



Newsletter of the Medical Section

Michaelmas 2023

Ever-shining all-pervading light
To you I entrust my soul
May my soul light weave
In the weaving cosmic light
I feel myself as light
Light in a small point
Light that stretches into boundless vastness
Light that bears all my being
In boundless vastness
I feel myself in boundless vastness
Pure translucent light am I.

Rudolf Steiner, GA 268, p. 98.



From left to right: During the annual conference, the two previous Section leaders Matthias Girke (right) and Georg Soldner (left), here together with their predecessor Michaela Glöckler, were celebrated for their seven years of tireless service and bidden farewell; about 700 people from all continents participated in the conference; Karin Michael, Marion Debus and Adam Blanning were warmly welcomed as the new Section leadership team.

Dear Co-workers
and Friends of the Medical Section,

We look back with gratitude on a very successful annual conference. It was extremely well attended, with almost 800 participants from 38 countries, and again took place in the tried and tested three-step format of specialist conferences (medicine and pharmacy, nursing, eurythmy therapy, psychotherapy, midwifery, body therapy, dentistry), spiritual deepening and multi-professional conference. In a warm atmosphere borne by serious striving for knowledge on the one hand, and inner enthusiasm on the other, the riddle of the I-organisation – which, in the form of the immune system, is always "transforming" the body anew and making it familiar – was illuminated in lectures, working groups and patient presentations from various perspectives, from the development of the im-

mune system to the question of gender. The richness of our worldwide cooperation could be experienced particularly strongly at this annual conference and culminated on Sunday in three case presentations on severe autoimmune diseases from Thailand (Kan-aneek Kaewthaweesab), Sweden (Maria Wängemar) and the USA (Adam Blanning), which testified to great courage to heal and will to heal.

Development of the Medical Section

Just as the theme of this year's annual conference was devoted to the formation of bodily, soul and spiritual identity, its timing was also of particular significance for the inner identity of our Medical Section: exactly

100 years ago, Ita Wegman, after profound experiences of the ancient Druid culture in Penmaenmawr, Wales, put the question to Rudolf Steiner in London that she had long cherished within herself about a renewal of mystery medicine. This was a significant moment which not only led to the jointly written book *Extending Practical Medicine* as the first step in this renewal, but ultimately to the refounding of the Anthroposophical Society during the Christmas Conference a few months later, where the Medical Section was then also outwardly founded led by Rudolf Steiner together with Ita Wegman. These processes were described in detail by Peter Selg in his lecture "The Turn to the Future".

The year 1924 was then marked by the intensive development of the Medical Section with numerous medical lectures by Rudolf Steiner as well as fundamental esoteric deepening in the form of the two so-called courses for young doctors and the pastoral medicine course. After the outer silence and complete seclusion while Rudolf Steiner was confined to his sickbed, when the book *Extending Practical Medicine* was completed, the work of the Section developed vigorously after his death under the direction of Ita Wegman, with the development of anthroposophical nursing, art therapies, rhythmical massage and anthroposophical medicines. Numerous medical and special needs education initiatives, which Ita Wegman supported intensively, emerged throughout Europe.

Serious inner and outer crises (expulsion of Ita Wegman from the executive council of the Anthroposophical Society, National Socialism leading to the Second World War) tragically brought the vibrant life of the Medical Section to a standstill. It was not until 1955 that the Section's activities were gradually re-established with the appointment of a four-person team, including Margarete Kirchner-Bockholt and Madeleine van Deventer. Walter Holtzapfel and Friedrich Lorenz gave the Section further important impulses.

From 1988 onwards, there was intensive worldwide expansion of the Section's activities under the leadership of Michaela Glöckler. Through the IPMT concept (International Postgraduate Medical Training), which emerged in the dialogue between periphery and centre and which initiated anthroposophical medical training in numerous countries around the world, a globally active therapeutic community was formed which gathered each year for the large annual conference at the Goetheanum. The activity of the Medical Section took on an extraordinarily fruitful heart function between the periphery and the centre with a tremendous growth dynamic over 28 years.

