



Living Light Licht wirkt

13 to 16 September 2018

**International annual conference of the
Medical Section**

Goetheanum

When I look into the sun
Its light tells me radiantly
Of the spirit which mercifully
Prevails through cosmic beings.

Sun, bearer of radiance,
The power of your light in matter
Conjures life out of the boundless riches
Of the depths of the earth.

When I feel into my heart,
The spirit speaks its own words
Of the person whom it
Loves through all time and eternity.

Heart, bearer of the soul,
The power of your light in the spirit
Conjures life out of the human being's
Boundlessly deep inwardness.

I can see, in looking upwards,
In the sun's bright sphere
The mighty cosmic heart.

I can feel, looking inwards,
In the heart's warm life:
The ensouled sun of human beings.

Rudolf Steiner for the 73rd birthday of Henriette Maria Wegman (1851–1935)

Dear Colleagues,

With each sunrise we encounter the light of the sun. It illuminates the consciousness, acts on the soul and has physiological effects on the body. The light rhythm of day and night is here closely associated with the rhythmical system of the human being. We currently have an impaired relationship with light: on the one hand we see it as a risk factor against which we have to protect ourselves, on the other hand a longing for light is developing which determines the life of people to a great extent. What, then, is a healthy relationship with light, with the sun, and how can we find its therapeutic efficacy?

We intend to concern ourselves with the nature of light at the annual conference of the Medical Section at the Goetheanum: what is the physiological and therapeutic importance of light?

What effect does light have on the human soul. And finally: what is the importance of the spiritual nature of light with regard to the world and human beings?

All therapeutic professions work with light in a different way. In the world of substances we find an intensive relationship with light when we think of phosphorus, quartz or magnesium. Colours have physiological effects which extend as far as the life processes in wound healing and form the basis of colour light therapy. In the art therapies we find light and darkness in painting therapy, as we find “bright “ and “dark” tones in music therapy. The therapeutic importance of light is well known in mental illness and can “brighten” the depressively “obscured” soul. Light lives in mental activity, it underlies cognitive processes and clarifying light can be developed in talking therapy.

We look forward to our work together on this important subject in medicine, to the exchange of experiences – also in the numerous workshops on these topics – and to the joint discovery of new points of view and perspectives in the understanding as well as the therapeutic deployment of light!

As in previous years, we will organise a “World Space” with reports and impulses from the worldwide anthroposophic medical movement. In addition, we look forward to acquainting ourselves in the newly set up “Science Space” with current research in the strongly growing scientific work of Anthroposophic Medicine.

With warm greetings and looking forward to our conference together at the Goetheanum!

Matthias Girke and Georg Soldner

On behalf of the Collegium of the International
Coordination of Anthroposophic Medicine / IKAM):

Andreas Arendt, Roland Bersdorf, Laura Borghi, Marion Debus, René de Winter, Jan Feldmann, Oliver Friedländer, Jan Göschel, Aglaja Graf, Rolf Heine, Hartmut Horn, Andreas Jäschke, Kirstin Kaiser, Ellen Keller, Helmut Kiene, Gunver Kienle, Manfred Kohlhase, Stefan Langhammer, Eva Lutz, David Martin, Sabrina Menestrina, Christiaan Mol, Elma Pressel, Merja Riijärvi, Sabine Ringer, Alexander Schadow, Stefan Schmidt-Troschke, Heike Sommer and Anna Sophia Werthmann

Workshops A *(The units of each workshop build on one another)*

Thursday, 17.00–18.30 / Friday, 11.15–12.45

Saturday, 11.15–12.45

1. The action of light in the human organism, its diseases and in therapy. *(German)* External light, but equally the living, soul and spiritual light are of central importance for the different therapeutic professional groups. We will work on the different diseases in the threefold organism as they relate to light and discuss the therapeutic possibilities of light. *Dr med. Matthias Girke, specialist for internal medicine, head of the Medical Section, Dornach (CH)*

2. Endocrinology in childhood. *(German/English)* Hormones are at work everywhere, hence endocrinology is holistically inclined from the beginning. In this seminar we will embark on a joint journey from the pineal gland to the gonads and will visit various diseases along the way. *Prof. Dr med. David Martin, paediatrician, Tübingen (DE)*

3. Anthroposophic Medicine in public health – the Brazilian experience. *(English/Spanish)* Anthroposophic Medicine has been integrated into the public health system in Brazil since 2006 and some experiences began in the 1990s. Anthroposophic physicians and other health professionals developed several strategies to deal with the shortage of medicines and the prevalent diseases. The aim of this working group is to exchange experiences and new possibilities. *Dr med. Iracema de Almeida Benevides, general practitioner, Belo Horizonte, Brazil*

4. Anthroposophic Medicine during the time of National Socialism 1933-1945. *(German)* Peter Selg presents results from his research project on the behaviour of anthroposophic physicians during the time of German fascism (1933-1945). To what extent did they succeed in practising and representing their medicine in difficult times? What paths of resistance, conformity and compromise did they follow? *Prof. Dr med. Peter Selg, child and adolescent psychiatrist, Arlesheim (Switzerland)*

