

Medical Section at the Goetheanum

International Coordination of Anthroposophic Medicine / IKAM
Activity Report 2022

Goetheanum

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Editorial



Dr med Matthias Girke
Head of the Medical Section,
Member of the Executive
Council of the General
Anthroposophical Society



Georg Soldner
Deputy Head of the Medical
Section

The year 2022 began under the banner of the pandemic and the war in Ukraine which started on 24 February. We would like to thank Dr med Roland Frank in particular here, who from Vienna organised proactive help for our Ukrainian colleagues. After 208 large cardboard boxes were sent in six shipments, all of which were received intact and redistributed in Kyiv by our medical colleague Yevhen Volchenko and his team, the latter was then able to start establishing a rehabilitation centre in Kyiv for which three main priorities are planned: physiotherapy / physical therapy, psychotherapy and emergency education. We wish this project every success and would also like to take this opportunity to thank the pharmaceutical manufacturers Weleda and WALA for their help for the people in need.

It was thus also a pleasure for us to be able to certify a total of five colleagues from Ukraine as anthroposophical physicians before and during our annual conference in 2022, some of whom had travelled especially from the war zone. At the same time, in the spirit of our mission with its commitment to peace, we continue to maintain contact with the Section's Russian co-workers. A highlight here was the eurythmy therapy conference in St Petersburg at the end of June, originally planned as an international event, with Dr med Marion Debus and Dr med Wilburg Keller Roth attending. Georg Soldner was able to travel to and take part in a medical and dental conference in St Petersburg in December 2022.

Conferences at the Goetheanum and the working groups of the Medical Section

While the art therapy conference in 2022 had to switch to online formats due to the pandemic and the research conference originally planned for spring had to be postponed to 3–5 March 2023, the international conference on pregnancy, birth and early childhood was then able to take place in June 2022, with 400 people from over 20 countries gathering at the Goetheanum. This conference was prepared by the interdisciplinary CARE I working group in collaboration with the Working Group on Early Childhood Education, IASWECE (International Association for Steiner/Waldorf Early Childhood Education) and the leadership of the Pedagogical Section. In December 2022, the CARE I working group also became a "working group in a specialist field" of the General Anthroposophical Society.

In the CARE I working group, the focus was on the international early childhood conference in June, while in the CARE II working group a recommendation on childhood gastroenteritis was newly drafted, which can draw substantially on scientific work from the paediatric department of the Herdecke Community Hospital and will be published in early 2023.

In 2022, a significant number of new articles from all CARE areas could be published in three languages on our online specialist portal Anthromedics. We

are very pleased that our Indian colleague Dr Vasuprada Kartic has taken over the coordination of the international CARE III working group on psychiatric and psychosomatic disorders together with the Dutch psychologist Henriette Dekkers.

In the working group on multiprofessional oncology (CARE IV), we worked on questions concerning the nutrition of patients with cancer and were able to compile important aspects.

The Working Group on Palliative Medicine (CARE V) worked multiprofessionally on further palliative care symptoms. The focus was on the topic of restlessness and the therapeutic possibilities of anthroposophical palliative medicine.

The Anthroposophical Perioperative Medicine working group of the Medical Section is developing a gratifying intensity in its work. Questions about the spiritual scientific understanding of anaesthesia, its therapeutic preparation and follow-up, as well as – presented to a larger circle in webinars – the topic of postoperative delirium were worked on.

The members of the Anthroposophical Rheumatology working group were able to meet in person several times and work on the therapeutic understanding of rheumatoid arthritis, the anthroposophical view of anti-rheumatic drugs, and the anthroposophical therapy options – including eurythmy therapy.

We were very grateful that 600 people from all health professions from 30 countries were able to attend our annual conference "The heart around us" in September. By way of introduction, Dr Machteld Huber reported on her "Positive Health" concept (<https://www.iph.nl/>), which has been a success in the Netherlands, but also internationally. In a time of pandemic, war, growing mental distress, but also of a medicine that is one-sidedly dedicated to an – increasingly costly – technologically oriented fight against disease, it is important to reflect on the physical, mental and spiritual dimensions of health, to use existing resources sensibly and fairly and to focus primarily on the self-regulating powers, the needs and competences of patients.

The conference provided many impulses on current topics such as the digitalisation and robotisation of medicine, on spiritual community building and meditative deepening, on the processes associated with birth and dying, and on individual specialist topics such as the mode of action of anthroposophical medicines. It was very palpable that personal encounters and living, worldwide community building are indispensable for the development of Anthroposophic Medicine.

Research

In the field of research, numerous papers were published worldwide in 2022, including on medicinal products, the efficacy of potentised substances, mistletoe therapy, art therapy, eurythmy therapy, and external applications. Anthroposophic Medicine is scientifically very active; its papers and studies are listed in the major international databases. The Medical Section's website provides an up-to-date overview.

The Research Council of the Medical Section, which is open to all researchers in Anthroposophic Medicine, agreed this year on its vision, mission and supporting values. Under the leadership of Prof Erik Baars (Leiden University/NL), the further development of a joint research strategy is currently taking place, on which Dr med Gunver Kienle had previously worked.

The communication on research is to be further intensified in 2023. Intensive, multi-professional work took place on the topics of integrative and sustainable medicine, including in collaboration with the Section for Agriculture and external experts. A specialist article on the topic of sustainable pharmacy was published in the most widely circulated German pharmacy journal.

The website on mistletoe therapy offers an up-to-date overview of therapy and research in three languages for patients and professionals.

The research priorities of all sections has been systematically recorded in the Goetheanum Leadership since mid-2022. The aim is, among other things, to work out common open research questions and to intensify their treatment in the coming years, if possible across sections. This process will be completed in its first phase in June 2023. Surprisingly, the question of the mode of action of potentised substances emerged as a topic that many sections consider relevant. The scientific clarification of their efficacy as well as their mode of action is a central issue for the preservation and future development of anthroposophic medicines. A half-day workshop with Prof Stephan Baumgartner and the Goetheanum Leadership provided an opportunity for participants to see for themselves the growing, solid evidence of the efficacy of potentised substances in the preclinical field. Currently Baumgartner is pursuing the question of how these substances act on living organisms and arriving at exciting conclusions.

Teaching and training

The main focal points of the Section's work are training and teaching. In Slovakia, Romania, Colombia, the USA, Russia and India, one-week training modules in the IPMT (International Postgraduate Medical Training) format were again held as in-person events (<https://ipmt.medsektion-goetheanum.org>), while in South-East Asia in particular (Thailand, China, Taiwan and the Philippines), online or hybrid seminars were held in 2022. However, it was possible to ensure the continuity of further training everywhere and also to kindle new regional initiatives in the process. In October, the first course of the international English Medical Training in Anthroposophic Medicine was successfully completed; a new course started in January 2023 (<https://emerson.org.uk/course/anthroposophic-medicine/>).

In October 2022, the international school doctors' conference was held at the Goetheanum. Regionally in South America (especially Argentina and Brazil), several training courses for school doctors have been established and in 2023 a corresponding further training course will begin led by Dr Karin Michael.

The multi-year further training courses in Anthroposophic Pharmacy, which are held in South America, Eastern Europe and South-East Asia,

strengthen the understanding of anthroposophic medicinal therapy and the extemporaneous preparation of medicines. The importance of pharmacies that produce these is growing. This work is worth highlighting, as the supply of anthroposophic pharmaceuticals in particular is associated with major cuts in some countries. France and Italy have been hit particularly hard. In Germany and Switzerland, the ranges of proprietary medicinal products from WALA and Weleda were greatly reduced. The Medical Section is working here with an international team of experts to maintain the necessary basis for the practice of Anthroposophic Medicine, particularly in Germany and Switzerland.

Public Relations

The year 2022 was marked by increasingly serious attacks on Anthroposophic Medicine in Europe. In its public relations work, the Section concentrates on the positive, multilingual presentation of anthroposophic therapy concepts, medicinal products, external applications and scientific studies on Anthroposophic Medicine. Publications on medicinal products and external applications (such as the *Pocket-Vademecum für häufige klinische Indikationen* published in 2022), on art therapy, and a continuous presence in the social media form the focus. As part of the video series of the Goetheanum Leadership in Winter 2022, Matthias Girke and Georg Soldner were able to give corresponding contributions on Anthroposophic Medicine and its sustainability, which had a good response. A central meditation also for medicine is the Foundation Stone Meditation at the founding of the General Anthroposophical Society, about which an account by Matthias Girke was published in September 2022 (*Entwicklungswege der Seele. Die Grundsteinmeditation Rudolf Steiners*).

International recognition of the training curricula

An important step is the recognition of the training guidelines and curricula for Anthroposophic Medicine by the World Health Organisation (WHO). This was achieved at the end of 2022 and will lead to a corresponding publication in 2023. The collaboration of the International Federation of Anthroposophic Medical Associations (IVAA) and the Medical Section with the WHO Department of Traditional, Complementary and Integrative Medicine has been very fruitful. The strategic goal of the IVAA, to strengthen this area of the WHO and thus the position of these therapies internationally within the context of a broad alliance (www.tcih.org) is shared and supported by the Medical Section. An explanatory article on the training standards and their further development can be found on the Anthromedics specialist portal (<https://www.anthromedics.org/BAS-0999-EN>).

New Section leadership from 16 September 2023

There will be a change in the Section leadership in September 2023. We are pleased about the nomination of the new Section leaders Dr med Marion Debus, Dr med Karin Michael and Adam Blanning MD, who were confirmed by the Goetheanum Leadership. The transfer will take place during the 2023 annual conference.



Matthias Girke



Georg Soldner

Anthromedics – Specialist information and recommendations for practice

Anthromedics is developing into the leading online portal for Anthroposophic Medicine. Its database is also increasingly being used as a research tool and reference for publications.^{1,2}

At the end of 2022, the sections "Practice" and "Basic Concepts", for which the Anthromedics editorial team in Dornach is responsible, contained, 187 German contributions, 189 English and 142 Spanish translations. Over 150 articles are the result of the interdisciplinary CARE group work of the Medical Section. Included here for the first time are contributions from the psychotherapy CARE group, which in intensive peer-review processes has worked on the anthroposophical understanding of the subject and on the group's therapeutic recommendations for trauma sequelae and anxiety disorders as well as for depressive disorders.



Dagmar Brauer
Research Associate, Managing
Editor Anthromedics Dornach

CARE contributions

In the past year, the five CARE groups focused on issues including the following:

- Media care: digital media from pregnancy to school enrolment
- Parent-child interaction, child and parental self-regulation
- Anxieties in childhood
- Acute gastroenteritis in childhood
- Intergenerational transmission of post-traumatic stress disorder
- Activity-Based Stress Reduction Programme (ABSR)
- Anthroposophic psychotherapy for severe childhood trauma
- Polyneuropathy in oncology patients
- Nutrition for cancer patients
- Restless patients in palliative medicine

Anxiety and anxiety disorders have increased worldwide in the last three years. They were taken up as working topics in various CARE groups and help was presented to reduce anxieties, to strengthen a person's own confidence and to experience self-efficacy; thus for example in the context of the international

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- 1 Baars E, Kienle GS, Heusser P et al. Anthroposophic Medicinal Products: A Literature Review of Features, Similarities and Differences to Conventional Medicinal Products, Scientific and Regulatory Assessment. *Global Advances in Health and Medicine* 2022;11:21649561211073079. DOI: <https://doi.org/10.1177/21649561211073079>.
 - 2 Mühlenpfordt M, Blakeslee SB, Everding J, Cramer H, Seifert G, Stritter W. Touching body, soul, and spirit? Understanding external applications from integrative medicine: A mixed methods systematic review. *Frontiers in Medicine* 2022. DOI: <https://doi.org/10.3389/fmed.2022.960960>.

early childhood conference, which was postponed for a year and successfully held at the Goetheanum in June. Relevant topics are subsequently being written up and being published on Anthromedics in the coming year.

Similarly restlessness and nervousness are current topics, not only in the clinical field. The CARE group on palliative medicine has extensively discussed the nature of calm and the causes of restlessness and has already developed basic recommendations in the past year. Here, too, the focus is on promoting self-efficacy and self-competence through spiritual help, interpersonal encounters, medicinal therapy as well as nursing, body and art therapy measures. The first write-ups have been published on Anthromedics: <https://www.anthromedics.org/PRA-1012-EN>.

