



# Standing on the Abyss

Trauma, Development and Resilience



16–20 Sept. 2026 at the Goetheanum  
International Annual Conference  
of the Medical Section

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Dear Colleagues,

We find ourselves in a turbulent time that confronts us with a wide variety of threshold experiences in rapid succession, with changes occurring increasingly quickly and unexpectedly.

Some of these upheavals clearly call us to heightened spiritual vigilance as a hallmark of our age of the consciousness soul. Others, however, bring painful chaos, separation, trauma and loss - although the boundary between these two experiences is not always clear.

At this year's annual conference of the Medical Section, we would like to create a safe space to better understand both the lasting wounds and scars associated with trauma, as well as the often unexpected developments towards spiritual growth and new resilience.

How can we encounter the world and our fellow human beings in a helpful and healing way during this time? What are we called upon to do?

For the Section Leaders and the IKAM Council

Marion Debus, Karin Michael and Adam Blanning

#### Literature for preparation:

- Horster-Schepermann, A.: *Psychische Traumatisierung und das Spektrum der Hilfsmöglichkeiten aus psychologischer Sicht* (available at <http://www.anthroposophische-psychotherapie.info/Pentagramm-Traumatherapie/>).
- Mancini, A., Buchner, C.: *Trauma verstehen. Hilfe für Angehörige und Freunde*, Stuttgart 2022.
- Reißmann, W.: *Traumafolgestörungen*. In: *Seelische Erkrankungen. Verständnisgrundlagen und therapeutische Konzepte der Anthroposophischen Medizin*. Vol. 2, Chap. VIII.9, Berlin 2025.
- Ruf, B.: *Krieg - Flucht - Notfallpädagogik*, Arlesheim 2019.
- Schopper, C.: *Trauma überwinden. Ein Handbuch für Therapeuten und Betroffene*, Stuttgart 2024.
- Straube, M., Straube, M.: *Trauma-Sprechstunde. Ein Praxisbuch für Therapeuten, Betroffene und ihre Angehörigen*, Stuttgart 2025.
- Freely accessible articles on Anthromedics: <https://www.anthromedics.org/PRA-0557-EN>



## Post-traumatic stress disorders in the 20th and 21st centuries in the context of global, social and spiritual upheavals

The Annual Conference of the Medical Section 2026 is entirely devoted to trauma. This is more than necessary at a time when humanity worldwide is exposed to traumatic experiences in one form or another. The violence of war has become an integral part of the world stage, as have the horrendous traumatic influences of dictatorships, religious warfare and power struggles within populations and countries since the beginning of the 20th century.

As a consequence of this all, and in addition, in the psychotherapeutic clinical field in the 20th century and beyond, there has been a tragic increase in various forms of child neglect and physical and early childhood (sexual or emotional) abuse, both in real life and on social media platforms.

A new category of destabilising and often severely traumatising influences is now gaining ground and has taken its toll, namely the entry of the dark worlds of social platforms into the

worlds of children, often oblivious to their educators who - unaware - allow their offspring to drift around in these algorithmic virtual worlds.

In the four short episodes of the Forum Medicine and Psychotherapy we take into account the expertise of the speakers from two disciplines, namely psychotherapists and doctors.

The conference will be run in hybrid format, the language is English. Translations into Spanish, Italian, Russian, Ukrainian, and German will be provided. Online participants will receive a link to their respective language channel some days before the conference.

On behalf of the International Federation of Anthroposophical Psychotherapy Associations we are looking forward to your participation - Vasuprada Kartic Godavarthy / India, Giovanna Bettini / Italy, Henriette Dekkers-Appel / Netherlands, Hartmut Horn / Germany

Conference languages  
EN/RU/UA/ES/IT/DE

### Session 1

#### 16 September:

1. Opening of the Forum: future trauma-related disorders resulting from parent's emotional and mental absence due to media use in the child's presence - pathophysiological consequences

*Dr. med. Hartmut Horn, Germany*

2. Early childhood PTSD

*Henriette Dekkers Lic. Psychologist, Netherlands*

3. The therapeutic process in serious early traumatized persons

*Susan Overhauser Lic. Psychologist, USA*

### Session 2

#### 17 September:

1. Drug treatment and psychotherapy in traumatized schoolchildren in the Parzival-Center Karlsruhe

*Hartmut Horn*

2. Medication and psychotherapeutic treatment in traumatized children in Norway and Estonia

*Anne Daniel Karlsen, Estonia*

3. Treatment of schoolchildren with social trauma

*Swapna Narendra MD, India*

### Session 3

#### 18 September:

1. On traumatizing influences upon adolescents in the social context

*Lisa Devine Lic. Psychologist, Australia*

2. The impact of effective media education on the development of family systems

*Prof. Dr. med. David Martin, Germany*

### Session 4

#### 19 September:

1. The Ukrainian presentation of the above quoted problems

*Nairine Maltseva, Psychotherapeutin, et al., Ukraine*

2. Love, hope and trust in a social cohesion

*Vasuprada Kartic, Lic. Psychotherapist, India, Giovanna Bettini, Lic. Psychotherapist, Italy*

3. The Harvest of the Conference - closure

*Henriette Dekkers, Hartmut Horn*

**Registration for online participants:** Here you find the national country representatives of your region.

Please contact directly: **Brazil:** Patricia Botelho (patbotelho7@gmail.com) • **Argentina, Uruguay, Chili, Colombia, Peru und Mexico:** Maria Lo Prete (mrloprete@gmail.com) • **USA, Canada:** Zheni Nasi (zheni@netsolutionstime.com) • **India, Far East:** Vasuprada Kartic (vasuprada.kartic@gmail.com) • **Netherlands, Belgium:** Henriette Dekkers (dekkers.appel@planet.nl) • **Israel:** Hanan Goldman (hanandr@walla.co.il) • **Germany, Romania, Hungary:** Hartmut Horn (hartmut-horn@praxis-dr-horn.de) • **Switzerland:** Harald Haas (harald.haasbe@bluewin.ch) • **Spain:** Miguel Falero (miguelfalero1@gmail.com) • **Italy:** Giovanna Bettini (giovannabettini@yahoo.it) • **Russia:** Tatjana Pavlova (pavlova.t.i@gmail.com) • **Ukraine:** Nairine Maltseva (nairi2011@ukr.net) • **United Kingdom:** John Lees (fjohnlees@aol.com).