5. Light in the therapeutic encounter – seeking ways of activating and engaging patient and therapist. *(English/German)* The astral body's role in the generation of health and illness is not easy to grasp. We aim to tease out its basic modes of conscious and unconscious activity by interactive debate, role-play and eurythmy. The London-Heidenheim team has been preparing with the help of two lectures: "Illusory Illness" and "The Feverish Pursuit of Health" (GA 56). *Dr med. Tobias Daumüller, specialist for internal medicine, Heidenheim (DE), Ingrid Hermansen, eurythmy therapist, Greenwich (EN), Dr med. David McGavin, general practitioner, Maidstone (UK), Dr med. Carmen Eppel, gynaecologist, Heidenheim (DE)*

6. Air respiration and light soul respiration in therapy. *(German/English)* Light is a transformation of the air process in the respiratory process. Air and light as physical functions in respiration and their importance for the forms of therapy for pulmonary disease in Anthroposophic Medicine. Focusing on understanding the soul through the physiology of respiration and light. *Dr med. Eva Streit, specialist for internal medicine and pulmonology, Arlesheim (CH), Dr. med. Christian Grah, specialist for internal medicine and pulmonology, Berlin (DE)*

7. En-lightening. *(German/English)* The Foundation Stone Meditation expresses differentiated dynamics which Rudolf Steiner ascribes to incarnation in its completeness. The workshop will draw on this rich source through the insights of the Michael School, the healing impulse of the Raphael school and the transformative qualities of the Christ impulse. We will also set the rhythms of the text in motion through Spatial Dynamics exercises in the light of thoughts, words and actions, as well as discussing practical therapeutic aspects of the light qualities of the Foundation Stone Meditation. *Henrik Szőke MD PhD, specialist physician, Pilisszentkereszt (HU), Jaimen McMillan, Spatial Dynamics® trainer, Schuylerville (USA), Christina Spitta MD, specialist for internal medicine, Winterbach (DE)*

8. The invisible person in us – also a source of light! Studies and exercises. *(German/Russian)* Exposition relating to our understanding of the human being based on Rudolf Steiner's lecture on the invisible person in us. Observation exercises based on this aim to enable the concrete experience of the theoretical foundations. *Dr med. Katrin Studer-Senn, general practitioner, Sayx (CH)*

9. International collaboration in the light of integrative medicine. *(English/German)* This group will examine international and integrative medical collaboration and light. What perspectives exist in different medical systems? How can international networks develop and flourish? The group will evolve through the collaboration between YPIH - Young People in Integrative Healthcare and the International Young Medics Forum for Anthroposophic Medicine. *Christoph Holtermann, physician, Filderstadt (DE), Maya Cosention, physician, Dornach (CH)*

10. Plants of the light. *(German)* The question of light plays an important role in the use of medicines. This is probably best known in St. John's Wort, bees or quartz. We will investigate this thoroughly using the example of medicinal plants such as juniper. We will also discuss concrete case studies and test external applications in practice. *Dr med. Andreas Laubersheimer, general practitioner, Dr med. Christine Bussinger, general practitioner, Dr med. Urte Riggers, general practitioner, and Sharon Klauber, nurse and rhythmical massage therapy, Heidenheim (DE)*

11. Light in the process of obtaining upright posture of the infant. *(German/English)* Just as birth is an event that involves warmth and the first breath an event that involves air in the infant, so the physical body brightens in overcoming gravity and obtaining upright posture. Describing and recognising this process of infusion with light from a professional perspective will be the task of this group. With exercises and video observations. *Dr med. Stefan Schmidt-Troschke, paediatrician, Berlin (DE), Claudia Grah-Wittich, certified social worker, Frankfurt (DE)*

Workshops A

12. Red and blue in therapy (GA 312, 16th lecture). *(German)* We aim to work together on obtaining an insight from our understanding of the human being into the way colours work and their application in medicine and eurythmy therapy. Our work will be based on the 16th lecture of *Introducing Anthroposophical Medicine* (red and blue), Goethe's colour theory as well as current studies in colour light research. The challenge of increasing myopia through modern media will also occupy us and lead to corresponding exercises in (eye) eurythmy therapy. *Margret Thiersch, eurythmy therapist, Dornach (CH), Dr med. Johannes Weinzirl, Klinik Arlesheim AG (CH)*

13. The awakening of soul shapes in anthroposophical meditation – texts, vowel eurythmy and planetary light aspects on the eightfold mindful path of development of the throat chakra. *(German)* The qualities of the development of the throat chakra will be presented and combined with vowel and planetary aspects, as well as being related to the beatitudes in the Sermon on the Mount. The planetary aspects show colour and metal relationships of the soul and provide a view of the light soul process. The eurythmy elements will be practised together. *Dr med. Harald Haas, psychiatrist and psychotherapist, Bern (CH), Theodor Hundhammer, eurythmy therapist, Epsach (CH)*

