

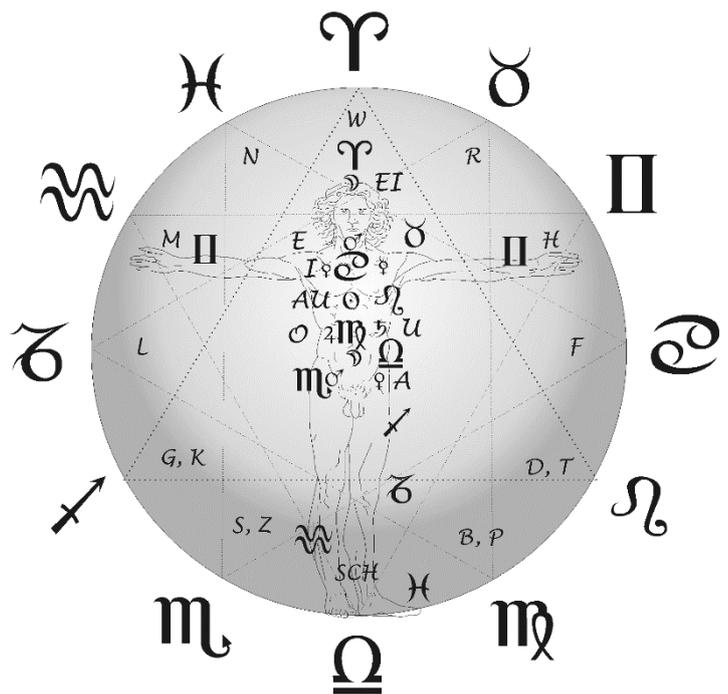


The dignity of the human body

External treatments in the
practice and research of
Anthroposophic
Medicine

17.09. to 20.09.2015

International annual
conference of the
Medical Section
at the Goetheanum



Goetheanum

*It could be
that a threefold sequences of facts
will cause the medical approach with a greater materialistic outlook
to turn towards the one with a greater spiritual scientific orientation [...].
It will happen in the observation of all those things
connected with the development of growths,
and specifically their possible cure.
And it will come to appearance in a truly rational understanding
of the so-called mental illnesses,
and then in the therapeutic knowledge
which will have to be acquired for the use of external methods,
that is rhythmical Einreibungen,
the application of ointments
and
similar things.*

*Rudolf Steiner, GA 312,
Lecture of 2 April 1920*

The dignity of the human body – External treatments in the practice and research of anthroposophic medicine

External treatments such as baths, washing, compresses, wraps, rhythmical Einreibungen or massages are a central element of anthroposophic medicine and its integrative system. They act via the skin in which the human spiritual and soul being awakens in the nervous and sensory system to the differentiated perception of touch, warmth and cold. On the other hand we know about differentiated metabolic and regenerative functions of the skin which take place unconsciously. Blushing or turning pale, and thus the changing colour of the skin, is conveyed by the rhythmical system.

External treatments can directly influence the structure of the human component elements disrupted by illness. They have a profound systemic effect on the whole organism even in serious diseases. Inner experience and the external action of the medicinal substance flow together into *a single* experience.

The 2015 annual conference will provide an overview of current research and practice in demonstrations, working groups, case reports, research contributions, the exchange of experiences and through lectures.

We are very grateful that a generous donation made it possible to integrate Mozart's *Magic Flute* into the programme.

We hope that this conference will become a “sensory and moral” experience of anthroposophic medicine in the way it is practiced in life across the professions and we look forward to lively and inspiring encounters and joint learning.

Michaela Glöckler, Matthias Girke, Rolf Heine

For the preparatory group with *Manfred Kohlhase, Markus Krüger, Andreas Laubersheimer, Elma Pressel, Gerda Customs Zölle* and for the Collegium of the International Coordination of Anthroposophic Medicine/IKAM

Working groups

Thursday, Friday, Saturday 17.00–18.30

The three units of each working group build on one another.

1. Therapy as co-creative process. In this seminar we will explore the apparent paradox in anthroposophic medicine of balancing an approach of providing intense support for patients with a gradual retracting of support to empower their independence. Open to patients' representatives, health care professionals, and those interested in the relationship between patients and professionals. *René de Winter MA, president, Leidschendam, NL; Dr Stefan Schmidt-Troschke, managing director, Berlin, DE; (English)*

2. External treatments in children. In childhood, treatments via the skin are an important treatment field in anthroposophic medicine. We aim to work together on the principle and some key treatments. The range extends from preventive measures to the treatment of acute or chronic diseases. *Carola Edelmann, paediatric nurse, rhythmical massage therapist, Stuttgart, DE; Dr med. Ulf-Juergen Beckmann, paediatrician/school physician, Stuttgart, DE; (German, English)*

3. External treatments in older people with behavioural changes due to dementia. The ageing body becomes poorly and shows its limits. The development of dementia poses particular challenges. Unnoticed at first, it begins to reveal itself when the karstification of the brain begins to restrict everyday functions. Can nursing and therapeutic measures reduce the impact and be more preventative? Report your own case studies which we will use to try and work on individual concepts. *Dr med. Albrecht Warning, physician, Alfter, DE; Gabriele Bäuml-Warning, anthroposophical care of the elderly specialist, oil dispersion bath hydrotherapist, Alfter, DE; (German)*

4. External treatments in psychiatry. External treatments are part of the basic treatment of psychiatric diseases. There will be practical demonstrations of the most important treatments. The background in terms of an understanding of the human being and the indication are explained. *Dr Wolfgang Reißmann, psychiatrist, Hamburg, DE; Klaus Adams, nurse, specialist psychiatric nurse, Kirchzarten, DE; (German, English)*

