

## Breakout Sessions/Dr. Glockler Lectures

### Meeting the Challenges of Child Development in Education and the Healing Arts

- 1. Reflexology with Amy Joy Allahdadi:** Amy Joy's workshop will cover a spectrum of reflexes and their developmental importance in the incarnating and maturing child, the learning and behavioral challenges a child will exhibit when they have not been fully developed/integrated, and how partially and unintegrated reflexes will present in the classroom. Amy Joy will also share some simple movements and other tools that teachers can employ in the classroom to help students who are struggling with learning, behavioral and physical imbalances.
- 2. The Evolving Nature Of Gender Expression with Dr. David Gershan and Dr. Lisa Del Alba**  
Gender expression is undergoing a profound and rapid revolution. Children proclaim with assurance gender that is not congruent with birth anatomy. Teens and adults are also proclaiming gender identities that are at odds with our concepts of anatomy and sexual orientation. How has this revolution been understood? How do the individuals understand it? Is gender expression developing to even newer forms in the 2000s? Let us look at this revolution within the contexts of a phenomenologic and Anthroposophic approach. **(Repeated Saturday am & pm)**
- 3. Role of Fever and Acute Remedies with Dr. Robert Kellum – Repeated Twice:** We'll explore the importance and safety of fever, and the value of remedies that work with inflammation rather than suppress it. We'll examine the gesture of a selection of remedies as illustrative of reinforcing the body's own efforts, and a guide for useful remedies to have on hand for various acute conditions will be provided. **(Repeated Saturday and Sunday)**
- 4. How Homeopathics Work to Promote Healing with Dr. Paul Kalnins:** In this session Dr. Kalnins will lead a discussion on current hypotheses regarding homeopathic mechanisms. He will briefly review how hormesis, nanoparticle pharmacology, colloid chemistry, and the role of sensory receptors in the intestine can help form a bridge between Anthroposophical approaches to health and modern biomedicine."
- 5. Helpful Stories for Challenging Behavior in Children with Donna Patterson:** Bring your stories to share, and problems in search of stories. We'll explore the power of stories, how to choose them, how and when to read them, etc. with case examples, so that you leave with greater resources and confidence.
- 6. Working with Learning Difficulties for the Whole Class with Tammy Wagner:**  
Activities and lessons that are geared for the student with learning difficulties can help strengthen everyone in the class. This workshop will focus on various ways to incorporate the "Extra Lesson" and other integrating exercises in the Main Lesson and throughout the day.
- 7. Restorative Eurythmy for Parents, Teachers, and Caregivers with James Knight:** In this course we will explore and experience eurythmy as a health giving and restorative art in response to the stresses of daily life tasks. We will give particular consideration to those whose work brings them into direct contact with those they serve in a giving fashion and the drain this can sometimes be on their life forces. We will explore movements and movement meditations that can help to ground us, balance our soul forces and strengthen our ability to meet the challenges of being a giver in today's modern life.
- 8. Introduction to Spacial Dynamics with Dr. John Takacs:** An introduction to Spacial Dynamics movements and their therapeutic and pedagogical uses.
- 9. Therapeutic Eurythmy with Lesley Cox – Two Sessions (a & b):** Our work will consist of trying to better understand what Hygienic and Therapeutic Eurythmy are, and how their exercises can potentially help to harmonize and strengthen the metabolic, nerve-sense, and rhythmic systems. We will focus principally, but not exclusively, on the unique needs of school aged children. Two sessions are offered so that take-aways can be practiced. **(Saturday & Sunday)**

10. **Healing from the Hearth of your Home with Julie Foster, NP:** Compresses and Applications useful for common childhood illnesses and support for the development of a growing child. Learn about what is in your kitchen to care for an ill child at home. Be empowered to apply simple measures of lemon ankle wraps, onion compresses, and the such. Anthroposophic nursing and medicine perspectives will be reviewed for choosing an application.
11. **The Role of the School Doctor with Dr. Ali Givens and Dr. Padeen Quinn – Repeated Twice:** We will explore the important role of the school doctor in working with other professionals to assess the physical, emotional and spiritual needs/development of every school child, while also acting independently and in confidence as a neutral mediator between children, parents and teachers, in the care of healthy social integration. **(Repeated Saturday and Sunday)**
12. **Music Therapy with Marion Van Namen:** The Four elements in nature, the human being and music; how our music making reveals and influences the relationship between the physical, etheric, astral and I am .
13. **Rhythmical Massage Therapy with Margaret Kerndt:** When a person experiences rhythmical massage therapy, the movements offered find resonance within their own rhythms , within in the fluid, airy and warmth realms of their physical body. In this workshop, we will experience how and why rhythmical massage can be a potent resource in children and adults for restoring greater 'freedom within balance'.
14. **Therapeutic Arts with Cheri Munske:** Our world presents today's child with many challenges, including a tendency to over intellectualization. Using color, form and movement we will explore how the therapeutic arts can counter this tendency. With a focus on exercises which promote healthy breathing, we will experience how color and movement can strengthen and support the inherent forces of health within the child, as well as in our environment and community.
15. **The Rise of Chronic Illness with Dr. Michaela Glockler:** Chronic Illness, particularly ADHD, asthma, diabetes and obesity, have all risen dramatically in the last 30 years, to the point that today they affect about 1 in 5 children in America. Has such chronic illness impacted your family? What are the causes behind this epidemic and what can we do about it?
16. **The Spoken Word: Signature and Educator of Our Humanness with Helen Lubin:** Living language as a companion and co-educator. How is it that this wondrous instrument of speaking can become instrumental in furthering human development?

### **Dr. Glockler Lectures**

#### **2/23, Friday**

- 8-9:15 am **Anxiety, Depression and working with Children Healing from Trauma**  
**Location: National University of Natural Medicine (NUNM) 049 SW Porter St.**
- 7-9:00 pm **Meeting the Challenges of Child Development in Education and the Healing Arts**  
**Location: Cedarwood Waldorf School, 3030 SW Second Ave.**

#### **2/24, Saturday**

- 9:00 am **Cycles of Child Development, Location: Cedarwood Waldorf School**
- 1:30 pm **ADHD and Autism, Location: Cedarwood Waldorf School**
- 7-9pm **The Meaning of Autism in the 21<sup>st</sup> Century: Where are We Going and How Should We Get There? Location: NUNM**

#### **2/25, Sunday**

- 9:00 am **Effects of Electronics on the Developing Child, Location: Cedarwood Waldorf School**

#### **2/26, Monday**

- 7:30 am **The Development of the Child: The 7 year Cycles and their corresponding Physical, Emotional and Spiritual Aspects, Location: NUNM**