



## Newsletter of the Medical Section

Whitsun 2022

Human soul!  
Practice spirit contemplation  
In equilibrium of soul,  
Where the surging  
Cosmic creative deeds  
Unite  
Your own I  
With the cosmic I;  
And you will truly feel  
In human soul's creating.

Rudolf Steiner, from the Foundation Stone Meditation



*From left to right: Impressions of the modern therapeutic centre in the Georgian capital Tbilisi: from a pharmacy through various specialist medical practices to additional therapeutic treatments of Anthroposophic Medicine, everything can be found under one roof here. Matthias Girke was warmly welcomed by the all-female team developing this major project – including the physicians Dr Lali Andriashvili (third from right), Dr Tamar Vashakidze (right) and her sister, eurythmy therapist Nino Vashakidze (second from left).*

Dear Co-workers  
and Friends of the Medical Section,

The present teaches us how essential it is to have a common consciousness of the world and to work together, encompassing head, heart and hand. In the middle part of the Foundation Stone Meditation quoted above, we can practise time and again to reflect in our soul on our social actions and failures to act with their consequences. The attitude addressed in it is central to learning to live in peace and to help people in need. It addresses an essential dimension of our therapeutic profession. A dimension that we experience in our heart: as the voice of conscience, as an organ of perception for the You, as a social organ of resonance in the community of human beings.

### International annual conference

Our international annual conference "The heart around us – The importance and meaning of the therapeutic community" from 13 to 18 September 2022 (<https://www.goetheanum.org/en/the-heart-around-us>) turns its attention to the human heart and the therapeutic community. It begins and ends by with the concrete question as to how we can shape medicine in such a way that a person's powers of recovery stand at the centre and are strengthened. Here the question at the beginning is, what is health. Machteld Huber will set out how health and community are connected and what changes can be trig-

gered in medicine if this question is followed up with the same consistency with which we investigate and treat diseases. Are we able to encounter ill people in such a way that they also feel that they are recognised in their potential, in what is essential for them in life? And that, on the other hand, their need for a supportive therapeutic community is met at the same time? How do we ourselves overcome conflicts and crises in therapeutic communities and work together in a healthy way? We are devoting a lecture evening and a workshop with Herbert Salzmänn, who is active in this field, to this question.

As last year, the conference itself will be divided into three parts: parallel specialist conferences of the different health care professions with joint supporting lectures form the start. This is followed by the middle part, which is dedicated to spiritual deepening. The emphasis this year is on training our capacity for therapeutic community building. The third part focuses on concrete therapeutic collaboration. In the various international, multiprofessional workshops, it takes the heart theme through the five CARE areas of Pregnancy and Early Childhood, Infectious Diseases, Anxiety and Trauma, Oncology and Palliative Care and the field of Cardiology. At the same time, we include topical subjects such as artificial intelligence and robotics and the question of the image of the human being in medicine. The conclusion is formed by the question as to a system of medicine of the future fit for human beings and the importance and meaning of the power of the heart for therapeutic community building.

We are delighted that this year it is once again easier to meet as a world community at the Goetheanum. The importance of such a direct international human encounter for inner strengthening, mutual encouragement and cooperation, and thus for the further development of Anthroposophic Medicine cannot be overestimated. We hope for lively participation from all regions of the world! Booking of conference tickets will be exclusively online in future and will be possible from 30 May 2022. In this context, we are also grateful for donations to enable colleagues to travel and participate who are unable to do so from their own resources.

## Visit to Georgia

Matthias Girke was able to visit the impressive new therapeutic centre in the centre of the Georgian capital Tbilisi at the end of April. On the ground floor, there is a modern pharmacy open to the public and for the extemporaneous preparation of triturations, ointments, ear drops, globules and dilutions by certified pharmacists. The therapy building also has a medicinal herb garden, looked after by a botanist. It comprises four medical practices (two for general medicine

and family care and one each for paediatrics and gynaecology); two additional physicians (for cardiology and oncology) will be included in their special surgeries. The establishment of an oncological outpatient clinic is planned and will also offer modern oncological treatments. Patients can receive oil dispersion baths, nursing treatments, rhythmical massage therapy, eurythmy therapy, art therapy and biographical counselling. A hall for patient seminars and lecture events is currently being upgraded. We are very impressed by the initiative and strong implementation of the exclusively female Georgian team!