5. What do external treatments do in general practice? External treatments can be deployed in general practice as a central element in the treatment of patients with acute and chronic diseases. In this seminar we will work on obtaining an understanding through our knowledge of the human being of the practical handling of a series of wraps and footbaths (please dress accordingly). *Astrid Sterner, general practitioner, Berlin, DE; (German, English)*

6. Therapeutic challenges in anthroposophical palliative medicine. Against the background of an understanding of the physical and soul-spiritual changes which can occur in the course of the process of dying, therapeutic interventions such as external treatments, anthroposophical medicines and possibilities of inner support are discussed using case reports. Case presentations by participants are requested. *Dr med. Marion Debus, physician (haematology/oncology), Berlin, DE; (German, English)*

7. External treatments in oncology – how warmth can be stimulated. We will look at the condition of the patient with the help of the seven life processes. By this means we can discover the right treatment for healing in this situation. We will practice various external treatments including a yarrow tea liver compress, rhythmical Einreibung of the feet and a ginger kidney compress. The changes in warmth play a central role in observing our experiences. Questions are welcome. *Mirjam Zonneveld, nurse HBO, Amersfoort, NL; Sonja van Hees, nurse HBO, training for a Masters in nursing, Zeist, NL; (German, English, Dutch)*

8. The treatment of diseases with external treatments in general

practice and internal medicine. In this working group we will present and discuss various case reports from general practice and internal medicine. The focus will be on the presentation and discussion of the therapeutic approach. *Dr med. Andreas Laubersheimer, physician, Heidenheim, DE; Dr med. Ulrich Geyer, physician, Heidenheim, DE; Dr med. Tobias Daumüller, physician, Heidenheim, DE; Prof. Dr Klas Diederich, scientist, Wuppertal, DE; (German)*

9. External treatments in lung disease. We will work on how external treatments can be deployed in acute and chronic lung diseases (e.g. bronchitis, pneumonia, asthma, COPD, pulmonary fibrosis). On the basis of an understanding of the rhythmical organisation and the disease factors, the healing requirement and treatment options will be worked on and presented against the background of the polarity between the need to create protective surroundings in nursing and individual self-regulation. *Dr med. Eva Streit, physician, Arlesheim, CH; Dr med. Christian Grah, physician, Berlin, DE; Charlotte Allmer M.Sc., dipl. body psychotherapist, rhythmical massage therapy/ÄA AM, Graz, AT; (German, English)*

10. Polymyalgia and other diseases on the rheumatic disease spectrum.

Presentation of the clinical pictures from the rheumatic disease spectrum and their basis in an understanding of the human being. The indications for external treatments which arise from this will be developed: rhythmical Einreibungen (incl. various metal ointments), wraps (e.g. ginger), baths (sulphur baths) etc. Joint exchange of experiences and discussion. Individual case reports by the participants if possible. *Dr Mathias Sauer, specialist for internal medicine, physician-in-charge, Bad Liebenzell, DE; (German, English)*

11. Anthroposophical treatment of dysmenorrhoea. Dysmenorrhoea is often a sign of an imbalance. The conventional medical approach is normally restricted to exercises, painkillers and contraceptives. We will show the results of a randomised study on the use of rhythmical massage therapy and biofeedback for women and girls with dysmenorrhoea and

will discuss other treatment possibilities. *Prof. Dr med. David Martin, paediatrician, Filderstadt, DE; (German, English, Spanish, French)*

12. External treatments in dental medicine and orthodontics incl. stannum compresses on the temporomandibular joint and oil dispersion baths. Very painful temporomandibular joint disorders (dysfunctions) can often be treated externally very effectively with stannum. In periodontal treatment above all, oil dispersion baths (Jungebad) have a strengthening effect and slow down the destructive processes. *Reinhard Menzel, dentist / odontologist (GAÄD), Freiburg, DE; (German, English, , French)*

13. Rhythmical massage for addiction and psychotrauma therapy – Phoenix Team. Our aim is to share examples and demonstrations of external applications and some rhythmical massage movements used in the Phoenix Program – www.vivephoenix.cl. *Cecilia Mundaca, rhythmical massage therapist, Santiago, CL; Maria do Socorro Cordeiro, anthroposophical doctor, Santiago, CL; Adriana Masieri, anthroposophical psychotherapist, Santiago, CL; (English, Spanish)*

14. Oil dispersion bath therapy at the various stages of life. Oil dispersion baths with underwater brush massage and a rest pack are a comprehensive whole-body treatment and act deeply on the human constituent elements. Healing processes are supported via the warmth organisation. Mode of action and age-specific features will be discussed. The effect will be illustrated and can be experienced through demonstration baths and practical exercises. *Dr Markus Krüger, paediatrician, oil dispersion bath therapist, Filderstadt, DE; Tiny Reinink, nurse, oil dispersion bath therapist, Maastricht, NL; Dr Henk Reinink, physician, Maastricht, NL; (Dutch, German)*

15. Symposium on manual therapeutic procedures based on anthroposophic medicine. “There is a place beyond right and wrong – that is where we encounter one another” (Rumi). Treatments: rhythmical massage therapy, massage as developed by S. Pressel, rhythmical

Einreibungen and much else. The aim of this WG is to acquaint ourselves with the individual treatments in their specific ways of working. Indications and possibilities are illustrated using case studies and brought to experience in practical activity. *Elma Pressel, non-medical practitioner, trainer in massage as developed by Dr med. Simeon Pressel, Stuttgart, DE; Birgit Schopper, nurse, body therapist, Zurich, CH; Fausto Nuzzo, physiotherapist, lecturer in rhythmical massage therapy, Stuttgart, DE;* (German, English)

