

# The Extra Lesson<sup>™</sup> Conference 2009

Celebrating 20 years of Extra Lesson in Australia



## The 21st Century Child – Deepening our insights

**13th – 17th July 2009**

A Steiner-based conference for Extra lesson<sup>™</sup> practitioners, teachers, doctors, therapists, parents & others interested in child-development.

### **International Keynote Speakers:**

**Dr David Ritchie** MD – New Zealand

**Ingun Schneider**, Physiotherapist & Extra Lesson  
Trainer/Practitioner – USA

**Robyn Ritchie**, Occupational Therapist & Extra Lesson  
Practitioner – New Zealand

**Venue: Naamaroo Conference Centre,  
Lane Cove National Park, Sydney, Australia.**

**[www.extralesson.com](http://www.extralesson.com)**



## The 21st Century Child – Deepening our Insights

2009 marks the 20th anniversary of Extra Lesson in Australia. Twenty one years ago Audrey McAllen came from England to introduce her ground breaking Extra Lesson Program to Australia. To acknowledge this occasion, the Australian Extra Lesson Association's (AELA) Sydney conference from July 13th-17th will present a number of international keynote speakers who have an impressive range and depth of experience as both educators and therapists. The conference is relevant to Extra Lesson practitioners, teachers, doctors, therapists, parents and others interested in child development.

Key note presentations will be given by Dr David Ritchie (Anthroposophical Doctor with over 28 years of experience working in private practice and with educators and therapists both in New Zealand and Australia); Ingun Schneider (Physiotherapist & Extra Lesson Trainer/Practitioner from the USA) and Robyn Ritchie (Occupational Therapist and Extra Lesson Practitioner based in New Zealand). In addition to these presentations, there will be a variety of workshops open to participants covering a range of topics. The workshops are arranged so that participants can gain an in-depth understanding of topics such as sensory motor development, eurythmy exercises, understanding auditory processing & sound therapy, diet & gut health, discipline & management of children in sessions (particularly those diagnosed with Aspergers, ADHD, etc.) and modalities that support Extra Lesson. The afternoon workshops allow for a practical application of artistic therapies including clay modelling, form drawing, art therapy, felting and massage & nursing.

The 21st century child lives in a world more stressful and challenging than for any previous generation. The 2009 AELA conference aims to provide participants with an extensive understanding and range of skills for treating the whole child both educationally and medically. By participating in this conference parents, educators and medical practitioners will deepen their understanding of ways to bring the individual child into harmony. Please join us to learn more about these essential areas of treatment so that all children in our modern world can reach their true potential.

### Lisa Page

President  
Australian Extra Lesson Association (AELA)

### Dr David Ritchie M.D.

David Ritchie is co-founder of Helios Integrative Medical Centre (formerly known as Novalis House) in Christchurch, NZ. David has also established a centre with Robyn Ritchie for Children with Learning problems. With close to 30 years experience as a GP working deeply out of Anthroposophical medical principles, David has a wealth of knowledge and expertise particularly in the area of child and adolescent health. David has also spent much time in Australia supporting a country which has had a limited number of medical practitioners able to work out of Anthroposophy, working in various states across Australia and NZ taking on a school doctor role, assessing and advising on the management of children. David is a member of the International school doctor movement. David currently supports a number of Anthroposophical trainings by lecturing and advising on course content, both in Australia and in Europe in the areas of child development, immunisation and child health issues as well as on Anthroposophical medicine topics.

David's circle of colleagues includes doctors, therapists and nursing staff who seek to work together to build case study pictures and carry patients in a way necessary for their health and well being through a wholistic framework.

### Ingun Schneider

Ingun Schneider is Director of the Remedial Education Program at Rudolf Steiner College in Fair Oaks, California. Her professional experiences include Waldorf class teaching, physiotherapy, and childbirth education. For the past 15 years Ingun has been working with individual children using the Extra Lesson, as well as consulting, mentoring and teaching teachers and parents in Waldorf communities around the world.

Ingun is a member of the International Extra Lesson Association (IELA).

### Robyn Ritchie

Robyn Ritchie has worked for 35 years as a Paediatric Occupational Therapist and Extra Lesson enthusiast. She has completed the Extra Lesson training in recent years, but has worked with the Extra Lesson for more than 30 years having discovered Audrey's first book in a Forest Row bookshop. As a Sensory Integration Therapist, Robyn has worked with the picture of the 12 senses over many years and this is a constant source of inspiration to her work and understanding of the human being.

Robyn works at Helios Integrative Medical Centre, Christchurch NZ (formerly known as Novalis House) and also at the Champion Centre, which is an early intervention programme where Robyn works with children on the Autism spectrum.

