



22nd International Study Days for Anthroposophic Art Therapy

for art therapists,
students of art therapies,
physicians, medical students, psychotherapists and teachers

ANXIETY
ANXT
ARXT
ART

The potential of art therapies in anxiety disorders and the
somatoform effects of anxiety

Thursday to Sunday
9 to 12 January 2020

Goetheanum

Dornach, August 2019

Dear Colleagues,

At the next study days for anthroposophic art therapy from 9 to 12 January 2020 we will concern ourselves with anxiety in even greater detail and also examine its pathological form. Starting with various possibilities of meditation and School work, we will consider pathological forms of anxiety as well as their somatoform effects on an interdisciplinary basis. We will do so in lectures and deepening seminar groups, as well as in the intensive art therapy groups in the afternoon.

As we already noted last year, anxiety is a constant presence in our society and influences our daily lives. The growing number of disorders and illnesses arising from anxieties is clearly evident and they have arrived at the heart of society particularly in adolescence and among young adults with social phobia and obsessive-compulsive disorders, for example. Similarly we encounter anxiety in serious diseases, for example during cancer treatment, but also in concealed somatoform occurrences such as in sleep disorders, disorders of the gastrointestinal tract and in many other forms.

The artistic methods in their concentration and intensity, in their diverse range of materials from music to speech, painting and modelling; the experience of wholly primal comprehension through tone, soapstone, colours, yarns, movement and laughter allow the various aspects to be comprehended clearly and through experience from the perspective of our understanding of the human being.

We, as the preparatory team, hope that the special atmosphere, which can best be described as the warmth among colleagues, will lead to a collaboratively investigative attitude: a space out of which new basic ideas for the work with patients can grow. The discussion with others in the generously allocated breaks is just as suitable for this as the exchange of views in the workshops.

The input from the speakers Dr David McGavin, Dr med. Matthias Girke, Dr med. Hartwig Volbehr, Rita Eckart, Georg Soldner, as well as Annemarie Abbing and Anne Ponstein will provide stimulus from various directions and points of view. The definition of anxiety, the subject of anxiety and the threshold, the reference to the human constitutional elements, and the human biography of anxiety will be discussed equally with research results and Steiner's subsidiary exercises in a socially artistic way.

*Whatever may happen,
whatever the next hour or the next morning may bring,
I cannot to begin with, if I know nothing about it, change it through fear or anxiety.
I await it with complete inner peace of mind,
with the calmness of mind of a motionless sea!*

Rudolf Steiner, GA 059, p. 114 f.

We look forward to seeing you again, or meeting you for the first time, and send our very warm regards!

Kirstin Kaiser, Viola Heckel, Katrin Sauerland, Heike Stenz and Johanna Gunkel
Conference organisers

Matthias Girke, Georg Soldner
Heads of the Medical Section at the Goetheanum

Seminar groups on the interdisciplinary lecture follow-up and on the therapist's path of schooling

Thursday 11.45–13.00 / Friday, Saturday 11.15–13.00

1. "... Your fear has turned to radiance..." (*Nelly Sachs*) [\(DE/EN\)](#)

Ways of self-encouragement for the art therapist through strengthening the power of the I in the artistic meditative process.

Dagmar von Freytag-Loringhoven, art therapist (MA), Freiburg (DE)

Thomas Adam, singing therapist, Bochum, (DE)

Ulrike Gerharz, speech therapist, Karlsruhe (DE)

2. The nature of meditation and patient meditations from Rudolf Steiner [\(DE\)](#)

Matthias Girke will speak about the nature of meditation, its meaning on the path of knowledge and its healing action. Peter Selg will present patient meditations from Rudolf Steiner. In the third unit, Kirstin Kaiser will deepen these impulses in a subject-specific way in joint discussion.

Matthias Girke, head of the Medical Section, Dornach (CH)

Peter Selg, specialist for child and adolescent psychiatry, director of the Ita Wegman Institute, Dornach (CH)

Kirstin Kaiser, therapeutic creative speech practitioner, Basel (CH)

3. Fear and the four temperaments [\(EN\)](#)

The four temperaments have their origins and grounding within the habit life of our etheric body. Each has a different relationship to anxiety and responds differently to fear. We shall explore the nature of the temperaments and how each one can wisely hold us back or help us leap advantageously forwards. Can one alter one's temperament to strengthen one's character? Yes, but be ready to move and be moved!

