

# Body and I

The Immune System  
and Autoimmune Disease



12–17  
September 2023  
at the Goetheanum

International Annual Conference  
of the Medical Section



Anthroposophic  
Medicine

# Specialist Conferences

## Sept 12-14, 2023

In seven specialist conferences – for medicine and pharmacy, midwifery, eurythmy therapy, body therapy, nursing, psychotherapy and dentistry – the professional groups will work on their own topics.

- Medicine and Pharmacy
- Anthroposophic Nursing
- Eurythmy Therapy
- Anthroposophic Psychotherapy
- Midwifery
- Anthroposophic Body Therapy
- Dentistry

Wednesday, 12 Sept	Wednesday, 13 Sept	Thursday, 14 Sept
	<b>08.15</b> Artistic and meditative prelude	<b>08.15</b> Artistic and meditative prelude
	<b>09.15</b> Specialist conferences	<b>09.15</b> Specialist conferences
	<b>10.30</b> Coffee break	<b>10.30</b> Coffee break
	<b>11.15</b> Specialist conferences	<b>11.15</b> Specialist conferences
	<b>12.30</b> Lunch break	<b>12.30</b> Lunch break
<b>Specialist conferences</b>		
<b>15.00</b> <i>Joint start of the conference</i> <b>Welcome</b> Matthias Girke, Georg Soldner	<b>15.00</b> Specialist conferences	
<b>Formation of the body – an instrument of destiny</b> Lecture by Karin Michael, Marion Debus		
<b>16.30</b> Coffee break	<b>16.30</b> Coffee break	
<b>17.15</b> Specialist conferences	<b>17.15</b> Specialist conferences	
<b>18.30</b> Evening break	<b>18.30</b> Evening break	
<b>20.00</b> <b>When the body turns alien</b> <i>Eurythmy therapy</i> Katharina Gerlach <i>Psychotherapy and massage as developed by Dr Simeon Pressel</i> Thea Friemel <i>Painting therapy</i> Bernadette Gollmer <b>Conclusion with eurythmy</b> Ends 21.00	<b>20.00</b> <b>How the body becomes familiar</b> <i>The embryonic envelopes</i> Natalie Hurst <i>Birth</i> Daniela Zahl <i>Embodiment in childhood and adolescence</i> Jan Vagedes <b>Conclusion with eurythmy</b> Ends 21.00	

# Specialist conference Medicine and Pharmacy

## The action of the invisible in the autoimmune process

### 100 years of “The invisible human being within us”

Autoimmune diseases open up big questions physically, mentally and spiritually around people's struggles with themselves. Who is here wrestling with whom? How can the various aspects of genetic predisposition, specific environmental factors, psychosocial stresses and personal moments of destiny be meaningfully related to each other?

100 years ago, Rudolf Steiner gave the lecture “The invisible human being within us” (GA 221), which had a defining influence on Anthroposophic Medicine. In it, a systematic understanding of the human being unfolds which illustrates how the spiritual core of the human being penetrates and shapes the visible body with four differentiated force currents. Following the traces of these invisible currents, we aim to understand immunological phenomena such as autoreaction and self-tolerance, and in doing so will steer typological constellations of the human constitutional elements to the concrete remedy on the basis of a patient presentation from Klinik Arlesheim.

Pharmaceutically, the challenge that must be met time and again is to find a bridge from the individual healing requirement to the substances of nature. How do the various kingdoms of nature and pharmaceutical preparations show themselves against the background of the “invisible human being”? Especially for patients with autoimmune diseases, it seems essential not only to reintegrate the self-alienated nature of their own body, but also to enable a healing connection to external nature.

We warmly invite you to this specialist conference prepared jointly by pharmacists and physicians. In terms of teaching methodology, we strive for different formats with lectures, work in small groups, keynote and discussion units as well as a panel discussion. In medico-pharmaceutical workshops, we aim to bring the natural substances and the pharmaceutical processing methods to direct experience. We look forward to living work together!

