

# 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

# Multiprofessional Conference, Sept 15-17 2023

Saturday, 16 Sept	Sunday, 17 Sept
<b>08.15</b> Artistic and meditative prelude	<b>08.15</b> Artistic and meditative prelude
<b>Incarnation today and the gender question</b> Lecture by David Martin	<b>9.15 Case presentations on autoimmune diseases</b> Kan-aneek Kaewthaweesab, Maria Wängemar, Adam Blanning
<b>10.30</b> Coffee break	<b>10.30</b> Coffee break
<b>11.15 Workshops 2</b>	<b>11.15 Fruit of the past - seed for the future</b> Closing lecture by Marion Debus, Karin Michael, Adam Blanning <b>The Foundation Stone in eurythmy</b> Goetheanum Eurythmy Ensemble
<b>12.30</b> Lunch break	<b>12.45</b> End

## Multiprofessional conference

**15.00 Development of the immune system and autoimmune diseases**  
Lecture by Georg Soldner, Markus Sommer

**15.00 Handover of the Section leadership**  
World Group, IKAM

**16.30** Coffee break

**16.30** Coffee break

**17.15 Workshops 1**

**17.15 Workshops 3**

**18.30** Evening break

**18.30** Evening break

**20.00 Recovering the I through writing - Jorge Semprun 1923-2011**  
**The experience of Buchenwald concentration camp and coming to terms with it through art**  
Lecture by Christiane Haid  
**Conclusion with eurythmy**  
Ends 21.00

**20.00 Wegspuren**  
Eurythmy performance by the Goetheanum Eurythmy Ensemble  
Ends 21.00

**21.15 Terrace festival**

# Multiprofessional conference Workshops

Friday, 17.15–18.30 /  
Saturday 11.15–12.30 and  
17.15–18.00

The units of each workshop build on one another.

## 12. Type 1 diabetes as an autoimmune disease - What is helpful from the perspective of those affected? (DE)

People with autoimmune type 1 diabetes are dependent on self-dosing their insulin substitution - a full-time job - for the rest of their lives; other areas of life can easily be neglected. Approx. 380,000 people are currently living with this diagnosis in Germany, and the trend is rising sharply! We would like to exchange ideas about ways to reduce the risk of the disease and its many sequelae. What do those affected want from anthroposophically working physicians and therapists? What is your experience with this disease? We present two interprofessional, multimodal, anthroposophically inspired concepts - for children and adolescents and for adults. We look forward to your feedback!

*Dr phil Bettina Berger*

## 13. Long Covid and post-vac syndrome - a therapeutic challenge in the interdisciplinary setting (DE/EN)

Long Covid and post-vac syndromes represent immunological dysregulation in response to the SARS CoV-2 virus or their spike protein epitopes upon vaccination. The clinical spectrum ranges from headaches, joint and limb pain to neurological disorders, cardiac and pulmonary changes, ME / CFS and severe muscle disorders. This leads to the formation of adrenergic agonistic autoantibodies (GPCR AA) and microthrombotic organ

damage. In this interdisciplinary seminar, we want to report on our therapeutic experiences with the various symptom patterns using anthroposophic medicines, mistletoe, immune adsorption and H.E.L.P. apheresis, whole-body hyperthermia, therapeutic eurythmy and art therapies, and enter into an exchange of experiences with you as colleagues.

*Philipp Busche, Prof Dr Harald Matthes*

## 14. Sepsis and inflammation: bases of understanding and anthroposophical medical therapy (DE)

Sepsis is a severe, increasingly frequent and life-threatening disease caused by infections with bacteria or fungi. What causes a local infection to develop into a hyperinflammation that endangers the entire organism? How can we understand this pathology in greater depth? What can help to prevent the development of severe sepsis and how can it be treated by anthroposophical medicine once it is here? What is helpful for a comprehensive recovery and convalescence? What role do the various anthroposophical medical therapies (medication, external applications, rhythmical Einreibung / massage, eurythmy therapy, art therapy ...) play in the different phases? We intend to explore these questions in the workshop. It is primarily aimed at physicians and nursing professionals, but is also open to other interested therapists.

