



Medical Section at
the Goetheanum

Research Congress

**“The role and importance of
warmth and thermoregulation in
somatic and mental health:
status, updates and open questions”**

An Anthroposophic Medicine research congress on concepts,
research methods and implementation in clinical practice

February 28 – March 1, 2025

Goetheanum - Schreinerei

Dornach, December 2024

Dear colleagues, professionals, students and researchers from all medical professions,

The longer you think about it, the more you can come to the conclusion: warmth is actually very special and very important for anthroposophic medicine.

Without warmth, processes, plants, animals, people do not or hardly move. Solid forms are dissolved again by warmth processes (think of candle wax or the sugar in coffee or tea) and set in motion. Increased body warmth (fever) causes the immune system to move even more and invaders (viruses, bacteria) have to clear the field again. In some cases, high fever even causes spontaneous healing of cancer and the human form/stature is restored!

Many people feel better about themselves after a period of high fever. We enjoy and relax with the warm sun on our skin and also a warm meeting with old friends and family we love. A warm home ("nest") is a place where you are seen and heard and naturally feel safe and can develop. We warm up to beautiful ideals that we want to realize in the future. Not to mention all that love sets in motion! And, of course, health is always a question of balance.

Beyond this general knowledge, anthroposophy provides much additional specific insight into the quality, importance, application and regulation of warmth in medicine/ health care. Rudolf Steiner described world evolution as having begun with warmth. He gave the warmth meditation for doctors and medical students, described warmth as the carrier of our I-organization and gave the so-called "Bridge" lectures, which describes warmth as a mediator between body and mind. Phenomenologists described the quality of warmth as an element and as an ether (warmth-ether) and were able to distinguish typical warmth (medicine) plants like the rosemary.

In all CARE groups we find the role and importance of warmth and warmth regulation e.g. in natural maternity care (CARE I. Pregnancy, birth and early childhood); in the warm inflammatory response and fever in infectious diseases (CARE II. Dealing with fever and infectious diseases); in the warmth of the therapeutic relationship and the warmth that provides meaning (CARE III. Common forms of anxiety and depression); in the generation and regulation of warmth through mistletoe therapy (CARE IV. Oncology); and in the warmth care of the last stage of life (CARE V. Palliative care).

Finally, warmth plays an important role in diagnosis, prevention and treatment. Rudolf Steiner describes that we need the warmth of love as a force of knowledge in order to know the essence ("Wesen") of minerals, plants, animals and human beings. And we also need the love to act ("Liebe zur Tat") in order to achieve good, free action (Philosophy of Freedom).

The purpose of this conference is to explore the status of the science of warmth (regulation), to get (even) better acquainted with the quality, importance, application and regulation of warmth in anthroposophic medicine.

We hereby invite you all (researchers, doctors, therapists, nurses, students and all others interested in this field) to the 2025 Anthroposophic Medicine (AM) Research Congress with the main topics of:

- The quality of warmth, its role and importance in somatic and mental healthcare and the development of Anthroposophic Medicinal Products
- The use of warmth and thermoregulation in AM therapies healing processes
- Thermoregulation as part of the self-healing autonomous regulation processes
- Fever (management)
- Care themes & AM therapies
- What hypotheses or observations from anthroposophy have been empirically confirmed?
- The latest AM research projects and results (all topics)
- Workshops for young researchers
- Workshops on research topics

For the preparatory group

Prof. Dr. Erik W. Baars

Friday, February 28

Anthroposophic Medicine and conventional research on warmth and warmth regulation

13.30 **Opening of the Congress**

Welcome by Prof. Dr. Erik Baars and Dr. Karin Michael

13.35 **A scientific model of the quality and role of warmth from an anthroposophic perspective**

Dr. Helmut Kiene

14.45 **Steiner's spiritual scientific findings on warmth (regulation) and the confirmation in conventional science**

Prof. Dr. David Martin

15.15 *Short break*

15.45 **Workshops round 1 – The science of warmth (regulation) in the CARE groups fields**

17.00 **Workshops round 2 – The science of warmth (regulation) in AM therapies and care**

18.15 **Q&A with the speakers and plenary discussion on research related questions of the participants**

18.45 *Dinner*

20.00 **Embodied Understanding**

Elaine Holt, MSc

20.45 **Q&A with all speakers of Day 1**

21.15 *End*

Saturday, March 1

Anthroposophic Medicine Spiritual Science research

09.30 **Eurythmy – Vitalizing Exercises**

10.00 **In-depth Workshops Round 1**

11.00 Short break

11.30 **In-depth Workshops Round 2**

12.45 Lunch break

Parallel sessions AM research oral presentations (3x 20 min)

14.00 Round 1

15.00 Round 2

16.00 Short break

16.30 **Reflection and future perspectives**

What have we learned on warmth (regulation)? What is missing? What are research questions; what is the research agenda on this topic for the next 5-10 years? How do we work together in science and application of knowledge in clinical practice in the field of warmth (regulation)?

