



Anthroposophic Body Therapy
in interdisciplinary dialogue

**Posture and approach –
experiencing, treating, taking hold
of them**

27–30 April 2017

Medical Section
in collaboration with the
International Association for
Anthroposophic Body Therapy (IAABT)



IAABT

International Association for
Anthroposophic Body Therapy

Goetheanum

“As long as thou dost feel the pain,
That avoids me
Is Christ unrecognised,
Working in the World-Being;
For the spirit only remains weak
When solely in its own body
It has the power to feel pain.”

*Rudolf Steiner,
Truth-Wrought Words*

Dear Colleagues,

Diseases of the musculoskeletal system occur frequently and are associated with a high level of distress. How can we help in such a situation not just symptomatically but at a deeper level? We are used to paying attention to movement from a physiological perspective and offering functionally oriented treatment. How do we support the regenerative etheric forces of the patient beyond that?

The numerous degenerative diseases are often an expression of the lack of effectiveness of these forces which must then be strengthened. The soul of the human being lives in movement: emotional tension can lead to hypertonia up to and including pain in the muscular system; sleep, on the other hand, reduces muscle tone.

How can we guide the patient's soul towards breathing physiologically in movement, alternating rhythmically between tension and release? In pain the soul connects itself too closely with the body. Many experiences in our life inscribe themselves in this and other ways into the muscular system. Often emotional pain is crystallised out in physical complaints and requires the release of the soul.

Diseases of the musculoskeletal system thus also have a biographical background: what guides the human being back to the verticality towards which their whole musculoskeletal system is oriented? What guides them to the healthy movement in which their soul and spiritual being can be realised?

The whole human being lives in movement: we need the physiological function of the musculoskeletal system, require an anabolic regenerative metabolism which ensures recovery after exhausting movement, and have to include the action of our soul and spiritual being in our therapy. Such a course of action requires collaboration between colleagues in the therapeutic professions, a common spiritually oriented understanding of illness and treatment aligned with that.

We look forward to working together on anthroposophic body therapy and send our very warm regards.

For the leadership of the
Medical Section

Matthias Girke and Georg Soldner

For the International Coordination
of Anthroposophic Body Therapy

Elma Pressel

For the IAABT Council

*Sabine Nagel, Christina Spitta,
Lydia Engel, Reinhold Schön
and Dieter Bigler*

For the planning committee

*Almut Karges, Sonja Pechtl,
Christine Marending,
Birgit Schopper, Bianca Tietz
and Albrecht Warning*

WORKSHOPS

Friday, Saturday, 11.00–12.30 and 15.00–16.30, Sunday 9.00–10.30

1. Writing case reports. Case reports can transform medicine and education! Using the CARE guidelines for the preparation of clinical case reports developed by Gunver Kienle et al. for guidance, we will look at examples of cases from body therapy to prepare professional reports. Please bring cases along with you. *Prof. Dr med. David Martin, paediatrician DE; Dr med. Helmut Kiene, DE* (German, English)

2. Market place workshop. The spine: inner and outer upright posture of the human being. In each unit, a body therapy method will introduce itself with reference to the subject: rhythmical massage therapy, Bothmer gymnastics, massage therapy as developed by Dr med. Simeon Pressel, Spacial Dynamics® movement therapy, massage therapy as developed by Bentinck – join in and experience them. *Christina Spitta, physician, Spacial® Dynamics movement therapist and trainer, Bad Liebenzell, DE* (German, English)

3. Rhythmical massage therapy in practice. Exchange of views between colleagues with reference to the conference subject. Using case studies, we will move step-by-step from the diagnosis of the human constitutional elements and the threefold and fourfold organisation to the treatment goal. We will demonstrate and practise what the treatment looks like. Please bring case studies along with you! A hand towel would also be useful. *Chris Vree, physiotherapist, Bergen, NL; Sandra Niekel, physiotherapist, Amsterdam, NL* (German, Dutch)

4. Chirophonetics: The power of sounds as an aid to take hold of and activate the senses. Qualities of the sounds and the shape of their air flow. Background of chirophonetics in physiology, natural and spiritual science. Practical examples of therapeutic options in the field of language development, special needs education, and strengthening the forces of self-healing in patients of all ages. *Dr med. Angela Assenza, specialist in phoniatics, Milan, IT; Petr Milek, psychiatrist and psychotherapist, Lázně Bělohrad, CZ; Dr rer. nat. Stephan Rex, independent therapist, Aachen, DE* (German, English, Italian)