14. Depression and hypothyroidism – mania and hypothyroidism. Clinical pictures in connection with light and darkness in us. *(German/English)* In observing these polar clinical pictures at various levels, we become aware of contrasts as well as affinities. Much can be done in Anthroposophic Medicine and eurythmy therapy to significantly help patients. We will give introductory lectures, work with eurythmy and hopefully enter into a wide-ranging exchange of views. *Marieke Krans, specialist for rehabilitation, Driebergen (NL), Joost Laceulle, general practitioner, Bergen (NL), Hilda Boersma, eurythmy therapist, Utrecht (NL)*

15. The eye as a light organ. *(German)* The importance of light and its action through the constitutional elements of the human being in the eye. We will look at the anabolic processes of the life and light body and the treatment of myopia, cataracts and macular degeneration. *Dr med. Wim Huige, ophthalmologist, Hilversum (NL), Michaela Trefzer, eurythmy therapist, Lörrach (DE)*

16. Light as effective energy in acupuncture. *(German/English)* How are the kidneys seen as a light organ in acupuncture? How can this energy be stimulated and controlled? Which other systems react to this energy? *Dr med. Johannes E. Jansen, specialist, Maastrich (NL), Doris Lamers, physiotherapist and acupuncture, Amstelveen (NL)*

17. The nest – from the animal kingdom to the human heart: an image of the development to receive light and warmth. *(Italian/German/English)* Each time that an organ is formed phylogenetically, an element is conquered. The uterus is subject to the process of decline and where does the ability to conceive go? Into the heart. What nests show us this process? What does the bee teach us with its sacrifice? How do we bring light to animals? How do we nourish it? *Dr med. vet. Sabrina Menestrina, veterinary physician, Udine (IT), Dr med. vet. Claudio Elli, veterinary physician, Cinisello Balsamo (IT), Dr med. vet. Markus Steiner, veterinary physician, Steinheim am Albuch (DE), Paolo Giroto, veterinary physician, Montenegro Terme (IT)*

18. Light – colour – substance – process and healing. *(German/English/Italian)* We will concern ourselves with some substances from the mineral and plant realm and their therapeutic application by means of phenomenological observations and demonstrations. The importance of certain colour phenomena will then be worked on above all in the joint production of the Cinis capsellae comp. preparation. *Albert Joseph Schmidli, pharmacists, Pleigne (CH), Dr med. Laura Borghi, general practitioner, Milano (IT)*

19. Being – decay – becoming: the ashing process in the service of life.

Coal – ash – Solutio alkalina. *(German/English)* Medicines with the power of renewal and future potential. We will accompany their creation at the open fire and in experiments. By means of the phenomena we will work on an image of the way they deal with light, warmth and life. We will investigate their future-oriented potential – as medicines in threshold situations – at a somatic as well as soul and spiritual level. *Pia Büchi, general practitioner, Richterswil (CH), Helmut Keil, general practitioner, Königsbronn (DE)*

20. Light substances in pharmacy and therapy: magnesium, hypericum, phosphorus, equisetum, quartz. *(German)* Collaboration between anthroposophical pharmacy and therapy. The starting point is light-bearing and light-receptive substances. Pharmaceutical processes make this quality available for therapy. In this workshop physician and pharmacist aim to consider these substances together and speak about their therapeutic application. *Heike Friedländer, pharmacist, Kühlungsborn (DE), Georg Soldner, paediatrician and co-head of the Medical Section, Dornach (CH)*

21. The light in the human being as a diagnostic element in Collot therapy. *(English/French/Dutch/German)* The light in the human being as a diagnostic element in Collot painting therapy. Practical work in charcoal and presentation of different case studies. *Janny Mager, art therapist, Chatou (FR), Chantal Bernard, art therapist, Chatou (FR)*

22. Light and shadow. *(German/English)* How can we encounter the dark side in us which we experience e.g. in low spirits and anxieties? Cumulatively in a meditative way and through exercises in body perception on the part of psychotherapy – we aim to encounter one another in the experience of the polarities of light and shadow as well as the space which is created when colour is added to art. *Ellen Keller, certified psychologist, psychological psychotherapist, Saarbrücken (DE), Johanna Gunkel, art therapist BA, BVAKT, certified designer, Cologne, (DE)*

Workshops A

23. The traumatised person in the struggle between light and shadow. (German/Spanish)

Psychological traumas of various origins can permanently change the structure of the human constitutional elements. In this workshop we will deal with forms of chronic and complex traumatising in adults. Using case studies from our practice as well as texts and pictures created by patients, we will work on an understanding of trauma from the perspective of our understanding of the human being and address key characteristics of the therapeutic treatment of psychotrauma. *Alejandra Mancini, certified psychologist, Witten (DE), Andrea Henning, certified psychologist, Witten (DE)*

24. Psychotherapy as I activity between the polarities of the soul elements. (German)

We will investigate the salutogenesis and mentalisation of three processes: building social contacts (we fluctuate between desire and anxiety), inwardly processing what we experience (between empathy and judgement), and finally decision-taking (between ideals and practical constraints). Here light, warmth and life are contrasted with darkness, cold and death. *Joachim Beike, certified psychologist, Witten (DE)*