Registration for in-person participation at the Goetheanum website. For listening in one of the other languages, you need a mobile phone with Zoom App and headphones.

## Anthroposophical medicinal products in trauma therapy

Conference languages  
DE/EN

Traumatic experiences are not only very common in psychiatric care, but in patients of all medical specialties. As acutely occurring or chronically recurring events, they are often the cause of physical and mental illnesses or have a significant influence on their course. Anxiety, depression, addiction, but also cancer, cardiovascular and metabolic diseases often occur in connection with traumatic events.

How do we understand these patients and encounter them appropriately? What contributions does anthroposophical pharmacotherapy make in the integrative context of psychiatry? What development perspectives are inherent in Rudolf Steiner's work and how can they be made fruitful for contemporary trauma therapy?

The Medicine and Pharmacy forum will address these questions to physicians of all specialties, pharmacists and therapists, using a practical case presentation as an example to work on the medical history in terms of the un-

derstanding of the human being and the path to the required medication. Pharmaceutically, the spectrum will range from substances from the three kingdoms of nature through their specific pharmaceutical processes to the finished medicinal product. Guided perception exercises will offer the opportunity to encounter individual substances in a very practical way and promote a deeper understanding of substances.

At the end of the four units of the forum, we will find our way back to the case presentation together and discuss a therapy concept: experienced psychiatrists and pharmacists will share their experiences and invite you to an interdisciplinary exchange. The aim of the forum is to provide a practical and technically sound approach to this complex subject area that can be applied in practice.

We look forward to our work together!  
Marion Debus, Annette Greco, Friederike Tews

### Unit 1

#### 16 September:

Welcome and introduction  
(*Marion Debus, Annette Greco*)

Case presentation on the conference topic, medical history in terms of the understanding of the human being and required medication  
(*Stephan Strauß*)

### Unit 2

#### 17 September:

Silver: Pharmaceutical and medical observations  
(*Wolfram Engel, Wolfgang Rißmann*)

Expanding access routes:  
Perception exercise (part 1)  
(*Moderation: Friederike Tews, Annette Greco*)

### Unit 3

#### 18 September:

Organ preparations in psychiatry: Future topic and concrete experiences  
(*Stephan Strauß*)

Organ preparations in pharmacy: Background and pharmaceutical preparation  
(*Annette Greco*)

Expanding access routes:  
Perception exercise (part 2)  
(*Moderation: Friederike Tews*)

### Unit 4

#### 19 September:

Oxalis: Plant observation and pharmaceutical processes  
(*Friederike Tews*)

Treatment concept for case presentation incl. exchange in plenary session  
(*Stephan Strauß*)

Conclusion with review of perception exercise  
(*Moderation: Annette Greco*)

### Lecturers:

Stephan Strauß, specialist in psychiatry and psychotherapy / Dr Wolfram Engel, pharmacist / Dr med Wolfgang Rißmann, specialist in psychiatry and psychotherapy / Annette Greco, pharmacist, IAAP / Friederike Tews, pharmacist, IAAP / Dr med. Marion Debus, specialist in haematology/oncology and palliative medicine, head of the Medical Section

## The vagus nerve - connection between body and soul

Conference languages  
DE/EN/NL

What is triggered when we are close to the abyss? What reaction patterns follow in the organism?

How do we deal with it when an injury exceeds our ability to process it and paralyses and dissociates us? In his theory about the vagus nerve - the so-called polyvagal theory - Dr Stephen Porges describes what forms the basis for this paralysis.

In this specialist forum we want to look at the content of Porges' theory from the point of view of body therapy and consider it anthroposophically on the basis of the knowledge from Rudolf Steiner's lecture 'The invisible man within'.

This will form the basis for our further exchange on the power of the various anthroposophical body therapies in their encounter with traumatised people.

How can we support patients in survival mode - paralysis, fight or flight - so that they can come back to life and take control of their lives with confidence and self-determination?

In this context, how do we utilise the action of the ventral and dorsal vagus nerve in our anthroposophical treatment methods?

As, after 18 months of work, chirophonetics will be recognised as an anthroposophical treatment method at this annual conference, we would like to give this method the opportunity to present itself within the framework of our topic. Firmly convinced that chirophonetics will make a particularly valuable contribution to anthroposophic medicine as a system, we look forward to a festive concluding event to their recognition process and congratulate our colleagues on this recognition. Everyone who is interested or does not know what chirophonetics is is cordially invited to take part in our forum on Saturday!

Persons responsible for planning and lecturers:  
Cindy Verheul / Elma Pressel / Stephan Rex:  
kontakt@stephan-rex.com

Conference languages  
DE/EN

Dear Colleagues,

We would like to invite you to a changed format for the eurythmy therapy specialist conference.

In 2026, we will be fully integrated into the week of the annual conference and will meet four times separately as part of the overall programme. This is a purely specialist group for eurythmy therapy (in German and English).

The meetings will be organised as follows on all days: After a short keynote lecture and introductory exercises, we will engage in an inter-collegial exchange. We would ask all participating colleagues to contribute their experiences and questions from their own practice. Together we would like to work on the configuration of the human constitutional elements, especially with regard to movement diagnosis.

