section and the Section for the Performing Arts at the Goetheanum,

Yours, Xandor Koesen-York

*Matthias Girke, Georg Soldner*  
For the Medical Section

*Stefan Hasler*  
For the Section  
for the Performing Arts

*Philip Jacobsen, Claudia Kringe,  
Marion Schroth, Xandor Koesen-York*  
For the preparatory group

*Kirstin Kaiser*  
For the International Coordination of  
Art Therapies

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## Contact and conference information

For contributions to the commemoration of the dead please contact Silke Kollewijn ([silke.kollewijn@goetheanum.ch](mailto:silke.kollewijn@goetheanum.ch)).

For your contributions to the reports from the professional fields please contact Kirstin Kaiser ([kirstinkaiser@bluewin.ch](mailto:kirstinkaiser@bluewin.ch)).

Contributions from participants on the professional fields will be collected in the plenary session on Thursday afternoon.

For artistic contributions for the poetry evening with the theme **“Burnt out, afire, enflamed”** please contact Philip Jacobsen ([philip.jacobsen@bluewin.ch](mailto:philip.jacobsen@bluewin.ch)).

As a special artistic contribution, Inga York-Koesen will in the afternoons narrate and perform ***The fairy tale of the green snake and beautiful lily*** by J.W. von Goethe in three unabridged parts. These performances are open to the public.

This year we will see a theatre project from the AmWort creative speech school at the end of the conference. Current and former students will perform August Strindberg’s ***The Father***. Director: Valerian Gorgoshidze. Project management: Agnes Zehnter. Here is an extract from the programme:

*This family drama ... reflects the human shortcomings of our time: love becomes a power struggle, our own soul an abyss, victory the goal.*

The performance is open to the public.

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## Deepening the conference subject matter

Thursday to Saturday, always at 11.15–12.30

*The three units of each workshop build on one another.*

### 1. Annette Flaig-Rapp

Therapeutic creative speech practitioner, Filder Clinic, Filderstadt (Germany)

[DE](#)

### 2. Jutta Nöthiger

Therapeutic creative speech practitioner, art therapist (ED) specialising in speech and drama, Birsek Rudolf Steiner School, Aesch (Switzerland)

[DE](#)

### 3. Philip Jacobsen and Rachel Wood

Philip Jacobsen – development facilitator, Dornach (Switzerland)

Rachel Wood – therapeutic creative speech practitioner, Aberdeen (Scotland)

[DE / EN / FR](#)

### 4. Dietmar Ziegler and Kathrin Studer-Senn

Dietmar Ziegler – creative speech practitioner, Stuttgart (Germany)

Kathrin Studer-Senn – physician, Says (Switzerland)

[DE](#)

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## Bothmer® gymnastics *or* speech choir

Thursday to Saturday

always at 07.45–08.45

Bothmer® gymnastics with Urs Kohler

always at 08.00–08.45

Speech choir with Renate Pflästerer

## Wednesday, 24 October

15.00–16.30

### School meeting for School members

5th class lesson – Creative speech

Introduction and discussion

*Marjo v. d. Himst / Xandor Koesen-York /  
Oliver Ifill*

- or -

15.00–16.30

### Introduction to class work in the School of Spiritual Science

Open event for members and  
also non-members of the First Class

*Agnes Zehnter*

## 17.00 Conference start

17.00–18.30

### Welcome and introduction

### Foundation Stone verse

### Commemoration of the dead

## 18.30–20.00 Evening break

20.00–21.30

### Lecture

Burnt out life – when a person loses their  
relationship with themselves

*Barbara Denjean*

## Thursday, 25 October

07.45–08.45

### Bothmer® gymnastics

*Urs Kohler*

- or -

08.00–08.45

### Speech choir

*Renate Pflästerer*

09.00–10.30

### Lecture

“The invisible human being in us” – a contri-  
bution based on the anthroposophical  
understanding of the human being to deep-  
en diagnosis of the human constitutional  
elements using examples of sleep disorders  
*Kathrin Studer-Senn*

## 10.30–11.15 Coffee break

11.15–12.30

### Workshops

Deepening the conference subject matter

## 12.30–14.30 Lunch break

14.30–15.45

### Specialist groups

## 15.45–16.15 Coffee break

16.15–17.15

### *The fairy tale of the green snake and the beautiful lily* (Part 1) J.W. von Goethe

*Narrated and performed by Inga York-  
Koesen*

17.15–18.30

### Plenary session

Section work.