*Preparatory group : Philipp Busche, Annette Greco, Robert Fitger, Judit Kedves, Mónica Mennet-von Eiff, Severin Pöchtrager und Johannes Weinzirl*

Conference languages DE / EN

Medicine and Pharmacy

### 12 Sept – Tuesday

**15.00 Joint start of the conference**  
**Welcome**  
*Matthias Girke, Georg Soldner*  
**Formation of the body - an instrument of destiny**  
Lecture  
*Karin Michael, Marion Debus*  
**16.30 Coffee break**  
**17.15 The invisible in the autoimmune event - 100 years of the lecture “The invisible human being within us”**  
*Philipp Busche*  
**18.30 Evening break**  
**20.00 For all specialist conferences**  
**When the body turns alien**  
**Eurythmy therapy**  
*Katharina Gerlach*  
**Psychotherapy and massage as developed by Dr Simeon Pressel**  
*Thea Friemel*  
**Painting therapy**  
*Bernadette Gollmer*  
**Conclusion in eurythmy**

### 13 Sept – Wednesday

**08.15 Artistic and meditative prelude**  
**09.15 Patient case presentation**  
**Case history & work in small groups**  
*Klinik Arlesheim, Internal Medicine*  
**10.30 Coffee break**  
**11.15 From the healing requirement to the pharmaceutical mechanism of action**  
**Keynote contributions & work in small groups**  
*Mónica Mennet-von Eiff, Judit Kedves*  
**12.30 Lunch break**  
**15.00 Medico-pharmaceutical laboratory I: Stibium**  
**With demonstrations on the Goetheanum Terrace**  
*Franziska Bächtle, Robert Fitger*  
**16.30 Coffee break**  
**17.15 Medico-pharmaceutical laboratory II: Equisetum with exercises on the pharmaceutical processes**  
*Friederike Tews, Severin Pöchtrager*  
**18.30 Evening break**  
**20.00 For all specialist conferences**  
**How the body becomes familiar**  
**The embryonic envelopes**  
*Natalie Hurst*  
**Birth**  
*Daniela Zahl*  
**Embodiment in childhood and adolescence**  
*Jan Vagedes*  
**Conclusion with eurythmy**

### 14 Sept – Thursday

**08.15 Artistic and meditative prelude**  
**09.15 Organ preparations for autoimmune diseases**  
**Production of medicines, protein metabolism and therapy**  
*Annette Greco, Johannes Weinzirl*  
**10.30 Coffee break**  
**11.15 Medicinal therapy for autoimmune diseases**  
**Differential therapy of Stibium, Equisetum, Apis, Formica etc.**  
*Moderators: Philipp Busche, Mónica Mennet-von Eiff*  
**12.30 Lunch break**

# Specialist conference Anthroposophic Nursing

## Being in between – Simply nursing!

Nursing takes place in the intermediate spaces. Between injury and healing, awakening and sleeping, inside and outside, patient and physician, between relatives. In the in-between it is mostly invisible. It appears when it is missing. Nursing lives in time. In our health systems, dominated by economic and financial constraints, time is a cost factor and nursing care is reduced to the performance of medical and administrative procedures. Ever more colleagues are leaving this system that does not see and rejects the reasons for which nurses have chosen this profession.

Now, complaining does not get us any further. But encouraging examples of new beginnings and of the transformation of existing situations through inner strength do. In this respect we want to follow different avenues in our conference.

### Being inspired and motivated by innovative anthroposophical nursing initiatives

Sophie Martin will talk about a unique nursing project in France. A country where complementary medicine is under severe attack.

Fiona Bay has worked with emergency education teams and with Doctors Without Borders in various crisis zones around the world. Working with people affected by war and terror, running hospitals, organising aid.

Conference languages DE / EN

### Tracing the personal nursing and biographical path of development

What led me into nursing? What separates me from this impulse? How does what I have experienced accompany me on my further path? Deborah Bednarek introduces this topic and leads the “Biography and Occupation” workshop.

### Tapping inner strengths and surviving frenzied everyday life

Deadening or becoming inwardly worn out? This is a question that many nurses are confronted with. How can we preserve our vulnerability? How can compassion be transformed into an organ of perception? A workshop with Rolf Heine will consider these questions.

### Implementing Anthroposophic Nursing in a non-anthroposophical setting

Colleagues all over the world are undergoing further training in Anthroposophic Nursing. However, there are relatively few anthroposophical settings in which nurses can be employed. What opportunities are there to join forces? How can what has been learned also be applied in a non-anthroposophical environment? Christoph von Dach explores this question in his workshop.

