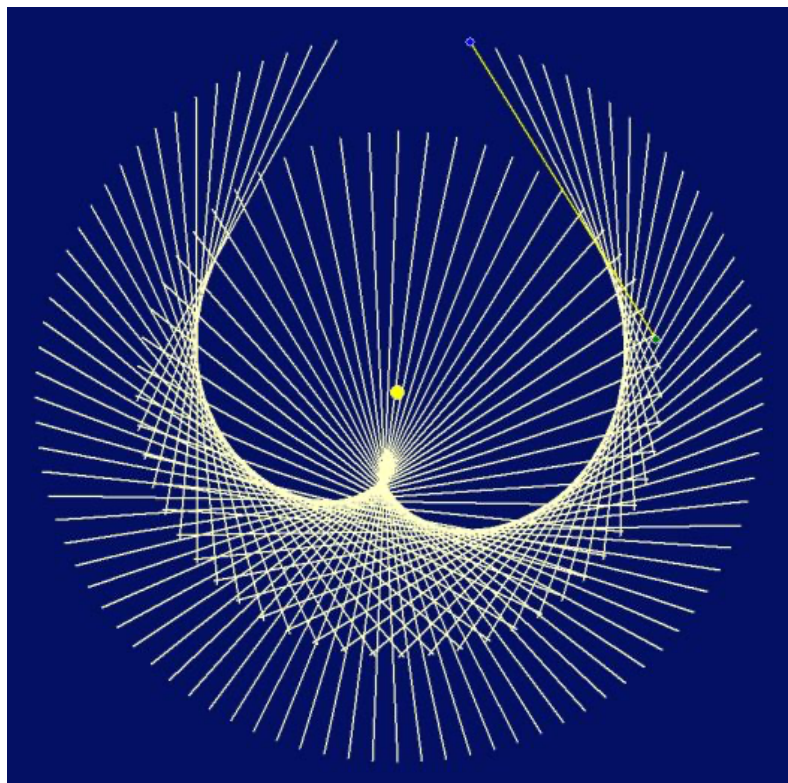




26th International Working Conference for Anthroposophic Art Therapies

„Harmonies of the Heart “

Courage for the ego-self



Venus-Earth spatial lines 348 days © Keplerstern Publishing

*Thursday to Sunday, 8 - 11 January 2026,
at the Goetheanum*

For art therapists (modelling, painting, music, speech), arts
therapies students, doctors, medical students, psychotherapists,
and special needs teachers

Goetheanum

Dornach, August 2025

Dear colleagues,

We cordially invite you to the 26th International Conference for Anthroposophic Arts Therapies. We want to focus on the importance of the harmonies of the heart in the phase of life between the ages of 42 and 63 and place the medical emphasis on cardiology, oncology and the diagnosis of burnout.

In lectures, working groups and discussions, we will develop more understanding together, acquire expert knowledge and, above all, come to a growing awareness of what moves people in this phase of life and how we can accompany them through the changing landscape of their earthly journey in our art therapies.

What does it take to find the courage to continue on the path you have chosen through the dissonances in your own biography? And how do you stay connected with your deepest being, which is at home in the spiritual world? Where do I stand, what am I here for, what else do I want to bring into the world? You become aware of your physical, vital and spiritual habits and tendencies as if anew. This awakening can bring with it a spiritual impulse for reorganisation.

If people are able to feel their own spiritual light again, they can experience inner peace and guidance. Is harmony a state of being that we can allow to resonate as the keynote of our own existence or is it a welcome guest that comes and goes like the tides of the soul? Are we able to go deeper into our fundamental tone layer by layer on our own?

Deep-seated fears and pain can come to the surface, causing our client's inner balance to falter. If a conscious or unconscious decision is made to suppress these emotions, the self-image can be temporarily clouded and the voice of the heart silenced. Depression or anxiety disorders can lead to a biographical crisis. For where life forces were previously present, the physical-etheric body calls out in this phase "Look, listen, this no longer wants to remain unseen and untouched". Our clients can experience that their lives gain meaning and become rich in significance again when they turn to their soul issues.

This path of going through the dissonances of the biography requires courage to let go of the old, to allow the emptiness of not knowing and to come into a new receptivity.

How can we support our clients in finding a new foothold so that they can rediscover their inner guidance and spiritual direction through gentle strength of heart and devotion to themselves and strengthen themselves anew?