16. Rhythmical massage therapy as developed by Dr med. Ita Wegman in practice and research. Presentation of a study as well as a single case description – discussion with researchers. *Liliane Ammann Albertin, med. masseuse EFA, Marbach, CH; Dr rer. nat. Daniel Krüerke, head of clinical research department, Klinik Arlesheim AG, CH; Dr phil. Ana-Paula Simões-Wüst, researcher, Klinik Arlesheim AG, CH;* (German, English)

17. Anthroposophical hydrotherapy. In this WG we will occupy ourselves in theory and practice with the four rhythmical baths as developed by Dr med. Ita Wegman (brush bath, rubbing bath, wave bath, lemniscates bath). The baths will be discussed, practiced and experienced in their basic gesture on a small scale and demonstrated in the bath tub. We will compare the four baths with the surf bath as developed by Maria Lieske-Usbeck and the pentagram rubbing bath as developed by Hilma Walter. *Sabine Gerber, state-qualified masseuse, medical hydrotherapist, Basel, CH;* (German)

18. Therapy with metal mirror foils and metal ointments. Description of metal therapy as an external treatment using metal mirror foils. Mode of action, production, therapeutic examples. *Dieter Roth, physician, Basel, CH; Dr med. Wilburg Keller Roth, Basel, CH;* (German)

19. Warmth effects through metal colour therapy. The encounter with metal colour light through the eyes, skin and heart can release and transform chronic pain and physical or emotional traumas. Glass

perception – case studies – discussion. *Friedlinde Meier, metal colour light therapist, eurythmy therapist, Freiburg, DE; Hazel Adams, metal colour light therapist / art therapist, Westbury on Trym, Bristol, UK; (German, English)*

20. The TAO sound bed: effect – indications – way of playing. The TAO sound bed is a whole-body acoustic instrument which enables both acoustic and tactile perception. It was developed by Robert Benedek based on Andreas Lehmann's TAO lyre. Starting from experience gathered with in-patients at the Filderklinik, the aim is to illustrate the possibilities of this therapy instrument as well as other instruments with a similar effect. *Monica Bissegger, music therapist, Filderstadt, DE; (German)*

21. Dorons for external treatment and their different forms of application. The first anthroposophic medicines, the so-called dorons, also included formulations for external use (e.g. Dermatodoron). Which were the original dorons? Did they all originate with Rudolf Steiner? Is there a uniform rationale? Some dorons for external use are also available as ointments, gels, liquids, etc.: what are the technological differences and those of the composition? *Dr Manfred Kohlhase, pharmacist, Schwäbisch Gmünd, DE; Claudia Suhr, pharmacist, Schwäbisch Gmünd, DE; (German)*

22. The importance of ginger (*Zingiber officinale*). Clinical use and supporting research. Using pictures and statistics, we will present the efficacious clinical use of ginger in three interactive workshops: 1) growing ginger, its characteristics and constituent parts, 2) research into and clinical use of ginger kidney compresses, 3) research into and clinical use of kidney plasters. Typical recipients, the kidneys as the place of application, absorption through the skin as well as other possibilities of using ginger will be discussed. *Tessa Therkleson MSc PhD, director nursing & research, RATO Health Ltd, Lower Hutt, NZ; Godfrey Therkleson, business manager RATO Health Ltd, Lower Hutt, NZ; (German, English)*

23. Therapy with essential oils – perception as path of healing. Every natural substance represents etheric metabolic processes as well as soul-spiritual aspects. The perceptual process creates a space in which the natural substances are understood as “guardians of the threshold” and healing becomes possible. Perception as a tool – practical application of oil dispersion baths – the power of heat – biography work and essential oils - blocked feelings as a blockage to healing. *Yesha Karmeli, non-medical practitioners, Berlin, DE; (German)*

24. The foundations in an understanding of the human being and the practice of body-oriented treatment procedures in anthroposophical pain therapy. We will work on the basics of the action of the human component elements in the external treatments and discuss their practical use in anthroposophical pain therapy. The spiritual scientific foundations of the external treatments are discussed by Steiner particularly in the first course for physicians. The lectures on the four “frameworks” can serve as preparation. *Dr Matthias Girke, specialist for internal medicine, Berlin, DE; (German, English)*

25. Practical diagnosis of the person. This working group will work on anthroposophical diagnostic methods. To this end practical exercises will be learnt which enable a deeper understanding of the body (human constituent elements). *Dr med. Johannes Portner, physician, specialist for internal medicine, Berlin, DE; Dipl.-psych. Dorothea Friemel, psych. psychotherapist, anthroposophical psychotherapy, Berlin, DE; (German, English)*

26. The 7 life processes in their special relevance for the external treatments. The physiological concept of the “7 life processes” throws a light on our understanding of the way the organs interact in their physical, soul and spiritual effects. The external treatments, as an essential element of anthroposophic medicine, can be understood more deeply on this basis and applied more precisely. There can be consecutive

interpretation if an interpreter is brought along. *Martin-Günther Sterner MD, specialist for internal medicine/gastroenterologist, general practitioner, Berlin, DE; (German, English, Spanish, Russian)*

27. A holistic view of the immune system. Anatomy of the immune system; the role of Lilli Kolisko; growth – differentiation – function; self-awareness of the immune system; the immune system and the human constituent elements. *Dr rer. nat. Carsten Gründemann, dipl. biologist, Freiburg, DE; PD Dr. med. Roman Huber, specialist for internal medicine, Freiburg, DE; (German)*

28. The art of touch using the example of rhythmical Einreibungen as developed by Wegman/Hauschka. Rhythmical Einreibungen as developed by W/H demand the cultivation of specific qualities of touch which address the human being holistically and are important and efficacious in every nursing and therapeutic context. In this WG we will deal with the physical and soul-spiritual dimensions of touch and their use in nursing and therapeutic activity. *MAS Monika Layer, teacher of nursing professions, anthroposophical nursing specialist / rhythmical Einreibungen W/H, Wängi, CH; (German)*

