



# 19th International Study Days on Anthroposophical Art Therapy

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

Can you see something I cannot see?  
Between sensory perception  
and sensation

The middle senses and their role as  
mediators in art and therapy

Thursday, 5 January to Sunday, 8 January 2017

Medical Section

Goetheanum

Dear Colleagues,

We warmly invite you to our 19th international specialist conference on art therapy. The conference will focus on the so-called middle senses: smell, taste, eyes and warmth! In contrast to the body-oriented senses, which we studied last year, these senses are primarily gateways to the world around us – to warmth, light, colour and form, taste and smell.

How can each perception be activated and handled in such a way that it gives rise to an artistic impulse? What role does the cultivation of sensation play in this context in contrast to work with the associated world of the feelings? What is the therapeutic task of these senses as mediators between our inner world of emotions and the external world, what is their task between the personal and social world of experience? How do we work with these senses in therapy?

Dr Michaela Glöckler will give an introductory lecture on these questions each morning which will afterwards be taken up in the seminar groups by the lectures, carried forward in discussion and worked on with participants. Depending on the way the subject is developed from the morning lecture, it can be deepened and extended in this way.

The afternoon workshops are intended to take a practical look at the process initiated in the morning. The aim is to study how specific illnesses such as for example neurocognitive disorders, digestive and respiratory disorders, or psychoses and eating disorders are handled using art therapy. This will be done using examples from case studies and through the experimental work of participants themselves.

The evenings will round off each day with an artistic contribution. The conference theme of the middle senses will be brought artistically to life for everyone once more through a performance, a reflection or a lecture.

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

Kirstin Kaiser, Viola Heckel, Rico Queißer and Johanna Gunkel  
Conference Organisers

Dr med. Michaela Glöckler  
Head of the Medical Section until 18 September 2016

Dr med. Matthias Girke, Head from 18 September 2016,  
Georg Soldner, Deputy Head

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## Interdisciplinary lecture follow-up in seminar groups

Thursday 11.45–13.00, Friday, Saturday 11.15–12.45

The morning lecture will be followed up in interdisciplinary conversation and deepened and extended through the anthroposophical understanding of the human being on the basis of the specific professional experience of each lecturer.

**1.** We deepen the lectures artistically through working with water colours.

*Dr Patrizia Anderle, psychiatrist, Padua, IT (German, Italian)*

**2.** In the follow-up, we will work in phenomenological practice on the relationship between the middle senses and the human singing voice.

*Thomas Adam, singer/singing therapist, Bochum, DE (German)*

**3.** We will work on the morning lectures through painting: we will study pictures which have been created with the motto in mind: “You can see something I cannot see”. We can extend seeing synaesthetically to smell, taste and the experience of warmth. What is the nature of the transition from sensory impression to experience and judgement? *Heike Stenz, art therapist (Bachelor), Dornach, CH (German)*

**4.** We will look at the presentations and their subject matter using the learning processes as developed by van Houten – which are related to the life processes. Practical experiences will supplement the exchange of views and joint deepening. Possible preparation for the learning processes: adult education as awakening the will. *Anna-Barbara Hess, art therapist (ED), specialist in music therapy, Schafisheim, CH (German)*

**5.** Follow-up of lectures with the inclusion of all the senses. Depending on group size, also work in small groups with subsequent plenary session. *Sabine Theysen, diploma in art therapy (FH), child/adolescent therapist in training, Paderborn, DE (German)*

**6.** By means of perceptual exercises with metal colour light we will observe and enquire into the activity of the I in the sense of sight. Where does such

activity in sight lead us? How does it continue to act in the sense of warmth? How and at which level do smell and taste accompany these experiences? *Friedlinde Meier, metal colour light therapy, eurythmy therapy, Schwörstadt, DE; Hazel Adams, metal colour light therapist, art therapist, Bristol, England; Christine Loser, art therapist, metal colour light therapist, Järna, SE (German, English, Swedish)*