We hope to see participants from all over the world at this international conference for nurses. It is the prelude to two more exciting multiprofessional conferences, whose attendance we warmly recommend.

Anthroposophic Nursing

## 12 Sept – Tuesday

### 15.00 Joint start of the conference Welcome

*Matthias Girke, Georg Soldner*

### Formation of the body – an instrument of destiny

*Lecture Karin Michael,*

*Marion Debus*

16.30 *Coffee break*

### 17.15 Being in between – Simply nursing

#### Welcome and introduction

*Elizabeth Sustick, Christoph von*

*Dach, Deborah Bednarek,*

*Sonja van Hees*

18.30 *Evening break*

### 20.00 For all specialist conferences

#### When the body turns alien

#### Eurythmy therapy

*Katharina Gerlach*

#### Psychotherapy and massage as

**developed by Dr Simeon Pressel**

*Thea Friemel*

#### Painting therapy

*Bernadette Gollmer*

#### Conclusion with eurythmy

## 13 Sept – Wednesday

### 08.15 Artistic and meditative prelude

### 09.15 At the crossroads / warmth care

*Sophie Martin*

10.30 *Coffee break*

### 11.15 Tracing our own nursing biographical path of development

*Deborah Bednarek*

### Tapping inner strengths and surviving frenzied everyday life

*Rolf Heine*

### Implementing Anthroposophic Nursing in a non-anthroposophical setting

*Christoph von Dach*

12.30 *Lunch break*

### 15.00 Workshops

#### Working on our own biography

*Deborah Bednarek*

#### Vulnerability (tapping inner strengths)

*Rolf Heine*

#### Implementing community building and Anthroposophic Nursing

*Christoph von Dach*

16.30 *Coffee break*

### 17.15 Working on our own biography

*Deborah Bednarek*

#### Vulnerability (tapping inner strengths)

*Rolf Heine*

#### Implementing community building and Anthroposophic Nursing

*Christoph von Dach*

18.30 *Evening break*

### 20.00 For all specialist conferences

#### How the body becomes familiar

#### The embryonic envelopes

*Natalie Hurst*

#### Birth

*Daniela Zahl*

#### Embodiment in childhood and adolescence

*Jan Vagedes*

#### Conclusion with eurythmy

## 14 Sept – Thursday

### 08.15 Artistic and meditative prelude

### 09.15 Nursing in crisis zones

*Fiona Bay*

10.30 *Coffee break*

### 11.15 Fishbowl with speakers and plenary session

12:00 **Being in between: How do we understand and how do we live in the etheric world?**

*Sonja von Hees*

12.30 *Lunch break*

# Specialist conference Eurythmy Therapy

Describing – moving – discussing  
the health of the immune system

At the centre of the international specialist conference on eurythmy therapy is the **health of the immune system**. The focus is on two of the much-used sequences TSRMA and LAOUM, which will be examined from as many perspectives as possible. In addition to movement, the focus this year will also be on the experiences of colleagues from around the world in practice and the joint exchange of ideas.

We were able to attract **Annette Weißkircher** (research and experiences in allergic rhinopathy), **Norman Kingeter** and **Rob Schapink** (results of archival research) to provide historical back-

ground information and information from practical research.

Following this specialist conference, we recommend attending the conference on spiritual deepening and the multiprofessional conference. In the multiprofessional conference, the conference topic will be discussed together with physicians and other therapists.

We look forward to seeing you!  
*Hana Adamcová, Ingrid Hermansen, Katharina Gerlach, Annette Weißkircher, Norman Kingeter, Rob Schapink*

Conference languages DE / EN

Eurythmy Therapy

12 Sept – Tuesday

**15.00 Joint start of the conference**  
**Welcome**  
*Matthias Girke, Georg Soldner*  
**Formation of the body – an instrument of destiny**  
Lecture *Karin Michael, Marion Debus*  
**16.30 Coffee break**  
**17.15 Prelude into the conference topic**  
**Aspects of and background to the sound sequences from archival research**  
*Norman Kingeter, Rob Schapink*  
**18.30 Evening break**  
**20.00 For all specialist conferences**  
**When the body turns alien**  
**Eurythmy therapy**  
*Katharina Gerlach*  
**Psychotherapy and massage as developed by Dr Simeon Pressel**  
*Thea Friemel*  
**Painting therapy**  
*Bernadette Gollmer*  
**Conclusion with eurythmy**

