



Medical Section at
the Goetheanum

Research Congress

One Health

**“Studying and Addressing LIFE in
Medicine”**

An Anthroposophic Medicine research congress on concepts,
research methods and implementation in clinical practice

March 3–5, 2023

at the Goetheanum Schreinerei

Dear colleagues, professionals, students and researchers from all medical professions,

We hereby invite you all to the 2023 Anthroposophic Medicine Research Congress with the main topics of:

- One Health
- Life research: How to understand and study life and how to apply this knowledge in clinical practice
- The latest Anthroposophic Medicine research projects and results

Day 1: One Health

"One Health is an integrated, unifying approach that aims to sustainably balance and optimize the health of people, animals and ecosystems. It recognizes that the health of humans, domestic and wild animals, plants, and the wider environment (including ecosystems) are closely linked and inter-dependent.

The approach mobilizes multiple sectors, disciplines and communities at varying levels of society to work together to foster well-being and tackle threats to health and ecosystems, while addressing the collective need for clean water, energy and air, safe and nutritious food, taking action on climate changes and contributing to sustainable development." (https://www.who.int/health-topics/one-health#tab=tab_1)

Anthroposophic Medicine represents a holistic, integrative approach that considers human, animal and plant health in a common context and comprehensively promotes biodiversity and self-regulation. As an ecological medicine, it supports the One Health concept and strives for a comprehensive Sustainable Health & Health Care System by taking into account the environment, the social context and the economic conditions.

On Day 1 of the conference we will explore the One Health development and the contribution of Anthroposophic Medicine to this development, as well as the need for further integration of and cooperation between diverse domains and sectors.

Day 2: Life research

To explore and fully understand the conditions of life and life itself, the methods and concepts of conventional (natural) science, based on a (post)modern worldview, do not appear to be sufficient. They need to be matched by methods and concepts from spiritual science. What are the consequences, challenges and opportunities/ chances of an integrated holistic, i.e. natural and spiritual science based concept of life for science and for healthcare practice?

On the second day of the congress we will first explore the contributions and limitations of conventional concepts of life and how spiritual science can help to improve our understanding of life. Then we will examine how we can study life in nature (plants, animals) and medicine; which conventional and anthroposophic methods can be used and what kind of results do they 'produce'? Subsequently we will hear how and with which results life processes are studied and addressed in Anthroposophic Medicine, for example in Anthroposophic Medicine diagnostics, eurythmy therapy, physiotherapy, biography work, psychotherapy, pharmacy, and art therapy nursing, and also in bio-dynamic agriculture and Waldorf education. In eight workshops these and other topics will be discussed further.

Day 3: Anthroposophic Medicine research

On the last day of the congress we will have parallel workshop sessions where all latest research projects on Anthroposophic Medicine research will be presented and discussed. The congress will end with a plenary discussion on four questions:

- What did we learn from the congress that is important for the future development of Anthroposophic Medicine?
- Where do we stand with the concepts, methods and implementation of life knowledge?
- Which questions do we have to answer through our research in the next 10 years?
- How can we collaborate within and outside of Anthroposophic Medicine?

The congress is primarily meant for Anthroposophic Medicine healthcare professionals, healthcare students and researchers.

For the preparatory group

Georg Soldner, MD Prof. Dr. Erik W. Baars

Friday, March 3

ONE HEALTH RESEARCH

14.30 **Opening of the congress**

Welcome by Georg Soldner and Erik Baars

14.45 **Our world in crisis: A crisis of worldviews?**

Annick de Witt

15.15 **Q&A with the speaker**

15.30 **Progress towards sustainable pharmacy?**

Christian Peifer

16.15 **Q&A with the speaker**

16.30 *Break*

17.00 **One Health: Theory, methods and epistemological implications**

Jakob Zinsstag

17.45 **Q&A with the speaker**

18.00 *Dinner Break*

19.30 **Properties of life - proposal for a concept of understanding the organism and its consequences**

