

# Connecting with Today's Children

Healing body, soul & spirit

INTERNATIONAL Kolisko Conference



An International Kolisko Conference for teachers, medical practitioners, health professionals and parents.

10 - 14 July 2010  
St Peter's School,  
Cambridge, New  
Zealand

## Presenters

Dr Michaela Glöckler (Swiss)

Florian Oswald (Swiss)

John Cunningham (USA)

Annette Brian (Australia)

John Angus

Dr David Ritchie

Sue Simpson

Dr Michael Sargent

Dr Ruth Baker

Joce Freeman

Mary Willow

Robyn Ritchie

This conference is about understanding the OTHER

- inter-recognition,
  - inter-acceptance
  - inter-dependence
- empathic relationships.

We will explore

- anxiety,
- social withdrawal
- hyperactivity

in children, with lectures, art work, discussion and workshops that are practical on how to help.

# Connecting with Today's Children

## Welcome

Picture the different ways that children come to kindergarten- some will bounce in, raring to go and feeling at home, others may come in cautiously, unwilling to enter on their own. One child timidly clings to mother, another crawls under a table and will not play with the other children, while some children become so physically boisterous that other children do not want to play with them.

As children grow some will develop anxieties, struggle socially or bring over-active behaviour to the classroom. How does a teacher, therapist, doctor or nurse find imaginative ways to transform or 'heal' this behaviour?

We are finding that a growing number of children develop uncontrolled and unreasonable behaviour. Eventually we have children and adults who have generalized anxiety disorder (GAD) or obsessive - compulsive disorders (OCD), autism spectrum disorder (ASD) and attention deficit disorder (ADD).

Learning difficulties and inappropriate behaviour are stressful to the child and to the children and the adults around them. How can we help support these children to bring balance into their daily lives? What are the gifts they bring? This conference will look at these phenomena, work towards answers and provide some practical advice.

The conference begins with an introduction by a doctor and a teacher, sharing how we may form a connection with today's child. Although we may experience sympathy or rejection for these children, neither of these reactions are helpful. On the first evening we will explore *the gift of empathy* because without it we cannot meaningfully connect. How do we arrive at an understanding that we are all dependant on each other? How do we recognise that we all have something deep inside us that is valuable and worth listening to and that through our understanding of each other we can believe in

ourselves and reveal our true spirit?

Healing has been defined as 'a bringing into balance' and our next three days have a rhythm: singing, exploring the day's theme through art (feeling), coming to an understanding through a lecture (thinking) and then a practical workshop to gain new skills (will). For members of the School of Spiritual Science the day starts with a reading and discussion of one of the Class Lessons (please bring your blue membership card); after breakfast we start with a verse which talks about education as a healing process. At the end of each day there will be short presentations as to how some experienced teachers and health professionals have managed specific behaviours and there will also be a range of social activities in the evening.

On the final day of the conference, the panel will answer questions and draw together the threads and experiences of the conference.

The conference closes with a lecture on 'Meeting the Challenges of the 21st Century for Children' by Dr Michaela Glöckler.

Simon Bednarek

On behalf of the organizing committee

David Ritchie

Kathy MacFarlane

Neil Carter

Karen Brice-Geard



Once in olden times  
There lived in the souls of  
the initiates  
Powerfully the thought  
That by nature  
Every person is ill  
And education was seen  
As a healing process  
Which brought to the child,  
As it matured,  
Health for becoming a true  
human being.

Rudolf Steiner

## Speakers & Presenters

### **Dr Michaela Glöckler**

A former pediatrician who is the Leader of the Medical Section of the School of Spiritual Science at the Goetheanum, in Dornach, Switzerland. She worked at Heedecke Community Hospital and served as a school doctor in Witten. She runs the International Anthroposophic Medical Training.

### **Florian Oswald**

First studied process engineering. After working in a Camphill he became a teacher for special needs children and later attended the teacher seminar in Dornach. He is currently a science and mathematics teacher at the Berne Rudolf Steiner High School, Switzerland and is an international advisor on pedagogical matters.

### **John Angus**

New Zealand's Children's Commissioner.

John Angus began his career as an historian after obtaining a doctorate in history from Otago University. He went on to complete a diploma in social work and spent almost 10 years as a social worker in Dunedin.

Since early 2008 he headed up work on the prevention of child abuse and neglect for the Taskforce for Action on Violence Within Families.

John's motivation during his career has been to improve the lives and the well being of children in New Zealand.

