

# Enlightening the Heart

International conference  
for young people  
in therapeutic training  
and professions

Whitsun 18 - 25 May 2013  
at the Goetheanum

International  
Young Medics Forum  
Medical Section  
at the Goetheanum

Initiative  
for Scholarships  
in Anthroposophic Medicine



## An encounter between young people ...

... interested in anthroposophic medicine from all the medical, therapeutic and nursing professions associated with people who are ill.

This invitation is addressed both to those who are interested in familiarising themselves with anthroposophic medicine and those who want to deepen their knowledge.

We want to strengthen interdisciplinary collaboration and stimulate impulses for training and further training

A HEART-felt invitation ...

to study the anthroposophical  
**knowledge of the human being**

to practice the  
**practical skills of anthroposophic medicine**

for conversation and to deepen the  
**inner path of development**

... focused on the HEART.

# The preparatory group

The idea for this conference arose among a number of medical students and physicians from the Young Physicians' Forum, an initiative of young people with an interest in anthroposophic medicine.  
-> [www.jungmedizinerforum.org](http://www.jungmedizinerforum.org)

The conference will come to life through what each individual contributes. The aim is to bring together and exchange initiatives, interests, training, skills and ideas.

Hence the programme set out here is a provisional one and we welcome everyone who wishes to be involved in its organisation, be it directly at the conference, as a member of the preparatory group or through contributions of content.

The current preparatory group:

Fiona Bay  
Carine Biessels  
Esther Böttcher  
Marlene Brandl  
Philipp Busche  
Olaf Dickreiter  
René Ebersbach  
Judith Fischer  
Christof Garbers  
Tanja Geib  
Julia Grebner  
Swantje Harlan  
Christoph Holtermann  
Johanna Hünig  
Maya Künsger  
Jan Mergelsberg  
Odilia Mußler  
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Adalheidur Olafsdottir  
Ann-Kristin Olk  
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Anja Siman-Tov  
Christina Spitta  
Daniel Thiel  
Johannes Weinzirl  
Anna Sophia Werthmann  
Paul Werthmann  
Eliana Wimmer

Supported by  
Michaela Glöckler  
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at the Goetheanum

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Christophorus Stiftung  
Verband Anthroposophischer  
Kliniken



# Understanding the human heart

The anthroposophical image of the human being can be experienced through art: the formative, creative forces of the etheric body (“life”) by means of sculpture, the interior space of the astral body (“soul”) by means of music, and the action of the I (“individuality”) in language. In the course of the week, we will work to understand this image of the human being and the position of the heart within it. What is its relationship to the polarity of consciousness and life? How is the heart connected with the soul life? How is it connected with the destiny of human beings?

Understanding the heart will be the essence of the cooperation in between the participants. Practical artistic work will be organized in small groups which will be deepened further through plenary lectures.

## Practical anthroposophic medicine

### Specialist courses

In every single profession of Anthroposophical Medicine, different kind of basic skills and knowledge is needed. The specialist courses will give you the chance to learn from experienced people about such “basic skills”, to deepen your knowledge and exchange ideas. Through the specialist courses, the participants will get an understanding of the challenges of everyday life of the particular profession.

The work on one of the topics will continue for three days. Hence it is possible to take part in two different courses during the conference.

### Patient encounter as a team

In the process of working with a patient, the different professions encounter various situations. An understanding cooperation is only possible if everybody reflects their respective approach together which will help bring about a more comprehensible picture of the patient.

The sessions with a real patient will take place in small, interdisciplinary groups. A treatment concept will be worked out and handed over to the team treating the patient.

## Spirituality

The inner path of Anthroposophical Medicine can be a help in the everyday life. You can draw strength and new ideas from the inner connection to spiritual subjects for your own profession. For different professions, this path may diversify further. Elements of the inner path are for example exercises and meditations as well as self-education through art.

The profession-related as well as the interdisciplinary groups will take place continuously for the whole week.





# 18th - 25th May 2013

|               | Saturday   | Sunday                      | Monday   | Tuesday                     | Wednesday                                       | Thursday            | Friday | Saturday  |  |
|---------------|--|-----------------------------|--|-----------------------------|---|---------------------|--------|-----------|--|
| 08:30 - 09:15 |  |                             | Understanding the human heart   Artistic exercises in small groups |                             |   |                     |        |           |  |
| 09:30 - 11:00 | Arrival<br>Registration  |                             | Understanding the human heart   Plenary lecture                    |                             |   |                     |        |           |  |
| 11:30 - 13:00 |  | Specialist courses          |  | Specialist courses          |   | Specialist courses  |        | Closing   |  |
|               |  |                             | Lunch break  | Lunch break                 | Free! Time<br>for hikes,<br>encounters<br>etc.. | Lunch break         |        |           |  |
| 15:00 - 16:30 | Opening<br>Welcome   | Patient encounter as a team |  | Patient encounter as a team |   | Encounter as a team |        | Departure |  |
|               |  |                             | Coffee break   | Coffee break                |   | Coffee break        |        | Bus tour  |  |
| 17:30 - 19:00 | Spirituality - The inner path   Professional groups and interdisciplinary groups.    |                             |  |                             |   |                     |        |           |  |
|               | <i>Evening break and meeting each other, art performance, night cafe, open stage</i> |                             |  |                             |   |                     |        |           |  |