Dr David McGavin, general practitioner specialising in pain management, Kent (UK)

4. Psychological disorders today and the task of art therapy [\(DE\)](#)

The creative forces of the imagination in people today are imprisoned in perceptions of anxiety and everyday life. The consequence is identity disorders and disorders in the soul life. Freedom and moral imagination can no longer be put into practice. Art and art therapy can allow the sources of existence to start flowing again.

Dr med. Hartwig Volbehr, psychiatrist, Constance (DE)

Seminar groups

5. If we are caught in anxieties without orientation we are lost [\(DE\)](#)

Alongside reflecting on the lecture content and our own experiences, we will work on the prerequisites for finding ourselves again (be it as patient or therapist) when anxieties inhibit us. Here the movements of eurhythmly help to act on time and space in an ordering way. (Knowledge of eurhythmly not essential, gym shoes of benefit)

Kaspar Jaggi, physician, and Barbara Jaggi-Sidler, eurhythmist and special needs teacher, Jegenstorf (CH)

6. From fear to fun [\(EN/DE/NL/CN\)](#)

This year we will do new games in which you will meet each other and be confronted with "forgotten" options to face anxiety and change it into courage. Finding new inspirations and learning with fun to use the hidden potencies in your work and in your daily life.

Huub Detert, art therapist, game trainer and art therapy teacher, Chengdu (CN)
Chen Zifeng, interpreter and producer, Chengdu (CN)

7. Courage and new perspectives through form drawing [\(DE/FR/EN\)](#)

The heart-warming experience and creation of forms significantly strengthen the forces of self-healing. Inversions and metamorphoses can be brought to experience and show ways of and new perspectives for overcoming anxiety and fear. Diverse orientation exercises help in the search for new standpoints and goals.

Peter Büchi, adult education teacher, form drawing practitioner, Stäfa (CH)

8. Can I heal myself? [\(IT/EN\)](#)

Seminar group with artistic painting exercises and clinical case studies.

Patrizia Anderle MD, Padova (IT)
Anna Maria Saccuman, art therapist, Padova (IT)

9. What are the colours of anxiety? [\(DE/FR\)](#)

We will together follow up the morning lectures through painting and discussion with the question how different anxieties can come to expression in colour and form and how they can reveal themselves at various levels of the human constitutional elements.

Heike Stenz, painting and creative therapist (BA), Dornach (CH)

10. The courage to connect [\(EN/DE/NL\)](#)

Experiences from music therapy with children. Musical exercises; phenomenology; accounts of encounters with children in diagnostic work and treatment; deepening their stories with the conference subject matter in mind.

Anne Margreet Muller, music therapist, Zeist (NL)

Seminar groups

11. Ways of self-care – how can we make our own creative forces sound again?

(DE/EN)/FR)

"In all things a song it slumbers, as they dream for ever more, and the world erupts in singing, if you know the magic word." (Joseph von Eichendorff)

In three steps, corresponding to the three stages of sleeping, dreaming and waking, we will create our personal pictorial motif. Seminar group with artistic exercises for therapists.

Erika Gonsior, art therapist, Berlin (DE)

Sibylle Bürgel, music therapist, Beinwil am See (CH)

12. Metal colour light therapy – obtaining courage and strength to face up to anxiety

(EN/DE)

In the perceptual encounter with the qualities of the metals we can develop inner resistance, courage and new strength enabling us to face up to different anxieties and transform them. Perception – discussion – patient reports.

Friedlinde Meier, metal colour light therapy, eurythmy therapy, Schwörstadt / Freiburg (DE)

Alara Mayes, art and metal colour light therapist, Blackthorn Medical Centre, Maidstone (UK)

13. From anxiety to self-efficacy *(DE)*

Each step towards greater maturity is associated with anxiety. Can I courageously look at and recognise what it asks of me? And how do I find the way out of anxiety? How do I break out of the chains of anxiety to new freedom and self-determination. How do I step out of old habits into new structures and ways of living? With stabilising exercises from therapeutic creative speech and plastic art therapy, we will gather experiences through exercises which follow the call of a new self-determination and the longing for perfection.

