

## **Activity Report**

of the International Coordination of Anthroposophic Arts Therapies (ICAAT)  
in the Medical Section at the Goetheanum 2016/17

**Dear Colleagues,**

In the context of this year's annual conference Michaela Gloeckler stood down as section leader, and Matthias Girke and Georg Soldner undertook their tasks in the section. I was of course concerned how this change would feel for me as coordinator for Anthroposophic Arts Therapies. I am very pleased to say that after the first weeks of working together the whole task of building up an inter-professional IKAM Kollegium has not only been taken on, but that we are already hard at work to develop together the form of the year to come. So we would like to work together with you on 5 CARE THEMES. I am sending you in an attachment extracts from the minutes of the vision-building conference in which these themes are described. In any case we will approach you shortly, and more than once, for projects related to this theme.

With warm regards and best wishes for  
our work with our wonderful profession.

Kirstin

## About our coordination work

- Johanna Gunkel undertook the task of co-coordination for the areas of painting and sculpture, and also took over the conference organization from Rico Queißer.
- Until Summer 2017 Rico is willing to still be available in ICAAT, after which he will devote himself to his new profession as teacher.
- The last module of the "Teach the teacher" training took place, and was again very much valued by the participants. We will meet shortly to discuss in which form these inter-professional training activities should be continued.
- In the context of the working days for Therapeutic Speech, it was agreed to plan a vision-building conference for Therapeutic Speech with the new section leadership.
- Monika Folz has stepped back from the council of the umbrella association IFAAET (International Federation of Anthroposophic Arts and Eurythmy Therapy). She undertook the mandate of continuing out-reach work for IFAAET.
- Nurene Armajani and Kirstin Kaiser will continue to carry the council work for another year. During this year a new council should be formed.
- An English language version of the website is set up now.
- Rico Queißer presented a report on the legal situation for our professions in the various countries in Europe (German), and we all together also a summary of the development of Anthroposophic Arts Therapies world-wide (partly German, partly English). You can find both on the website of ICAAT (Downloads).
- Michaela Gloeckler and her co-workers transcribed the lectures she gave at the Artistic Therapy conference of 2016, and made these available on the ICAAT website (Downloads).
- Information about the European Academy, and the process of application, are also available on the ICAAT website now.
- Teach the Teacher: We will write out the new training module, and the next one will begin on the weekend before the annual conference (9-11.9.2017). An invitation will follow.
- There will be renewed annual meetings between the European Academy and DAKART to discuss the themes of training and the associations relevant to both, and to further collaboration.
- Following the 2017 conference on the theme of the Middle Senses, which was experienced as a very satisfying process, and which included considerably more colleagues from, for example, China and Russia, it was decided to continue with the theme of the Higher Senses in 2017 (4.1-7.1). In addition to Michaela Gloeckler's lectures, deepening our study of the human being, Georg Soldner, as incoming section leader, gave a very up-building lecture in which he stood beneath the star of the collaboration between doctor and artistic therapists, and which he illustrated with many case examples.

## Extracts from the Minutes of the IKAM Vision-building Conference, November 2016

### A) Working group Innovation

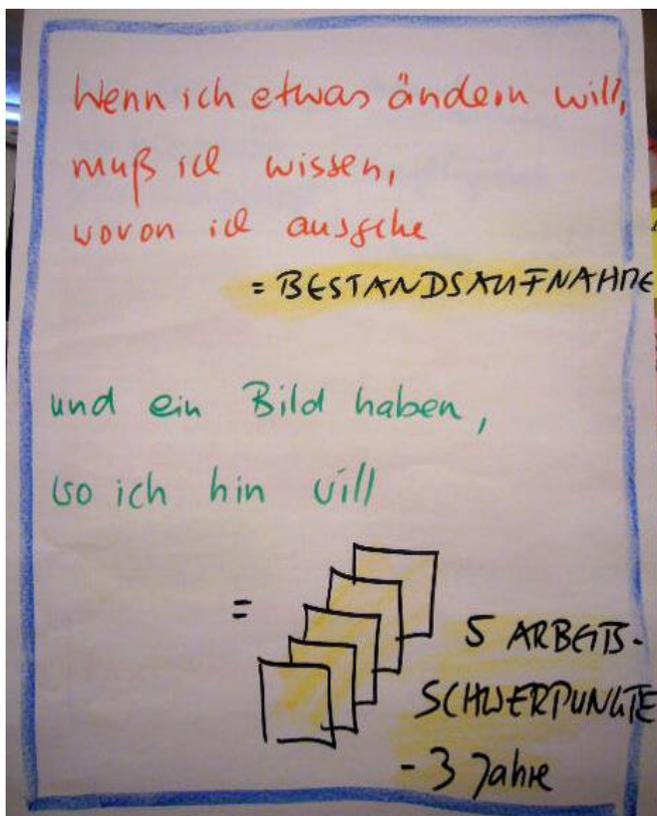
What are the health-related needs and themes which come as urgent questions from the world? What contribution can we make from Anthroposophical Medicine. To what purpose do we have inter-professional approaches and concepts?

The identification of 5 CARE THEMES which have already been stated by the Council/ Vorstand Conference of the International Association of Anthroposophical Doctors.