Please let us know by email if you can present your own cases:  
hana.adamcova@medsektion-ikam.org

### Unit 1

**16 September:**

Sleep disorders and nervousness

### Unit 2

**17 September:**

Self-harming behaviour and eating disorders

### Unit 3

**18 September:**

Anxiety and panic

### Unit 4

**19 September:**

Chronic pain - somatoform pain disorders

### Organising team:

Hana Adamcová / Katharina Gerlach /  
Ingrid Hermansen / Barbara Trapp /  
Karolína Svobodová

## Trauma in animals. Physical, psychological and spiritual dimensions

Conference languages  
DE/EN

Veterinarians are meeting again after five years to tell each other about the progress they have made over these years. All over the world, many new things have been worked on and new colleagues have joined us in treating animals with anthroposophic medicine.

Trauma causes pain that does not involve a cognitive process for the animal, as is the case for us humans, because animals are not individualities in the sense of an I-being. In contrast to us humans, they therefore do not have the opportunity to bring about personal development through pain and overcoming pain, which can lead them to a higher level of consciousness. Animals naturally have no perception of pain and suffering in the way that humans do. Rudolf

Steiner alluded to this in detail in *Manifestations of Karma* (CW 120). But how can we deepen the related questions?

Today, we also observe psychological and behavioural trauma suffered by animals due to their too close proximity to humans. But the deepest, existential trauma of animals is that their evolutionary and spiritual unity with the human being is not acknowledged, that they are in reality separate from the latter.

Veterinary medicine is the last specialist area to be integrated into the Medical Section. It must actively strive for interdisciplinary integration with the various fields of anthroposophic medicine, with therapy at its centre. With this integration, the wonderful cognitive process is finally completed, leading to a truly 'universal' therapy.

### Unit 1

#### 16 September:

**16.30** Introduction to the topic  
(*Sabrina Menestrina*)

**17.00** The I of animals in general and in the development towards the individual. Are there differences in trauma processing?  
(*Markus Steiner*)

### Unit 2

#### 17 September:

**16.30** From Euthanasia to orthothanasia: a possible path (*Ricardo Aranha*)

**17.30** Eurythmy for animals. Part 1: Introduction  
(*Christine van Draanen*)

### Unit 3

#### 18 September:

**16.30** Cancer treatment with mistletoe: how to thank our beloved animals (*Claudia Costa*)

**17.30** Eurythmy for animals. Part 2: Examples for different species (*Christine van Draanen*)

### Unit 4

#### 19 September:

**16.30** Why anthroposophic veterinary medicine? The zodiac, the animal classes, the human being (*Sabrina Menestrina*)

**17.30** Eurythmy for animals. Part 3: Practical experiences and doing eurythmy together  
(*Christine van Draanen*)

## The mystery of the wound

Conference languages  
DE/EN

In this forum we want to look at the mystery of the wound and wound healing from four different perspectives.

**Unit 1****16 September:****Resilience and vulnerability**

Vulnerability is a prerequisite for development. It is balanced by a high level of resilience that protects both physical and emotional boundaries. The ability to heal connects vulnerability and resilience. We will explore the mystery of the wound using the mantras of Rudolf Steiner's Samaritan Course and the Parzival legend.

*(Rolf Heine)***Unit 2****17 September:****Support of the forces of healing**

Integrative wound treatment takes bio-psychosocial and spiritual aspects into account. The workshop will emphasise the variety of nursing and therapeutic options and examine these in more detail using examples of individual interventions.

*(Hermann Glaser)***Unit 3****18 September:****Healing physical and psychological wounds**

People with emotional injuries caused by psychological problems, a life-changing event or mental trauma go through a similar process to people with physical injuries. We will look at the healing of emotional trauma using examples from psychiatry. We will place particular emphasis on the poverty suffered by many patients with mental illnesses. We will look at how we can be inwardly present in our encounters with emotionally wounded patients, how we can connect with them and how we can work together.

*(Sonja van Hees)***Unit 4****19 September:****Could we build healing substance?**

An open, creative space for reflection and 'digestion' of the past days, with discussions in small groups and a joint fishbowl activity.

*(Tania Prince)*

## Trauma in dentistry

Conference language  
EN

Trauma in dentistry has many different aspects. On the one hand, there is dental trauma, in which a tooth and the oral structures are injured by an external influence or pathology. This requires a wide variety of dental therapies which can cause trauma.

Many people experience dental visits not only as unpleasant, but as deeply distressing. Some even develop long-term reactions that go far beyond 'normal' anxiety.

We dentists work in our patients' oral cavities - the patient's trust is an essential prerequisite for the treatment. How can we deal with traumatised patients in order to rebuild their trust? We look forward to meeting you, dentists, physicians and therapists, who are interested in the human gate, the mouth, and would like to find healing paths together with us.

The organising committee,  
Ana María Toro (Chile), Olivier Coutris (France),  
Andrea Pietschmann, Inge Mittag, Hanns Martin  
Zimmermann (Germany) and Alessandro  
Vannini (Italy)

**Session 1****16 September:****16.30** Welcome and introduction*(Andrea Pietschmann / Germany)***16.45-17.45** Healing in the Gospels: Foundation of future medicine *(Olivier Coutris / France)***17.45-18.00** Discussion round**Session 2****17 September:****16.30-17.30** Dental phobia as an expression of physical and emotional trauma. Implications and aspects in dental care according to the anthroposophical perspective *(Ana María Toro / Chile)***17.30-18.00** Discussion round**Session 3****18 September:****16.30-17.30** Can meditation and the Life of St Francis help us understand trauma? *(Alessandro Vannini / Italy)***17.30-18.00** Discussion round**Session 4****19 September:****16.30-17.30** Poster presentations and discussion *(Moderation Andrea Pietschmann / Germany)***17.30-18.00** Final words and planning for 2027

Thursday to Sunday,  
always at 08.00-09.00

## **AM 1 Work in dialogue on the mantras of the 4th and 11th class lesson (DE/EN)**

For members of the First Class - please bring blue card.