## Michael Sichel ND DO PhD (Health Ed)

Michael Sichel has worked for 38 years as a naturopath & osteopath. He has written several books with 4 on children's health and ADHD/autism spectrum diseases. Michael has worked in the area of children's health for over 16 years and in the last 10 this has become his passion with hundreds of children recovering from these illnesses without drugs. Michael is often in collaboration with advancing doctors in this field around the world and he is a sought-after speaker both here and overseas. His current goal is not only to successfully reverse the diseases our children suffer from today, but to much more importantly STOP THE CAUSES OF OUR CHILDRENS WOES AND TEACH US HOW TO MAKE OUR CHILDRENS' IMMUNE SYSTEMS DO THE WORK THEY WERE DESIGNED TO DO – WHICH PHARMACEUTICAL COMPANIES NOW TRY AND MIMIC FOR MONEY...

## Ann Jacobson

Ann Jacobson has been a class teacher for several cycles. She is now working with curriculum development and mentoring at Glenaeon Rudolf Steiner School. Ann is also involved in the Teacher Training Program run through Parsifal College and Glenaeon.

**Maria Eugenia Obniski** B. Ed, Dip. Tchg, Grad. Dip., Chirophonetics Pract., EL Pract.

Maria Eugenia Obniski studied education at Universidade de Sao Paulo - Brazil and went on to teach English as a Second Language in private schools in Sao Paulo. She is a Certified Chirophonetics Practitioner from the School of Chirophonetics in Austria and has practised that in Brazil and in the US. She is a Certified Extra Lesson Practitioner from the Association for a Healing Education Training in US. She is now the director of the Extra Lesson Training in Brazil, co-sponsored by the AHE. She has also taught in Extra Lesson Trainings in the US and Canada.



## Morning Tone Eurythmy: 8.30 – 9.15am

**Harmonising the 3 dimensional space with music: enlivening body, soul and spirit.**

**Josefin Porteous** Dipl. Eury, Dipl. Therapeutic Eury.

From 1986-91 after training in Eurythmy in Europe, Josefin performed with the Eurythmeum Stuttgart, touring extensively throughout Europe, Scandinavia, Russia, USA, Australia and New Zealand; and she has taught and gives workshops and training courses in Germany, USA and Australia. Following further specialised training in therapeutic eurythmy and movement, she has worked with children and adults in private practice, in special education and Educational settings and in collaboration with hospitals and clinics. Therapeutic eurythmy, based on the inherent movement and the sounds of speech and music, aims to restore a healthy relationship between soul and body, and to heal psychosomatic and movement imbalances.

## The Impulse for The Extra Lesson: Monday 13th, 7.15 – 8.30pm

**Facilitator:** Lalage Craig (a close friend of Audrey McAllen). Audrey's story accompanied with photographs. Supported by Marjorie Theyer who encouraged Audrey to write the first Extra Lesson book and Ingun Schneider who has edited the books.

## Morning Workshops: 11.30am – 1pm

**Choose 2 workshops for 2 sessions each (Sequence A: Tues-Wed; Sequence B: Thurs-Fri).**

### 1. Children in need of help

In this workshop, we will have the opportunity to explore the needs of the various children of today and what may lie behind their issues. Participants will look at and discuss how to identify children presenting with Aspergers, AD/HD, dyspraxia, dyslexia, underachievers, etc. and then explore possible methods of management and remediation for these children.

**Facilitator:** Lalage Craig pioneered Extra Lesson™ in Australia and has also been a Class teacher. She has worked with children for the past 29 years using Extra Lesson and has trained Extra Lesson practitioners for 20 years both in Australia and overseas.

### 2. Understanding auditory processing difficulties and how children can be helped.

Auditory processing issues can disrupt the learning and behaviour of children and is frequently an underlying issue for children diagnosed with ADHD, dyslexia, dyspraxia and learning difficulties. Mariane will discuss how to recognise children with these issues and how sound therapy can be used to address these difficulties

**Facilitator:** Mariane Judd is a registered psychologist in private practice who has worked with children, adolescents and adults for the past 18 years using Extra Lesson. Mariane is a

Co-coordinator of the Extra Lesson training courses both in Australia and overseas and also is a trainer for the Integrated Listening Systems in Australia and New Zealand. Mariane has lectured internationally on child development and learning difficulties.

### 3. Where on Earth Do We Stand? – The Vestibular System In & Out of the Classroom.

The vestibular system plays a complex and vital role in the development and functioning of the twelve senses. It is directly related to the touch, movement, balance, visual and auditory senses, playing a unifying role in sensory processing and integration. It underlies the way in which we interpret and relate to the world around us which is fundamental for the development of our higher senses.