### **Sue Simpson**

Has taught eurythmy for the past 28 years, Waldorf teacher, principal, adult education tutor, she is presently general Secretary of the Anthroposophical Society in New Zealand.

### **Dr David Ritchie**

General practitioner from Helios Integrative Medical Centre, Christchurch.

He has a long interest in child health and in how learning behaviour and health can be understood as one picture.

### **Dr Simon Bednarek**

General practitioner from Hawkes Bay. Co-ordinator of the Medical Section in NZ. He will facilitate the panels.

### **Dr Michael Sargent**

Anthroposophic school doctor who visits schools in Christchurch, Wellington and Hawke's Bay.

### **Dr Ruth Baker**

An Anthroposophic doctor working in Christchurch specialising in autism spectrum issues. She has extensive experience working with individuals, co-founding a trust to support adults and co-editing a book on the autism spectrum.

### **Robyn Ritchie**

An occupational therapist based in Christchurch who has worked for many years with children with perceptual motor and sensory processing difficulties.

### **Annette Brian**

Learning Support & Extra Lesson Teacher at the Glenaeon Steiner School in Sydney and a trainer in "Extra Lesson". She has an interest in child development from an educational and psychological perspective. Annette has recently completed a Masters in Child & Adol Health (4th yr Psych).

### **Jocelyn Freeman**

With over 30 years experience in nursing working in general medical practices, and as a school nurse for Taikura Steiner School. Jocelyn was the co-founder of the first anthro-



posophical nursing training programme in NZ, and also founded and led Taruna's Art of Health programme.

### **John Cunningham**

Comes from the USA and has been a class teacher for 13 years. He now facilitates training in compassionate communication which is inspired by Anthroposophy.

### **Mary Willow**

Has worked for over 30 years in the fields of nursing, midwifery, Steiner early childhood education and parent education and currently operates Plum Parent support, a service providing counselling for parents.

### **Lyn Nichols**

A family therapist and counsellor working in South Auckland in private practice. Lyn works with children with social skills difficulties who are victims of violence and trauma. She also runs groups for adolescence, who present with challenging behaviours. She has taught at Michael Park Steiner School specialising in "Extra lesson".

# Connecting with Today's Children 10th—14th July Programme

Saturday	Sunday	Monday	Tuesday	Wednesday
	7.00 Class Lesson	7.00 Class discussion	7.00 Class Lesson	
	<b>7.30– 8.30 BREAKFAST</b>			
10.00 -12.30	8.30—9.00 Verse in Eurythmy and Singing			
Section Meetings by invitation	9.15—10.30 Experiencing the Day's Theme with Art Work			Panel discussion Dr Michaela Glöckler, Florian Oswald, Dr David Ritchie, Lyn Nichols & Robyn Ritchie,.
	<b>10.30—11.00 COFFEE</b>			
Registrations 11-1.45	Anthroposophic Perspective on Autistic Spectrum  Dr Michaela Glöckler	Anthroposophic Perspective on ADD  Dr Michaela Glöckler	Anthroposophic Perspective on Anxiety, nervousness, & timidity  Dr Michaela Glöckler	Meeting Challenges of 21st Century in children  Dr Michaela Glöckler
	<b>12.30—2.00 LUNCH</b>			No Lunch
2.00 Opening Sue Simpson & John Angus	<b>2.00—3.30 Workshops</b>			
	<b>3.30—4.00 AFTERNOON TEA</b>			
Connecting with Today's Children  Florian Oswald & Dr David Ritchie	Dealing with Socially withdrawn children  Dr Ruth Baker, Robyn Ritchie and Florian Oswald.	Dealing with ADD / hyperactive children  Dr David Ritchie, Annette Brian and John Cunningham	Dealing with Anxiety / Nervousness in children  Dr Michael Sargent, Jocelyn Freeman, and Mary Willow  6.00 till late	
	<b>5.30—6.30 DINNER</b>			
7.00 The Gift of Empathy  Dr Michaela Glöckler	7.00 Eurythmy performance	Free evening to socialise and catch up	Dinner with Live Music	

# Connecting with Today's Children Workshops

1. **What can the upper school contribute to a healthy development of body, soul and spirit?**

In this workshop we will explore the relationship of the 'I' (ego) to the physical body through a pedagogical – artistic approach. The healthy art of teaching is achieved within each individual lesson when the relationship of the 'I' (ego) to the body is brought into balance.