Research information

The anthroposophical recommendations and concepts published on Anthromedics also engage with empirical research. Firstly, they are supported and referenced by studies and scientific results already done, where available.

"After all, everything that comes from anthroposophical spiritual research for medicine and also for physiology, for example, can only be suggestions that then have to be worked on empirically. Only on the basis of this empirical further work can a valid, convincing judgement be formed about the things at issue, a judgement of the kind needed in the therapeutic field."³ This aspiration will strongly guide our work on the content of the Anthromedics subject portal.

References to current studies on Anthroposophic Medicine have now been included in the so-called third column in Anthromedics.

The Basic Concepts section contains an annually updated bibliography of published research articles.

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Steiner R *Physiologisch-Therapeutisches auf Grundlage der Geisteswissenschaft*. GA 314. Lecture of 26 October 1922. 3rd edition, Dornach 1989, p. 75. Published in English as *Physiology and Healing. Treatment, Therapy, and Hygiene*, CW 314. Hudson, NY 2013.

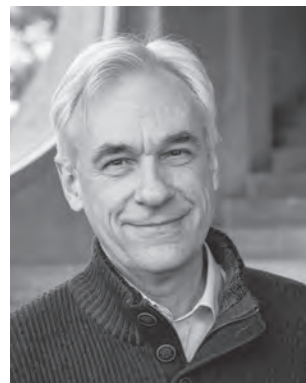
IPMT (International Postgraduate Medical Training) – Report 2022 / Outlook 2023

In the first months of 2022, travel options were still very limited due to the coronavirus pandemic; however, this changed noticeably in the second half of the year, something that made more in-person training weeks possible again, also in non-European countries. In *India*, *Colombia* and *Mexico*, but also in *Romania* and *Slovakia*, there was great joy in being able to exchange ideas with the visiting lecturers and to form a local learning community. In most other countries, such as *Thailand*, *Taiwan*, *Japan*, the *Philippines* and *Russia*, there were hybrid IPMTs with lecturers joining online, while only in *China* was there a purely online module. An independently organised training week was held in the *USA*.

The Indian IPMT was again held during Advent in a sprawling compound of an ecumenical Christian organisation in *Bangalore*. The sixty participants included twenty-two physicians, eleven of whom had participated in an IPMT for the first time last year. Thematically, the focus was on allergy, autoimmune diseases and cancer; in addition, basal topics such as the examination of the patient from the point of view of the fourfold structure were dealt with. The development of the child, the Foundation Stone Meditation and spiritual aspects of the heart formed the evening topics. The morning of the IPMT was confidently organised locally in a warm and cordial atmosphere. During the day, there was dedicated work, much singing and laughter – the mood was significantly determined by the young people of all professions in particular. All in all, a lot of positive things have happened in India during the Covid period and a network has grown that also attracts younger people. In the meantime, forty-five physicians have undergone further training in mistletoe therapy and mistletoe is now used in several hospitals for seriously ill cancer patients.

On the other side of the world, in *Tuluá near Cali/Colombia*, just over a hundred participants gathered from Argentina, Uruguay, Brazil, Patagonia, Chile, Peru, Ecuador, Venezuela, Puerto Rico, Mexico and of course primarily from Colombia. After two virtual IPMTs, the real gathering in monastic surroundings with simple accommodation was extremely inspiring and enabled fruitful encounters and good work together. Some participants had their first encounter with Anthroposophic Medicine here – for example, a colleague already experienced in Anthroposophic Medicine (AM) brought her paediatric oncology consultant with her – and three other physicians completed their further training and were certified at the conference venue. It was gratifying to hear that the extemporaneous production of medicines will now begin in Bogotá, supported by two pharmacists who are undergoing anthroposophical pharmaceutical training. At the end of the seminar week, the impression lived on that, supported not least by an excellent organisation, a lot of enthusiasm could be taken home by the participants.

At the end of May 2022, the last IPMT module took place in *Mexico*, where nine Mexican physicians were certified. In addition to extremely fruitful case



Stefan Langhammer
IPMT Coordination,
Project/Financial Management



IPMT India



IPMT Mexico

studies of patients of the participating physicians, there were exercises on taking a medical history in order to bring what had been learned in the previous years increasingly into practice.

In Mexico, as in Thailand, homoeopathic doctors are allowed to compound and dispense medicines. The pharmaceutical production of individual preparations – a rosemary 10% ointment, a tobacco oil, an equisetum oil, a bitter substance drug syrup and *Quercus* suppositories with cocoa butter – formed another thematic focus, for which twelve South American pharmacists joined online and the physicians also participated with great interest. In addition, with regard to the metabolic syndrome, basic information was given about potentising, about *Gentiana*, *Absinthium* and about *Hepatodoron*, and current research projects on pharmaceutical warmth processes and work with metal mirrors were presented. This cooperation was practised in this form for the first time and was extremely fruitful.

In *Masloc / Romania*, the IPMT week took place on the grounds (also populated by chickens and cows) of a 44-bed hospital for psychosomatic patients. A beautiful garden, where medicinal plants are also cultivated, processed into anthroposophic medicines and sold through an own pharmacy, formed the right ambience for the event. After eurythmy and text work, the forty participants – including more than twenty physicians – devoted themselves daily to a patient presentation: a 63-year-old man with advanced vascular disease who, as a smoker, had already lost a leg. The participants dealt with this patient intensively and warmly for the whole week and finally drew up a treatment plan, which was also discussed with the physicians treating the patient. In the afternoon, the path from diagnosis to therapy was also reflected on in detail using concrete cases of illness. In another working group, external applications were carried out in practice and their effects were discussed with regard to the participants' own experience, while in another parallel event the pharmacists made organ preparations themselves. In 2023, the final IPMT will now take place in Romania and up to ten physicians will be certified.

The second IPMT module in *Slovakia* focused on the etheric organisation of the human being. Thus 110 people met in Banská Štiavnica in August and immersed themselves intensively in the many aspects of this topic. In the morning nature observation exercises, the seven life processes in the plant were approached through observation and the chapter on the phenomena of life in Steiner's *Extending Practical Medicine* was studied; then in the afternoon the metamorphosis of the human etheric forces was discussed, eurythmy therapy was practised, practical work was done with Rhythmical Einreibung and inflammatory diseases were discussed in detail. All this work was accompanied by an artistic course in which it was possible to come to a living experience of the etheric movement of the column capitals of the first Goetheanum through modelling. This packed programme was received by many of the participants with great interest, mostly with enthusiasm and excitement, so that individual aspects are to be continued in joint medical and therapeutic meetings and an art seminar until the next IPMT.

After the long-awaited conference on the hundredth anniversary of eurythmy therapy had taken place in *St Petersburg* at the end of June, beginning

of July 2022 with about 70 participants from various cities in Russia, 61 physicians and therapists met in the city one month later for the nineteenth IPMT week since 2003. Both events received their special hallmark due to the war situation in Ukraine and the very difficult travel conditions. Nevertheless, individual lecturers from Western Europe were able to be present at both events, which was received with great gratitude. This year, the focus was on endocrinology and the seven life processes – in the twelve sensory areas, in human biography and in artistic therapeutic work.

Here, as in *Thailand*, *Taiwan*, the *Philippines*, the *USA* and *Japan*, a growing number of local lecturers each year were involved in the organisation of the workshops and lectures. In Japan, for example, an IPMT week was held for the first time in three years – after having had to split the planned seminar week in 2021 into two weekends in May and November with text work and online lectures. The in-person lectures by Japanese lecturers, eurythmy therapy and demonstrations of the various art therapies, together with scientifically grounded online lectures on diseases related to the astral body and the I-organisation, were highly appreciated by the participants. In two years' time – so the plan – the Japanese anthroposophical medical association would like to start independent Japanese medical training in collaboration with the first AnthroMed®-certified hospital in Asia, the Sumiregaoka Hidamari Hospital in Yokohama.

In *China*, it was unfortunately again only possible to have an online IPMT due to the coronavirus regulations – the people locally were not allowed to come together either. Nevertheless, the online contributions on gynaecology and the case presentations accompanied by the demonstration of external applications were received with great interest and gratitude by Chinese physicians. This year too – as things stand at the beginning of 2023 – it will probably not be possible to hold an in-person event in China, which is why an online seminar adapted to the needs of the people locally is planned.

In *Spain* the start of the first IPMT planned for the end of November had to be cancelled due to too few registrations. This was a very bitter experience for the regional planning group, as a lot of preparatory work had been done during the year. The field of Anthroposophic Medicine in Spain is not an easy one to work in – it is currently being explored how an IPMT can nevertheless gain a foothold in this country.

In summary, three trends can be observed in the field of IPMTs:

- More and more IPMTs are gratifyingly being planned and prepared independently by the initiators in the respective country and carried out with local lecturers.
- The 'classic' form of the IPMT – five modules with practice work in small groups in the morning, seminar work in the afternoon and lectures in the evening – is increasingly being modified and adapted to the needs, possibilities and requirements of the respective country.
- Inspired by the IPMTs, other independent or supporting interprofessional forms of further training are emerging: medical conferences, monthly online weekend seminars, online text work and the like.



IPMT Slovakia



IPMT Slovakia

With regard to the IPMT in Romania, which will be held for the last time in 2023, talks have begun with *Bulgaria*, where interest has been expressed in continuing the IPMT impulse after the Romanian cycle. In addition, IPMTs are planned in Thailand, Taiwan, the Philippines, China, India, Slovakia, Russia and Colombia.

In September 2023, Marion Debus, Karin Michael and Adam Blanning will take over the leadership of the Medical Section and with it the responsibility for the future IPMTs. All three have been active in the past as part of various IPMTs and, like Matthias Girke and Georg Soldner in previous years, will be actively involved in shaping and continuing the development of this further training.

We are very grateful for the great commitment of the local preparatory groups, the numerous helpers, the lecturers, those responsible for translation and, of course, the sponsors, without whom the IPMT modules could not have been realised in this form.



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Conference and Event Projects

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Conference and event projects

In 2022, there were two highlights for us in the conference organisation. First of all, the early childhood conference could take place in June, after it had to be postponed again and again for more than two years due to the pandemic. The weather cooperated marvellously, and so the pictures of the evening conclusion on the terrace of the Goetheanum in warm temperatures are still very much with us and as if emblematic of the warm and joyful working atmosphere.

The second major event to be organised was the international annual conference in September, which could take place for the second time as a three-part event with various specialist conferences, spiritual deepening and a multi-professional conference. Colleagues from Mexico, Colombia, Russia, Ukraine and several other countries brought life into the building and, as at the early childhood congress, showed tangibly the way many people had missed the in-person events: the quality of the work, the conversations – also or especially the informal conversations with familiar or hitherto unknown people – and also the interpersonal warmth that had not been present in this intensity in the digital events of the previous years.

In 2022 we were able to hold seven ticketed events, forty-two colloquia or training courses and eighteen patronages in collaboration with those at the Goetheanum who ensure that an event is a success: room planning, operations, reception, Speisehaus, etc.



Sonja Burger
Conference and Event Projects

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Reports from the specialist areas of the International Coordination of Anthroposophic Medicine / IKAM

IKAM Office (Platform & Services)

In 2023, the Medical Section will enter a new leadership cycle. So at this point we may be permitted a brief review and an outlook on the development of our platform. The migration to the cloud in 2017 and the introduction of video meetings as an everyday means of communication enabled the Section's co-workers to work online at an early stage and to be independent of location, i.e. at home or on business trips; also to have full access to all the data and services of their usual working environment – which proved to be a particular blessing in the coronavirus years that followed.

Further advantages of this cloud-based environment will only be briefly outlined here: they include a high level of security and scalability, but also of ecology and data protection, and all this at very low cost (educational licence) and manageable administrative effort (part-time position). Since our platform is aligned with industry standards, there is no longer any risk of dependency on external service providers (vendor lock-in).