## Early years conference

For spur-of-the-moment decision-makers, we take this opportunity to warmly invite you once more to the international early years conference "The dignity of the child – I feel good in your eyes" (<https://www.goetheanum.org/en/the-dignity-of-the-child>) which will take place at the Goetheanum from 15–18 June and which we are organising together with the Pedagogical Section. The time of pregnancy, birth and early childhood is crucial for the development as well as the health of the child. In the corresponding CARE working group of the Medical Section, which prepared this conference, paediatricians and gynaecologists, midwives, nurses, eurythmy therapists, art and body therapists work together with pre-school teachers and colleagues from early intervention and social work.

The paramount importance of this phase of life is increasingly being recognised worldwide, and we are pleased about the broad spectrum of international expert contributions and workshops at this conference, in which Michaela Glöckler will also participate with several contributions.

## Further training

In **November 2022 a new IPMT (International Postgraduate Medical Training) will begin in Spain**. After intensive preparation by the Spanish umbrella organisation for Anthroposophic Medicine (FECISA) and the Spanish Medical Association (ACMA), the first module will take place in Madrid from 30 November to 4 December 2022. In addition to the IPMT modules, there are weekend courses for the individual therapeutic professional groups to deepen their knowledge. The participants can aim for occupational certification upon completion of this training. This means that there will be multiprofessional Spanish-language training for Anthroposophic Medicine in Europe. We would be very grateful if you could draw the attention of interested Spanish speakers (from training courses, medical studies or already working) to this IPMT!

In January 2023, the **English Medical Training in Anthroposophic Medicine** will begin its second run. We are very pleased that this English-language medical training is now starting again after the successful first course, offering interested colleagues worldwide a certified further training in a hybrid format.

More detailed information can be found on the English Medical Training and Medical Section website (<https://emerson.org.uk/course/anthroposophic-medicine/>).

Effective **therapeutic community building requires spirit contemplation**. In these days, as the Christian festival of **Whitsun** approaches, the community of disciples can stand before us as an archetype, **inspired together by the healing, holy Spirit**. The first act reported by these disciples is the healing of a lame man who until then had been begging at the gate of the temple and who, through the encounter with Peter and John, becomes able to rise and enter the temple. Let us develop our work together in this spirit!

With warm regards

*Matthias Girke and Georg Soldner*

## NOTICES

**Do you use Anthromedics? Request for feedback about the use of our specialist portal:** The sections "Practice" and "Basic Concepts" are available in three languages and their content is continuously updated. Today we ask our newsletter readers:

1. What do you like about the Anthromedics website?
2. What do you miss or would like to have?
3. When did you last access an Anthromedics article?

Please tell me your opinion using the email address: [d.brauer@anthromedics.org](mailto:d.brauer@anthromedics.org).

**New course in rhythmical massage therapy in Switzerland:** On 8 September 2022, the new three-year part-time course will begin in Zurich. It is affiliated to the Anthroposophical Academy for Therapy and Art and accredited by the Organisation der Arbeitswelt KomplementärTherapie. Graduates are awarded the corresponding sectoral certificate and can continue on to the higher vocational examination to obtain the Swiss diploma as a complementary therapist. The training consists of the modular training part for the basic qualifications and the sequentially structured methodological training with internship. The leadership of the training course is represented by Thomas Bur, Liliane Ammann Albertin, Dr med Angela Kuck and Claudia Zangger Stauffer. All information at: <https://atka.ch/studiengaenge/rhythmische-massage/>.

**Working week of sculpture, music and speech at the Kolisko Academy in Germany:** The working week on the topic of "The breathing human being and the lungs" will take place in Stuttgart from 7–12 November 2022 and is aimed at physicians, all therapeutic professional groups and their students. The detailed programme under the direction of Dr Armin Husemann, Marco Bindelli, Christian Hitsch and Dr Serge Maintier as well as all organisational details are available on the Academy's website: <https://kolisko-akademie.de/kursprogramm/uebersicht-1>.

**Quality development through IKAM accreditation procedures:** Training courses and educational provision within Anthroposophic Medicine are of high quality. This is due not least to the IKAM accreditation procedure, which has been developed continuously across all professions since 2000. A group of specially trained auditors from the various professional fields, certified by the Medical Section, assesses the working methods and quality of training, further training and advanced training provision in Anthroposophic Medicine. The group has been working unobtrusively with

expertise and empathy in the background for many years, serving to further develop and improve training within nursing, eurythmy therapy, art therapies and the methods and professions of body therapy. Physicians and psychotherapists use a procedure of their own. The auditors undergo regular continuing training and continue to develop the procedure, most recently on 25 February 2022, virtually due to the pandemic. Training courses to become an IKAM auditor have so far been held in German-speaking countries and in German. In the future, training courses will be offered on an international level, partly online and partly in person, in order to meet the growing demand in other countries and continents. The anthroposophical quality procedure is characterised by the fact that it puts appreciation of what has been achieved and resource-oriented thinking and action in the place of control and monitoring. The accreditation process is intended to affirm the respective educational institution in its strengths and offer assistance for the further development of its provision.