**7.** Lecture follow-up in seminar form by working on the common thread and embedding it in the context of the anthroposophical understanding of the human being and epistemology; as necessary visualisation with blackboard drawings. Methods: discussion, perceptual exercises as required. *Prof. Dr Johannes Wagemann, higher education lecturer, Waldorf teacher, Essen, DE (German, English)*

**8.** We will work on Michaela Glöckler's remarks in modelling form. What we have heard will be linked through head, heart and hands. In the course of three days, the middle senses will be brought to life in process-oriented work with clay. In doing so, a joint work of art in clay will be created – almost incidentally. *Silke Speckenmeyer, sculptor/art therapist, Cologne, DE (German, French)*

**9.** This seminar group will follow up Michaela Glöckler's morning lectures in a methodologically guided way. The follow-up work will be loosened up with creative speech exercises. The main concern is to enable and deepen a joint understanding of the lecture content. *Hans-Christian Zehnter, diploma in biology, Dornach, Switzerland; Kirstin Kaiser, therapeutic creative speech practitioner, Basel, CH (German)*

**10.** The seven life processes will serve as the basis for this seminar group. *Maria Albiez, Marion Green, both art psychotherapists, social workers, trauma therapists, Gloucestershire, UK (German, English)*

**11.** "Transform your sense" – devotion, regard, application. Reflection on and follow-up experience of the lecture through drawing with pastels, guided by Helga Blaeuel. Bringing the complementary languages of taste, smell, sight and warmth to experience. "Stages in the awakening of the I in

sensory activity” with H. Raimund. Based on a meditation from Rudolf Steiner, “Let warmth descend into my I”, GA 268. *Helga Blaeuel, art therapist, psychosynthesis, life and social counselling, Mauerbach, AT; Helmut Raimund, social therapist creative speech practitioner, Aberdeen, UK (German, English)*

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**12. Special seminar group on the subject of refugee relief (no lecture follow-up).** How do I encounter what is foreign (in me)? What gives me support, what gives me strength when chaos and uncertainty reign instead of order, and a protected space is the prerequisite for work? And when need dictates the dynamic and intensity? This seminar group is intended to provide a forum for exchange on these and similar questions. For everyone working as an art therapist in refugee relief or having an interest in it. *Florian Steinke, art therapist, Berlin, DE (German)*

## Thursday, 5 January

09.00–09.30

### **Musical prelude**

### **Welcome**

### **Introduction of workshop leaders**

09.45–11.15

### **Lecture**

Overview of the 12 senses, introduction from the perspective of the anthroposophical understanding of the human being

*Michaela Glöckler*

11:15–11.45 **Coffee break**

11.45–13.00

### **Interdisciplinary lecture follow-up in seminar groups**

13.00–14.30 **Lunch break**

14.30–17.30

### **Interdisciplinary artistic and art therapy workshops**

17.30–20.00 **Evening break**

20.00–21.15

### **Commemoration of the dead**

### **Lecture**

Sensory perception and artistic process  
*Christian Hitsch*

## Friday, 6 January

08:15 - 08:45

### **Singing in the western stairwell**

*Thomas Adam*

09.00–10.30

### **Lecture**

Aspects of the anthroposophical understanding of the human being in sense of smell and sense of taste

*Michaela Glöckler*

10.30–11.15 **Coffee break**

11.15–12.45

### **Interdisciplinary lecture follow-up in seminar groups**

12.45–14.30 **Lunch break**

14.30–17.30

### **Interdisciplinary artistic and art therapy workshops**

17.30–20.00 **Evening break**

20.00–21.00

### **Artistic presentation**

Sensory perception and the artistic therapeutic process

*Elke Dominik (modelling)*

*Viola Heckel (music)*

## Saturday, 7 January

08:15 - 08:45

### **Singing in the western stairwell**

*Thomas Adam*

09.00–10.30

### **Lecture**

Aspects of the anthroposophical understanding of the human being in sense of sight and sense of warmth