This workshop will describe in general how the vestibular system functions and affects the senses and behaviour, and how we can support the child today to develop and maintain a healthy system.

**Facilitator:** Virginia Lawson is an Accredited Occupational Therapist in private practice in Canberra. She works with students from the age of 5 years and up with the Extra Lesson™ Programme and the Integrated Listening Systems (iLs) to develop and enhance sensory processing and integration, coordination, balance, concentration and memory, behaviour and social skills, motivation, and literacy and numeracy skills.

### 4. Establishing and Growing an Extra Lesson Practice

Rosemary and Bill Murphy have developed a thriving clinic in Tauranga, New Zealand. They'll be sharing how they grew the practice and how they manage their clinic.

**Facilitators:** Bill Murphy is a qualified accountant in the US (CPA) and New Zealand (CA) and has 25 years business experience. This experience has been gained in roles as a business owner, business investor, General Manager, CFO, accountant and business advisor in businesses in the US, UK and NZ. Bill has worked in/advised businesses in many different sectors including manufacturing, building, IT, transport, export and education. Bill has provided the business support for the growth of Developmental Learning Centres in New Zealand.

Rosemary Murphy studied education at Hamilton Teachers' College and Waikato University and went on to teach in public and private schools in New Zealand the UK, as well as Steiner schools in New Zealand and the USA. She is a graduate of the Extra Lesson™ post graduate training programme and is a Registered Extra Lesson Practitioner. She is also a certified provider for The Listening Program® and a registered SPELD teacher.



### 5. Eurythmy Therapy – an experience

In this workshop we will be actively participating in eurythmy to enhance the right posture for the extra lesson/classroom teacher. Participants will experience basic rod exercises and copper ball exercises, as well as basic exercises to strengthen and harmonise the teacher in her/his work with the children.

**Facilitator:** Josefin Porteous – see page 5

### 6. The Twelve Senses

In this workshop we will be building our understanding of the pictures of the 12 senses given by Rudolf Steiner and its absolute relevance to our work. In particular we will deepen our understanding of the lower senses and their relevance to the unfolding of our highest faculties.

**Facilitator:** Robyn Ritchie – see page 3

### 7. Observations in the classroom and how to individualise during group movement activities

Teachers observe how some children struggle with certain activities and wonder how to meet their needs. This workshop will explore ways to support further development in several areas.

**Facilitator:** Ingun Schneider – see page 3

## Afternoon Workshops: 4.30-5.45pm

Choose 1 workshop for 4 sessions.

#### a) Form Drawing

In form drawing we will be working with the straight and the curved line as an imprint of movement. In doing so we call upon the senses of touch, life, balance and movement to awaken in the child the ability to experience form in such a way that it does not become rigid. This can strengthen, stimulate and harmonise the etheric body.

**Facilitator:** Ann Jacobson – see page 4

#### b) Clay Modelling

This clay modelling workshop will be a hands on exploration in the simplicity and beauty of form as it arises from this earthy moist substance. This activity works with the formative forces and can bring a sensitivity and flexibility towards the thinking, feeling and willing development.

**Facilitator:** Julia Byrne works privately as an art therapist working with children and adults individually and in groups.

### c) Form Painting

Based on Gerard Maas' work, this is a helpful one to one intervention process between therapist or teacher and client or pupil or, in family constellation work, with a parent and child. It assists with centering, strengthens the rhythmic processes and the client's relationship with the other. Originally proposed for adults and teens, there are some applications for the primary school child. We will also look at some whole class form painting exercises.

**Facilitator:** Catherine Sawkins has been a class teacher in Rudolf Steiner Schools in Adelaide, Christchurch and Canberra. She has a BA, Dip Ed, Cert in Steiner Ed, 4 year Dip in Anthroposophic Art Therapy and is an Extra Lesson Practitioner. She has worked in schools and in private practice as an Extra Lesson Practitioner and Art Therapist working one to one and/or in groups with both children and adults, including lecturing and running workshops.

### d) Massage and the Sense of Touch and Nervousness

This workshop will involve practical demonstrations and application of massage, footbaths and compresses. Workshop participants will have an opportunity to practice the applications as well as experience receiving them as a client would.

**Facilitator:** Margaret Shaw is a physiotherapist with specialist training in rehabilitation and childbirth education. She is a practitioner in Etheric massage and has specific interests in all aspects of family life.