In addition, an easy-to-use but powerful address management system was set up, a scalable newsletter service was implemented and a likewise cloud-based backup service was put into operation as the basis for the upcoming digital long-term archive of the Medical Section. Initiated by our five CARE groups, a committed community has developed over the last few years with more than 400 people working in over 80 interdisciplinary working groups on a wide range of issues.

Many of our largely volunteer members in the community come from other work environments. Therefore it remains a major challenge to apply a truly collaborative way of working to harness the full potential of our ecosystem to its fullest extent. However, this is all the more important as the issues of productivity and efficiency will continue to gain in importance due to the predict-



Mathias Hofmann
IKAM Office /
Project Management

Development of the Medical Section Platform



ably challenging economic conditions. These issues will probably be a decisive factor in the further development of our ecosystem in the coming years. The watchword here is "Transformation to a Modern Workplace". The following diagram shows briefly that we have already come a long way, but that a decisive factor still needs to be worked on.

Coordination and contact

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International Federation of Anthroposophic Medical Associations (IVAA)

Main challenges and topics in 2022

- Delays and uncertainties in the use of the benchmarks for training in Anthroposophic Medicine (AM).
- Greater activity by sceptics and attacks on AM in the press, on the internet and on television – there is a more hostile environment.
- Activities harmful for AM with "negative visibility" during the pandemic (ideological anti-vaccination activities, conspiracy theories, etc.)
- Absence of a strong common global narrative for the field of integrative medicine that enables effective advocacy at WHO level and prevents AM from being isolated and marginalised.



Thomas Breitzkreuz
President of the IVAA

Significant developments / events

- WHO benchmarks for AM training: 2022 saw a delay in the internal WHO quality assessment of the benchmarks, their processing and publication. However, the IVAA was in close contact with the WHO's Department of Traditional, Complementary and Integrative Healthcare (TCIH) and helped to overcome the difficulties. An important development was the publication of a scoping review on training benchmarks in AM by Prof Erik Baars within a very short time of only four weeks – a necessity for the internal WHO process. By the end of the year it was clear that the benchmarks had passed all the necessary checks within the WHO and the drafting process entered its final phase.
- Internally, the IVAA conducted several capacity building training courses for its members in different regions/continents and languages and prepared a press release and materials for advocacy activities that can be used not only by AM medical associations but also by other professional groups and umbrella organisations for AM.
- Declaration for Traditional, Complementary and Integrative Healthcare (TCIH): The IVAA has worked for more than a year to create a network of leading organisations in the field of TCIH, including partners on all continents and in different therapeutic traditions, including India and China



Laura Borghi
Board Member of the IVAA

(which play an important role within the WHO). The People's Declaration for Traditional Complementary and Integrative Healthcare (www.tcih.org) provides the first general presentation of the field of integrative medicine, with clear goals and calls to action. It focuses on the next phase of WHO activities in this area and takes into account that the TCIH programme 2014-2023 is coming to an end this year.

- Capacity building training courses: In 2021 and 2022, the IVAA offered capacity building training courses in two different areas. First, a "Next Generation Leadership Training" for young physicians and other healthcare providers who want to learn more about leadership, advocacy and project management. Second, a series of capacity building training courses on political action/advocacy activities with the "Benchmarks for Training in AM" targeted at different languages, cultural environments and stages of AM development in different countries.

What's new?

- The benchmarks for training will be available in the next few weeks.
- The Declaration for Traditional, Complementary and Integrative Healthcare (TCIH) seems to be developing into a successful initiative with a good network and influence on the WHO (the World Health Assembly will hopefully adopt a resolution that takes up the main impulses of the Declaration, which was driven by India and China).
- The IVAA supports not only medical associations but also other AM professions within the framework of IKAM, thus taking on more and more of a "serving" role in the Medical Section.
- The IVAA is much more active in the area of capacity building and country support (instead of just "centralised" activities by the IVAA Board itself).
- The IVAA is on the verge of becoming an officially accredited organisation at the WHO level.
- Building a much more professional organisation in terms of communication and organisation.
- AM is increasingly subject to targeted attacks by sceptics in Europe.

In the future

- Benchmarks for training: many activities are needed to use them to best effect.
- Risk of losing the status of "special therapeutic approach" in Germany.
- A new hybrid medicines strategy that includes proprietary medicines and extemporaneous production in Europe and on other continents.
- Defending AM specifically and within the framework of integrative medicine against stronger and more targeted attacks.

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International Coordination of Research / Research Council



Erik Baars
International Coordination of
Research Council

What were the challenges of the past year?

The greatest challenges of the International Coordination of Research / Anthroposophic Medicine Research Council were:

- Developing the mission, vision, values and strategy for AM research: the mission, vision and values have been finalised. The strategy for the next 5–10 years is currently being developed and is to be finalised in the first half of 2023. In a special session, the contribution of the Coordination of Research for a strategy against sceptical attacks was devised.
- International Research Conference: the conference was scheduled for March 2022 but had to be postponed to May due to the pandemic. Too few registrations meant that the conference was then postponed to 3–5 March 2023.
- Internal communication: unfortunately the members of the Research Council who were responsible for producing and sending out the newsletter had to cease their activities. We have applied for funding for a staff member who can be responsible for this and other work in the future.

What special events shaped the work in the Coordination field?

Ursula Wolf had to give up her work as coordinator of the Research Council. David Martin and Friedemann Schäd accepted the invitation to become Research Coordination advisors.

What's new?

The Research Council is working to develop the mission, vision, values and strategy with input from AM research institutes, international AM professional associations and international AM patient organisation.

What is planned for the future?

- Annual research conferences with external speakers.
- An international 5–10 year strategy for research in AM.

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International Coordination of Anthroposophic Medical Specialists

Developments in the field of specialist groups

The Working Group on Anthroposophic Perioperative Medicine, newly constituted in January 2022 at a meeting in the Havelhöhe Community Hospital in Berlin, led by Dr med Sonny Jung, Dr med Luisa Peter, Hermann Glaser and Dr med Merten Hommann (see last annual report) developed very dynamically with three webinars on wound treatment and postoperative delirium. A substantial in-person conference on the topic of "Pain, an unavoidable companion of surgical medicine?" was held at the Herdecke Community Hospital from 20–21 January 2023.

The continuous work of the different groups of medical specialists, which mostly takes place twice a year in smaller settings, found special expression this year in a series "Die Fachgebiete im Kontext der modernen Medizin" (The Specialties in the Context of Modern Medicine) in *Merkurstab*, where insights into the latest advances and research in the field of dermatology,⁴ neurology,⁵ psychiatry,⁶ surgery,⁷ oncology⁸ and pulmonology⁹ were provided. An understanding of these interesting and far-reaching innovations, which are taking place on many different levels, is of great importance for the specific and comprehensive further development of Anthroposophic Medicine in the individual disciplines.

In addition to such pleasing developments, the question of the next generation of physicians remains a major challenge in the medium term for all groups of specialists, but especially for the "small" specialties such as ophthalmology and ear, nose and throat medicine. There is a danger that the acquired



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- 6 Merckens V, Rißmann W. New developments in of psychiatric hospital. Der Merkurstab. Zeitschrift für Anthroposophische Medizin 2022;75(5):279-286. DOI: <https://doi.org/10.14271/DMS-21540-DE>.
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- 8 Matthes B, Schad F, von Laue HB. Transmembranproteine und ihre Bedeutung bei der Krebserkrankung. Der Merkurstab. Zeitschrift für Anthroposophische Medizin 2022;75(5):287-296. DOI: <https://doi.org/10.14271/DMS-21541-DE>.
- 9 Grah C, Streit E. Die Perspektive der Anthroposophischen Medizin für die Pneumologie. Der Merkurstab. Zeitschrift für Anthroposophische Medizin 2022;75(6):335-343. DOI: <https://doi.org/10.14271/DMS-21563-DE>.

knowledge and skills of older physicians will be irretrievably lost for future generations. For some subjects, such as urology, there are still no anthroposophically oriented specialists at all. Against this background, the workshop planned for 3 December 2022 with Dr med Erika Hammer on the topic "Therapeutic aspects of glaucoma and defective vision" unfortunately had to be cancelled due to illness of the main speaker. We hope for a continuation on the first weekend of December 2023.

The internationalisation of the specialist groups, which are predominantly anchored in German-speaking countries, is also still in its infancy and must be increasingly addressed in the coming years.

International oncology further training

The course "Mistletoe Therapy and Integrative Oncology" initiated in the USA by Steven Johnson DO and organised by PAAM and the Medical Section was reported on in detail in the last annual report. After the third course in 2021/2022 took place exclusively online, a substantive in-person event will now take place in Atlanta from 8–12 February 2023 with 60 participants. Particularly noteworthy is an exemplary online mentoring programme for the course participants, which enables them to discuss questions regarding mistletoe therapy in a competent and timely manner.

The multi-year online oncology course launched in Brazil in April 2021, led by Dr Bernardo Kaliks, Iramaia Chaguri and Dr Sheila Grande, with four weekend modules per year, continued intensively in 2022. The great thoroughness with which all aspects of anthroposophically extended oncology were illuminated should be highlighted.

The Indian oncology course "International Integrative Oncology Training" (IIOT), which normally takes place annually with four modules and comprises three weekend modules at various locations in India and a five-day final module at Klinik Arlesheim with a visit to two mistletoe producers, was paused in 2022 and will probably be resumed in 2023.

In cooperation with the Indian initiators Dr Harihara Murthy, Dr Ravi Doctor and Dr Srinivasa Rao (deceased), and under the leadership of our Thai colleague Dr Kan-anek Kaewthaweesab, an oncological further training course inspired by the IIOT but with a completely independent concept was developed in Bangkok, with mentoring of the participants and a visit by eleven Thai physicians to Arlesheim at the beginning of April 2022 as the conclusion of the first course. A new course started at the beginning of February 2023.

Book publications

Harald Matthes, Friedemann Schäd und Ralf-Dieter Hofheinz: *Integrative Onkologie: Ein Beratungsmanual für Ärzte und Apotheker*. Stuttgart 2022.

Markus Treichler: *Intuitive Psychiatrie, Psychosomatik und Psychotherapie. Pathogenese – Krankheitsverständnis – Therapie – Medikamentöse und psychotherapeutische Interventionen von Angst bis Zwangsstörung*. Berlin 2022.

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International Coordination of Anthroposophic Medical Training

Supporting the next generation of well-trained anthroposophic physicians is a central task for the future of Anthroposophic Medicine. Consequently there is a need for training institutions that teach mandatory quality and reliable standards of Anthroposophic Medicine.

The range of tasks of the Coordination of Medical Training includes the perception and networking of the training institutions that now exist in many countries of the world, the development of quality, mutual recognition, implementing a common curriculum and conducting accreditation of the institutions.

The Coordination works in close cooperation with the Section leadership and the international medical trainers' group, which consists of representatives of the training institutions working worldwide and meets once a year in Dornach for a working meeting lasting several days.

The core curriculum developed in this group in 2017¹⁰ has since been successfully implemented in the training institutions. By means of a process developed in parallel, the institutions are then accredited by a body elected by this group.¹¹ After five years of implementing these structures, we will now evaluate the curriculum and accreditation process in the medical trainers' group this year and discuss whether and which adjustments are necessary for the future.

Due to the coronavirus pandemic, the training programmes have been confronted with considerable organisational, social and economic challenges in recent years. Subsequently, however, it was possible to gain a great deal of experience with the necessarily online and hybrid events and to develop corresponding skills in using such formats. One of the central tasks of the coordination field of medical training is to grasp the associated opportunities, but also understand their restrictions, in a differentiated manner and to use them for an international and sustainable training landscape.

The international, interprofessional Teach-The-Teacher training for trainers (TTT), which was set up for the further development of training courses and has been held annually since 2014, also dealt intensively with the questions of a contemporary and sustainable training methodology and the corresponding methods and made them the topic of a course specifically dedicated to online teaching in 2021.



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Training

10 https://medsektion-goetheanum.org/fileadmin/user_upload/pdf/Physicians_International_Core_Curriculum_Sep_2018.pdf.

11 https://medsektion-goetheanum.org/fileadmin/user_upload/Guidelines-Accreditation-Sep-2017.pdf.

