



Medical Section  
at the Goetheanum

## *Online annual cycle 2022*

*Art & Medicine – Tria Principia*  
*Are we speaking the same language?*

*Three-part cycle*

\* 26 March \* 13 August \* 5 November

Goetheanum

Dornach, February 2022

Dear Colleagues!

This year, too, we want to use the opportunities of the digital world for wider and better networking and connection worldwide. The circumstances of the pandemic enable us to use the virtual space and so we will try to continue to reach new colleagues and head towards the future with this wind in our sails. We want to use the online cycle 2022 to start warming up the topic of the big joint attendance conference in January 2023: Art & Medicine – the human being at the centre.

Who are we as a community of art therapists and how do we work together with physicians? Do we speak the same language when it comes to the Tria Principia? We intend to concern ourselves with the communication between physicians and art therapists and additional questions arising from this, meet virtually, exchange views and take a closer look at the possible common language of the Tria Principia / threefoldness. This will take the form of specialist dialogues on the topics of sulphur, mercurius and sal. We have specially created an Internet platform where you can exchange ideas in independent working groups on the topic of Tria Principia / threefoldness!

We would also like to encourage all participants to make themselves visible, to introduce themselves with a short video, as well as to participate in a social art event with the elevenie form of poem. Very specifically, we would like to use the framework of the cycle to get to know each other better. The virtual encounter is an ideal platform for giving kindred spirits an insight into the life with arts therapy: Who are we? Where do we work and with whom?

The topic of Art & Medicine in research is made transparent in the Science section and comprehensible through questions, perhaps inspiring others to follow suit?

We look forward to your participation!

*Johanna Gunkel, Laura Piffaretti, Esther Böttcher, Silke Speckenmeyer, Katrin Sauerland, Simone Gaiss, Johannes Weinzierl for the preparatory group*

*Matthias Girke and Georg Soldner for the Medical Section*

See in your soul  
Luminous power  
Feel in your body the  
Might of gravity  
Spirit Self shines out  
In luminous power  
The strength of God's spirit is  
Contained in the might of gravity  
But luminous power  
Must not  
Take hold of the  
Might of gravity  
And neither must the  
Might of gravity  
Penetrate  
Luminous power  
Because if luminous power  
Takes hold of the might of gravity  
And if the might of gravity penetrates  
Luminous power  
Then in cosmic error  
Soul and body combine  
To destruction.

*Rudolf Steiner, CW 316, p. 111  
Lecture 8, Dornach 9 January 1924*

**Welcome and introduction to the topic of the 2022 cycle**

*Preparatory group for the annual cycle, International  
Coordination of Anthroposophic Arts Therapies (ICAAT)*



**Dialogue**

**How can we speak with one another?**

*Jan-Gabriel Niedermeier, physician*

*Silke Speckenmeyer, painting and modelling therapist*



**Specialist discussion**

**On the trail of sulphur**

*Jan-Gabriel Niedermeier, physician*

*Esther Böttcher, therapeutic speech practitioner*



**Global Studio**

*Moderators Silke Speckenmeyer and Esther Böttcher*

**The elevenie – introduction to the work**

**Arts therapies worldwide: short videos**



**Science**

**Research projects in the field of  
anthroposophic arts therapies**

*Moderator Simone Gaiss*



**Chat and exchange of views**

**Questions from the plenum, supplements, conclusion**

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## 2nd Unit – 13 August 2022

from 10.00–14.00 CET as a livestream

### **Welcome**

*Preparatory group for the annual cycle, International  
Coordination of Anthroposophic Arts Therapies (ICAAT)*

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### **Specialist discussion**

#### **On the trail of mercurius**

*Lara Wolf, physician*

*Laura Piffaretti, music therapist*

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### **Specialist information**

#### **Anthromedics**

*Dagmar Brauer*

*Painting and modelling therapist, research associate of the Medical Section*

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### **Global Studio**

*Moderators Silke Speckenmeyer and Esther Böttcher*

#### **The elevenie – introduction to the work**

#### **Arts therapies worldwide: short videos**

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### **Science**

#### **Research projects in the field of anthroposophic arts therapies**

*Moderator Simone Gaiss*

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### **Chat and exchange of views**