13 Sept – Wednesday

**08.15 Artistic and meditative prelude**  
**09.15 Joint start in movement**  
**Workshops on understanding and applying the sound sequences with case studies from practice**  
**10.30 Coffee break**  
**11.15 The efficacy of the eurythmy therapy sequence TSRMA in allergic rhinopathy (research and practical experience)**  
*Annette Weißkircher*  
**12.30 Lunch break**  
**15.00 Workshops on understanding and applying the sequence with case studies from practice**  
**16.30 Coffee break**  
**17.15 Further aspects on sound sequences**  
*Annette Weißkircher, Norman Kingeter, Rob Schapink*  
**18.30 Evening break**  
**20.00 For all specialist conferences**  
**How the body becomes familiar**  
**The embryonic envelopes**  
*Natalie Hurst*  
**Birth**  
*Daniela Zahl*  
**Embodiment in childhood and adolescence**  
*Jan Vagedes*  
**Conclusion with eurythmy**

14 Sept – Thursday

**08.15 Artistic and meditative prelude**  
**09.15 Joint start in movement**  
**Workshops on understanding and applying the sound sequences with case studies from practice**  
**10.30 Coffee break**  
**11.15 Joint review and look ahead to the coming year**  
**12.30 Lunch break**

# Specialist conference Psychotherapy

## Factors of developmental psychology in the origin of autoimmune diseases – the breakdown of identity in soul and body in adolescence

The global rise of some autoimmune diseases affects childhood and adolescence already. The international specialist group of psychotherapists will address those disruptive and damaging influences in childhood and adolescence that can predispose to later illness. In particular, some barely visible educational errors lead to serious illness later on.

The manifestation of a somatic autoimmune disease depends on additional, individual factors. However, the same disruptive influences predispose to both psychosomatic and mental illnesses. Since the concern is particularly to uncover the hidden harms, the development in childhood and adolescence will be examined from a psychological, medical as well as educational perspective. We will also work on how effective prevention and therapy can be achieved through interdisciplinary cooperation.

The conference will be held both in person in the Terrassensaal and online. We would ask you in advance to excuse any unavoidable “hybrid side effects”. The conference language will be English. Translation into Spanish, Italian, Russian and German will be arranged. In order to participate in one of these other languages, in-person participants need a mobile phone with a Zoom app and earphones.

We look forward to seeing the diversity, colourfulness and vibrancy of the developing, still young discipline of Anthroposophic Psychotherapy and send greetings on behalf of the Umbrella Association of Anthroposophic Psychotherapy Societies!

*Vasuprada Kartic Godavathy, Giovanna Bettini, Henriette Dekkers, Hartmut G Horn*

