



Goetheanum
Medical Section

Announcing a 12-module, 3-year medical-educational
and school doctor training program:

Salutogenesis and Health Promotion in Childhood and Adolescence

Advanced training for educational and therapeutic professionals

Offered by the Medical Section at the Goetheanum

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School Doctors Meditation

It was in ancient times,
There lived in the initiates' souls
Powerfully the thought
That ill by nature
Is every human being.
And educating was considered to be
Like a healing process
Which brought the maturing child health
For life's full-filled humanity.

Rudolf Steiner (CW 316)

To foster healthy development in today's children and young people, there is a growing need for committed work not only in education, but also in curative education and therapy. The upcoming multi-professional training course "Salutogenesis and Health Promotion in Childhood and Adolescence" has been created to support those who are seeking new ways to promote healthy development in their schools and communities. The basis for this work is the integrative approach of salutogenesis (health creation) as described by Aaron Antonovsky, expanded through developmental physiology and psychology, all in connection with anthroposophical knowledge of the human being.

Core topics include: sensorimotor development, 12 senses and 7 life processes, embodiment, regulation and rhythmic function, sleep, nutrition, movement, ability to act, imagination and creativity, learning and memory formation, resilience, healthy development of self-confidence and autonomy.

Each unit contains seminar teaching, practical exercises, artistic elements as well as space for dialogue and exchange of experiences.

Target group

The training is aimed at doctors, teachers (including those with Extra Lesson training), school psychologists, school nurses and school social workers who want to acquire the professional salutogenetic and anthroposophic medical foundations for working in kindergartens and schools.

Prerequisite

Generally, a foundational pedagogical or therapeutic training is required.

The aim is for all therapeutic and educational professional groups is to increase their knowledge and awareness of healthy development and learning processes, alongside practical supports and interventions for everyday life.

Through this program, people with medical training will receive the theoretical basis for professional work as a kindergarten and school doctor. For this group of participants, further training opportunities include case preparation and presentation, plus mentoring opportunities.

Time frame

The training consists of 12 thematic blocks spread over 3 years (9 meetings held online, 3 meetings done in-person). In-person conferences are offered as either a training week (6 days) in Bangkok, Thailand or the annual training conference for kindergarten and school doctors at the Goetheanum in Dornach/Switzerland (3.5 days). Both events take place in October.

When possible, participation in the conferences may also be offered in hybrid form.

Certifications

Everyone will receive a certificate of participation for the modules. For those who complete the modules and also attend a final interview/discussion, you can be awarded a certificate which corresponds to your professional profile., e.g. Waldorf kindergarten and school doctor, Waldorf kindergarten and school psychologist, or Waldorf kindergarten and school social worker.

For doctors, participation in the modules covers the instructional part of the kindergarten and school doctor training. In order to be eligible for certification as a kindergarten or school doctor: 3 case histories must be prepared and presented (when possible, integrated into the in-person modules, otherwise submitted in written form) and at least one year of mentored practice must be completed. The certification process ends with an interview and discussion of the cases.

Costs

- School doctors conference at the Goetheanum: currently approx. 395 CHF (discounts possible)
- Online modules (each):
 - Regular price 50 CHF (supporter: more than 50 CHF)
 - Reduced price 25 CHF
 - Scholarships available for special situations
- Module in Bangkok, Thailand: approx. 250–300 CHF (living costs: hotel around 25–30 CHF)

Modules

Included in each module is information about the therapeutic effects of the arts, eurythmy and eurythmy therapy. Practical exercises and examples run through all 12 modules!

Module 1

Bangkok, October 3–9, 2026: Fundamentals of Anthropology

(Venue: Panyotai Steiner Waldorf School)

- The physiological threefold structure of the organism in its development: nervous-sensory system, rhythmic system, metabolic-limb system;
- The four “essential elements” or organizational systems of the human constitution in their connection with the natural kingdoms: Mineral, Plant, Animal, as well as the three aggregate states of matter and heat as the fourth organizing principle.

Module 2

Online, January 16, 2027: First Phase of Life

- Embryology, unbornness, pregnancy, birth, early childhood and senses;
- Prematurity, embodiment, reflexes, neurological development, sensory development;
- Karma.