*Dr med Thomas Breittkreuz, Sigune Singer-Bayrle*

### 15. Perioperative changes of the immune system (DE)

An invitation from the Anthroposophical Perioperative Medicine Working Group: The immune system undergoes major changes perioperatively, which can be of decisive importance for the postoperative outcome. In the first part we want to deal with the question of the influence of surgery and anaesthesia on the immune system and which special features we see in the perioperative structure of the human constitutional elements. What can organ loss or implants mean for this structure? In the second part we will ask specialists about perioperative topics such as nutrition and microbiome, antibiotic administration and changes in meridian flow, and in the third part we will look at therapeutic options from different professions. *Dr med Luisa Peter, Dr med Sonny Jung*

### 16. FeverApp and FeverFriend app: Workshop to optimise them for global effectiveness, including the own experiences of participants (EN)

In almost every place in the world, the management of fever is characterised by excessive use of medication and irrational fears. On the other hand, there is a lack of awareness of danger. Many families practice a management that appreciates fever as support for the immune system - and consume highly significantly fewer antibiotics and antipyretics with higher satisfaction. With this in mind, David Martin and Henrik Szőke have developed a program to optimize the management of fever worldwide. ([www.feverapp.de](http://www.feverapp.de), [www.feverfriend.eu](http://www.feverfriend.eu)) In the workshop we will share the results of the last years, collect personal experiences with the participants and develop ideas to optimise the apps for a worldwide application. *Prof Dr med David Martin, Dr Henrik Szőke PhD*

### 17. The development of the immune system in the context of nutrition and the microbiome (DE/EN)

There is no doubt that the development and function of the immune system is related to our microbiome, which in turn is related to nutrition. A varied diet with fresh fruit and vegetables, high-quality oils and no additives promotes a high diversity in the microbiome and thus a high level of immunological competence. Similarly the quality of the food, the way it is grown and even the microbiome of the soil have a decisive influence. We focus on the connections of caring for the earth, plants and animals with nutrition, strength and health. There are specialist inputs, discussions and exercises.

*Dr med Karin Michael, Dr Jasmin Peschke*

### 18. Potentised organ preparations in the treatment of autoimmune diseases (DE/EN)

In the treatment of autoimmune diseases, the potentised organ preparations of Anthroposophic Medicine have proved to be valuable medicinal products. In the workshop, Markus Sommer and Georg Soldner report on this topic from their many years of practical experience. The workshop offers opportunities for an exchange of views and a deeper understanding of this therapeutic option. Reports from own experience can be contributed as well as questions about own patients.

*Georg Soldner, Dr med Markus Sommer*

### 19. Spirituality and its impact on the immune system with a focus on oncology (DE/ES)

What experience have we gained in this regard in our work? How can we support people to whom their own spirituality is still alien or not accessible? The field of oncology in particular needs

to deal with these experiences. In my work I experience that the creative process can be in the creatively artistic sphere as well as in the insight into new thoughts, which open up this space of spirituality in the person and thereby have an immunologically strengthening effect. We will immerse ourselves in the topic in dialogue and with simple eurythmy exercises that are manageable for everyone. "The person who does not drink, eat or breathe dies, the person who does not perceive their spirituality falls ill or dies!" - to summarise Willigis Jäger.

*Joseph Ulrich, Susana Ulrich*

### 20. Autoimmune diseases and their treatment with important anthroposophic remedies (EN)

Through phenomenological observations and demonstrations of important healing substances and their pharmaceutical transformation in anthroposophic remedies, we try to build up an inner picture of healing remedies. A deeper understanding of their effects should be gained based on impressive experiences and case reports with these remedies that work in the threefold human organism.