From 2016 onwards, this well-tended field was raised to the next level by Matthias Girke and Georg Soldner: the five interprofessional CARE groups (see below) were launched and developed a wealth of ac-

tivity over the last seven years, the results of which are reflected on the constantly expanding Anthromedics platform. Thus our therapeutic community continued to develop in the spirit of a professionalised and focused form of collaboration, and sound interdisciplinary therapy recommendations from Anthroposophic Medicine for numerous challenging developmental disorders and medical conditions from early childhood to the dying person could be made available worldwide.

At the training level, the benchmarks published by the WHO marked a milestone that was preceded internally by an intensive collaborative development process in the global training landscape.

But the inner work, too, was given new impulses by publications on the Gospel of Luke (Georg Soldner) and the meditations of the course for young doctors (Matthias Girke) – the latter publication appeared as a "100 years birthday present" directly for the annual conference.

Change of Section leadership 2023 - Outlook

In an atmosphere of great warmth and affectionate gratitude, Matthias Girke and Georg Soldner were bidden farewell on 16 September by members of the International Coordination of Anthroposophic Medicine / IKAM (Dagmar Brauer and David Martin) and their great commitment to the medical movement was comprehensively honoured. Sophia Wittchow and Tania Prince hosted proceedings, numerous warm video messages from countries around the globe completed the picture and also welcomed the new Section leadership.

Mónica Mennet-von Eiff then introduced the three new section leaders Marion Debus, Karin Michael and Adam Blanning, who presented their impulses in more detail in the final lecture the next day:

- Externally, the rapid and often questionable developments in the health sector worldwide will necessitate a strong public presence for Anthroposophic Medicine among lay and professional audiences. This is where the Section would like to make a contribution in terms of content. In addition, after 100 years, the question of a renewed mystery medicine and its forms for the individual professional groups is to be considered anew, and corresponding work contexts are to be expanded or created.
- The interprofessional CARE fields of work (pregnancy, birth and early childhood [CARE I], dealing with fever and infectious diseases [CARE II], anxiety and depressive disorders [CARE III], oncology [CARE IV] and palliative medicine [CARE V]) are to be continued, internationalised and expanded. Thus, CARE I will in future cover the whole of childhood and adolescence; the topic of burnout and

exhaustion will be added, being related to CARE III; as will questions of a dignified life in old age as a side arm of CARE V.

- At the medical level, the further development of content as well as the worldwide networking and cooperation of the various groups of specialists are to be promoted, as this will provide essential impulses for a deepening of anthroposophical treatment concepts, especially for severe chronic diseases.
- In addition, we are committed to networking researchers among each other worldwide in supportive warmth and to further developing and deepening the content of the various training concepts.

We look forward to fruitful collaboration and warm exchanges!

Marion Debus, Karin Michael and Adam Blanning

NOTICES

WHO benchmarks for training in anthroposophic medicine translated into ten languages: The World Health Organisation (WHO) is making the training benchmarks available in English, German, Italian, Chinese, Portuguese, Russian, Arabic, Thai, Spanish and French on its website: <https://iris.who.int/handle/10665/366645>. This means that they are accessible for interested people and professional policy work in a transparent way, downloadable as a PDF and publicly accessible. From our point of view, a milestone in the visibility of the quality of our training!

Bothmer® therapy recognised by the Medical Section: On 12 September 2023, the approval committee at the Goetheanum declared itself in favour of the inclusion of Bothmer® therapy as a therapeutic method of anthroposophical body therapy. The necessary criteria were fulfilled on the basis of the IKAM approval procedure of 2021, which means that the spectrum of applications in Anthroposophic Medicine is richer by a movement therapy! Further information at: <https://www.iaabt-medsektion.net/en/methods/translate-to-english-bothmer-therapie>.

