



Divine spirit within me
Seeking inner peace within me
Inner peace that lives in all my limbs
In all the limbs that join together my body
My body that my soul quickens
My soul that my spirit illuminates
My spirit that the divine spirit inspires

Rudolf Steiner, CW 268

Newsletter of the Medical Section

February 2024



From left to right: Marion Debus took part in the IPMT in India in December; festive mood at the conference celebrating 100 years of the Course for Young Doctors in January 2024; also taking place in January were the International Study Days for Anthroposophic Arts Therapies, which featured many workshops with a practical focus.

Dear Colleagues,
dear Friends of the Medical Section!

Building community through many paths

In the lecture of 9 October 1918, Rudolf Steiner shares that it is important for anthroposophists to be "watching out for the signs of the times. A great deal is happening all of the time in the evolution of the world, and it is incumbent upon human beings, especially those of our own time, to acquire real understanding of what is going on in the evolutionary process in which they themselves are placed". Steiner goes on to describe how angels work to place ideals into the astral body of human beings, and that "People may shy away from the notion that angels want to call forth in them ideals for the future, but it is so all the same. And indeed in forming these pictures the angels work on a definite principle, namely, that

in the future no human being is to find peace in the enjoyment of happiness if others beside them are unhappy. An impulse of brotherhood in the absolute sense...".

How do we waken to brotherhood and sisterhood? What are the pathways?

First strong experiences of connection came right at the start of the year, with "How Do I Find the Good?" conferences dedicated to Steiner's *Course for Young Doctors*. A beautiful conference, filled with great social warmth, took place at the Goetheanum from 3–7 January. That gathering had been lovingly prepared over three years by the *Young Impulses in Anthroposophic Medicine* (YIAM) group.

A parallel online conference also took place (in the middle of the European night), that allowed connection for colleagues from St Petersburg to São Paulo (and at least 14 countries in between). This formed a bridge from Asia, Australia, and New Zealand across the Pacific Ocean to the Americas. Strong will impulses, from many sides, made these connecting activities possible.

A second, different kind of wakening came in recent weeks with the calls to remove coverage for homeopathy and anthroposophic medicine from the **German national health insurance**. A quick and collective impulse to halt this change arose, with close work among many groups, many organisations. Within the anthroposophic movement we witness important steps forward in joint communication and advocacy, even in the face of uncertain changes.

A third experience: the **recent annual retreat for members of IKAM (International Coordination of Anthroposophic Medicine)** where participants arrived as *individual* coordinators and representatives, each busy within their own field, to a closing session where participants voiced a picture of community as a truly living organism. That kind of connecting came through intensive days of sharing, questioning, reflecting, and visioning, through many small group conversations and exercises. A new impulse could be felt.

A fourth path: the **[founding of a "Circle of Friends" for the Medical Section](#)**. In a time of unpredictable social change, polarisation and a loss of financial support, we hold the vision for a circle of supporters, worldwide, that will lean in and help bring the development of our healing impulse.

Between December 2023 and January 2024, 100 people have already joined this circle. We look back with great gratitude on this immediate willingness to support and look forward to further growth of this circle.

The ways the angels speak to us are surely diverse, through paths of both solidarity and adversity. But all with an "impulse of brotherhood in the absolute sense".

With warm greetings
Marion Debus, Karin Michael and Adam Blanning

NOTICES

Current initiatives in Hungary: Our medical colleague Dr habil PD Henrik Szóke reports that the "United for Children" conference took place in Budapest in September 2023, attended by 150 professionals and interested people. The focus was on current mental health problems in children – anxiety, panic, social isolation, socio-social post-COVID, the dark side of the media and trauma – as well as possible help and ways out. The organising group saw it as its task to bring together teachers, physicians and therapists to this end. The conference was organised by the Institute for Waldorf Education, the Pedagogical and Medical Sections of the School of Spiritual Science and the Hungarian Anthroposophical Society.

Furthermore, the first two-year, university-accredited training course "Training in Anthroposophical Psychology" started in September 2023 with 45 participants.

New head of Research & Development Pharma at Weleda AG: Dr Mónica Mennet-von Eiff, long-time head of Drug Regulatory Affairs & Public Affairs, has been the new head of Research & Development Pharma since 1 January 2024 and designated managing director of the pharmaceutical division of Weleda AG from 1 July 2024. She also remains president of the International Association of Anthroposophic Pharmacists (IAAP), board member of the Association for Anthroposophically Extended Pharmacy in Switzerland and co-coordinator for international anthroposophic pharmacy in IKAM (International Coordination of Anthroposophic Medicine). We congratulate her and wish her and her experienced team every success!

Interprofessional Foundation Studies programme: On 2 March 2023, the next international, one-year, online-based course of study at the Arlesheim Academy will begin, which is open to all healthcare professions. The aim is to introduce the concepts, working methods and therapeutic options of anthroposophic medicine. Learning elements include self-study and regional or digital collaboration in mentored learning groups and eight livestream sessions. The language of delivery is English and the learning materials/videos are provided in German and Spanish (subtitled). More detailed information and registration at <https://en.akademie-arlesheim.ch/studieren>.