Module 3

Online, March 20, 2027: Sensory Education and Development

- The 12 senses and the 7 life processes;
- Media education and nature experience;
- Hypersensitivity.

Module 4

Online, June 19, 2027: ADHD and Autism spectrum

- Perceiving the world in different ways. Attention deficits, learning difficulties;
- Sensory integration disorder.

Module 5

Bangkok, October 9–16, 2027: Constitutions

- Constitution types, temperaments;
- Aggression, Social and antisocial drives, dealing with conflicts.

Module 6

Online, January 15, 2028: Child observation

- First-grade readiness, metamorphosis of the etheric forces;
- Child study and teachers' conferences.

Module 7

Online, March 18, 2028: Inner Path

- The inner path of the teacher and the doctor;
- Subsidiary exercises;
- Meditation in health, crisis and illness.

Module 8

Online, June 17, 2028: Chronobiology and Learning

- Breathing and sleeping in the life of the child. Learning to breathe and sleep;
- Sleep and memory;
- How do Waldorf's educational elements resonate with child development?

Module 9

Bangkok, October 8–15, 2028: Developmental Steps, Biographical Transitions

- Developmental steps at 7, 9, 12, 14 years (school readiness and school ability, Rubicon, pre-puberty, puberty and the new “etheric heart”).

Module 10

Online, January 20, 2029: Puberty and Adolescence

- Puberty, adolescence, taking responsibility, judgment;
- Identity, gender issues, being male, female or diverse;
- Violence and addiction prevention.

Module 11

Online, March 17, 2029: Mental health

- Etheric heart and mental health;
- Trauma, depression, post-traumatic stress and anxiety in childhood and adolescence;
- Crises in adolescence, bullying, eating disorders, “cutting”, borderline disorders.

Module 12

Online, June 16, 2029: Therapeutic Community

- The joint work of the different professional groups;
- The importance of the child conference and the school as a whole social organism;
- Discussions and therapeutic counseling between teachers, parents and therapists;
- Questions of destiny.

Inner structure for online sessions

Session part 1	Session part 2	Session part 3	Time
Intro and presentation 60'		Small group work 30'	90'
Pause			30'
Q&A 25'	Case presentation 25'	Discussion in groups 25'	75'
Pause			15'
Closing panel 60'			60'
			4,5 hours

Further reading

Module 1 and Literature for Preparation:

Steiner, Rudolf: *The Education of the Child and Early Lectures on Education*, New York 1996 [CW 293 & 66].

Steiner, Rudolf: *Study of Man: General Education Course*, Forest Row 1995 [CW 293].

Steiner, Rudolf: *Theosophy. An Introduction to the Spiritual Processes in Human Life and in the Cosmos*, New York 1994 [CW 9, 1st and 2nd chapters].

Antonovsky, Aaron: *Unraveling the Mystery of Health: How People Manage Stress and Stay Well*, San Francisco 1987.

Glöckler, Michaela: *Education for the Future: How to Nurture Health and Human Potential? Experiences and Perspectives from the Global Waldorf Movement for Education in the 21st Century*, Stroud 2021.

<https://www.tessin-zentrum.de/en/health-medicine>

Module 2:

Glöckler, Michaela, Goebel, Wolfgang, Michael, Karin: *A Waldorf Guide to Children's Health*, Edinburgh 2019.

Selg, Peter: *Unbornness: Human Pre-existence and the Journey toward Birth*, New York 2010.

Module 3:

Glöckler, Michaela: *Growing Up Healthy in a World of Digital Media: A Guide for Parents and Caregivers of Children and Adolescents*, Stroud 2009.

Haidt, Jonathan: *The Anxious Generation. How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness*, New York 2024.

Steiner, Rudolf: "12 senses and 7 life processes", in: Id., *The Riddle of Humanity*, New York 2026 [CW 170], 7th lecture, 12 August 1916 [<https://rsarchive.org/Lectures/GA170/English/RSP1990/19160812p01.html>].