Conference languages  
DE/EN/RU/ES/IT

## Psychotherapy

### 12 Sept – Tuesday

**15.00 Joint start of the conference  
Welcome**

*Matthias Girke, Georg Soldner*

**Formation of the body – an instrument of destiny**

*Lecture Karin Michael, Marion Debus*

**16.30 Coffee break**

**17.15 Opening of psychotherapy-conference, introduction**

*Henriette Dekkers*

**Keynote presentation: Attacks on child development**

*Hartmut G Horn*

**Keynote presentation: Breakdown of identity in soul and body in adolescence**

*Giovanna Bettini*

**Work in small groups: Experiences from professional practice**

*Collation of responses by the organising committee*

**18.30 Evening break**

**20.00 For all specialist conferences**

**When the body turns alien Eurythmy therapy**

*Katharina Gerlach*

**Psychotherapy and massage as developed by Dr Simeon Pressel**

*Thea Friemel*

**Painting therapy**

*Bernadette Gollmer*

**Conclusion with eurythmy**

### 13 Sept – Wednesday

**08.30 Opening with mantra The South American Psychotherapy Conference ELAPA – the power of community building**

*Álvaro González, Patricia Botelho*

**Preview of the structure of the day**

*Henriette Dekkers, Hartmut G Horn*

**09.00 Second admission for in-person participants**

**09.15 Understanding deeper developmental needs of the first 21 years**

*Lecture with discussion*

*Adam Blanning*

**10.30 Coffee break**

**11.15 The global rise of autoimmune diseases – the mental vulnerability of children and young people**

*Keynote presentations*

*Vasuprada Kartic, Swapna Narendra, Carlos Guio*

**12.30 Lunch break**

**15.00 Systematic disruption of development due to school constraints, smartphones, media platforms, advertising, consumption**

*The teacher Wilfried Kessler interviewed by Hartmut Horn*

*Questions from participants and discussion*

**16.30 Coffee break**

**17.15 The global rise of toxic stress and anxiety – General increase in mental disorders in children and adolescents – Approaches to healing**

*Meron Barak, Ioulia Ventouratou*

**18.30 Evening break**

**20.00 For all specialist conferences**

**How the body becomes familiar**

**The embryonic envelopes**

*Natalie Hurst*

**Birth**

*Daniela Zahl*

**Embodiment in childhood and adolescence**

*Jan Vagedes*

**Conclusion with eurythmy**

### 14 Sept – Thursday

**08.30 Opening with mantra The healing effect of community building on the global disease of social isolation**

*Susan Overhauser*

**Preview of the structure of the day**

*Henriette Dekkers, Hartmut G Horn*

**09.00 Second admission for in-person participants**

**09.15 Presentation of the results of the work in small groups on Tuesday**

*Vasuprada Kartic, Henriette Dekkers, John Lees*

**Worldwide initiatives for the return to health of body, soul and spirit in adolescence – Short presentations by: IYP Programme, Järna / SE**

*Henriette Dekkers*

**BD Youth Connect India**

*Vasuprada Kartic*

**YIAM Dornach**

*Matthew Mirkin, Giovanna Bettini*

**Freies Jugendseminar Stuttgart**

*Marco Bindelli, Hartmut Horn*

**10.30 Coffee break**

**11.15 Creating new community building in family systems – fostering social security and identity formation among adolescents**

*Henriette Dekkers*

**Review of the conference results, outlook**

*Henriette Dekkers, Hartmut Horn*

# Specialist conference Midwifery

## The placenta - Tree of the whole of life

The child-to-be has a first house-building project - building the placenta. Their dwelling becomes part of themselves. It becomes their life. The placenta is created before the unborn and born after them. It is located in counterspace and in this way is connected with the other world. The working hypothesis for this conference is that the placenta with its envelopes remains active for humans in a differentiated and communicable way even after its organic disappearance. What effects of forces still remain part of us? We invite all midwives to look at, study and reflect on these issues in different ways. We wish you wonderful, busy and inspiring autumn days.

*For the Association for Anthroposophic Midwifery and the International Coordination of Anthroposophic Medicine: Merja Riijärvi.*

### **WS 1: Workshop for the exhausted and for all generations of midwives: "Drama and music".** (Christian and Susann Breme) (DE/EN)

Christian Breme is a Waldorf teacher, sculptor and illustrator and the author of the play "The unborn make themselves known". It can be rehearsed and performed in a very short time even without acting experience. The play is based on the stories of parents and their dreams and waking dreams of the approaching being of the child. The cellist Gotthard Killian will participate in the workshop. There will be improvisation with voice and instruments. Music by Arvo Pärt will frame

Conference languages  
see individual workshops

the production. Those who wish can bring their musical instruments along.

### **WS 2: Workshop for those thirsty for knowledge: "Textual work and art"**

(Daniela Zahl and Georg Müller) (DE/EN)

Textual work and art on the subject of the placenta. How do we look at the embryonic envelopes? Where and how did Rudolf Steiner speak about this? What is the importance for us in the midwifery profession? In this group we will approach the topic through reflection and artistically. Georg Müller will guide us to the violet glass window in the large auditorium of the Goetheanum. The workshop is a unique opportunity to understand and incorporate the embryonic envelopes into our midwifery work. Literature for preparation.

