



**GOETHEANUM**

FREIE HOCHSCHULE FÜR GEISTESWISSENSCHAFT/MEDIZINISCHE SEKTION  
INTERNATIONALE KOORDINATION ANTHROPOSOPHISCHE MEDIZIN

PSYCHOTHERAPIE

**IFAPA**  
INTERNATIONAL FEDERATION OF  
ANTHROPOSOPHIC PSYCHOTHERAPY  
ASSOCIATIONS



Goetheanum, Terrassensaal, September 12<sup>th</sup> to 14<sup>th</sup>, 2023

## **The Specialists Conference on Psychotherapy: Factors in Developmental Psychology in the Origin of Autoimmune Diseases Psychological Breakdowns in Identity and Psycho- Immunity in Adolescents**

### **Tuesday, 12<sup>th</sup>, THE PHENOMENA**

**17.15 - 17.35      Opening – Welcome – Introduction**

Technical information on the hybrid character, the structure of the conference / Introduction into the theme

Henriette Dekkers, IFAPA Board, Hartmut Horn, IKAM

**17.35 – 17.45      Assaults to Childhood Development**

Phenomenological approach from the perspective of a paediatrician-family psychotherapist and school-doctor

Dr. med. Hartmut G. Horn, paediatrician, psychotherapist, school doctor

**17:45 – 18.00      Psychological breakdowns in identity and psycho-immunity in adolescents**

The enigma of puberty and adolescence and the distorting effects on maturation

Dra.Lic. Giovanna Bettini, psychotherapist

**18:00 – 18.30      Small-group work in presence and in the breakout rooms**

Phenomena in one's own professional practice – how do you deal with them – compilation of responses. The harvest will be described at Thursday morning

### **Evening break**

For presence participants 20.00 Lecture in the Great Hall: **“If the body becomes alien”**

## Wednesday, 13<sup>th</sup> – WITNESSING THE CONSEQUENCES

8.30 - 9.00 **opening – verse**

“Dem Stoff sich verschreiben heißt Seelen zerreiben, im Geiste sich finden, heißt Seelen verbinden“ Rudolf Steiner

**The South American psychotherapy conference ELAPA** – a manifestation of the power of human community building

Álvaro Gonzalez & Patricia Botelho, lic. psychotherapists

**Preview of the structure of the day**

Henriette Dekkers, Hartmut Horn

9.00 – 9.15 second arrival of presence participants in the Terrassensaal

9.15 – 10.15 **Understanding deeper developmental needs in the first 21 years in life**

How distortions in upbringing and adversity in today’s social context influence both the autoimmune system as well as psychological health

Dr. med. Adam Blanning, family doctor

10.15 – 10.30 Time for discussing and questions, also from the evening before

10.30 – 11.15 **Coffee break**

11.15 - 12.30 **Witnessing the global increase of auto-immune diseases and the psychological vulnerability in children and adolescents**

The genesis of auto-immune diseases through the three septennials, its transgenerational reproduction, the search for a dignified life – the arc from the east to the west

Dr. lic. Vasuprada Kartic, psychotherapist, Dr.med. Swapna Narendra, family doctor and

school doctor, specialised in psychosomatic diseases, Dr. lic. Carlos Guio, psychotherapist

12.30 - 15.00 **Lunch break**

15.00 - 16.00 **Systematic distortions of development by school constraints, smartphones, media platforms, advertising and consumption compulsions**

The pedagogue Wilfried Kessler, author of “Das Mädchen ohne Hände” and “Der Dummling in den Volksmärchen“, in conversation with Hartmut Horn about subtle educational influences in today’s sphere of childhood and adolescence

16.00 - 16.30 Time for discussing and questions

16.30 – 17.15 **Tea break**

17.15 – 18.15 **The worldwide increasing incidence of chronic stress and anxiety leading to psychological vulnerability in children and adolescents**

Understanding and treatment in the general praxis considering the developmental laws and the social/political circumstances

Dr. med. Meron Barak, family doctor & school doctor, author of “Restless Children – coping with ADHD and Anxiety Disorders”, Dr. lic. Ioulia Ventouratou, child-psychotherapist

18.15 - 18.30 Time for questions and discussing

18.30 **Evening break**

For presence participants 20.00 Lecture in the Great Hall: **“Becoming familiar with the body”**

# Thursday, 14<sup>th</sup> – PSYCHOTHERAPEUTIC TOOLS AND FUTURE CHALLENGES

8.30 – 9.00    **opening – verse**

“Dem Stoff sich verschreiben heißt Seelen zerreiben, im Geiste sich finden, heißt Seelen verbinden“ Rudolf Steiner

## **What does a community need to create brotherhood?**

The ongoing work for the mission of creating brotherhood  
Dr.Ph. AAP Susan Overhauser, psychotherapist

## **Preview and structure of the day**

Henriette Dekkers, Hartmut Horn

9.00 - 9.15    second arrival of presence-participants in the Terrassensaal

## 9.15 - 9.30    **Harvest of group work of Tuesday, 12<sup>th</sup>**

The collection of answers of the chats about phenomena in one's own professional practice and how colleagues deal with these. Forming an imagination for the future.  
John Lees and Ad Dekkers, psychotherapists

## 9.30 - 10.30    **Worldwide initiatives to heal body, soul, and spirit**

**Yärna Sweden** YIP – International Youth Initiative presented by Henriette Dekkers  
**Biological Dynamic “Youth Connect India”** presented by Vasuprada Kartic  
**YIAM** Youth Section of the Anthroposophical Society Dornach presented by Tania Prince  
**Freies Jugendseminar** Stuttgart presented by Marco Bindelli

## 10.30 - 11.15    **Coffee break**

## 11.15 - 12.00    **Creating new and save communities for our children**

Mutuality and cooperation between families based on parental inner development of spirit, soul, and etheric forces

Henriette Dekkers, psychotherapist, Dr. med. Meron Barak

## 12.00 - 12.30    **Review, perspective and harvest of the conference**

Organisation committee of the conference

Giovanna Bettini, Vasuprada Kartic, Fabian Horn, Henriette Dekkers, Hartmut Horn

## 12.30    **End of the conference**