



Newsletter of the Medical Section

Christmas 2022

What would otherwise be nothing more than abstract cognition becomes a feeling and volitional relationship with the world. The world becomes a temple, the world becomes a house of God. The human being in their cognition, bestirring themselves in their feelings and volition, becomes a sacrificing being. The basic relationship of the human being with the world ascends from cognition to cosmic ritual. That all those things which are our relationship with the world should first be recognised in the human being as cosmic ritual is the first beginning of what must happen if anthroposophy is to fulfil its mission in the world.

From Rudolf Steiner's New Year's Eve lecture immediately before the first Goetheanum burnt down 100 years ago (31 December 1922)



From left to right: Another IPMT took place in Colombia in October, illustrating the intensive anthroposophical medical work in South America. Successful completion of the eurythmy therapy training in Cape Town (SA) in the presence of IKAM coordinator Hana Adamcová (bottom left in the picture).

Dear Co-workers
and Friends of the Medical Section,

For the coming Christmas season our very warm good wishes go out to you! May the quiet time "between the years" with its twelve holy nights bestow rich blessings and bring peace to the world.

In contemporary events we are faced with military conflicts, the suffering that results from them, and the emerging spectres of a polarisation between East and West that was thought to have been overcome. We are experiencing the economic consequences, the energy crisis, the climate crisis with the threat to the earth and its atmospheric envelopes. The attacks on anthroposophy, especially in Central Europe, fit in with this signature of the present time. They are part of 2022, this year which is coming to an end, where

100 years ago the most powerful attack on anthroposophy took place: the burning down of the first Goetheanum.

Peace comes from understanding, needs the interest in the other and the recognition of their being. May the Christmas season bring this light in interpersonal encounters, ignite warmth in togetherness and develop life forces for the new year.

We warmly thank all of you for all the work that has been done in the year that is coming to an end, for the many wonderful personal encounters in the countries and during this year's annual conference, as well as for the exchange in our discussions. Through working together in community, the Christmas forces of light,

warmth and life can unfold and lead the being, whom we commemorate with the Christmas festival, to let sun forces shine in the relationship between human beings and in the community. May they lead to confidence, joyful moments and fruitful creativity in the new year!

Intensive IPMT work worldwide

We are very pleased that this year we could begin our IPMTs in the countries as real meetings. The first country was **Romania**, followed by **Slovakia** and in October **Colombia**: about 130 people from the different therapeutic professions met there near Cali to work together for a week in a concentrated way. Some medical colleagues in Colombia have already been certified as anthroposophic physicians. A separate course was dedicated to anthroposophical nursing, as well as to psychotherapy, body therapy, and painting and music therapy. The difference to the preceding virtual training weeks during the pandemic was tangible. There is no virtual substitute for human encounters.

Within the framework of the pharmaceutical training – carried out by Albert Schmidli in collaboration with the pharmaceutical IKAM coordinators Mónica Mennet-von Eiff and Annette Greco – pharmacists are being trained anthroposophically in South America, Eastern Europe and Asia. In the Colombian capital Bogotá, the extemporaneous production of anthroposophic medicines is planned in a pharmacy.

In December, another in-person IPMT week will take place in **Bangalore/India** and bring together numerous people from different therapeutic approaches, here too we are pleased about the great interest.

Pharmacy and ecology

In the current issue of the pharmaceutical journal with the highest circulation in Germany, an article on the topic of sustainable pharmacy resulting from the "One Health" work was published (in German) with lead authors Annette Greco and Mónica Mennet-von Eiff.¹ Pharmacy must make a decisive contribution to overcoming the ecological crisis. Therefore medicines should in future be assessed not only in terms of their efficacy, but also in terms of their ecological impact on planetary health. This applies not only to their production but also to the environmental consequences of

their use (e.g. antibiotic resistance) as well as after their excretion (e.g. groundwater contamination by painkiller residues). "We can only develop healthily as humanity if we keep the earth as a whole – in interaction with animals, plants and the soil – healthy. Moreover, ecological exploitation often goes hand in hand with social exploitation; an equitable use of planetary resources must therefore also be linked to social equity."²

The health of the human being can only develop in connection with the health of the earth. This relationship of the microcosm to the macrocosm is of decisive importance for medicine and pharmacy and is closely connected with the nature of Anthroposophic Medicine. The healing powers of the kingdoms of nature become therapeutic answers to questions posed by diseases. The comprehensive theme of the etheric, the living, which connects the life of the organism with the environment, is the focus of the upcoming **Research Conference** from 3–5 March 2023 with the topic and title "One Health – Studying and addressing LIFE in Medicine" (<https://www.goetheanum.org/foko2023>).

