

*Invitation to the Annual Emergency Pedagogy Conference
2024*

„Fear Not!“

How Emergency Pedagogy can deter fear and anxiety in children and young people in times of crisis

Dear ladies and gentlemen, dear friends,
I would like to warmly invite you to this year's annual
Emergency Pedagogy Conference.

The conference will take place on 31st May to 02nd June 2024 at the
Parzival Center in Karlsruhe under the title:

**„Fear not! – How Emergency Pedagogy can deter fear and anxiety in
children and young people in times of crisis“**

The current world situation is characterized by crises, wars and
catastrophes. The increase in disasters and their media coverage
inevitably leads to an increase in fears, feelings of threat and
traumatization.

Children and young people are among the most vulnerable population
groups.

The physical, emotional and mental health of our children and young
people is under strain.

Many studies show a worrying increase in concentration problems, sleep
disorders, exhaustion, depression, addictive behavior and suicidal
tendencies. The increase in anxiety disorders is particularly dramatic.
They can be seen as an accompanying phenomenon of collective
traumatization with a tendency to burnout.

The educational scientist Klaus Hurrelmann therefore sees “signs of a
collective post-traumatic stress disorder” in view of the overall social
situation.

Fear, initially, should not be judged negatively. It draws attention to
impending dangers and activates appropriate coping strategies to avert

danger. However, if fear becomes constant stress, brain functions are restructured and the human immune system is permanently damaged. Fear then makes you sick!

The topics of fear and trauma are closely linked. There is no trauma without fear. It is one of the core symptoms of traumatization. Unprocessed, long-term traumatic stress has destructive potential, which, if the outcome is unfavorable, can lead to a break in one's biography.

However, not everyone affected, breaks down because of traumatic experiences. They have resilience factors that enable them to process and biographically integrate their experiences. Why trauma-related disorders ultimately arise from trauma, depends not only on the traumatic event, but above all on various individual factors and environmental influences. The latter can be influenced pedagogically and therapeutically.

What effect does fear have on the people? What is the connection between fear and trauma? How can emergency pedagogy be a process for reducing anxiety in the specific phases of child development?

These pressing topics and tasks will be addressed in lectures and workshops at the emergency pedagogical annual conference, to which I would like to cordially invite you.

I am really looking forward to our meeting and our exchange at the Parzival Center Karlsruhe.

Best regards

Bernd Ruf
(Executive Chair of „Emergency Pedagogy Without Borders“)

Organizational matters

- **Seminar location:** Parzival Center Karlsruhe (only presence, no online event)
- **Cost:**
 - **Normal price:** €225 including a simple meal on Friday evening, Saturday lunchtime and Saturday evening
 - **Reduced:** €130 including a simple meal on Friday evening, Saturday lunchtime and Saturday evening. Students, trainees and unemployed people (with proof) receive the reduced price.
 - **Support price:** €270 including a simple meal on Friday evening, Saturday lunchtime and Saturday evening (those who can pay more will help to support the conference financially)
 - **Attending an individual lecture:** €20 (please pay in cash on site)
- **Course times:**
 - Friday, May 31, 2024 from 2:30 p.m. to 3:30 p.m. (introductory preliminary program)
 - Friday, May 31, 2024 from 4:00 p.m. to 9:00 p.m. (start of conference)
 - Saturday, June 1st, 2024 from 9:00 a.m. to 9:00 p.m
 - Sunday, June 2nd, 2024 from 9:00 a.m. to 1:00 p.m
- **Workshops:**
 - Healing Trauma with Coloured Light
 - Healing Trauma with Art
 - Healing Trauma with Music
 - Healing Trauma with Experiential Pedagogy

Overnight stays & reimbursement of costs: Unfortunately, no travel or overnight costs can be reimbursed this year. You also have to organize overnight stays yourself.

Note for international conference guests:

Conference language: German (if necessary, we try to organize “whispered translations”).

If required, overnight accommodation will be organised in shared accommodation at the Parzival Centre. As our sleeping places are limited, this applies exclusively to international conference guests with limited financial means.

If you have any questions about the registration process, please contact the following e-mail address: info@nfp-og.org

Programme

Fear Not!

Emergency Pedagogy as Anxiety-Detering Pedagogy

Emergency Pedagogical Annual Conference

May 31 to June 2, 2024

Parzival Center Karlsruhe

Friday, May 31, 2024

14:30	Pre-Program: „When nothing is as it was before“ Introduction to Emergency Pedagogy Bernd Ruf
16.00	Conference Opening Musical Prelude Welcome Intoduction to the Conference
16.30	Lecture 1: „Fear eats the Soul“ What fear does to people and how emergency pedagogical educators can help to reduce fear Bernd Ruf
18.00	Break
19.30	Lecture 2: „Children’s Fears“ Managing fear and anxiety in school age Dr. Walter Dahlhaus
21.00	End of the Day Circle

Saturday, June 02, 2024

09.00	Opening Circle
09.15	Lecture 3: „The wolf is dead ...“ Fear and anxiety manangement in toddler and kindergarten age Prof. Dr. David Martin
10.45	Break
11.15	Workshop I
12.30	Lunch Break
14.00	Workshops II
16.00	Break
16.30	Lecture 4: „I don’t know if I can help ...“ Cansu Kaygisiz, Friends of Rudolf Steiner’s Art of Education

	Lilia Hueck, Emergency Pedagogy Without Borders Dr. Yevhen Volchenko, Therapeutikum, Kiew <i>From the Emergency Pedagogical Ambulance:</i> Susanne Weber, Munich Regina Nabrotzki, Karlsruhe
18.00	Break
19.30	Lecture 5: „But where are we going ...“ Fear and anxiety management in adolescence Dr. Boris Schößler
21.00	Closing Circle of the Day
 <u>Sunday, June 02, 2024</u>	
09.00	Opening Circle
09.15	Lecture 6: „Fear Not!“ Why it is important to deter fear and ways out of fear Dr. Christian Schopper
10.45	Break
11.15	Ceremony On the occasion of the 100th Anniversary of Anthroposophical Curative Education Prof. Dr. Peter Selg (ceremonial speech)
12.30	Closing of the Conference Closing Circle
13.00	End of Conference