



# **23rd International Study Days for Anthroposophical Arts Therapies**

for art therapists, art therapy students, doctors, medical students,  
psychotherapists and educators

**The courage of the soul,**

**for self-creation**

Art therapies in dialogue

Thursday to Sunday

5 - 8 January 2023

**Goetheanum**

Sich mit des Wellenwärtis Feuerkraft.

P. Einundvierzigste Woche (12. Januar - 18. Januar)

41. Der Seele Schaffensmacht

Sie strebet aus dem Hergensgründe

Im Menschenleben Götterkräfte

Zu reifem Wirken zu entflammen

Sich selber zu gestalten

In Menschenliebe und in Menschenwerke.  
Adalbertstrasse 55  
München

Anthroposophic Calendar of the soul, Proverb 41,  
Facsimile of the handwriting of Rudolf Steiner

*The soul's creative power  
Out of the core of heart is striving  
To kindle in the human life  
For righteous acts, the godly forces,  
So it may mold itself  
In human love and also human deeds.*

Rudolf Steiner. *The Calendar of the Soul*. Anthroposophic Press, 1974.

Dornach, October 2022

Dear colleagues,

We have summoned up our courage to plan another face-to-face conference: The 23rd International Study Days of Anthroposophical Arts Therapies!

What enables us to dare and engage into change, how to support development? With courage!

Together with art therapy colleagues from all disciplines we want to deepen the theme of courage. In doing so, we can encourage ourselves to broaden our own horizons and to experience and be inspired.

We will start on Thursday, 5 January in the late afternoon with a talk on the theme of courage in art therapy. We will conclude our conference on Sunday, 8 January with the opportunity for a joint breakfast.

We will be planning dialogues between lectures in all four disciplines, as well as workshops that can be attended either on Friday or Saturday. There will also be exchanges on exciting topics such as regional networking, research projects, forging future development and much more. Registration for the working groups will take place on site at the Goetheanum.

We are looking forward to an inspirational and lively encounter with all of you.

Best wishes from the preparatory group and on behalf of ICAAT!

*Johanna Gunkel, Laura Piffaretti, Esther Böttcher, Katrin Sauerland and Linda Teipen*

## Thursday 5th of January

16–16.40  
**Lectures meeting**

16–17  
**Enrollment in the workshops**

**Start of the conference**

17–18  
**Welcome ICAAT  
and introductions to the conference**

**18–20 Evening break**

20–21.30  
**Courage for self-creation**  
Facilitated exchange among others with Georg  
Soldner, Kirstin Kaiser und Hanna Lina Moritz  
*Facilitator Marion Debus*

**Joint artistic conclusion**  
*Agnese Stegani*

## Friday 6th of January

8.15–9  
**Artistic-meditative morning work**  
in language, music and image

-or-

**School of Spiritual Science**  
only members  
*Laura Piffaretti*

-or-

**School of Spiritual Science**  
open for all  
*Matthias Girke*

9.15–10  
**Courage needs space**  
*Sabine Krebs and Hanna Lina Moritz*

**10–10.45 Coffee break**

10.45–13  
**Workshops**

**13–15 Lunch break**

15–17  
**Workshops**

17.15-18  
**Courage in the art-therapeutic setting within  
the prison system**  
*Johanna Gunkel and Alfred Haberkorn*

**18–20 Evening break**

20–21.30  
**World Café**  
Space for various themes in the joint exchange  
on the working groups, workshops, research  
projects and future forge

**Joint artistic conclusion**  
*Agnese Stegani*

## Saturday 7th of January

8.15–9

**Artistic-meditative morning work**  
in language, music and image

-or-

**School of Spiritual Science**  
only members  
*Laura Piffaretti*

-or-

**School of Spiritual Science**  
open for all  
*Matthias Girke*

9.15–10

**Dialogue between a therapeutic speech  
formation practicer and a clown on the topic of  
courage**

*Angela Hopkins and Franziska Schmidt-von Nell*

10–10.45 Kaffeepause

10.45–13

**Workshops**

13–15 Mittagspause

15–17

**Workshops**

17.15-18

**Receptive music therapy - two professional  
perspectives**

*Doris Mäder and Anna-Barbara Hess*

18–20 Evening break

20–20.50

**The courage of the soul to live**  
**Perspectives of a paediatrician and adolescent doctor**  
**Karin Michael**

20.50–21.30

Review and Outlook ICAAT

**Joint artistic conclusion**

*Agnese Stegani*

## Sunday 8th of January

9–11

**Joint breakfast and conclusion**  
Space for exchange and talking, Goodbye

–Subject to change–  
Translation of the Plenum in  
into English, French and Italian