### e) Come and feel wool and connect to yourself like you never have before.

Felting is a beautiful experience that deeply grounds you in your body. From this place your imagination takes over, time gracefully passes and you gently allow your fingers and heart to lead you into where your design wants to go. In this workshop we will be making some simple yet beautiful things together; a felted ball, a baby that fits into a felted cocoon, some fruit and some early Christmas ornaments. We will be exploring both wet felting and needle felting. The workshop projects are suitable for both children and adults and you don't require any prior experience.

**Facilitator:** Wendy Phillis is mother, an early childhood educator and facilitates sacred transformational work for women called Dancing the Divine. Her love of craft has been born out of her association with the Steiner/Waldorf curriculum. She has found that through craft children, men and women can experience deep connection to themselves and be grounded when life can be particularly chaotic. Her passion is needle felting and is personally exploring more wet felting.



### f) Case Studies: a conversation with Doctor and Teacher.

This workshop will explore various child case studies from the medical perspective and from a teacher and Extra Lesson Perspective. Participants will also be encouraged to share their own insights and expertise.

**Facilitators:** Dr David Ritchie – see page 3

Annette Brian works as an Extra Lesson and Learning Support teacher at Glenaeon Rudolf Steiner School. Annette is also involved in the Extra Lesson Training course.

### g). Puppetry & Storytelling.

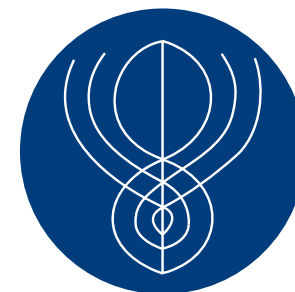
The first 2 days of this workshop will explore the use of puppetry with difficult children. This will include practical suggestions, demonstrations and stories. This will be followed by 2 days on the art of storytelling with effective exercises to enhance imagination and to open the space where stories flow from. Participants will learn about crafting stories for individual children as well as tools to improve the art of telling.

**Facilitators:** Marjorie Theyer has been teaching in Waldorf schools since the late 1960s as a class teacher, upper school teacher, and kindergarten teacher. For the past 16 years Marjorie has been an adult trainer in NZ and in 7 Asian countries for the past 12 years. Majorie's connection with the Extra Lesson has been through a friendship with Audrey Mc Allen spanning 40 years this year. She is currently the Early Childhood Advisor for the Federation of Rudolf Steiner Schools in NZ and has also worked in Steiner Curative homes both in NZ and the UK for 5 years.

Ebba Bodame has been working at Glenaeon as Early Childhood Coordinator for the last 14 years. In her many roles of helping create a preschool, setting up and conducting playgroups and parent groups, giving talks and workshops; story telling has always been her focus and passion. After deepening her understanding further through courses she attended in England and Perth she now divides her work between Early Childhood, Storytelling for all ages and giving workshops on this wonderful art form.

# Programme

	Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th
7.30 – 8.30	Breakfast				
8.30 – 9.15		Tone Eurythmy: Harmonising	the 3 dimensional space with music enlivening body, soul and spirit - <i>Josefin Porteous</i>		
9.30 – 11.00	<b>(10.00 – 11.00) Registration</b>	Sleep <i>Ingun Schneider</i>	Emotional health in children of today <i>Dr David Ritchie</i>	12 senses – the Relationship between Lower & Higher Senses <i>Robyn Ritchie</i>	The Supersensible Currents & Imprinting <i>Ingun Schneider</i>
11.00 – 11.30	Cake Celebration	Morning Tea			
11.30 – 1.00	(11.15 – 1.00) <b>Keynote Address</b> Welcome The 21st century child – what is normal development? <i>Dr David Ritchie</i>	Morning Workhops Sequence A	Morning Workhops Sequence A	Morning Workhops Sequence B	Morning Workhops Sequence B
1.00 – 2.30	Lunch				
2.30 – 4.00	The Two-fold Picture <i>Ingun Schneider</i>	Helping our Children's Immune Systems <i>Michael Sichel</i>	An Introduction to the 6 Basic Exercises for Self-development <i>Ann Jacobson</i>	The Person House Tree Drawing <i>Mariane Judd</i>	Reflections & Challenges for the future <i>Dr David Ritchie</i>
4.00 – 4.30	Afternoon Tea				<b>Close of Conference</b>
4.30 – 5.45	Afternoon Workshops				
6.00 – 7.00	Dinner				
7.15 – 8.30	The Impulse for The Extra Lesson <i>Lalage Craig</i> (All conference participants welcome)	The Blue Moon Red Sun & the 4 Cardinal Organs <i>Maria Eugenia Obniski</i>	Free Night	(6.30 – 7.30) AGM Extra Lesson developments (Extra Lesson Participants Only)	



Please Note: Programme is correct at time of printing but may be subject to change without notice.



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