## RECOMMENDED LITERATURE



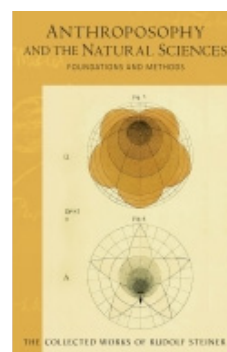
Society of Anthroposophic Physicians in Germany, Medical Section at the Goetheanum (Eds): *Pocket-Vademecum für häufige klinische Indikationen*, Munich 2022.

"With a selection of 60 common clinical indications, it summarises the most important indications and anthroposophical medicinal products, including dosage, etc., for the newcomer; for the experienced user it compiles a clear selection of the most important indications and medicinal products from frequent clinical situations; it offers key thoughts about the medicinal products, and it links – in a hitherto unique form – indication, typical medicinal products and external treatments for the indication. It thus represents a 'best of' the Medicinal Vademecum and Vademecum of External Applications for use in hospitals and practices." (GAÄD)



Rudolf Steiner: *Das Wesen des Menschen im Lichte der Geisteswissenschaft*. 1st edition. GA 68 d. Basel 2022.

"This volume brings together lectures from Rudolf Steiner's intensive public lecturing activity in Berlin and other cities in the years from 1905 to 1909 in the form of detailed transcripts, audience notes and newspaper reports. It deals mainly with questions of nutrition, health and disease, but also of education, the women's question and the social question." (Rudolf Steiner Verlag)



Rudolf Steiner: *Anthroposophy and the Natural Sciences. Foundations and Methods*. CW 75. Forest Row 2022.

"This previously untranslated volume in The Collected Works of Rudolf Steiner showcases Rudolf Steiner presenting the key concepts and methods of spiritual science to more or less sceptical academic audiences in the early 1920s, answering such questions as: What are the tools and instruments required to orient oneself in the world of the soul and the spirit? How can we know that the spiritual world is an objective world and not merely a psychic projection? What authorises the spiritual researcher to acknowledge what he has experienced 'on the other side' as a reality that is independent of him?" (Rudolf Steiner Press)

## RESEARCH

Baars E, Kienle GS, Heusser P, Pedersen PA, van Wietmarschen HA, Kiene H, von Schoen-Angerer T, Hamre HJ. 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. Open access DOI: <https://doi.org/10.1177/21649561211073079>.

Foucré C, Schulz S, Stritter W, von Mackensen I, Luchte J, Ivaki P, Voss A, Ghadjar P, Seifert G. Randomized Pilot Trial Using External Yarrow Liver Compress Applications With Metastatic Cancer Patients Suffering From Fatigue: Evaluation of Sympathetic Modulation by Heart Rate Variability Analysis. *Integrative Cancer Therapies* 2022;21: 15347354221081253. Open access DOI: <https://doi.org/10.1177/15347354221081253>.

Hotho G, von Bonin D, Krüerke D, Wolf U, Cysarz D. Unexpected Cardiovascular Oscillations at 0.1 Hz During Slow Speech Guided Breathing (OM Chanting) at 0.05 Hz. *Frontiers in Physiology* 2022;May. Open access DOI: <https://doi.org/10.3389/fphys.2022.875583>.

Pelzer F, Loef M, Martin DD, Baumgartner S. Cancer related fatigue in patients treated with mistletoe extracts: a systematic review and meta analysis. *Supportive Care in Cancer* 2022. Open access DOI: <https://doi.org/10.1007/s00520-022-06921-x>.



## EVENTS & DATES

**10–12 June:** Pastoral medical conference 2022 "Sacrificial Flame and the Staff of Mercury" at the Goetheanum, Dornach (CH) for physicians, and priests. Programme and registration at <https://www.goetheanum.org/pastoralmedizinische-tagung-2022>.

**15–18 June:** International early years conference at the Goetheanum, Dornach (CH) "I feel good in your eyes". How do trust, warmth and autonomy arise in the interaction between adult and child? Programme and online registration at <https://www.goetheanum.org/en/the-dignity-of-the-child>.