25. Memory and imagination: what spaces of consciousness does the dementia sufferer occupy? (German/English)

What spaces of consciousness does the dementia sufferer occupy? Can we empathise with states of “spiritual night”? How can we reach people whose consciousness is no longer located in the everyday world? What do dementia sufferers teach us about the nature of thinking, feeling and the will? How can we help? *Rolf Heine, nurse, Filderstadt (DE), Ursa Neuhaus, nurse, Bern (CH)*

26. Massage as developed by Dr Simeon Pressel - a light experience. (German/Spanish)

The light ether and its interaction with the three other types of ether is revealed in its importance for a healthy organism (salutogenesis) and in its therapeutic application in massage as developed by Dr Simeon Pressel and illustrated through demonstrations. *Dr med. Florencio Herrero, general practitioner (ES), Dr phil. Annette Robert, therapist and lecturer, Offenburg (DE)*

27. “How does the human being enter the world?” (German/English)

Support and attitude in anthroposophical obstetrics – a response to the rising rate of caesarean sections? “Brightness in thinking, calmness in feeling, healing in willing”. What gives us support and security in obstetrics? How can support turn into an attitude? A practice-based workshop on the subject. *Merja Riijärvi, midwife FH, Dornach (CH), Dr med. Ruth Dörfel, gynaecologist, Filderstadt (DE)*

28. Light breathing and movement – exercise for the light soul process. (German)

By vitalising our soul forces and through ensouling the senses, we can make ourselves at home in the heights, expanses and depths of the world and become creative. “For the spirit’s cosmic thoughts reign, imploring light.” (Rudolf Steiner) *Simone Stoll, non-medical practitioner, Überlingen (DE), Michael Voelkel, non-medical practitioners and eurythmy therapist, Celle (DE)*

29. Nourishment and the need for light of humans. (German/English) Light is wisdom and exists in the bones, gives the plant growth, boundaries and maturity. Green arises between light and darkness, for example chlorophyll in the leaves of the plant which has an effect on the rhythmical system. Light in food (cereals, light root, green plants). Presentations, dialogue, observation and tasting. *Dr Jasmin Peschke, certified nutrition scientist, Dornach (CH), Judith Schake, nutrition scientist, Bad Vilbel (DE), Ela Wallner, non-medical practitioner and nutrition therapist, Munich (DE)*

30. Biography work - light in the stream of life. (German)

Using individual motifs in life, we will investigate the guidance of the I at various ages. We will access the subject through eurythmy and biographical exercises. We thus want to show the possibilities of anthroposophical biography work by means of examples. *Sylke Ober-Brödlin, biographical counsellor and Siegfried Ober, eurythmy therapist, Oldenburg (DE)*

31. Rudolf Steiner's enlightenment exercises and their therapeutic importance. (German/English) In *Knowledge of the Higher Worlds. How is it achieved?* the enlightenment exercises are positioned between preparation and initiation. Attitude to life and advice about exercises for this step into the inner light, where "it begins to brighten", are also of diagnostic and therapeutic relevance. *Dr med. Michaela Glöckler, paediatrician, section head emeritus at the Goetheanum, Dornach (CH)*

Thursday, 13 September

from 12 Sept., 20.00 – 13 Sept., 12.30
School of Spiritual Science study
Darkness – Colour – Light
For members of the School of Spiritual Science

14.00–14.45
Lecturers' meeting

15.00 **Conference start**

15.00–16.30
Welcome
Lecture
Light and life:
the physiological effect of light
Matthias Girke

16.30–17.00 **Coffee break**

17.00–18.30
Workshops A

18.30–20.00 **Evening break**

20.00–21.30
Commemoration of the dead
Lecture
Inspirational and formative –
the therapeutic importance of light in
Anthroposophic Medicine
Georg Soldner

Eurythmy

Friday, 14 September

08.00–08.45
School of Spiritual Science study (open to all)
“Divine light / Sun of Christ”
Spiritual light in the healing mantras
of Rudolf Steiner
Peter Selg

09.00–10.30
Lectures
The skin as a light sensing organ
Christoph Schempp

Yellow fever – dengue – chikungunya *
Iracema de Almeida Benevides

10.30–11.15 **Coffee break**

11.15–12.45
Workshops A

12.45–15.00 **Lunch break**

14.00–14.45
Scientific poster exhibition

15.00–16.30
World Space
Presentation of international projects
and cultural contributions *
Moderators: David Martin,
Anna Sophia Werthmann, Elma Pressel

16.30–17.00 **Coffee break**

17.00–18.30
Workshops B

18.30–20.00 **Evening break**

20.00–21.30
Lecture
The soul forces between light and darkness –
the psychosomatic treatment of melancholia
Christian Schopper

Eurythmy

Saturday, 15 September

08.00–08.45

Morning meditation **

Silke Schwarz, David Martin

– or –

School of Spiritual Science study (open to all)