Institute for Anthroposophic Medicine founded in Greece: Thanks to the initiative of our medical colleague Gerry Katramados and his friends, a contact point for Anthroposophic Medicine was established in Agios Dimitrios. Collaboration, training, public outreach and the provision of information are goals of the Institute. At the same time, a website was set up – among other things to promote collaborative multi-professional networking: www.anthroposophicalmedicine.gr. Feel free to spread the word!

University reference work on homoeopathy research: The renowned potentisation researcher Prof Dr sc nat Stephan Baumgartner and his working group have published a summary of the state of research on homoeopathy and potentised preparations on the website of the University of Bern (CH). It is a summary of the state of basic and clinical research. The pages are available in German and English and can be accessed via the following links: https://www.ikim.unibe.ch/research/research_reviews/homeopathy/index_eng.html and https://www.ikim.unibe.ch/forschung/uebersichten_zum_stand_der_forschung/homoeopathie/index_ger.html. The key message is: "Summarising the current state of preclinical and clinical research, it may be concluded that there is empirical evidence that homoeopathic preparations, when used appropriately, exert specific effects that are superior to those of a placebo".

IN MEMORIAM

Reinhard Jeserschek, born 23 May 1957, died on 16 April 2023. After his doctorate, our esteemed medical colleague added specialist training in general medicine from 1982 and in surgery from 1987. From 1988 he completed further training in orthopaedic surgery in South Africa. From 1992 he worked at the University Clinic for Orthopaedics in Graz (AU) and from 1999 was head of hand and rheumatic surgery. In 2013 he opened his orthopaedic practice with a broad medical spectrum in the same city. In February 1993, on his initiative, the non-profit Austrian Patients' Organisation for Anthroposophic Medicine (ÖPAM) was founded, which was the starting point of various public campaigns for our dearly remembered Reinhard Jeserschek that have contributed significantly to patient-oriented developments in the Austrian health system.

Johannes M H Ziemann, born 1931, returned to his spiritual home on 7 July 2023. The funeral took place through the Christian Community in Öschelbronn (DE). Broder von Laue, as his medical colleague, recalled that Johannes Ziemann was a regular participant in the Sieweke and Pastoral Medicine working groups at the Goetheanum. He had originally studied cello and was principal cellist with the Hesse Radio Symphony Orchestra. Then he began studying medicine at the age of 29 and later cared for his patients in his own practice in Frankfurt. He had been living in the Öschelbronn retirement home since 2001. His whole life was shaped by music and anthroposophy.

Joost Laceulle, born on 27 September 1950, crossed the threshold on 26 September 2023 after a serious illness. He dedicated his life to Anthroposophic Medicine, a period which began after he completed his training in anthroposophical hospitals in Germany and Switzerland in 1978. From 1980 to 2016 he was a general practitioner in private practice in an anthroposophical practice for general medicine in the Netherlands, which he ran in conjunction with the Haarlem Therapeutic Centre. After handing over the practice to his successor in 2016, he remained active in a consultative capacity and was also a consultant in disability care. Joost Laceulle was a long-time country representative and valued board member in the Dutch Association of Anthroposophical Physicians (NVAA) as well as in the preparation of the spiritual work in the Raphael Circle.

We remember our departed with gratitude and heartfelt warmth.

RESEARCH

Blaychfeld Magnazi M, Gesser-Edelsburg A, Itzhaky Y, Endevelt R, Fliss Isakov N. *Children in the Anthroposophical Education System Have Lower Rates of Obesity, and Higher Rates of Health Promoting Behaviors*. *Nutrients* 2023;15(14):3088. **Open access** DOI: <https://doi.org/10.3390/nu15143088>.

