



# The heart wakes up

## Deepening, research, exchange

### Two-part online event

From and for the Anthroposophic Arts Therapies in the fields  
of painting & sculpting, music & singing,  
language & drama

**27 April and 25 May 2024**

Dornach, February 2024

Dear colleagues in arts therapies worldwide

In the fields of painting & sculpting, music & singing, language & drama

We would like to warmly invite you to this year's two-part Online Conference, where we would like to build a bridge from the January Conference in Dornach. The important thing is that the January Conference is NOT a pre-requisite for the Online Meeting.

**Title: *"The heart awakens - deepen, research, exchange"***

1st part: April 27, 2024 from 2 pm - 6 pm CET

2nd part: May 25, 2024 from 2 pm - 5 pm CET

Languages: German, English, Spanish

We want to not only have an exchange worldwide, but also share ideas about real-life practical contexts. This is because we are certain that our heart forces are needed everywhere and are firmly anchored in our everyday therapeutic work! We want to take care of a worldwide network, which can be experienced in an Online-Meeting. We are also focusing on an ever increasing pace of cultural change. How does actual phenomena such as artificial intelligence, social media and questions on gender and identity affect the health of children and youth?

Biography counselor and doctor Susanne Hofmeister will give a lecture on the first 3 7-year cycles and the development of a healthy heart in the first online meeting. We will close the session in working groups according to languages and specialised fields. We want to discuss art therapy exercises for clients in these age groups. We will then choose an exercise, discuss it and deepen it further as a group. We will use the agreed exercise in practice and reflect on it until the second meeting - possibly together with colleagues from the same region/country. Questions to reflect on can include: What do we pay attention to? What works well, what needs adjustments (for the children and youth of today)? What is difficult and why?

Our reflections will then be shared at the second online meeting in the same working groups. We could also present a summary of our results in a plenary session for all online participants.

We hope that your interest has been awakened in working on the topic and researching the exercises with us! Perhaps we could also have a compilation of our work at the end of this 2-part online session - of exercises that we can continue to practise in everyday life and further research on.

With heartfelt greetings,

*Linda Teipen, Heliana Cardona, Petra Rosenkranz, Gabriela Osman, Esther Böttcher, Tamara Chubarovsky, Laura Piffaretti and Daniela Ehrenwinkler, Nicole Asis*

# Programme

Time (CET)	1st unit, 27 April	Time (CET)	2nd unit, 25 May
14:00	Welcome, introduction of the preparatory group, introduction	14:00	Welcome, introduction Division into working groups
14:30	<b>Lecture on the conference topic</b> The first seven-year period TODAY - what new things can we perceive and develop from them for our art therapy work? <i>Susanne Hofmeister</i>	14:15	<b>Working groups</b> Compilation of experiences
15:30	Break	15:00	Break
16:15	<b>Working groups</b> Introduction, tasks, organisation	15:30	<b>Plenary</b> Presentation of the results from the working groups
16:30	<b>Working groups</b>	16:15	<b>Lecture</b> Awakening the heart forces in the therapist <i>Mariano Kasanetz</i>
17:30	Questions from the working groups, agreement on individual work, conclusion at 6 pm	16:50	Farewell Closing at 5 pm

## Working group responsible

### Painting and sculpting

German: *Petra Rosenkranz, Anna Dämpfle, Katrin Sauerland, Linda Teipen*

English: *Anna Hubbard*

Spanish: *Heliana Cardona and Gabriela Osman*

### Music and singing

German/Spanish: *Laura Piffaretti and Ornella Betancourt*

English: *Nicole Asis*

### Speech and drama

German/Spanish: *Esther Böttcher and Tamara Chubarovsky*

## Registration and prices

Patron price	CHF 90
Normal price	CHF 60
Reduced price	CHF 30

The online event can only be booked with participation in both units/days. Registration for the online event: <https://medsektion.goetheanum.org>

## About Susanne Hofmeister and Mariano Kasanetz



### **Dr Susanne Hofmeister**

Born in 1962, she worked as a doctor specialising in anthroposophic medicine in her own practice for over 20 years. As a holistic doctor, she has always been interested in the question of what opportunity, what question, indeed what life mission is hidden behind an illness or a crisis, and over the years biography work has increasingly come to the fore.

Since 2009, she has supplemented biography work with process and embodiment-focused psychology PEP® according to Dr Michael Bohne. During these years, she founded her own practical life concept of biography work in the Lebenshaus®. She trains therapists and counsellors in this method. She is the author of the books "Wo stehe ich und

wo geht's jetzt hin" published by GU Verlag 2014 and "Mein Lebenshaus hat viele Räume" 2019 published by Kösel Verlag and is a sought-after speaker and training instructor. She shares her practical insights on her YouTube channel. In her 1:1 coaching, she combines deep life experience with factual clarity and humorous, heartfelt lightness. She is the mother of four grown-up sons, has three grandchildren and lives in Heidelberg.

She says: "*With biography work at the Lebenshaus, we focus on what is unique about us, on our ego, and thus open the door to our personal development and the realisation of our potential.*"

Her motto is: "*Your future ME awaits you!*"



### **Mariano Kasanetz**

Born in Buenos Aires in 1971. Married, father of two children. Graduated in Natural Sciences from the University of Buenos Aires. He also studied music, singing and Chinese medicine. After studying at the seminary in Stuttgart, he became a priest of the Christian Community in Hamburg in 2004. He worked in the Christian Community in Buenos Aires until August 2019.

Since September 2019, he has been working in the management of the seminary in Stuttgart.