*Kan-aneek Kaewthaweesab MD MSc, Albert Schmidli*

### 21. Hay fever in movement (DE/EN)

Allergic rhinitis is the most common allergic disease. Interactively, we move exercises from eurythmy therapy, work on aspects of the understanding of the human being and present research on the topic. Comfortable shoes and clothing are advised.

*Dr Katharina Gerlach, Dr med Markus Krüger, Prof Annette Weißkircher*

### 22. Speech and bowel - On the interdisciplinary treatment of ulcerative colitis and Crohn's disease through integrative gastroenterology and therapeutic speech (DE)

Chronic inflammatory bowel diseases can be physically explained by a kind of immunological dysregulation. Central to the patient's experience is the healthy integration of the lower human being. In the three units, we take an interdisciplinary approach to understanding and treating these increasingly common disease entities. Starting from the typical phenomena of how they manifest, we translate two essential concepts of Anthroposophic Medicine into practice by means of exercises and patient examples.

*Dr med Leonhard Knittel, Dietrich von Bonin*

### 23. Positive health in biographical perspective (NL/EN)

Last year Machteld Huber opened the conference with the topic Positive Health and showed us the spider web diagram she developed as a conversation tool. Human autonomy is central to this. I use this same spider web model in my 'Positive health in biographical perspective' courses. Here the participant examines his/her health potential in a group setting. Each time we treat one of the six themes: bodily functions, mental well-being, meaning, quality of life, participation and daily functioning. On the basis of questions per topic about the past, about the present and what the improvement wishes are per topic, participants arrive at new steps to improve their health. The working method is that participants first write down the answers to the questions, and then read it aloud to the group. A maximum of listening and a minimum of reacting is the rule of the game and

offers a safe setting. This workshop offers an experience with this course concept.

*Hannie Bakker, Frank Sloot*

#### **24. Not all warmth is the same - How do warmth therapies differ qualitatively? (DE/EN)**

Mistletoe therapy and whole-body hyperthermia were developed simultaneously in the twentieth century. Both are used not only in cancer therapy, but also in numerous autoimmune diseases. Oil dispersion baths and local heat applications are also effective for autoimmune diseases. How do these therapeutic approaches differ - how can they support each other?

*Dr med Marion Debus, Rolf Heine, Ute Heitz, Beate Motte*

#### **25. The spleen in Anthroposophic Medicine - Spiritual scientific understanding of the organs, current physiological research and therapeutic aspects (DE/EN)**

The spleen - as a central organ of the immune system - has been perceived as a "mysterious organ" for thousands of years. In this workshop we want to develop Rudolf Steiner's understanding of the spleen by means of keynote contributions and deepen it with the help of scientific studies. Together we will work out consequences for therapeutic practice up to and including concrete remedies. In this context we will also turn to the "spleen massage" with its indication and execution.

*Dr med Johannes Weinzirl, Dr med Tom Scheffers*

#### **26. Biography work in the house of our life strengthens our experience of self and our sense of community (DE/EN)**

We are increasingly losing the ground under our feet that until recently we took so much for grant-

ed. Biography work in the house of our life represents a contemporary opportunity for self-knowledge through which we gain deeper insights into personal biographical connections. The golden thread of life becomes visible, this leads to a deep self-identification. This conscious, appreciative relationship with our self strengthens our own immunity and effectively protects against autoimmune diseases. At the same time it becomes clear that nothing would have come into being without the encounter with other people. This insight can lead to a shaping of the future from out of the I, which shapes the community with other people and thus the connectedness with the spiritual world more consciously. Keynote presentation on the topic. Deepening: first, through biographical self-knowledge and exchange of ideas in groups of two; second, through an artistic group exercise, the power of community building can be experienced directly.