Marion Schroth, therapeutic creative speech practitioner and drama teacher, Tennental Village Community (DE)

Katrin Sauerland, art therapist and emergency education teacher, Alfter (DE)

Thursday, 9 January

09.00–09.30

Musical prelude and welcome

09.30–11.00

*** Defining pathology to give access to therapy (EN)**

Lecture by David McGavin

11.00–11.45 Coffee break

11.45–13.00

Interdisciplinary lecture follow-up

Work in seminar groups

The therapist's path of schooling

Work in seminar groups

13.00–15.00 Lunch break

15.00–18.00

Interdisciplinary artistic and art therapy working groups

18.00–20.00 Evening break

20.00–20.30

Commemoration of the dead

20.30–21.30

Anxiety and courage at the threshold to the spiritual world

Lecture by Matthias Girke

Friday, 10 January

8.15–9.00

Meditative morning study

with Thomas Adam

- or -

School of Spiritual Science study on the 4th and 5th class lesson (for School members)

with Ulrike Gerharz and Viola Heckel

- or -

School of Spiritual Science study

Development of the soul: the exercises of the Foundation Stone Meditation (open to everyone)

with Matthias Girke

09.15–10.30

Anxiety and the human constitutional elements

Lecture by Hartwig Volbehr

10.30–11.15 Coffee break

11.15–13.00

Interdisciplinary lecture follow-up

In seminar groups

The therapist's path of schooling

In seminar groups

13.00–15.00 Lunch break

15.00–18.00

Interdisciplinary artistic and art therapy working groups

18.00–20.00 Evening break

20.00–21.00

The embattled present and the loneliness of the modern person.

Approaches to stabilisation in art therapy and social art

Lecture by Rita Eckart

Saturday, 11 January

8.15–9.00

Meditative morning study

with Thomas Adam

- or -

School of Spiritual Science study on the 4th and 5th class lesson (for School members)

with Ulrike Gerharz and Viola Heckel

- or -

School of Spiritual Science study

Development of the soul: the exercises of the Foundation Stone Meditation (open to everyone)

with Matthias Girke

09.15–10.30

*** Effects of anthroposophic art therapy on anxiety: results from a clinical trial and a case report. [\(EN\)](#)**

Lecture by Annemarie Abbing and Anne Ponstein

10.30–11.15 Coffee break

11.15–13.00

Interdisciplinary lecture follow-up

In seminar groups

The therapist's path of schooling

In seminar groups

13.00–15.00 Lunch break

15.00–18.00

Interdisciplinary artistic and art therapy working groups

18.00–20.00 Evening break

20.00–22.00

Presentation of workshop results

Short contributions from students

Reports from the coordinators of art therapy (ICAAT) and the Medical Section

Contributions from Kirstin Kaiser, Laura Piffaretti, Johanna Gunkel and Silke Speckenmeyer

Sunday, 12 January

8.15–9.00

Meditative morning study

with Thomas Adam

- or -

School of Spiritual Science study on the 4th and 5th class lesson (for School members)

with Ulrike Gerharz and Viola Heckel

- or -

School of Spiritual Science study

Development of the soul: the exercises of the Foundation Stone Meditation (open to everyone)

with Matthias Girke

09.15–10.30

Biographical and antenatal roots of anxiety – an approach

Lecture by Georg Soldner

10.30–11.15 Coffee break

11.15–12.30

Exchange of experiences in plenary session

Including examples of best practice

Conference review and outlook to 2021

Musical conclusion

Lectures and plenary sessions other than those designated with an asterisk (*) will be in German and translated into English, French and Italian.

-- Subject to change --

Interdisciplinary artistic and art therapy working groups

Thursday, Friday and Saturday, 15.00–18.00 on each day

14. Anxieties – obstacles, hints, emergency helpers?

Serial creativity as an intervention for anxious behaviour [\(DE\)](#)

How can anxieties be differentiated and managed in art therapy practice in the harmony of body, picture and language? The workshop will combine meditative physical exercises with painting, drawing and therapeutic writing, with observation of the resulting picture series and case work.

Dr Simone Gaiss, art therapist, art teacher, Munich (DE)

15. The story of Clever Elise [\(EN\)](#)

The Grimm's tale of Clever Elise will be at the heart of this workshop as it describes in quite precise images the transition of anxiety such as we can all experience in our lives into the pathological mental state of a chronic condition. Working with the images, we will explore the gestures of this illness through clay work and painting as well finding these tendencies in ourselves through sharing our own stories. Participants are invited to bring stories of patients they have worked with. We will seek the healing pathways from these observations and express these in our art work.