**Facilitator: Florian Oswald** - see Speakers & Presenters page..

2. **Therapeutic Storytelling as a Practical tool for Working with the Modern Young Child. (Birth to 7 years).**

Story telling can create imaginative pictures which allow children alternative options for behaviour or ways of being in the world. This workshop will take the daily conference theme and look at fairy tales, myths and legends, therapeutic and biographical stories in order to help us find the imaginative keys to open doors for the children in our care.

**Facilitator: Marjorie Theyer** has worked in Steiner Education for the past 40 years both in New Zealand and in Asia. She is currently the Early Childhood Advisor for the Federation of Rudolf Steiner Schools in New Zealand.

3. **Accompanying and supporting a child's journey by listening to your heart.**

This workshop will explore the experience of a parent dealing with a child with sensory issues: all the stages of the journey: overcoming anxiety, confronting reality, taking positive action, and working holistically with therapists, teachers and doctors. Taking a long-term perspective and seeing the child as a

whole picture, can lead to a path of transformation and growth.

**Facilitator: Laura Hurtado-Roberts** has a child in a Steiner school. She has a background in research and lecturing in social sciences and communication, and is presently doing community work in the field of learning difficulties in the Wellington region. She is currently training in Extra Lesson.

4. **Transforming Anxiety in Parent and Child.**

Today's children, more than ever before, have difficulty 'meeting the other'. This workshop will teach participants a way to understand the effects of anxiety on both parents and children. It gives a simple but effective language and model to translate the complexities of stimulus and response, spirit and incarnation, into tools that can be understood by everyone and used by both parents and teachers..

**Facilitator: Mary Willow** - see Speakers & Presenters page.

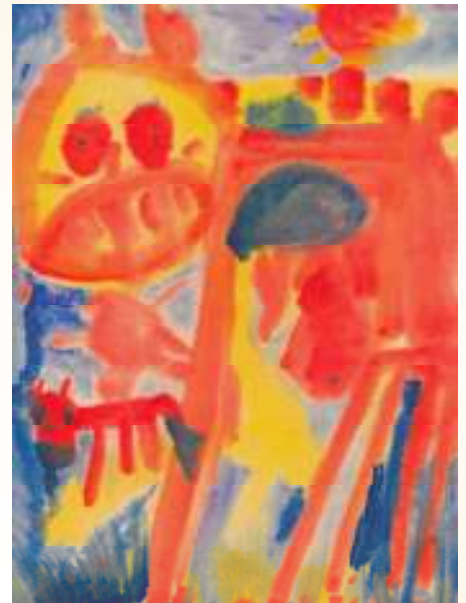
5. **Discovering Fairytales through Colour.**

Through the medium of colour in water colour, and fairy tale motifs participants will experience how colour can be rediscovered as a healing art.

**Facilitator: Susie Gay** trained as an Art teacher at the Painting School of the Goetheanum and as an Art Therapist in Germany. She has trained as a counsellor and Steiner class teacher.

6. **The Hearing Word as Experienced through Archetypal Sounds and Sequence.**

This workshop will give participants a practical experience of how archetypal sounds and their sequence can be applied to curative education and adapted to individual cases.



**Facilitator: Norbert Mulholland and Uta Stoll Kuwilsky.** Norbert is a trained speech and drama teacher and has been working in special education for over 20 years as a speech therapist, adult educator and speech artist. Uta has been working as a Eurythmist for 30 years. She trained as a eurythmy therapist 15 years ago and works mainly with children in need of special care.

7. **Creating Classroom Culture.**  
This workshop will explore social class dynamics through drama, stories and breathing.  
**Facilitator: Brian Tracey** has been a class teacher for 18 years at Titi-rangi Rudolf Steiner School and is currently the programme director for the In-Service Teachers' course at Taruna College.
8. **Form Drawing.**  
Through many years of practice Rosie has a strong conviction that Form Drawing, "the art of line", needs to be understood and used by teachers as a fundamental and therapeutic tool for health, breathing and balance of students, and of the class as a whole.  
**Facilitator: Rosie Simpson** is currently the principal of Taikura Rudolf Steiner School in Hastings. She has been involved in Waldorf

# Connecting with Today's Children

## Workshops

Education for 28 years as a class teacher, a curative educator, and as a developer and teacher of adult education programmes at both Taruna College and Hohepa.

### 9. **Choir Chimes as a Class Activity.**

We will create a workshop where participants can experience playing and teaching choir chimes as an inclusive class activity bringing into balance harmony and rhythm in the human soul.