Bernd Rosslénbroich

20.00 **Q&A with the speaker**

20.15 **Panel discussion on One Health with all speakers of Day 1**

21.00 *End*

Saturday, March 4

LIFE RESEARCH

09.00 **Conventional concepts of life, their limitations and anthroposophic concepts**

Erik Baars

09.30 **Research on life processes in eurythmy therapy**

Katharina Gerlach

10.00 **Q&A with the speakers**

10.15 *Break*

Research Methods to study Life

10.45 **How to study life with systems biology?**

Herman van Wietmarschen

11.15 **Q&A with the speaker**

11.30 **How to study life with imagination, inspiration and intuition? (lecture in German)¹**

Dorian Schmidt

12.00 **Q&A with the speaker**

12.15 **How to study life with Goethean phenomenology? (lecture in German)¹**

Friedrich Edelhäuser

12.45 **Q&A with the speaker**

13.00 *Lunch Break*

Workshops

14.00 **In-depth Workshops Round 1**

15.00 **In-depth Workshops Round 2**

16.00 *Break*

16.30 **How to diagnose the living human being (*Bildnatur des Menschen*)?**

Pim Blomaard

¹ The German lecture will be simultaneously translated in English

17.00	Q&A with the speaker
17.15	Biographic development as an expression of life Personal development, participation, biography, disease and development <i>Bettina Berger</i>
17.45	Q&A with the speaker
18.00	Research on life processes in anthroposophic physiotherapy <i>Nicole Weerts</i>
18.30	Q&A with the speaker

18.45	<i>Dinner Break</i>
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20.00	In search for biodynamic milk quality, a narrative about health <i>Ton Baars</i>
20.30	Q&A with the speaker
20.45	Health promotion through education <i>Karin Michael</i>
21.15	Panel discussion on Life Research with all speakers of Day 2

21.30	<i>End</i>
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Workshops

Saturday, 14.00–16.30 (two rounds)

1. **Methodology** (all available methodological speakers, Erik Baars)
2. **Intuitive multidisciplinary healthcare meeting – assessing the whole picture of the patient** (Pim Blomaard)
3. **Physiotherapy** (Nicole Weerts & Gita van Duinen)
4. **Pharmacy** (Mónica Mennet-von Eiff & Friederike Tews)
5. **Psychotherapy** (John Lees)
6. **Art therapy** (Hiltrun Rolff)
7. **Healthy education** (Karin Michael)
8. **Worldviews** (Annick de Witt)

Sunday, March 5

ANTHROPOSOPHIC MEDICINE RESEARCH

09.00 **Eurythmy – vitalizing exercises**

Katharina Gerlach

Parallel sessions Anthroposophic Medicine research (4 sessions of 15 min per round)

09.30 **1st Round²**

10.30 *Break*

11.00 **2nd Round**

12.00 **Plenary discussion with questions and mentimeter**

1. What did we learn from the congress that is important for the future development of Anthroposophic Medicine?
 2. Where do we stand with the concepts, methods and implementation of one health and life knowledge?
 3. Which questions do we have to answer in the next 10 years?
 4. How can we collaborate within and outside of Anthroposophic Medicine?
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13.00 *End*

² Including one session for young researchers (organized by Beate Stock-Schroer)

Speakers and Workshop Leaders



Prof. Dr. Erik W. Baars, MD, MSc Epidemiology, PhD

Medical doctor and epidemiologist Dr. Erik Baars has worked in anthroposophic medicine for more than fifteen years. Since 2000 he is a senior healthcare researcher at the Louis Bolk Institute. Since 2007 he is a professor of Anthroposophic Medicine at the University of Applied Sciences Leiden, The Netherlands. Erik Baars has more than 250 publications to his name. Together with Prof. Peter Kooreman he received the “Excellence in Integrative Medicine Research Award” (category ‘clinical research’) from the European Society of Integrative Medicine. He is also an editorial board member for the scientific journals Healthcare and Medicines.