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## Workshops

Friday and Saturday respectively 10.45 – 13 and 15 – 17

### **Registration in the working groups will take place on site before the start of the conference**

*The content of the working groups will be repeated on both days. Thus, a different working group can be attended on Friday than on Saturday.*

#### **1. Introduction to Soul Collage® Workshop (ENGLISH)**

SoulCollage® is a creative and transformative tool, allowing people to express themselves creatively and artistically. This model was developed by Seena B. Frost, a psychotherapist and couples and families' counselor. The body of knowledge is Jungian. In the workshop we will get to know this model, and create our own SoulCollage® cards, using intuition and imagination. Making SoulCollage® cards is an easy and fun process! The cards are made from simple materials: magazine images or photographs, scissors, glue and mat board. After making the cards we will consult with them and connect with a deeper level of our soul and inner wisdom, to find answers to personal and existential questions.

*David Binyamin*

#### **2. Courage to Be (ENGLISH)**

Connecting to our playful spirit we can develop and sustain, in ourselves and each other, the heart to be who we truly are, to trust life and ourselves. It is an inward process, an invitation for overcoming the fears that block us from being fully present. The clown within is emotional and vulnerable, gives wings to our imagination while keeping both feet firmly planted on the ground. The spontaneous and open one who has no plans and enjoys everything that comes his way. We start warming up with games, vocal and physical exercises. We continue with improvisations and reflect on the positive and important aspects of our clown, with care and respect for the individual, within a framework of rules that provide a safe and protective environment. Please bring eurythmy shoes and wear comfortable clothing for moving around in.

*Angela Hopkins*

#### **3. When the courage to live is missing (GERMAN)**

Since the Corona crisis, adolescents and young adults have increasingly suffered from anxiety, depression and lack of perspective. How can we strengthen, heal and encourage them?

*Karin Michael*

#### **4. With courage to one's own attitude - plastic design of the inner attitude (GERMAN/ENGLISH)**

Heart over head or the other way around? Crouching or standing upright. Head in the sand or full of zest for action? Engrossed in thoughts, introverted or tackling, space-grabbing. Depending on our current mood, we adopt a posture with which we face the world and our tasks. This is also reflected in our posture. Via process of sensual creation with clay, figures emerge which, as "representatives", show us our inner attitude and the potential for development. The confrontation with our own inner posture takes place in the design process, in self-reflection and in the verbal feedback in the group context.

*Hanna Lina Moritz*

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## Workshops

### **5. Courageously design the "intangible". Three-dimensional as form, as matter. A philosophical exploration (GERMAN/ENGLISH)**

In a joint excursion we want to explore the different facets of what the soul can mean: Philosophically, spiritually or quite personally. What does the soul need? In the creative part, I invite you to a three-dimensional creation of something that reflects your personal feeling about your soul, your being or the state of your soul at the moment, in this phase of life: With wool, lived fabrics and other textile materials, net, foil, feathers, fur, threads, wire, tape, beads, natural materials... Is the soul big or small? Airy or solid? Compact or permeable? Solid, flexible, amorphous? Please bring a (handy) object that means something to you. For example, a stone from a trip or from the path you like to walk with the dog. A coin, a piece of fabric from a favorite piece of clothing or blanket, something from your garden or whatever comes to mind. Something old or light?

*Karen Betty Tobias*

### **6. Karma practice, learning from destiny - self-knowledge requires courage and warmth (GERMAN/ENGLISH)**

The question of our immortal part, the human being as a developmental being and the questions of the meaning of life. The practical karma work has its origin with Coenraad van Houten and is based on information from Rudolf Steiner. This extended biography work turns beyond the present life, to origins that have arisen in past lives. The images that the soul provides to help us understand personal issues and fate are made visible through painting, sculpting, language and bodywork. One's own process is supported by the closeness of the group. How in art therapy, the training of perception and the conscious handling of qualities and moods are important in art therapy, they are also an important part of this way of working. In the working group there will be an overview with examples, as well as a part with practical self-experience, in order to develop suggestions for one's own way of working. Since the conversation is an important part of the working group, it is probably better to divide the groups into German and English speaking ones. I am not a English native speaker, but together we will manage.