**Facilitator:** **David Ureli** has been a maths and science Steiner High School teacher for many years

### 10. **Opening the Path of Incarnation, Light and Darkness as described by Collot d'Herbois.**

A workshop with practical exercises for participants to experience the effects of light and darkness as a healing force.

**Facilitator:** **Neeltje Bollen and Dr Ulrich Doering.** Neeltje is an Anthroposophic Art therapist who has worked extensively with Collot d'Herbois and Ulrich is an Anthroposophic doctor working in Titirangi, Auckland.

### 11. **Empathising with Children on the Autism Spectrum.**

Drawing primarily on insights from autistic individuals, together with those from anthroposophic, other holistic and mainstream approaches, this workshop will explore how anxiety, hyperactivity and sensori-motor issues are commonly associated with autism.

**Facilitator:** **Dr Ruth Baker** see Speakers & Presenters page.

### 12. **Movement as a Creative Key to the Truly Human.**

This will be an active workshop where participants will learn to understand how gesture and movement guide the

child in their development and how to change the tempo from driven to breathing.

**Facilitator:** **Sue Simpson** see Speakers & Presenters page.

### 13. **Meeting the Sensory Needs of the Child in the Classroom.**

Perceptual motor and sensory processing difficulties affect a large number of children. This workshop is about understanding and accommodating their needs to facilitate the learning process.

We will develop an understanding of the senses based on the twelve senses described by Rudolf Steiner. Learn about sensory integration and sensory integrative difficulties, and their relationship to learning problems.

Explore the term "sensory processing". How do we personally process sensory information - what do we enjoy, what do we dislike. What produces anxiety, what makes us calm.

**Facilitators:** **Robyn Ritchie & Emma Ratcliff** are Occupational Therapists at Helios Integrative medical Centre in Christchurch

### 14. **The 9 year Rubicon, the Birth of the Etheric Heart and Puberty.**

This workshop will explore what happens in development at these three major stages in relation to the three themes of the conference and how we can support and understand children at those important times.

**Facilitators:** **Neil Carter and Dr David Ritchie.** Neil Carter has been a class teacher for many years at the Christchurch Rudolf Steiner School and David - see Speakers & Presenters page.

### 15. **Compassionate Communication as a Way of Seeing.**

"A change in the way of seeing is a



change in what is seen." In these sessions participants will explore questions on how to develop empathy, understanding, harmony and wholeness through human encounter.

**Facilitator:** **John Cunningham** - see Speakers & Presenters page.

### 16. **Creative Speech as a Tool for the Class Teacher to Address the Challenges of the Modern Child.**

In this workshop participants will look at exercises and texts related to the theme addressed each day, to find healing ways to work with the modern child.

**Facilitator:** **Astrid Anderson** is an Anthroposophic speech therapist working with children and adults. Creative speech works through rhythm, dynamic gesture and content which can address the individual children in a class context.

### 17. **The Healing Art of Puppetry.**

In this workshop participants will look at the importance and therapeutic value of puppet stories in early childhood. This will lead to an understanding of how puppetry supports children in their natural incarnation process. Consideration will be given to a range of labelled 'conditions' or states of being that

# Connecting with Today's Children Workshops

modern children display as per the theme of the conference.

**Facilitators: Helen Bedyne and Edith van der Meer.** Helen has been an early childhood teacher and educator for many years. Edith was a handwork teacher at the Taikura Steiner School and now works as an early childhood teacher in Taradale and is a co-director of the In-Service early childhood course at Taruna College.

## 18. The Social and Spatial benefits of Pedagogical Eurythmy.

The workshop will include practical execution of exercises used within the curriculum to enhance the awareness of the social aspect of eurythmy. Participants will look at how spatial awareness enhances the ability of the child to 'feel' himself in space.

**Facilitator: Mynda Mansfield** trained as a Eurythmist in Cape Town and currently teaches at classes 1-7 at the Waikato Waldorf School.

## 19. The Ability to Play as One of the Principal Criteria for Mental Health.

In this workshop participants will look at the vital role of play in early childhood. Given the relationship between health and play, there are serious implications for the demise of play for children's mental and physical health. Children who are anxious, socially withdrawn and over active can find it difficult to play. Together we will look at ways in which these modern phenomena can be addressed.

**Facilitator: Kathy MacFarlane** has been an early childhood teacher for the past 20 years and is a co-director of the early childhood in-service programme at Taruna College.

## 20. Extra Lesson - Extending the Art of Teaching and accepting Children with Anxiety, Over Activity and Social Struggles.