*Marion Debus, Mathias Sauer*

## **AM 2 Introduction to the work of the School of Spiritual Science (DE/EN)**

Using the example of the 1st class lesson, with discussion and group work.

*Karin Michael, Adam Blanning*

## **AM 3 The human body as a temple (EN/DE/IT)**

In several class lessons and in a lecture on his karmic evaluations, Rudolf Steiner mentioned and explained the human body as a temple in which the hierarchies live with us in our thinking, feeling and volition. In this workshop we will endeavour to find an approach to such a conclusion and also to feel worthy of living in and with such a temple.

*Giovanna Bettini, Wolfgang Drescher, Boris Krause*

## **AM 4 Meditative prelude to the day (DE/EN)**

Based on the mantras of the Course for Young Doctors, we will open up a space for meditative contemplation and dialogue. In this way, thinking, feeling and volition can work into the conference in a collected, focussed and inwardly connected way.

*Silke Schwarz, David Martin*

## **AM 5 Singing (DE/EN)**

Singing is an element of life which gives us pleasure, inner freedom and human belonging. According to Goethe, singing is a productive activity in itself, as it unites spirit and body and evokes enthusiasm that affects the whole person. With targeted exercises, the perception of tone, breath and sounds is stimulated and the voice is enlivened. In addition we will take delight in songs, and the sound of multiple voices in the choir. The course is open to everyone who likes singing.

*Viola Heckel*

## **AM 6 Loheland gymnastics (DE)**

*Sabine Podehl*

## **AM 7 Eurythmy therapy (DE)**

In morning eurythmy, body, soul and spirit awaken through conscious, mindful movement. Rhythmical exercises bring vitality and gather strength for the unfolding day. Eurythmy opens up a space for presence, mindfulness and inner balance. The movements are accessible to everyone and are adapted to an individual pace. Morning eurythmy offers renewed strength and joy in movement. Please feel free to bring your eurythmy shoes along.

*Elia Blockey*

## **KM 8 Eurythmy therapy (EN)**

In morning eurythmy, body, soul, and spirit awaken through conscious, mindful movement. Rhythmic exercises bring vitality and gather strength for the unfolding day. Eurythmy opens a space for presence, mindfulness, and inner balance. The movements are accessible to everyone and are adapted to an individual pace. Morning eurythmy offers renewed strength and joy in movement. Please feel free to bring your eurythmy shoes along.

*Minna Eklund*

## **AM 9 Gospel work (DE)**

This year in our spiritual deepening work, we would like to explore the topic of the spiritual basis of the art of healing and community building in the Gospels of Matthew and Luke and the Acts of the Apostles. To this end we will deepen selected text passages in joint dialogue. The goal is to recognise where and in what form the nature of healing and community building is described in the Gospels. In doing so, we can become aware that in working together on and with these texts we can experience the spiritual level of community building and its significance for the process of healing.

*Georg Soldner in collaboration with Jan Vagedes (Thu/Fri) and Jakob Kraul (Sat/Sun)*

Thursday, Friday and Saturday, 11.15-12.30

**WS A1 Trauma in terms of the understanding of the human being and the therapeutic implications (DE)**

We want to develop Steiner's understanding of the human being based on the symptoms of PTSD and derive from this what a person with trauma needs. To this end, we will discuss the four basic needs following Klaus Grawe and the four interactions following Heinrich Fallner, which become directly fruitful in the context of such an understanding of the human being and give us indications as to what a person with a trauma might need.

*Martin Straube*

**WS A2 The consequences of trauma for body and soul and their stage-appropriate therapy with medicines, eurythmy therapy, psychoeducation (DE)**

The first three cases in the book *Extending Practical Medicine* (CW 27), Chapter 19, could help us to learn to read the symptom complexes known today as 'PTSD', 'fibromyalgia', 'burnout' and 'chronic fatigue', for example, and to understand and treat them as different stages of typical trauma-related disorders. Interdisciplinary exchange about the book text from these perspectives and experiencing the therapeutic possibilities of eurythmy therapy by moving together. Please feel free to bring eurythmy shoes and CW 27.

Literature: Peter Selg: *Und in der Tat, dies wirkte*, Dornach 2007.

*Wilburg Keller Roth, Marianne Eidsvaag*

**WS A3 Directing forces for trauma therapy in Goethe's Fairy Tale (DE)**

Goethe's 'Fairy Tale of the Green Snake and the Beautiful Lily' reflects the actions of the planets and the zodiac. The goal of the workshop is to discover these in the Fairy Tale and to get to know them as directing forces with regard to the healing professions - especially psychotherapy. The course is aimed at anyone who is reasonably familiar with Goethe's Fairy Tale. The zodiac and planetary gestures of eurythmy become the key to the 'open secrets' of the Fairy Tale. They will form the basis for the creative process we are striving for. Particular attention will be paid to *Sieben Schritte zur Selbstwerdung* (Seven Steps to Individuation), which have proven to be a new way of dealing with trauma. Basic knowledge of Goethe's Fairy Tale and having eurythmy shoes with you would be of benefit.

*Johannes Reiner, Merten Roettig*

**WS A4 Inner preparation of the practitioner for working with patients impacted by human evil (EN)**

We increasingly meet severely traumatised individuals who have been impacted by human evil,

including the activity of Asuric beings. Treating these patients demands significant inner preparation and spiritual activity on the part of the practitioner. This workshop provides an opportunity for a small group of professionals to share confidentially about their inner preparation and experiences in connection with this theme. Note: For those who wish to actively share on this theme.