5. Craniosacral therapy meets anthroposophy. Craniosacral therapy (CST) has its origins in the philosophical teachings of osteopathy; its founders lived at the same time as Rudolf Steiner. In this workshop we will attempt to set out the connection between anthroposophy and craniosacral therapy, particularly with regard to the etheric forces. In this context consciousness and approach play an important role. *Birgit Schopper, craniosacral therapist, non-medical practitioner, Zurich, CH; Michael Kokinos, physiotherapist, CST, Katherine, AU* (German, English)

6. Bothmer® gymnastics – healing spatial forces. The body is an instrument of freedom which allows the harmonious interaction between inner life and external world. How can we develop the conscious use of movement which makes this the subject of direct experience? The conscious use of space by human beings can take hold of and change poor posture as far as into psychological behaviour. *Monica Constantinescu, special needs teacher, Bothmer® gymnast, Kassel, DE* (German, English)

7. Therapy gestures – a spiritual orientation for the development of approach. The qualities of the forces of the zodiac can become the foundation for the therapeutic approach. In eurythmy the beings of the zodiac reveal effects which can also apply for the therapist as spiritual orientation in developing their approach. With this aspect in mind, the 12 specific forces of the zodiac will be discussed in relation to practice. *Dr med. Albrecht Warning, physician, Alfter, DE* (German, English)

8. Addressing the forces leading to upright posture in the tissue with rhythmical massage therapy and massage as developed by Dr med. Simeon Pressel. Does touch affect posture? How in this context do we shape the flow in these two forms of massage? With these questions we intend to characterise through touch what these two forms of therapy have in common and what is specific to each one. We will develop questions in this respect in practical activity and the exchange of views. Presentation of the principles of effectiveness using one case study for each. *Unda Niedermann, physiotherap., trainer in rhythmical massage therapy, Bern, CH; Dorothea Friemel, psycholog. psychotherapist, massage therapist, Berlin, DE; Dr med. Johannes Portner, specialist internal medicine, Anthro. Medicine, Berlin, DE* (German, English)

Thursday, 27.4.2017

14.00-14.45

Lecturers' meeting

15.00 **Conference start**

15.00-16.30

Opening Lecture

How (much) can the inner attitude of the therapist contribute to therapeutic success?