This workshop will look at the needs of children from a developmental perspective. It will promote understanding of the challenges these children face, as well as explore exercises and techniques that may assist their learning.

**Facilitator: Annette Brian** - see Speakers & Presenters page.

## 21. Archetypal Movement Patterns and Infant Reflex Integration as Part of Rhythmic Work.

This workshop gives an introduction into the developmental stages of infant movement integration as they are archetypally meant to be. In case of retained reflex patterns, a variety of behavioural traces can be found in the school child. The course participants will actively go through the developmental stages and will learn different movement activities to mature infant reflex patterns at a later stage.

**Facilitator: Edith Bulle.** has been an Extra Lesson teacher for the past 25 years.

## 22. Working with at Risk Adolescence from a perspective of Respect.

This workshop will examine the gifts that these very at risk young people bring to the world. Every challenging young person has hidden treasures and my job as a therapist/counsellor is to find their gifts, hold them with utter care, polish them up and return them to the young person to build upon for the rest of their lives. We will examine the work I



have developed with colleagues that will hopefully provide a different perspective to those young people who are often demonised by society.

**Facilitator: Lyn Nichols** - see Speakers & Presenters page.

## 23. Nursing Care to Maintain Health in Today's Children.

This workshop will include an introduction related to the day's theme followed by interactive exercises, discussion and examples of suitable external applications.

**Facilitator: Tessa Therklison** is an anthroposophical nurse and reflexologist, with a broad interest in research and education in relation to external applications.

## 24. The Outdoor Classroom

Participants will engage in simple industrial craft processes in order to experience the therapeutic value of craft movements. The outdoor classroom can be used as a model for working with behavioural disorders such as ADHD, ODD and autism.

**Facilitator: Jonathan Jordan** has had 10 years experience in curative education and has been a convenor of the course in Curative Education and Social Therapy at Hohepa as well as a contributor to various courses at Taruna College.

# Conference Information

## Artistic experience (9.15-10.30am)

These facilitated groups give the opportunity to experience the day's theme through art.

## Workshops (2-3.30pm)

In the workshops the theme of each day will be explored and addressed. Allocation will be in order of registration.

## Conference fee

NZD550 inclusive of all meals (breakfast, morning & afternoon teas, lunch and dinner) as on the programme and accommodation.

## Registrations

Every participant must fill out a registration form by 1st May 2010 be eligible for a \$50 discount.

## Accommodation

This is in students' rooms and ranges from single bedrooms to double and single cubicles within a dormitory - all within large boarding houses with shared bathrooms.

There are only 300 beds so a reduced fee without accommodation and breakfast will be available once the accommodation is filled. Please select this option on your registration form if you wish to take advantage of this. Once accommodation is full you will be notified and will need to find own accommodation.

## Transport

To get to St Peter's College you will need to provide your own transport or travel by airport shuttle from Hamilton airport to get to the site.

## Class lessons

Attendance only for those who are a member of the First Class of the

School of Spiritual Science. Please bring blue card.

## Flights

Direct connections to Sydney and Brisbane; Auckland, Wellington, Christchurch and Palmerston North.

## Dr Eugene Kolisko (1893-1939)

The first Waldorf School  
Doctor.

Eugene Kolisko worked closely with Rudolf Steiner extending health practices consistent with the soul-spiritual nature of the human being for school age children. He wanted to work in close contact with teachers and truly understand the learning processes of children. He settled in England in 1936. He left an important legacy for the school and the medical movement which Kolisko conferences seek to explore. Kolisko conferences throughout the world are for Doctors, Nurses, Therapists, Teachers, Educators and Parents.

## Registrations to:

Kolisko Conference  
c/o Edith van der Meer  
130 Priestley Tce  
Napier 4110

Sponsored by:  
Weleda Charitable Trust



## St Peter's School

The venue St Peter's School is one of the leading independent, co-educational boarding secondary schools in New Zealand. Situated on 100 acres of park-like grounds



near Cambridge (15 minutes' drive from Hamilton City), St Peter's has a 'smoke free' policy. Therefore, smoking is not permitted on the School campus. Accommodation ranges from single bedrooms to double and single cubicles within a dormitory - all within large boarding houses.



Each boarding house is self-contained with shower/bathroom areas and a common room - furnished with television, DVD/video and couches for leisure. Common rooms also contain a fridge, microwave, toaster and tea/coffee making facilities.

## Conference Organised by

Medical Section in NZ

Federation of Steiner  
Schools in New Zealand

Pedagogical Section in NZ