*Katja Schultz*

### **7. Receptive music therapy - a gateway to the inner world (GERMAN)**

The workshop aims to raise awareness for the diversity and potential of receptive music therapy and is aimed at people who would like to get to know a non-anthroposophical perspective. Music - especially musical imagination - opens up a psychic space that can facilitate the access to personal resources and emotional contact with the inner world. In 'listening and imagination exercises' with predominantly composed music we will experience for ourselves what happens and what needs to be observed. Examples from practice will illuminate the work with clients. Please bring painting utensils (drawing paper, pastels or Neocolor) as well as a cardboard base.

*Doris Mäder-Güntner*

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## Workshops

### **8. The sea in us - body experience as a source of creative expression (GERMAN/ENGLISH)**

Water is the source of all life and a symbol of constant transformation. On its way through our body, pulsating, meandering, flowing, branching and gathering again. Based on the Body-Mind Centering® method we dive into the experience of the moment. Through guided somatizations, basic anatomical knowledge becomes tangible and playfully integrated with material experiments and process-oriented design tasks. We awaken dormant knowledge of the body and bring posture, mood and mental alignment into flow. The connection of fine body perception, free movement and artistic expression opens up profound ways of therapists profound pathways to self-care, self-regulation and transformation. Please bring movement-friendly clothing.

*Cornelia Budde*

### **9. The leap into the picture - the circle picture as initial picture (GERMAN)**

I am speechless! For people in existential crises this is often an inner sentence. Theart therapy with people in prison has shown me that it takes courage to communicate the unspeakable. The circle painting method I developed gives them a tool for this, an impulse. The circle picture serves as an introduction to an inner confrontation with the current life situations. The basic idea behind this method is, on the one hand, to take away the fear of the blank page, and on the other hand, to give a task that leads to the concentration on oneself and one's own current life situation. I would like to introduce this method to you and invite you to make your own experience with it. An impulse given by me helps for the "jump into the picture" - and there remains enough space and time for the creation and for pausing. The method developed by Hannah Geldbach "the serial circle picture" follows on from this. At the end there will be a detailed discussion of the picture. The following questions will also be addressed: how do I organize a image discussion in an individual setting and in a group. You can bring your own suitable painting material with you.

*Klaus Heilmann*

### **10. To the courage to create yourself - music therapy with children (GERMAN)**

Using practical examples, we want to explore the question of how we can strengthen children's self-experience and creative powers through music therapy in such a way that they form a basis for healthy self-confidence and the courage to act and develop.

*Anna-Barbara Hess*

### **11. The Gates of Courage in Body-Breathing and Word (GERMAN)**

Exercises with body-breathing and word-experience. Thereby the own voice can develop effectiveness and anchor itself in the body. Journey of discovery and search of the courage forces in speech therapy.

*Daiana Vassella*

### **12. High, soft, wavering, big, heavy or excessive courage - soul colors in processes (GERMAN)**

Courage needs decisiveness. In the therapeutic process there are for all participants moments of decision: What helps me in such moments? What helps the clients? We address these questions in speech, voice, and breathing exercises on the one hand and in conversation.

*Franziska Schmidt von Nell*



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## Workshops

### **13. Singing as a direct expression of my soul (GERMAN/ENGLISH)**

The courage to sing was taken from many of us as children. Sayings like: "You sing the wrong way" or "You're humming and therefore you're not allowed to sing along," hurt us deeply in our souls and remain determinative for a lifetime. It takes courage to knock and ask for support. I would like to work with exercises from singing therapy and with the help of sound instruments. I would like to work out a way that allows a gentle introduction to singing. The first goal will be to connect, with the help of the consonants, to the sound current, which has its origin in the etheric. I would like to work with you on the emerging space of listening, as well as on the phenomenon of sound. The development of this theme prepares the ground for us to dealing with illnesses that have their origin in the spiritual realm, such as burnout, anorexia, loss of voice etc. Feel free to bring questions and experiences on the topic.

