



International Conference on  
Therapeutic Speech and Drama Therapy

**Speaking from Warmth**

The immune system as embodied authenticity

**11 to 14 October 2023**

Medical Section at the Goetheanum

**Goetheanum**

Dornach, April 2023

Dear Colleagues,

In line with the theme of the Medical Section's Annual Conference in 2023, we too are focusing our "International Conference on Therapeutic Speech and Drama Therapy" on the immune system.

Dealing with the environment – this is the central task of the immune system in the conversation between inside and outside, between "own" and "alien". It forms the physiological boundary of the self. Yet it is only partially present from birth: in addition to the innate immune defence, the human immune system also has an adaptive area in which responses adapted to the immediate circumstances can be developed and stored.

Our human communication shows many parallels in the psychological field. Impression and expression are related to each other. Here we have the innate ability to interact. We acquire language and the ability to express ourselves in the course of our lives and develop very individual forms of communication.

The way the self deals with the world will be illuminated on different levels during the conference: in human development, on a physiological level and in connection with the forces of the zodiac.

In lectures, working groups and case presentations, we will address the questions "How does 'I' develop?" and "How can I support the development of the 'I' therapeutically?"

We will translate the contributions in the plenum into German, Dutch and English. For the unit "A look into the world" on reports from the professional fields, please contact Esther Böttcher in advance via mail [esther.boettcher@medsektion-ikam.org](mailto:esther.boettcher@medsektion-ikam.org).

Looking forward to seeing everyone!

The preparatory group

*Esther Böttcher, Marjo van der Himst, Dietrich von Bonin, Xandor Koesen-York, Kristin Lumme, Franziska Schmidt von Nell*

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## Attunement to the day

Thursday to Saturday, 08.00 – 08.45 each day

Bothmer® gymnastics *Urs Kohler*

Meditative work *Oliver Ifill*

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## Workshops

Thursday to Saturday, 11.30–12.45 each day

### 1. The 'I' experience *(DE)*

Aspects of the understanding of the human being and tested exercises for therapeutic practice on the incarnation process

*Franziska Schmidt von Nell*

### 2. The healing gesture *(NL, DE, EN)*

Active work on penetrating with warmth and transforming the pain bound up in the etheric body through drama therapy.

*Jessica Westerkamp*

### 3. "...but what I am remains hidden in the light..." *(DE)*

Aspects of light and warmth in working with young people with and through language.

*Jutta Nöthiger*

### 4. The authentic voice *(DE/EN)*

Warm-ups for body, soul and spirit as ways to develop the voice – with eurythmy and vowel exercises and healing aspects of the sounds.

*Kristin Lumme, Mona Lenzen Abouleish*

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## Discussion in the specialist areas

Thursday to Saturday, 14.45–16.00 each day

Serves as a forum for discussion among colleagues. You are welcome to bring along questions and contributions from your own everyday professional life.

Wednesday, 11 October

14.45–16.00

School of Spiritual Science work on the 8th class lesson in the context of the conference topic (DE)

for members of the School of Spiritual Science

*Xandor Koesen-York, Marjo van der Himst, Oliver Ifill*

- or -

Introduction to the work of the School of Spiritual Science (DE/NL/EN)

Open event for everyone interested  
*Agnes Zehnter*

16.30 Conference start

16.00–18.00

Welcome and introduction

Foundation Stone verse

*Oliver Ifill, Marjo van der Himst*

Commemoration of the dead with poetry, eurythmy and Campanula music

*Kristin Lumme, Mona Lenzen Abouleish, Jan-Gabriel Niedermeier*

18.00–20.00 Evening break

20.00–21.30

Interactive case presentation on the topic of authenticity

*Jessica Westerkamp*

Thursday, 12 October

08.00–08.45

Attunement to the day

9.00–09.15

Announcements and look ahead

9.15–10.45

Language development and immune system

*Dietrich von Bonin, Jan-Gabriel Niedermeier*

10.45–11.15 Break

11.15–12.45 Workshops

12.45–14.45 Lunch break

14.45–16.00

Discussion in the specialist areas

Everyone working in education and special needs education

*Kristin Lumme, Xandor Koesen-York*

Everyone working in therapeutic centres, hospitals and surgeries

*Esther Böttcher, Dietrich von Bonin*

16.00–16.30 Break

16.00–18.00

Project and research presentation

- Bachelor thesis  
*Contribution from University of Applied Sciences Leiden*
- Sinusitis project  
*Franziska Schmidt von Nell*

18.00–20.00 Evening break

20.00–21.30

Interactive evening

Drama therapy games

*Marjo van der Himst, Jessica Westerkamp*

## Friday, 13 October

08.00–08.45

**Attunement to the day**

09.00–09.15

**Announcements and look ahead**

09.15–10.45

**Self-knowledge in language and physiology:  
the spleen as an organ of the spirit-self**

*Johannes Weinzirl, Esther Böttcher*

10.45–11.15 Break

11.15–12.45. **Workshops**

12.45–14.45 Lunch break

14.45–16.00

**Discussion in the specialist areas**

Everyone working in education and special  
needs education

*Kristin Lumme, Xandor Koesen-York*

Everyone working in therapeutic centres,  
hospitals and surgeries

*Esther Böttcher, Dietrich von Bonin*

16.00–16.30 Break

16.30–18.00

**Project and research presentation**

- Master's thesis on voice circle training  
*Kristin Lumme*
- WHO and Benchmarks  
*Marion Debus*