The healing impulse of the Gospel of Matthew

Jan Vagedes

– or –

17th class lesson *** (for members of the School of Spiritual Science)

Matthias Girke (DE), Rolf Heine (EN)

09.00–10.30

Lecture

The effect of light in cancer

Marion Debus

Case history

Patient progression with painting therapy as developed by Collot d'Herbois

Andreas Zucker

10.30–11.15 Coffee break

11.15–12.45

Workshops A

12.45–15.00 Lunch break

14.00–14.45

Scientific poster exhibition

15.00–16.30

Science Space – Highlights from the art of creating knowledge *

Introduction and moderator: Jan Vagedes

16.30–17.00 Coffee break

17.00–18.30

Workshops B

18.30–20.00 Evening break

20.00–20.45

Eurythmy performance

21.00–22.30

Festive event of annual conference 2018

Encounter – music – dance

Sunday, 16 September

08.00–08.45

Morning meditation **

Silke Schwarz, David Martin

– or –

School of Spiritual Science study (open to all)

The healing impulse in the Gospel of Luke

Georg Soldner

– or –

18th class lesson *** (for members of the School of Spiritual Science)

Rüdiger Grimm (DE), Bart Vanmechelen (EN)

09.00–10.30

Lecture

Light and consciousness – nursing in dementia

Rolf Heine

Case history

Patient with advanced renal cell carcinoma on the path to inner light

Yvan Villegas

10.30–11.15 Coffee break

11.15–12.30

Lectures

“I am the light of the world”

Stefano Gasperi

Developments in

Anthroposophic Medicine

Matthias Girke, Georg Soldner

Foundation Stone Meditation (eurythmy)

12.30 End of conference

*All contributions in the plenary sessions except * will be held in German and translated into the following languages: Chinese, English, French, Italian, Japanese, Spanish and Russian.*

* *In English with translation*

** *German with translation into English*

*** *only German and English*

- Subject to change! -

Workshops B *(The units of each workshop build on one another)*

Friday and Saturday, 17.00–18.30

32. Spiritual light in dark times. *(English)* In Rudolf Steiner's studio – where he lay on his sickbed while Ita Wegman nursed him and where he died – Peter Selg develops key content and future intentions relating to this final, difficult time in his life. *Prof. Dr med. Peter Selg, child and adolescent psychiatrist, Arlesheim (Switzerland)*

33. Approaches to treating viral diseases in Anthroposophic Medicine. *(German/Spanish)* Arboviruses – dengue fever, haemorrhagic dengue fever (HDF), chikungunya, zika, yellow fever and other tropical diseases. What is the meaning of these diseases in the present time? Contributions based on our knowledge of the human being for understanding and dealing with these diseases. *Dr med. Sheila Grande, specialist for internal medicine, Rio de Janeiro (BR)*

34. Anthromedics – current publications on the CARE areas and the possibilities for the worldwide participation of the professional groups. *(German/English)* Live demonstrations of the specialist and interprofessional content of Anthromedics – the Internet portal for Anthroposophic Medicine. Reports from the work of the CARE groups, agreements on further developments and on the worldwide participation of the professional groups. *Dr med. Matthias Girke, specialist for internal medicine, head of the Medical Section, Dornach (CH)*

35. Light pathways *(German)* Light pathways, meridians, together with the warmth ether and the body's minimal own movement, also form the basis for stimulating self-regulation in elementary health care and elementary therapy as developed by Erna Weerts®. Please bring along if possible: small pillow, warm socks. *Dr Erna Weerts PhD, nurse, health scientist, Wangen (DE)*

36. International meeting of medical specialist groups. *(German/English)* Annual exchange of views of the medical specialist groups on current developments with regard to work on content, further training, recruitment of young talent, international networking. For all specialists or assistant physicians interested in training as a specialist. *Dr med. Marion Debus, specialist for internal medicine, haematology/oncology, Klinik Arlesheim AG (CH)*

37. Meeting for the young generation in Anthroposophic Medicine. *(German/English)*

In this workshop we would like to create a space for reciprocal perception and the exchange of views on questions and experiences which have arisen. In addition, we will prepare content-related aspects of the conference theme. Furthermore, there will be the opportunity to discuss the current training pathways in Anthroposophic Medicine. *Eva Lutz, medical student, Hanover (DE), Christian Richert, carer, Bad Liebenzell (DE), Lukas Andreas Hirt, medical student, Hanover (DE)*

Workshops B

38. Research Council (*English/German*) Annual meeting of the International Research Council. *Dr med. Helmut Kiene, specialist and researcher, Freiburg (DE)*

39. Annual general meeting of the IAAP (*German/English*) The International Association of Anthroposophic Pharmacists (IAAP) invites all interested persons and the members of the national pharmaceutical associations to the 2018 ordinary annual general meeting. *Saturday, 15 September from 17.00-19.00 only. Dr rer. nat. Manfred Kohlhase, pharmacist, Stuttgart, DE)*