*Susan Overhauser, Isabel Grieb*

**WS A5 The healing power of therapeutic relationships (DE)**

With the help of our understanding of the human being, we want to work together on the conditions under which relationships can be sustainable and healing - based on theoretical fundamentals, exercises and our own experiences. Therapeutic experience in the field of trauma is helpful, but not necessary.

*Angelika Maaser*

**WS A6 Transgenerational trauma and epigenetics: the cycle of suffering and potential for healing (EN)**

Water shapes stone; etheric body enlivens and shapes the physical body; soft inheritance (epigenetic) can override hard inheritance (genetic). Rudolf Steiner may be considered the first epigeneticist. Without using the word 'epigenetic' (coined by Waddington in 1942), he described on many occasions the passing on of suffering. Anthroposophic psychotherapy offers valuable insights into understanding the karmic burden of transgenerational transmission of trauma, how to break the cycle of suffering, and how to heal beyond the time-space dimension.

*Zheni Nasi*

**WS A7 Trauma and transformation - working in a Therapeutic Community Prison with violent male offenders (EN/DE)**

The following themes will be explored in an embodied way, using masks, drama, and audience participation.

What is a Therapeutic Community Prison, how do they work? How to understand violent crime from a spiritual point of view, and how can transformation take place? How can karma exercises into past lives support the work in this field? Everyone welcome. Please be aware that this workshop will include several case studies of a violent nature. Participants will be invited to participate in drama and movement exercises and asked to take roles in several case studies. I look forward to seeing you there.

*Michael Chase*

**WS A8 Eurythmy massage as self-strengthening in stressful situations (DE)**

Eurythmy massage is a new form of therapy in which the forces of eurythmy sounds are transferred with and without touch. It enables a personal experience of the etheric forces through the differentiated experience in the sense of touch. The sounds are suitable tools for harmonising and strengthening physical forces, life forces and mental needs. In the working group, we will take the path from external to self-treatment. This means that it is possible to help oneself appropriately in any life situation. The treatment can be carried out in clothing or with oil directly on the skin.

*Tanja Baumgartner*

**WS A9 The healing process, a balancing act (DE/EN)**

As part of our research into the healing process,

we have found: It is precisely in the healing process that we move along the abysses of trauma on the left and right side and can learn more about the causes of trauma and traumatic experiences. The healing process is a balancing act in which healing as well as trauma and illness become visible. At the same time, the phenomenological and anthroposophical understanding of this process provides insights into the extent to which a person can strengthen themselves in order to cope with life, and provides new impulses for therapy. We have learnt what a wealth of insights and possibilities knowledge of the healing process can open up. *Christina van Tellingen and others*

**WS A10 Cancer diagnosis as trauma - The physiological and spiritual background of cancer (EN)**

It is safe to say that when someone is diagnosed with cancer, it can be a traumatic event. This trauma is often a burden that stands in the way of coping with the disease. In the course of the workshop, we will deal with how we can prevent, recognise and heal the trauma of cancer diagnosis. In addition, we will explore various aspects of the psychological and spiritual background of cancer. This process will involve communication skills, biography work, karmic thinking and anthroposophic remedies. Please bring a pen and notebook with you.

*Julia Babics, Zita Pogány*

**WS A11 Trauma and post-traumatic maturation - physiology, pathology, stabilisation, medication and eurythmy therapy (DE/EN)**

The current understanding of the trauma process relates to external physiology, which needs to be

extended by the changes in understanding the constitutional elements. This understanding will be supplemented in the workshop by stabilisation exercises, including self-hygiene, as well as patient experience in psychiatric practice and eurythmy therapy. This addresses all professional groups involved in trauma treatment.

*Harald Haas, Veronika Merckens, Adéle Waldmann*

**WS A12 U-Health coaching: Shaping health from the future - in dialogue and sensitive to trauma (DE/EN)**

Chronic stress and traumatic experiences can permanently block access to a person's own development and healing potential. With U-Health, the three-part workshop will present a dialogue-based, future-oriented self-activation process that reopens this relationship. Participants will experience how out of a conscious inner attitude new scope for health and development arises - a path to active self-help, even in the case of chronic illness.

*Stefan Schmidt-Troschke, Bettina Berger*

**WS A13 A physician approach to anthroposophic osteopathy: physical examination and treatment of the four bodies (EN/ES)**

In this workshop, we will explore the interface of anthroposophic and osteopathic medicine in the treatment of trauma. We will discuss the fourfold human being through the lens of both medical systems, highlighting important similarities and differences. Dr Hering will draw on her experience as an osteopathic physician in the US, where osteopathy is taught to fully licensed physicians and surgeons. She integrates osteopathic and anthroposophic medicine in private practice. This workshop will include self-observation and

some simple palpation exercises with a partner. *Carmen Hering*

**WS A14 Trauma therapy and trauma education with children and young people in crisis zones (DE)**

Understanding psychotraumatization, self-care, intercultural communication, stabilising and trauma-preventive work with children and young people: This content will be worked through interactively using practical examples from past emergency education missions in crisis zones. Note: The target group is people who are preparing for medical and therapeutic support of emergency education missions abroad or who want to exchange and extend their experiences.

*Michael Schnur*

**WS A15 Practical approach to the treatment of acute stress reaction / disorder and PTSD (EN)**

In this workshop, we shall discuss the influence of the traumatic experience on the four members and on the three systems in adults and in children. We will continue to a practical psychotherapeutic approach of the treatment in the acute phases of the trauma (acute stress reaction and acute stress disorder) in adults, which will include case reports from the practice, exercises of eurythmy therapy, mental exercises, remedies and examples of individuals which have developed post traumatic growth. Please bring a scarf with you.