18.00–20.00 Evening break

20.00–21.30

**The immune system and its connection  
with the forces of the zodiac**

*Astrid Engelbrecht*

## Saturday, 14 October

08.00–08.45

**Attunement to the day**

09.00–09.15

**Announcements and look ahead**

09.15–10.45

**How do I become 'I'? Language, heredity,  
environment and immune system.**

*David Martin*

10.45–11.15 Break

11.15–12.45. **Workshops**

12.45–14.45 Lunch break

14.45–16.00

**Discussion in the specialist areas**

Everyone working in education and special  
needs education

*Kristin Lumme, Xandor Koesen-York*

Everyone working in therapeutic centres,  
hospitals and surgeries

*Esther Böttcher, Dietrich von Bonin*

16.00–16.30 Break

16.30–18.00

**11.15 A look into the world**

**Review and outlook in discussion**

*Agnes Zehnter, Esther Böttcher,  
Franziska Schmidt von Nell*

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## Lecturers and contributors

**Oliver Ifill**, Lecturer in speech and drama, special needs teacher and speech therapist, works in creative speech and dramatic arts training in Helsinki, in the Mystery Drama Ensemble and in eurythmy training.

**Marjo van der Himst**, Creative speech practitioner, art therapist specialising in speech and drama therapy, lecturer in this field at the University of Applied Sciences Leiden. (NL).

**Kristin Lumme**, Works as a creative speech practitioner and speech therapist as well as a drama teacher at the Mannheim Free Waldof School. Lecturer at Logoi – Academy for Creative Speech, Drama and Social Art and at the Centre for Culture and Education in Vienna.

**Franziska Schmidt von Nell**, Creative speech practitioner and therapist at Klinik Arlesheim (Switzerland), course leader MAS Cranio Facial Kinetic Sciences/Continuing Education University of Basel (CH).

**Dr med Marion Debus**, Co-leader of the Medical Section since September 2023, medical director of the Department of Oncology at Klinik Arlesheim, on the editorial staff of *Merkurstab*, and member of the leadership of the in-service Havelhöhe Medical Seminar (Berlin). Board member of the Society of Anthroposophical Physicians in Germany (GAÄD).

**Jessica Westerkamp**, Actress (trained by Christopher Markus), art therapist specialising in speech and drama therapy, lecturer in drama therapy at the Leiden University of Applied Sciences (NL) and at AmWort (CH).

**Dietrich von Bonin** MME. Art therapist (ED) specialising in drama and speech therapy. Lecturer, course leader and author, Bern (CH).

**Prof Dr med David Martin**, Specialist in paediatric and adolescent medicine, endocrinology, diabetology, oncology. Professor of paediatrics at the University of Tübingen, then director of the Institute for Integrative Medicine and the Gerhard Kienle Chair of Medical Theory, Integrative and Anthroposophic Medicine at the University of Witten/Herdecke (D).

**Dr Astrid Engelbrecht**, Specialist in general practice, Anthroposophic Medicine in Hamburg. Research on medical topics based on supersensory perception. Lectures and seminars, author.

**Dr med Johannes Weinzirl**, Senior physician in internal medicine at Klinik Arlesheim. Co-editor of commentaries on the medical writings of Rudolf Steiner attached to the Senior Professorship for Medical Anthropology at the University of Witten/Herdecke. Extensive teaching activity, including in the leadership team of the Arlesheim Academy.

**Esther Böttcher**, Self-employed as a therapeutic speech practitioner, lecturer, course leader, founder of the Active Lifeset Academy and strader:tech (D)

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## Lecturers and contributors

**Xandor Koesen-York**, Therapeutic and educational creative speech practitioner, art therapist (ED) specialising in drama and speech therapy. Krefeld Therapeutic Centre, the Remedial and Special Needs School of the Essen Free Waldorf School, practice in Straelen (D).

**Urs Kohler**, Bothmer® gymnastics and gym teacher / sculptor and design art teacher. Fields of work on various courses with Bothmer® gymnastics, at conferences, seminars and continuing lay courses, artistic design, modelling, stone carving in the upper school of the Basel Rudolf Steiner School (CH).

**Jan-Gabriel Niedermeier**, Physician in further training as a paediatrician at the Filderklinik (D), couple and sex therapist, founder of the Active Lifeset Academy and strader:tech (D).

**Jutta Nöthiger**, Creative speech practitioner, art therapist (ED) specialising in drama and speech therapy, Birsek Rudolf Steiner School, Aesch (CH).

**Agnes Zehnter**, Creative speech practitioner, AmWort course leader, coordinator of creative speech training courses worldwide within the Section for the Performing Arts, co-founder of the Creative Speech Network, artistic, educational and therapeutic work, Dornach (Switzerland).

**Mona Lenzen Abouleish**, Eurythmy diploma 1990, Hamburg Eurythmy School. Fields of activity as a eurythmist in art, education and adult education. Freelance lecturer in Germany and Egypt.

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## General information

We are happy to provide simultaneous interpretation for our foreign guests if required. However, we hope you will understand that this is only financially viable for us if there are seven or more participants for any given language group; if fewer participants register for a particular language, you are requested to bring your own translator who will be offered a free ticket to the conference.

(Requests by 1 October 2023 to francois.bonhote@medsektion-goetheanum.ch)

## Conference rates

Support price	CHF 500
Normal price	CHF 390
Reduced price	CHF 290
Student price	CHF 190

## Online-Registration

<https://tickets.goetheanum.ch/3SG/>

## Donations

To support the creative speech conference  
(not to be used for remittance of the conference fee)

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