



We should lead our daily life in such a way
that at every moment a new beginning is possible.

Thich Nhat Hanh (1926–2022)

Newsletter of the Medical Section

February 2022



From left to right: Concentrated work during the last module of the further training in anthroposophic pharmacy in Peru in October 2021 which was attended by participants from eight countries; winter in Dornach, occasionally sunny, often foggy: impressions of the Glass House – today home of the Section for Agriculture and of the Natural Science Section – and the Goetheanum from a distance.

Dear Co-workers and Friends of the Medical Section,

The pandemic challenges us on several levels: in the individual care of patients with **Covid-19 and Long Covid** (<https://www.anthromedics.org/PRA-0939-EN> and <https://www.anthromedics.org/PRA-0993-EN>), in vaccination counselling and support, as much as in the care and treatment of the many people with anxiety and mental disorders we must and can achieve a lot together in prevention, therapy and care. The **basis** for this is given by the schooling path and **meditative work**.

On 22 January 2022, the eminent Buddhist meditation teacher **Thich Nhat Hanh** died at an advanced age. His beneficial work began to shine out in the dark times of the Vietnam War. He enabled countless people to make a new spiritual start and at the same time, as a Buddhist monk, publicly campaigned against the war and for its victims. Violence, wars, conflicts in

the social sphere, in our relationships can only be overcome by finding the strength to make a new start. It is our I, the reality-creating realness of the spirit within us, in which the power is rooted to which the above quotation from Thich Nhat Hanh refers. The response to his crossing of the threshold of death clearly shows the number of people who are open today to an **inward schooling path and the motivation to meditate**

Here Anthroposophic Medicine can provide effective motivation and assistance, especially in the time of the pandemic. **The meditations which Rudolf Steiner** himself gave patients **form a valuable source** and motivation in this respect (Selg, Peter: *Patienten-Meditationen von Rudolf Steiner*, Arlesheim 2019).

This year we are approaching the hundredth anniversary of the **night when the first Goetheanum**

burned at New Year's Eve 1922/23. At the time it was a trial by fire in the truest sense of the words for the anthroposophical movement and Rudolf Steiner himself. One year later, the founding of the Anthroposophical Society, the School of Spiritual Science at the Goetheanum with its Sections, including the Medical Section, took place in the Schreinerei which had been spared by the fire. A **sweeping power of renewal unfolded and strengthened anthroposophy** in the various fields of life.

Currently we are experiencing **other forms of attack on anthroposophy**, especially in Central Europe. Can we too transform these into a strengthened anthroposophical movement in the various fields of life? The attacks to which Anthroposophic Medicine has recently been subjected because of its spiritual dimension are countered by the growing inner need of people to be perceived and taken seriously as spiritual individuals. The pandemic, the rise in social injustice, increasing globally beyond belief, and the destruction of the earth's living envelopes call for us to courageously and authentically represent the spiritual orientation of our work and connect with all those who nurture related spiritual and moral impulses. In talking to patients and in dialogue with the public, we ourselves are the face, the reality of Anthroposophic Medicine. Here it is precisely those things we are able to fill with life and continue to develop out of the content and methodology of anthroposophy itself that are effective and convincing. At a time when we are experiencing the power of politics and the media in the medical field, we can become all the more aware that each and every one of us helps shape the image others have of Anthroposophical Medicine. In this context the following also applies: "The Internet doesn't forget" – what has once been uttered in the social space can no longer be recalled.

Thus the reality in which we stand, and in which often have to fight to be able to practise Anthroposophic Medicine, reminds us of the conditions that are fundamental to membership of our School: following the inner schooling path, maintaining the connections between us, and becoming a representative of anthroposophy in a conscious, responsible way. These three virtues are closely connected. Thus we see, on the one hand, that where it is possible to maintain the connections between us on this basis, difficult situations can also be mastered; and on the other hand, where this is not the case, the work of destructive opposing forces can unfold all the more uninhibitedly. The field of public relations work for Anthroposophic Medicine in particular requires vigilant representation and national and international cooperation which we on the part of the Medical Section and – across the professions – the International Federation of Anthroposophic Medical Associations (IVAA) are happy to support.

