



**International further training
for school and kindergarten doctors**

Virtual worlds, embodiment and psyche

**Origin and overcoming of mental illness in
the first and second septennium**

18 to 21 October 2025

*It was in ancient times,
That there lived in the souls of initiates
Powerfully the thought that
By nature every human being is sick.
And education was seen
As a healing process,
Which, as they matured,
Gave children the health
To be complete human beings in life.*

Rudolf Steiner in the first Newsletter for Physicians, 11 March 1924

Dornach, April 2025

Dear Colleagues,

'In view of the multitude of threatening and potentially also destructive forces that surround and indeed encircle the being of the child from birth onwards, the question is justified as to what things educational and therapeutic approaches can actually draw on spiritually in the face of this real existing overwhelming power.' This is the first sentence in Peter Selg's book *Kindheit und Christuswesen - Von der therapeutischen Haltung im Angesicht der Bedrohung* (Childhood and Christ Being – The Therapeutic Stance in the Face of Threat), published in 2015.

If anything, we are experiencing this question as an even more burning and topical issue today, because in addition to a large number of external hardships such as wars and hunger crises, there is meanwhile a threat to childhood in every seemingly whole play space. In the close environment of children, the harmful effects of screen media and their invisible radiation are already being felt prenatally. The world that is invading the developing sensory organisation and nascent souls of children through this technology is full of dark messages. Although the impairment of vitality by radiation that is hostile to life is meanwhile the subject of intensive research, far too little action is being taken on the findings.

At the same time, 100 years after Rudolf Steiner's educational impulse, we are more grateful than ever – especially in the face of these threats – for the health-giving effect of Waldorf kindergartens that offer shelter and rhythm as well as an artistic and living Waldorf education. We just have to keep making our remedies stronger and intensifying them. And, as Rudolf Steiner said, 'We must indeed give children back their childhood!' (*Konferenzen mit Lehrern der Freien Waldorfschule*, GA 300C, Dornach 1975, p. 137).

The aim of this conference is to learn, in addition to recognising the dangers, how to support healthy embodiment and thus mental health and how to strengthen vitality. We also look forward to discussing any questions you have brought with you about school medical care!

Looking forward to meeting and working with you, the preparatory group sends its warmest regards,

Michaela Glöckler, Johannes Kux, Ulrike Lorenz, Claudia McKeen, Karin Michael, Bettina Pump

Saturday, 18 Oct

08.45–09.00

Welcome and verse

09.00–10.00

Lecture

Childhood and Christ being – the therapeutic stance in the face of threat

Peter Selg

10.00–10.45

Discussion on the lecture in small groups

10.45–11.30 **Coffee break**

11.30–12.00

Singing

Nicole Asis

12.00–13.00

Textual work

'How to cure nervousness'

Ulrike Lorenz, Claudia McKeen, Johannes Kux

13.00–15.00 **Lunch break**

15.00–16.15

Workshops

16.15–16.45 **Break**

16.45–18.00

Eurythmy therapy

Helga Kühl

'Moving – Speaking – Healing'

Eva Sonnleitner

18.00–19.30 **Evening break**

19.30–21.00

Plenum

Introduction of participants,
discussion of questions brought along

Introduction to the Act of Consecration of Man

Claudia McKeen

Sunday, 19 Oct

08.15–08.45

Act of Consecration of Man

Claudia McKeen

09.00–10.00

Lecture

Neurodiversity – Neurodivergence – Diagnosis

Elisabeth Helmschmidt

10.00–10.45

Discussion on the lecture in small groups

10.45–11.30 **Coffee break**

11.30–12.00

Singing

Nicole Asis

12.00–13.00

Textual work

'How to cure nervousness'

Ulrike Lorenz, Claudia McKeen, Johannes Kux

13.00–15.00 **Lunch break**

15.00–16.15

Workshops

16.15–16.45 **Break**

16.45–18.00

Eurythmy therapy

Helga Kühl

'Moving – Speaking – Healing'

Eva Sonnleitner

18.00–19.30 **Evening break**

19.30–21.00

Case presentation

Elisabeth Helmschmidt

Plenary discussion

Meditation for school doctors

Monday, 20 Oct

08.15–08.45

Act of Consecration of Man

Claudia McKeen

09.00–10.00

Lecture

'Generation anxiety?'

The origin of anxiety and how to deal with it

Karin Michael

10.00–10.45

Discussion on the lecture in small groups

10.45–11.30 **Coffee break**

11.30–12.00

Singing

Nicole Asis

12.00–13.00

Textual work

'How to cure nervousness'

Ulrike Lorenz, Claudia McKeen, Johannes Kux

13.00–15.00 **Lunch break**

15.00–16.15

Workshops

16.15–16.45 **Break**

16.45–18.00

Eurythmy therapy

Helga Kühl

'Moving – Speaking – Healing'

Eva Sonnleitner

18.00–19.30 **Evening break**

19.30–21.00

Keynot presentation

Media training for school doctors

followed by discussion in plenary session

Ulrike Lorenz

Tuesday, 21 Oct

08.15–08.45

Act of Consecration of Man

Claudia McKeen

09.00–10.00

Lecture

How is the development of mental health reflected in the curriculum?

Michaela Glöckler

10.00–10.45

Discussion on the lecture in small groups

10.45–11.30 **Coffee break**

11.30–12.00

Singing

Nicole Asis

12.00–13.00

Conclusion

Discussion, review and outlook

Workshops

1. Differentiation of school medical work based on everyday experience [\(DE\)](#)

Wolfgang Kersten

2. The third septennium [\(DE\)](#)

Module 9 of the medical-educational and school medical further training

Karin Michael

3. Laying the groundwork for mental health through the curriculum [\(EN\)](#)

Michaela Glöckler

4. Specific learning disabilities [\(DE\)](#)

Johannes Kux, NN

Recommended literature

Peter Selg, *Kindheit und Christuswesen – von der therapeutischen Haltung im Angesicht der Bedrohung*

Jonathan Haidt *Generation Angst*

Textual work: Rudolf Steiner, *How to Cure Nervousness*, CW 143, Lecture Munich, 11 January 1912

International preliminary meeting

A hybrid preliminary meeting on the topic of media and mental health will take place on Friday, 17 October 2025, from 16.00–18.00.

Certification

This conference is part of the certified further training to become a school and kindergarten doctor. GAÄD and VAOAS certificates with accreditation points will be available at the conference.

Conference rates

Prices incl. all lunches. Evening meals can be booked separately online as required.

Support price	CHF 500
Normal price	CHF 395
Concessionary price	CHF 275
Student price	CHF 220

Registration for the conference

Online Registration: <https://goetheanum.ch/en/events/SAE2025>

