International Coordination of Anthroposophic Medicine / IKAM
Activity report from the worldwide work in 2017–2018

Medical Section
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We would like to thank the many supporters and friends who made our work for the Medical Section possible through their thinking, cooperation and financial contributions.
Dear Supporters, Friends and Readers
interested in the anthroposophic-medical movement

With this Annual Report, we invite you to pause for a moment to look back with us on what has developed in the first two years of our tenure in the Medical Section at the Goetheanum.

The guiding star of our work is a practical orientation towards the health challenges of our time, where Anthroposophic Medicine can offer help and make a contribution to healthcare. We have formed focal points – five CARE Areas – to jointly develop prevention and therapy concepts for common symptoms and diseases, the treatment of which has hitherto been unsatisfactory. These concepts and therapy recommendations are being developed by international and multi-professional expert groups (CARE groups). They see themselves as offering a contribution to integrative medical care and they want their findings to be understandable, communicable and implementable in independent and clinical practice, as well as scientifically evaluable. The following pages give an overview of the overall development of the Medical Section in the last two years.

Matthias Girke
Head of the Medical Section

Georg Soldner
Deputy Head of the Medical Section

Dr. med. Matthias Girke
Goetheanum Executive Council
Head of the Medical Section,
Coordination of the Conference of
Boards of Anthroposophic
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Georg Soldner, Pediatrician
Deputy Head of the Medical Section,
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Developments in the Medical Section at the Goetheanum

Michaela Glockler rounded off her 28th year as head of the Medical Section and handed the task over to Matthias Girke and Georg Soldner at the annual conference on the topic “The Etheric Body as Source of the Developmental Forces – Healing Processes through Substance Transformation, in Destiny, in Self-Education”, September 15–18, 2016. More than 900 co-workers of the medical movement came together to experience and shape this major step in the biography of the Section. The conference provided a good basis for the start of the new Section leadership’s work. Our collaboration with the International Conference of Boards of Anthroposophic Doctors’ Associations, the International Federation of Anthroposophic Medical Associations (IVAA) and in two subsequent meetings with the international coordinators of the Section’s activities (IKAM), began with a review and a joint reflection on the spiritual foundations and the current worldwide development of the anthroposophic-medical movement, as well as intensive preparation of its future perspectives.

In winter 2016/17 Matthias Girke was co-opted to the Executive Council of the General Anthroposophical Society, which was confirmed by the members in April 2017. https://goo.gl/QR1ENr Georg Soldner took over the project management for the development of the World Goetheanum Association at the Goetheanum in June 2017. www.worldgoetheanum.org

CARE Areas

When Matthias Girke and Georg Soldner took over the management of the Section, they established five main areas of work which they called CARE Areas. The term CARE expresses a comprehensive professional ‘caring’ that encompasses the interaction of several healing professions. Anthroposophic Medicine has been based on such integrative cooperation between doctors,

Competencies in Anthroposophic Medicine

- Care I: Pregnancy, birth, early childhood, living with disabilities
  - Claudia Grah-Wittich, Frankfurt am Main
  - Dr. med. Stefan Schmidt-Troschke
  - Project Leader: Georg Soldner

- Care II: Treating fevers and febrile infections, resistance to antibiotics
  - Prof. Dr. med. David Martin
  - Project Leader: Georg Soldner

- Care III: Mental disorders, trauma, anxiety, depression, sleep disturbances
  - Project Leaders: Dr. med. Hartmut Horn, Ellen Keller

- Care IV: Oncology
  - Dr. med. Marion Debus
  - Project Leader: Dr. med. Matthias Girke

- Care V: Palliative care, pain therapy, the accompaniment of dying patients
  - Dr. med. Johannes Rosenbruch
  - Project Leader: Dr. med. Matthias Girke
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Health challenges and suffering of the present
pharmacists, nurses and therapists since it was established in 1920. In many countries, Anthroposophic Medicine is already making a contribution to health care in the sense of integrative health care. This is where the practice-oriented work of the CARE Areas is needed. The focus is on people, with their biographies and needs. The CARE I team consists of colleagues from both the Medical and Pedagogical Sections – gynecologists and pediatricians, midwives and nurses, infant educators and parent representatives, educators for special needs and therapists working together on today’s pressing issues related to pregnancy, childbirth and early childhood. Important topics in this new collaboration across two Sections are conception, pregnancy, becoming parents, (early) birth, caesarean section, relationships and attachment, nutrition and developmental delays.