*Michaela Glöckler*

10.30–11.15 **Coffee break**

11.15–12.45

### **Interdisciplinary lecture follow-up in seminar groups**

12.45–14.30 **Lunch break**

14.30–17.30

### **Interdisciplinary artistic and art therapy workshops**

17.30–20.00 **Evening break**

20.00–21.00

### **Project reports from the countries**

### **Presentation of the workshop results**

## Sunday, 8 January

08:15 - 08:45

### **Singing in the western stairwell**

*Thomas Adam*

09.00–10.30

### **Lecture**

Feeling and shaping warmth

*Georg Soldner*

10.30–11.15 **Coffee break**

11.15–12.00

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

*Kirstin Kaiser, Simone Lindau, Rico Queißer, Johanna Gunkel*

12.00–12.30

### **Conference review and outlook 2018**

### **Musical conclusion**

The lectures and plenary sessions will be translated into English, French and Italian.

— Subject to change —

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## Workshops

Thursday, Friday, Saturday 14.30–17.30

**13. Form drawing – learning to see.** With simple means and without prior conditions, therapeutic form drawing offers many approaches to sensory development and cultivation. The coordination of hand and eye is specifically studied through intensive practice. That gives strong support to active seeing and a living relationship is established with the sensory world. *Peter Büchi, form drawing practitioner, adult education teacher, Stäfa, CH; (German, English, French)*

**14. Anthropology of the middle senses.** This workshop addresses persons who wish to obtain a fundamental understanding of the middle senses. I will draw on aspects of developmental psychology, medicine, education and, in particular, anthroposophical special needs education, among other things. Lecture, discussion, experimenting ourselves. Prior knowledge? Not necessary (but welcome!). *Rüdiger Reichle, teacher, lecturer, Everswinkel, DE (German)*

**15. The sense of sight – colour is soul.** Painting with plant colours. The intimate connection between the sense of sight, colour and the feelings forms the foundation of the efficacy of painting therapy. The “rainbow” in Rudolf Steiner’s training sketches will be the subject of our painting. “The rainbow is the mirror of the cosmic soul in the cosmic ether.” (Dr Margarethe Hauschka) *Caroline Chanter, painter, art therapist, Dornach, CH (German, English)*

**16. Hearing and seeing, listening and looking.** Which space do I enter through the world of tones and which one through the world of colours? Making music and painting in art therapy, a look at specific approaches to therapy. Practical exercises, reflection and exchange of views, as well as the presentation of case studies. *Maria Mlosch-Crettaz, art therapist, art teacher, Rapperswil, CH; Irene Hirt Niederhauser, musician, music therapist, Münsingen, CH (German)*

**17. Hypersensitivity and mindfulness.** Many children and adults are very sensitive and vulnerable in their openings to the world. How can we respond to such hypersensitivity as art therapists? What does it reveal from the



perspective of the anthroposophical understanding of the human being? In familiarising ourselves with paths of mindfulness and music therapy exercises oriented towards them, we will work on approaches of art therapy. *Anna-Barbara Hess, art therapist (ED), specialist in music therapy, Schafisheim, CH; Dr Harald Haas, psychiatrist, psychotherapist, Bern, CH (German)*

**18. I find myself in the world. The world reversals itself in me.** In our workshop we invite you to explore the metamorphosis of the middle senses into soul experiences via sensory integration work, singing and visual arts therapies. Our starting point is the study of the physical workings of the middle senses and their inner experiences which then transform into social faculties. *Karin Jarman, art therapist, Stroud, UK; Pia Poulsen, singing and sensory integration therapist, Stroud, UK (English)*

**19. Transforming seeing through doing.** The senses are not only depictive but we are actively involved in shaping our sensory perception. We intend to investigate how this happens through artistic exercises, keynote presentations and open discussion, including how artistic activity changes the way we see things. We intend to build a bridge to the practice of art therapy. *Ulrikke Stokholm, art therapist, trainer, co-school principal, Hochwald, CH; Dr med. Urs Pohlman, lecturer in medicine in the field of art therapy and therapy research, Erlenbach, CH (German, English)*

