



International Conference on Therapeutic Speech and Drama Therapy

Life forces of language

Perceiving, experiencing and utilising the
effects of the etheric

15 to 18 October 2025

Medical Section at the Goetheanum

For colleagues from the fields of work comprising
therapy, medicine and (supportive) education

*'What I speak from my physical body is semblance –
I must speak from my etheric body
to penetrate into true reality (...)'*

*Rudolf Steiner
for Ita Wegman October 1923*

Dornach, May 2025

Dear Colleagues

A hundred years after Rudolf Steiner's death, we live in a world in which the life forces of the human being and the earth are becoming increasingly weaker. States of exhaustion and fatigue occur just as frequently as depression and anxiety disorders. How can we use the tools of therapeutic speech and drama therapy to strengthen the life forces? How can we stabilise our inner alignment to counteract debilitation and fear in the midst of polarising, aggressive tendencies and develop new perspectives?

In order to pursue these questions, it is helpful to train our perception of the etheric and the guidance competence of our I. In this way, we can learn to become shapers of the etheric ourselves.

Our focus this year is on joint practise and perception in order to gain insights into the etheric.

As a prelude to the conference, there will be the opportunity to gain concrete experiences of the warmth and life ether using the research results and equipment of *strader:tech* relating to moral technology and to perceive, differentiate and conduct these in our own bodies.

After the start of the conference, we will immediately embark on perception exercises on the etheric in the plenum. We hope that the medical and therapeutic contributions during the course of the conference will motivate everyone to continue to experience and apply the effects of the etheric and to engage in research.

After the official end of the conference on Saturday, the struggle of the human being for the divine-spiritual core of their being can be experienced in the performance of *Faust* by the Goetheanum Stage. As theatre tickets are limited, we ask you to book as soon as possible.

The plenary contributions will be in German, with Spanish and English translation.

For contributions to the Interactive Evening – Language & Play, please contact Marjo van der Himst: marjo.vanderhimst@hetnet.nl

The conference is intended for colleagues from the fields of therapy, medicine and (supportive) education. We look forward to seeing you and the days working together!

The preparatory group

Esther Böttcher, Marjo van der Himst, Susann Kegel, Oliver Ifill, Jessica Westerkamp and Mikko Jairi

Prelude to the conference on the warmth and life ether

Wednesday, 09.00–13.30 (optional)

With the help of the guidance devices developed by strader:tech, we will learn to differentiate, perceive and guide the warmth and life ether in our own bodies. Further information:

<https://www.strader.tech>

Jan-Gabriel Niedermeier, Esther Böttcher

Prelude to the day

Thursday to Saturday, 08.00–08.45 each day

Eurythmy *Mikko Jairi*

Workshops

Thursday to Saturday, 11.30–13.00 each day

1. The vowel series of our name as a leitmotif for life [\(DE/ES\)](#)

We will explore the therapeutic possibilities offered by the vowel series of our name through the Thono method and as inspiration for working with others and in combination with the exercises of the art of creative speech. We will look at the relationship of the vowels to the chakras, the inner and outer gestures of the vowels, the nuances of co-articulation, emotions and teachings associated with each vowel. We will create our own vowel meditation. The workshop will offer a subtle examination of the world of vowels and our own inner self.

Tamara Chubarovsky

2. Experimental exploration of the four types of ether in the application of therapeutic speech to accompany dental therapies [\(DE/ES\)](#)

We will experience articulation exercises that support the perception of the etheric forces in speech, whereby we want to include the following question: With the help of which images can I engage with certain etheric qualities of speech? What qualities of chewing will help me to regenerate my jaw and create balance in my mouth? How do I harmonise the different classes of teeth through specific etheric qualities of speech? Are there meditations that help me to refine my perceptual qualities of the etheric in speech? Under guidance, we will explore the four ether qualities individually and share experiences with each other.

Enrica Dal Zio

3. The fairy tale as an image of the human course of life [\(DE/EN\)](#)

We will practise the 4-layer method (physical, etheric, astral and I level) with drama therapy exercises and develop the connection with various developmental questions.

Jessica Westerkamp

Workshops

4. 'Our fears are like dragons guarding our most beautiful treasures' R.M. Rilke (DE)

Can I learn to understand the language of fear? Can I free myself from the shackles of fear? Where does it want to take me? We will approach these questions via the six basic gestures in order then to immerse ourselves in drama therapy work developed from the methodology of Michael Chekhov. We will find ways to recognise fear, step out of it and find our way back into self-determination, into our own freedom.

