Breathing, Light and Warmth

From treating the tumour to treating the patient

Conference on the CARE IV and V areas

8 to 10 May 2020

Medical Section at the Goetheanum
Dear conference participants,

We would like to invite you very warmly to the first joint conference of the CARE working groups on oncology and palliative medicine. It will address the understanding and treatment of cancer patients: all of us are familiar with treatment that is centred on the tumour, speak at cancer conferences about the necessary therapeutic measures and thereby place the focus wholly on the tumour.

But beyond that we need treatment that takes the patient as a whole as its guide. For this reason we will address ourselves to the question of disease-related changes in the whole person and their constitutional elements: what changes occur in the fluid organism, the life organisation and in the microenvironment surrounding the tumour? What disorders in the “deep breathing” and sentient organisation exist in connection with the development of the tumour? How important are light and its rhythms for the development of the tumour? And what changes occur in the warmth organism and thus the I organisation?

We will describe a number of new phenomena, work on understanding them from the perspective of spiritual science and develop their importance for oncological treatments in the various therapeutic professions. In addition, work results from the CARE groups will be included in the discussion.

Work in the morning will concern itself with texts by Rudolf Steiner on cancer. In the evening we will work on Rudolf Steiner's patient meditations and the meditative path of the therapist.

We look forward to this oncology conference at the Goetheanum to which we warmly invite everyone working therapeutically in oncology.

Matthias Girke  Marion Debus
Head of the Medical Section  Medical Director of the
at the Goetheanum  Oncology Clinic Arlesheim
Responsible for CARE 5:  Responsible for CARE 4:
palliative medicine oncology
“If it can be said that any process can be dislocated, it must be said of the carcinoma itself. A carcinoma is a dislocated process, a process that should actually only take place on the outermost periphery, within the sense organization. It is very interesting to see how this function, which belongs to the periphery of the body – namely to the prepared periphery of the body – can be dislocated and then appear as a carcinoma, which is now not a nerve function, but actually a sensory function.”

Light shines over me
Love warms through me
I feel light
I feel warmth.

Rudolf Steiner. Mantrische Sprüche, Seelenübungen II. vol. GA 268, p. 82.
for Dorothy Osmond, 1922
(patient with mamma carcinoma)

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Friday, 8 May

16.30  Conference opening and welcome
       Matthias Girke

       Oncology at the crossroads – development and future perspectives
       Lecture by Ralf Hofheinz

       Rudolf Steiner's statements about eurythmy therapy
       Lecture by Norman Kingeter and Erdmute Worel

18.30  Evening break

19.30  Patient meditations
       Lecture by Peter Selg

       Followed by artistic conclusion
08.30 Work on basic texts by Rudolf Steiner on breathing, warmth and light in tumour development
*Introduction by Marion Debus*

09.30 Abnormal breathing of the tumour *Lecture by Marion Debus*

**Light and tumour development Lecture by Burkhard Matthes**

10.30 *Coffee break*

11.00 Inner and outer warmth in tumour therapy
- Fever and inflammation in tumour therapy
  *Lecture by Arnoud Templeton*
- External warmth treatments
  Hyperthermal baths, hyperthermia, external treatments to strengthen the efficacy of mistletoe  *Lecture by Reinhold Schön*

  *Plenary conclusion*

12.30 *Lunch break*

14.30 Outer and inner warmth / 1st unit workshops
What perspectives guide the choice of treatment?
*Plenary introduction to Workshops by Marion Debus*

16.00 *Coffee break*

16.30 Between outer and inner warmth / 2nd unit workshops
How do I structure warmth or fever therapy over the course?

From 17.30 plenary presentation of results

18.30 *Evening break*

19.30 The meditative path of knowledge of the therapist
*Lecture by Matthias Girke*

Followed by artistic conclusion
08.30  Work on basic texts by Rudolf Steiner on breathing, warmth and light in tumour development  
Introduction by Marion Debus

09.30  Importance and cultivation of consciousness at end of life  
Lecture by Stefan Obrist

10.30  Coffee break

11.00  Laying seeds for the future - oncological patient seminars  
Introduction by Marion Debus

What content is essential and what is the importance of the patient community?