*Meron Barak, Yoray Simatov*

**WS A16 The global battle between good and evil: Anthroposophic psychotherapy, traumatised Michael followers, supporting anthroposophic medicine (EN)**

This workshop will demonstrate how in-depth anthroposophic psychotherapy is essential to help the Archangel Michael defeat adversary forces. First, it helps traumatised members of the Michael School fight Michael's battle 'out to victory'. Second, it completes the actions of anthroposophic medicine as patients' healthy I struggles to overcome their traumatised body and soul conditions in the recovery phase.

*John Lees*

**WS A17 Can anthroposophic medicine be our common language? Experiences in the interdisciplinary general practitioner, psychotherapeutic and eurythmy therapy treatment of a patient with chronic fatigue, insecure personality and PTSD (DE/EN)**

In the workshop we will share and discuss our interdisciplinary therapeutic work with our common patient on the development of the upper and lower senses under persistent trauma in childhood and adolescence and the need for healing from the perspective of the soul elements. Based on our experiences with this patient, we would like to present and jointly discuss bonding, relationship and encounter processes against the background of (Luciferic and Arimanic) polarities of the soul elements and our (psycho)diagnostic and (psycho)therapeutic considerations.

*Joachim Beike, Jana Isfort*

**WS A18 Garden therapy for trauma recovery (DE/EN)**

The garden as a place of peace and contemplation as well as meaningful activity: working with the earth leads back to the natural basis of life. The direct contact with the earth, plants and animals has a relaxing and uplifting effect on phys-

ical and mental well-being. The development of nature over the course of the year becomes a direct experience and stimulates personal life forces as well as perception through the senses. Manual work with the hands strengthens self-confidence and self-efficacy. Weather permitting, we also want to go out into the garden, so please bring all-weather clothing and shoes.

*Veronika Werner, Rob Bürklin*

### **WS A19 Therapeutic work with constellations: The life integration constellation (EN)**

Regardless of the origin of traumatic life events and circumstances in youth, whether it is pure individual destiny or coming from general earthly circumstances, we have to integrate them in adulthood in our fourfold human being for a healthy and meaningful development. Contrary to the usual systemic constellation, in which you can observe and perceive an image of the dynamics behind the events and facts of life, the life integration constellation works in the field of inspiration, by finding the right words for what comes to light at the different stages of life. This brings integration and thus possibilities for further development in realising your essence during life. This constellation is dealing with the fields of consciousness in the sevenfold human being from before birth till old age. Short eurythmy exercises strengthen our experiences and insights.

*Marieke Krans, Hilda Boersma*

### **WS A20 Trauma in dentistry (DE/EN)**

Trauma in dentistry has many different aspects. On the one hand there is dental trauma, in which a tooth is injured by an external influence. Here, various dental treatments such as conserva-

tive, endodontic and/or surgical treatments are necessary. But trauma can also be caused by undergoing dental treatment. We dentists work in the oral cavity of our patients - even just for the inspection of the oral cavity, the trust of the patient is an essential prerequisite. How can we deal with traumatised patients in order to rebuild their trust? One particular topic will be addressed in this context: molar incisor hypomineralisation (MIH), which affects around one in seven children in Germany, will be examined here from a wide variety of perspectives.

*Hanns Martin Zimmermann and others*

## Thursday and Friday, 14.30-15.45

### **WS B1 Meditation in motion: Eurythmy therapy exercises by Isabella de Jaager (DE)**

In her later years, Isabella de Jaager repeatedly turned meditation texts by Rudolf Steiner into eurythmy therapy exercises. Some of these will be practised together in this course. Please bring eurythmy shoes.

*Christiane Rust*

### **WS B2 Addressing developmental trauma through eurythmy therapy (EN)**

By recognising and addressing trauma we can reduce its effect before it is etched into the soul of a child. Through eurythmy therapy we can create space for a traumatised child to become a thriving human being. I have witnessed this many times in my work. We will learn practical eurythmy exercises to take into your own practice. Note: Comfortable clothes; literature: *Educating Traumatized Children. Waldorf Education in Crisis Intervention*, by Bernd Ruf.

*Mary Ruud*

### **WS B3 Healing of wounds – Cinis Capsellae comp., Olibanum comp. and Kalium phosphoricum comp. (DE/EN)**

The phenomenological consideration of substances plays a central role in anthroposophic medicine. As part of the treatment of post-traumatic stress disorders, we would like to turn

to three proven medicinal products: Olibanum comp., Neurodoron and Cinis Capsellae comp. The aim of these considerations is to develop a deeper understanding and a living, inner picture of these unique medicines by carefully analysing the respective substance properties and their modes of action. There is also a special focus on the joint production of Cinis Capsellae comp. The practical experience of making the medicine intensifies the relationship with this medicinal product and deepens the understanding of its action. In this way, the knowledge of the medication can be transferred beyond pure theory into personal experience, which enriches the therapeutic work and enables an encounter with the medication on a deeper level.

*Albert Schmidli*

### **WS B4 The rhythmical Einreibung developed by Wegman / Hauschka as an incarnation aid and thus trauma prevention and treatment for mothers and children (DE/EN)**

Many years of experience with the use of rhythmical Einreibung for pregnant women, women who have recently given birth and newborns/infants have shown us that it is a significant help in support and treatment. The qualities that become effective through rhythmical Einreibung bring, for example, the physiological displace-

ments of the constitutional elements back into a healing relationship. Rhythmical Einreibung therefore also has a prophylactic and therapeutic effect in depression, pre-psychotic conditions and birth trauma. This will be taught in theory and practice in the workshop. Bring a large towel if possible.