## Conference program

### **Time structure**

In terms of content the conference can be divided into two parts. One which starts on Saturday and stretches till Wednesday and another one which starts on Wednesday and ends on Saturday. Seen from this point it is possible to attend only the first part of the conference starting from Saturday (18th May) to Wednesday (22nd May).

### **Supporting program**

For those who have come a long way and want to familiarize themselves with Anthroposophical Medicine we will organize a bus tour after the conference to visit some Anthroposophical institutions such as hospitals and productions places of medicine (26th to 1st June 2013). On request we are happy to arrange internships and guest visits in an Anthroposophical hospital.

„The source of Art“ (17th to 20th May 2013): Prior and also for the first few days of our conference there is another conference happening at the Goetheanum: The Whitsun conference of the „Section of the literary Arts and Humanities“ and the “Section for Eurythmy, Speech, Music, Puppetry and Drama“ as well as of the „General Anthroposophic Section“.

# Practical anthroposophic medicine

## Medical students / doctors

Anamnesis  
Physical examination and results  
Pathology  
The knowledge of substances  
Working out a therapy  
Soul hygiene in a doctor's daily life

## Nurses

The temperaments as an access to the patient  
Nursing skills: washings, external body applications, rhythmical embrocations  
Nursing gestures  
Substances used in nursing

## Pharmacists / pharmaceutical technical assistants

Knowledge on substances in the three realms of nature  
Pharmaceutical processes  
The daily life of a pharmacist:  
Knowledge of the human nature and indications  
Allopathy anthroposophically extended

## Non-medical practitioner

Anamnesis  
The conversation with a patient  
Diagnosis of the four human elements  
The processing of a medicine  
The choosing of a medicine  
Practical applications: wraps, massages, compresses

## Curative Eurythmy

Coming from the anamnesis to the diagnosis of the four human elements  
Illness and the four human elements  
Working on a therapy  
Deepening the methods of curative eurythmy  
Time structure of a therapy

## Midwives

External body applications / rhythmical embrocation  
Substances used by midwives  
Disability and death in the beginning of life  
Infant care  
Nursing gestures for the new born child

## Body workers /Movement therapy

Physiotherapy  
Basic skills in "Pressel massage"  
Basic skills in rhythmical massage  
Spacial Dynamics  
Mechanical movement and the energetic flow

## Music and singing therapists

Instruments used in the therapies  
Musical qualities  
Music and the human being  
Diagnosis and working through musical and singing therapy

## Creative speech therapists

Anamnesis  
Diagnosis of the four human elements  
Working out a therapy  
Practical exercises

Art therapy, psychotherapy, dentistry, curative pedagogy and other spiritual courses are still in development. We are thankful for assistance!

## Subjects for the courses on spirituality:

### **Medical students / doctors**

7 Mantras in the "Course for Young Doctors" by R.Steiner (GA316)

### **Nurses:**

The six steps to self-education. Training in perception. Meditations in nursing

### **Pharmacists / pharmaceutical technical assistants**

The „act of serving“ as a basic attitude. Gaining access to the spiritual forces of a substance

### **Non-medical practitioner:**

Meditation as a tool for the perceiving and introspecting keeping a patient in mind

### **Curative Eurythmy:**

The „seven gestalt meditations“ in eurythmy and their transformation in curative eurythmy

### **Midwives:**

What is anthroposophical obstetrics? Conversations and reports on inner and outer questions

### **Open for all the professions**

The inner path in therapeutic professions. Training in perception  
Exercises and meditations.



spring mood at the goetheanum  
with young people from all over the world

a loving encounter at heart  
to discover therapeutic skills actively

fashioning anthroposophic medicine  
at present  
together

**Registration and further information**  
on our website:

[www.enlightening-the-heart.org](http://www.enlightening-the-heart.org)

We welcome your questions,  
suggestions or interest  
in being involved:

[info@enlightening-the-heart.org](mailto:info@enlightening-the-heart.org)

Whitsun Conference „Enlightening the heart“  
Medical Section at the Goetheanum  
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