



International Conference on  
Therapeutic Speech and Drama Therapy

**Imprint of trauma**  
in the constitutional elements –  
perceiving and transforming it

**14 to 17 October 2026**

Medical Section at the Goetheanum

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

Dear Colleagues,

We would like to warmly invite you to join us in further deepening our understanding, perception and awareness of the etheric. This year, our medical and therapeutic focus is on the impact of trauma on the life and health of the verbal person.

In our collaborative research, we will explore questions such as:  
What imprint do traumatic events leave in the fabric of the constitutional elements?  
How do their effects manifest themselves in the etheric and in interaction with the physical organisation?

Through perception exercises, lectures and workshops, we will practise reading body resonances in connection with emotions and trauma, and understanding their significance for diagnoses such as ME/CFS or selective mutism.

Conscious sensing can serve as a mindful compass in our therapeutic, medical and educational work, enabling traumatic imprints to gradually transform into imprints of the I.

Through our collaborative exploration, we will experience the healing potential of therapeutic speech and drama therapy in supporting traumatised children, young people and adults – and in doing so, strengthen our trust in the healing power of the creative word.

For this year's open stage "Creating out of the moment", you are welcome to bring your own contributions.

We look forward to a lively professional exchange!

The preparatory group

*Esther Böttcher, Oliver Ifill, Mikko Jairi, Susann Kegel, Darius Matthies and Andrietta Wolf*

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## **Conference prelude on the light & sound ether** *(DE/EN/ES)*

Wednesday, 09.00–13.30

With the help of the guidance devices developed by strader:tech, we will learn to differentiate and perceive the light and sound ether and guide it in our own body. Further information: <https://www.strader.tech>

*Jan-Gabriel Niedermeier, Esther Böttcher*

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## **Prelude to the day**

Thursday to Saturday, 08.00–08.45 each day

### **Morning eurythmy**

*Johanna Voigt*

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## **Practical perception exercises in the etheric** *(DE/EN/ES)*

Through short meditative and physical exercises we will learn to inwardly perceive the etheric body. In this way, the psychosomatic effect of positive and negative emotions and moods on the body and life forces can be recognised.

*Mikko Jari*

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# Workshops

Thursday to Saturday, 11.30–13.00 each day

## 1. New approaches to vitality and self-efficacy *(DE/ES)*

The focus is on the question of how new access to vitality and self-efficacy arises through therapeutic speech. Exercises will be used to investigate how people with different initial circumstances and preconditions can be encouraged to become active in speech themselves. What impact does this have on the situation of a person's own strength? What differences become evident in the relationship and possibilities between adults and children? How do I come to a specific therapy decision for myself? What changes in mental state can I perceive and recognise? What role does the relationship between strength and exhaustion play in this? How is activity of the I supported by speech therapy?

*Andrietta Wolf*

## 2. Listening through to what is listening – the heart as an organ of transformation *(DE/EN)*

Blood from the entire organism flows together in the heart. The experiences of the whole body flow together, dying into a whole. In this moment, everything is possible. The full scope of creative potential lies open. An intermediate space is created between having become and becoming anew before the blood flows back out into the organism and gives itself away. In this workshop we do not want to talk about the heart, but invite participants to an encounter with this organ filled with wisdom. From there we will enter into a relationship with each other and explore the therapeutic effectiveness of this heart encounter.

We would like to immerse ourselves with you in a shared listening space in the encounter with the heart sounds and the creative potential of speech warmed through by the heart.

*Darius Matthies, Johanna Voigt, Nina Schönlaub*

## 3. The 'Twelve Moods' and the path of the monthly virtues *(DE/EN)*

We will work in speech with the verses of the 'Twelve Moods' by Rudolf Steiner and seek new perspectives for therapeutic work and self-knowledge with the help of the metamorphoses of 'monthly virtues'.

*Oliver Ifill, Mikko Jairi*

## 4. Choral speaking with young people *(DE)*

In educational work, choral speaking is a profoundly effective instrument for experiencing oneself as an individual in a group. In this context, the choreographic work (heaviness, lightness, posture, gesture, gaze ...) takes hold of the young people as far as into the body. In addition, choral texts often deal with themes of destiny and create a sense of upliftment from within. Tried and tested texts can be brought along and exchanged.

*Jutta Nöthiger*

## Wednesday, 14 October

09.00–13.30 (optional)