We are grateful for the **numerous activities** that can be realised in the field of Anthroposophic Medicine! In **India**, a **new IPMT cycle** began online in December with around 60 participants, which is entirely organised by and the responsibility of our Indian colleagues. In connection with the Colombian IPMT, **another series of Spanish-language webinars on Anthroposophic Medicine** has now begun in its second year, which once a month will deepen knowledge on various topics. At the beginning of January, a small **art therapy work conference** took place at the Goetheanum with virtual networking with colleagues who could not attend. It is being used to prepare for the hopefully big art therapy conference again next year. On 14 January, the **Working Group of Anthroposophically Oriented Perioperative Medicine was established**: colleagues from anaesthesia and the surgical disciplines reported impressive experiences in the use of medicines and external treatments which are also used in surgical departments of orthodox hospitals. Future perspectives and projects were agreed upon. The **Working Group of Anthroposophically Oriented Rheumatologists** has its next meeting at the beginning of February. Likewise work continues in the CARE areas: a **work meeting on palliative care** will take place on 11 February. In a time which many people experience as psychologically oppressive and frightening, the collaboration of anthroposophical psychotherapists with physicians working in psychiatry is of particular importance. We are grateful that the **anthroposophical psychotherapists of the CARE III working group**, chaired by Vasuprada Kartic (India) and supported by Henriette Dekkers (Netherlands), are intensifying their international collaboration.

We will report on the **annual retreat of IKAM**, as the international coordinating body of the Medical Section, in Dornach at the end of January in the next newsletter.

So we send our warm greetings to you all in this challenging time together with good wishes for the work in the still young year 2022!

Matthias Girke and Georg Soldner

Havelhöhe Community Hospital (GKH) the best hospital in Berlin: This is the result of a current analysis by the German Institute of Service Quality which was commissioned by the news channel ntv. Five criteria were evaluated which are very informative in terms of performance and quality. In the overall German ranking, the GKH occupies fifth place. We join in the pleasure of all Havelhöhe employees – and especially the nursing staff!

Prestigious Holzschuh Prize for Complementary Medicine awarded to Dr Bettina Berger: People with type 1 diabetes can also fast. This is shown by a feasibility study by Dr Bettina Berger from Witten/Herdecke University (DE), who together with her research group tested a fast lasting several days. For this work she was awarded the prestigious Holzschuh Prize in November 2021. We congratulate her warmly and want to make everyone aware that the study results are published online: <https://doi.org/10.1016/j.nut.2021.111169>.

Grassroots initiative launched in Spain for a pro complementary medicine law: In December 2021, the grassroots initiative to safeguard in law complementary medicine and therapy in Spain started collecting 500,000 signatures over the next eight months. Anthroposophical physicians in the country support the initiative and call on people to participate. Comprehensive information on the campaign and the opportunity to sign is provided on the website <https://leymtci.org/>.

A look back at celebrations for 100 years of Anthroposophic Medicine in Japan: As in many countries, an online conference on 100 years of Anthroposophic Medicine was held in Japan in 2021 (on 30/31 October), hosted by the Japanese Association of Anthroposophic Medicine, which was attended by a total of 220 people, both members of the Association and other interested people. In about 1998, Japanese art therapists and eurythmy therapists started their activities in their home country. Anthroposophic Medicine (AM) spread with the start of the International Postgraduate Medical Training in Japan in 2004; increasing numbers of physicians, nurses and pharmacists received their International Certificate from the Medical Section. The first anthroposophical outpatient clinic outside the German-speaking world authorised by AnthroMed® was established in Japan. – Although it was an online conference, it was as filled with the same energy as if it had been a face-to-face meeting. The topics ranged from the general question of what constitutes AM to current practice issues and Covid-19, with all professional groups participating and reporting from their practical activities. It was a con-

ference that left participants invigorated to continue using and developing AM in Japan. (*Michiyo Yahiro and Kimiko Ishikawa*)