Interprofessional Clinical Case Course: Step by step to the diagnosis of the human constitutional elements and the healing requirement. In eight interactive live sessions, which will take place online in English, there will be the opportunity to come into direct contact with experienced lecturers as well as with other participants. Using real patient cases, a structured diagnosis of the constitutional elements and a

detailed assessment of the healing requirement are taught step by step and discussed interactively. In the intervening periods, extensive materials are available for self-study, including texts, instructional videos and practical exercises. More detailed information can be found at <https://en.akademie-arlesheim.ch/vertiefen>.

Current status of collaboration with the WHO Integrative Medicine Unit: The work of the Medical Section and the IVAA in relation to the Traditional, Complementary and Integrative Medicine Unit (TCIM) of the WHO focuses on three specific objectives. On the one hand, the aim is to provide information about the core concepts and the model curriculum of the training in anthroposophic medicine and to present the diversity and depth of the therapies; on the other hand, one aim is to engage and collaborate with other traditional, complementary and integrative health groups in order to advocate for healthcare that sees the human being in their multidimensionality (see also tcih.org), but also to give a stronger voice to the insights of anthroposophic medicine. This is necessary to counteract the emphasis on one-size-fits-all approaches and instead push for truly individualised therapies with independent decision-making. Further background information on TCIM can be found at [here](#).

IN MEMORIAM

Grant Ovenstone, born on 2 August 1949, crossed the threshold in Cape Town (ZA) on 5 February 2024. He was a eurythmy therapist, was extensively involved in the arts and served on the council of the South African Anthroposophical Society.

Reinald Hitsch, born on 8 July 1944, ended his life on earth in Vienna (AT) on 26 December 2023. Our colleague was an esteemed physician and teacher of anthroposophy. Initiating and shaping deep healing processes, encounters and insights were close to his heart.

Beatriz Padovan, born on 29 September 1927, died in São Paulo (BR) on 2 December 2023 at the age of 96 after a long and fulfilled life. She developed the Padovan Method® – Neurofunctional Reorganisation almost 50 years ago and cultivated a large circle of anthroposophical friends.

We remain connected to our deceased friends with all good thoughts.

RESEARCH

Furst B, González-Alonso J. *The heart, a secondary organ in the control of blood circulation*. *Experimental Physiology* 2023. **Open access** DOI: <https://doi.org/10.1113/EP091387>.

Hamre HJ, Glockmann A, von Ammon K, Riley DS, Kiene H. *Efficacy of homoeopathic treatment: Systematic review of meta-analyses of randomised placebo-controlled homoeopathy trials for any indication*. *Systematic Reviews* 2023;12:191. DOI: <https://doi.org/10.1186/s13643-023-02313-2>.

Hellhammer J, Spitznagel-Schminke L, Hufnagel R. *Kalium phosphoricum comp. in patients with neurasthenia: a randomized, double-blind, placebo-controlled clinical trial*. *Current Medical Research and Opinion* 2024;40(2): 239-251. **Open access** DOI: <https://doi.org/10.1080/03007995.2023.2291169>.

Kovács Z, Hegyi G, Szőke H. *The Effect of Exercise on Pulsatility Index of Uterine Arteries and Pain in Primary Dysmenorrhea*. *Journal of Clinical Medicine* 2023;12: 7021. **Open access** DOI: <https://doi.org/10.3390/jcm12227021>.

RECOMMENDED LITERATURE



Werner Barfod, Beatrix Hachtel (Ed): *Dokumentation der Heileurythmie-Ausbildung bei Isabella de Jaeger 1960/62*, Dornach 2023.

"As a vividly inspiring testimony from the pioneering days of anthroposophic medicine, this book is capable of filling every reader with warmth [...] about the sparkling artistic power of transformation and therapeutic seriousness with which Isabella de Jaeger worked. And how carefully her lessons were recorded by the young Werner Barfod with his own hand." Georg Soldner



Michaela Glöckler: *Die Aufgabe der Allgemeinen Anthroposophischen Gesellschaft im 21. Jahrhundert*, Stuttgart 2023.

The Task of the General Anthroposophical Society in the 21st Century, Translated by Margot Saar. Hudson, NY 2023.

Il compito della Società Antroposofica Universale nel XXI secolo, Tradotto da Silvia Nerini. Milan 2023.

Why become a member today? The author uses the dialogue form to make us aware of the task that moved Rudolf Steiner to connect himself with this founding event and with the people who joined it. In the process, it also becomes clear why we are only now able to grasp the cultural task of this Society, when the major challenges and problems of the twenty-first century are clearly emerging.



Machteld Huber, Hans Peter Jung, Karolien van den Brekel-Dijkstra: *Handbuch Positive Gesundheit in der Hausarztpraxis. Gemeinsam an einer sinnvollen Versorgung arbeiten*, Berlin, Heidelberg 2024.