1. Pregnancy, birth, early childhood, living with disabilities.
2. Fever, infectious diseases and the growing resistance to antibiotics.
3. Soul-body disturbances: anxiety, sleep disturbances, trauma and its consequences.
4. Oncology
5. Palliative medicine, pain therapy, the accompanying of those who near death.

The CARE THEMES will form the focus for the section work for the next 3 years.

The aim is to work on these themes in the workplace, in teaching and research, and also to keep in view the need for comprehensibility, communication and effectiveness.

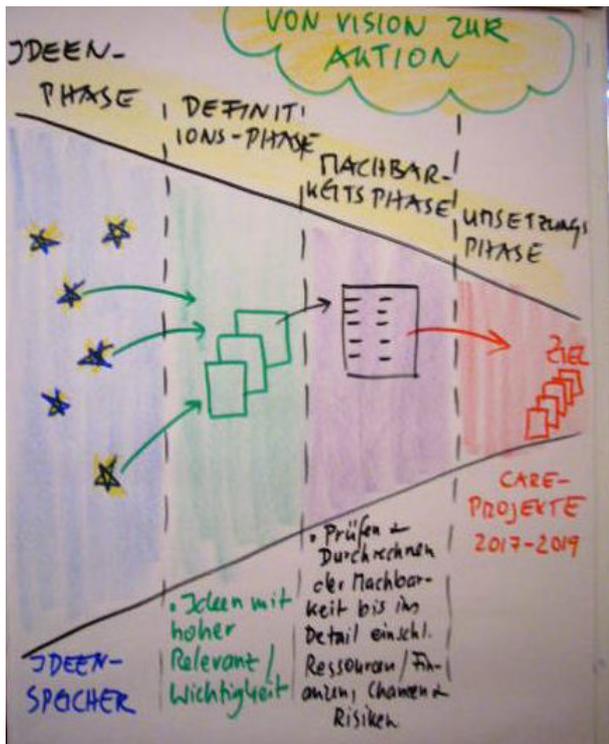


(Diagram 1) If I wish to change something, I need to know what my starting point is=

TAKING UP ONE'S STANDPOINT, inventory

And to have an image of where I wish to go=

5 PRIORITIES FOR THE WORK OF THE NEXT THREE YEARS



(Diagram 2)

FROM VISION TO ACTION

Ideas Phase Definition Phase  
Action Phase Transformation Phase

Garnering Ideas Ideas of greatest  
relevance /importance

Assessment of the practicalities right  
into details:

Resources/Finances/Opportunities/Risks  
CARE PROJECT 2017-2019

Sounding-board groups took place in the light of the following questions:

1. How do you experience these stated work priorities from the point of view of the wider context of your own field of work?
2. How would you evaluate their importance and urgency for your own field of work (both inwardly and outwardly)?

Subsequently the 5 CARE THEMES were worked with from the following points of view:

1. Study of Man/ Knowledge of the Human Being, the development of concepts.
2. Training, Teaching, the development of competency
3. Research, coordination and cooperation
4. Transferability, infrastructure.

Recapitulation of the recognized need for work on the CARE THEMES

Taking up one's standpoint , inventory/ The valuing of experience – inter-professional further training--- the development of therapeutic concepts.

The development of training in effective communication.

Working groups with responsibility-carrying individuals will be designated, which now have the task to initiate projects on all levels.

The annual conference in 2017 will be organized with these themes at its centre.

## **B) Working group COMPREHENSIBILITY AND OUTREACH**

In this working group we firstly concerned ourselves with the perception of others and of ourselves. Then we took stock in a process involving a range of steps.

From this we developed points of view for the future.

### FUTURE

- I do not want to preach to anyone
- Deep evidence is absolutely essential for dialogue
- I am open, but watchful
- I allow the phenomena to speak—and not some ideal construct
- The other person could well have something to give
- Let the things themselves speak.

Philosophy, Bearing, Maxims

- Humour, a light touch
- Expressing myself in a comprehensible way while remaining true to my own identity, depth.
- Narrative rather than constructs and terms
- Speech: clearer and shorter, self-aware and self-critical
- The wish to understand--- space.
- Searching
- Narrative: speaking out of ourselves!

Which Messages are particularly wished for?

- Working with the whole picture, integrating, AM is Body-Soul-Spirit Medicine
- Illness—meaning—development
- In connection with the Hippocratic Oath: to offer help and assistance towards the humanizing of society.

- Health, Salutogenesis, Self reliance, Empowerment
- A setting with an authentic culture
- Humane, encounter, responsibility
- Inclusion is health

Medicine as Knowledge, Art and Spirituality:

- As a path of development of the therapist/the supporting carers
- As therapy form—as knowledge-based form

- Individual
  - Contemporary
  - Trust, Transparency
  - Put in place own, natural, humane treatment resources before chemical, technical
  - Team-based Medicine
  - Source of inspiration
  - Strive for concordance of social processes on all levels
  - Working with leading images as orientation and culture
  - To take up the client/patient's own testimony into the means of healing (?)
  - Keep each other informed, in order to learn from each other
  - To educate every AM co-worker to be an ambassador for AM
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