



November 4, 2024

Kairos Institute
Healing in a World of Need

Dear all,

We just returned from Asheville, where we experienced our first Emergency Pedagogy without Borders crisis intervention as a Kairos team. Upon leaving, we heard of the recent natural catastrophe in Spain. After seeing the wreckage and chaos in Western North Carolina a month after Hurricane Helene, we experienced that news poignantly. We met with people who had lost their homes overnight and experienced communities still profoundly affected by the shock of an unexpected natural disaster. We saw heart-wrenching destruction through Swannanoa, Black Mountain, and around Asheville. The team brought many healing Waldorf pedagogical methods, and Bernd Ruf offered effective trauma education to educators, parents, and community members. Our intervention coincided with the “first day back to school,” and it was a strong experience of enhancing life-giving new forces and the strengthening that may happen when we care for one another.

Our Team

In the summer of 2024, we founded our Kairos Emergency Pedagogy Without Borders team. Little did we know that we would all meet in Asheville on October 27, 2024. Bernd Ruf, founder of the Emergency Pedagogy Center in Karlsruhe, arrived from Germany, and Alicia D'urso, our Argentinian team leader, flew in from Mexico. Our first Kairos intervention team consisted of sixteen team members who had a background in Antioch TSHE or Teacher training, training in Extra Lesson, spatial Dynamics, and/or Bothmer Gymnastics. We were eleven traumatology and art therapy Kairos CfA students, one Speech artist and one trauma movement specialist who had both been in Lahaina with Bernd, two teachers from Pasadena Waldorf School who had completed the full Emergency Pedagogy training, a healing educator who has studied with Bernd in Peru, and two painting therapists who specialize in trauma relief. Our grounds Coordinator was our superhero, Nikki Moon Shoneman. She worked tirelessly planning the intervention sites, organized food, housing, and transportation, did endless outreach, and so much more. We received additional support from several more people who helped us.

Ines Kinchen translated for Bernd, arranged professional recordings of Bernd's lectures and did much outreach. Elizabeth McKay helped with Eurythmy and outreach. Together, we became one unified, strong team under the loving direction of our team leader, Alicia. Maria Allen, Becky Crosswhite, and Amanda Lanier were instrumental in coordinating and supporting the Asheville Waldorf School intervention. Torin helped with many aspects of on-site support. Evie Irving was our wonderful chef who made sure we were nourished through it all. Jenny Stulck, aka Nira, provided us with her house, so we had a headquarters

where we could meet and eat together daily. SOLA (Sanctuary of Living Arts) provided housing for most of the team, and Septimbor Lim provided dinner and breakfast for the early arrivals. Nicolai Sobieski ensured we were all well and happy with chocolate and flowers. From back home, Michelle Whitman sent out ongoing press releases. Lisl Hofer and Sylvia Paluzzi supported us in various ways.

Gratitude

Many people heard our call for help. A warm thank you to our many donors; your help was deeply appreciated.

Asheville Intervention sites

We held interventions at SOLA, Asheville Waldorf School, Peri Social House, and the Asheville Latino community. Bernd offered lectures and conversations with parents, educators, and community members at all these sites. Two very well-attended evening lectures on Traumatology were given at St. Mark's Lutheran Church and the Ayurvedic Institute.

Our CfA Kairos team of experienced Waldorf teachers worked with children aged Birth-3, 4-6, 7-11, 12 and up. The work with the parents and teachers was equally important as they carried so much in the aftermath of the hurricane. We heard many stories of loss and parents working in overdrive, helping neighbors, struggling financially, and inwardly carrying their children, families, and communities. Many are displaced; the latest message is that clean water will become available in mid-December, which is the best-case scenario. The sadness we experienced in the parents was mingled with the comfort and courage from meeting one another and sharing stories. All felt supported by Bernd's insights and help together with the artistic and rhythmic work. Bernd offered understanding and helpful approaches to help heal traumatic experiences so they can better help their children strengthen. Doing interventions embedded in several communities awakened us to experience what shared movement, laughter, and rhythmical and artistic work can offer to enhance inner resilience.

Mission Accomplished

Upon coming home, we felt honored to have joined the international Emergency Pedagogy without Borders teams. We all feel immense gratitude to Bernd Ruf and Alicia for teaching and guiding us. Many moments will forever be inscribed in our hearts. We will think of the people we met and stay connected. The team members, returning home tired but full of joy, will surely wish to continue this work into the future.

Kairos Institute was founded in 2022 when we were mandated to offer Certified training in Emergency Pedagogy. We intend to provide all 12 Modules. Kairos Institute, a school of training in anthroposophical artistic therapies, and the complete Emergency Pedagogy 12 Module training is now in the world!