### **WS 3: Workshop for practitioners. "Emergency management of the placental phases"** (DE/EN)

There are transitions between physiology and pathology that can be identified. It is important to be alert here and, if necessary, to act appropriately. Such presence of mind can be specifically practised. What help does the child need and when? What to do if the child can no longer manage? What follow-up is required postpartum if the child has experienced an intrauterine placental emergency? Bring your experiences and insights and be inspired by each other. It will be highly interesting and specific.

## Midwifery

### **WS 4: Workshop for cultural anthropologists and multiculturalists. "The cultural meaning of the placenta"** (Merja Riijärvi, Carina Barreto) (DE/EN/ES)

The approach to the placenta differs in many cultures. While placenta burial often takes place in African countries, in Germany it mainly ends up

in the waste. In this workshop we want to look at how the placenta is approached in different cultures and thus develop a way of dealing with the placenta that is appropriate to its nature. What can we do as midwives to introduce a new understanding into society?

#### 12 Sept - Tuesday

##### **15.00 Joint start of the conference**

##### **Welcome**

*Matthias Girke, Georg Soldner*

##### **Formation of the body - an instrument of destiny**

*Lecture Karin Michael, Marion Debus*

**16.30** *Coffee break*

##### **17.15 Start of specialist conference**

##### **Where are we?**

##### **About the Goetheanum and the Medical Section**

##### **Who are we?**

##### **Introduction of the participants and their fields of work**

##### **What are we doing here?**

##### **The workshops introduce themselves**

##### **Singing together**

**18.30** *Evening break*

##### **20.00 For all specialist conferences**

##### **When the body turns alien**

##### **Eurythmy therapy**

*Katharina Gerlach*

##### **Psychotherapy and massage as developed by Dr Simeon Pressel**

*Thea Friemel*

##### **Painting therapy**

*Bernadette Gollmer*

##### **Conclusion with eurythmy**

#### 13 Sept - Wednesday

##### **08.15 Artistic and meditative prelude**

##### **09.15 WS 1-4**

**10.30** *Coffee break*

##### **11.15 WS 1-4**

**12.30** *Lunch break*

##### **15.00 The lost half of the human being - The placenta of the unborn**

*Peter Selg*

**16.30** *Coffee break*

##### **17.15 WS 1-4**

**18.30** *Evening break*

##### **20.00 For all specialist conferences**

##### **How the body becomes familiar**

##### **The embryonic envelopes**

*Natalie Hurst*

##### **Birth**

*Daniela Zahl*

##### **Embodiment in childhood and adolescence**

*Jan Vagedes*

##### **Conclusion with eurythmy**

#### 14 Sept - Thursday

##### **08.15 Artistic and meditative prelude**

##### **09.15 WS 1-4**

**10.30** *Coffee break*

##### **11.15 Conclusion of conference**

##### **Impressions from the workshops and take-home message**

##### **The unborn make themselves known**

##### **A play by Christian Breme**

##### **Music by Arvo Pärt**

*Gotthard Killian, Cello*

# Specialist conference Anthroposophic Body Therapy

Anthroposophic Body Therapy

How do we heal – what is effective?

Conference languages DE / EN

*“The will to heal cannot be achieved by an inner commandment, but can only be achieved by devoted behaviour of the soul in the world.”*

Rudolf Steiner

Dear Colleagues,

We hereby warmly invite you to the international conference of Anthroposophic Body Therapy in interdisciplinary dialogue.

What can we do in the various body therapy methods to help our patients strengthen the immune system and prevent and treat autoimmune diseases?

How do we familiarise ourselves with the body?

In the first half of the conference, we will work together in small groups as well as in the plenary session on the basis of a case report from the spectrum of immunology. With practical exercises as well as demonstrations of treatment approaches, we want to promote reciprocal perception and individual professional exchange.

Adam Blanning will give a keynote lecture on the topic: “Being in harmony with oneself – How the lower senses in childhood support uprightness for life.”

In the two units that follow, Hannie Bakker and Frank Slood will encourage us to look further: human physical development, its relationship with the development of the I in the biography and the associated development of immunity.