**20. Paul Klee and synaesthesia in art therapy.** To what extent can synaesthetic processes in art therapy initiate artistic impulses which deepen the awareness of self and the world in children and adolescents and also contribute to managing impaired social coexistence? In relation to the work of Paul Klee, we will combine this question with the experience of self in painting exercises. *Dr phil. Simone Gaiss, art therapist/teacher, Munich, DE; Dr med. Markus Krüger, paediatrician, lecturer, Filder Clinic/Filderstadt (German)*

**21. Feeling senses: between body-focused and world-facing.** There is an inherent risk – both for patients and therapists – in the middle senses that they may lead to extremes: too great an orientation towards the body (addiction) or the world (losing oneself). Alongside considering the content of the lectures, we aim to guide eurythmic movement through reflection into

polar perception and sensation: can we recognise harmonious aspects as pointing to the future? *Dr med. Kaspar H. Jaggi–Sidler, GP and specialist in Anthroposophic Medicine, Jegenstorf, CH; Barbara Jaggi-Sidler, eurythmist, curative education teacher, adult education teacher, Jegenstorf, CH (German)*

**22. I stand in the world – does it also support me?** Questions relating to the four middle senses from art therapy and psychiatry. With case studies and artistic exercises. *Dagmar von Freytag-Loringhoven, art therapist (MA), supervisor, art therapist in adolescent psychiatry, teacher, Filderstadt, DE; Jelena Kuhač-Odenwald, art therapist, supervisor, specialists in trauma sequelae, Vares, BA (Bosnian, German, English)*

**23. Corrupted sensory worlds.** We will give an introduction to the interdisciplinary approach of stART international e.V. emergency aid for children. We will focus on the question of sensory development and its support in children and adolescents in and from conflict areas. *Rita Eckart, art therapist, 81245 Munich, DE; Myrtha Faltin MA, eurythmy therapist, Gröbenzell, DE (German, English, French)*

**24. Breathing processes.** Sensory breathing – pulmonary breathing – metabolic breathing Physiology – Pathology – Therapy. Taking special account of the middle senses and music therapy approaches. *Dr med. Christof Schnürer, physician, Badenweiler, Germany; Faltin Myrtha MA, eurythmy therapist, Gröbenzell, DE; Viola Heckel, anthroposophical art therapy BVAKT/SVAKT, art therapist, Arlesheim, CH (German)*

**25. Painting in art therapy through the middle senses.** We will show and inwardly experience some painting exercises with the Stella Maris method, chosen as ideally mirroring the four middle senses. Together we will perceive them with an open mind and open heart through specific questions. We will connect the painting exercises with vital processes to discover the therapeutic potencies. *Borri Carla, art therapist, Bologna, IT; Dr Angelo Antonio Fierro, physician, Bologna, IT (English, Italian)*



## **Translation services**

We will gladly provide simultaneous translation 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 – they will of course receive a free ticket for the conference. (requests by December 15 to: [tagungen@medsektion-goetheanum.ch](mailto:tagungen@medsektion-goetheanum.ch))

## **Registration**

Using the attached form, please send your registration by 22.12.2016 to the following address by email, fax or letter: Goetheanum Empfang, Postfach, 4143 Dornach, Switzerland. Tel. +41 (0)61 706 44 44, fax +41 (0)61 706 44 46, [tickets@goetheanum.org](mailto:tickets@goetheanum.org)  
Online registration at: [www.goetheanum.org/8279.html](http://www.goetheanum.org/8279.html)

## **Conference fee**

The cost of the conference (without meals) is CHF 220, for students and senior citizens CHF 110 (proof of status required).