40. Meeting of professional groups and general meeting of members of the IAABT. (*German/English*) We will meet as the professional group of anthroposophic body therapists to hold the annual general meeting of members of the IAABT (International Association for Anthroposophic Body Therapy). Interested guests are cordially welcome! *Christina Spitta, specialist for internal medicine, Winterbach (DE)*

41. EFPAM Annual General Meeting and Round Table. (*German*) By invitation only. *René de Winter MA, EFPAM president, Leidschendam (NL), Dr med. Stefan Schmidt-Troschke, child and adolescent health specialist, Berlin (DE), Renate Sippel, EFPAM vice president, Kumberg (DE)*

42. How can we talk about anthroposophy today? A project report. (*German*) After a hundred years, many fruits of anthroposophy have arrived in contemporary culture. Many people are positively interested in it. But the way that insiders talk about it often creates barriers. How can we talk about anthroposophy today? Report from the project “Anthroposophic Medicine in the 21st century” at Klinik Arlesheim AG. *Dr math. Andreas Jäschke, managing director Klinik Arlesheim AG (CH)*

43. International meeting of psychotherapists. (*German/English/Dutch*) International exchange of views on research into and the further development of anthroposophic psychotherapeutic treatment concepts in trauma, sleep disorders, anxiety and depression. *Dr med. Hartmut G. Horn, child and adolescent health specialist, psychotherapist, Aichtal (DE), Dr phil. psych. Ad Dekkers, psychologist and psychotherapist, GG Bilthoven, Dr phil. Henriette Dekkers, clinical psychologist, GG Bilthoven, (NL), Ellen Keller, certified psychologist, psychological psychotherapist, Saarbrücken (DE)*

44. The ich.live model to communicate our image of the human being. (*German*) Materialistically fixed ideas about the soul and its interaction with the body can hinder understanding and collaboration in psychotherapy. With the ich.live model we communicate basic concepts of the anthroposophical image of the human being in dialogue with the patient which leaves them free. In doing so, qualities of light, warmth and strength can be experienced. *Petra Maria, specialist for child and adolescent psychiatry, Stemplinger, Landshut (DE)*

Workshops B

45. Brightening of the soul. Salutogenesis in oncology. *(German)* The course of the disease in oncology is always individual. How can we support the people affected so that they become involved in shaping their path of healing? How can the three pillars of salutogenesis – manageability, understandability and meaningfulness – be developed in dealing with cancer? *Josef Ulrich, psycho-oncologist and art therapist, Niefern Öschelbronn (DE)*

46. Luminously lightness of movement. *(German/English)* In eager experimentation exploring the uprighting qualities of light with Spacial Dynamics® exercises ...
Jaimen McMillan, Spacial Dynamics® trainer, Schuylerville (USA), Gabriele Hurter, certified massage and movement therapist, Basel (CH)

47. Light and darkness of palliative support in the acute-care hospital with the focus on music therapy. *(German/Italian)* We are often confronted with darkness and shadow on the palliative care ward, be it anxiety, hopelessness, despair or confusion. How can we find a path into the light out of darkness? We will work on the possibilities with a particular focus on medical aspects of music therapy, personal experience and patient examples. *Laura Piffaretti, art therapist, Meggen (CH), Dr med. Stefan Obrist, internal and palliative medicine, Richterswil (CH)*

48. Developing the healing power of the singing voice in the light and warmth of sound. *(English)* Practising in the sense of the “School of Uncovering the Voice”, we will develop light and warmth qualities in the sound of the voice and in their balance experience the healing power of the singing voice. No musical prerequisites are required other than a pleasure in singing! *Thomas Adam, singer and singing therapist, Bochum DE)*

49. Towards the light through therapeutic form drawing. *(German/English/French)* Our forces of self-healing are stimulated and strengthened through intensive own activity in therapeutic form drawing. Through the warmth of the newly developed creative forces we obtain joy, the courage to face life and new perspectives. References to the plant world, astronomy or art lead to a new light of cognition in the experience of the formative forces. *Peter Büchi, form drawing practitioner, adult education teacher, Stäfa, CH)*

50. Light is love ... *(German/English/French)* With love of language immersing ourselves through speech in sounds, rhythms and poems. Artistic creative speech! *Kirstin Kaiser, certified art therapist (ED), Ettingen (CH)*

51. 100 years of eurythmy therapy – preparation for worldwide anniversary celebrations. *(German/English)* In this workshop we intend to work together on content and forms as to how the anniversary year can be celebrated in different ways. Activities are planned to take place in the individual countries in 2021 which celebrate the work that has been achieved. We want to invite all colleagues to be involved in the preparations for this special year. *Kristian Schneider MA, eurythmy therapist, Rösrath (DE)*

52. Practice fields in eurythmy therapy. *(German/English)* Exchange of views on questions relating to the practice fields: how can the work in the practice fields be strengthened? Where do the needs of the different fields lie with regard to the 2021 world conference? What are the different situations in the countries? *Mareike Kaiser, eurythmy therapist, Graz (AUT), Aglaja Graf, eurythmy therapist, Deckenpfronn (DE)*