Marion Schroth

5. Perceptual spaces of the etheric – in speech and eurythmy (DE/EN)

Exercises, observations and discussion on the phenomena of the etheric in speech and eurythmy. Perceptions in space and in the human instrument, ways to a more conscious way of working with the etheric and the types of ether.

Oliver Ifill and Mikko Jairi

Practise of and follow-up discussion on the lecture topics in the specialist areas

Thursday and Friday, 15.00–16.15 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.

Choral speaking

Thursday and Friday, 15.00–16.15 each day and Saturday 14.30–15.30

Agnes Zehnter

Performance of the Goetheanum Stage

Saturday, 16.00–21.00 (optional)

Faust I, *Goetheanum Stage*

Wednesday, 15 October

09.00–13.30

(can be optionally booked free of charge,
maximum 30 places)

**Prelude with the guidance devices to the
warmth and life ether**

Jan-Gabriel Niedermeier, Esther Böttcher

14.30–16.00

**School of Spiritual Science work on the 10th
class lesson in the context of the
conference topic (DE)**

for members of the School of Spiritual
Science

Marjo van der Himst, Oliver Ifill

- or -

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

Open event for everyone interested

Agnes Zehnter

16.30 Conference start

16.30–18.00

Welcome and introduction

Speech choir: Foundation Stone verse

Practical perception exercises in the etheric

Mikko Jairi

18.00–19.30 Evening break

19.30–20.45

**Speaking and life: from science through art
to (re)ligio**

David Martin

Thursday, 16 October

08.00–08.45

Prelude to the day

09.00–10.45 Announcements

**Language as a creative process – and why
speaking is difficult for children and young
people today**

Karin Michael, Jutta Nöthiger

10.45–11.30 Break

11.30–13.00

Workshops

13.00–15.00 Lunch break

15.00–16.15

**Practise of and follow-up discussion on the
lecture topics in the specialist areas**

Education and supportive education

Moderators Jutta Nöthiger, Elisabeth Züllig

Therapy centres, in hospitals and practices

Moderators Esther Böttcher, Susann Kegel

Choral speaking

Agnes Zehnter

16.15–17.00 Break

17.00–18.00

Practical perception exercises in the etheric

Mikko Jairi

18.00–19.30 Evening break

19.30–20.45

Interactive evening

Language & Play

Moderator Marjo van der Himst,

Jessica Westerkamp

Friday, 17 October

08.00–08.45

Prelude to the day

09.00–10.45 Announcements

Formative forces in fairy tales

Jessica Westerkamp Marjo van der Himst

Teeth and articulation as creators of etheric life in the mouth and speech?

Dentistry and therapeutic speech in dialogue.

Enrica Dal Zio

10.45–11.30 Break

11.30–13.00

Workshops

13.00–15.00 Lunch break

15.00–16.15

Practise of and follow-up discussion on the lecture topics in the specialist areas

Education and supportive education

Moderators Jutta Nöthiger, Elisabeth Züllig

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Choral speaking

Agnes Zehnter

16.15–17.00 Break

17.00–18.00

Practical perception exercises in the etheric

Mikko Jairi

18.00–19.00 Evening break

19.00

Commemoration of the dead

Marjo van der Himst

Saturday, 18 October

08.00–08.45

Prelude to the day

09.00–10.45 Announcements

The types of ether in speaking

Jan-Gabriel Niedermeier, Esther Böttcher

10.45–11.30 Break

11.30–13.00

Workshops

13.00–14.30 Lunch break

14.30–15.30

Choral speaking: an insight into the workshop

Agnes Zehnter

End of conference with report from the sections

16.00–21.00 (optional booking)

Performance of the Goetheanum Stage

Faust I

Lecturers and contributors

Oliver Ifill, lecturer in speech and drama, educator in supportive education, art therapist specialising in speech and drama, engaged 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, speech therapist, art therapist specialising in speech and drama and lecturer in this field; works as an artist and therapist in private practice (NL).

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).

Susann Kegel, art therapist, specialising in creative speech, Cologne Therapeutic Centre, lecturer and course leader.

Elisabeth Züllig, therapeutic speech practitioner and educator in supportive education, works at a supportive education Waldorf school in Munich.