In order to continue to do better justice to the questions related to the contemporary teaching of Anthroposophic Medicine, a new team of young, international and interprofessional trainers has come together this year, which has set itself the task of developing a programme for teachers in Anthroposophic Medicine that is oriented towards the current challenges.¹²

As a further developmental step towards the internationalisation of the training landscape, an inspiring Teach-The-Teacher conference covering all professional groups for all South American countries was held for the first time in Argentina in February 2020. In 2022, a corresponding event was held in an online format. In the future, such events could serve as models for other train-the-trainer courses in other parts of the world.

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International Coordination of Young Impulses in Anthroposophic Medicine



Sophia Wittchow
International Coordination of
Young Medics Forum

In the past year, our group has continued to grow and our friendships have deepened. In the process we continue to try to find our identity and our tasks – we have weighed up the two names "Ita Wegman Forum" and "Young Impulses in Anthroposophic Medicine" in long discussions and finally decided on the latter (which has yet to show up on our website, etc.). This process has stimulated interesting conversations about who we are as a group and what we want to achieve.

At the moment we continue to focus on Steiner's *Course for Young Doctors*, which we read in small groups and discuss together in our monthly online meetings.

We met for our six-monthly in-person meetings at the Dottenfelderhof farm in Bad Vilbel (DE) in spring and at the Goetheanum in autumn, shortly before the annual conference of the Medical Section. A special moment for us at the 2022 annual conference was to stand on the Goetheanum stage to present anthroposophical medical initiatives from around the world that we had interviewed as part of the "World Group".

We are also continuing our "Open Zoom" meetings, to which all young people in our YIAM group (now almost 100 people) are invited on stand-alone topics related to anthroposophic medicine. Within this framework we had, for example, stimulating discussions on "What are our hopes and concerns for the future of Anthroposophic Medicine?", "Trauma and the Ukraine

¹² <https://www.merkurstab.de/index.php5?page=108&lang=0&artikel=7730>; <https://www.teaching-am.org/index.php?id=28&L=0>.

War", "Masculine and Feminine as Archetypes" and other topics. For the coming "Open Zooms" we have chosen Rudolf Steiner's subsidiary exercises as our topic.

Other plans for 2023 include a workshop on the *Course for Young Doctors*, which a small group of us are preparing for the 2023 Medical Section annual conference. A larger group is working more and more intensively to prepare a special conference in honour of the 100th anniversary of the *Course for Young Doctors*, which will be held from 3 to 7 January 2024.

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Matthew Mirkin

International Coordination of
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International Coordination of Anthroposophic Medicines (IMKA)

The International Coordination of Anthroposophic Medicines/IMKA is a coordinating body within the Medical Section at the Goetheanum. It has the task of taking up questions and problems in connection with supplying patients with anthroposophic pharmaceuticals on an international level and raising them with the manufacturers.

IMKA is a small body that currently includes the coordinator Dr med Andreas Arendt (CH) and the two permanent staff members Dr med Laura Borghi (IT) and the general practitioner Astrid Sterner (DE) as well as the specialist in paediatrics and adolescent medicine Georg Soldner as deputy head of the Medical Section. As a rule, the IMKA staff meet once or twice a year with representatives in charge from the individual manufacturing companies to discuss current topics in the areas of pharmaceutical range, logistics (availability) and research.

IMKA was again in discussion with the pharmaceutical manufacturers WALA (two meetings), Weleda (two meetings) and Iscadur AG (one meeting) in 2022. In particular, questions regarding the development of the pharmaceutical product ranges were discussed. Also discussed were future prospects and the increasing economic challenges that have intensified during the coronavirus pandemic.

Within the framework of the assortment of the pharmaceutical product ranges, IMKA has resolutely advocated that – despite the substantial reduction in the product range decided by WALA and Weleda – not only economic but also medical aspects, such as the indispensability of a medicinal product in everyday clinical practice, should be taken into account. The totality of industrially produced medicinal products should, as far as possible, cover all specialist disciplines of Anthroposophic Medicine and not be structured solely according to economic criteria. IMKA considers this to be central to the continued existence of Anthroposophic Medicine. After all, a system of com-



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International Coordination of
Anthroposophic Medicines
(IMKA)

plementary medicine such as Anthroposophic Medicine can hardly be justified in the present time with extemporaneously produced medicinal products alone, not least because no research can be carried out with extemporaneously produced medicinal products.

The support of pharmacy production of medicinal products in countries where the import of proprietary medicinal products is not possible is continuing within the framework of a pilot project in South America. The manufacturers WALA and Weleda are jointly involved in this project.

The fifth edition of the *Vademecum Anthroposophische Arzneimittel* will appear in 2023. Thanks to the submissions from numerous colleagues on their experiences with individual medicinal products, the new edition will again be significantly expanded. Such submissions were crucial for IMKA in making its case to the companies when it came to preserving medicinal products.

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International Coordination of Anthroposophic Pharmacists (IAAP)



Mónica Mennet-von Eiff
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(IAAP)

With the activities carried out in 2022, the IAAP has laid the groundwork for the future and was again active above all in the fields of events, further training, IKAM work and standards in Anthroposophic Pharmacy. The biggest challenge is and remains to be part of integrative medicine and pharmacy.

I. Pharmaceutical events

The international annual conference of the Medical Section at the Goetheanum took place again from 13 to 18 September 2022. An integrative component was the Medicine and Pharmacy specialist conference, co-organised by the IAAP, which dealt with the topic of pollinosis and allergic asthma in the context of integrative medicine and pharmacy. Using *Citrus Cydonia* as an example, the whole therapeutic approach was highlighted, from observation of the medicinal plant to pharmaceutical processes, healing needs and medical practice.

Work on reformulating and publication of the mechanisms of action continued and there is a first draft for an article in *Merkurstab*.

For January 2023, the topic of mechanisms of action was prepared for the Pharmacy Working Group of the Medical Section. Together with the Natural Science Section in the person of Vesna Forštnerič, about 30 members of the working group worked on mechanisms of action using *Chicorium intybus* as an example. Other topics were communication, sustainability and the work in the School.

II. Further training

The IAAP Further Training Committee in several online meetings further defined and settled the processes of certifications in Anthroposophic Pharmacy. In this year 2022, two colleagues from Central and South America who had completed the further training last year took the final interview and became certified in Anthroposophic Pharmacy. Luis Carlin and María Reynel have now completed the certification and can take on tutorship in the future.



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IPMTs with pharmacy modules or IPPTs

The first IPMT in Mexico ended in 2022. At the same time a new pharmacy IPPT (International Postgraduate Pharmacy Training) started in Colombia for pharmacists from South and Central America. In Thailand, the pharmacy modules continued as part of the IPMT in the autumn. Albert Schmidli, Annette Greco, Paula Mora and Mónica Mennet-von Eiff are very active in this field.

III. IKAM work

An important task in 2022 and a new process for IKAM was the selection of successors for the leadership of the Medical Section.

Four IKAM representatives were elected to serve on the Goetheanum nomination committee together with the Goetheanum Leadership and one person from the leadership of the Medical Section to determine the successors. Stefan Langammer, Sophia Witchok, Thomas Breitzkreuz and Mónica Mennet-von Eiff were delegated by IKAM. Criteria for the leadership were different genders, foreign representation, multi-professionalism, connection with the School, and practical experience in the profession. After many meetings, the decision was communicated. Unfortunately, not all criteria could be met. We very much hope, therefore, that the future leadership will strongly incorporate multi-professionalism in new forms of cooperation.

One of the main topics within the framework of IKAM's work – alongside the preparation of the 2023 specialist conference – was the consideration of the future of the AnthroMed® trademark. Annette Greco is involved in the corresponding working groups.

IV. Standards for Anthroposophic Pharmacy

a) APC

In 2022 a lot of work was done on the APC (Anthroposophic Pharmaceutical Codex) and a new edition 5.0 was published (<https://iaap-pharma.org/apc>). New are some pharmaceutical processes and a botanical description of mistletoe. In the next edition, the external galenic forms of ointments and gels and possible bases for them, as well as the analytical studies on mistletoe, will also be published.

b) Textbook on Anthroposophic Pharmacy

The IAAP is planning an abridged edition in Spanish of the textbook on Anthroposophic Pharmacy, published by Salumed. For this purpose a steering committee has been formed to drive the project forward together with the project manager Paula Mora. The aim is to start with the book project in mid-2023. The financial outlay is considerable and applications are currently being made to foundations.

c) Sustainable pharmacy

A small group, initiated by the GAÄD and the Medical Section, worked on the topic of One Health and sustainable pharmacy in 2022. On the basis of how the WHO, the United Nations Food and Agriculture Organisation of the (FAO) and the World Organisation for Animal Health (WOAH) have together defined "One Health", namely that the health of humans, animals and plants as well as the environment are closely interconnected and interdependent and thus different sectors in society have to take action for this, a working group has looked into the field of pharmacy.

As a result of this working group, in which Annette Greco and Mónica Mennet-von Eiff worked together with other experts including from universities, an article on sustainable pharmacy was written and published in the *Pharmazeutische Zeitung* in November 2022 (A Greco, M Mennet-von Eiff, M Christoph, M Keusgen, F Edelhäuser, C Peifer: "Wie kann die Pharmazie zur Nachhaltigkeit beitragen?", in: *Pharmazeutische Zeitung*, Volume 167, Issue 47, 24 November 2022).

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International Coordination of Eurythmy Therapy

What foundations have been laid for future cooperation?

Specialist conference 2022

Forty participants from all over the world took part in the eurythmy therapy conference. Colleagues brought case vignettes and discussed them in three working groups: the opportunity to take a look behind the door of the therapy room was very much appreciated. A lecture by Johannes Weinzirl on twelve research modes in Anthroposophic Medicine deepened the theme of collecting case vignettes as a way of strengthening our academic basis. Another lecture on the forming of the heart from its beginnings in the zodiac to the centre

of the embryo, led by Ursula Browning, was a wonderful addition to this.

Online workshops were offered for colleagues who could not attend in person. Only one group of these ultimately took place – perhaps the appetite for virtual meetings has been satisfied. At a time when many do not want to travel long distances for economic or environmental reasons, but long for the authenticity of real encounters, new ways must be found to connect with each other.

Meetings with professional associations

In some countries, the executive councils changed in 2022. This brings the task of getting to know the new colleagues and integrating them into the international work. There currently continue to be fifteen professional associations for eurythmy therapy.

Meetings with country representatives

The country representatives often represent a small group of colleagues in the respective country where no professional association yet exists. Once a year, the eurythmy therapy coordination team meets online for an hour with this group, which consists of 46 representatives, so that everyone can exchange ideas.

Meetings with trainers

These training courses are currently active in the training sector:

- Alanus University of Arts and Social Sciences (DE)
- Modular eurythmy therapy training for physicians and basic eurythmy therapy training in Dornach (CH)
- Eurythmy Therapy Training in Great Britain (UK)
- Therapeutic Eurythmy Training in North America (TETNA)

In 2022, the following training initiatives were still active: in-service eurythmy therapy training at der hof in Niederursel (DE); Eurythmy Therapy Training Vienna (AU); Southern Cross Eurythmy Capetown (SA); Italy; Russia.

What's new?

- In spring, Eurythmy Therapy became a shareholder in AnthroMed® GmbH thanks to IFAT membership.
- In November, the working methods for the International Eurythmy Therapy Trainers Circle (IHEAK) were revised and the cooperation as well as the tasks of the IHEAK were described in a modern and forward-looking way.
- The topic of further training in eurythmy therapy was particularly specified as a field of work within the IHEAK: a framework curriculum is to be developed here as a basis for certification.
- The Eurythmy Therapy Vademecum is still in process and will develop in 2023. After agreeing on a standardised format, the collection of valuable experiences from currently active colleagues is growing. Digital access is planned.



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International Coordination of
Eurythmy Therapy



Ingrid Hermansen
Co-Coordination
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Katharina Gerlach
Co-Coordination
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- Research in closer cooperation with the International Research Council.
- Collaboration with the IVAA for the new brochure on eurythmy therapy.

What is on the agenda for the future?

