

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, Adèle 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 psychotraumatisation, 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-