- Arlesheim outpatient oncological rehabilitation clinic  
  Caecilia Weiligmann

- Havelhöhe cancer patient seminar  
  Johannes Portner

- Salutogenesis and cancer health seminars – Klinik Öschelbronn  
  Joseph Ulrich

Plenary conclusion
Workshops

Saturday, 14.30 to 16.00 and 16.30 to 18.30

1. **Workshop: Physicians**
   Warmth and light in tumour therapy: choice of host tree in mistletoe therapy and use of hellebore. *Physicians, Klinik Arlesheim*

2. **Workshop: Nursing**
   Fostering warmth. *Doris Rapp, Kristina Reichel*

3. **Workshop: Music therapy**
   Breathing of the soul and inner warmth. Experiences from oncological music and singing therapy. *Viola Heckel*

4. **Workshop: Therapeutic speech**
   Hearing and speaking: breathing between light and warmth. *Barbara Ziegler-Denjean*

5. **Workshop: Eurythmy therapy**
   Individual eurythmy therapy support and Rudolf Steiner's statements on treatment in oncology. *Norman Kingeter, Erdmuthe Worel*

6. **Workshop: Rhythmical massage therapy**
   Supporting warmth generation, deepening the breathing and creation of an individual autonomous space. *Regine Göbels*

7. **Workshop: Art therapy**
   Painting therapy in oncology. What has proved successful? *Cristina Mösch de Carvalho, Dagmar Brauer*

8. **Workshop: Balneotherapy**
   Oil dispersion and hyperthermal baths in oncology. *Reinhold and Larissa Schön*
Translation services
The plenary events will be simultaneously interpreted into English. Anyone who wants 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 complimentary ticket.
(Relations by 10 April 2020 to francois.bonhote@medsektion-goetheanum.ch).

Registration
Using the attached form, please send your registration by 10 April 2020 to the following address by email, fax or letter:
Goetheanum Empfang, Postfach, 4143 Dornach, Switzerland
Tel +41 61 706 44 44 / Fax +41 61 706 44 46 / tickets@goetheanum.org

Conference fee
The cost of the conference (without meals) is CHF 300, for students and senior citizens CHF 150 (proof of status required).

Donations to support the CARE areas of the Medical Section
(not to be used for remittance of the conference fee)
Allg. Anthrop. Gesell. / Med. Sektion / Raiffeisenbank Dornach
IBAN: CH83 8080 8002 5593 0141 5 / BIC: RAIFCH22
Purpose "ONK 2020"

Med. Sektion / Förderstiftung AM / Volksbank Dreiländereck eG
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Purpose "ONK 2020"
Booking Form

Breathing, Light and Warmth
From treating the tumour to treating the patient
Conference on the CARE IV and V areas of the Medical Section at the Goetheanum
from Friday, 8. to Sunday, 10 Mai 2020
Application requested prior to: Friday, 24 April 2020

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 ______________________________________________________________________________________

I need translation into ☐ English ☐ German

Conference tickets without meals
☐ CHF 300 regular price ☐ CHF 150 with concessions¹ ☐ CHF 380 with sponsorship²

Meals (1x lunch, 2x evening meal) ☐ CHF 75
Food intolerance ☐ Gluten ☐ Lactose

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

Parking at the Goetheanum ☐ Parking permit: CHF 14

Insurance
☐ Cancellation insurance (5% of the total costs, CHF 10 minimum)
See cancellation conditions in the General Information

Payment methods
☐ on invoice (only Switzerland and Euro zone)
Credit card (all countries) ☐ Visa ☐ MasterCard
Card number: __ __ __ __ / __ __ __ __ / __ __ __ __ / __ __ __ __  Expiry date: __ __ / __ __

I agree to the terms of payment and cancellation.

________________________________________________________________________________________
Place, date, signature

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¹ For students, schoolchildren, those in training, military or civil service, OAPs, the unemployed and people with disabilities who receive benefits.
² 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.
³ 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
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Conference tickets without meals

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<th>Regular price:</th>
<th>CHF 300</th>
<th>with meals:</th>
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<td>with meals:</td>
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<td>With sponsorship²</td>
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Conference meals
Conference meals (vegetarian with dessert) include 1x lunch and 2x evening meal at CHF 75 in total and they can not be booked separately. Lactose-free and gluten-free dishes can be provided. We regret that any other food intolerances cannot be catered for.

Parking permit
For the period of the conference: CHF 14 (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 (24.4.2020, date of posting). After that, 50% of the conference fee will be charged. Meals, breakfast and parking permit may be cancelled free of charge up to 1 day prior to the begin of the conference (7.5.2020). Cancellation on the day when the conference begins or failure to attend are subject to an invoice of the total of 100%. 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. Terms of insurance can be downloaded at: https://www.goetheanum.org/en/events/informations/

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

Terms and Conditions will be sent on request or can be accessed online at https://www.goetheanum.org/en/events/informations/
The Biannual events magazine (Pdf-Download) can be found also there.