Conclusion of the first Ibero-American further training in pharmacy: From 11–17 October 2021, the last module of the first Ibero-American further training in anthroposophic pharmacy took place in hybrid form with 31 participants from eight Spanish-speaking countries and 22 guests from Mexico. It was devoted to the practical manufacturing processes, the special manufacturing procedures and the inner schooling path of the pharmacist. Thanks to the kindness of our anthroposophical manufacturers, our main lecturer Albert Schmidli was allowed to teach from the Weleda training laboratory and the WALA infrastructure was made available for the rhythmical procedures, supported by Petra Uschnik. Martin Rozumek gave us an introduction to the rhythmical processes, Gerhard Schaller from Iscador AG told us about the nature and production of mistletoe, and Yván Villegas about the modes of action of anthroposophical medicinal products. As a result of the forward-looking discussion with Mónica Mennet-von Eiff about regulatory affairs, the task of seeking national solutions in regional coordination emerged. May a community of anthroposophic pharmacists form in our region and may the cooperation among colleagues continue to grow! (*Maike Kergel*)

Basic course in AM in Uruguay successfully concluded: In seven units from April to November 2021, the academic group organising them was guided by the training programme that has been run by the Brazilian Association for Anthroposophic Medicine (ABMA) for more than twelve years. Well-known teachers from Argentina, Germany, Colombia and Uruguay were involved. This is an important step in the development of anthroposophical therapies in Uruguay. An innovative aspect of the basic course was the combination of educational aspects with medical approaches. We hope that the dedicated team around Dr Fabián Tena will continue with this valued course work!

"Lichtung–Sprache": This is the name of the new initiative for anthroposophical therapeutic speech which, with "Taufisch", also offers further training in therapeutic speech for physicians, medical students and anyone else interested. Three creative speech practitioners and two physicians have joined forces to form a committed interprofessional team: Esther Böttcher, Claudia Kringe-Andres, Daiana Vassella, Leonhard Knittel and Jan-Gabriel Niedermeier. The team is looking forward to your visit to the website www.lichtung-sprache.com or to you contacting them at: info@lichtung-sprache.com.

Eurythmy therapy training in United Kingdom: We are happy to announce that the next course will start

on March 21st, 2022. The training is offered through Alanus University and on completion provides an internationally recognised Master's degree from Oslo University, in addition to a diploma from the Medical Section at the Goetheanum. It is necessary to have a eurythmy diploma recognised by the Goetheanum to take part in this course, but a Bachelor's degree is not a requirement. The training will take place at Emerson College in Forest Row and comprises five four-week blocks over a two-year period, which take place in the spring and summer. In addition, there will be two one week blocks online in the autumn. The thesis will be completed in the third year. We also plan to give students in China the opportunity to study with us from their home country. We will offer it as a combination of online classes accompanied by two graduates who will assist with learning the eurythmy therapy exercises. For more information: <https://www.eurythmytherapytraining.org.uk/>. Contact: enquiries@eurythmytherapytraining.org.uk. (Shaina Stoehr, Brenda Newton, Katherine Beaven)

Further training in anthroposophical music therapy for trained music therapists: The training will take place from 4 March on six weekends in 2022 and is aimed at interested persons who would like to explore the anthroposophical characteristics of music therapy in theory (medical understanding of the human being) and practice (study of phenomena, eurythmy, therapy instruments, singing therapy, therapy examples). The venue is the Havelhöhe Academy of Anthroposophic Medicine in Berlin/DE. Further information: <https://bit.ly/3g3rdiF>.

Basic training in Goetheanism: With the topic "Animal and human as embodiment of soul and spirit", the second module will take place at Rudolf Steiner House Stuttgart/DE from 28 April–1 May 2022. One of its main objectives will be to derive from phenomena how the animal kingdom can be regarded as "a human being in a sense separated into heaviness" and how, conversely, in the human being the animal world appears as being consolidated and harmonised on a higher level permeated with spirit. Information and registration for everyone interested from Jan Albert Rispens: email primula.veris@aon.at, tel. +43 4272 6541.

From summer 2022 start of the part-time training in anthroposophical art therapy, specialising in painting and modelling therapy, in Basel/CH: The training is modular, once a month on a Saturday/Sunday, as well as comprising three intensive weeks until summer 2025. Courses are led by various lecturers. The entry requirement is a relevant Abitur/Matura school leaving qualification or vocational qualification. Prior training is credited. For further information, see <https://www.studiengang-kunsttherapie.ch>.