Karin Jarman, art therapist, Stroud (UK)

Nicole Weinberger, art therapist, Stroud (UK)

16. Painting with plant colours – archetypal images of therapeutic processes [\(DE/EN\)](#)

The training sketches created by Rudolf Steiner can be experienced as archetypal images of therapeutic processes. The therapeutic action of the colour structure of such a motif will be our subject matter.

Caroline Chanter, art therapist, Dornach (CH)

17. Anorexia – the fear to be [\(EN\)](#)

Eating disorders, mainly anorexia, presented as a form of chronic anxiety of a false I. Regarding this theme, we will be investigating through presented case studies the clinical and spiritual condition of eating disorders based on the interrelationship of the four human constitutional elements from an anthroposophical understanding. Part of the workshop will emphasize our own relationship to food through a short biographical process using artistic media.

David Binyamin, art therapist, Tel Aviv (IL)

Workshops

18. Language and colour between light and darkness (DE/EN)

Experiencing light and darkness in speech and in the colours. Standing still and being able to move between constriction and width, anxiety and pleasure, depression and strength.

Joost Groot, medical painting therapist, Wädenswil (CH)

Marjo van der Himst, therapeutic creative speech, The Hague (NL)

19. Knowing myself held when there is no hold (DE/EN)

Fear of the unknown can lead us into constriction and rigidity. Similar challenges are inherent in the artistic process. In this workshop we will investigate by means of artistic / painting experiences how we can face such not knowing through practice. We will also include the sense of touch.

Petra Rosenkranz, painter and cultural education teacher, Bornheim (DE)

20. Specific anxieties in adolescence (DE/EN)

How can artistic exercises, related to the Waldorf curriculum, be used to give young people a hold, security and confidence? The phenomena of puberty and the phase of adolescence will be examined.

Elisa Dudinsky, art teacher, Waldorf teacher, upper school teacher at the Free Waldorf School, Freiburg (DE)

21. The fairy tale of Little Red Riding Hood in its integral version: the balsam of irony to face the experience of fear (EN/IT)

A series of paintings will be presented, inspired by the Stella Maris method, to illustrate the path of the unconscious experience of fear, its emergence to consciousness, the resolving intervention of the hunter-ego, and learning in the etheric of courage through the strength of the balm of irony contained in the end of the fairy tale

Carla Borri, art therapist, head of the Stella Maris School, Bologna (IT)

Marinella Collina, art therapist, tutor in the Stella Maris School, Treviso (IT)

22. Developing the forces of courage through resistance in modelling; awareness of this in waking movement. (DE/DK)

How do I find firm ground in boundlessness? Strength in doing? And give form to matter, and it encounters me! Movement in clay and experience – obtaining insight in following the movement. Deepening for art therapists and physicians.

Ulrikke Stokholm, leadership collegium of the Plastic Creative Courses atka, Dornach (CH)

Urs Pohlman, physician, Erlenbach (CH)

Workshops

23. How can we approach close to anxiety without it running away like a shy deer? (DE)

Without the expedient warning function of anxiety we would be left at the mercy of the dangers of life. But unsettling and traumatising experiences of anxiety can change people to the extent that their fear centre constantly overreacts and sounds the alarm, even if there is no threat of danger. This type of anxiety can unnecessarily paralyse and block a person in living their life. In this workshop we will attempt to approach anxiety in a sensitive and loving way and through movement and images give it the means to reveal itself to us and to calm it.

Christ Lambertus, Swiss certified art therapist (diploma), Master of Expressive Arts Therapies, certified psychological counsellor (diploma), Basel (CH)

24. How can anxiety be transformed into art? (EN)

In this workshop we will consider the biographies of several artists who transformed personal or collective trauma and anxieties into art. Observing biographies can be a precious tool if we work with art therapy in a receptive way. We will respond with writing or painting, expressing and experiencing our personal resonance.

Sabina Fritzsche, art therapist GPK, painter, art communication, Basel (CH)

25. "Let it sound in me again."

The human being in the field of tension between self-centredness and relationship with the world (DE/EN)

We intend to turn our attention to various forms of anxiety disorders, including the reactive anxieties that come with cancerous diseases, and bring treatment approaches from behavioural therapy, anthroposophical soul exercises as well as experiences from music and singing therapy to experience.