Karin Michael is a specialist in paediatric and adolescent medicine. From 2008 to 2023, she worked as a senior physician in the paediatric outpatient clinic at Herdecke Community Hospital. From 2014 to 2021, she was also the school doctor at the Rudolf Steiner School in Bochum-Langendreer. She has been co-author of the medical and educational guide *Kindersprechstunde* since 2015 and works as a lecturer in pre-school teacher and teacher training. In 2021, she founded the 'von Tessin Centre for Health and Education' with Prof Dr Zdrasil at the Freie Hochschule Stuttgart – Seminar for Waldorf Pedagogy. Karin Michael is married and the mother of two daughters. Since September 2023, she has also been one of the co-leaders of the Medical Section at the Goetheanum.

David Martin heads the Institute for Integrative Medicine and the Gerhard Kienle Chair of Medical Theory, Integrative and Anthroposophic Medicine. He is also co-director of the Interprofessional Graduate School for Integrative Medicine and Health Sciences (IGIM) and the Herdecke Research and Teaching Centre (FLZ). He was born in Vermont, USA, in 1973 and grew up in the USA, France and England. He is a paediatrician, paediatric endocrinologist, oncologist, diabetologist and haematologist.

Mikko Jairi, eurythmist and formative forces researcher. Self-employed guest lecturer in eurythmy training programmes and stage eurythmist and director in eurythmy projects. Active member of the Gesellschaft für Bildekräfteforschung e.V. and head of the basic training programme for formative forces research in Finland. Active in academic art research at Jyväskylä University, Finland.

Enrica dal Zio, theatre therapy, creative and therapeutic speech, clowning, Bothmer® gymnastics, Spacial Dynamics®, New Adult Learning as developed by Coenraad van Houten, Theory U as developed by Otto Scharmer.

Marion Schroth, anthroposophical art therapist, specialising in speech and drama – especially anxiety and panic disorders. She is also a theatre educator and teacher at the Stuttgart University of Education for signing in speech.

Lecturers and contributors

Esther Böttcher, self-employed art therapist specialising in creative speech, lecturer, course leader, founder of the Active Lifeset Academy and strader:tech (D) as well as Lichtung-Sprache (CH). Works for the International Coordination of Anthroposophic Arts Therapies (ICAAT), Medical Section (CH).

Jan-Gabriel Niedermeier, physician in further training as a paediatrician and anthroposophical physician (GAÄD) at the Filderklinik (D), couples and sex therapist, course leader and founder of the Active Lifeset Academy and strader:tech (D) as well as Lichtung-Sprache (CH). Works for the Initiative for Training in Anthroposophic Medicine (ifaam) to assist students.

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/speech therapist, head of the performing arts programme at amwort/CH, coordinator of creative speech worldwide within the Section for the Performing Arts. Lecturer in rhetoric.

Tamara Chubarovsky, born in Argentina, studied Waldorf education and creative speech in Germany and in Spain where she lives, learning support teacher. She developed Rimas con Movimiento (Rhymes with Movement) and Thono, which are now widespread in the Spanish-speaking world through her books, courses and lectures.

General information

Conference rates (incl. lunch)

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

Registration

You can register for the conference online via link or QR code.

<https://goetheanum.ch/en/events/ST2025>



Translation

Español, *Tamara Chubarovsky* | English, *Rozanne Hartmann*

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 2025 to francois.bonhote@medsektion-goetheanum.ch)

Further training points and recognition

Number of hours: **24** hours @ 60 minutes

The conference is internationally recognised as further training by the Anthroposophischer Fachverband für Kunsttherapie (Anthroposophical Professional Association for Art Therapy).

Objective of conference

- ◇ Strengthening and developing therapeutic judgement and competency in the patient encounter. Training the senses and perceptual ability.
- ◇ Research into the tools of anthroposophic therapeutic speech (ATS) and the dramatic arts, such as gesture, storyline, character, voice and mood, in order to be able to transform them into receptive and active forms of therapeutic work.
- ◇ Deepening the understanding of the prerequisites for health and illness and life-enhancing processes.
- ◇ Therapeutic skills and competence in dealing with specific clinical pictures and diagnoses in the context of the conference topic.
- ◇ Deepening the topics from the lectures in various workshops; intervision.
- ◇ Familiarisation with new therapeutic methods and approaches and deepening of artistic skills and familiarisation with new artistic methods
- ◇ Interprofessional meeting and discussion between physicians and colleagues of different nationalities who are interested in (anthroposophic) art therapy.