53. Qualities of light in the collaboration within the team. *(German/English)* Eurythmy exercises to support mindful interaction between colleagues which is supported by joint positive and joyful experiences. *Sonja Zausch, eurythmist and dancer, KHS Dornach (CH)*

54. Rhythmical massage therapy: introducing warmth into tissue with gestures of light. *(Italian/Spanish)* Rhythmical massage therapy as developed by Ita Wegman offers the possibility of selecting very different therapeutic gestures. We will present a quality of light which occurs in the tissue and guides the warmth forces in the transformation of substance. With instruction, demonstrations and case reports. *Roberto Ferneti, physiotherapist, Trieste (IT), Dr med. Laura Borghi, general practitioner, Milan (IT), Dr. med. Josep Gabriel Andres Ortuno, physician, Barcelona (ES)*

55. Meditation and the transformation of life forces through light and warmth. *(German/French/English)* Practical meditation exercises, undertaken step-by-step. From imagination through inspiration to intuition, for therapeutic practice. *Dr med. Robert Kempenich, general practitioner, Strasbourg (FR)*

56. Light and shadow – creating transparency in medical organisations. *(German/English)* Just as happens in the surgery and in clinics, the processes of diagnosis, consultation and measures taken also play a central role in the structure of organisations. The result is either light and transparency or shadow and lack of clarity. Using “Pathways to Quality” as a compass, we will work on the possibilities of achieving light-filled transparent organisation and clear responsibilities. *Dr Gerhard Herz, educator, Grobenzell (DE), Sabine Ringer, manager of House Morgenstern, Stuttgart (DE)*

57. The golden rules of communication. *(German)* Food for thought, tips and help in developing coherent communication in Anthroposophic Medicine. Practice-based workshop. *Heike Sommer MA, Coordinator Press and Public Relations, Dornach (CH), Barbara Wais, managing director DAMiD, Berlin*

58. Guidelines and statutes of the international professional group. *(German)* Discussion of the guidelines and statutes of the International Professional Group for Anthroposophical Non-medical Practice. Attendance by invitation. *Alexander Schadow, non-medical practitioner and psychotherapist, Nienhagen (DE)*

59. Follow-up of TTT 2018. *(German/English)* This workshop is a closed workshop for the Teach-The-Teacher team of lecturers. The aim is to follow up the TTT 2018 advanced training and prepare for 2019. *Dr med. Jan Feldmann, specialist for internal medicine, Berlin (DE)*

Workshops B

60. Cetraria, Hellebore, Viscum - three medicinal plants for anthroposophical cancer treatment. *(German)* We will deal with the following subjects: observation of the medicinal plants, pharmaceutical processing, use in treatment. *Stephan Lorenz, CEO Iscador AG, Arlesheim (CH)*

61. Light and darkness. *(English/German/Russian)* In September 1923, Rudolf Steiner gave a meditation to the British people which was accompanied later in the day by a lecture heralding the Christmas Conference themes. We will be looking at the particular qualities of light and darkness, both in conversation and in eurythmy. *Dr med. Jenny Josephson, physician, Forest Row (UK)*

62. Endocrine disruptors and the therapeutic importance of Dioscorea villosa and D. batatas. *(German/English)* We will work on a multidisciplinary basis covering medicine, agriculture and chemistry on the ecotoxicological importance of endocrine disruptors, their effect on the metabolism and the structure of the human constitutional elements (light etheric body/astral body), and on the therapeutic possibilities with preparations made from Dioscorea villosa and batatas ("light root") as well as their botany and cultivation. *Dr med. Bettina Schleyerbach, Arlesheim (CH), Prof. Dr med. Florian Stintzing, research director WALA, Bad Boll (DE), Matthias Busl, agricultural engineer, Überlingen-Deisendorf (DE), Dr med. Peer Schleyerbach, Arlesheim (CH)*

63. The wisdom of bees. *(German/English/French)* Visit to bee colonies: seeing, feeling, smelling, marvelling. If the weather is good enough, we will open bee hives and look at, describe and understand the organisation of the colony. We will gather initial experience with regard to the seven healing bee substances and acquaint ourselves with their importance for the colony and their healing effect on humans. *Dr Johannes Wirz, biologist attached to the Natural Science Section, Dornach (CH)*

Light! Love! Life!

J.G. Herder

Accompanying events

Advice in training situations and for trainers relating to issues connected with teaching and learning.

Training in anthroposophically extended medicine, therapy and health is a challenge! This advisory session can be used to discuss subjects such as curriculum development, design of learning goals, setting up learner-centred learning environments, programme design, teaching design including selection of teaching methodology and media, review possibilities, skills orientation, etc. The advisory session will be guided by your questions, needs and context.