#### **Questions from the plenum, supplements, conclusion**

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## 3rd Unit – 5 November 2022

from 10.00–14.00 CET as a livestream

### **Welcome**

*Preparatory group for the annual cycle, International  
Coordination of Anthroposophic Arts Therapies (ICAAT)*

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### **Specialist discussion**

#### **On the trail of sal**

*Johannes Weinzirl, physician and co-worker in the Medical Section  
Simone Gaiss, painting and modelling therapist*

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### **Summary**

#### **Art therapy and medicine in flux**

*N. N.*

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### **Global Studio**

*Moderators Silke Speckenmeyer and Esther Böttcher*

#### **The elevenie – introduction to the work**

#### **Arts therapies worldwide: short videos**

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### **Science**

#### **Research projects in the field of anthroposophic arts therapies**

*Moderator Simone Gaiss*

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### **Chat and exchange of views**

#### **Questions from the plenum, supplements, conclusion**

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# Your contribution – Work suggestions – Activities

## \* **Thematic deepening work**

During the online cycle you can work on the topic of threefoldness / Tria Principia in a self-organised way. For this purpose we will again ask on registration who wants to engage in self-organised groups. To this end we are also offering the secure online platform Yammer this year, where you can upload results and thus make findings, questions or concerns accessible and visible for all registered participants. At the same time it can also be a place for exchange and initiation of independent work. Yammer works like Facebook, but is not public.

We also of course look forward to actual groups working in-depth locally and people who in individual work deepen their questions through their art therapy resources. Results or short summaries of this work can be uploaded to the Yammer platform.

## \* **Video**

We would like to invite you – as individuals, as therapeutic centres, as working groups, as training institutes or as colleagues – to produce a short video of 1 to 3 minutes in length. A video we recorded of our kick-off event in January 2022 ([direct link](#)) can serve as an example. You are welcome to introduce your city, country, studio and art. The limited time available undoubtedly also represents an artistic challenge.

You don't need to wait until 26 March to upload your videos for us. You will receive the link for this purpose with the registration.

## \* **Elevenie**

We would like you to write a poem – in your own language. The method for the poem is called elevenie and originally comes from the Netherlands. For those who don't know it yet: it is wonderful to end an art therapy session with an elevenie, and we look forward to having this world-spanning, social art element at our conference! There will be an introduction to it on 26 March in the Global Studio.

## \* **Questions and answers to conclude each unit**

At the end of each unit, we provide a chat function where you can ask the preparatory group questions about the lectures and the group work.

## \* **Enquiries**

We are available at all times for enquiries.

Send your question by email to [johanna.gunkel@medsektion-ikam.org](mailto:johanna.gunkel@medsektion-ikam.org). We will forward your questions to the right place for an answer.

### \* **Registration for online annual cycle 2022**

You have two options to register for the annual cycle. You can either register at the normal price of CHF 100, or you can register with the sponsorship price for anthroposophic arts therapies of CHF 200. If you need a separate concessionary price, you have the possibility of registering at the price of CHF 60 on request to Johanna Gunkel [johanna.gunkel@medsektion-ikam.org](mailto:johanna.gunkel@medsektion-ikam.org), stating your reason. There is only limited capacity to offer such a reduction.

We offer the cycle in *German, English* and *Spanish* and welcome every registration via the following links:

\* [Registration link](#) for the event, **Sponsorship Price**

\* [Registration link](#) for the event, **Normal Price**

\* [Registration link](#) for the event, **Reduced Price**

### \* **Video recordings of the three units**

The videos of the respective units will remain available online after transmission until mid-2023. You can watch the lectures again at any time and continue to follow up in your working groups in line with your own schedule.

### \* **Attendance certificate**

We will provide the attendance certificate for download in time for the last unit on 5 November. Recognition as professional development will apply to the online sessions. No credit points are possible for the independent work.