David Martin

16.30-17.00 **Coffee break**

17.00-18.30

Seminar groups

18.30-20.00 **Evening break**

20.00-21.30

Reports worldwide

India, Australia, Ukraine

Friday, 28.4.2017

08.00-08.45

Morning courses

Bothmer® gymnastics, meditation, Spacial Dynamics®, TaKeTiNa

09.00-10.30

Case vignettes

Rhythmical massage therapy, physiotherapy, oil dispersion baths

10.30-11.00 **Coffee break**

11.00-12.30

Workshops

12.30-15.00 **Lunch break**

15.00-16.30

Workshops

16.30-17.00 **Coffee break**

17.00-18.30

Seminar groups

18.30-20.00 **Evening break**

20.00-21.30

Pantomime

Follow the Light

Bodecker & Neander

Saturday, 29.4.2017

08.00–08.45

Morning courses

Bothmer® gymnastics, meditation,
Spacial Dynamics®, TaKeTiNa

09.00–10.30

Case vignettes

Cranio with children, chirophonetics,
Spacial Dynamics®

10.30–11.00 **Coffee break**

11.00–12.30

Workshops

12.30–15.00 **Lunch break**

15.00–16.30

Workshops

16.30–17.00 **Coffee break**

17.00–18.30

Seminar groups

18.30–20.00 **Evening break**

20.00–21.30

Lecture

Movement and posture – basic
principles of an extended physiology
Albrecht May

Sunday, 30.4.2017

08.00–08.45

Morning courses

Bothmer® gymnastics, meditation,
Spacial Dynamics®, TaKeTiNa

09.00–10.30

Workshops

10.30–11.00 **Coffee break**

11.00–12.30

Lecture

Development and effectiveness of
a therapeutic ethos
Matthias Girke

12.30 **End of conference**

13.00–14.00

Review 2017 / Outlook 2019

9. The patient as human being. The six dimensions of human movement.

Course for physiotherapists. We will work on the basics of the anthroposophical understanding of the human being and its practical meaning for a holistic assessment and therapy. Knowledge of the modes of action of life, soul and individuality on the physical part of the human being offers a wide spectrum of possible applications. No prior anthroposophical knowledge required. *Stephan Thilo, Bothmer® gymnast, physiotherapist, Emmendingen, DE; Jacqueliene Pieper, diploma in physiotherapy, diploma in occupational physiotherapy ErgonPt®, Pratval, CH* (German, English, Dutch)

10. Posture and approach – their practice from the perspective of Spacial Dynamics® movement therapy. The practical techniques of Spacial Dynamics® let the body find its way into an ideal dynamic posture which supports healthy movement and contributes to preventing or mitigating pain, injuries and excessive wear on the body. We can learn to use our space instead of being worn down by it. That also helps in social coexistence. *Dieter Bigler, Spacial Dynamics® movement and body therapist, SD Level III trainer, Rapperswil, CH* (German, English)

11. The human form at the transition from health to illness. The human form moves in scarcely repeatable rhythms whose individual assignment dissolves the boundary between static health and static illness. On the basis of anatomical observations we will work on living criteria for observing form which permit a specific situationally oriented classification. *Prof. Dr med. Christian Albrecht May, physician, anatomist, Dresden, DE* (German, English)

12. The oil dispersion bath. Background and practical experiences. An introduction and demonstration bath will be given in five units. Followed by reflection and questions. In addition, the approach of the therapist as well as specific treatment possibilities will be discussed. Both for everyone interested who is keen to know more and for the exchange of views with experienced hydrotherapists. *Reinhold Schön, medical hydrotherapist, Bad Boll, DE* (German, English)

13. External treatments. Experiencing the approach through exercises and various treatments (wool, beeswax, hay, natural fango, massage candles, oil compresses). In this way we will work actively with participants – from the

treatment through the effect to the indication. *Sabine Gerber, registered nurse, state-qualified masseuse, medical hydrotherapist, Basel, CH; Larissa Schön, Bothmer® gymnastics teacher, oil dispersion bath therapist, Bad Boll, DE* (German, French, Russian)

14. The fascia as an organ of life and the middle. An osteopathic approach.

Osteopathy is based on the threefold differentiated unity of living body, living soul and living spirit. This unity is facilitated by the ECM and the fascia. In the seminar we will experience, deal with and grasp the interaction between the visible and invisible human being in the fascia, its fluids and the midline structures. *Peter Altmeyer, osteopath DOMRO, DPO, lecturer in osteopathy, Salem, DE* (German, English)

15. BLI Embodiment. BLI Embodiment is the name given to gymnastic exercises which enable the healthy development of movement at any age. They lead to relearning and recovery of healthy movement patterns and harmonise muscle tone. They recreate the way movement develops in early childhood and enable a feeling of being at home in our own body. *Beate Döpke, physiotherapist, Oldenburg, DE; Christina Kipper von Maydell, physiotherapist, Hude, DE* (German, English)

16. The function of the skeleton in approach and posture. How can we use our bony structures to enhance the polarity of lightness and heaviness in the body so that we can counter fatigue and pain in this way? Practical exercises to perceive and stimulate the skeleton; in relaxation, in movement and approach and posture, alone, and in the group. *Jessie Delage, trainer in eutony, Bothmer®gymnast, Paris, FR* (English, Spanish, French)

SEMINAR GROUPS

Thursday, Friday, Saturday 17.00–18.30

17. Introduction to anthroposophical meditation. Can meditation be of help in developing a favourable approach for the therapy situation? Practical exercises will enable us to experience and discuss it. The exercises are intended to encourage us to engage in our own meditative practice. Participants with experience of meditation are also very welcome. *Sabine Barbara Nagel, non-medical practitioner, physiotherapist, Elmshorn, DE* (German)

18. Introduction to Anthroposophic Medicine. Based on natural scientific medicine, the image of the human being is extended through the findings of spiritual science. What does the “invisible human being in us” mean? What is the meaning of the human constitutional elements in diagnosis and therapy? How do these elements change the perspective of the therapist regarding the patient and illness? *Dr med. Albrecht Warning, physician, Alfter, DE* (German, English)

