



Research Congress

“One Health – Studying and addressing LIFE in Medicine”

An Anthroposophic Medicine research congress on concepts,
research methods and implementation in clinical practice

March 3–5, 2023

at the Goetheanum in Dornach, Switzerland

Dornach, September 2022

Dear professionals, students and researchers from all medical professions,

We hereby invite you all to the 2023 Anthroposophic Medicine (AM) Research Congress with the main topics of:

- One Health¹
- How to understand and study life and how to apply this knowledge in clinical practice
- The latest AM research projects

On **Day 1** there are contributions of conventional and AM researchers on the One Health development, and it will be discussed what Integrative Medicine modalities like AM can contribute to these developments.

On **Day 2** worldviews, the contributions and limitations of conventional concepts of life and how spiritual science can help to improve our understanding of life will be explored. Then it will be examined and demonstrated how we can study life in nature (plants, animals) and medicine; which conventional and anthroposophic methods can be used and what kind of results do they ‘produce’? Subsequently we will hear how and with which results life

¹ “One Health is an integrated, unifying approach that aims to sustainably balance and optimize the health of people, animals and ecosystems. It recognizes the health of humans, domestic and wild animals, plants, and the wider environment (including ecosystems) are closely linked and inter-dependent. The approach mobilizes multiple sectors, disciplines and communities at varying levels of society to work together to foster well-being and tackle threats to health and ecosystems, while addressing the collective need for clean water, energy and air, safe and nutritious food, taking action on climate change, and contributing to sustainable development.” (WHO, 2021)

processes are studied and addressed in AM, for example in AM diagnostics, eurythmy therapy, physiotherapy, biography work, psychotherapy, pharmacy, art therapy and nursing, and also in bio-dynamic agriculture and Waldorf education. In eight workshops these and other topics will be discussed further. On **Day 3** there are parallel sessions with presentations of the latest AM research projects.

Speakers and workshop leaders are among others:

Dr. Annick de Witt, Prof. Klaus Kümmerer (t.b.c.), Prof. Petra Thürmann (t.b.c.), Prof. Jacob Zinnstag, Dr. Bernd Roisslenbroich, Prof. Erik Baars, Dr. Katharina Gerlach, Dr. Herman van Wietmarschen, Dorian Schmidt, Dr. Pim Blomaard, Dr. Bettina Berger, Nicole Weerts, Prof. Ton Baars, Dr. Karin Michael, Monica Mennet, Friederike Tews, Dr. John Leese, Prof. Hiltrun Rolff.

For the preparatory group,

Georg Soldner, MD & Prof. Dr. Erik W. Baars