Kairos News

Bernd Ruf will offer two **online** courses: Module 2 on November 15 and 16
Module 4 on February 26, 27, and March 1, 2.

Module 5, Residency with afternoon therapies, is scheduled for July 5-10, 2026, in Wilton, New Hampshire.

For more information and to register:

<https://centerforanthroposophy.org/programs/kairos-institute/>

Kairos Residency, Open to All: Summer 2025, July 6-11:

We have invited James Dyson, MD, and Kim John Payne to teach *Addressing Soulneeds and Behaviors in Children and Adolescents*. In the afternoons, there will be *First Aid for the Soul* workshops with many therapists and healing educators. Please come join our vibrant community!
With healing thoughts for the continuing recovery of Western North Carolina,

Karine

Karine Munk Finser

Karine Munk Finser. Director of Kairos Institute, CfA
Program Director of TSHE (Healing Education), Antioch University.



First Team USA meeting - Sanctuary of Living Arts, Housing and Intervention Site



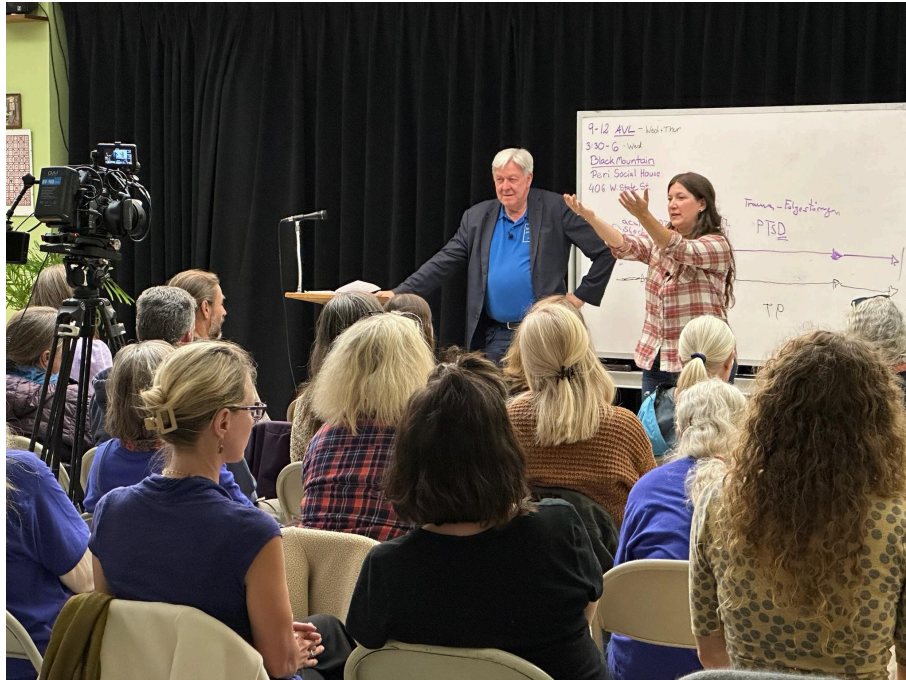
Opening Circle - Asheville Waldorf School Intervention Site
Photo by Nikki Moon Shoneman



Parents painting Magenta - Asheville Waldorf School Intervention Site
Photo by Nikki Moon Shoneman



Karine Munk Finser sharing healing pastels with children -
Asheville Waldorf School Intervention Site
Photo by Nikki Moon Shoneman



Tuesday evening lecture with Bernd Ruf - St. Mark's Lutheran Church
Photo by Nikki Moon Shoneman



Peri Social House - Black Mountain Intervention Site
Photo by Nikki Moon Shoneman



Healing hands at Peri Social House - Black Mountain Intervention Site
Photo by Nikki Moon Shoneman



Team Kairos, USA - River Arts District, Asheville
Photo by Torin Finser



Hallelujah Team Kairos, USA - River Arts District, Asheville
Photo by Bernd Ruf



Wednesday evening lecture with Bernd Ruf, sharing self-regulating techniques - Ayurvedic Institute.
Photo by Nikki Moon Shoneman



Wednesday evening lecture with Bernd Ruf - Ayurvedic Institute
Photo by Nikki Moon Shoneman



Movement games at Colectivo La Milpa and Cooperativa Buganvilla -
Latinx Intervention Site
Photo by



Painting with children at Colectivo La Milpa and Cooperativa Buganvilla -
Latinx Intervention Site
Photo by Natalia Peschiera Picasso



Parent lecture, Colectivo La Milpa and Cooperativa Buganvilla - Latinx Intervention Site
Photo by Natalia Peschiera Picasso



Painting with 7-9 year old group - Asheville Waldorf School Intervention Site
Photo by Nikki Moon Shoneman



Closing Circle - Asheville Waldorf School Intervention Site. Photo by Torin Finser