**20–26 June:** Second international online training block of 5-year international training program in Anthroposophic Pharmacy (2021–2025), with Albert Schmidli, Rosa Beilmann, Maria "Jenny" Burniewicz, Denis Koshechkin, Marek Roszkiewicz, Ewa Waśniewska. Contact: [marcoroszkiewicz@gmail.com](mailto:marcoroszkiewicz@gmail.com).

**29 June to 3 July:** International conference on the centenary of eurythmy therapy "Looking to the future" in St Petersburg (RU). With Dr Wilburg Keller-Roth, Dr Marion Debus, Pirkko Ollilainen, Hana Adamcová, Marina Melichewa, Dr Vadim Sivolobov, Margarita Denisova, Dr Denis Koshechkin, Lidia Shpak, Dr Evgenija Majorova, Helena Ahtiainen, Thilo Riebold, Pirjo Vahviala. Registration, suggestions, questions to Margarita Denisova please: [margo.denisova@gmail.com](mailto:margo.denisova@gmail.com) and Lidia Spak: [lidia-ws@rambler.ru](mailto:lidia-ws@rambler.ru).

**28 July:** Start of new further training course in anthroposophically extended physiotherapy. In seven modules, relevant work approaches for the work of the physiotherapist are developed on the basis of Anthroposophic Medicine. Information at [www.anthropophysio.org/Fortbildung/](http://www.anthropophysio.org/Fortbildung/).

**30 July to 6 August:** XIXth international training block of the International Postgraduate Medical Training (IPMT) "The seven life processes" in St Petersburg (RU). For more information see <https://ipmt.medsektion-goetheanum.org/en/courses>.

**13 August:** Online yearly cycle of Anthroposophic Arts Therapies "Art & Medicine – Tria Principia. Are we speaking the same language?" (2nd module). Programme and registration at <https://medsektion-goetheanum.org/en/events-and-conferences>.

**2–4 September:** Viscum therapy training seminars "For understanding the Viscum spirit..." In St Petersburg (RU). With Dr Hartmut Ramm (CH) and others. Please contact Dr Koshechkin for more information: [denis.koshechkin@medsektion-ikam.org](mailto:denis.koshechkin@medsektion-ikam.org).

**5 September–2 October:** Goetheanum online course – 28 days of anthroposophy: international studies and

colloquia at a fixed time for 1.25 hrs per day via Zoom and 20 minutes daily each of eurythmy, art and short contributions by video. Studies including in German/English/Spanish and Portuguese as well as French. Language of communication in the colloquia is English. Information and registration at <https://studium.goetheanum.ch/en/online-studies>.

**13–18 September:** International annual conference of the Medical Section "The heart around us. The importance and meaning of the therapeutic community." Programme and registration: <https://www.goetheanum.org/en/the-heart-around-us>.

**From October:** Three-year interdisciplinary training in Anthroposophic Medicine for physicians, pharmacists, dentists and veterinarians in Roncigno (IT). Information and programme at <https://www.corsoformazionesima.it/>.

**5–9 October:** International conference of the Anthroposophic Council for Inclusive Social Development "On the Quest for Health. Vulnerability, Love and Balance". This year, the focus will be on the interprofessional spheres of contact with medicine, nursing and therapeutic services. Central will be the awareness of the connection between all our abilities and activities in order to be able to build a resilient and healthy world community. For further information and to register visit [www.inclusivesocial.org](http://www.inclusivesocial.org).

**28–29 October:** Arlesheim study days on mistletoe and cancer in Arlesheim (CH). Prepared by Theresia Knittel, Jonathan Neisecke, Dr Annina Pfäffli, Dr Johannes Weinzirl. Further information: shortly at <https://www.studientag.ch/>.

**From 28 January 2023:** English Training in Anthroposophic Medicine. In person and with the opportunity to participate by video. Information and registration at: <https://emerson.org.uk/course/anthroposophic-medicine/>.

### Our calendar of events

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

**Correction:** In the last newsletter, we quoted Rudolf Steiner's "Peace dance" as the motto. Due to an error, it was not reproduced in full, the last three lines were missing. The complete "Peace dance" reads:

Peace dance

The soul's wishes quicken,  
The will's deeds grow,  
Life's fruits ripen.  
I feel my destiny,  
My destiny finds me.  
I feel my star,  
My star finds me.  
I feel my goals,  
My goals find me.  
My soul and the world are but one thing.  
Life, it grows brighter around me,  
Life, it grows more difficult for me,  
Life, it grows richer in me.  
Strive for peace,  
Live in peace,  
Love peace.

Rudolf Steiner, For Eurythmy 1914 and Dornach, 10 July  
1924 (CW 40)