29. The soul space as the location of healing in rhythmical massage therapy and art therapy. The working group is intended to provide a space to investigate this subject on the basis of our therapeutic experiences. We invite you to an interprofessional exchange in which we aim to bring the diversity of our assistance to experience. *Regine Göbels MSc, therapists for rhythmical massage therapy, Schwelm, DE; Birgit Lühr, dipl. art therapist, Witten, DE; (German)*

30. The Samaritan Course; the esoteric basis of rendering assistance. At the start of the First World War, Rudolf Steiner together with a Polish physician gave a first-aid course in which he spoke about the spiritual background of wound healing, of pain and the causes of disasters. He gave three mantras which can stand at the centre of an esoteric

foundation for rendering assistance. At a practical level, external treatments for wounds and pain are presented. *Rolf Heine, nurse, Filderstadt, DE; (German)*

31. Social competence, social art, social technique – the structural principles of social organisation. In an age of increasing individualisation, the art of the future will of necessity be the social art. In this working group we will deal with the question: what does a healthy social organism need. Themes: structural principles of good organisational development, dialogue-based management and collaboration, and appropriate contemporary forms of communication. *Uwe Urbschat, head of culture & identity, Weleda AG, Schwäbisch Gmünd, DE; Dr Jürgen Schürholz, physician, Filderstadt, DE; (German)*

32. Sal – mercury – sulphur / salt – water – ash. Baptismal alchemy: writing substance processes on the body in three forms. Alchemy in religious ritual: the ritual of baptism given by Rudolf Steiner to the Christian Community is not fulfilled with water only but additionally with salt and ash. The three substances are drawn on the body with three forms. How are substance, body and form connected? What does the process mean for the incarnating soul? - Perhaps additionally: Beuys' anointing and fat felt blanket? *Dr Volker Harlan, priest, lecturer in Goethean natural science, Bochum, DE; (German)*

Demonstrations of external treatments

Friday, Saturday, 11.15–12.45, Sunday 09.00–10.30

The demonstrations will be repeated daily. Please choose a maximum of five demonstrations. The total registrations received determine where you will be assigned each day. Please note that the demonstrations will be offered parallel to the subject and professional group meetings.

33. Rhythmical organ Einreibungen for liver – gall bladder – spleen.

“Massage of the liver brings movement back into old karma from the past and massage of the spleen allows karma to develop properly into the future.” (M.v. Deventer 1992. Basic aspects of rhythmical organ Einreibungen and the substances; demonstration and possibility of experiencing it oneself.) *Silvia Stoeckler, dipl. nurse HF, Dornach, CH; Rebekka Lang, dipl. nurse, Pfeffingen, CH; (German, English)*

34. Rhythmical organ Einreibungen for liver – gall bladder – spleen. The rhythmical Einreibung of spleen / liver - gall bladder as central metabolic organs is indicated in many disease processes. This working group will give an insight into this and provide the possibility of discussion. We will deepen indications, methods of application and treatment possibilities of these rhythmical Einreibungen. Practical exercises will give you a sense of the quality of touch and an experience of the action of the treatments. *Ricarda Meyer, therapist for rhythmical massage therapy, Merligen, CH; (German, English, French, Italian)*

35. Rhythmical organ Einreibungen for heart – kidneys – lungs. The triple relationship with light, warmth and life. Rhythmical Einreibungen with oil in practice and discussion with regard to their use for kidneys, heart and lungs. *Aoine Landweer-Cooke is an experienced therapist for rhythmical massage therapy. Aoine Landweer-Cooke, rhythmical massage therapist, Kilkenny, IE; (German, English)*

09.00–12.30

Study meeting

for members of the School of Spiritual Science on the subject:

The relationship between body, soul and spirit in the mantras of the 19 class lessons.

Arrival

15.00–16.30

Welcome**Lecture**

Active principles of external treatments
Rolf Heine

16.30–17.00 **Coffee break**

17.00–18.30

Working groups18.30–20.00 **Evening break**

20.00–23.00

Opera

The Magic Flute
Wolfgang Amadeus Mozart
Guest performance of Hildesheim Theatre

08.00–08.40

Tune in to the day

Choir, speech, Bothmer® gymnastics,
Spacial Dynamics®

*or***9th class lesson**

for School of Spiritual Science members

09.00–10.30

Plenum

3 case vignettes

10.30–11.15 **Coffee break**

11.15–12.45

Demonstrations of external treatments*or***Subject and professional groups**12.45–15.00 **Lunch break**

15.00–16.30

Plenum

State of research with regard to
external treatments

16.30–17.00 **Coffee break**

17.00–18.30

Working groups18.30–20.00 **Evening break**

20.00–21.30

Lecture

The vitalisation of therapy through
external treatments
Klas Diederich

08.00–08.40

Tune in to the dayChoir, speech, Bothmer® gymnastics,
Spacial Dynamics®*or***10th/11th class lesson**

for School of Spiritual Science members

09.00–10.30

Plenum

3 case vignettes

10.30–11.15 **Coffee break**

11.15–12.45

Demonstrations of external treatments*or***Subject and professional groups**12.45–15.00 **Lunch break**

15.00–16.30

PlenumState of research with regard to
external treatments16.30–17.00 **Coffee break**

17.00–18.30

Working groups18.30–20.00 **Evening break**

20.00–21.30

LectureThe dignity of the human body
Peter Selg

08.00–08.40

Tune in to the dayChoir, speech, Bothmer® gymnastics,
Spacial Dynamics®*or***12th/13th class lesson**

for School of Spiritual Science members

09.00–10.30

Demonstrations of external treatments*or***Subject and professional groups**10.30–11.15 **Coffee break**