18.00 End of congress

List of Workshops

Workshops round 1 – The science of warmth (regulation) in the CARE groups fields (Friday)

- **CARE I - Pregnancy, birth and early childhood** Terrassensaal
 - Safe sleeping conditions of newborns respecting their anatomical and physiological conditions as well as their warmth organization (Johanna Hünig)
 - Enhancing meconium passage: innovative approaches with rhythmical Einreibung and “Wärme atmen” aligned to the specific needs of the very low birthweight infant" (Natalie Hurst)
- **CARE II - Dealing with fever and infectious diseases** Nordatelier
 - FeverApp research in the Netherlands (PhD project) (Eefje Belt)
 - The FeverFriend App and the new Guideline on children’s fever-management in Hungary (Henrik Szöke)
 - The German FeverApp research and scientific plans of the Fit For Fever Project (David Martin)
 - Plans on publications regarding infections in the CARE 2 group (Karin Michael)
- **CARE III - Common forms of anxiety and depression:** Nordsaal
 - Efficacy of hyperthermic baths for treating depression - a randomized, three armed phase III study (Roman Huber)

Workshops round 2 – The science of warmth (regulation) in AM therapies and care (Friday)

- Art therapy (Corinne Roy) Schreinerei Südsaal rechts
- Eurythmy therapy (Michele Polito) Terrassensaal
- Body-oriented therapies (Nicole Weerts, Cindy Verheul) Nordatelier
- Psychotherapy (Sashank Nyapati) Nordsaal

In-depth workshops Round 1 (Saturday)

- Developing an anthroposophic art therapy module for children with ADHD (Esther Vis, Annemarie Abbing) Schreinerei Südsaal rechts
- Salutogenesis and Hygiogenesis working principles of prevention and treatment in anthroposophic medicine: the concept and development of S-HEAL PROMs (Matthias Kröz, Marcus Reif, Tiffany Huber, Gene Feder Erik Baars) Nordsaal
- The dialogic process in working with the warmth impulse Schreinereisaal (Eva Maria Börner)

In-depth workshops Round 2 (Saturday)

- Salutogenesis and Hygiogenesis working principles of prevention and treatment in anthroposophic medicine: the concept and development of S-HEAL PROMs (Matthias Kröz, Marcus Reif, Tiffany Huber, Gene Feder Erik Baars) Nordsaal
- Worldviews, the transition from the modern worldview into the Integrative worldview and its importance for anthroposophic medicine (Erik Baars) Terrassensaal

Parallel sessions AM research oral presentations (Saturday)

Session 1 (1st round) Terrassensaal

- Improvement of quality of life in a patient with metastatic renal carcinoma treated with *Viscum album* extract (Sanaz Taromi, Juan Diego Maldonado)
- Impact of various heat extraction methods on the phytochemical profile of *cichorium intybus* Extracts (Maria-Riera Piqué-Borràs, Friederike Tews, Johann Röhrl, Gerald Künstle, Mónica Mennet-von Eiff)
- Therapeutic actions of Apis: a scoping review of the conventional and anthroposophic literature (Erik Baars)

Session 2 (1st round) Nordsaal

- Worldviews and Mental Health: A Scoping Review (Sashank Nyapati, Femke Truijens, Jim van Os, Erik W. Baars)
- The contribution of worldviews to a healing environment for people with depression in Dutch primary care (Pascal Kreijen)
- First Steps in Building a Conceptual Framework for Anthroposophic Psychotherapy: A Mixed-Method Study (Sashank Nyapati)

Session 1 (2^d round) Terrassensaal

- Applied Goethean Phenomenology: How can warmth be a bridge between the spiritual and physical human being as the impulse of human movement? (Siegward-M. Elsas)
- INHALE, EXHALE. A naturalistic multiple case study on painting therapy in asthma: therapeutic processes and experiences of four adult clients (Annemarie Abbing, Pascal Kreijen, Stefanie Beuzenberg, Rozemarijn Smids)
- Metal Color Light Therapy in Breast Cancer Patients: The LUCIA-Study – an ongoing, prospective Analysis (Charlotte Streffer, Anja Thronicke, Michaela Ganz, Shiao Li Oei, Jessica Groß, Gerrit Grieb, Sophia Johnson, Friedemann Schäd)

Session 2 (2^d round) Nordsaal

- The importance of a spiritual-scientific theory of disease for the future of anthroposophic medicine (Ricardo Torriani)
- Concepts of health and health promotion: a scoping review of the literature (Erik Baars)
- Body temperature, circadian rhythm, regulation and vigilance (Matthias Kröz, Roland Zerm, Lorna Fässler, Timotheus Haack, Matthias Girke)

General Information

Translation

Conference language is English.

Conference fee

Regular price: 290,- CHF (lunch included)

Reduced price: 210,- CHF (lunch included)

Student price: 140,- CHF (lunch included)

*Support price: 500,- CHF plus x CHF

*Makes it possible to support conference participants from poorer/remote countries.

Dinner is optional and may be booked separately at a price of 28 CHF each.

Registration

Online registration will soon be possible at <https://goetheanum.ch/en/events>

If you have any questions about registration, please contact the colleagues at the Goetheanum reception: Tel +41 61 706 44 44 / tickets@goetheanum.org

Donations to support the Research Conference

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