



Medical Section at  
the Goetheanum

## Research Congress

**“The role and importance of  
warmth and thermoregulation in  
somatic and mental health:  
status, updates and open questions”**

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

**February 28 – March 1, 2025**

at the Goetheanum

Dornach, December 2024

Dear colleagues, professionals, students and researchers from all medical professions,

The longer you think about it, the more you can come to the conclusion: warmth is actually very special and very important for anthroposophic medicine.

Without warmth, processes, plants, animals, people do not or hardly move. Solid forms are dissolved again by warmth processes (think of candle wax or the sugar in coffee or tea) and set in motion. Increased body warmth (fever) causes the immune system to move even more and invaders (viruses, bacteria) have to clear the field again. In some cases, high fever even causes spontaneous healing of cancer and the human form/stature is restored!

Many people feel better about themselves after a period of high fever. We enjoy and relax with the warm sun on our skin and also a warm meeting with old friends and family we love. A warm home ("nest") is a place where you are seen and heard and naturally feel safe and can develop. We warm up to beautiful ideals that we want to realize in the future. Not to mention all that love sets in motion! And, of course, health is always a question of balance.

Beyond this general knowledge, anthroposophy provides much additional specific insight into the quality, importance, application and regulation of warmth in medicine/ health care. Rudolf Steiner described world evolution as having begun with warmth. He gave the warmth meditation for doctors and medical students, described warmth as the carrier of our I-organization and gave the so-called "Bridge" lectures, which describes warmth as a mediator between body and mind. Phenomenologists described the quality of warmth as an element and as an ether (warmth-ether) and were able to distinguish typical warmth (medicine) plants like the rosemary.

In all CARE groups we find the role and importance of warmth and warmth regulation e.g. in natural maternity care (CARE I. Pregnancy, birth and early childhood); in the warm inflammatory response and fever in infectious diseases (CARE II. Dealing with fever and infectious diseases); in the warmth of the therapeutic relationship and the warmth that provides meaning (CARE III. Common forms of anxiety and depression); in the generation and regulation of warmth through mistletoe therapy (CARE IV. Oncology); and in the warmth care of the last stage of life (CARE V. Palliative care).

Finally, warmth plays an important role in diagnosis, prevention and treatment. Rudolf Steiner describes that we need the warmth of love as a force of knowledge in order to know the essence ("Wesen") of minerals, plants, animals and human beings. And we also need the love to act ("Liebe zur Tat") in order to achieve good, free action (Philosophy of Freedom).

The purpose of this conference is to explore the status of the science of warmth (regulation), to get (even) better acquainted with the quality, importance, application and regulation of warmth in anthroposophic medicine.

We hereby invite you all (researchers, doctors, therapists, nurses, students and all others interested in this field) to the 2025 Anthroposophic Medicine (AM) Research Congress with the main topics of:

- The quality of warmth, its role and importance in somatic and mental healthcare and the development of Anthroposophic Medicinal Products
- The use of warmth and thermoregulation in AM therapies healing processes
- Thermoregulation as part of the self-healing autonomous regulation processes
- Fever (management)
- Care themes & AM therapies
- What hypotheses or observations from anthroposophy have been empirically confirmed?
- The latest AM research projects and results (all topics)
- Workshops for young researchers
- Workshops on research topics

For the preparatory group

Prof. Dr. Erik W. Baars

# Friday, February 28

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## Anthroposophic Medicine and conventional research on warmth and warmth regulation

13.30 **Opening of the Congress**

*Welcome by Prof. Dr. Erik Baars and Dr. Karin Michael*

13.35 **A scientific model of the quality and role of warmth from an anthroposophic perspective**

*Dr. Helmut Kiene*

14.30 **Steiner's spiritual scientific findings on warmth (regulation) and the confirmation in conventional science**

*Prof. Dr. David Martin*

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*15.00 Short break*

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15.30 **Workshops round 1 – The science of warmth (regulation) in the CARE groups fields**

16.45 **Workshops round 2 – The science of warmth (regulation) in AM therapies and care**

17.50 **Q&A with the speakers and plenary discussion on research related questions of the participants**

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*18.30 Dinner*

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20.00 **Embodied Understanding**

*Elaine Holt, MSc*

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

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*21.15 End*

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# Saturday, March 1

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## Anthroposophic Medicine Spiritual Science research

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08.30 **Eurythmy – Vitalizing Exercises**

09.00 **In-depth Workshops Round 1**

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*10.00 Short break*

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10.30 **In-depth Workshops Round 2**

11.35 **Poster presentations**

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*12.45 Lunch break*

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Parallel sessions AM research oral presentations (4x 15 min)

14.00 Round 1

15.00 Round 2

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*16.00 Short break*

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16.30 **Reflection and future perspectives**

*What have we learned on warmth (regulation)? What is missing? What are research questions; what is the research agenda on this topic for the next 5-10 years? How do we work together in science and application of knowledge in clinical practice in the field of warmth (regulation)?*

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*18.00 End of congress*

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# General Information

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## Translation

Conference language is English.

## Conference fee

Regular price: 290,- CHF (lunch included)

Reduced price: 210,- CHF (lunch included)

Student price: 140,- CHF (lunch included)

\*Support price: 500,- CHF

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

***Dinner is optional and may be booked separately at a price of 28 CHF each.***

## Registration

<https://goetheanum.ch/en/events/en/rc25>

<https://goetheanum.ch/de/veranstaltungen/rc25>

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

**Donations** to support the Research Conference

*(not to be used for remittance of the conference fee):*

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