11.15–13.00

LectureThe zodiac and the human form
*Michaela Glöckler***Finish**Posters presentations on anthroposophic
medicine and exhibitions by Klinik
Arlesheim AG and the medicine producers
will be shown throughout the conference
in the foyer of the Goetheanum.*Subject to change!*

36. Rhythmical organ Einreibungen for heart – kidneys – lungs. The rhythmical organ Einreibungen form the centrepiece of the external treatments in anthroposophic medicine. The lemniscate and spiral are the movement forms of rhythmical Einreibungen. In our understanding of the human being it is important to grasp the four bodily components separately and in a differentiated manner for each organ. Their healthy connection creates the prerequisites for the action of the soul-spiritual entity in the human being. *Eva-Marie Batschko, nurse, Hamburg, DE;* (German)

37. The pentagram rhythmical Einreibung. The pentagram rhythmical Einreibung is mainly used for people in biographical borderline situations and for some heart diseases. Here its use is demonstrated, its mode of action and indications explained and the secrets of the pentagram are introduced. A brief presentation of the substances used rounds off the demonstration. *Rolf Heine, nurse, Filderstadt, DE;* (German, English)

38. Massage as developed by Dr med. Simeon Pressel. Characteristic elements of this massage are shown and examined, and the background is discussed. Leg treatment and back treatment work in contrasting ways to one another and lead to a healing swing of the pendulum in the organism when carried out in alternation. *Jülia Pressel, academic nurse, trainer in massage as developed by Dr med. Pressel, Järna, SE; Elma Pressel, non-medical practitioner, trainer in massage as developed by Dr med. Pressel, Stuttgart, DE;* (German)

39. Rhythmical Einreibungen as developed by Wegman/Hauschka – valuable treasure in the repertoire of nursing and treatment. The quality of rhythmical Einreibungen is universally effective. The greatest respect towards the human being comes to expression here, listening to infinity in the singing of the hands intensifies the moment – also in the pressures of everyday life. With demonstrations, experience of self and in the exchange of views among colleagues we aim to approach the foundations and the fascination of this art of touch. *Hermann Glaser, nurse, Filderstadt, DE;* (German)

40. Reducing massage therapy as developed by Volkier Bentinck.

Acquaint yourself with a refreshing, vitalising massage therapy to regain one's balance! This massage restores the balance between the upper pole (nervous and sensory processes) and the lower pole (limb and metabolic processes). Only then can the middle (rhythmical system) have an harmonising action on general wellbeing. *Alice van Kuilenburg, physiotherapist, Leusden, NL; Petra Cost Budde-Stoutjesdijk, nurse, Amersfoort, NL; (German, English, Dutch)*

41. Chirophonetics. Human beings are the contracted cosmic word.

Chirophonetics – through speaking the consonants and vowels, as well as through their simultaneous application to the body – gives the former an experience of their divine origin and its healing power. This activates the patient to become inwardly involved. *Dr Mauro Menuzzi, physician, Lisbon, PT; Elisabeth Correa, therapist/lecturer in chirophonetics, Waldorf school learning support teacher, Helmonsoedt, AT; (German, English, Spanish, Portuguese)*

42. Using wraps. Special wraps resulting from the research work at the Heidenheim clinical centre, clinical-therapeutic experiences. Wrap techniques, indications, substances. The criteria to be observed for the success of using a wrap, handling and practice. *Nurse Sharon Klauber, nurse, Zöschingen, DE; Anja Bäuerle, nurse, Heidenheim/Brenz, DE; Gabriela Hopp, practice specialist, Bad Wörishofen, DE; (German)*

43. Les applications externes lors d'épuisement et burn out. Nos conditions de travail et de vie sont souvent source de fatigue physique et psychologique pouvant aller jusqu'à l'épuisement. Quelles applications externes peuvent nous permettre de nous détendre, de lâcher prise, de nous recentrer, de prévenir un état d'épuisement extrême, le burn out? *Anne-Marie Pinçon, nurse, La Croix aux Mines, FR; Viviane Demarais, nurse, Bergalingen, DE; (French)*

44. Gestures, research and practice in nursing. Definitions, concepts, methods and demonstrations of compresses (hot with yarrow, ginger and common horsetail as well as cold with lemon and borage), plasters (with ointment, metal or plants and oils), footbaths (with lemon, salt, mustard grains and plants) and rhythmical Einreibung (back, stomach, legs and arms). *Sagrario de la peña de la Plaza, nurse, Madrid, ES; Georgia Pont Roca, nurse, Barcelona, ES ; (German, Spanish)*

45. Rhythmical Einreibungen in children. The small child imitates the world with devotion and through this gift also the external treatments, and specifically rhythmical Einreibungen. Rhythmical Einreibungen as developed by Wegman/Hauschka have been further developed for infants, toddlers and children. In the demonstration some of their basic motifs are communicated; they are shown and can be experienced in individual partial Einreibungen, e.g. stomach and extremities. *Anette Beisswenger, nurse, trainer in anthr. nursing, craniosacral therapist, educational consultant, Dornach, CH; Anke Smeele, nurse, Copake NY, USA; (German, English)*

46. External treatments with Jurassic fango. I want to present and demonstrate this special fango treatment with its different usage possibilities taking account of the indications from Dr Rudolf Steiner in the fifth lecture of GA 213 and the centuries-old experience at the Bad Boll Kurhaus. *Reinhold Schön, Kneipp and med. hydrotherapist, Bad Boll, DE; (German, English, Dutch, Russian)*

47. Background, importance and indications of Levico water in anthroposophic medicine. In the lecture of 1 April 1920 (GA 312) Rudolf Steiner refers to Levico water as a “... substance prepared by a good spirit ...”. He gives puzzling, precise indications. At the Casa di salute Raphael in Roncegno, the focus of therapy and research is on Levico baths. In this demonstration the therapeutic spectrum will be deepened on the basis of the composition of this healing water and clinical experience. *Stefano Gasperi, physician, Trento, IT; (German, Italian)*