*Jörg Dinglinger*

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## Vita of lecturers

### ***Angela Hopkins***

Angela Hopkins is a clown, founder of the “remise/werkstatt für clownforschung” in Potsdam, Germany. She is artistic director, host and performer. She leads clowning workshops and training courses for adults throughout Germany and internationally, on site and in-house for teams. Angela completed the facilitators training in London with NosetoNose.

### ***Doris Mäder-Güntner***

Education: graduated nursing specialist ; Clinical Music Therapist (Vienna University of Applied Sciences; MAS at the ZHdK); Dipl. painting and art therapist (Institute for Humanistic Art Therapy); Federal higher professional examination for art therapy, specialization in music therapy; GIM (Guided Imagery and Music), therapist and lecturer for music-imaginative methods (IMIT Berlin); Professional: many years of work at a large rehabilitation clinic in the field of neurorehabilitation and pain treatment; director of an aphasia choir; today in own practice (Rieden near Baden); teaching therapist. About myself: Born 1956; married to a reformed pastor and mother of three adult adopted children. Hobbies: I love music (play the harp myself, piano and flute) and enjoy spending time in the garden and outdoors.

### ***Karen Betty Tobias***

After 20 years in various management positions in the music and television industry, I started my own business in the field of art and fashion. My path then led me to study of art therapy at the Alanus University, Alfter. Healing license for psychotherapy according to the HPG. Somatic experiencing according to Dr. Peter Levine i.A. (intermediate). Besides my own artistic work, I share the space of my studio practice with my clients and work as an art therapist at the prison in Cologne. I work with a combination of conversation, design and body awareness. As a lecturer in adult education I teach painting, drawing and design with textiles, such as embroidery. I like to focus on the solution of creative blockades and aspects of self-awareness. Co-author together with Prof. Beatrice Cron for the book "Faszination Komposition - Ein Werkbuch".

### ***Katja Schultz***

Katja Schultz lives with her family in the Ruhr district of Germany. Active in the fields of social art, art therapy and karma practice in adult education, leader of the in-service training anthroposophic art therapy in Hamburg and collaborator of the Anthroposophical Society NRW.

### ***Karin Michael***

Karin Michael is a specialist in pediatric and adolescent medicine and a kindergarden- and school doctor. She works in the pediatric outpatient clinic at the Gemeinschaftskrankenhaus Herdecke and since 2021 also at the newly founded von Tessin Center for Health and Education in Stuttgart. ([www.tessin-zentrum.de](http://www.tessin-zentrum.de))

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## Vita of lecturers

### **Alfred Haberkorn**

- 1968 born in Ingolstadt, Bavaria
- 1996 graduation in cultural education in Hildesheim, Germany
- 1998 graduation in art therapy at the HfBK Dresden
- since 1999 art therapist in the Zeithain prison, development of art, music and theater projects with prisoners
- 2007 development and management of the creative center at Zeithain prison
- 2010 organization of "Land in Sicht" - theater days of the Saxon prison system
- since 2011 board of directors "Kunst im Gefängnis e.V." (art in prison)
- since 2012: publications, lectures, project supervision
  - *Literature contributions:*
  - „Kunsttherapeutisches Arbeiten mit Strafgefangenen der JVA Zeithain“ in: „Kunsttherapie bei psychischen Störungen“ (Spreti/Martius 2012)
  - „Land in Sicht? - Die übergreifende Wirkung von Theaterprojekten im Justizvollzug“ in: „Zeichen setzen im Bild“ (Titze/HfBK Dresden 2012)
  - „Äußere und innere Gefängnisse“ in: „Resonanz und Resilienz“ (Titze/HfBK Dresden 2008)
  - div. Artikel in „Räume öffnen – Kunsttherapie im Justizvollzug“ (Haberkorn/Hemmann et al. 2016)
  - „Ein Bild von Dir... - Portraitmalerei im Justizvollzug“ in: „KunstTherapie“ (Spreti/Martius/Steger 2017)
  - „Musikprojekte im Gefängnis“ in: „Musik im Strafvollzug“ (Bánffy-Hall et al. 2021)

### **Cornelia Budde**

In my work I combine experiential anatomy with movement and design. The embodiment of our structures reveals basic patterns of being alive. Again and again I am amazed at the power and beauty that life brings forth on both a small and a large scale.