- In September 2023, we will host a specialist conference as part of the Medical Section's annual conference under the motto: "The health of the immune system / description – movement – discussion". The focus is on two of the much-used series TSRMA and LAOUM, which will be examined from as many perspectives as possible. In addition to movement, the focus this year will also be on the experiences of colleagues from around the world in practice and the joint exchange of ideas. We were able to attract Prof Annette Weißkircher (research and experiences on allergic rhinopathy), Norman Kingeter MA and Rob Schapink MA (results of archival research) to provide historical background information and information from practical research.
- Young people are to be supported into our network.
- The AnthroMed® label should be revitalised and become a meaningful quality label for eurythmy therapy and Anthroposophic Medicine.

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International Coordination of Anthroposophic Body Therapy (IAABT)

Finance

The challenge of the last year was to help shape the financing of our own work. We succeeded in this in two ways:

- Submitting applications to foundations for projects such as the Body Therapy (BT) perspectives conferences and the yurt at the annual conference.
- Presenting our work and soliciting support for it in many talks and online conferences on BT methods.

The development of an organisational chart and a comprehensive description of work were prerequisites for these discussions. Thus funds amounting to CHF 5200 could be collected for the refinancing of BT in 2022. Regular annual support from the methods of CHF 663 has been agreed and will increase to approximately CHF 1000 in 2023.

The outstanding event in 2022 was the yurt as an oasis of peace and relaxation at the international annual conference of the Medical Section: 248 treat-

ments in 3.5 days, some with six therapists at the same time – this was, without exaggeration, an organisational and logistical feat not only on the spot, but also in the months leading up to the conference.

BT financed the costs for the yurt entirely on its own. Donations from the methods and through the treatments amounting to CHF 3738 were collected. Thanks go to the Goetheanum for facilitating the power supply.

IFAT

The further development of the IFAT (International Federation of Anthroposophic Therapies) and thus of interprofessional, professional and political cooperation within anthroposophic therapies, both within the movement and at European level, is an important and forward-looking project.

For example, the IFAT has been a shareholder in AnthroMed® since May 2022 and will manage the user contracts within anthroposophic therapies from 2023.

What's new?

New considerations are how the IAABT can position itself so that members from all over the world feel represented by us and we practise using our working resources effectively.

What is on the agenda for the future?

- The presentation of the digital accreditation process as a prototype for all areas of Anthroposophic Medicine.
- Professionalising the website.
- To support BT methods worldwide in the introduction of the WHO benchmarks.
- Last but not least: from 2023, the AnthroMed® label will also be available within body therapy. The contracts for use were developed in 2022 in the IFAT for all therapeutic professional groups within the Federation and agreed with AnthroMed® gGmbH.

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International Coordination of Anthroposophic Arts Therapies (ICAAT)



Laura Piffaretti
International Coordination of
Anthroposophic Arts Therapies
(ICAAT)

What were the challenges of the last year?

A challenge emerging in the art therapies, especially in the specialist field of Anthroposophic Therapeutic Speech (ATS) and Anthroposophic Music Therapy, is the insufficient number of new entrants and thus the question over the continuation of the profession. In addition, the continuation and further development of the training courses are also facing a critical path. At the level of recognition by national and international bodies and health systems, there is an urgent need for colleagues to work for the continued and existing recognition of the profession.

What special events have shaped the work in the coordination field?

The ICAAT said goodbye to Dr Simone Gaiss (Research), Silke Speckenmeyer (Public Relations) and Johanna Gunkel (Painting & Modelling) in 2022. We have brought in new, young talent and are moving into the new year with confidence and commitment.

Linda Teipen has taken over the coordination of the subject area Painting & Modelling and is welcomed into the team by existing colleagues **Esther Böttcher** (subject area Speech & Drama) and **Laura Piffaretti** (overall ICAAT coordination and subject area Music & Singing). **Nicole Asis** takes over the management of social media. Furthermore, our year was marked by a good and extensive online cycle on the art therapies and the intensive preparations for the in-person conference at the Goetheanum in January 2023.

International conferences were again held in person in the fields of music, singing and speech therapy. The specialist conferences on painting therapy and modelling took place on a small scale and in connection with the existing training courses.

Several accreditations of training or further training could take place through the iARTE (International Association of Anthroposophic Arts Therapies Educations) and the cooperation of the professional associations in the IFAT (International Federation of Anthroposophic Therapies) was consistently cultivated.

What's new?

In 2022, intensive work was done on realising new specialist books on the art therapy subject areas of modelling, painting and speech. These three books will be published in spring 2023 and will make an important contribution to the understanding of the methods. Work on the book on music and singing therapy is still in progress.

We have also started to compile a *Vademecum Kunsttherapien* (Vademecum



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International Coordination of
Painting and Modelling
(ICAAT)

on Art Therapies). This process will lead to our being able to create initial digital access in 2023.

Something new for ICAAT is an increased presence in social media as well as in the awareness of colleagues from the specialist areas. The "International Study Days for Anthroposophic Art Therapies" in January went through a process of transformation and now were somewhat smaller due to the pandemic, but with a much better mix and freshness.

In order to maintain and further develop the ATS therapy method, it was possible to start with "Lichtung Sprache: Taufrisch – ein Weiterbildungsangebot für Ärzte und Ärztinnen und andere Heilberufe" and the interdisciplinary research work "EVODEVO – Evolution and Development" in spring 2022.

In May 2022, the first three music therapists in Italy could complete their training and enter the world of work.

What is on the agenda for the future?

- New version of the German and English newsletters for people with a general interest and for the specialist areas.
- Addressing and cultivating communication and networking, also with non-anthroposophical movements in the art therapies.
- Supporting young people into our art therapy movement.
- Supporting new further training courses in the specialist areas and maintaining basic training as far as possible.
- Taking up research in collaboration with the International Research Council ICAM field of work.
- Leading AnthroMed® towards become an important feature for art therapies and the system of Anthroposophic Medicine.

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Esther Böttcher

International Coordination of
Anthroposophic
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Nicole Asis

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International Coordination of Anthroposophic Psychotherapy (AP)

What were the challenges of the past year?

Support for the development of Anthroposophic Psychotherapy (AP) in the different countries and their national associations with regard to different definitions of psychotherapy and different training requirements.



Hartmut Horn
International Coordination of
Anthroposophic Psychothera-
py (AP)



Giovanna Bettini
International Coordination of
Anthroposophic Psychothera-
py (AP)

What special events influenced the work in this area?

- Organisation of the spiritual scientific conference for psychotherapists prior to the annual conference.
- The organisation of the psychotherapy conference on anxiety, its roots, phenomena and treatment approaches. We had to deal with the particular challenges posed by the hybrid format. The result was an overview of the different forms of expression of anxiety, which are shaped in different ways by the cultural background and living conditions in different countries.
- Various meetings of the CARE III group led to publications on the Anthromedics specialist portal.
- Several IFAPA board members were able to attend the IVAA advocacy training.

What's new?

- Increased focus on integrating the spiritual School work into the daily work of psychotherapists and on
- the integration of research methodology into training and practice.

What tasks arise for the future?

- Deepening the understanding of the reasons for division in the therapeutic movement, searching for ways of communication and to overcome them, forming a working community in the spiritual and practical sense;
- organising the specialist conference "Global increase in early childhood autoimmune diseases, psychological identity disorders and psychoimmunity in adolescents" as part of the international annual conference of the Medical Section in 2023;
- organising the Train-the-Trainers conference on research, spiritual work and training;
- organising the spiritual science conference for psychotherapists.

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International Coordination of Anthroposophic Midwives

Our situation

The fertility rate in Europe is falling, it is 1.5; on the African continent, on the other hand, it is rising, at 4.3. The increase in the number of newborns at the beginning of the coronavirus period was followed by a marked decrease.

In all western countries the "birthing rooms" are closing and it is becoming more difficult for midwives to practise their profession. Many midwives, as well as the members of the VfAH (Association for Anthroposophic Midwifery), are concerned to keep the doors to these "birthing rooms" open.

Fruits of the further training cycles

In 2022, the Association started what is now the third young, dynamic course of the three-year in-service training to become an anthroposophical midwife at the Dörthe Krause Institute in Herdecke (DE). Three birth centres or midwife practices have since emerged from the first cycle.

Karen Dirks, a colleague who has already completed the further training, gave a contribution as part of the currently running course. A particularly moving moment was hearing about her work with mothers whom she supports in her practice *sjæl* in Berlin in cases of miscarriage, stillbirth or the continuing carrying of extrauterine nonviable children.

Her work, inspired by the anthroposophical understanding of the human being, is unique and rare, practical and warm. Her gesture says: "You who are not yet born, you are welcome in spite of everything, whether only briefly or disabled, already destined to die... We listen to you and accompany you on your path."

Our work is bearing fruit. This gives us the courage to continue. Thank you to all who are involved and who contribute!



Merja Riijärvi
International Coordination of
Anthroposophic Midwives

WHO Benchmarks

Julia Grebner and **Yvonne Pollin**, board members of the VfAH, have applied for training credits for further training weekends and "Hebinars" held three times a year, which are online training courses for members. This means public recognition of professional teaching activities.

Due to the WHO benchmarks, the number of hours in further training for anthroposophic midwifery has increased from 350 to 730. This made it possible to integrate Rhythmical Einreibung into Part II. For our work as midwives it is important to develop in the "hands on" work, that is, in the practical and goal-oriented implementation of skills. Crossing boundaries into the physician's/medical field could otherwise lead to a qualification dilemma within Anthroposophic Medicine.

In view of the worsening situation in the field of anthroposophic medicines, the situation of WALA and Weleda and the future tasks in the international field, this is a good development in the right direction.

We continue to desire good cooperation with the Association for Anthroposophic Nursing (VfAP) and the IKAM specialist area of Body Therapy.

Our warmest thanks go to Rolf Heine for his untiring assistance!

Political effectiveness

Declining numbers of midwives in the different countries are due to the country-specific healthcare systems, which are scarcely comparable with each other.

In the past, people looked at the Netherlands from Scandinavia as if it were a midwife's paradise: recognised home births, only 30 percent hospital births – but even this has not been the case for a long time.

What all healthcare systems have in common is a medicalisation together with service demands that speeds past interdisciplinary cooperation at 100 miles an hour.

Midwives are rarely politicians. It was therefore an even greater pleasure for the VfAH when Julia Grebner was elected to the DAMiD board: a midwife's voice as the manifestation of a female profession with training that has existed independently for many centuries.

Preparation of the first midwifery conference at the Goetheanum

Is the classic conference format still in tune with the times or is online the new topline? These questions started the preparations for the midwifery conference, which will be part of the Medical Section's annual conference in 2023.

But still ... conferences are such important oases to which we can travel across oceans, seas, sand dunes and mountains; where you can share some dates around the campfire. So a clear vote for the in-person conference format!

From 12 to 14 September 2023 the midwives will thus meet at the Goetheanum with the theme: "PLACENTA – Tree of the whole of life". We only want one lecture and we want it to be classic: a speaker, with a lectern, no circus, authentic, like in the old days, revamped. Peter Selg and the placenta: lost half of life.

Four workshops are aimed at the exhausted, the thirsty for knowledge, the practitioners and the multicultural anthropologists, in English, German and Spanish, with hopefully Scandinavian translation.

This specialist conference is the first international step (also by the VfAH) and at the same time the result of the networking during the five years that the midwives have worked in IKAM. The lecturers come from Brazil, South Africa, Finland, Germany and Switzerland.

A view from Scandinavia

In Scandinavia, a joint book project entitled *Theories and perspectives for Midwifery. A Nordic view* has been completed. Worth reading!

For international work, you have to know the individual unique characteristics. Discussion means investigation and examination.

The future

Our idea is to work out our unique characteristics with the inner guiding principle: enter the discussion by activating the sense of thought, the sense of words and the sense of hearing.

Also ... don't forget Africa! Currently, most children can enter the world through African women. Furthermore, because 800 women worldwide still die

every day in pregnancy, childbirth or in the puerperium ... What is now being worked on in Central Europe should become practice in everyday life there, where mothers and newborns continue life.

How is it done? Perhaps as a young Finnish woman put it ... "Don't talk about your visions, make the visions visible! Then people will take an interest in you and ask where you actually got your visions."

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International Coordination of Anthroposophic Naturopathy (ISAN)

What were the challenges of the last year?