48. Oil dispersion baths with brush massage and rest pack. The oil dispersion bath with underwater brush massage and rest pack is a comprehensive whole-body treatment which addresses the four components of the human being. It stimulates healing processes through the warmth organisation and promotes the connection to our own melody of life. Water, plant substances and brush massage have a vitalising effect. The effect is illustrated through demonstration baths. *Dr Markus Krüger, paediatrician, oil dispersion bath therapist, Filderstadt, DE; Tiny Reinink, oil dispersion bath therapist, nurse, Maastricht, NL;* (German, Dutch)

49. Therapeutic washing. Therapeutic washing is more than just making ourselves clean. Through the quality of touch, inner attitude, substance and conscious awareness of the patient and his or her needs, the different human constituent elements are addressed through the oils in the washing water. The demonstration gives an insight into the technique of washing and an explanation of the background. *Gerda Zölle, teacher in the nursing professions, Neuhausen a.d.F., DE;* (German)

50. Sounding foot-washing in children. Civilisational phenomena have replaced the classic childhood diseases in children. Instead we now have “attention-deficit disorders”, depression, allergies, sleep disturbance, acathisia, “conspicuous social behaviour”. We need new perceptual possibilities in order to make contributions to the task of nursing, described by Rudolf Steiner as “working love”. *Jacqueline Goldberg, business administrator for organisation and leadership in healthcare, Ulm, DE; Monika Härtner, nurse, Ulm, DE;* (German)

51. Warmth therapy with beeswax. Presentation of Wachswerk warmth treatments in physiotherapy and nursing therapy. We will present our whole range. You can inspect and test them extensively. I look forward to discussions about therapy and warmth, bees and beeswax, the different kinds of warmth media, demonstrating our wraps and compresses, your experiences/opinions about them and new encounters. *Dirk-Hinrich Otto, freelance, Essen, DE; Angela Hünig, therapist, Essen, DE;* (German)

52. Hyperthermia. Demonstrations of hyperthermia with the possibility for participants to experience it for themselves; information about the effect, fundamentals about the method, indications, current experiences in hyperthermia. *Dr Maurice Orange MSc, physician , Arlesheim, CH; Isabella Herr, director of nursing services, Arlesheim, CH;* (German, English)

53. Magnet therapy as developed by Rudolf Steiner. The foundations of the therapy will be introduced on the basis of the third and fourth lecture from GA 313 (Illness and Therapy. Spiritual-Scientific Aspects of Healing). Then the key symptoms and indication areas will be outlined, rounded off with a practical demonstration and experiences from practice. Questions and discussion are very welcome. Questions also possible in English and French, response in German. *Dr med. Christoph Wirz, general practitioner, St. Gallen, CH;* (German)

54. Zodiac, human form and substance (eurythmy therapy). We will work on the zodiac gestures and the human form (Hedwig Erasmý - Die Eurythmie der Zwölf Stimmungen) as well as its relationship with the substances (Rudolf Hauschka - Substanzlehre). *Irene Pouwelse, eurythmy therapist, Zoetermeer, NL; Ir. Hans Pouwelse, chemical engineer, Zoetermeer, NL;* (German, Dutch)

55. The importance of follow-up rest. Follow-up rest – valuable and yet frequently neglected. Which conditions are required so that the potential of follow-up rest can have a far-reaching effect? A short introduction will be followed by a demonstration of how to structure a follow-up rest phase and the presentation of statements/experiences of patients in follow-up rest. Discussion in the plenary session. *Birgitt Bahlmann, nurse, director of nursing, rhythmical massage therapist, Hanover, DE;* (German)

Subject and professional group meetings

Friday, Saturday, 11.15–12.45, Sunday 09.00–10.30

Please note: these groups meet parallel to the demonstrations!

56. Public meeting of the editorial team of the *Vademecum Äußere Anwendungen in der Anthroposophischen Pflege*.

Inspiration for everyday professional life: join us in considering successful “classic” as well as unusual external treatments on the basis of experience reports. In addition: what is the aim of the *Vademecum* in comparison to the existing literature? Attendance at one or both days is possible. Saturday and Sunday only! *Ingo Förster, nurse, Deggenhausertal, DE; Therese Beerli, nurse, IFAN anthroposophical nursing specialist, Kriens, CH and other members of the editorial team; (German, English)*

57. A comparison of physiotherapy and movement therapies.

Movement therapy has four active concepts: relationship, rhythm, surface and achieving an upright body posture. We will start with the subject of relationship: theory/case history/therapeutic development of centripetal and centrifugal movement qualities. Experience, practice & perception. Combined and compared with Bothmer® and Loheland® gymnastics and Spacial Dynamics®. *Hannie Bakker, physiotherapist, biography coach/lecturer, De Steeg, NL; Frank Slood, physiotherapist/lecturer, Segersta, CH; (German, English, Dutch)*

58. Teach The Teacher / trainers’ meeting.

18.09.2015: follow-up meeting for Teach The Teacher Conference 2015.

19.09.2015: working meeting of medical trainers.