Important events

We are very much looking forward to the **23rd International Study Days for Anthroposophical Arts Therapies**, which will again take place as an in-person conference at the Goetheanum from 5–8 January 2023. It is about the development of the forces of courage needed to develop and shape the soul (<https://goetheanum.ch/en/events/anthroposophical-art-therapies-2023>).

The second training cycle of the **English Training in Anthroposophic Medicine** will begin at the end of January/beginning of February 2023. We are extremely grateful that participants from 14 countries attended the first cycle, which has now been successfully completed, and we very much hope that enough interested doctors will register for the new training course (<https://emerson.org.uk/course/anthroposophic-medicine/>).

A crucial event of the coming year will be the **annual conference of the Medical Section on 12–17 September 2023**. It is dedicated to the topic "Body and I – The Immune System and Autoimmune Disease". We will work on the relationship between the individuality and the body and develop a deeper understanding of the development of the human immune system and common autoimmune diseases in

¹ Greco, Annette; Mennet-von Eiff, Mónica; Christoph, Moritz; Keusgen, Michael; Edelhäuser, Friedrich; Peifer, Christian: [Wie kann die Pharmazie zur Nachhaltigkeit beitragen?](#), in: Pharmazeutische Zeitung, 24 November 2022, p. 48–52.

² Ibid., p. 48.

which "the body turns alien", as well as discussing their therapies. The multiprofessional conference will be preceded by a conference on the spiritual deepening of medicine. It will focus on the topic of the human body as a temple, both in the work of the School of Spiritual Science and the work on the Foundation Stone Meditation and the Gospels. At the beginning of the annual conference in 2023, there will again be specialist conferences devoted to the specialties of nursing, midwifery, body therapy, eurythmy therapy, psychotherapy, dentistry and, in a joint conference, medicine and pharmacy. The latter is being prepared by the younger generation associated with the medical training at Klinik Arlesheim. Thematically, the specialist conference on medicine and pharmacy will draw on the lecture on the "invisible human being in us" and the related action of the human constitutional elements in the threefold organism given by Rudolf Steiner on 11 February 1923.

During the multiprofessional conference, the leadership of the Medical Section will be handed over to Marion Debus, Karin Michael and Adam Blanning. On this occasion we will take a look back but above all hear about the new perspectives of the Section's work.

So very warm greetings go to all of you, near and far, together with a thank you for all the work for Anthroposophic Medicine in the year that is now drawing to a close, as well as good wishes for the coming tasks and work goals of the new year!

Matthias Girke and Georg Soldner

NOTICES

8th International and Interdisciplinary Mistletoe Symposium – Call for papers: The series of mistletoe symposia held every four years will be continued from 9–11 November 2023. They offer scientists and doctors a forum for discussion and create the basis for a discourse across the boundaries of therapeutic approaches. The symposium will be held in German; lectures and posters can also be presented in English. Simultaneous interpretation is planned. Submission deadlines: 11 February 2023 for registration of contributions as a short lecture or poster (name, title, institution, address as well as the desired form of presentation only); 30 April 2023 for submitting the summary of your contribution by email. Contact /registration and submission of abstract: Dr Rainer Scheer, Tel. +49 7233 7043-118, Email: rainer.scheer@carus-institut.de.

Eurythmy therapy training in Cape Town (SA) successfully completed: We share the joy of the lecturers and graduates of the "Southern Cross" initiative at the completion of the second training course. Enquiries about a future course have already been received. South African colleagues – Julia O'Leary, Judith Taberner, Christiane Janowski – are responsible for establishing a sponsoring association and a cooperative team. In addition, a supporting mentoring group from Europe and Australia has formed – Ursula Browning, Patricia Orange – and a team is working locally on the technical implementation of future training, consisting of Christiane Wigand, Nomathemba Bakana, Geryl Laset and Felicity Schenk.

Margarethe Hauschka School (DE) accredited for the International Coordination of Anthroposophic Medicine (IKAM): The "Rhythmical Massage Therapy" further training provision was audited and accredited at the beginning of September 2022. This was preceded by a lengthy process. All those involved are now pleased that the institution with the longest tradition in rhythmical massage therapy has achieved this status. Information: www.margarethe-hauschka-schule.com.

Website launch of the International Federation of Anthroposophic Psychotherapy Associations (IFAPA): The organised anthroposophic psychotherapists introduce themselves on a new website in English, Spanish, Portuguese and Italian. Those interested are informed about the tasks of the international professional association, further training, events and publications: <https://ifapa.ch>.