Notice of a new video on protecting children and young people from premature digitalisation at home and school: [Growing up healthy in a world of digital media](#).

IN MEMORIAM

Dietrich Scholl, born on 12 March 1939, crossed the threshold at around 3.15pm on 24 December 2021. He worked into old age as a general practitioner in Kiel/DE and for decades regularly took part in the working meetings of the pastoral medical working group in Hamburg. He had just begun to recover from a heart operation with many complications and near-death situations in the summer when he was infected with coronavirus in rehab. Ultimately, the disease probably led to his death. (Irene Stiltz)

Our faithful friend and medical colleague **Jan Claes** died unexpectedly at the age of 68 on the night of 28–29 December 2021. For many years he was a member of the council of the Belgian Society of Anthroposophic Physicians (BVAA/ABMA) and in this capacity also a delegate to the International Federation of Anthroposophic Medical Associations (IVAA). Many of his international colleagues came to know and appreciate him at the IVAA meetings at the Goetheanum as a very modest, positive and supportive participant. We will miss him and hope that he will accompany and support us from the world he is now entering.

Guy Wertheim Aymes, born on 17 August 1927, peacefully crossed the threshold of death, aged 94, at his home on 14 January 2022. He was the founder of Weleda in South Africa and a force in the life of the company. Many people received generous support through him in their anthroposophical striving. His son David wrote on the occasion of his 93rd birthday that Guy Wertheim Aymes had reached a very special spiritual space, modest and wise. His co-workers in Anthroposophic Medicine also thank him for his life's work and accompany him with their best thoughts.

RESEARCH

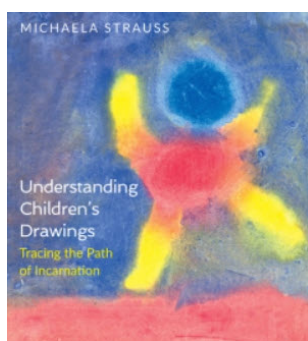
Ben-Arye E, Zohar S, Keshet Y, Gressel O, Samuels N, Eden A, Vagedes J, Kassem S. *Sensing the lightness: a narrative analysis of an integrative medicine program for healthcare providers in the COVID-19 department*. Support Care Can-

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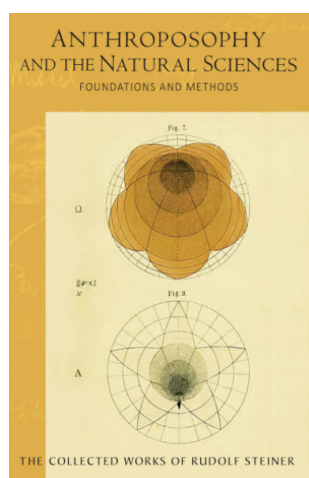
RECOMMENDED LITERATURE



Strauss, Michaela: *Understanding children's drawings. Tracing the Path of Incarnation*. Forest Row 2021.

"It is not uncommon for children's drawings to end up in the wastepaper basket. Yet these early artistic expressions indicate how children communicate with

their environment. From the first scratches and scribbles to the detailed sketches of houses and people, the drawings and paintings of our young ones are significant manifestations of inner processes, containing important statements about their development and gradual incarnation into a physical body." (Rudolf Steiner Press)



Steiner, Rudolf: *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 skeptical 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 authorizes the spiritual researcher to acknowl-

edge what he has experienced 'on the other side' as a reality that is independent of him?" (Rudolf Steiner Press)

EVENTS & DATES

From 3 February: Start of training course in Anthroposophic Medicine in France, for physicians of all specialties, midwives, pharmacists, nurses and other health professionals. Information: <https://www.ife-ma.fr/formation-base/>. Contact: contact@ifema.fr.