The International Society of Naturopathy (ISAN) had to hold all events online in 2022 due to the coronavirus crisis. The scheduled professional group meeting in 2022 could not take place either due to the circumstances brought about by the pandemic and the resulting lack of registrations. Similarly it seems to be a problem for exclusively self-employed colleagues to attend a professional group meeting at the beginning of a working week or a one-week conference, as this involves considerable loss of earnings.

Colleagues repeatedly remarked that the new concept of a one-week annual conference of the Medical Section, with the associated high financial expenses, discouraged them from taking part in this so important conference.

What special events have shaped the work in the coordination field?

On the occasion of the tenth anniversary of our education and training institute ANTHROPOS-SOPHIA, the following online training courses were held: "Immune system and consciousness, reducing anxieties, building perspectives" with Heinz Grill, "Inner development and medicine – about failure and learning with patients" with Philipp Busche, "Gold in anthroposophic pharmacy and healing" with Franziska Bächtle MSc and Stefan von Löwen-sprung with the support of Weleda. Further online training courses are planned for 2023.

It was gratifying that now, after a close two-year collaboration with the ISAN, Australian colleagues constituted the Anthroposophic Naturopath Guild, which joined the ISAN as a corporate member on 2 May 2022.

What's new?

The ISAN "International Core Curriculum for Advanced Training in Anthro-



Alexander Schadow
International Coordination of
Anthroposophic
Naturopathy (ISAN)

posophic Naturopathy" was published on 1 February 2022. Uniform further training guidelines were thus laid down for all participants in further training in Anthroposophic Naturopathy. The aim of the qualification in Anthroposophic Naturopathy is to certify non-medical practitioners in accordance with the certification procedure developed jointly with the Medical Section at the Goetheanum for their core competences in Anthroposophic Naturopathy. The recognition entitles the holder to practise "Anthroposophic Naturopathy (AGAHP)" within the framework of the provisions of national law. The legitimation granted by the AGAHP entitles the holder to use the quality seal "qualified in Anthroposophic Naturopathy (AGAHP)". Following this framework curriculum, the first further training courses began in August 2022. At the same time, a German- and English-language ISAN website was set up.

What is on the agenda for the future?

As part of the annual conference of the Medical Section in September 2023, a professional group meeting of ISAN with the working title "Naturopathy as a holistic art of healing between tradition and modernity" will take place. For autumn 2023, the organisation of an international working conference for non-medical practitioners is planned, which will once again deal with the topic of the professional group meeting.

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International Forum for Anthroposophic Nursing (IFAN)



Rolf Heine
International Forum for
Anthroposophic Nursing/
IFAN)

What were the challenges of the last year?

The second year of the pandemic was again characterised by travel restrictions and a shift of national and international course activity into the virtual space. The increasing experience with online media made it possible to reach new participants. Painfully missed personal encounters were partly possible again.

The vaccination mandate decreed in many states has also confronted some of our anthroposophical colleagues with difficult decisions. The fragile economic, ecological and political world situation also shapes the mood within nursing.

Many colleagues who have completed further training in anthroposophic nursing are looking for professional fields in which they can work with the skills they have acquired. This is an enormous obstacle to development, especially in countries without anthroposophical care facilities. After all, a financially costly and time-consuming further training without further prospects for earnings and realisation is not very attractive.

What events shaped the work in the coordination field?

In March of this year, an international online conference was again held with about 100 participants. Under the impact of the war in Ukraine, the mantras of the Samaritan course were the focus of the three-hour meeting, which was offered in three time zones in German, English and Spanish.

The annual meeting of the International Forum for Anthroposophic Nursing took place at the Goetheanum in September with about 30 colleagues from Germany, Switzerland, the Netherlands, Sweden, Finland, Austria, USA and New Zealand.

What's new?

In September, the „Handbuch für Weiterbildung zur Expertin/zum Experten für Anthroposophische Pflege“ (Handbook for Further Training as an Expert in Anthroposophic Nursing) was fundamentally revised after thirteen years. The further training now consists of 730 teaching units and follows the recommendations of the WHO benchmarks for training and further training in Anthroposophic Medicine. The previously separate further training lines for general anthroposophic nursing and Rhythmical Einreibung have been merged. Qualifications with specialisations in different subject areas are now possible (www.anthronursing.care/qan/handbuecher).

In February, Taiwanese colleagues started an expert course for the first time, following this framework curriculum. The course takes place mainly online with German-Chinese translation.

What is on the agenda for the future?

For spring 2023 we are planning another international online conference with the topic "Possibilities for realising Anthroposophic Nursing in a non-anthroposophical working environment". In September 2023 we will host a specialist conference as part of the international annual conference of the Medical Section under the motto "Being in between - Simply nursing".

In South America, further training in Anthroposophic Nursing is increasingly being offered. Spanish-language specialist literature is required for this. The same applies to the Asian language area; here translations into Chinese are already in progress.

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International Coordination of Age Culture and Elderly Care – Nikodemus Werk



Gabriela Cimpeanu
International Coordination of
Age Culture and Elderly Care

We ended the year 2022 with mixed feelings. We all feel a great sense of gratitude for having survived such a difficult time through great individual commitment and look forward to the new year with much hope, especially the hope of having learned something from what we have experienced that will allow us to shape the future for the better.

The **staff shortage** (especially the shortage of skilled staff) is one of the very big challenges. Due to the new so-called Tariff Compliance Act, payment according to collective agreements in elderly care facilities is now legally required for the first time. This will lead to significant salary adjustments in many facilities, but also to very large additional costs for the residents. We are waiting to see if this will at least ease some tension in the applicant market. At least the competition between the elderly care facilities and the hospitals for staff might be curbed somewhat.

The **general fatigue and the increased cases of illness** (among the staff as well as the people cared for) are another challenge – certainly not only for us. Staff shortages and sick leave then trigger the need to use temporary staff in many facilities. This quickly leads to an economic burden that is sometimes difficult to bear. The lack of human resources is in stark contrast to the growing need and requests for care.

Fortunately, the **facility-based vaccination mandate** that has been in place since April 2022 was repealed or expired on 31 December 2022. There were no major upheavals in most facilities, especially after it had already become apparent in late summer that the vaccination mandate would not be extended.

Even though it is a very arduous and hard road in many places, all the facilities have survived the year. This is also very much due to the mutual help among the Nikodemus Werk facilities.

A generational change has taken place within the Nikodemus Werk in recent years and member facilities have been looking for solutions on how this change could take place constructively. It is not only a matter of handing over tasks and responsibilities, but also of finding people who want to join and take responsibility for the impulse to implement and further develop anthroposophically extended care for the elderly.

What does caring for people in old age require today? How can a culture of ageing actually be built? We have to consider these fundamental questions anew in order to be able to find solutions for the changed social and professional conditions.

Strengthening the encounters and communication between the facilities, also in order to consider such questions together, is a task that we have set ourselves for 2023. Due to the heavy workload and also the restrictions caused by the coronavirus pandemic, no members' meeting was held in 2022. There was also often not enough time and energy to embark on further training. This is planned again for 2023.

In general, communication is a major challenge in all care facilities today.

We are called upon to find ways to overcome language barriers, as the tasks in this profession have to be organised with people from different countries who want to find a new livelihood in Germany and a new field of activity in care. Organising German courses is only one step on such a path because we also need to find a common language about the meaning of ageing, about the values and principles of Anthroposophic Nursing in our facilities.

Times of crisis bring unrest, limit our vision and force us to focus on what is most necessary. We have been driven apart in recent years and must now find the energy to strengthen existing connections and make the network more sustainable.

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International Coordination of Anthroposophic Veterinary Medicine

An important collaboration between veterinary medicine and eurythmy has been born! A further training course for eurythmy therapists in **Eurythmy Therapy for Animals** will begin in September 2023.

Animals react very positively to therapeutic eurythmy. For this reason, this further training would like to pass on the experiences of Christine van Draanen (christinevandraanen@gmail.com), a pioneer in this work, to eurythmy therapists and veterinarians.

The question arose as to why eurythmy therapy, which is effective for humans in many ways, should not have the same effect on animals: cows often suffer from mastitis, and horses tend to get colic, have a very sensitive stomach or problems with their hooves and joints. Pets can also have all kinds of complaints. These include, for example, digestive problems, but also diabetes and the problems associated with it. These diseases can be specifically treated with eurythmy therapy exercises.

From 2012 to 2020, Christine van Draanen received special exercises for animals through Verena Baronesse Staël von Holstein. She would like to demonstrate and pass on these exercises and others suggested by Rudolf Steiner; the further training is supported by veterinarians.

Veterinarians meet regularly for in-depth study of anthroposophical topics in Italy (Dr med vet Sabrina Menestrina), in Germany (Dr med vet Markus Steiner, fachgruppe-anthroposophie@googlegroups.com), in Brazil (Dr med vet Ricardo Aranha, ricaranja@uol.com.br) and in Argentina (Dr med vet Teresa Hein, terevet87@gmail.com).

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Sabrina Menestrina
International Coordination of
Anthroposophic Veterinary
Medicine

European Federation of Patients' Associations for Anthroposophic Medicine (EFPAM)



Wieneke Groot
European Federation of
Patients' Associations for
Anthroposophic Medicine
(EFPAM)

The challenges of 2022

Last year it was difficult to keep in touch with regional (European) patient movements. The reasons vary: email addresses that are no longer correct, websites that no longer exist or are in a foreign language and cannot be understood. This means that, for example, the number of active, subscription-paying EFPAM members is decreasing because we can no longer find each other or because the national associations are becoming too small and can no longer afford the contributions.

Although we learned how to hold video conferences during the pandemic, this did not result in better attendance at general meetings.

In addition, the administrative staffing of EFPAM was reduced when two members expressed their wish to leave, leaving the organisation in the hands of only two people.

Special events that have shaped the work in the area of coordination

A special event was that these two people, in cooperation with Marjolein Doesburg, succeeded in staging a specialist conference. This brought me into close contact with the patient movement / advocacy organisation in America (Foundation for Health Creation).

New

At the members' meeting in London, we decided that we want to become more visible at medical conferences by requesting speaking time as a patient movement. And most importantly, we have a potential new board member for EFPAM who will be appointed in the second quarter of 2023.

The future

We wanted to increase the number of communication opportunities to ensure that we could connect with one another and get to know each other, but due to the resignation of two people who performed the secretariat function, this did not happen.

To maintain access, availability, affordability and usability on the agenda, the international coordination is organised through visits to national initiatives. The plan for 2024 is to be present in the third part of the international annual conference of the Medical Section with two workshops and an information stand in the main hall.

In some countries, patient movement boards are "lone cowboys" with few members and limited resources. We want to provide them with moral support and help and advice when needed.



Stefan Schmidt-Troschke
European Federation of
Patients' Associations for
Anthroposophic Medicine
(EFPAM),
Executive Director: gesundheit
aktiv e. V.

The goal of strengthening patient organisations remains: each year we organise a conference for the boards of the member organisations. This will have a formal part as it is the annual general meeting, but on the second day of the general meeting we will share experiences and "best practices" and talk about anthroposophical content.

We try to hold this conference every year in a country of one of our member organisations. We have already visited Boxmeer (NL), Paris (FR), Berlin (DE), Arnhem (NL) and London (UK).

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Anthroposophic Council for Inclusive Social Development

What were the challenges of the last year?

After the pandemic, the question that looms over all events is: what will happen next with the various formats – in-person, online and hybrid events? Which formats for what purpose? Where is the effort of a hybrid event worthwhile? And how can people be motivated to attend in-person events again?

A practical but joyful challenge arose from the temporary absence of the head of the office, Karin Gaiser, due to her maternity leave. This once again highlighted the great importance of this role in enabling all the Council's activities.

What special events shaped the work in the coordination field?

In October 2022, the biennial international conference for special needs education and social therapy was held at the Goetheanum, with 450 participants on site. While this did not bring attendance back to pre-pandemic levels (around 600 in 2018), it was nevertheless a very pleasing result. The high level of participation of younger people from the field of work is also positive.

Thematically, the question underlying the title "Health on all your paths" focused on the conditions for health in general, as well as on the therapeutic and healing element in special needs education and social work with all age and target groups of the field of work.