We look forward to seeing you again!

With best regards

*Laura Piffaretti, Esther Böttcher, Katja Schultz, Katrin Sauerland, Linda Teipen,
Marieke Schagen-van Houts
and the section head: Dr Marion Debus, Dr Karin Michael, Dr Adam Blanning*

Thursday, January 8

From 4pm
Arrival and welcome, overview of the working groups

Start of the conference

5.30 – 6.30pm
Welcome and opening remarks ICAAT

6.30 – 8pm Dinner break

8 – 9.30pm
The sound of the heart
Lecture at the start of the conference
Dr. Julia Veil

Joint conclusion

Friday, January 9

8.15 – 9pm
Artistic-meditative morning work
Movement and language, social art, singing
or

Introduction to the work of the School of Spiritual Science
Open event for everyone interested
Dr. Marion Debus
or

Work on the class lesson in the context of the conference topic
for members of the School of Spiritual Science
(bring the blue card)
Laura Piffaretti, Bernadette Gollmer, Ulrikke Stokholm

9.15 – 10.30pm
Announcements
Case study 1:
From the seventh seven-year period (42-49)
Topic: Burnout
Franziska Schmidt-von Nell – Speech therapist and Dr. Marion Debus

10.30 – 11.15pm Coffee break

11.15am – 1pm
Working groups

1 – 2.30pm Lunch break

2.30 – 4.30pm
Working groups

4.30 – 5.15pm Break

5.15 – 6.30pm
Case study 2:
From the eighth seven-year period (49-56)
Topic: Depressive symptoms
Viola Heckel – Music therapist and Dr. Marion Debus

6.30–8pm Dinner break

8 – 9.30pm
Open Space
Announcements and free space for various topics in a joint exchange: questions on the conference topic, social media, ICAAT

Joint conclusion

Saturday, January 10

8.15 – 9pm

Artistic-meditative morning work

Movement and language, social art, singing

or

Introduction to the work of the School of Spiritual Science

Open event for everyone interested

Dr. Marion Debus

or

Work on the class lesson in the context of the conference topic

for members of the School of Spiritual Science
(bring the blue card)

Laura Piffaretti, Bernadette Gollmer, Ulrikke Stokholm

9.15 – 10.30pm

Announcements

Case study 3:

From the ninth seven-year period (56-63)

Topic: Cancer

*Katrin Sauerland – art therapist
and Dr. Marion Debus*

10.30 – 11.15am **Coffee break**

11.15am – 13pm

Working groups

1 – 2.30pm **Lunch break**

2.30 – 4.30pm

Working groups

4.30 – 5.15pm **Break**

5.15 – 6.30pm

Introduction in the “Schreinerei” to the

Inspiration walks

Listen to my heart! How does it sound to you?

Collegial exchange

6.30 – 8pm **Dinner break**

8 – 9.30pm

Listening to the language of the heart – speaking from the heart

Anna-Barbara Hess

Joint conference follow-up

Sunday, January 11

9.15 – 11am

Joint breakfast before departure in the foyer of the Goetheanum

Space for exchange and discussion

*The conference language is German,
with translation into English, French and Italian*

— Subject to change—

Working groups

Friday and Saturday, 11.15 am – 1pm and 2.30 – 4.30pm

The content of the working groups will be repeated on both days. Meaning that you can attend a different working group on Friday than on Saturday. Some working groups will be held in different languages on the two days.

Details of the various working groups

The exact titles and content of the working groups will be announced at the beginning of December and will then be available on our website and in the newsletter.

From November 2025: Conference registration and registration in the working groups

You can register for the working groups at the same time as you register for the conference (possible from November 2025). At the start of the conference on Thursday at 4pm, the lists for the working groups will be available in the carpentry workshop. At this point, you will also have the option of registering for the working groups on site, provided that they are not already fully booked.

1. Working group: Medicine 1

(German/English/French/Italian)

Oncology / Cancer

Dr. Marion Debus

2. Working group Medicine 2

(German on Friday/German and Italian on Saturday)

Cardiomyopathies and chronic heart disease

Dr. Julia Veil

3. Working Group Modelling 1

(German on Friday/German and Italian on Saturday)

Platonic solid bodies with a focus on cancer, depression and spiritual warmth

Slavojka Durdjevic

4. Working Group: Modelling 2

(German and Italian on Friday/German and Danish on Saturday)

Large-format sculpting – moon nodes, "skinning" to the essence, inner sun and heart warmth

Ulrikke Stokholm

5. Painting Workshop 1

(French on Friday/French and Italian on Saturday)

How can anthroposophical initiation be seen as personal development, specifically the moon node at the age of 56 in relation to the age of 42 to 63?