## 12 Sept – Tuesday

**15.00** Jointstart of the conference

Welcome

*Matthias Girke, Georg Soldner*

**Formation of the body – an instrument of destiny**

Lecture *Karin Michael,*

*Marion Debus*

**16.30** Coffee break

**17.15** Joint start

**with all the methods:**

**Presentation of a case report from the spectrum of immunology**

**Method-internal small groups: For this case report we want to design a model treatment plan with the therapists present (within the method).**

*Moderator: Almut Steyer*

**18.30** Evening break

**20.00** For all specialist conferences

**When the body turns alien Eurythmy therapy**

*Katharina Gerlach*

**Psychotherapy and massage as developed by Dr Simeon Pressel**

*Thea Friemel*

**Painting therapy**

*Bernadette Gollmer*

**Conclusion with eurythmy**

## 13 Sept – Wednesday

**08.15** Artistic and meditative prelude

**09.15** Demonstration of the developed treatment plan: Anthroposophical massage therapies (e.g. rhythmical massage therapy and massage as developed by Dr Simeon Pressel) followed by a discussion about the mechanisms of action

*Moderator: Martina Frey*

**10.30** Coffee break

**11.15** Demonstration of the developed treatment plan: Anthroposophical movement and balneotherapies (e.g. Bothmer® therapy and Spacial Dynamics®) followed by a discussion about the mechanisms of action

*Moderator: Gudrun Rehberg*

**12.30** Lunch break

**15.00** Demonstration of the developed treatment plan: Chiophonetics, anthropofonetics, colour meridian therapy, etc. followed by a discussion about the mechanisms of action

*Moderator: Almut Karges*

**16.30** Coffee break

**17.15** Keynote presentation “Being in harmony with oneself – How the lower senses in childhood support uprightness for life.”

*Adam Blanning*

**18.30** Evening break

**20.00** For all specialist conferences

**How the body becomes familiar The embryonic envelopes**

*Natalie Hurst*

**Birth**

*Daniela Zahl*

**Embodiment in childhood and adolescence**

*Jan Vagedes*

**Conclusion with eurythmy**



# Specialist Conference Dentistry

## 6th International Congress of Anthroposophical Dentistry

### Oral health and immune system

We look forward with great pleasure to welcoming the participants at the 6th International Congress of Anthroposophical Dentistry.

On this occasion it will have a different format from the previous ones. The event will take place at the Goetheanum in Dornach, Switzerland, as part of the annual conference of the Medical Section of the School of Spiritual Science.

The scientific program for the dentists will have lectures by distinguished professionals from different countries.

It will be a memorable meeting: dentists, physicians and other anthroposophical healthcare professionals in joint activity at the Goetheanum as part of the commemoration of 100 years of the Christmas Conference (1923-2023), holding the 6th International Congress of Anthroposophical Dentistry.

The main theme will be the relationship between oral health and the immune system.

The lectures will be of interest to dentists, as well as physicians and therapists in general, with

content that will make a positive difference in daily personal and professional life.

“Anthroposophical dentistry expands the understanding of the forces that simultaneously form nature, the human being and the teeth, providing a basis for more comprehensive therapies.”

In anthroposophical dentistry we see each patient as a being on an evolutionary path requiring integrative treatment also in relation to oral care.

We invite everyone to this unique event. We will exchange experiences and establish a healthy, scientific and practical dialogue about anthroposophical dentistry in its current situation and stage of development in different countries around the world.

Together we will strengthen the knowledge already acquired on this journey; we will improve, build or renew the connections between us, making our friendship stronger.

We look forward to seeing you.

*Celia Lulo, Alessandro Vannini, Juliana García,  
Camila Contreras, Stefano Milani*