Deutsche Gesellschaft für Kinder- und Jugendmedizin e.V. DGKJ. *SK2-Leitlinie: Leitlinie zur Prävention dysregulierten Bildschirmmediengebrauchs in der Kindheit und Jugend*. 1st edition. 2022. AWMF-Register Nr. 027-075. Available at <https://register.awmf.org/de/leitlinien/detail/027-075>.

Vagedes J, Michael K, Sobh M, Islam MOA, Kuderer S, Jeske C, Kaman A, Martin D, Vagedes K, Erhart M, Ravens-Sieberer U, Zdražil T. *Lessons Learned-The Impact of the Third Wave of the COVID-19 Pandemic on German Waldorf Parents' Support Needs and Their Rating of Children's Health-Related Quality of Life: A Cross-Sectional Online Survey*. *International Journal of Environmental Research and Public Health* 2023;20(6):4756. **Open access** DOI: <https://doi.org/10.3390/ijerph20064756>.

RECOMMENDED LITERATURE



Matthias Girke: *Meditative Erkenntniswege in der Heilkunst. Anleitungen Rudolf Steiners zur Vertiefung der therapeutischen Arbeit*, Dornach 2023.

In 1923, Rudolf Steiner gave a course with guidance on the meditative deepening of the art of healing and continued it at Easter 1924. Since then, this guidance has been a part of the meditative assets of the Medical Section in the School of Spiritual Science and thus forms a source of inspiration for the practical and therapeutic, but also the scientific work of Anthroposophic Medicine.



Constanza Kaliks, Peter Selg, Itzhak Ben Aharon, Udi Levy: *Anthroposophie, Judentum und Antisemitismus*. Dornach 2023.

This book addresses Rudolf Steiner's engagement with Judaism, introduces a person from Israel who became involved with anthroposophy at an early age, and outlines humanistic approaches of twentieth-century Jewish philosophers that are of

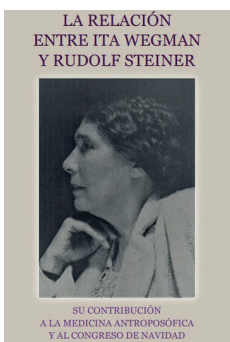
fundamental importance for the present and the future, and resonate with the spiritual intentions of the School of Spiritual Science (Goetheanum). The book concludes with a study of the poetry of Paul Celan, a survivor of the Shoa.



Michaela Glöckler: *Gesunde Entwicklung von Kindern und Jugendlichen im digitalen Zeitalter. Ein Weckruf.* Eslingen 2023.

This is a transcript of a talk given by the author in May this year on the dangers of modern, digitalising life for children and young people. Supported by many scientific studies, she describes, for

example, the effect of digital devices on the development of the brain of very young people.



Beatriz Sánchez Segura: *La relación entre Ita Wegman y Rudolf Steiner. Su contribución a la medicina antroposófica y al congreso de Navidad.* Madrid 2023.

This work looks at the relationship between Ita Wegman and Rudolf Steiner. With a foreword by Michaela Glöckler.

EVENTS

11–14 October: International conference on therapeutic speech and drama "Speaking from warmth – the immune system as embodied authenticity". Further information at <https://medsektion-goetheanum.org/en/events-and-conferences>.

15–22 October: International Postgraduate Medical Training (IPMT) in Tuluá, Colombia. With Matthias Girke, Albert Schmidli, Maya Moussa, Luz Myriam Triviño, Rolf Heine and others. Programme and registration at: <https://medsektion-goetheanum.org/en/events-conferences>.

19–22 October: Introductory seminar on Anthroposophic Medicine at the Therapiehaus of Klinik Arlesheim (CH). For physicians and students of medicine. The seminar will be offered in German and French (simultaneous interpretation), and is organised by the Arlesheim Academy in partnership with the Medical Section at the Goetheanum. Programme and registration at <https://aerzteausbildung.com/einfhrungsseminar-oktober-2023-1>.