## **Guided tour of the Goetheanum painted ceiling (great hall)**

Special guided tour with Heike Stenz on Friday and Saturday, 14.00–14.30. The number of participants is limited to 30. In German. Please add your name to the list on the information table.

**Donations** (not to be used for remittance of the conference fee) to support the art therapy conference:

Bank details CH: Allg. Anthr. Ges., Med. Sektion,  
IBAN CH53 8093 9000 0010 0605 6 – BIC: RAIFCH22. Purpose: KT 2017

Bank details DE and international: Med. Sektion, Förderstiftung AM,  
IBAN DE92 6839 0000 0000 9707 60 – BIC: VOLODE66. Purpose: KT 2017

[www.medsektion-goetheanum.ch](http://www.medsektion-goetheanum.ch)

# Booking Form

# 7KT

Can you see something I cannot see? Between sensory perception and sensation  
19th International Study Days on Anthroposophical Art Therapy of the Medical Section  
at the Goetheanum from Thursday, 5 to Sunday, 8 January 2017

Booking closes: Thursday, 22 December 2016

Please complete the booking form and mail, fax or email to:

Goetheanum Empfang, Postfach, CH-4143 Dornach

Fax + 41 61 706 4446, Tel. + 41 61 706 4444 email tickets@goetheanum.org

Please fill out in block capitals!

Ms  Mr

Name, first name \_\_\_\_\_

Billing address  private address  address of institution \_\_\_\_\_

if so, name of institution \_\_\_\_\_

Street, n° \_\_\_\_\_

Town \_\_\_\_\_

Postcode \_\_\_\_\_

Country \_\_\_\_\_

Phone/fax \_\_\_\_\_

Email \_\_\_\_\_

Occupation \_\_\_\_\_

I need translation into  English  French  Italian

Conference ticket without meals

CHF 220 (regular price)  CHF 110 (concessions<sup>1</sup>)

Conference ticket with meals (3x lunch, 3x evening meal)

CHF 370 (regular price)  CHF 260 (concessions<sup>1</sup>)

Breakfast (3x, 6.–8.1.)  CHF 45

Seminar groups 1<sup>st</sup> choice, n° \_\_\_\_\_ 2<sup>nd</sup> choice<sup>2</sup>, n° \_\_\_\_\_ 3<sup>rd</sup> choice<sup>2</sup>, n° \_\_\_\_\_

Workshops 1<sup>st</sup> choice, n° \_\_\_\_\_ 2<sup>nd</sup> choice<sup>2</sup>, n° \_\_\_\_\_ 3<sup>rd</sup> choice<sup>2</sup>, n° \_\_\_\_\_

Group accommodation (mattresses on the floor)

Please bring a sleeping bag as well as a pillow and a sheet, limited spaces

CHF 30 (3 nights from 5 to 8 January 2017)  CHF 40 (4 nights from 4 to 8 January 2017)

Parking at the Goetheanum  Parking permit: CHF 25

Insurance

Cancellation insurance (5% of the total costs, CHF 10 minimum)

See cancellation conditions in the General Information

Payment methods

on invoice (only Switzerland and Euro zone)

Credit card (all countries)  Visa  MasterCard

Card number: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Expiry date: \_\_\_\_ / \_\_\_\_

I would like to receive the biannual programme of Goetheanum events (in German).

I agree to the terms of payment and cancellation.

\_\_\_\_\_  
Place, date, signature

<sup>1</sup> Concessions apply for students, schoolchildren, OAPs, the unemployed, those in training, military or civil service and people with disabilities who receive benefits. Proof of status has to be submitted with your booking form.

<sup>2</sup> When registering, your first choice is no longer open, is cancelled or will be cancelled, your second and third choice will be taken into account. If your first, second or third choice is full, we will try to contact you. Please look for updated information at the start of the conference.

