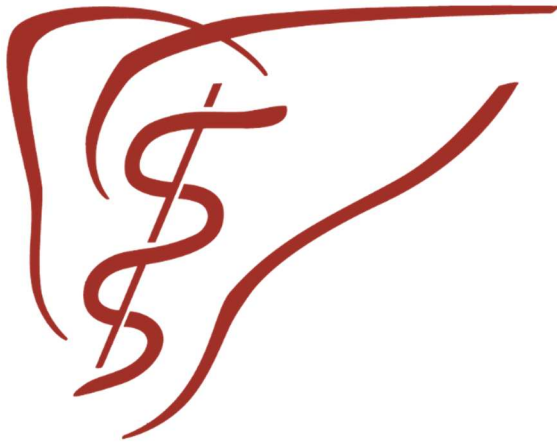


Medical Section
at the Goetheanum



With the
Anthroposophic Arts Therapies
through the
Online Year Cycle 2021

Despite everything and all the more so –
let's proceed!

With and without fear – together!

Dates in 2021

*January 9 *April 10 *August 7 *Oktober 30

Goetheanum

Dear colleagues in the world!

For the first time we are daring to experiment with a year-spanning online cycle of Anthroposophic Arts Therapies:

It will be an online event as an artistic process: alternating between lectures and input on arts therapies throughout the year, working either in groups or decentralised on site and returning to a common pool – in this way we can create an artistic living process which will lead us from the bottom up to new insights, and will give us stability as a network with many nodes. We as a team will also dare to attempt something completely new and we are looking forward to treading this path together with you: to let something grow over the year through impressions and expression from all over the world, from the Medical Section and from the Collegium worldwide.

- We will start on January 9, the further dates are April 10, August 7 and October 30. It is possible to join at any time, the collected feedback can be accessed at any time.
- In advance there will be the possibility of networking in local meetings around the world.

We had originally intended to conclude our big topic of anxiety with collegial dialogues and different approaches to arts therapy.

Fear as a basic theme will continue to occupy us. We want to explore together how we can create the creative space for ourselves and the people we work with to experience inner growth and strengthen resilience! In this way we want to courageously confront fear and its manifold effects.

The central theme of our phenomenological work will be the thematic link between fear and art therapy, placed in everyday therapeutic life. We will gather impulses from all four disciplines as they relate to the seven life processes, the twelve senses and the human formative forces in order to strengthen our confidence in our own existence, in our possibilities for change and development.

We are looking forward to walking this path together with you, which as a bottom up initiative will lead us to new insights and will call upon us to cultivate community in a new way. We will let something grow over the year through impressions and expression from all around the world, from the Medical Section and from the Collegium worldwide. In terms of the content of the working groups we want to respond to what comes from you. An exciting process! It's great that you are here!

With warm greetings

Viola Heckel, Katrin Sauerland, Johanna Gunkel, Laura Piffaretti, Silke Speckenmeyer, François Bonhôte, Georg Soldner und Matthias Girke

For the Preparation Team, the Coordination of Arts Therapies and the Medical Section at the Goetheanum

1st unit – January 9, 2021

9:00-12:00 CET

Introductory event of the year cycle of Arts Therapies

Welcome of the participants at the start

*Year Cycle Preparation Team, International Coordination
of Anthroposophic Arts Therapies (ICAAT)*

*

Lecture

Biography of fear

Matthias Girke and Georg Soldner

*

Arts therapy input

for work in groups or individual work worldwide

Departments

- Therapeutic speech formation
- Music and singing therapy
- Therapeutic painting
- Therapeutic modelling

*

LIVE: Questions and answers

Year Cycle Preparation Team, ICAAT

The twelve senses in Arts Therapy in relation to fear

Welcome of the participants to the 2nd unit

*Year Cycle Preparation Team, International Coordination
of Anthroposophic Arts Therapies (ICAAT)*