21–24 October: International further training for school and kindergarten doctors. "The formation of and search for identity in the first three seven-year periods". This includes the controversies and viewpoints on gender, diagnosis and therapy of autism spectrum disorders, and the child conference. With Karin Michael, Friederike Gläser, Tomáš Zdražil, Renate Karutz, Ulrike Lorenz, Bettina Pump, Michaela Glöckler, Walter Dahlhaus and others. Programme and registration at <https://goetheanum.ch/en/events/schulaerztagung>.

27–28 October: Arlesheim Study Day on Mistletoe and Cancer 2023 "... when the I works too strongly within. Ear development and the tumour" at the Therapiehaus of the Klinik Arlesheim. With Christina van Tellingen, Jörg Eberhardt, Henning Schramm, Bettina Böhringer and others. Details on the programme, workshops, lecturers and registration at www.studientag.ch.

29 October–1 November: Congrès de médecine anthroposophique "Substance et mouvement – Chemins thérapeutiques" in Trois-Epis (FR). An event of the Association Française pour l'Enseignement et le Développement de la Médecine Anthroposophique with Wilburg Keller Roth, François Hibou, Yolande Marx, Albert Schmidli and others. Programme and registration see <https://afedma.fr>.

9–11 November: 8th international and interdisciplinary mistletoe symposium "Mistletoe in Tumour Therapy. Basic research and hospital" in Nonnweiler (DE). Contact / registration: Dr Rainer Scheer, rainer.scheer@carus-institut.de.

9–11 November: Medical conference at the Rudolf Steiner Halde "The Nature of Sleep". The organisers welcome medical contributions to the topic and are grateful for corresponding co-organisation. Further information at www.haldetagung.ch.

1–2 December: Anthroposophical ophthalmology conference "Eye diseases and the human locomotor system" in collaboration with Erika Hammer at the Rudolf Steiner Halde, Dornach (CH). Programme and registration at <https://medsektion-goetheanum.org/en/events-and-conferences>.

3–7 January 2024: "How do I find the good?" 100 years Course for Young Doctors. An international, multiprofessional conference in English and German, with translation into Spanish, at the Goetheanum, Dornach (CH). With Peter Selg, Sophia Wittchow, Karin Michael, Matthew Mirkin, James Dyson and others. Programme and registration at <https://medsektion-goetheanum.org/en/events-and-conferences/>. Parallel online events will be organised for the conference. Further information at <https://medsektion-goetheanum.org/en/events-and-conferences>.

11–14 January 2024: 24th International Study Days for Anthroposophic Arts Therapies "The heart awakens. The etheric forces of the heart in the therapeutic encounter" at the Goetheanum, Dornach (CH). With Karin Michael, Monica Bissegger, Ulli Kleinrath, Laura Piffaretti, Bernadette Gollmer, Ulrikke Stokholm and others. Programme and registration at <https://goetheanum.ch/en/events/kt2024>.

17–18 January 2024: Authors' colloquium on the 2023 thematic focus of the journal *Merkurstab* "Substance and process in anthroposophic pharmacy and medicinal therapy" at the Goetheanum, Dornach (CH). Pharmacists, doctors, scientists and interested persons are invited. Contact and registration with Jonathan Neisecke: j.neisecke@merkurstab.de. Further information coming soon at <https://medsektion-goetheanum.org/en/events-conferences>.

8–11 May 2024: Congrès médical anthroposophique interprofessionnel "Le JE humain, Sa nature et ses manifestations, applications au diagnostic et à la thérapie" at the Goetheanum, Dornach (CH). The conference language is French. With Claude Boudot, Jean Chazarenc, Marion Debus, Michaela Glöckler and others. Detailed programme and registration: <https://afedma.fr>.

SAVE THE DATE: 29 May–1 June 2024: International Congress for Pregnancy, Birth and Early Childhood, "Life forces". Information on the congress at <https://medsektion-goetheanum.org/en/events-conferences>.

Our calendar of events

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