

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 *Merkurstab* 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