



Research Congress

“Studying and addressing LIFE in Medicine”

An Anthroposophic Medicine congress on concepts, research methods and implementation in clinical practice

May 13 - 15, 2022

at the University of Witten/Herdecke

**Medical Section
of the Goetheanum**

IBAM

(Integriertes Begleitstudium Anthroposophische Medizin)

Dornach, March 2022

Dear colleagues from all medical professions,

To explore and fully understand the conditions of life and life itself, the methods and concepts of conventional (natural) science, based on a (post)modern worldview, do not appear to be sufficient. They need to be matched by methods and concepts from spiritual science. What are the consequences, challenges and opportunities/ chances of an integrated holistic, i.e. natural and spiritual science based concept of life for science and for healthcare practice?

In the 2022 Anthroposophic Medicine research congress we will first explore worldviews, the contributions and limitations of conventional concepts of life and how spiritual science can help to improve our understanding of life. Then we will examine how we can study life in nature (plants, animals) and medicine; which conventional and anthroposophic methods can be used and what kind of results do they 'produce'? Subsequently we will hear how and with which results life processes are studied and addressed in Anthroposophic Medicine, for example in Anthroposophic Medicine diagnostics, eurythmy therapy, physiotherapy, biography work, psychotherapy, pharmacy, art therapy and nursing, and also in bio-dynamic agriculture and Waldorf education. In eight workshops these and other topics will be discussed further.

During the congress there will be poster sessions on Anthroposophic Medicine research, and the opportunity to have personal exchanges with researchers 'on the market place'. The congress will end with a plenary discussion on four questions:

- What did we learn from the congress that is important for the future development of Anthroposophic Medicine?
- Where do we stand with the concepts, methods and implementation of life knowledge?
- Which questions do we have to answer through our research in the next 10 years?
- How can we collaborate within and outside of Anthroposophic Medicine?

The congress is primarily meant for Anthroposophic Medicine healthcare professionals, healthcare students and researchers.

For the preparatory group

Prof. Dr. Ursula Wolf

Prof. Dr. Erik W. Baars

Friday, May 13

15.00 **Timelapse video of life processes in nature**

15.05 **Opening of the Congress**

Welcome by Georg Soldner and Erik Baars

Concepts of Life

15.15 **Modern, Postmodern and Integrative worldviews**

Annick de Witt

15.45 **Conventional concepts of life, their limitations and anthroposophic concepts**

Erik Baars

16.15 Short break

Research Methods to study Life

16.45 **How to study life with Systems Biology?**

Herman van Wietmarschen

17.15 **How to study life with imagination, inspiration and intuition?**

Dorian Schmidt

17.45 **Q&A with the speakers**

18.00 **HOMO PATIENS**

Das Bild des Menschen in der Medizin (lecture in German¹)

Peter Selg

from 18.00 Dinner

19.45 **How to study life with Goethean phenomenology?**

Craig Holdrege (online)

Implementation in Clinical Practice

20.15 **How to diagnose the living human being (Bildnatur des Menschen)?**

Pim Blomaard (online)

20.45 **Q&A with all speakers of Day 1**

21.15 End

¹ with translation in English

Saturday, May 14

09.00 **Eurythmy – Vitalizing Exercises**

Katharina Gerlach

09.30 **Research on life processes in eurythmy therapy**

Katharina Gerlach

Workshops

10.00 **In-depth Workshops Round 1**

11.15 *Short break*

11.45 **In-depth Workshops Round 2**

13.00 *Lunch break*

14.30 **Poster Sessions**

Young Researchers (Coordinator: Beate Stock-Schroer)

15.30 **Young Researchers Presentation 1**

15.50 **Young Researchers Presentation 2**

16.10 **Young Researchers Presentation 3**

16.30 *Short break*

Implementation in Clinical Practice

17.00 **Research on life processes in anthroposophic physiotherapy**

Nicole Weerts

17.30 **Biographic development as an expression of life**

Personal development, participation, biography, disease and development

Bettina Berger

18.00 **Q&A with all speakers of Day 2**

18.45 *Dinner Break*

20.00 **How can we study life? (lecture in German²)**

Wolfgang Schad

21.15 *End*

² with translation in English

Sunday, May 15

09.00 **Music Therapy – Vitalizing Exercises**
NN

Inspiration from other work areas

09.30 **In search for biodynamic milk quality, a narrative about health**
Ton Baars

10.00 **Health promotion through education**
Karin Michael

10.30 Short break

11.00 **Meetings and Discussions**

- a. Market place / billboards with expertise on research of life forces
- b. Poster Sessions
- c. Small Group discussions

1. What did we learn from the congress that is important for the future development of AM?
2. Where do we stand with the concepts, methods and implementation of life knowledge?
3. Which questions do we have to answer in the next 10 years?
4. How can we collaborate within and outside of AM?

12.00 **Plenary Discussion with Questions and Mentimeter**

1. What did we learn from the congress that is important for the future development of AM?
2. Where do we stand with the concepts, methods and implementation of life knowledge?
3. Which questions do we have to answer in the next 10 years?
4. How can we collaborate within and outside of AM?

13.00 End

Workshops

Saturday, 10.00 – 13.00 (two rounds)

1. **Methodology** (all available methodological speakers)
2. **Intuitive multidisciplinary healthcare meeting - assessing the whole picture of the patient** (Erik Baars, round 1 only)
3. **Physiotherapy** (Nicole Weerts, Erik Baars (round 2 only))
4. **Pharmacy** (Monica Mennet)
5. **Psychotherapy** (John Leese)
6. **Art therapy** (Hiltrun Rolff)
7. **Healthy education** (Karin Michael)
8. **Nursing** (NN)

Poster sessions

Saturday, 14.30 – 15.30

Sunday, 11.00 – 12.00

- Submission of poster presentations: open for all AM research projects
- Deadline for submission: April 1, 2022
- Please send your abstract to erik.baars@medsektion-ikam.org
- Deadline reaction from reviewers: April 28, 2022
- Abstracts:
 - Max 350 words (excl. title and author and organization names)
 - Please supply:
 - Title
 - Name(s) of (co)author(s) and organization(s)
 - Abstract with the following headings:
 - Introduction
 - Methods
 - Results
 - Discussion/ Conclusions

General Information

As things stand, the congress still has to take place under 2G regulations and FFP2 mask indoors during the congress.