*

Worldstudio – Summary of work worldwide

Review of the work submitted by the four departments

Year Cycle Preparation Team, ICAAT

*

Lecture on the theme of the 2nd unit

The twelve senses in relation to fear

Matthias Girke and Georg Soldner

*

Art therapy input on the twelve senses in relation to anxiety for work in groups or individually worldwide

Departments

- Therapeutic speech formation
- Music and singing therapy
- Therapeutic painting
- Therapeutic modelling

*

Live-Chat

Year Cycle Preparation Team, ICAAT

The human formative forces in relation to fear in arts therapy

Welcome of the participants to the 3rd unit

*Year Cycle Preparation Team, International Coordination
of Anthroposophic Arts Therapies (ICAAT)*

*

Worldstudio – Summary of work worldwide

Review of the work submitted by the four departments

Year Cycle Preparation Team, ICAAT

*

Lecture on the theme of the 3rd unit

The human formative forces in relation to fear

Matthias Girke

*

Art therapy input on the twelve senses in relation to anxiety for work in groups or individually worldwide

Departments

- Therapeutic speech formation
- Music and singing therapy
- Therapeutic painting
- Therapeutic modelling

*

Live-Chat

Year Cycle Preparation Team, ICAAT

4th unit – October 30, 2021

9:00-12:00 CET

Final event of the year cycle of Arts Therapy

Welcome of the participants to the 4th unit

*Year Cycle Preparation Team, International Coordination
of Anthroposophic Arts Therapies (ICAAT)*

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Worldstudio – Summary of work worldwide

Review of the work submitted by the four departments

Year Cycle Preparation Team, ICAAT

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Lecture on the theme of the 4th unit

Anthroposophic references to ICD-10 diagnostics

Harald Haas

*

Live-Chat – Review of the year and outlook

Year Cycle Preparation Team, ICAAT

About the procedure and Information

* **Registering for the Online Year Cycle 2021**

You have two options for registering for the online year cycle. One is to register with the normal price of CHF 100, the other is to register with the anthroposophic arts therapies sponsor price of CHF 200. We are offering the cycle in *German* and *English*. The English translation will be available as voice-over.

We welcome all registrations via the links below:

* **Event in English**

[REGISTRATION](https://medsektion.goetheanum.org/en) (<https://medsektion.goetheanum.org/en>)

Normalprice CHF100 for access until the end of 2021

Sponsorship Price 200 for access until the end of 2021

* **Veranstaltung in Deutsch**

[ANMELDUNG](https://medsektion.goetheanum.org) (<https://medsektion.goetheanum.org>)

Normalpreis CHF100 für den Zugang bis Ende 2021

Förderpreis CHF 200 für den Zugang bis Ende 2021

* **Working groups around the world – Please register separately**

Please register [HERE](#) if you would like to work in a working group with colleagues in your region. We will create a contact list of everyone in each country after receiving your **Registrations by December 31, 2020**. We will send you the list of registrations from your region by January 3, 2021. The aim is for working groups to come together regionally to work together on the content and make the results available for the following unit. Of course, you can also register and deny the transfer of your data.

* **Return of working group results**

We have set up a dropbox for sending your working group results. To receive the link to upload files such as photos and/or videos, please send an email to tagungen@medsektion-goetheanum.ch – we will reply with a personal link for your data.

About the procedure and Information

* **Questions and answers at the end of each unit**

At the end of each unit we will provide a chat function where you can ask the Preparation Group questions about the presentations and the working groups.

* **Recorded videos of the four units**

The videos of the respective units will remain available online after the broadcast until the end of 2021. You can re-watch the presentations and group work input at any time, and continue to follow up in your working groups according to your own schedule.

* **Questions**

If you have any questions, you can reach us at any time. Send your questions by email to johanna.gunkel@medsektion-ikam.org. We will forward your questions to the person who will answer them.

* **Certificates of attendance**

We will be happy to issue a certificate of attendance upon request. For this purpose, please register by email by October 30, 2021: tagungen@medsektion-goetheanum.ch.