Held on: Saturday, 15 September, 17.00–18.30 (in German and English)

Target group: Directors of training centres and trainers

Preparation: Please provide a brief outline of your consultancy requirements and questions by **31 July 2018** and send it to diethard.tauschel@uni-wh.de

Diethard Tauschel, physician, collegial director of the Integrated Curriculum for Anthroposophic Medicine (ICURAM), Witten/Herdecke University, Germany

Poster exhibition on research

The poster presentations on research in Anthroposophic Medicine are there for you to visit in the Schreinereisaal for the whole of the conference. We would encourage you to contribute. Please send your current research results as a structured, one-page abstract (title, authors/institutions/addresses, question, material and methods, results, conclusions) by **15 August 2018** to:

Dr rer. nat. Daniel Krüerke
Forschungsabteilung Klinik Arlesheim
daniel.krueerke@klinik-arlesheim.ch

Accepted abstracts will be published for the conference as a handout and subsequently in *Der Merkurstab* under “Reports from science and research”. Please prepare the poster printout in A0 size (118x84cm) and bring it along to the annual conference.

Contributions on medico-social projects from all over the world

Initiatives from all countries and continents are welcome at this year’s annual conference. In the WORLD SPACE on Friday afternoon we look forward to presentations of projects and cultural contributions. Everyone interested can apply to make a contribution (3-7 minutes) until 15 July 2018 (please providing the following information: title, country, summary).

Interesting posters (in English please) can also be exhibited following consultation. We very much look forward to ideas from the whole movement of Anthroposophic Medicine. Contact: worldspace@medsektion-goetheanum.ch

General information

Registration

Goetheanum Empfang
Postfach, 4143 Dornach 1 (Switzerland)
Tel +41 61 706 44 44, fax +41 61 706 44 46
tickets@goetheanum.org

Translation

The plenary events will be simultaneously interpreted into Chinese, English, French, Italian, Japanese, Russian and Spanish and German. Anyone who wants translation into their language other than the languages shown is kindly requested to bring a translator with them from their country. We are happy to offer this “translation participant” a complimentary ticket.

Enquiries by **31 August 2018** to: francois.bonhote@medsektion-goetheanum.ch

Donations (*NOT* to be used for remittance of the conference fee)

We are grateful to everyone who contributes with their donation to helping compensate for the price reductions and contributions to travel costs.

Bank details **Switzerland**: Allg. Anthr. Ges., Med. Sektion,
IBAN CH53 8093 9000 0010 0605 6 – BIC: RAIFCH22. Purpose: JK 2018

Bank details **Germany and international**: Med. Sektion, Förderstiftung AM,
IBAN DE92 6839 0000 0000 9707 60 – BIC: VOLODE66. Purpose: JK 2018

Publishing information



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Booking Form

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Living Light

A Conference of the Medical Section at the Goetheanum from Thursday, 13 to Sunday, 16 September 2018

Booking closes: Thursday, 30 August 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

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 French Spanish Italian Russian Japanese German Chinese

Conference ticket without meals

CHF 300 regular price CHF 190 with concessions¹ CHF 90 students² 500 with sponsorship³

Meals (2x lunch, 3x evening meal) CHF 125

Breakfast (3x) CHF 45

Workshop A 1st choice, n° _____ 2nd choice ⁴, n° _____ 3rd choice ⁴, n° _____

Workshop B 1st choice, n° _____ 2nd choice ⁴, n° _____ 3rd choice ⁴, n° _____

Group accommodation (mattresses on the floor. Please bring a sleeping bag, a pillow and a sheet, limited places)

CHF 30 (3 nights from 13 to 16 September 2018) CHF 40 (4 nights from 12 to 16 September 2018)

Parking at the Goetheanum Parking permit: CHF 21

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: ____ / ____

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

I agree to the terms of payment and cancellation.

Place, date, signature

¹ For OAPs, the unemployed and people with disabilities who receive benefits. Proof of status has to be submitted with the booking form.

² For students, schoolchildren, those in training, military or civil service. Proof of status has to be submitted with the booking form.

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.

General Information

Living Light

A Conference of the Medical Section at the Goetheanum
from Thursday, 13 to Sunday, 16 September 2018

Booking closes: Thursday, 30 August 2018

Conference fees:	Regular price:	CHF 300	with meals:	425 CHF
	Concessions ¹ :	CHF 190	with meals:	315 CHF
	Students ² :	CHF 90	with meals:	215 CHF
	With sponsorship ³ :	CHF 500	with meals:	625 CHF

Conference meals

Conference meals (vegetarian with dessert) include 2x lunch and 3x evening meal at CHF 125 in total. Breakfast (3x) can be booked separately at CHF 45. The other meals cannot be booked separately. We regret that food intolerances cannot be catered for.

Group accommodation

(Booking possibility on the booking form, further information: www.goetheanum.org/6644.html)

Accommodation with mattresses on the floor: 3 nights from 13 to 16 September 2018 (CHF 30) or 4 nights from 12 to 16 September 2018 (CHF 40). Please bring a sleeping bag as well as a pillow and a sheet; limited places.

Parking permit

for the period of the conference: CHF 21 (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 (30.8.2018, 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 (12.9.2018). 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.

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

You can find further accommodations on our website: www.goetheanum.org/4283.html

Terms and Conditions will be sent on request or can be accessed online
at www.goetheanum.org/6025.html.