19. The warmth meditation. The warmth meditation was given by Rudolf Steiner to the young physician Helene von Grunelius. It is a mantric verse for inner work and to support our therapeutic activity. It allows us to develop a deep, not just intellectual connection with the anthroposophical image of the human being. An introduction to anthroposophical meditation with exercises and discussion. *Henny Kerkhof, physiotherapist, Bergschenhoek, NL; Aoine Landweer-Cooke, therapist for rhythmical massage therapy, Kilkenny, IE* (German, English, Dutch)

20. Rudolf Steiner’s “6 subsidiary exercises” – in movement. They contain conditions of which Rudolf Steiner said: “All meditation, concentration and other exercises lose their value, indeed, in a certain sense become harmful, if life fails to regulate itself in the sense of these conditions”. Spacial Dynamics® can help through subtle movement exercises not to fail as a result of these conditions. *Christina Spitta, physician, Spacial® Dynamics movement therapist and trainer, Bad Liebenzell, DE* (German, English)

CASE VIGNETTES

Friday, Saturday, 09.00–10.30

Friday, 28.4.2016

Case report from rhythmical massage therapy as developed by Dr med. Ita Wegmann.

Henny Kerkhof

Oil dispersion bath treatment in nonspecific stomach complaints as a symptom of a developmental crisis.

Gabriele Bäuml-Warning

Staying upright – the fear of falling in the very elderly 85+. Anthroposophical perspectives in physiotherapy illustrated with a case.

Unda Niedermann

Saturday, 29.4.2016

Cranio in children. How CST can make the life of children with screaming episodes, eating and speaking problems as well as lack of concentration easier.

Gerard Piket

Spacial Dynamics® movement therapy in fibromyalgia.

Christina Spitta

Chirophonetics. The treatment of a 45-year-old woman with stage II pulmonary sarcoidosis. Her occupational development after recovery.

Christine Marending

Translation services

The plenary events will be simultaneously interpreted into English. Anyone who wishes translation into their language, other than English, is kindly requested to bring a translator with them from their country. We are happy to offer this “translation participant” a complementary ticket.

(Requests by 13 April 2017 to: tagungen@medsektion-goetheanum.ch).

Registration

Using the attached form, please send your registration by 13 April 2017 to the following address by email, fax or letter: tickets@goetheanum.org, fax +41 (0)61 706 44 46 or Goetheanum Empfang, Postfach, 4143 Dornach, Switzerland. Tel. +41 (0)61 706 44 44

Conference fee

The cost of the conference (without meals) is CHF 280, for students and senior citizens CHF 170. *Please enclose a copy of your proof of status with your registration.*

Anthroposophic therapeutic procedures

Not all the methods offered in the workshops have yet been fully accredited as anthroposophic therapeutic procedures. The accreditation process is subject to the IKAM accreditation process and is sponsored by the Medical Section.

Clothing

For workshops involving movement, please ensure that you bring non-restrictive clothing.

Up-to-date information on the programme at www.iaabt.medsektion.net

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

to support the specialist Conference for Anthroposophic Body Therapy:

Bank details CH: Allg. Anthr. Ges., Med. Sektion,

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www.medsektion-goetheanum.org

Booking Form

7PH

Posture and approach

A Conference of the Medical Section in collaboration with IAABT
at the Goetheanum from Thursday, 27 April to Sunday, 30 April 2017

Booking closes: Thursday, 13 April 2017

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 _____

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Postcode _____

Country _____

Phone/fax _____

Email _____

Occupation _____

I need translation into English

Conference ticket without meals

CHF 280 (regular price) CHF 170 (concessions¹)

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

CHF 405 (regular price) CHF 295 (concessions¹)

Workshops 1st choice, n° _____ 2nd choice², n° _____ 3rd choice³, n° _____

Seminar groups 1st choice, n° _____ 2nd choice², n° _____ 3rd choice³, n° _____

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

² When registering, your first choice is no longer open, is cancelled or will be cancelled, your second and third choice will be taken into account. If your first, second or third choice is full, we will try to contact you. Please look for updated information at the start of the conference.

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