Reports from the professional fields

*Kirstin Kaiser* (Coordination)

## 18.30–20.00 Evening break

20.00–21.30

### Lecture

Preventing burnout through language  
support in children and young people

*Georg Soldner*

## Friday, 26 October

07.45–08.45

**Bothmer® gymnastics**

*Urs Kohler*

- or -

08.00–08.45

**Speech choir**

*Renate Pflästerer*

09.00–10.30

**Case report and exercises**

*Annette Flaig / Dietmar Ziegler*

10.30–11.15 **Coffee break**

11.15–12.30

**Workshops**

Deepening the conference subject matter

12.30–14.30 **Lunch break**

14.30–15.45

**Specialist groups**

15.45–16.15 **Coffee break**

16.15–17.15

*The fairy tale of the green snake and the beautiful lily (Part 2)* J.W. von Goethe

*Narrated and performed by Inga York-Koesen*

17.15–18.30

**Lecture**

–As if the body were dancing–

Rudolf Steiner's gestural approach in speech

*Ulrike Hans*

18.30–20.00 **Evening break**

20.00–21.30

**Poetry in the evening**

Burnt out, afire, enflamed

*Contributions from participants*

## Saturday, 27 October

07.45–08.45

**Bothmer® gymnastics**

*Urs Kohler*

- or -

08.00–08.45

**Speech choir**

*Renate Pflästerer*

09.00–10.30

**Case report and exercises**

*Andrea Klapproth / Barbara Denjean*

10.30–11.15 **Coffee break**

11.15–12.30

**Workshops**

Deepening the conference subject matter

12.30–14.30 **Lunch break**

14.30–15.45

**Specialist groups**

15.45–16.15 **Coffee break**

16.15–17.15

*The fairy tale of the green snake and the beautiful lily (Part 3)* J.W. von Goethe

*Narrated and performed by Inga York-Koesen*

17.15–18.30

**Concluding plenary session**

*Philip Jakobsen* (Moderator)

18.30–20.00 **Evening break**

20.00–21.30

**Performance**

*'The Father'*

A theatre project from AmWort

*Director Valerian Gorgoshidze*

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## Specialist groups

Thursday to Saturday, always at 14.30–15.45

*The three units of each specialist group build on one another.*

### 1. The euphony of the voice through sun, moon and hands

We will learn the basic principles of Terlusollogy®, which distinguishes between different breathing types according to solar and lunar. Then with the help of articulation exercises, and with specific finger and hand movements, we will see how we can more easily find the euphony of our own voice.

*Tamara Chubarovsky, creative speech practitioner, drama teacher, Waldorf support teacher, Villanueva de la Vera (Spain) [DE / EN / ES](#)*

### 2. Exercises to experience the action of the invisible human being in us

On the basis of the preceding explanation based on the anthroposophical understanding of the human being, we will bring the body to experience as an internal space through inner sensing exercises. In this way we can draw in art – here in speech – on the etheric sphere permeated by the I, and thus on the cosmic world of sound.

*Kathrin Studer-Senn, physician, Sams (Switzerland) [DE](#)*

### 3. Recreating language: sound – word – speech improvisation

Listening, hearing in a new way, playing with the creative forces in language – speech improvisation as a way to open up poetry both for the speaker and listener. We will practice and work on poems to overcome death, of new creation, e.g. Paul Celan: “Einmal, da hörte ich ihn”, Nelly Sachs: “Wenn der Tag leer wird” and from the Epistles of Paul. Speech improvisation is also a path, motivating pupils and classes withdrawn and “grown silent” to speak again.

*Dorothea Schmidt-Krüger, creative speech practitioner, specialist in German studies and teacher, Stuttgart area (Germany) [DE](#)*

### 4. Treatment of burnout syndrome through therapeutic creative speech

We will set out the various phases of burnout and, using case studies among other things, work with you on various exercises which have proven themselves in its treatment. The background to burnout in the context of the anthroposophical understanding of the human being and other aspects of the syndrome will be discussed.

*Xandor Koesen-York, therapeutic creative speech practitioner and drama teacher, Straelen (Germany) and Andrea Hortin, general practitioner and specialist in anthroposophic medicine, Krefeld (Germany) [DE / NL](#)*



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## Specialist groups

### 5. Calling on and utilising etheric forces in therapeutic creative speech and eurythmy therapy. Background, joint practice and exchange of views.

Starting from Rudolf Steiner's statements about forming sounds, we will test and investigate through gestures examples of the special characteristics of sound formation in eurythmy therapy and in the therapeutic use of language. Can the action of the etheric forces be better understood through the shape in time of each sound formation?

*Dietrich von Bonin, art therapist (ED), therapeutic creative speech practitioner, specialist in speech and drama, Bern (Switzerland) and Rob Schapink, eurythmy therapist (MA), Arlesheim (Switzerland) [DE](#) / [EN](#)*

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## General information

### Translation services

We are happy to provide simultaneous interpretation for our foreign guests if required. However, we hope you will understand that this is only financially viable for us if there are seven or more participants for any given language group; if fewer participants register for a particular language, you are requested to bring your own translator whom we will, of course, offer a free ticket for the conference.