**Prelude with the guidance devices on the light and sound ether (DE/EN/ES)**

*Jan-Gabriel Niedermeier, Esther Böttcher*

14.30–16.00

**School of Spiritual Science work on the 11th class lesson in the context of the conference topic (DE)**

for members of the School of Spiritual Science

*Marjo van der Himst, Oliver Ifill*

16.30 Conference start

16.30–17.00

**Welcome and introduction**

Foundation Stone verse

17.00–18.15

**Practical perception exercises in the etheric**

*Mikko Jari*

18.15–19.30 Evening break

19.30–20.45

**Foundations of the cosmic, earthly and human etheric in health and illness**

*Esther Böttcher, Jan-Gabriel Niedermeier*

## Thursday, 15 October

08.00–08.45

**Prelude to the day**

09.00–10.45 Announcements

**Therapeutic work with exhausted and traumatised mothers, children and adults**

*Andrietta Wolf*

10.45–11.30 Break

11.30–13.00

**Practical perception exercises in the etheric**

*Mikko Jari*

13.00–15.00 Lunch break incl. lunch

15.00–16.30

**Workshops**

16.30–17.15 Break

17.15–18.15

**Case vignette**

*Susann Kegel*

18.15–19.30 Evening break

19.30–20.45

**Commemoration of the dead**

## Friday, 16 October

**08.00–08.45**

**Prelude to the day**

**09.00–10.45** Announcements

**Exhaustion and creative power –  
Learning from encounters with people living  
with ME/CFS**

*Darius Matthies, Nina Schönlaub, Johanna Voigt*

**10.45–11.30** Break

**11.30–13.00**

**Practical perception exercises in the etheric**

*Mikko Jairi*

**13.00–15.00** Lunch break incl. lunch

**15.00–16.30**

**Workshops**

**16.30–17.15** Break

**17.15–18.15**

**Creating out of the moment**

*Open stage*

**18.15–19.30** Evening break

**19.30–20.45**

**Imprint of trauma in the etheric**

*Boris Krause*

## Saturday, 17 October

**08.00–08.45**

**Prelude to the day**

**09.00–10.45** Announcements

**Shaping destiny –  
Habits in transformation and stellar paths  
throughout the year**

*Oliver Ifill*

**10.45–11.30** Break

**11.30–13.00**

**Practical perception exercises in the etheric**

*Mikko Jairi*

**13.00–15.00** Lunch break incl. lunch

**15.00–16.30**

**Workshops**

**16.30–17.15** Break

**17.15–18.00**

**Conference conclusion & pause**

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## Lecturers and contributors

**Esther Böttcher**, self-employed art therapist specialising in therapeutic speech, lecturer, course leader; founder of the Active Lifeset Academy and Zeit & Raum Technologie gGmbH as well as Lichtung-Sprache. Works for the International Coordination of Anthroposophic Arts Therapies (ICAAT), Medical Section.

**Oliver Ifill**, lecturer in speech and drama, educator in supportive education, art therapist specialising in speech and drama; works in creative speech and dramatic arts training in Helsinki, with the Mystery Drama Ensemble, and in eurythmy training.

**Mikko Jairi**, eurythmist, born in Finland. Following eurythmy training, joined the Else Klink Ensemble in Stuttgart and the Goetheanum Stage. Then worked as a freelance artist and guest lecturer on eurythmy training courses. Researcher into formative forces and a trainer in perception methods.

**Susann Kegel**, art therapist specialising in creative speech at the Therapy Centre and the Michaeli School in Cologne, lecturer at the Waldorf teacher training seminars in Cologne and Dortmund, course leader.

**Boris Krause**, specialist in psychosomatics and psychotherapy. Physician in charge of the Department of Psychosomatics at the Filderklinik (D).

**Darius Matthies**, 31 years old, speech therapist, creative speech practitioner and SE trauma therapist. Currently mainly involved in the therapeutic support of ME/CFS sufferers and also active in various fields of collective trauma integration.

**Jan-Gabriel Niedermeier**, specialist in paediatrics and adolescent medicine, anthroposophical doctor (GAÄD), entrepreneur and founder of Zeit & Raum Technologie gGmbH for the development of moral technology, of the Active Lifeset Academy and of Lichtung-Sprache.

**Jutta Nöthiger**, social pedagogue, Swiss certified art therapist specialising in drama and speech therapy. Teaching / mentoring (upper school) and speech therapy at the Birseck Rudolf Steiner School, course leader, two children, grandma ;)

**Nina Schönlaub**, physician in further training in general practice. I currently work at Klinik Arlesheim. My journey into anthroposophic medicine began eight years ago with the Eugen Kolisko Academy. I completed an in-service training programme and degree in osteopathy at Witten-Herdecke University.

**Johanna Voigt**, born and raised on the Baltic coast. Eurythmy therapist at Klinik Arlesheim.

**Andrietta Wolf**, Independent art therapist specialising in drama and speech therapy and therapeutic speech. In relation to the topic, I deal with exhausted and traumatised people of different age groups with varying symptoms. My focus and main aspect are the experience with adults and children and their differing power relations.

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## General information

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 2026 to francois.bonhote@medsektion-goetheanum.ch)

## Translation

English, *Rozanne Hartmann* / Spanish, *Tamara Chubarovsky*

## Further training points and recognition

Number of hours: **27 hours @ 60 minutes**

*The conference is internationally recognised as further training by 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 presentations 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.

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# Fees and registration

## Registration

We are currently working on the online registration facility for the conference. We are happy to inform you directly when registration is possible. Please leave your contact details in the following form:

<https://forms.office.com/e/dkxSpjHF9B>



## Conference fees

(incl. lunch from Thursday to Saturday)

Support price	CHF 500
Normal price	CHF 390
Concessionary price	CHF 290
Student price	CHF 170