



## **24th International Study Days for Anthroposophic Arts Therapies**

for arts therapists, students of arts therapies, physicians,  
medical students, psychotherapists, teachers

### **The heart awakens**

*The etheric forces of the heart  
in the therapeutic encounter*



*Thursday to Sunday  
11 to 14 January 2024*

**Goetheanum**

Dear Colleagues,

We warmly invite you to our 24th International Study Days for Anthroposophic Arts Therapies in Dornach from 11 to 14 January 2024! Our conference will begin one week later than in previous years.

We will start with a new three-year cycle on the special challenges of our time at the different stages of life.

In 2024, we will begin with the first three seven-year periods: early childhood, childhood and adolescence. In 2025, the focus will be on the middle three seven-year periods (21 to 42) and in 2026 on the following three seven-year periods (42 to 63+).

We are very pleased that Karin Michael, a member of the next Section leadership, will join us for this conference to provide a medical point of view. She will give the introductory lecture about the etheric heart on Thursday evening.

**The focus of these study days will be on the accelerating pace of cultural change. How do phenomena such as AI, social media, gender and identity issues, rationality/creativity affect the health of children and young people?**

How do we encounter children and young people in the therapeutic setting who have a much more sensitive perception? These sensitive forces need and demand our attention. The question arising in the therapeutic encounter is whether we can connect with this level. If we are authentic, can we create a space in therapy that is free and respectful of the autonomy of our young patients?

We consider it important that all events should be characterised by an enquiring attitude on everyone's part. We can only create new developmental spaces in community.

Once again, a varied programme awaits us in which everyone will find the opportunity to advance their training with artistic and meditative morning work; study for members of the School of Spiritual Science as well as open study for all; (dialogue) lectures; workshops; space for exchange and the consolidation of networks. In addition, case vignettes from the different therapy approaches will be presented and supplemented from a medical point of view by Karin Michael. We will end each evening with a joint artistic conclusion.

For colleagues who do not work with patients in these age groups, we hope to be able to offer suitable further training topics with the biographical U in mind, according to which the later phases in a person's life mirror the early phases of life. Themes from childhood and adolescence can also mature further or be experienced in adulthood and thus be strengthened and transformed.

We look forward to seeing you again in Dornach!

Warmly,

Laura Piffaretti, Esther Böttcher, Katja Schultz, Katrin Sauerland, Ute Basfeld,  
Marieke Schagen-van Houts, Linda Teipen and Dr. Karin Michael

*For the ICAAT-Preparatory Group and the Leadership of the Medical Section*

Picture reference frontpage:

"Center point", sculpture by Manfred Welzel, with kind permission of Cordula Welzel

## Thursday, 11 January

Registration for the workshops from 16.00 onwards

### Start of study conference

17.15–18.00  
**Welcome ICAAT**

### 18.00–20.00 Evening break

20.00–21.30  
**The etheric heart**  
*Dr Karin Michael*

**Joint conclusion of the day**

## Friday, 12 January

08.15–09.00  
**Artistic and meditative morning study**

- or -

**Work on the class lessons of the School**  
(open to everyone) *Karin Michael*

- or -

**School of Spiritual Science study**  
(for members of the School of Spiritual Science)  
*Laura Piffaretti, Bernadette Gollmer, Ulrikke Stokholm*

09.15–10.00  
**Case study 1: From the first seven-year period**  
*Monica Bissegger, music therapist,*  
*and Dr Karin Michael*

### 10.00–10.45 Coffee break

10.45–13.00  
**Workshops**

### 13.00–15.00 Lunch break

15.00–17.00  
**Workshops**

17.15–18.00  
**Case study 2: From the second seven-year period**  
*Ulli Kleinrath, modelling therapy,*  
*and Dr Karin Michael*

### 18.00–20.00 Evening break

20.00–21.30  
**World Café**  
Open space for various topics in joint exchange:  
research, social media, ICAAT, "Search&Find" as well  
as various projects

**Joint conclusion of the day**

Saturday, 13 January

08.15–09.00

**Artistic and meditative morning study**

- or -

**Work on the class lessons of the School**

(open to everyone) *Karin Michael*

- or -

**School of Spiritual Science study**

(for members of the School of Spiritual Science)

*Laura Piffaretti, Bernadette Gollmer, Ulrikke Stokholm*

09.15–10.00

**Case study 3: From the third seven-year period**

*Kristin Lumme, therapeutic speech,  
and Dr Karin Michael*

10.00–10.45 **Coffee break**

10.45–13.00

**Workshops**

13.00–15.00 **Lunch break**

15.00–17.00

**Workshops**

17.15–18.00

**Inspiration walks**

Where does your heart awaken? How does it inspire you?

Out and about in small groups.