*Anette Beisswenger, Elizabeth Sustick*

### **WS B5 Options for baths in oil dispersion after mental traumas (DE/EN)**

In the workshop, we will demonstrate a bath in oil dispersion on each day and show various treatment options. In the first bath, we will show a rhythmical bath as developed by Dr Ita Wegman with rhythmical movements of the water and rhythmical touches with sisal gloves. In the second bath we will demonstrate brushing as developed by Werner Junge. Using case studies, the individual treatment approach for traumatic events in anthroposophic bath therapy can be demonstrated. Anyone wishing to be a test person should bring swimwear. One person can be bathed per session.

*Michaela Schnur, Sabine Gerber*

### **WS B6 Mindful socially artistic intervention with clay (DE/EN)**

I will offer trauma-sensitive modelling group-work with clay. It addresses the healthy parts of the human being, has a stabilising effect and promotes vitality. The effectiveness of this process will be examined in the workshop: clay addresses all the senses, the focus is on perception, atmosphere and action, the group process promotes both growth as part of the community and growth as an individual.

*Katrin Sauerland*

### **WS B7 Purpose and application of healing story and image in rhythmical massage therapy for severe chronic (psycho)trauma patients 0–21 years (EN/DE)**

In the Netherlands, anthroposophic physiotherapists work independently and often in multidisciplinary teams. Where pre-verbal trauma occurs a body-oriented, experience-centred treatment is required in order to address the lower four senses. But where to start if a child has no safe reference to 'please lie down on this bed' ... How to touch safely when (sexual) aggression has disturbed the harmonious development? We will use the moral helpers of the first three seven-year periods and make together multidisciplinary treatments with three- and fourfoldness interweaving.

*Gita van Duinen and others*

### **WS B8 The Pentagram Einreibung for physical and psychological trauma (EN)**

Treatment after physical and psychological injuries is a main indication for the Pentagram Einreibung. The treatment on the body and head will be demonstrated, and practised in a sitting position. Indications are derived from the knowledge of the human being related to the pentagram and made clear with experience reports. If possible, bring a large bath towel or blanket.

*Rolf Heine*

### **WS B9 Finding strength and dignity between the abyss and a new beginning (DE/EN)**

How can we support others and ourselves in finding our way back to uprightness and stability after potentially traumatic events? How can we do this outside of a traditional therapeutic setting? In the workshop you will experience the enlivening and

stabilising effect of various joyful, low-threshold, but therapeutically effective activities within the framework of a transdisciplinary approach consisting of art, therapy and social movement which stART international e.V. has developed, tested in more than 250 interventions at home and abroad, and published as a textbook and practice book. In addition to dialogue, the working group will also include movement elements and artistic exercises from the field of visual arts. No prior knowledge is necessary in this respect.

*Barbara Schiller, Rita Eckart, Sebastian Härter*

### **WS B10 Protection and therapy at the abyss – the use of the Wiesneck Psychiatric Sanatorium in Buchenbach, Germany, for vulnerable and traumatised patients under National Socialism (1933–1945) (Thursday DE/Friday EN)**

Discussed will be the results of many years of research into anthroposophic medicine under National Socialism - with reference to the fates of patients at the Wiesneck Sanatorium run by Friedrich Husemann from 1933–1945. More than 1400 patient files were analysed and bear witness to the resistance and therapeutic spirit of resistance of the anthroposophically oriented sanatorium community under the totalitarian Nazi regime.

*Peter Selg*

### **WS B11 Parents and children suffer from trauma caused by poverty (DE/EN)**

What is poverty? Many parents, and therefore children, live in poverty because they lack the means to lead a societally acceptable life. In this working group, we would like to examine this topic from the perspective of the seven life process-

es. We want to find out how trauma and poverty can be understood and how we can counter them.

*Sonja van Hees, Mirjan Jobse*

### **WS B12 The language of the hands – touch as a path to self-regulation (DE)**

The Rhythmical Massage Therapy Basel specialist group invites you to a practice-orientated workshop. The focus is on the quality of touch in rhythmical massage therapy when dealing with traumatised patients. Based on specialist impulses and practical experience, there will be an exploration of what is possible and which therapeutic qualities can have a supporting effect. Together we will focus on experience, perception and the question of the direction in which healing processes can develop.

*Stefanie Hess, Unda Niedermann*

### **WS B13 How trauma comes to expression in the constitutional elements. Diagnosis and therapy (DE)**

Early childhood harm and trauma can come to expression in adulthood in certain constellations of the constitutional elements. A therapy starting specifically from the constitutional elements, which we have developed over time, has proven to be a valuable aid. In the working group we want to share our experiences with diagnosis and therapy and make aspects of this visible and tangible with the help of perceptions, drawing exercises and case studies.

*Zoltán Schermann, Anne Crivits*

### **WS B14 Trauma and its significance for I-development today (DE/EN)**

In traumatising, we approach the I in its complexity as the highest and at the same time most

immature constitutional element. The I is what we develop in the adversities of the world, it is the place where we struggle for freedom, where evil is realised and where we stand on the abyss. All further development of the human being and Earth must come about through the eye of the needle of the I. Treating trauma helps to wake up to evil, to integrate abysses and to grasp the ability to relate anew.

*Tobias Roeckl, Simon Kuttner*

**WS B15 Therapeutic agriculture with animals: Development of the sense of ego (EN)**

In this workshop, we will explore the development of self-awareness through working with animals. The sessions are based on personal and professional experiences in working with children and young people and include observation and artistic exercises.

*Berni Cours, Edward Berger*

**WS B16 Guided tour through the scientific poster presentation (DE)**

Guided presentation through the submitted posters on research in anthroposophic medicine

*Bettina Berger*

**WS B17 Scientific poster walk (EN)**

Guided presentation through the submitted posters on research in anthroposophic medicine.