Impressions from the eurythmy therapy conference in St Petersburg (RU): Around 70 eurythmy therapists, eurythmists and physicians from all over Russia

gathered for this festive event from 29 June to 3 July 2022. Despite the great uncertainty due to the conflict in Ukraine, the conference was prepared intensively with heart and soul by Margarita Denisova from St Petersburg and Lidia Shpak as well as Tatjana Strizhak from Moscow, but ultimately by all participants – with the indomitable will to hold this conference in the St Petersburg Waldorf School despite all obstacles. Each day began with a lecture by Dr Wilburg Keller Roth on the central themes of the eurythmy therapy course, followed by "tandem working groups" – a physician together with a eurythmy therapist – on the various fields of work of eurythmy therapy (ET): Dr Vadim Sivolobov and Marina Melicheva on ET in kindergartens, Dr Denis Koshechkin and Margarita Denisova on ET in schools, Evgenia Majorova and Marina Romanova on ET in special needs education. I myself, together with Barbara Lampe had a working group on ET in oncological diseases and a lecture. In the late afternoon there were reports and films about many initiatives in various places in Russia in connection with ET, and each evening a performance prepared for the conference by eurythmy groups from various places. It was an important and forward-looking conference:



the widely dispersed groups met each other, gathered impulses for further exchange and deepened their collaboration (even though, of course, some things are still not easy, especially in the case of differences of opinion). The presence of us Central Europeans was experienced as important precisely because there is a growing awareness of the different approaches to eurythmy and ET in the West and East that were evident at the conference, and there is a desire to learn from each other. A major impulse was adopted for the development of the ET training: after Margrit Hitsch's training course finished in 2021, the Trude Thetter School in St Petersburg will in future organise the ET training in conjunction with art therapy training courses. It is scheduled to start in the summer of 2023.

(Dr med Marion Debus)

In Memoriam: In October, three great personalities crossed the threshold of death who over the course of decades exercised a significant influence on our anthroposophical medical movement. As teachers, researchers and practitioners, they leave behind a wealth of results and practical knowledge. Their humanity, humour and dedicated interest in joint devel-

opment will remain with us in our memory. Out of our heartfelt sympathy for their departure from earth and in gratitude, we hope for the continued involvement of Wolfgang Schad, Hans Werner and Olaf Titze from the spiritual world.

Prof Dr Wolfgang Schad: Born on 27 July 1935, died on 15 October 2022. He studied biology, chemistry and physics as well as education, taught as a class and upper school teacher and was a lecturer at the Seminar for Waldorf Education in Stuttgart. He was a member of the board of the Educational Research Centre from 1975 to 1992. From 1992 to 2005 he headed the Institute for Evolutionary Biology and Morphology at Witten/Herdecke University. He is the author of numerous books and journal articles, including *Evolution als Verständnisprinzip in Kosmos, Mensch und Natur* (Evolution as a Principle of Comprehension in Cosmos, Humans and Nature), *Die verlorene Hälfte des Menschen* (The Lost Half of the Human Being) and his opus magnum *Threefoldness in humans and mammals*.

Dr med Hans Werner: Born on 10 March 1925, died quietly and peacefully on 19 October 2022 at the age of 97 near Öschelbronn Hospital which he founded. He had also accompanied SEKEM's development intensively since the early 1980s and, together with his wife Elfriede Werner, founded the German Friends of SEKEM Association, of which he was chairman for a long time. In SEKEM he dedicated himself primarily to the establishment and development of the Medical Centre. "A physician's life between Öschelbronn, Russia and Egypt" was the title of his biographical review in a lecture he gave at the Paracelsus Foundation in Unterlengenhardt in February 2020.

Dr Olaf Titze: Born on 14 February 1931, died on 28 October 2022. "Olaf Titze was in the truest sense a warm-hearted person and colleague, a free spirit who had experienced the then divided Germany from both sides. He was a therapeutically creative physician who gave much of his heart and soul to anthroposophical pharmaceuticals in his professional association with Weleda, mastered his own heart disease with dignity, and also nurtured his relationship with WALA in his last years in Bad Boll." (Georg Soldner)

RESEARCH

Lederer AK, Huber R. *The relation of diet and health: you are what you eat*. International Journal of Environmental Research and Public Health 2022;19(13):7774. Open access: <https://doi.org/10.3390/ijerph19137774>.

Szőke H, Szőke J, Martin David, Vagedes J, Kiss Á, Kovács Z, Dobrylovsky A, Mussler O, Kisbenedek A,

Verzár Z, Szőke R. Proctoclysis for rehydration in children – A scoping review and a pilot survey among medical doctors. *Complementary Therapies in Medicine* 2022;71. Open access: <https://doi.org/10.1016/j.ctim.2022.102902>.

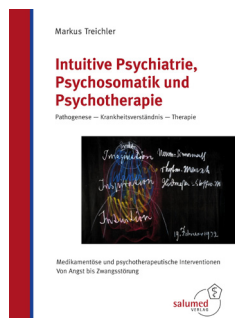
Winnubst ME, de Almeida Leme RJ. Decreasing the symptoms of essential tremor with medical painting therapy. *Permanente Journal* 2022;26(2):132-137. Open access: <https://doi.org/10.7812/TPP/20.260>.