David Levroux

6. Painting Workshop 2

(German and Italian on Friday/German and English on Saturday)

Plant colours

Eva Paul

7. Painting Workshop 3

(German on both days)

An artistic and meditative approach to the four elements of human nature. With examples from Dürer, van Gogh, Marc, and Jawlensky.

Andreas Jost

Working groups

8. Painting Workshop 4

(German on Friday/German and English on Saturday)

Charcoal drawing for diagnostics, pictorial phenomena

Stefanie Gohr

9. Music Working Group 1

(German and Italian on Friday/German on Saturday)

Music therapy in cardiology

Anna-Barbara Hess

10. Music Working Group 2

(German on Friday/German and Italian on Saturday)

In-depth case studies. Depression, panic attacks and heart problems. Extended to include singing therapy during the climacteric and menopause.

Anne Frey

11. Music Working Group 3

(English on both days)

Intergenerational trauma in the 42 to 63 age group

Jaime Filippo

12. Language Working Group 1

(German and Italian on Friday/German on Saturday)

Burnout and exhaustion

Franziska Schmidt-von Nell

13. Language Working Group 2

(English on Friday/German and Italian on Saturday)

Heart diseases

Dietrich von Bonin

Artistic-meditative morning work

Movement and speech *(German)*

Esther Böttcher

or

Social art *(German/English)*

Katja Schultz and Katrin Sauerland

or

Singing in the west staircase of the Goetheanum *(English)*

Marieke Schagen-van Houts

School of Spitual Science

Introduction to the work of the School of Spiritual Science *(German/English/Italian/French)*

Open event for everyone interested

Dr. Marion Debus

Work on the class lesson in the context of the conference topic *(German/English/Italian)*

for members of the School of Spiritual Science, please bring the blue card

Laura Piffaretti, Bernadette Gollmer, Ulrikke Stokholm

Preparation group

Esther Böttcher, therapeutic speech therapist, Germany

Laura Piffaretti, certified art therapist (ED), specialising in music therapy, lecturer and coordinator at ICAAT, Switzerland

Katrin Sauerland, art therapist, Germany

Marieke Schagen-van Houts, music therapist, Netherlands

Katja Schultz, art therapist, Germany

Linda Teipen, art therapist specialising in painting and sculpting, Germany

General informations

Accommodation

Use of a bed in a dormitory: 10 CHF/night, mats provided, everything else must be brought along. *The number of beds is limited*; a space can be booked during online registration.

Conference fees (including two lunches and breakfast on Sunday)

Sponsor price: CHF 390

Standard price: CHF 290

Reduced price: CHF 240

Student price: CHF 190

Donations to support travel expenses, etc. for the conference of Anthroposophic Art Therapies (not to be used to pay the conference fee)

From Switzerland

Allg. Anthrop. Gesell. / Med. Sektion / Raiffeisenbank Dornach

IBAN: CH53 8093 9000 0010 0605 6 / BIC: RAIFCH22

Reference: "KT 2026"

From Germany and the EU

Medical Section / Förderstiftung AM / Volksbank Dreiländereck eG

IBAN: DE92 6839 0000 0000 9707 60 / BIC: VOLODE66

Reference: "KT 2026"

Conference informations: Goals and recognition

Objectives of the conference

- ◇ Strengthening and developing therapeutic intuition, judgement, and decision-making skills in encounters with patients. Training the senses and perceptual abilities.
- ◇ Strengthening understanding and perceptive skills in relation to biographical crises and developmental stages at all ages.
- ◇ Exploring the means and methods of anthroposophic art therapies in all specialist areas (painting, drawing, modelling, music, singing, language, and drama).
- ◇ Getting to know new methods and approaches.
- ◇ Deepening understanding of the prerequisites for health and illness.
- ◇ Deepening of topics from the lectures in various working groups; intervision.
- ◇ Interprofessional encounters and exchanges between doctors and colleagues of different nationalities who practise anthroposophic art therapies.

Continuing education credits and recognition

The conference is recognised as continuing Education/training with 19.5 hours of 60 minutes each.