Prof. Dr. Ton Baars

As a trained ecologist, Dr. Ton Baars obtained his PhD at Wageningen University (NL). He was the first (endowed) chair for biodynamic agriculture at the University of Kassel (DE), (2005–2011). His research interests are on cow milk quality, raw and raw fermented milk in relation to human health. Currently, he works at Utrecht University (NL) at the Dpt. Immunopharmacology, on research on raw milk and raw milk kefir.



Dr. Bettina Berger

Studies in theology, cultural and health sciences. In 2008 doctorate on an empowerment training in health competence for medical laymen and patients.

Since 2010: Associate at the Chair of Medical Theory, Integrative and Anthroposophical Medicine at the University of Witten/Herdecke and board member of Positive Health Germany. Established the Research and Teaching Centre at the Herdecke Community Hospital.

Research focus: Integrative health competence (development support instead of pathologisation, social skills, integrative type 1 diabetology, introspection/first person perspective).

In 2021 awarded with the „Holzschuh Preis“ for Integrative Medicine 2021.

Speakers and Workshop Leaders



Dr. Pim Blomaard

Studied philosophy in Leiden, was teacher in philosophy and wrote his PhD on ethics about the care relationship (Beziehungsgestaltung, Verlag am Goetheanum). He was many years managing director of the Raphaëlstichting, an anthroposophical organization for people with special needs. He carried out at the Vrije Universiteit Amsterdam several research projects, f.i. on the person-centred intuitive multidisciplinary healthcare meeting. He now works on anthroposophical care at the University of Applied Sciences in Leiden and is chairman of the board of the Anthroposophical Society in the Netherlands.



Gita van Duinen

General physiotherapist in primary health care and specialized child- and youth mental health care with complex psychotrauma. Teacher movement therapy at vocational training anthroposophical physiotherapy. Former chairman NVAF. Participant in project "Severe fatigue: what is the impact of anthroposophic physiotherapeutic intervening?", five experienced physiotherapists supervised by Erik Baars have developed a methodological approach based on the three- and fourfoldness for the treatment of severe fatigue in adults.



Prof. Dr. med. Friedrich Edelhäuser

Professorship in training in Anthroposophic Medicine. Neurologist, physician-in-charge of the department of early rehabilitation at the Herdecke community hospital and member of the leadership team of the Integrated Curriculum for Anthroposophic Medicine at Witten/Herdecke University. Member of the full executive council of the Society of Anthroposophic Physicians in Germany and of its Academy leadership team. Main research topics are the phenomenology of human movement, studies on the physiological effects of non-pharmacological therapies and topics of training research in medical studies.

Speakers and Workshop Leaders



Dr. Katharina Gerlach

Eurythmy therapist. Doctorate at the University of Witten/Herdecke. Research focus: documentation of movement-oriented mind-body therapies and therapeutic case-vignettes. Research associate at the Research Institute (RIArT) and the Institute for Eurythmy Therapy, both at Alanus University. Team IKAM Coordination International Department of Eurythmy Therapy at Medical Section, School of Spiritual Science, Dornach/CH. Own practice in the Therapeutikum Krefeld/Germany. Therapeutic focus: neurological diseases, fatigue and depression issues, diseases of the musculoskeletal system and “Life issues in motion” using certain movement meditations in solution-focused brief interventions with Eurythmy Therapy.



John Lees, PhD

John Lees is an anthroposophic psychotherapist and supervisor working in private practice and on Zoom. He is registered with the United Kingdom Council for Psychotherapy (UKCP) and accredited with the British Association for Counselling and Psychotherapy (BACP). Chair of the International Federation of Anthroposophic Psychotherapy Associations (IFAPA), course leader for the training in anthroposophic psychotherapy in the UK, and Board member of Mercury, the UK Association. He has published over 30 peer reviewed articles, 10 of which have been about anthroposophic psychotherapy. His main research interest is developing the practice (and theory) of anthroposophic psychotherapy based on looking at cases ‘in all their idiosyncracies’ to quote Rudolf Steiner.