RECOMMENDED LITERATURE



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

With contributions from Dr med Marion Debus, Dr med Matthias Girke, Dr med Deborah Gregersen, Ute Gruhn, PD Dr med Matthias Kröz, Dr Petra Kühne, Prof Dr med Harald Matthes, Prof Dr Ulrich Meyer, Anita Pedersen, Dr med dent Roman Pönisch, Dr med Karl-Heinz Ruckgaber, Dr med Uwe Schulze, Ela Wallner, Dr med Roland Zerm. [Table of Contents](#).



Markus Treichler: *Intuitive Psychiatrie, Psychosomatik und Psychotherapie. Pathogenese – Krankheitsverständnis – Therapie*. Berlin 2022.

Intuition plays a significant role in anthroposophy and in medicine. The purpose and aim of this book is to describe intuitive methods in psychiatry, psychosomatics and psychotherapy and to present the results of their utilisation. [Table of Contents](#).



Alejandra Mancini, Cornelia Buchner: *Trauma verstehen. Hilfe für Angehörige und Freunde*. Munich 2022.

What to do when a person in your personal surroundings is struggling with traumatic experiences? In this book, relatives and friends will find holistic expert advice and concrete suggestions: suitable for everyday use and easy to understand.



Frank Meyer, Michael Straub: *12 magische Heilpflanzen und ihre Vielfalt*

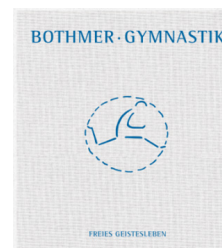
in der Pflanzenheilkunde. Mit besonderem Schwerpunkt auf Anthroposophischer Medizin und Homöopathie. Stuttgart 2022. This book opens up the world of the characterful "Magic 12", the strongest allies for a green health transition. In holistically oriented portraits, the authors bring to life the deep relationship of healing plants to us humans and learn everything about botany, myths, wild gathering, the importance of biodynamic cultivation, medicinal ingredients, preparations, forms of administration and the possibilities of effective self-treatment.



Stefan Schindler: *Lichtwirkungen aus biologisch-medizinischer Sicht und unter anthroposophischen Gesichtspunkten nach Rudolf Steiner – und ein Leitfaden zur Implementierung qualitativ guten Lichts in der Praxis*. Borchten 2022.

Fritz Graf von Bothmer: *Bothmer Gymnastik*. Edited by Jan Uwe Gösch. Stuttgart 2022.

As a gymnastics teacher at the first Waldorf school in Stuttgart, Count Fritz von Bothmer, in consultation with Rudolf Steiner, developed a system of gymnastic exercises known today as Bothmer Gymnastics. On the occasion of the 100th anniversary of Bothmer Gymnastics, this new edition makes the surviving original material of texts, photographs and drawings from the estate of Count Bothmer more fully accessible and in higher quality than ever before.



Rudolf Steiner: *The Mission of Folk Souls*. CW 121. New York 2022.

These lectures form Rudolf Steiner's most comprehensive and profound account of the mission of folk souls.

EVENTS 2023

5–8 January: 23rd International Study Days for Anthroposophical Arts Therapies "The courage of the soul for self-creation. Art therapies in dialogue" at the Goetheanum, Dornach (CH). Programme and registration at: <https://goetheanum.ch/en/events/anthroposophical-art-therapies-2023>.

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/>.

3–5 March: Research Congress "One Health. Studying and addressing LIFE in Medicine" at the Goetheanum, Dornach (CH). With Prof Dr Erik Baars, Prof Dr Bernd Rosslenbroich, Prof Dr Jakob Zinsstag and additional speakers. Programme and registration at: <https://www.goetheanum.org/foko2023>.

10–11 March: [27th specialist conference on anthroposophical child and adolescent psychiatry and psychotherapy](#) "Violence – Forms and Consequences" in Witten-Annen (DE). Information and registration via the conference secretariat: Tel. +49 (0)2324/9216234, Email: KJP@prokid-herdecke.de.

13–18 March: Medical study week "Work on Rudolf Steiner's medical course in 1921" at the Goetheanum,

Dornach (CH). Participation is open to interested medical students, physicians, dentists and pharmacists. Contact Dr Wilburg Keller Roth: wilburgkeller@bluewin.ch

Save the Date 9–11 November: 8th international and interdisciplinary mistletoe symposium "Mistletoe in tumour therapy. In basic research and hospital" in Nonnweiler (DE). Contact/registration and submission of abstracts: Dr Rainer Scheer, Tel. +49 7233 7043-118, Email: rainer.scheer@carus-institut.de.

POSTPONED to autumn 2023: International Postgraduate Training in Anthroposophic Medicine/IPMT in Madrid (ES).

Our calendar of events

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