20.09.2015: preparatory meeting for the Teach The Teacher Conference 2016. Working groups I and III are open to everyone who wishes to participate in organising the TTT conferences. Working group II is open to medical trainers. *Dr Jan Feldmann, physician, Berlin, DE; Georg Soldner, physician, Munich, DE; (German, English)*

59. Why lobby for AM in Europe? IVAA. The recognition of AM remains a challenge for all AM stakeholders. The workshop will prepare proposals for giving anthroposophical medicines a legal basis as well as for the

recognition of anthroposophical therapies at national, European and worldwide level as an indispensable contribution to an integrative medicine. Open attendance. *Dr med. Laura Borghi, general practitioner, president of SIMA and member of the IVAA executive council, Milan, IT; Dr Andreas Biesantz, agronomist, IVAA office – Brussels, BE* (German, English, Italian)

60. Preparation of the World Eurythmy Therapy Congress 2016. We will work our way into the conference theme through eurythmy therapy and reflection: “The art of healing on the basis of the science of living things” (seventh lecture from the eurythmy therapy course, GA 315/ninth lecture from the second course for physicians, GA 313). *Angelika Jaschke, eurythmy therapist, Witten, DE;* (German, English)

61. IAAP annual general meeting. The International Association of Anthroposophic Pharmacists (IAAP) invites all interested persons and members of the national pharmacists’ associations to the ordinary annual general meeting 2015. Dr Samir Kedwani (moderator), Dr. Manfred Kohlhasse (president), Dot. Christiaan Mol, Dr. Monica Mennet, Nelly Segur. Only on Friday 18.09.2015, 11.15–13.00. *Dr Manfred Kohlhasse, pharmacist, Schwäbisch Gmünd, DE;* (German, English)

62. Anthroposophical non-medical practitioners (AGAHP). Moral intuition, the associated moral imagination and the corresponding moral technique – as the ability to implement practically the intuitively grasped moral impulses – form the basis of an ethical individualism which is based on the freedom of the human being. *Alexander Schadow, non-medical practitioners for psychotherapy, Nienhagen, DE;* (German)

63. Meeting of the professional groups for psychotherapy and of the international umbrella association IFAPA. By invitation only. *Dr phil. psych. Ad Dekkers, psychological psychotherapist, chair of IFAPA, Bilthoven, NL;* (English)

64. Annual general meeting of the European Federation of Patients’ Associations for Anthroposophic Medicine. By invitation only. Only on Friday 18.09.2015, 10.00-11.00. *René de Winter MA, president, Leidschendam, NL;* (English)

65. Round table of European Federation of Patients' Associations for Anthroposophic Medicine. By invitation only. Only on Friday 18.09.2015 11.15-12.30. *René de Winter MA, president, Leidschendam, NL;* (English)

66. Medical specialists. Meeting of representatives of the medical specialist groups. Separate invitation to follow. Only on Friday, 18.09.2015. *Dr med. Marion Debus, physician (haematology/oncology), Berlin, DE; Dr med. Matthias Girke, specialist for internal medicine, Berlin, DE;* (German, English)

67. International Anthromedics meeting. Subjects: report on current situation, website, translation, financing, development of common perspectives. Only on Saturday, 19.09.2015. *Dr. Matthias Girke, specialist for internal medicine, Berlin, DE; Dagmar Brauer, medical documentalist, Dornach, CH;* (German, English)

68. International meeting of the Research Council of the Medical Section. Joint annual meeting of the executive board and members of the Research Council of the Medical Section. Only on 18 and 19 September 2015. By invitation only. *Dr med. Helmut Kiene, IKAM research coordinator, director IFAEMM, Bad Krozingen, DE* (German, English)

Case vignettes in plenary session

[Friday, Saturday, 09.00–10.30]

Dr med. Andreas Laubersheimer, specialist in general practice – anthroposophic medicine (GAÄD), practice and private clinic in Heidenheim, DE: “Treatment of bronchiolitis obliterans organising pneumonia in an 80-year-old patient with anthroposophical medicines and external treatments.”

Elma Pressel, non-medical practitioner, trainer in massage as developed by Dr med. Simeon Pressel, Stuttgart; Gabriele Albrecht, general practitioner, GAÄD, Stuttgart, DE: “Treatment of an 80-year-old patient with thromboembolic artery occlusive disease and progressive stage 4 renal failure with anthroposophical medicines and massage as developed by Dr med. Simeon Pressel”

Astrid Sterner, general practitioner, TauTon Medical Community Berlin, DE.: “Case studies on the treatment of chronic pain with external treatments in general practice.”

Dr Markus Krüger, physician-in-charge of the paediatric department, Filderklinik, Filderstadt, DE: “The action of oil dispersion baths can be experienced in the example of a 16-year-old female adolescent with a serious somatisation disorder in the form of ataxic and shooting movements.”

Monika Layer, director of nursing at the Centre for Integrative Medicine of St.Gallen Cantonal Hospital, CH: “Treatment of a 74-year-old patient with a metastasised anastomotic carcinoma of the stomach, palliative chemotherapy incl. nausea and constipation with rhythmical Einreibungen as developed by Wegman/Hauschka.”

Dr Marie-Sarah Koch, assistant physician, paediatric department, Filderklinik, Filderstadt, DE: “The child is suffering pain or respiratory distress and time is a luxury in a hectic out-patient situation. Is it worthwhile relying on external treatments in such an instance in particular? Yes! Description of proven acute treatments using three case vignettes.”

Research panels in plenary session

[Friday, Saturday, 15.00–16.30]

Dr med. Jan Vagedes M.A., director of the ARCIM Institute, research associate at Tübingen University, paediatrician and neonatologist, Filderstadt and Tübingen, DE: “Proof of efficacy of ginger and mustard powder footbaths on psycho-physiological parameters (randomised controlled trial) / proof of efficacy of ginger and mustard powder thorax wraps on psycho-physiological parameters (randomised controlled trial) / proof of efficacy of ginger kidney wraps for patients with chronic osteoarthritis (randomised controlled trial)”

Ingo Förster, nurse, hydrotherapist for oil dispersion baths as developed by Werner Junge, Lehenhof Camphill Village Community, Deggenhausertal, DE; **Caroline Weiss**, nurse, anthroposophical nursing specialist, Clinic Öschelbronn, DE – both members of the editorial group of the *Vademecum* of external treatments: “The *Vademecum* of external treatments in anthroposophical nursing – more than a reference work - general presentation with case study.”

