



Save the dates...

Working with Polarities & Finding Healing Through the Middle

A First Class Conference

for Professionals who work Psychotherapeutically

September 9 (15:30) - September 12 (12:15), 2023

Goetheanum, Dornach, Switzerland

Blue Cards Required

Our world is increasingly experiencing fragmentation through polarization. It is becoming an essential priority to seek harmonization in many different life circumstances, finding ways to bring balance between various polarities. The Class Lessons of the School of Spiritual Science address this need and suggest meditative pathways for developing healing capacities by grappling with the polarities that we meet at the threshold.

This year's conference will focus on Class Lessons 5 and 6. Class 5 invites us to work with the polarities of light and dark, warm and cold, and life and death. In Class 6, we are brought through considerations regarding our connection to the elements of earth, water, air, and fire, and the ethers including light ether, chemical/sound ether, and life ether. Here too, polarities are manifest which require the development of specific capacities that ultimately strengthen our I and our ability to act in a healing way in earthly life.

Our clients also experience the struggle of finding inner peace and direction amidst the tugs of various polarities in their life and within themselves. How can our work with the Class Lessons illumine our work with clients? Can we recognize the struggle of polarities within our clients? Can our work with polarities, elements and ethers bring inspiration about fruitful ways of working with clients psychotherapeutically?

The conference is participatory, with small group work. The conference will include artistic work, conversation, and Class Lessons.

Interested First Class members from healing professions are welcome to attend, especially psychotherapists and all professionals who work in a psychotherapeutic way with clients. Please bring your blue card for admittance. Registration will be available later in 2023. The conference will be offered in the **English language**, with additional reading of the mantras in German. We invite conversation around translation possibilities; please email the preparation group with requests and suggestions by April 15, 2023.

To receive further emails about this conference, please email the initiative group with your contact information at FCPsych@googlegroups.com.

Warmly,

Giovanna Bettini, Wolfgang Drescher, Jacqueline Gerbrands, Boris Krause, Susan Overhauser, Tatiana Pavlova, and Ursula Schöbel

A Conference of the Medical Section of the School of Spiritual Science