*Dr med Susanne Hofmeister, Karin Jarman*

#### **27. Questions of the Heart (EN)**

Our workshop will be based upon the 'Course for Young Doctors' which was given by Rudolf Steiner in 1924, a series of lectures that we are working with in preparation for the 100th anniversary in 2024. In the workshop we will compare the young people's questions from the last century with our own questions today and strive to find Rudolf Steiner's answers within the course. What interests us particularly is the confrontation with materialism in medicine, and how we can develop a more spiritual, 'heart' medicine which recognises the individual and karma. We are not experts on this but want to share questions and ideas, and hopefully get into stimulating discussions.

*Demi Franco, Matthew Mirkin, Tania Prince, Dr med Sophia Wittchow*

#### **28. Autoimmune diseases in rheumatology (DE)**

We will look at the spectrum of autoimmune diseases and their spiritual scientific understanding. Important questions relate to the biographical contexts that lead to the body becoming alien. From the work of the Anthroposophical Rheumatology Working Group of the Medical Section, the therapeutic possibilities and clinical experiences will then be presented and worked on. How can we support the harmonious interaction of the human constitutional elements? What inner developments can be observed on this path? We look forward to the multiprofessional exchange of ideas on these challenging topics.

*Dr med Matthias Girke*

#### **29. Creating bridges between osteopathy and art as prevention and treatment of autoimmune diseases through a fourfold view of the human being (EN/ES)**

The workshop is based on the deepening of osteopathic practice in combination with art therapy, creating an exchange of balance between the different suprasensitive bodies in the prevention and treatment of autoimmune diseases. Practical application tools will be presented to strengthen the immune system, considering spiritual development and evolution.

*Paul Chaplin, Myriam Orrillo*

#### **30. Spiritual potential and its influence on self-identification and immune system (EN/RU)**

A human being is an individual spirit. This means that individuality has the power to define his or her own life by determining life goals and setting the boundaries of consciousness and its content,

and these ground the health at the body level because of the integrity of human being. To realise this spiritual power is not only the possibility but the important task of human development. If it is not fulfilled the integrity of human sheaths cannot be kept and this can lead to addiction at the soul level or to autoimmune disease at the body one. At the workshop we will consider an addiction process and the cases of computer addiction and autoimmune thyroiditis with psychotherapeutic approaches to the treatment.

*Tatjana Pavlova*

#### **31. Activating individual aptitude for self-regulation (DE/FR/RU)**

In the simple applications of Elemental Health Care developed by Erna Weerts®, the focus is on the individual person with their own aptitude for self-regulation. This is strengthened and vitalised through the stimulation of the body's own living warmth and minimal movement with its reflexive effects. All applications can be easily integrated via self-care into family care as well as into interdisciplinary forms of therapy. In addition to practical self-experience, examples from the clinical field and the special school sector will be discussed.

*Dr rer medic Ute Köncke, Martina Lechtape*

#### **32. Own or alien? (DE/EN)**

Can my own interaction with my surroundings have an influence on my health - especially the distinction between what I want to take in / accept and what I don't? We will explore this question together, using patient examples (on the topic of autoimmune thyroid diseases) and ideas and exercises from Spacial Dynamics®.

*Gabriele Hurter, Jaimen McMillan, Christina Spitta*

**33. Systemic deployments, a possibility for strengthening and developing the immune system in adults (DE/EN)**

A healthy immune system develops in the first three periods of seven years. The inherited body at birth is individualised at all levels at the age of 21. This process often fails to succeed fully: various organs and organ systems can become the cause of autoimmune diseases. Inhibiting factors for the individuation of the body are very varied. Hereditary or familial predispositions to disease, unhealthy living conditions and traumatic events can destroy the proper incarnation process of soul and body down into the organs. The work with systemic deployments concerning the first three seven-year periods can free entrapments in the etheric body that arose in youth and make a further development of the immune system possible. A workshop with deployments and eurythmy healing exercises for the immune system. *Hilda Boersma, Marieke Krans*