From 26 February: Un viaje fenomenológico por el cosmos y los procesos de los metales planetarios a la luz de la antroposofía [A phenomenological journey through the cosmos and the processes of the planetary metals in the light of anthroposophy]. Seminar in eight online meetings with the Swiss pharmacist Albert Schmidli for all those working in Anthroposophic Medicine, Waldorf education and biodynamic agriculture. The units are thematically related to each other but can also be watched independently. The meetings will be translated into Spanish and Portuguese. Information at <https://programasofiaforma.wixsite.com/medicinantroposofica>; Contact: programasofiaformacion@gmail.com.

March 2022 to September 2024: Part-time training to become an anthroposophic physician, integrative – interdisciplinary – holistic. For all (future) physicians who would like to gain an anthroposophical medical qualification in addition to their conventional medical training and further training. Course leaders: Dr Marion Debus, Dr Jan Feldmann, Dr Matthias Girke. Havelhöhe Academy, Berlin/DE, programme and contact: info@akademie-havelhoehe.de, www.akademie-havelhoehe.de.

Postponed: 4–6 March: Studying and Addressing LIFE in Medicine. Anthroposophic Medicine Research Congress. Congress on concepts, research methods and implementation in clinical practice at the Goetheanum, Dornach/CH. New date: 13–15 May 2022 in Witten/Herdecke (DE). Further information to follow.

13–19 March: English Medical Training module at the Goetheanum, Dornach/CH. With Dr Matthias Girke, Dr Michael Evans, Dr James Dyson, Dr Michaela Glöckler, Prof Dr Peter Selg and Georg Soldner.

18–19 March: 26th specialist conference on anthroposophic child and adolescent psychiatry and psychotherapy: girl, boy, diverse? Gender and its variations. The attendance event will take place at the Blote Vogel School in Witten-Annen/DE. Programme and registration at: <https://bit.ly/3H8696L>.

25–27 March: Module 6 of the eurythmy therapy training course for physicians, medical students, therapists and guests at the Goetheanum, Dornach/CH. Further information and registration at: <http://heil-eurythmie-ausbildung.ch/>.

26 March: First unit of the "Tria Principia" online cycle of anthroposophical art therapies. For art therapists, physicians and students from both fields, psychotherapists, non-medical practitioners and others interested in art therapies in discourse with medicine. Details at <https://bit.ly/3u4xmDq>.

3–10 April: First session of training in anthroposophic pharmacy: Alchemical roots to the modern production of natural medicines. New five-year North American cycle 2022–2026. With Albert Schmidli PharmD and Steven Johnson DO in Chestnut Ridge, New York. For pharmacists, pharmacy students, and those involved in pharmacy research and production. The course is also open, on a limited basis, for experienced anthroposophic prescribers and others involved in the cultivation of healing plants. For details and contact: <https://anthroposophicmedicine.org/anthroposophic-pharmacy-course>.

10–12 June: Pastoral medical conference "Sacrificial flame and Mercury's staff" at the Goetheanum, Dornach/CH. Further information at: <https://bit.ly/3KRg-3Mq>.

15–18 June: "I feel good in your eyes". How do trust, warmth and autonomy arise in the interaction between adult and child? International early years con-

ference at the Goetheanum, Dornach/CH. Programme and online registration at: <https://www.goetheanum.org/en/the-dignity-of-the-child>.

29 June – 3 July: On occasion of the hundredth anniversary of therapeutic eurythmy, "Looking ahead" in St. Petersburg/RU. With the participation of Dr Wilburg Keller-Roth, Dr Marion Debus, Pirkko Ollilainen, Hana Adamcová, Dr Vadim Sivolobov, Dr Denis Koshechkin and others. For questions and registration please contact by email: Margarita Denisova: margo.denisova@gmail.com or Lidia Spak: lidia-ws@rambler.ru.

13–18 September: International annual conference of the Medical Section "The heart around us. The importance and meaning of the therapeutic community". Details and provisional programme: <https://bit.ly/3u-5jmcS>.

From January 2023: English Training in Anthroposophic Medicine. Based in the United Kingdom, open to doctors worldwide. Internationally accredited by the Medical Section at the Goetheanum. With Dr Michael Evans, Dr James Dyson, Dr Matthias Girke, Anna Hubbard and Prof Dr David Martin. More information: <https://emerson.org.uk/course/anthroposophic-medicine/> (Programme here).

Our calendar of events

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