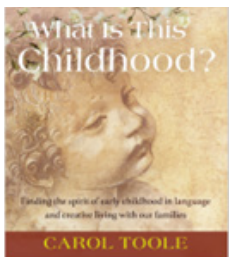
This book provides numerous tips, tells the story of how the "Positive Health" model came about and describes examples

from practice. It explains the scientific basis of Positive Health, whereby the focus is always on what is important for the patient.



Lakshmi Prasanna, Michael Korkinos: *Autismus – Begegne mir, so wie ich bin. Ein Beitrag zu einem pädagogisch-sensorischen und ernährungswissenschaftlichen Ansatz für Autismus im Kindesalter*, Dornach 2023.

The holistic approach developed by the authors is not only medical, but primarily social, educational and environmental in nature.



Carol Toole: *What Is This Childhood? Finding the Spirit of Early Childhood in Language and Creative Living with Our Families*, Hudson, NY 2023.

This journey into childhood will deepen the quality of our attention and presence in each moment, enlivening our speech

and interactions and thereby preserving our children's sense of wonder and spiritual connection.

EVENTS

29 February: Webinaire 1 de médecine anthroposofique: Les polarites chez l'enfant. "Dans la polarité tête-membre. Enfant à grande tête/petite tête" avec Christiane Boudot, Claude Boudot, Xavier Perrut de 14h à 17h30, en langue française. Programme et inscription en ligne <https://afedma.fr/polarites-chez-lenfant/>.

1–2 March: 28th symposium on anthroposophical child and adolescent psychiatry and psychotherapy, "Anxiety, Stress, Restlessness", at the Wuppertal Rudolf Steiner School/DE. Programme and registration: <https://t1p.de/jj1ri>.

From 3 March: Help the Healers Project: Beyond Burnout Curriculum. 8 Sequential Modules Designed to Shift Burnout to Wholeness. This online course is primarily designed for physicians, medical students, and residents. With Adam Blanning and Carmen Hering. Further information and registration: <https://www.helpthehealers.org/program>.

8–10 March: Research conference of the Medical Section, "The scientific status and future of the AM therapies", at the Goetheanum, Dornach/CH. The conference language is English. Programme and registration at <https://goetheanum.ch/en/events/reco2024>.

15–17 March: Study conference on Rudolf Steiner's theory of the senses, "I as community – The open secret of the 'upper' senses", at the Goetheanum, Dornach/CH. With Christiane Haid, Peter Lutzker, Karin Michael and others. Programme and registration at: <https://t1p.de/25fne>.

22–23 March: "Mistletoe therapy now", second oncological training course in Leipzig/DE. With Marion Debus, Christina Grenzheuser, Johannes Wilkens and others. Further information at: https://www.gaed.de/veranstaltungen/mistel_2024.

11 April: Webinaire 2 de médecine anthroposofique: Les polarites chez l'enfant. "La polarité Fer/Soufre" avec Christiane Boudot, Claude Boudot, Xavier Perrut de 14h à 17h30, en langue française. Programme et inscription en ligne <https://afedma.fr/polarites-chez-lenfant/>.

18–20 April: Medical conference at the Rudolf Steiner Halde, "When soul abilities are lost", in Dornach/CH. Invitation and further information at <https://www.haldetagung.ch/>.

8–11 May: Congrès médical anthroposofique interprofessionnel "Le JE humain, Sa nature et ses manifestations, applications au diagnostic et à la thérapie" at the Goetheanum, Dornach/CH. The conference language is French. With Claude Boudot, Jean Chazarenc, Marion Debus, Michaela Glöckler and others. Programme and registration at: <https://t1p.de/b4hxx>.

29 May–1 June: "Life Forces", International Congress on Pregnancy, Birth and Early Childhood. Information and registration at <https://goetheanum.ch/en/events/kk24>.

1 June: Online Webinar "Life Forces", 5pm (CET), plenary language English, without translation, pro-

gramme and registration at: <https://medsektion-goetheanum.org/en/events-conferences>.

25 August–1 September: All Africa Anthroposophic Training near Gaborone, Botswana/ZA. A week of deep immersion across different disciplines that have all been enriched and enlightened through anthroposophy. With Michaela Glöckler and others. Further information will soon be available at <https://www.aaat.online/>.

10–15 September: International annual conference of the Medical Section, "Therapeutic Intuition – Perception and Reality in Diagnosis and Therapy", at the Goetheanum, Dornach/CH. Programme to follow shortly: <https://medsektion-goetheanum.org/en/events-conferences>.

25–26 October: Study day on mistletoe and cancer in Arlesheim/CH. An event organised by the Association for Cancer Research in cooperation with the Medical Section, Association of Anthroposophically Oriented Physicians in Switzerland and Klinik Arlesheim. Programme and registration soon at www.studientag.ch.

Our calendar of events

<https://medsektion-goetheanum.org/en/events-conferences/>



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