



# **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. The conference will be offered in the **English language**, with additional reading of the mantras in German.

To register and receive further emails about this conference, please email the initiative group with your contact information at [FCPsych@googlegroups.com](mailto: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*

# Working with Polarities & Finding Healing Through the Middle 2023 Conference Schedule

Time	Saturday, Sept. 9	Sunday, Sept.10	Monday, Sept. 11	Tuesday, Sept. 12
9.00-10.15	15:30 Registration	Class Lesson 5 Free Rendering ( <i>Giovanna Bettini</i> )	Class Lesson 6 Free Rendering ( <i>Boris Krause</i> )	Class Conversation On Lessons 5 & 6
10.15-10.45		<i>Break</i>		
10.45-12.00		Small Groups: Working with Lesson 5	Small Groups: Working with Lesson 6	Review and Preview Closure, with Foundation Stone Meditation
12.00-14.30		<i>Lunch Break</i>		
14.30-16.00		Eurythmy	Eurythmy	
16.00-16.30	Introduction: Working with Polarities ~17:30 Viewing the Sculptural Group	<i>Break</i>		
16.30-18.00		Small Groups: Psychotherapeutic Implications	Small Groups: Psychotherapeutic Implications	
18.00-19.30	<i>Dinner Provided</i>	<i>Dinner Provided</i>	<i>Dinner Provided</i>	
19.30-21.00	Class Lesson 5 Reading ( <i>Giovanna Bettini</i> )	Class Lesson 6 Reading ( <i>Wolfgang Drescher</i> )	Group Conversation: Finding Healing Through the Middle	
21.00-21.10			Foundation Stone	

We will meet in rooms near the Goetheanum building in Dornach. To indicate your registration, please email the initiative group with your contact information at [FCPsych@googlegroups.com](mailto:FCPsych@googlegroups.com). The conference is offered in the **English** language; simultaneous translation in the same room is not available. Conference cost is Swiss Frank **CHF300** or Euro **€300**. Please bring exact cash. Dinner on Saturday, Sunday, and Monday evenings will be provided.