(Requests by 10 October 2018 to [francois.bonhote@medsektion-goetheanum.ch](mailto:francois.bonhote@medsektion-goetheanum.ch))

### Registration

Goetheanum Empfang, Postfach, 4143 Dornach, Switzerland

Tel +41 61 706 44 44 | Fax +41 61 706 44 46 | [tickets@goetheanum.org](mailto:tickets@goetheanum.org)

### Donations

To support the “Creative speech specialist conference”  
(not to be used for remittance of the conference fee).

*Allg. Anthrop. Gesell. / Med. Sektion / Raiffeisenbank Dornach*

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

*Purpose “ST 2018”*

*Med. Sektion / Förderstiftung AM / Volksbank Dreiländereck eG*

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

*Purpose “ST 2018”*

Publishing information



**Medical Section at the Goetheanum**  
Rütliweg 45, 4143 Dornach, Switzerland

# Booking Form

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BURNOUT Devitalisation – Revitalisation

Study Conference on Therapeutic and Educational Curative Speech  
of the Medical Section in collaboration with the Section for the Performing Arts  
at the Goetheanum from Wednesday, 24 to Saturday, 27 October 2018

Booking closes: Wednesday, 10 October 2018

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](mailto: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 \_\_\_\_\_

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

Email \_\_\_\_\_

Occupation \_\_\_\_\_

I need translation into ☐ English

Conference ticket

☐ CHF 350 (with sponsorship<sup>1</sup>) ☐ CHF 260 (regular price) ☐ CHF 150 (concessions<sup>2</sup>) ☐ CHF 90 (students<sup>3</sup>)

Meals (3 lunch, 4 evening meal) ☐ CHF 175

Bothmer Gymnastics ☐ or Speech choir ☐

Workshops (11.15) 1<sup>st</sup> choice, n° \_\_\_\_\_ 2<sup>nd</sup> choice<sup>4</sup>, n° \_\_\_\_\_ 3<sup>rd</sup> choice<sup>4</sup>, n° \_\_\_\_\_

Specialist Groups (14.30) 1<sup>st</sup> choice, n° \_\_\_\_\_ 2<sup>nd</sup> choice<sup>4</sup>, n° \_\_\_\_\_ 3<sup>rd</sup> choice<sup>4</sup>, n° \_\_\_\_\_

Parking at the Goetheanum ☐ Parking permit: CHF 25

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

Biannual events magazine (Pdf-Download): [www.goetheanum.org/en/events/events-magazine](http://www.goetheanum.org/en/events/events-magazine)

<sup>1</sup> 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.

<sup>2</sup> Concessions apply for OAPs, the unemployed and people with disabilities who receive benefits.

Proof of status has to be submitted with your booking form.

<sup>3</sup> For students, schoolchildren, those in training, military or civil service. Proof of status has to be submitted with your booking form.

<sup>4</sup> 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.

Terms and Conditions will be sent on request or can be accessed online at [www.goetheanum.org/6025.html](http://www.goetheanum.org/6025.html).

# General Information

## BURNOUT Devitalisation – Revitalisation

Study Conference on Therapeutic and Educational Curative Speech  
of the Medical Section in collaboration with the Section for the Performing Arts  
at the Goetheanum from Wednesday, 24 to Saturday, 27 October 2018

Booking closes: Wednesday, 10 October 2018

Conference fees:	with sponsorship <sup>1</sup> :	CHF 350	with meals:	CHF 525
	regular price:	CHF 260	with meals:	CHF 435
	concessions <sup>2</sup> :	CHF 150	with meals:	CHF 325
	students <sup>3</sup> :	CHF 90	with meals:	CHF 265

### Conference meals

Conference meals (vegetarian) include 3 lunch and 4 evening meal at CHF 175 in total. The other meals cannot be booked separately. We regret that 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:** Tickets can be collected at the Reception until half an hour before the conference starts, 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 beginning of the conference (10.10.2018, date of posting). After that, 50% of the conference fee will be charged. Meals, breakfast, parking permit and group accommodation may be cancelled free of charge up to 1 day prior to the beginning of the conference (23.10.2018). Cancellation on the day when the conference begins or failure to attend are subject to a 100% invoice total. 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. Please ask for our terms of insurance or visit [www.goetheanum.org/6053.html](http://www.goetheanum.org/6053.html).

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

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## Goetheanum Guest Houses and Accommodation

Haus Friedwart from CHF 75, about 5 min. walk to the Goetheanum  
phone +41 61 706 42 82, [www.friedwart.ch](http://www.friedwart.ch)

Begegnungszentrum from CHF 30, about 10 min. walk to the Goetheanum  
phone +41 61 706 42 82, [friedwart@goetheanum.ch](mailto:friedwart@goetheanum.ch)

Accommodation bureau rooms from CHF 55  
[kontakt@rooms-dornach.ch](mailto:kontakt@rooms-dornach.ch); [www.rooms-dornach.ch](http://www.rooms-dornach.ch)

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

You can find further accommodations on our website: [www.goetheanum.org/4283.html](http://www.goetheanum.org/4283.html)