**34. On a future mystery medicine: the body as temple (DE/EN)**

“And a real start was made in giving medicine a truly new form” - as the physician Ita Wegman noted in her notebook 100 years ago after the Summer School in Penmaenmawr in Wales in August 1923. And further: “The mystery principle is that we learn to think pictorially, that events in the whole universe are grasped in images, thus also healing in the cosmos and healing in the microcosm which is only a picture of the macrocosm. The images then have to be brought together in meditations.” In this multiprofessional specialist course we want to address the evolutionary development of the human body and the relationship between microcosm and macrocosm

in relation to the human being and their body from the perspective of spiritual science. From whom and for whom is this “temple”? How have organs developed - and how will they continue to do so? What are our tasks in the therapeutic community in this respect? As a multiprofessional team, we want to approach these questions together with you - interactively through eurythmy, art appreciation and keynote contributions. The discussion will take place in small groups and in plenary work.

*Angelika Stieber, Diethard Tauschel*

**35. Raphael - Inspirer of the new mysteries of the art of healing (EN)**

Disease and destiny are indissolubly connected. Through the practice of hygienic occultism, it will be possible in the future to avoid all diseases that are not in our destiny, through conscious work on individual and social development. Raphael serves Christ by inspiring people to learn to link their salvation with the salvation of all humanity. The workshop will focus on how we can realise these ideals in our daily lives. In each session, through demonstration and self-experience of external applications, there will be contributions of care practices from anthroposophic nursing which demonstrate and support the healthy unfolding of the immune system.

*Dr med Michaela Glöckler, Ursi Soldner, Elizabeth Sustick*

**36. The biology of autoimmune diseases as traces of the spirit in the body - physiopathology, salutogenesis and treatment (FR/EN)**

The immune system is more than an organ of defence. Before it can defend, it must be able to distinguish the self from the non-self. On the bi-

ological level, the immune system is an organ of self-recognition: in order to recognise the other, the epitope, it must at the same time recognise the self, the idiotope. In the encounter with the other, self-recognition becomes possible due to the “inner images of the universe”. It is this art of encounter that is impaired in autoimmune diseases and that should be supported by salutogenic therapies adapted to each case.

*Dr med Robert Kempenich*

**37. Therapeutic eurythmy for animals (DE/EN/IT)**

We would like to exchange views with participants and do eurythmy therapy for animals together with them. The discussions will take place indoors, but the exercises with the cows, sheep and donkeys will be done outside in the meadows around the Goetheanum. The Goetheanum farmer Paul Pieterse has agreed to be present during the workshop.

*Christine van Draanen, Dr med vet Sabrina Menestrina*

**Finding the gems - Workshop for midwives**

Midwives did not offer their own workshop in this multiprofessional conference. Nevertheless, many topics in the conference programme and in the workshops are also of great interest for midwives. As participants in the conference, we therefore want to distribute ourselves among the various workshops and participate in them from a midwifery perspective. To prepare this aspect, we will meet before the actual conference on 4 September 2023 from 19.00-21.00 for an online workshop. When registering for the conference, please register for a workshop (12-36) in which you would like to participate from a midwifery

perspective. At the same time, register by email **for the online workshop** with **Merja Riijärvi** ([merja.riijaervi@medsektion-ikam.org](mailto:merja.riijaervi@medsektion-ikam.org)). You will then receive the access information. The online meeting will be held in German. After the conference, we plan to meet again online on 9 October 2023 from 19.00-21.00 to share our insights and experiences.

*Merja Riijärvi*

# 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.

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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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## 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):

Normal price	CHF 600
Concessionary price	CHF 460
Student price	CHF 260
Support price	CHF 900

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

### Part 1 Specialist conferences

Normal price	CHF 260
Concessionary price	CHF 200
Student price	CHF 120
Support price	CHF 380

### Part 2 Spiritual deepening

Normal price	CHF 130
Concessionary price	CHF 100
Student price	CHF 60
Support price	CHF 200

### Part 3 Multiprofessional unit

Normal price	CHF 260
Concessionary price	CHF 200
Student price	CHF 120
Support price	CHF 380