Prof. Dr rer. medic. André Fringer MScN, project manager at the Institute of Applied Nursing IPW-FHS, MAS course leader in palliative care at the FHS St.Gallen, CH: “External treatments in nursing: integrative review and concept analysis. The results show the spectrum covered by these two terms, which interventions involve external treatments and how these are delineated from other concepts.”

Christoph von Dach, MSc in palliative care, IFAP anthroposophical nursing specialist, clinical nurse scientist at the Centre for Clinical Nursing Science at Zurich University Hospital, CH: “External treatments in the beginnings of anthroposophical nursing. Systematic recording and analysis of external treatments on the basis of patient records from the Ita Wegman Archive, Arlesheim.”

Dr Tessa Therkleson (PhD, MSci, RN, ANS), director nursing & research, RATO Health Ltd, Lower Hutt, New Zealand: “Advancing research of the external application of ginger in using qualitative and quantitative methodologies in the clinical setting”

Charlotte Allmer, director of the Ita Wegman Academy Steiermark and the Rhythmological Synopsis Research Association, Austria; “Rhythmological synopsis in theory and practice”

Dr phil. II (P), Dipl. Biol. Ana Paula Simões-Wüst, research associate at the Klinik Arlesheim AG, CH: “Rhythmical massage therapy: efficacy and mode of action”. A prospective study investigated how rhythmical massage therapy is carried out under everyday conditions and how this anthroposophical therapy acts on patients.

Dr Mathias Bertram, nurse, teacher and nurse scientist at Witten/Herdecke University and Herdecke community hospital, DE: “The body as interface between physical intervention and therapeutic efficacy.”

Registration

Goetheanum

Postfach, 4143 Dornach 1, Switzerland

Tel. +41 (0)61 706 44 44, fax +41 (0)61 706 44 46

tickets@goetheanum.org

Translation

The plenary events will be simultaneously interpreted into English, French, Italian, Spanish, Russian and Japanese. 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.

Poster registration

Please send your research results as a structured abstract: Question, material and methods, results, conclusions by 1 August 2015 to Daniel Krüerke, Klinik Arlesheim, Research Department, Arlesheim, Switzerland, Poster format: 118 x 84 cm, email: Daniel.Krueerke@klinik-arlesheim.ch. The abstracts of the accepted contributions will appear in time for the conference as a small collected volume with the aim of publication in Merkurstab as “Science and research reports”.

Conference fee

The costs for the conference (without meals) are CHF 260 , for students CHF 90 and senior citizens CHF 180 . *Please enclose a copy of your proof of status with your registration. Registrations received by 15 May will receive a 10% discount (CHF 234) on the regular conference fee.*

Donations (not to be used for transferring 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 CH: Allg. Anthr. Ges., Med. Sektion,

IBAN CH53 8093 9000 0010 0605 6 – BIC: RAIFCH22, purpose: JK 2015

Bank details DE and international: Med. Sektion, Förderstiftung AM,

IBAN DE92 6839 0000 0000 9707 60 – BIC: VOLODE66, purpose: JK 2015

Booking Form

5JK

The dignity of the human body

A Conference of the Medical Section at the Goetheanum from Thursday, 17 to Sunday, 20 September 2015

Booking closes: Thursday, 3 September 2015

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 _____

Name of institution _____

Street, n° _____

Town _____

Postcode _____

Country _____

Phone/fax _____

Email _____

Occupation _____

I need translation into English French Spanish Italian Russian Japanese

Conference ticket without meals

CHF 260 regular price¹ CHF 90 students² CHF 180 with concessions³ 500 with sponsorship⁴

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

CHF 385 regular price¹ CHF 215 students² CHF 305 with concessions³ 625 with sponsorship⁴

Breakfast (3x) CHF 45

Workshops 1st choice, n° _____ 2nd choice⁵, n° _____ 3rd choice⁵, n° _____

Demonstration/ Professional group meetings 1. Nr. _____ 2. Nr. _____ 3. Nr. _____ 4. Nr. _____ 5. Nr. _____

Please choose a maximum of 5 demonstrations. The total registrations received determine where you will be assigned each day. **Please note:** The demonstrations will be offered parallel to the subject and professional group meetings.

Registration for the „Tune in to the day“ (18 to 20 September at 8 a.m.) will be at the information desk.

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

CHF 30 (3 nights from 17 to 20 September 2015) CHF 40 (4 nights from 16 to 20 September 2015)

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: ____ / ____

I would like to receive the biannual programme of Goetheanum events (in German).

I agree to the terms of payment and cancellation.

Place, date, signature

¹ Registrations received by 15 May will receive a 10% discount on the regular price: 234 CHF without meals, 359 CHF with meals.

² For students, schoolchildren, Proof of status has to be submitted with your booking form.

³ Concessions apply for 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.

⁴ 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.

⁵ When registering, your 1st choice is no longer open, is (or will be) cancelled, your 2nd and 3rd 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

The dignity of the human body

A Conference of the Medical Section at the Goetheanum

from Thursday, 17 to Sunday, 20 September 2015

Booking closes: Thursday, 3 September 2015

Conference fees:	Regular price ¹ :	CHF 260	with meals:	385 CHF
	Students ² :	CHF 90	with meals:	215 CHF
	Concessions ³ :	CHF 180	with meals:	305 CHF
	With sponsorship ⁴ :	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 17 to 20 September 2015 (CHF 30) or 4 nights from 16 to 20 September 2015 (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).

Please display your disabled badge in your car.

Methods of payment/confirmation

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 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 begin of the conference (3.9.2015, 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 begin of the conference (16.9.2015). 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. Cancellation insurance must be taken out prior to the closing date for applications. Please ask for our terms of insurance or visit www.goetheanum.org/6053.html.

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

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

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