Among the participants was a sizeable group of people from Ukraine, most of whom are currently involved in other European countries; but one colleague also travelled directly on a long circuitous route from Kharkiv.



*Bart Vanmechelen, Sonja Zausch,
Jan Göschel*

Leadership Team, Anthroposophic Council for Inclusive Social Development

In addition, the work together of the International Training Circle could again take place on location (and in hybrid form) with its annual meeting in Kassel in April. This was the second of three annual conferences held as part of the ERASMUS+ funded project "Training for Trainers – Developing an International Peer-to-Peer Process".

Other working groups were also happy to come together again in an in-person mode, such as the Social Therapy working group and the Special Needs Education in Schools working group.

What's new?

Work on the project of a new edition of *Heilpädagogischer Kurs* (by the Rudolf Steiner Archive, published in English as Education for Special Needs) and the development of an accompanying volume by a team of authors has begun in earnest. These two volumes are due to be published in 2024 to mark the 100th anniversary of the course.

The research project "Contributions of people with impairments to their social environment", which is being carried out in cooperation with the Swiss AnthroSocial association and the Department of Social Work at the Lucerne University of Applied Sciences and Arts, has also started. The qualitative interview study will take place in Switzerland and is scheduled to be completed in 2024.

Similarly, two further training courses for eurythmists have been designed in collaboration with the Section for the Performing Arts, Anthropoi Bundesverband Deutschland and the Freie Hochschule Stuttgart – Seminar for Waldorf Pedagogy, which will begin in spring 2023: "Certificate course in eurythmy in special needs education, inclusive education and social therapy" and "Process support in movement - eurythmy in working life".

What is on the agenda for the future?

Members of the leadership team have been regularly attending the monthly meetings of the collegium of the School of Spiritual Science since last year. In September, the Council leadership team and the Goetheanum Leadership were able to consider the future of the field of work in the context of the School of Spiritual Science and agree on the goal of founding a Section in 2024.

In 2023, a new conference on the question of community building will be held under the title "Community in Conversation". The development of a small conference series on this topic is envisaged. The first conference will be hosted by Humanushaus/CH.

Planning is underway for the 2024 international conference which will celebrate the 100th anniversary of the *Curative Education Course* as well as the founding of the Section. A broad circle of participants from the international movement is involved in the planning.

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International Coordination of Nutrition

Challenges

Nutrition is a topic that affects everyone in everyday life and is closely linked to health. The rising number of overweight and obese people in many parts of the world alone calls for urgent action. Quality must take precedence over quantity, on the one hand in relation to the climate issue, and on the other in relation to the growing number of people going hungry.

The coordination field is extensive and includes prevention, therapy as well as practice, but also cooperation with other disciplines such as agriculture and education. Because without healthy soil and a healthy environment, there can be no healthy food. And already children should be introduced to healthy, delicious meals. Maintaining a healthy lifestyle is not yet something medical, but it is part of a comprehensive view of nutrition and its related disciplines in terms of salutogenesis.

Revitalising the coordination field currently still needs intensive care.



Jasmin Peschke
Coordination of Nutrition

Events

For some years now, a workshop on nutrition has been offered at the annual medical conference in the context of the conference theme. In the past year 2022, an oecotrophologist (Dr Jasmin Peschke) and a nutritionist (Lea Sprügel MSc) worked on the topic "Healthy Nutrition and Community". This starts from the nutritional system as a community with its actors and extends to the communal table and the personal microbiome.

What's new

A new idea is that Machteld Huber's "positive health" approach should be extended to include the production of food from healthy soil as well as the processing and preparation of healthy, diverse, enjoyable meals that contribute to a positive lifestyle. The basic principles for this have already been presented in the book *Vom Acker auf den Teller* (From the Field to the Plate) (J. Peschke, 2021).

Future

In the not too distant future, a network is to be established and activated that will represent various disciplines on an international level. The aim is for med-

icine, nutrition therapy and science, agriculture and education to be in exchange. A living network is necessary for joint projects and more in-depth work. This creates the basis for contributions to pressing issues of the day, such as climate change and its consequences for health, community catering, and the prevention of nutrition-related diseases or salutogenesis in general.



The reality in hospitals often does not look conducive to health.



Yet an attractive meal could be a factor in recovery.

Photos: Private

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Association of Anthroposophic Hospitals



Harald Matthes
Association of Anthroposophic
Hospitals

The third pandemic year also posed a great challenge to anthroposophical hospitals last year. If the succession of different coronavirus variants meant that the acute medical care of patients declined significantly, by the end of 2022 in Germany the health sector with its FFP-2 mask mandate and the continuing strict rules posed an increasing challenge to social interaction in the community. Great exhaustion and thus also a high number of sick days in all occupational groups led the staff in all occupational groups to their limits. Some nursing staff also left their profession, so that beds could not be occupied in all anthroposophical hospitals due to the shortage of staff.

The increasing attacks on Anthroposophic Medicine (AM) and also generally on the other anthroposophic fields of life triggered much discussion and consternation among the continuing highly committed staff in the hospitals. The position agreed by the hospitals on care and the handling of the pandemic regulations stood in contrast to individual voices outside the hospitals in the anthroposophic medical movement and led to corresponding polar assessments among the public. This gave rise to the desire in the Hospital Association to move from increasingly reactive public communication to a more proactive flow of information and dialogue with the public. Here, the joining together of the various public relations staff of the hospitals with the various associations (DAMiD, GAÄD, VAOAS) and the other fields of life (agricul-

ture, Waldorf schools) resulted in professionalised and coordinated public relations work, which is to be significantly expanded in the coming year.

The greatest challenge for the hospitals in the coming years will continue to be the question of the next generation of staff, especially in nursing, but also in the therapeutic occupations. If the working conditions in hospitals with round-the-clock shift work are not havens of work-life balance, it must nevertheless be possible to make these conditions and responsibilities attractive with regard to self-development and self-efficacy, so that therapeutic activity can also be reciprocal and remain a source of strength.

In addition, our training curricula in the various occupational groups must also be adapted to contemporary teaching methodology and content to suit the learning habits of a subsequent generation. Attitudes and the communication of values in practical everyday life are often more important for anthroposophical training and the communication of an anthroposophical understanding of the human being than many theoretical explanations about the nature of the human being. Strengthening practical training in nursing and therapy, but also among physicians, should make our training institutions more attractive again in order to achieve job satisfaction in the hospitals if we succeed in implementing what we have learned and our inner professional concerns in everyday life.

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www.anthro-kliniken.de

AnthroMed®

AnthroMed® is the registered trademark of Anthroposophic Medicine in numerous countries. Originally conceived as a trademark for anthroposophical hospitals, it has also differentiated itself over the last ten years as an umbrella trademark for eurythmy therapy, art therapy, body therapy, pharmacy, outpatient and inpatient care and care for the elderly. It is constituted in the legal form of a non-profit limited liability company. The Medical Section plays a major role in shaping its development. The last few years have been marked by questions of concept:

- What are the benefits of the trademark for the different areas?
- Are the conditions for the use of the trademark appropriate?
- In which countries should or can the trademark be protected at reasonable cost?
- How can the visibility of the trademark be increased?
- What steps are needed to further develop the trademark, which has so far appeared on the level of a quality seal, into a trademark in the sense of a distinctive identity, such as the Demeter trademark?
- In times when anthroposophy and Anthroposophic Medicine are under attack, is a trademark a protection or a threat to trademark users?



Barbara Wais
Managing Director
AnthroMed®

- Can and should the trademark for medical practices be further developed?
- Could network models be tested in a region with a high density and diversity of anthroposophical medical establishments?

Intensive consultations with trademark specialists have already taken place. The clarification of these questions is on the agenda for the coming year.

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International Coordination of Public Relations



Ariane Totzke
Coordinator Public Relations

Work fields

We continued to grow our **social media channels** in 2022 despite multiple algorithm changes on Facebook and Instagram (which means that the group has limited everyone's unpaid reach so that far fewer people have been reached than in the previous two years). At the moment, 18,173 people follow us on Facebook and 3060 on Instagram. So compared to last year, we have doubled the subscriptions to our Instagram channel.

We reach most people worldwide through the social media channels, including those at the Goetheanum. For example, in the month of September during our annual conference we were able to address half a million people through the Medical Section's Instagram channel alone. In order to further promote these developments, we have founded a social media working group at the Goetheanum that is interdisciplinary and cross-departmental. We want to develop a common corporate design and quality standards.

In 2022 a **picture database** was also set up together with colleagues at the Goetheanum. After a test phase with various programmes, we decided on Pixio. The in-house photographers, but also guests and volunteers, provide us with picture material. There are meanwhile already 3,300 photos in the archive.

Furthermore, a **TV editorial team**, which includes some colleagues working across subjects, was established to manage the increased production of videos. The newly created website <https://goetheanum.tv/catalog> already offers many lectures and interviews. The Medical Section is currently implementing its own video series, which will be released soon.

Current work results of the Medical Section or topical themes of Anthroposophic Medicine are regularly reported in the **weekly journal** *Das Goetheanum* and in *Anthroposophy Worldwide*.

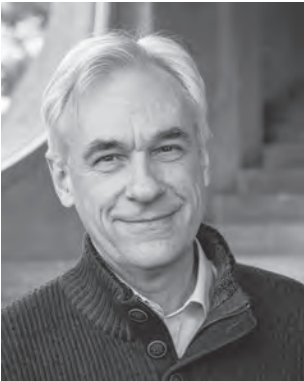
There were **interviews in various public media** and a number of **publicly accessible video contributions**, such as the lecture by Matthias Girke "Welche Bedeutung hat die Seele für das Erkrankten und Gesunden?" (What is the relevance of the soul for falling ill and getting well?) or the contribution by

Georg Soldner "Anthroposophische Medizin – Eine nachhaltige Medizin?" (Anthroposophic Medicine – A sustainable medicine?), were released on the **YouTube channel** of the Medical Section.

Coordination and contact

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Financial report 2022



Stefan Langhammer
IPMT Coordination,
Project/Financial Management

The year 2022 was financially challenging in several respects. On the one hand, the first half of the year in particular was marked by the continuing coronavirus-related restrictions, so that neither the art therapy conference nor the research conference could be held. And the attendance figures for the two major conferences from June onwards – the early childhood conference and the annual conference – were also down by about 30–40 percent compared to the attendance figures in the pre-coronavirus period. On the other hand, it became clear towards the end of the year that we would have to forego budgeted support of kCHF 315 this year due to the strained economic situation, especially in Germany. In the past, this amount was an essential part of the core amount that ensured the viability of the Section's work, independently of projects. This loss meant that, despite an otherwise good income situation, we had to draw on just under kCHF 133 more than budgeted from the General Anthroposophical Society. Put positively: kCHF 182 of the lost support could be compensated by savings and donations from other sources, for which we are extremely grateful in this situation.

A comparison of the budgeted total expenditure in 2022 with the actual costs shows that these are kCHF 70 lower than stated in the budget. This is essentially due to lower expenditure relating to staff – despite a slight increase in the basic income. Due to an unusually high level of absence due to sickness during the year, there were insurance-related payments of daily sickness benefits; In addition, one staff member's commencing retirement benefits minimised the income needed beyond that, while another reduced his workload by 20 percent at his own request.

The fact that the conference activities picked up again in the second half of the year can be seen above all in the significantly higher travel and subsistence costs compared to the previous year (kCHF 230), with 2/3 of these costs being spent on subsistence for our conference participants. A first-time expense arose from the cost of the new online booking system at the Goetheanum, which charges six percent of turnover for each booking. This resulted in additional costs of almost kCHF 22 compared to previous years, which meant that the conference income could not fully cover the expenses for our events.

Looking at the income side, the first thing that stands out is that we were able to record a good 50 percent more in free donations than budgeted – we are very pleased about this and it motivates us in our work! That in contrast the donations from foundations turned out to be lower than anticipated was not due to a reduced willingness on the part of the foundations to provide funding, but rather to the continued strength of the Swiss franc: since the donations came primarily from the euro zone, at an exchange rate of 1:1, fewer francs ended up in the kitty than in the previous year. The income generated by the Medical Section's itself (conference fees, fees, services, etc.) is pleasing. At a good kCHF 600, it matched the results of the pre-coronavirus period and accounted for a good 45 percent of total income.