- Teacher for Body-Mind Centering® and somatic design
- Somatic Experiencing Practitioner according to Peter Levine
- Dance Sociotherapist
- Alternative Practitioner of Psychiatric Therapy
- freelance educational consultant in adult education
- workshops and courses with children, adolescents and adults
- Lecturer Alanus University Alfter
- sculptor and painter
- many years of experience in different areas of dance, movement and improvisation

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## Vita of lecturers

### ***Johanna Gunkel***

Graduate designer, after more than twenty years of working as a freelance stage designer for television extra-occupational bachelor's degree in art therapy at the Alanus University, artist, working with various disease profiles in group and individual settings in psychiatry, prison and freelance work.

### ***Jörg Dinglinger***

Active as a choir director, singing teacher and as a music and singing therapist. Since 2010 he builds in his forged sound instruments for music therapy work. He performs with sound installations in sacred spaces and in his work as a course leader he creates a dialogue with singing and the sound instruments. In his work, the exploratory attitude is in the foreground.

### ***Daiana Vassella***

Art therapist, specializing in speech and drama at the Arlesheim Clinic. Many years experience as a teacher and remedial teacher.

### ***Franziska Schmidt von Nell***

Therapeutic speech therapist at the Arlesheim Clinic, MAS Cranio Facial Kinetic Sciences, Myo-functional Therapist.

### ***Hanna Lina Moritz***

2011 - 2012 Training as a systemic coach with Future Excellence, 2005 - 2010 Studies free art / sculpture at the Düsseldorf Art Academy, master student of Prof. Martin Gostner, 1999 - 2004 Diploma studies in therapeutic pedagogy with focus on art therapy, psychotherapy and psychiatry at the Universities of Dortmund and Cologne. Since 2007 employed art therapist at the clinic Alterburger Straße, Cologne. Planning, implementation and documentation of art therapy groups in inpatient and outpatient settings. Since 2007, my focus has been on art therapy work with people with emotionally unstable personality disorders. Freelancing as a coach since 2015. Also activities as a lecturer in adult education and as a curator. Married, mother of two children.

### ***Klaus Heilmann***

\*1953. Lives in Cologne. Studied fine arts at the Academy of Arts in Münster and art theory at theat the University of Cologne, further education at the Institute for Art Therapy and Art Analysis in Cologne. From 2000 - 2019 permanently employed art therapist with a full position at the prison in Cologne (installed art therapy there). Lecturing activities among others: Institute for Teacher Training in Essen, AOK Rheinland/Hamburg, Alanushochschule in Alfter, HKS Ottersberg, Academy Artig in Cologne, Cologne Institute for Cultural Work and Further Education (KIK). Today the artistic work takes a broader space again. Furthermore I do groups and individual settings in art therapy and work as a lecturer in the field of further education.

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## Vita of lecturers

### ***Anna-Barbara Hess***

Art therapist ED, specializing in music therapy; lecturer and co-director of the atka - program Orpheus Music Therapy (Switzerland), teacher, mother of four adult children.

### ***Sabine Krebs***

Studied Waldorf Education and Sculpture at the University of Witten Annen, graduated with a diploma, taught art at various Waldorf schools, lectured in fine arts, art therapist at the GKH Herdecke, mentor in the further training programme "clinical anthroposophical art therapy", guest lecturer at various universities in the fields of art, art education and art therapy, guest lecturer at curative education and teacher training seminars.

### ***David Binyamin***

The founder of Sha'ar Lanefesh, a school for training art therapists in the anthroposophical approach. Art therapist in the anthroposophical approach, with over 20 years of experience. Graduate of Tobias School of Art Therapy England. Specialized in treating patients with eating disorders at Tavistock Clinic England. Guiding groups using listening circles. Mentor of parents and families using Non-Violent Communication. Qualified SoulCollage® facilitator.

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## General information

### Translation

All presentations will be translated into English, French and Italian. The working groups will be offered in the languages noted.

### Conference fee

Regular price CHF 290 (incl. 2 lunches)

Reduced price CHF 190 (incl. 2 lunches)

\*Support price CHF 390 (incl. 2 lunches)

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

Dinner on Thursday, Friday and Saturday can be booked separately.

Use of a sleeping place in the dormitory: CHF 10/night, mats available, everything else must be brought along.

### Registration

Online registration at: [www.goetheanum.org/EN/KT2023](http://www.goetheanum.org/EN/KT2023)

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

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

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Purpose: "KT 2023"

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