18.00–20.00 **Evening break**

20.00–21.00

**The path from observation  
to contemplation, to awareness**

*Jutta Nöthiger*

21.00–22.00

**\* Eurythmy sound performance  
on the theme of the heart**

Conclusion by ICAAT

Sunday, 14 January

09.15–11.00

**Breakfast together before departure**

Space for exchange and conversation

*The conference language is German, with  
interpretation into English and Italian.*

— Subject to change —

\* Passages from the Duino Elegies on the theme of the heart - eurythmy sound performance

*Diana-Maria Sagvosdkina:*

Eurythmy, language & sound instruments

*Lena Sutor-Wernich:*

Speech, singing & sound instruments

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## Workshops

Friday and Saturday, 10.45–13.00 and 15.00–17.00 each day

*The content of the workshops is repeated next day. So one workshop can be attended on Friday and another on Saturday*

### Registration for the conference workshops

You can register for the workshops in the Schreinerei Saal between 16.00 and 17.00 before the conference starts.

### Details of the content of the various workshops

The exact titles and content of the workshops will be announced in the course of the autumn and can then be found on our website and will be announced in the Newsletter.

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## Contributors

**Ute Basfeld**, Waldorf teacher in creative speech, free religion, Deutsch Karl. Workshop on second and third seven-year period.

**Esther Böttcher**, therapeutic speech practitioner, Germany. Morning study.

**Monica Bissegger**, music therapist BVAKT, Germany. Workshop on first and second seven-year period.

**Ulli Kleinrath**, art therapist, Germany. Workshop focusing on second seven-year period, topic: exercises we love.

**Angelika Knabe**, Waldorf teacher in the preschool area, tutor.

**Kristin Lumme**, creative speech practitioner, puppeteer and drama teacher, Germany. Workshop on developmental delays in language, self-expression and movement, second and third seven-year period.

**Anne Margreet Muller**, music therapist, Netherlands Workshop on working with children between the ages of five and 18, but mainly second seven-year period.

**Karin Michael**, paediatrician, head of the Medical Section at the Goetheanum, Switzerland.

**Thekla Müller-Fleer**, ceramicist and art therapist, Germany. Workshop on first and second seven-year period.

**Jutta Nöthiger**, speech artist, art therapist (ED) specializing in drama and speech therapy, Rudolf Steiner School Birsek, Aesch (Switzerland).

**Laura Piffaretti**, music therapist, tutor and coordinator of ICAAT, Switzerland. Morning study

**Katrin Sauerland**, art therapist, Germany.

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## Contributors

**Katja Schulz**, art therapist, Germany. Morning study

**Roswitha Stein-Rauscher**, anthroposophical art therapist, sculptor and cultural studies teacher, Germany. Workshop on second seven-year period.

**Andrea Stückert**, anthroposophical music and singing therapist, music teacher and special needs teacher, Germany. The workshop will explore the first three seven-years periods in special needs education.

**Linda Teipen**, art therapist in painting and modelling, Germany.

**Katja von den Benken**, anthroposophical art therapist, Germany. Workshop on second seven-year period – developmental delays, anxiety.

**Marieke Schagen-Von Houts**, music therapist, Holland. Morning study: We will sing songs together which are especially suitable for children in the first seven years of life and experience them through play.

**Anna Wöhrle**, art therapist, Germany. Workshop on third seven-year period, predominantly anorexia and Asperger's autism. Conceptual presentation on working with wool pictures in this group of disorders and the challenges.

**Ali Rabjohns**, transpersonal arts counsellor, England. Seven–14- and 14–21-year-olds, some with autism and ADHD. Some are neurodivergent, some have attachment issues/disorders.

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## General information

### Translation services

We are happy to provide interpretation for our foreign guests if required. However, we count on your understanding that we can only financially arrange for such interpretation if the number of participants for a certain language group is seven or more; if fewer participants register for a particular language, you are requested to bring your own interpreter whom we will, of course, offer a free ticket for the conference.

(Requests until Dec. 16 to: [conferences@medsektion-goetheanum.ch](mailto:conferences@medsektion-goetheanum.ch))

### Accommodation

Use of a sleeping space in the dormitory: CHF 10/night, mats available, everything else must be brought with you. *The number of sleeping spaces is limited.*

**Conference rates** (including the two lunches and the breakfast on Sunday):

Support price:	CHF 390
Regular price:	CHF 290
Reduced price:	CHF 240
Student price:	CHF 190

### Registration

Online registration at: <https://goetheanum.ch/en/events/kt2024>

If you have any questions about registration, please contact our colleagues at the Goetheanum Reception: Tel +41 61 706 44 44 / [tickets@goetheanum.org](mailto:tickets@goetheanum.org)

**Donations** in support of the Anthroposophic Arts Therapies conference  
(*not to be used for remittance of the conference fee*)

#### From of Switzerland

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#### From Germany and the EU

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