*Erik Baars*

**WS B18 How does the human body arise from the forces of formation, secretion and consolidation? (CW 315, VII) (DE)**

How do the planets work in the seven life forms, seven life stages, seven life movements and the

seven life processes (CW 45; GA 137, IX; GA 208, XV+XVI)? Contributions on this differentiation and exchange on these questions with reference to therapeutic practice, in particular eurythmy therapy. Literature reference: Article in *Mercurstab* No. 1/25, 'Die Erdenstofflichkeit fügt sich in das [...] Ich ein'.

*Hans Broder von Laue, Kaspar Zett*

**Workshop with Graham Kennish,**  
change of date: Sunday, 14.30-17.00, registration  
at the information table until Saturday,  
19 September, 18.00

**Standing on the threshold:  
Goethean Psychology, trauma,  
and the healing power of the 'I am' (EN)**

This will be an experiential workshop introducing Goethean Psychology as an anthroposophical approach to resilience. Rather than analysing or revisiting the past, participants can learn to observe their inner emotional life through gesture, awakening the healing power of the 'I am'. Working in full consciousness and without sharing personal content, participants can learn a practical method for transforming everyday stress, anxiety, and reactive patterns into conscious responses. Especially relevant for doctors, therapists, teachers and carers, workshop participants will take away a concrete self-care and resilience exercise for daily life and professional practice. In the conversations that follow, the anthroposophical rationale of Goethean Psychology in its approach to trauma and other threshold experiences, will be elaborated.

See: [www.goetheanpsychology.co.uk](http://www.goetheanpsychology.co.uk)

# Poster presentation on research and guided tours through the scientific poster exhibition

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Poster presentation

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Dear Colleagues!

We warmly invite you to contribute to the scientific poster presentation as part of the annual conference of the Medical Section, which will be held in the form of an exchange of research results in two directions:

- Studies to investigate the therapeutic rationale or the success of therapy (e.g. observational studies, application studies, best cases)
- Current studies on topics related to anthroposophic medicine (e.g. clinical studies, Goethean studies)

Abstracts can be submitted in German or English; they will be reviewed by 2-3 qualified colleagues (Review Board).

We hope that colleagues from all specialist fields of anthroposophic medicine will participate!

Warm regards

*Marion Debus, Karin Michael, Adam Blanning*

## Participation

The invitation to submit posters is addressed to all those who are active in research in anthroposophic medicine.

## Poster abstract, maximum 350 words

The one-sided abstract should include:

### *For clinical studies*

1. Title
  2. Name, title and institution of the authors
  3. Background and question
  4. Material and methods
  5. Results
  6. Discussion and conclusion
  7. Literature
- (Phenomenological approaches should be structured in coherent steps).

### *For single case reports*

1. Title
2. Name, title and institution of the authors
3. Background and question
4. Patient information
5. Diagnosis and findings
6. Therapeutic intervention
7. Follow-up and results
8. Discussion
9. Literature

## Abstract submission

Please send your abstract no later than 10 August 2026 by email to Erik Baars:  
erik.baars@medsektion-ikam.org

## Poster format

A0 (approx. 119 × 84cm), portrait format

The abstracts of the successfully presented posters will subsequently be published in *Der Merkurstab* (section 'Berichte aus Wissenschaft und Forschung' (Scientific and Research Reports)). We therefore request that you adhere to the above structure.

## Guided tours through the scientific poster exhibition

Dr phil Bettina Berger, Witten/Herdecke University, and Prof Dr med Erik Baars, University of Applied Sciences Leiden (NL), will lead the poster sessions:

### Thursday, 17 September

Guided tour at 14.30 in German,  
Dr phil Bettina Berger

### Friday, 18 September

Guided tour at 14.30 in English,  
Prof Dr med Erik Baars

We look forward to your participation in the annual conference of the Medical Section at the Goetheanum. The structure of the conference has been slightly modified. In contrast to previous years, the specialist conferences do not precede the conference, but rather form an integral part of it as forums.

During the conference, lunch and refreshments during breaks are included in the conference fee.

The lectures of the conference will be translated into German, French, Italian, Spanish, Russian and English. For the subject-specific forums please note the languages listed in the respective programme.

The certificates of attendance will certify the further training points approved by the GAÄD and VAOAS.

During the annual conference, guided tours on various topics will be offered at the Goetheanum. Further information about this and registration at the information table during the conference.

## Price structure of the annual conference of the Medical Section 2026

<b>Normal price</b>	<b>CHF 500</b>
<b>Reduced price</b>	<b>CHF 380</b>
<b>Student price</b>	<b>CHF 200</b>
<b>Support price from at own discretion</b>	<b>CHF 550</b>

### Registration

in German:

<https://goetheanum.ch/de/veranstaltungen/jk26>

### Registration

in English:

<https://goetheanum.ch/en/events/jk26>



One of the goals of the Medical Section is to make anthroposophic medicine available to all people worldwide. This applies on the one hand to direct use - preventive or in the event of illness - but also to the exchange of experiences and mutual motivation and support among colleagues in their medical, therapeutic or nursing fields of work.

With this in mind, the Section would like to enable 15 to 20 people to take part in the 2026 annual conference whose financial resources are severely limited due to the circumstances in their countries. In this way, we can carry the impulse of our movement into regions that we have reached to a very limited extent so far.

This is where we are dependent on your help. If you would like to support this initiative, we would be delighted to receive a donation, which you can make via the following link:

DE: <https://donate.raisenow.io/wdytkz>



EN: <https://donate.raisenow.io/tpktk>



On behalf of our global community, we thank you for your contribution!

## Contact

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