We expect a similarly challenging situation for the current year as in the previous year, so that we are called upon to operate in a very cost-conscious manner. We want to do this as far as possible without imposing additional burdens on conference participants, which will not be easy in view of a 10 percent increase in catering costs for conferences on the part of the Speisehaus since January 2023.

From September onwards, we will have a new, now three-member Section leadership with varying full-time equivalents. In total, this will not, however, mean any increase in full-time equivalents in the staffing of the Medical Section compared to 2022. On the contrary, due to the departure of Johannes Weinzirol as a research associate, the reduction of public relations to 90 percent and conference organisation to 110 percent, as well as a partial salary waiver, we will probably be able to reduce staff costs by just under kCHF 50 again this year. As the Medical Section will not be organising any additional major conferences in 2023, we hope that we will nevertheless be able to carry out the Section's work in a satisfactory manner as before for all those connected with us. Our particular hope is for a strong attendance at the 2023 annual conference, which offers special highlights with the timely topic of "Autoimmune Diseases" and the change of Section leadership.

In the 2023 budget, a GAS contribution of kCHF 240 is again recorded, as in 2022. Since 2017, we have not had to use more than kCHF 120 from the General Anthroposophical Society for our Section work due to the above-mentioned grants. The task for us is to return in the future to avoiding this additional burden which has arisen on the Goetheanum budget, and to rebuild reliable core funding for our work. You are warmly invited to join in the thinking here – we look forward to any suggestions.

Finally, on behalf of the Section staff, I would like to express my warmest thanks to all the institutions, associations, foundations and friends who have supported us again this year, either financially or with advice and support. In addition to critical comments, our work has also received a lot of encouragement in the past year. We are always exceedingly grateful for such appreciation, as it is the fertile soil on which our commitment and our creative joy can flourish.

Contact

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Medical Section at the Goetheanum, Annual Accounts 2021 (in CHF)

Expenditures (in CHF)	Human resources Staff and freelancers	Fees Lecturers, coordinators, translators, etc.	Administrative and material costs				Total
			Office / IT incl. support and development	Travel incl. meals and accommodation	Advertising incl. printing and shipping	Other incl. rents and acquisitions	
Med. Section general	477.240,00	14.010,00	9.440,00	14.330,00	2.940,00	11.250,00	529.210,00
International Coordination AM	110.240,00	113.710,00	24.580,00	7.070,00	45.210,00	940,00	301.750,00
Projects (Anthromedics, CARE)	157.150,00	5.560,00	12.200,00	6.890,00	150,00	950,00	182.900,00
Acad. staff & publications	30.920,00	600,00			21.740,00		53.260,00
Conferences	126.150,00	41.480,00	6.960,00	68.260,00	15.900,00	27.920,00	286.670,00
Training and further training	82.330,00	82.550,00	220,00	5.770,00	340,00	6.000,00	177.210,00
Total	984.030,00	257.910,00	53.400,00	102.320,00	86.280,00	47.060,00	1.531.000,00

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Medical Section at the Goetheanum, Annual Accounts 2022 (in CHF)

Expenditures (in CHF)	Human resources	Fees	Administrative and material costs				Total
	Staff and freelancers	Lecturers, coordinators, translators, etc.	Office / IT incl. support and development	Travel incl. meals and accomodation	Advertising incl. printing and shipping	Other incl. rents and acquisitions	
Med.Section general	404.450,00	15.350,00	17.070,00	10.030,00	4.910,00	6.300,00	458.110,00
International Coordination AM	114.350,00	116.740,00	16.320,00	17.680,00	3.330,00	980,00	269.400,00
Projects (Anthromedics, CARE)	144.740,00	8.790,00	13.430,00	5.600,00		2.180,00	174.740,00
Acad. staff & publications	27.960,00		210,00		6.050,00		34.220,00
Conferences	117.640,00	52.390,00	24.000,00	175.680,00	11.330,00	66.940,00	447.980,00
Training and further training	70.320,00	82.280,00	590,00	21.100,00	450,00	6.000,00	180.740,00
Total	879.460,00	275.550,00	71.620,00	230.090,00	26.070,00	82.400,00	1.565.190,00

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Medical Section at the Goetheanum, Budget 2022 (in CHF)

Expenditures (in CHF)	Human resources Staff and freelancers	Fees Lecturers, coordinators, translators, etc.	Office / IT incl. support and development	Administrative and material costs			Total
				Travel incl. meals and accomodation	Advertising incl. printing and shipping	Other incl. rents and acquisitions	
Med.Section general	467 000,00	14 000,00	17 000,00	14 500,00	3 000,00	10 000,00	525 500,00
International Coordination AM	116 000,00	139 000,00	22 000,00	7 000,00	5 000,00	1 000,00	290 000,00
Projects (Anthromedics, CARE)	145 000,00	10 000,00	16 000,00	7 000,00	1 000,00	1 000,00	180 000,00
Acad. staff & publications	32 000,00	1 000,00			3 000,00	1 000,00	37 000,00
Conferences	126 000,00	65 000,00	7 000,00	133 000,00	12 000,00	68 000,00	411 000,00
Training and further training	84 000,00	84 000,00	1 000,00	15 000,00	500,00	7 000,00	191 500,00
Total	970 000,00	313 000,00	63 000,00	176 500,00	24 500,00	88 000,00	1 635 000,00

Income (in CHF)	Sales / fees	Services	Contributions			Total	
	Conference fees, books, school fees	Fees, exhibition stands, certificates	Institutions and partners	Assoc./Inst. (regular payments)	Foundations		Donations
Med.Section general		35.000,00	500.000,00				535.000,00
International Coordination AM		15.000,00		100.000,00	98.000,00	35.000,00	248.000,00
Projects (Anthromedics, CARE)					165.000,00		165.000,00
Acad. staff & publications	8.000,00	5.000,00				1.000,00	14.000,00
Conferences	337.000,00	12.000,00			18.000,00	10.000,00	377.000,00
Training and further training	80.000,00	12.000,00			94.000,00		186.000,00
Total	425.000,00	79.000,00	500.000,00	100.000,00	375.000,00	46.000,00	1.525.000,00

GAS contribution	110.000,00
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1.635.000,00

Medical Section at the Goetheanum, Budget 2023 (in CHF)

Expenditures (in CHF)	Human resources	Fees	Office / IT	Administrative and material costs			Total
	Staff and freelancers	Lecturers, coordinators, translators, etc.	incl. support and development	Travel incl. meals and accomodation	Advertising incl. printing and shipping	Other incl. rents and acquisitions	
Med.Section general	381.150,00	15.000,00	17.000,00	15.000,00	5.000,00	7.450,00	440.600,00
International Coordination AM	109.650,00	120.000,00	16.500,00	17.000,00	3.450,00	1.000,00	267.600,00
Projects (Anthromedics, CARE)	136.900,00	9.000,00	13.500,00	6.000,00		1.500,00	166.900,00
Acad. staff & publications	18.300,00				5.500,00		23.800,00
Conferences	122.100,00	48.000,00	24.000,00	161.000,00	11.500,00	65.000,00	431.600,00
Training and further training	62.600,00	83.000,00	500,00	20.900,00	500,00	6.000,00	173.500,00
Total	830.700,00	275.000,00	71.500,00	219.900,00	25.950,00	80.950,00	1.504.000,00

Income (in CHF)	Sales / fees	Services	Contributions			Total	
	Conference fees, books, school fees	Fees, exhibition stands, certificates	Institutions and partners	Assoc./Inst. (regular payments)	Foundations		Donations
Med.Section general		66.000,00	230.000,00			60.000,00	356.000,00
International Coordination AM		21.000,00		110.000,00	95.000,00	35.000,00	261.000,00
Projects (Anthromedics, CARE)					153.000,00		153.000,00
Acad. staff & publications	10.000,00	2.500,00					12.500,00
Conferences	380.000,00	21.500,00			18.500,00	8.000,00	428.000,00
Training and further training	79.500,00	14.000,00			80.000,00		173.500,00
Total	469.500,00	125.000,00	230.000,00	110.000,00	346.500,00	103.000,00	1.384.000,00

GAS contribution	120.000,00
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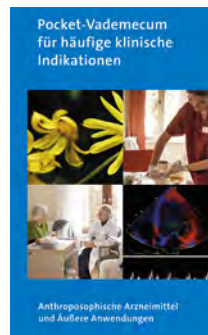
1.504.000,00

Selected publications 2022



Adam Blanning: *Raising Sound Sleepers. Helping Children Use Their Senses to Rest and Self-Soothe*. Edinburgh 2023.

Friedrich Edelhäuser, Ruth Richter, Georg Soldner (Hg.): *Goetheanismus und Medizin*. Dornach 2022.



Society of Anthroposophic Physicians in Germany, Medical Section at the Goetheanum (Eds): *Pocket-Vademecum für häufige klinische Indikationen*. Munich 2022.

Matthias Girke: *Entwicklungswege der Seele. Die Grundsteinmeditation Rudolf Steiners*. Dornach 2022.



Michaela Glöckler: *Das Herz als Ort des Gewissens. Wege zu geistiger und körperlicher Immunität*. Stuttgart 2022.

Peter Heusser, Johannes Weinzirl, Tom Scheffers, René Ebersbach (Eds) *Erläuterungen zum ersten Ärztekurs Rudolf Steiners 1920 – Vorträge 4 und 5. Studienkommentare zum medizinischen Werk Rudolf Steiners – "Geisteswissenschaft und Medizin" (GA 312) 3*. Berlin and Dornach 2023.





Petra Kühne (Ed): *Ernährung. Grundlagen und integrative Konzepte einer anthroposophischen Ernährungsmedizin*. Berlin 2022.

Harald Matthes, Friedemann Schad, Ralf-Dieter Hofheinz (Eds): *Integrative Onkologie. Ein Beratungsmanual für Ärzte und Apotheker*. Stuttgart 2022.



Mathias Maurer, Karin Michael, Tomáš Zdražil (Eds): *Wege zu einer nachhaltigen Gesundheit*. Dornach 2022.

Georg Soldner: *Der Heilungsimpuls im Lukas-Evangelium / The Healing Spirit in the Gospel of Luke*. Stuttgart 2022.

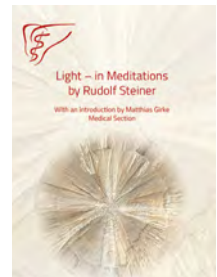


Georg Soldner: *Naturwissenschaft, Medizin und Gesellschaft. Reflexionen in Auschwitz-Birkenau*. Arlesheim 2022.

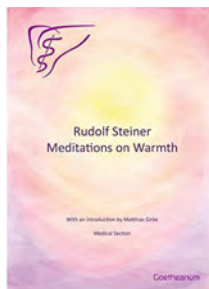
Publications of the Medical Section (selection)



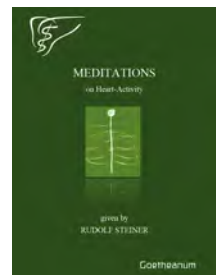
The Human Soul in Meditations by Rudolf Steiner. With an introduction by Matthias Girke. Medical Section at the Goetheanum 2019.



Light – in Meditations by Rudolf Steiner. With an introduction by Matthias Girke. Medical Section at the Goetheanum 2018.



Rudolf Steiner. Meditations on Warmth. With an introduction by Matthias Girke. Medical Section at the Goetheanum 2017.



Meditations on Heart-Activity given by Rudolf Steiner. Medical Section at the Goetheanum, 2nd edition, 2017.



Raphael and the Mysteries of Illness and Healing. Materials and motifs collected by Michaela Glöckler. Medical Section at the Goetheanum, 3rd edition, 2017.



Kindergartenpädagogik. Erste Schuljahre. Working material for kindergarten and school doctors according to Rudolf Steiner's indications. Medical Section at the Goetheanum, 2nd edition, 2017.

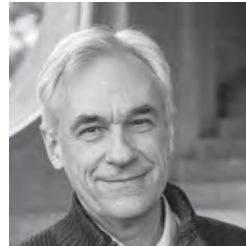
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Publisher

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Picture credits

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