

Kairos Institute

at the Center for Anthroposophy

Healing in a World of Need



Karine Munk Finser

In this time of tremendous soul struggle, the demands on young and old often lead to overwhelm, mental health crises, and PTSD. These stresses can make it difficult to learn in a normal classroom setting or to have enough inner resilience to participate fully in life.

The Kairos Institute was created to address suffering in the world. Kairos offers professional training in the healing **artistic therapies**, the healing art of **speech and drama**, and in **Emergency Pedagogy**.

An international faculty of experts contribute to making Kairos a vibrant school of learning. It is a soul school where all who are involved are welcomed into a **living process** dedicated to healing. This work is based on careful training in observation and living into another person's needs. Empathy and compassion are the crowning of our creativity; and together with the practice and development of artistic capacities, **human beings can become medicine for one another**.

Students in Kairos form a supportive community who journey together over several years. In this time, they develop skills to **strengthen resilience and self-healing capacities** for themselves and others. Students participate in two residencies per year plus artistic studios and online classes.

At a glance, Kairos provides training in:

◆ **Artistic Therapies**

Kairos is a cooperative member of iARTE: Students work towards a Diploma from the Medical Section, Goetheanum, Switzerland

◆ **Speech and Drama**

Students work towards a Diploma from the Section for the Performing Arts, Goetheanum, Switzerland

◆ **Emergency Pedagogy**

We are an English language site for Bernd Ruf's 12 modules in trauma and crisis intervention. These modules deepen students' understanding of trauma preventative pedagogical and artistic healing approaches. Students work towards a Certificate in International Crisis Intervention. Some modules are included in the Kairos training.

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