Mónica Mennet-von Eiff, PhD

PhD in clinical pharmacy. 23 years industrial experience working for Weleda AG in different positions. Nowadays Head of International Regulatory Affairs, Pharmacovigilance and Public Affairs. In a co-leadership responsible for the Competence Center Anthroposophic Pharmacy at Weleda AG.

Member of the HOM WP (Homeopathic Working Party) of the European Pharmacopoeia (Ph. Eur). Board member in various national and international complementary medicine associations. President of the Association for Anthroposophic Extended Pharmacy in Switzerland (VAEPS) and board member of IAAP (International Association for Anthroposophic Pharmacists).

Speakers and Workshop Leaders



Dr. med. Karin Michael

She completed a specialist seminar for geriatric nursing before studying human medicine and accompanying Anthroposophic medicine at the University of Witten/Herdecke. In her further training as a pediatrician, Karin worked at the Community Hospital in Herdecke at the DRK Children's Hospital in Siegen and the University Children's Hospital in Cologne. Since 2008, she has worked as a senior physician in the pediatric outpatient clinic at the Herdecke Community Hospital, and from 2014–21 also as a school doctor at the Rudolf Steiner School in Bochum. In 2021, she founded the „von Tessin Center for Health and Education“ with Prof. Dr. Zdražil at the Freie Hochschule Stuttgart.



Prof. Dr. rer. nat. Christian Peifer

Christian Peifer obtained his PhD in Medicinal Chemistry at the University of Mainz. After a postdoc in Scotland and his habilitation in Tübingen, he worked in the pharmaceutical industry and accepted in 2010 a PI position at the Pharmaceutical Institute in Kiel. The research of his group is based on drug discovery & biological chemistry with a focus on sustainable pharmacy. The impact of drug residues into the environment via wastewater or improper disposal represents a global problem which will significantly increase in the coming decades as a result of the demographic change. His lecture reports on pharmaceuticals with high environmental relevance and possible solutions will be discussed.



Prof. in Hiltrun Rolff

Hiltrun Rolff is an artist, art therapist and professor of art therapy at the Alanus University of Arts and Social Sciences. In addition to many years of practical experience as an art therapist, teaching therapist, supervisor in Germany and abroad, in clinical and outpatient fields of work, she developed a 4-year part-time Bachelor's degree programme, Art Therapy Social Art, for the Alanus University, which she led and constantly developed from 2010 to 2022. Parallel to this, from 2006 onwards, she built up the postgraduate further education programme – Art Therapy, Interdisciplinary Medicine and Psychology, which in 2022 became the Institute – Kth.IMP Artistic Therapies, Interdisciplinary Medicine and Psychology, for which she has taken over the management.

Speakers and Workshop Leaders



PD Dr. med. vet. Bernd Rosslenbroich

Bernd Rosslenbroich is an evolutionary biologist and chairs the Institute for Evolutionary Biology Witten/Herdecke University, Germany. His general interests are patterns and processes in macroevolution, systems biology, and philosophy of biology and medicine. The approach of his team is to analyze morphological and physiological patterns and trends and then to learn about underlying processes. He is especially interested in organismic concepts of biology which take due account of the specific characteristics of the organism.



Dorian Schmidt

Dorian Schmidt has worked since 1993 on developing a methodical way to attain perception and knowledge of the life forces within and around us. Starting from his own deep connection with nature, having been a biodynamic gardener for many years, Dorian has worked with different groups and research institutions including The Institute for Biodynamic Research in Germany and Verein für Krebsforschung in Switzerland.



Georg Soldner

Specialist in Pediatrics. Joint practice in Munich (DE) with a focus on the treatment of chronically ill children from 1994 to 2016.