Viola Heckel MA, music and singing therapist, Klinik Arlesheim AG (CH)

Veronika Werner, specialist for internal medicine and psychotherapist, Klinik Arlesheim AG (CH)

26. Understanding and implementing the music therapy process in individual anxiety problem areas (DE)

Anxiety is multilayered and complex. Which layers can we intercept and transform with anthroposophically oriented music therapy particularly well? What is the important part in the musical process and how do we shape the therapeutic path for and with the patient? Together we will deepen our knowledge and exchange our experiences in order to learn from them.

Laura Piffaretti, anthroposophically oriented music therapist (ED) and lecturer, Lucerne (CH)

Workshops

27. ... transforming the earth ... [\(DE\)](#)

We can experience how anxiety reveals itself in the etheric and manifests in the most intense form of physical constriction. But we cannot see anxiety! We intend to model intensively with these visible and invisible forces. Moulding clay earth allows a person to feel an active relationship with their body and thereby we notice that the etheric body is a body of forces. Beyond that there is the supplementary aspect of the spiritual healing power, the power of Christ! In these relationships we will work playfully on the transformation of our sculpture and experience a creative connection with the lesser and the greater I. In anxiety, too, we are looked after and may hope.

With the openness of colleagues, in self-reflection and delight in experimenting, we will investigate the question how the nature of the etheric is revealed in relation to our own relationship with the body. The conclusion of the workshop will be formed by the gospel.

Silke Speckenmeyer BA, sculptor and art therapist, Cologne (DE)

Kaori Mogi, priest of the Christian Community, Dortmund (DE)

28. embroidered – knitted – remembered

Art therapy meets trauma; sensitive biography work with textile techniques

[\(DE/EN/FR/RU\)](#)

In art therapy it is a frequent experience that drawing, painting and modelling cannot become effective because of culturally determined limits. Craft work in the group can create understanding across linguistic and cultural boundaries. We invite you to find a free artistic expression for significant moments in your biography using textile techniques and materials.

Rita Eckart, emergency and trauma art therapy, social art projects, Munich (DE)

Eva Söderholm, trainee art therapist, costume designer, craft teacher, Malmö (SWE)

29. Releasing anxiety and empowerment through sculpting stone [\(EN\)](#)

In this workshop, art therapist Anita Ollonberg tells about her experiences how sculpting stone has been helpful in releasing anxiety, for example with opiate addicts and clients with multiple social challenges, mental problems and traumas. The workshop includes both theory and practical work. Why is sculpting stone so effective? What is its relationship with the threefold nature of the soul, the fourfold human being, Anthroposophic Medicine and the structure of the brain; what is its connection with PTSD; in which illnesses and circumstances would sculpting stone be recommended and why? Every participant will have a chance to make a soap stone sculpture of their own.

Anita Ollonberg, art therapist, Goethean visual arts teacher specialising in crisis and trauma art therapy, Porvoo (FIN)

General information

Translation services

We are happy to provide simultaneous interpretation for our foreign guests if required. However, we count on your understanding that we can only financially arrange for such translation if the number of participants for a certain language group is seven or more; if fewer participants register for a particular language, you are requested to bring your own translator whom we will, of course, offer a free ticket for the conference.

(Requests by 16 December to: tagungen@medsektion-goetheanum.ch)

Registration

Using the attached form, please send your registration by 20 December 2019 to the following address by email, fax or letter:

Goetheanum Empfang, Postfach, 4143 Dornach, Switzerland

Tel +41 61 706 44 44 / Fax +41 61 706 44 46 / tickets@goetheanum.org

Conference fee

The cost of the conference (without meals) is CHF 250, for students and senior citizens CHF 150 (proof of status required).

Please remember that you are welcome to bring along your own coffee mug!

Literature for preparation

- Rudolf Steiner: *Self Doubt, Depression, Anxiety Disorders, Panic and Fear*.
Compiled and edited by Harald Haas, Rudolf Steiner Press
- Rudolf Steiner: 2nd lecture, GA 276.
- Rudolf Steiner: "*The invisible human being within us*", in: *Earthly Knowledge and Heavenly Wisdom*, GA 221, Steiner Books.
- Rudolf Steiner: "*The Cosmic Word and Individual Man*", GA 224.
- Rudolf Steiner: "*How to Cure Nervousness*", single lecture, GA 143, Rudolf Steiner Press.

Donations to support the art therapy conference

(not to be used for remittance of the conference fee)

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