Steiner, Rudolf: "The 12 senses of the human being in their relationship to imagination, inspiration and intuition", in: Id., *Spiritual Science as a Foundation for Social Forms*, Ghent, NY 1986 [CW 199], lecture of 8 August 1920 [<https://rsarchive.org/Lectures/GA199/English/AP1986/19200808p01.html>]

Steiner, Rudolf: "The 12 senses of the human being", in: Id., *The Human Being as Spiritual Being Evolving Through the Course of History*, n.p. 2025 [CW 206], lecture of 22 July 1921 [<https://rsarchive.org/Lectures/GA206/English/APC1958/19210722p01.html>]

Vianin, Béatrice: *Tore zu Welt und Seele. Die zwölf Sinne des Menschen*, Arlesheim 2012 [French translation: *Les douze sens de l'être humain. Connaître, soigner et développer son organisme sensoriel*, Arlesheim 2012].

Module 4:

Eikenboom, Joep: *Foundations of the Extra Lesson*, Fair Oaks, CA 2025.

Lemer, Patricia S.: *Total Load Theory: Transforming Lives in Autism, ADHD, LD, SPD, and Mental Health*, New York 2025.

McAllen, Audrey E.: *The Extra Lesson*, Malvern 1990.

Ruhrmann, Ingrid (Ed.): *Autism Spectrum Disorder: Understanding and Practical Know-how*, Dornach 2014 [out of stock].

Weirauch, Wolfgang: *Inside an Autistic World: Spiritual Experiences of People with Autism*, Forest Row 2013.

Module 5:

Blanning, Adam: *Understanding Deeper Developmental Needs. Holistic Approaches for Challenging Behaviors in Children*, Ghent, NY 2017.

Steiner, Rudolf: *Art as Seen in the Light of Mystery Wisdom*, Forest Row 2010 [CW 275, https://rsarchive.org/Lectures/GA275/English/RSP1984/ArtWis_intro.html].

Steiner, Rudolf: *Curative Education*, Forest Row 2022 [CW 317].

Module 6:

Wiechert, Christoph: *Solving the Riddle of the Child*, Dornach 2018.

Module 7:

Selg, Peter: *The Warmth Meditation: A Path to the Good in the Service of Healing*, New York 2018.

Steiner, Rudolf: *An Outline of Occult Science*, Forest Row 2011 [CW 13].

Steiner, Rudolf: *How to Know Higher Worlds*, Hudson, NY 1994 [CW 10].

Steiner, Rudolf: *Balance in Teaching*, Spring Valley, NY 1990 [CW 302a].

Module 8:

Blanning, Adam: *Raising Sound Sleepers: Helping Children Use Their Senses to Rest and Self-Soothe*, Edinburgh 2023.

McAllen, Audrey: *Sleep. An Unobserved Element in Education*, Stroud 1995.

Steiner, Rudolf: *Eurythmy Therapy*, Forest Row 2010 [CW 315].

Husemann, Armin: *The Harmony of the Human Body: Musical Principles in Human Physiology*, Edinburgh 2022.

Steiner, Rudolf: *The Spirit of the Waldorf School: Lectures Surrounding the Founding of the First Waldorf School, Stuttgart – 1919* [formerly: *The Pedagogical Youth Course*; especially the 7th to 9th lectures], Hudson, NY 1995 [CW 217].

Module 9:

Blanning, Adam: *Understanding Deeper Developmental Needs*, Great Barrington, MA 2017.

Steiner, Rudolf: *Study of Man. General Education Course*, Forest Row 1995 [CW 293].

Module 10:

Selg, Peter: *A Grand Metamorphosis: Contributions to the Spiritual-Scientific Anthropology and Education of Adolescents*, New York 2008.

Module 11:

Dekkers-Appel, Henriette, Dekkers, Ad, Meuss, Anna R. (Eds.): *Psychotherapy and Humanity's Struggle to Endure: Anthroposophical Approaches*, Dornach 2001.

https://en.anthro.wiki/Etheric_heart

Module 12:

Steiner, Rudolf: *Understanding Healing. Meditative Reflections on Deepening Medicine through Spiritual Science*, Forest Row 2013 [formerly *Course for Young Doctors*; CW 316; https://rsarchive.org/Lectures/Young-Doctors/YngDoc_index.html]

Steiner, Rudolf: "It was in ancient times...", [see p. 1, in CW 316, Appendix, March 11, 1924]