# General Information

Can you see something I cannot see? Between sensory perception and sensation  
19th International Study Days on Anthroposophical Art Therapy of the Medical Section  
at the Goetheanum from Thursday, 5 to Sunday, 8 January 2017

Booking closes: Thursday, 22 December 2016

Conference fees: regular price: CHF 220 with meals: CHF 370  
concessions<sup>1</sup>: CHF 110 with meals: CHF 260

## Conference meals

Conference meals (vegetarian with dessert) include 3x lunch and 3x evening meal at CHF 150 in total. Breakfast (3x, 6.–8.1.) can be booked separately at CHF 45. The other meals cannot be booked separately. We regret that food intolerances cannot be catered for.

## Group accommodation

*(Booking possibility on the booking form, further information: [www.goetheanum.org/6644.html](http://www.goetheanum.org/6644.html))*

Accommodation with mattresses on the floor: 3 nights from 5 to 8 January 2017 for CHF 30 or 4 nights from 4 to 8 January 2017 for CHF 40. Please bring a sleeping bag, a pillow and a sheet; limited spaces.

## Parking permit

For the period of the conference: CHF 25 (not right next to the Goetheanum building).  
If you have a disability, please display your disability badge in your car.

## Methods of payment/confirmation

On receipt of a group application, the respective institution will receive the account for the group. Subsequent bookings can only be applied for and paid on an individual basis.

**Credit cards (all countries):** The full amount will be charged to your credit card as soon as your booking has been processed. You will receive postal or email confirmation of your booking and payment.

**Invoice Switzerland:** Confirmation of booking and an invoice will be sent to you once your booking has been processed. Please note that we only send out invoices up until 10 days before the beginning of an event. After that, payment is only possible by credit card or on arrival.

**Invoice Eurozone:** Confirmation of booking and an invoice will be sent to you once your booking has been processed (Euro account). Please note that we only send out invoices up until 14 days before the beginning of an event. After that, payment is only possible by credit card or on arrival.

**Other countries:** Once your booking has been processed you will receive a confirmation by post or email. The amount due will either be charged to your credit card or you can pay on arrival. Bank transfers are not possible.

Please note that the conference fee must be paid before the conference starts.

**Conference tickets:** Tickets can be collected at the Reception until half an hour before the conference starts, also if you pay on arrival. We accept cash (Euro and CHF), VISA, MasterCard, ec-direct and Postcard-Schweiz.

**Cancellation:** Bookings may be cancelled free of charge up to 14 days prior to the beginning of the conference (22.12.2016, date of posting). After that, 50% of the conference fee will be charged. Meals, breakfast, parking permit and group accommodation may be cancelled free of charge up to 1 day prior to the begin of the conference (4.1.2017). Cancellation on the day when the conference begins or failure to attend are subject to a 100% invoice total. Substitutes will be accepted at no extra cost.

**Cancellation insurance:** Subject to a payment of 5% of total costs (CHF 10 minimum) full cancellation insurance can be taken out to cover illness (including dependent children and partner), job loss and force majeure. Please ask for our terms of insurance or visit [www.goetheanum.org/6053.html](http://www.goetheanum.org/6053.html).

**Data processing:** All data will be electronically recorded and filed.

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## Guest Houses and Goetheanum Accommodation

Accommodation bureau rooms from CHF 50  
phone +41 61 706 44 45, [zimmer@goetheanum.ch](mailto:zimmer@goetheanum.ch)  
Haus Friedwart from CHF 75, about 5 min. walk to the Goetheanum  
phone +41 61 706 42 82, [www.friedwart.ch](http://www.friedwart.ch)  
Begegnungszentrum from CHF 30, about 10 min. walk to the Goetheanum  
phone +41 61 706 42 82, [friedwart@goetheanum.ch](mailto:friedwart@goetheanum.ch)

Prices are per person per night. Prices for accommodation cannot be guaranteed.

You can find further accommodations on our website: [www.goetheanum.org/4283.html](http://www.goetheanum.org/4283.html)

Terms and Conditions will be sent on request or can be accessed online at [www.goetheanum.org/6025](http://www.goetheanum.org/6025).