Conference language  
EN

## Dentistry

### 12 Sept – Tuesday

**15.00 Joint start of the conference  
Welcome**

*Matthias Girke, Georg Soldner*

**Formation of the body – an instrument of destiny**

*Lecture Karin Michael,  
Marion Debus*

**16.30 Coffee break**

**17.15 Germany**

**Fear and how to overcome it in dentistry**

*Rudolf Völker*

**Periodontitis and diabetes – a look from the point of view of the fourfold human organisation**

*Martin Zimmermann*

**18.30 Evening break**

**20.00 For all specialist conferences**

**When the body turns alien**

**Eurythmy therapy**

*Katharina Gerlach*

**Psychotherapy and massage as developed by Dr Simeon Pressel**

*Thea Friemel*

**Painting therapy**

*Bernadette Gollmer*

**Conclusion with eurythmy**

### 13 Sept – Wednesday

**08.15 Setting the mood for the day**

**09.15 Chile**

**“Molar incisor hypomineralisation”**

*Ana Maria Toro*

**The oral cavity, an important site of immunological surveillance**

*Nair da Fonseca*

**10.30 Coffee break**

**11.15 Argentina**

**Development of teeth and jaws: reflex of the organisation of the self**

*Fabiola Limardo*

**Surgical clinical case, treated under an anthroposophic dental approach and use of dynamic natural medication**

*Miguel Facal*

**12.30 Lunch break**

**15.00 Spain**

**Strengthening the self through active subtle perception of dental contacts and balanced dental occlusion**

*Dolores López del Jesús*

**Effect of light and oxygen as physical-chemical agents over the structure of matter**

*Judith Ghelfo*

**16.30 Coffee break**

**17.15 France**

**Immunity and Mars’ strength**

*Leandro Caubet*

**Twins: Individuality, immunity and autoimmune diseases – oral and dental manifestations**

*Olivier Coutris*

**18.30 Evening break**

**20.00 For all specialist conferences**

**The Body and I**

**The embryonic envelopes**

*Natalie Hurst*

**Birth**

*Daniela Zahl*

**How an individuality embodies**

*Jan Vagedes*

**Conclusion with eurythmy**

### 14 Sept – Thursday

**08.15 Setting the mood for the day**

**09.15 Italy**

**Missing teeth and cognitive disease**

*Stefano Milani*

**Relationship between teeth and cognitive functions: the second dentition**

*Alessandro Vannini*

**10.30 Coffee break**

**11.15 Brasil**

**Dental treatments from an anthroposophical view**

*Celia Lulo, Leonardo Figueiredo*

**12.30 Lunch break**

# Registration for conference

We look forward to your personal participation at the Goetheanum for the annual conference of the Medical Section. The conference is divided into three parts - specialist conferences of various professional groups in Anthroposophic Medicine; the spiritual deepening of our conference topic; and, in conclusion, the multiprofessional conference which brings the three parts of the conference together.

We would, of course, be delighted to welcome you as guests for the whole of the conference.

However, you can also register for the individual parts or combinations thereof.

Throughout the conference, the lunches are included in the conference fee. Breakfast and evening meal can be booked separately as required.

The conference will be translated into German, French, Italian, Spanish, Russian and English.

## Price structure of the annual conference of the Medical Section 2023

Booking of *all conference parts* from 12 to 17 September 2023

(with discount for booking the whole conference; lunches are included in the prices):

<b>Normal price</b>	<b>CHF 600</b>
<b>Concessionary price</b>	<b>CHF 460</b>
<b>Student price</b>	<b>CHF 260</b>
<b>Support price</b>	<b>CHF 900</b>

Booking of *individual conference parts or combinations* (lunches are included in the prices):

### Part 1 Specialist conferences

<b>Normal price</b>	<b>CHF 260</b>
<b>Concessionary price</b>	<b>CHF 200</b>
<b>Student price</b>	<b>CHF 120</b>
<b>Support price</b>	<b>CHF 380</b>

### Part 2 Spiritual deepening

<b>Normal price</b>	<b>CHF 130</b>
<b>Concessionary price</b>	<b>CHF 100</b>
<b>Student price</b>	<b>CHF 60</b>
<b>Support price</b>	<b>CHF 200</b>

### Part 3 Multiprofessional unit

<b>Normal price</b>	<b>CHF 260</b>
<b>Concessionary price</b>	<b>CHF 200</b>
<b>Student price</b>	<b>CHF 120</b>
<b>Support price</b>	<b>CHF 380</b>

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## Registration

in German:

[goetheanum.ch/de/veranstaltungen/ms-jahreskonferenz](https://goetheanum.ch/de/veranstaltungen/ms-jahreskonferenz)

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## Registration

in English:

[goetheanum.ch/en/events/ms-jahreskonferenz](https://goetheanum.ch/en/events/ms-jahreskonferenz)

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