Member of the Executive Board of the Association of Anthroposophic Physicians in Germany since 1999 and Director of the Academy Anthroposophic Medicine in Germany since 2013.

Deputy head of the Medical Section of the School of Spiritual Science at the Goetheanum (CH) since 2016.

Speakers and Workshop Leaders



Friederike Tews

Pharmacist. Studied at the Philipps University in Marburg, qualified pharmacist since 2007, working experience in public pharmacies and the pharmaceutical industry. Further training in coaching, visual arts and anthroposophic pharmacy (GAPiD, VAEPS). From August 2019, working at Weleda AG's Competence Centre for Anthroposophic Pharmacy in Arlesheim. Responsibilities include knowledge transfer (organisation of trainings, lectures), cooperation with research institutes as well as knowledge management (library, archives).



Nicole Weerts

Pediatric physiotherapist. Started in 2018 a PhD trajectory project about the effectiveness of a complex intervention for paediatric sleep problems. E.g. a combination of anthroposophical medical products, parental counselling, dietary advice, rhythmic massage or sensory information processing interventions) for young children (aged 6-36 months) compared to usual treatment (sleep hygiene, behavioral interventions). Participant of the project "Severe fatigue: what is the impact of anthroposophic physiotherapeutic intervening?". Five experienced physiotherapists supervised by Erik Baars have developed a methodological approach based on the three- and fourfoldness for the diagnostic and treatment of adults suffering severe fatigue.



Dr. Herman van Wietmarschen, PhD

Herman van Wietmarschen is senior scientist integrative health at the Louis Bolk Instituut. His mission is to advance cooperation and integration of complementary care and conventional care. He is working with healthcare professionals towards implementation of complementary care, conducts pragmatic participatory evaluations, and studies working mechanisms. He has published over 50 scientific papers, is editor in chief of Tijdschrift Integrale Geneeskunde, is board member of the Academy of Integrative Medicine.

Speakers and Workshop Leaders



Annick de Witt, PhD

Annick de Witt is a researcher, educator, facilitator, and the director of Worldview Journeys Foundation. Annick has a broad background in the field of sustainability transformation and transformative education. She is affiliated with both Utrecht and Wageningen University. Her research into worldviews resulted in many academic publications as well as a new worldview-measurement, the Worldview Test. Annick writes about these topics both scientifically and popularly. She is also a passionate speaker and skilled facilitator.



Prof. Dr. Jakob Zinsstag

Prof. Dr. Jakob Zinsstag is a veterinarian with a PhD in tropical animal health. He spent eight years in West Africa at the International Trypanotolerance Centre in The Gambia and four years as the director of the Centre Suisse de Recherches Scientifiques in Côte d'Ivoire. Since 1998 he heads a research group on human and animal health at the Swiss Tropical and Public Health Institute. Since 2011 he is deputy head of department of Epidemiology and Public Health at Swiss TPH. He focuses on the control of zoonoses in developing countries and the provision of health care to mobile pastoralists using a One Health approach. He is past president of the International Association for Ecology and Health and former president of the scientific board of the Transdisciplinary network of the Swiss Academies. He is editor-in-chief of CABI One Health resources.

General Information

Translation

Conference language is English. Two lectures will be held in German and simultaneously translated to English (see program of Saturday morning).

Conference fee

Regular price: CHF 325 (lunch included), dinner 2 x 25 CHF to be booked separately

Reduced price: CHF 200 (lunch included), dinner 2 x 25 CHF to be booked separately

*Support price: CHF 480 (lunch included), dinner 2 x 25 CHF to be booked separately

*Makes it possible to support conference participants from poorer/remote countries.

Registration

Online registration at:

www.goetheanum.org/foko2023

www.goetheanum.org/en/reco2023

If you have any questions about registration, please contact the colleagues at the Goetheanum reception: Tel +41 61 706 44 44 / tickets@goetheanum.org

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