The treatment of fever and acute, mostly febrile infectious diseases, to which the CARE II group is dedicating its attention, can very often be therapeutically effective in Anthroposophic Medicine without resorting to antibiotics and antipyretics. Among many "open-minded" colleagues there is a growing interest in therapeutic concepts that are understandable and manageable, which also includes corresponding patient information. Here, as with all of our CARE groups, an important goal is to initially develop experience-based therapy concepts in international, multidisciplinary expert groups, CARE groups or subgroups. The scientific evidence of these group’s recommendations can be gradually increased by systematically searching the available literature and comparing the findings to valid guidelines, as for instance David Martin has done in an exemplary manner with the topic of fever, as well as by seeking input from additional experts (e.g., using the Delphi method) and doing clinical studies.

The medical-therapeutic-psychotherapeutic CARE III working group is dedicated to the mental health challenges that often culminate in the middle of life: anxiety, insomnia, trauma and depression. The focus of the multidisciplinary oncological CARE IV working group is initially on topics that affect many cancer patients, such as the often very debilitating fatigue syndrome during or after oncological therapies, which can be treated with Anthroposophic Medicine. In oncology there are already clinical studies on individual topics that are noted in the recommendations. Finally, the working group on pain treatment and palliative medicine, CARE V, succeeded in prototyping the topic “Anxiety in Palliative Medicine”. At present, dyspnea, edema and pain are the focus of this working group’s efforts to develop broadly applicable recommendations for best practice. All results have been published in the “Practice” section of the Anthromedics website since October 20, 2018. www.anthromedics.org

Anthromedics

Anthromedics is a professional online portal offering articles on Anthroposophic Medicine for physicians, nurses and therapists in practices, hospitals and training. Initially, it has served as a digital archive of the journal “Der Merkurstab”, offering a unique overview of the development of Anthroposophic Medicine since 1946, with the possibility of doing digital searches of this material using keywords. The “Basic Concepts” section provides an introductory text on the basic principles of Anthroposophic Medicine. Results from the work of the CARE groups appear in the “Practice” section. Each presentation contains a brief text on the respective anthroposophical understanding of the disease or topic, followed by multi-professional expert recommendations on therapeutic and preventive measures that offer a comprehensible and easy-to-use overall concept. Readers are accommodated by the practice-oriented presentation, which addresses essential leading symptoms (e.g., shortness of breath) and questions (such as those pertaining to newborn infants and the first year of life). Therapeutic implementation is facilitated by patient in-
formation in generally understandable language. The “Basic Concepts” and “Practice” sections are accessible free of charge. This enables interested colleagues to become aware of the possibilities of Anthroposophic Medicine and make practical use of them. A digital textbook with systematic access to individual medical specialties, such as cardiology and gynecology, will be developed in the medium term.

Vademecum for External Applications

Since summer 2017, the Medical Section has made the handbook “Vademecum for External Applications” available online. It is structured according to indications, substances and forms of application and first describes the guiding principle, then the indications and implementation of the respective application and finally practice-related case studies. In addition to the already available versions in German and English, preparations are being made to add Spanish, French and Russian translations. This handbook is aimed at nursing and medical professionals and is accessible free of charge. External applications represent a central, reliable element in Anthroposophic Medicine that is also indispensable in acute situations and is available internationally.

The fourth German edition of the “Vademecum of Anthroposophic Medicines”, published by the Medical Section and the Association of Anthroposophic Physicians in Germany (GAÄD), appeared in September 2017 and contains for the first time a comprehensive presentation of anthroposophic mistletoe therapy in oncology, covering all preparations. A website on mistletoe therapy, for which the Medical Section has been responsible since 2018, will receive a complete update by September 2019. www.vademecum.org; www.pflege-vademecum.de

Impulse for Higher Education – Ita Wegman Campus

Since 2016, the facilities and institutions inspired by Ita Wegman in the Dornach/Arlesheim area have been working together for Anthroposophic Medicine and education for special needs. This “Ita Wegman Campus” currently includes the Medical Section, Klinik Arlesheim, the Ita Wegman Institute and publishing house, Weleda, the Association for Cancer Research (Verein für Krebsforschung) and thus Iscador AG, Wala (which started at the Ita Wegman Clinic from its therapeutic products laboratory), Sonnenhof and the newly admitted patient association Anthrosana. We are very pleased that initiatives of the participating institutions can be supported and strengthened through this working context.

The Ita Wegman Campus work for higher education began in December 2017 with a first conference focusing on the therapeutic significance of meditative work. On May 3 a festive gathering of staff from the institutions that are part of the Ita Wegman Campus took place at the Goetheanum. About 260 participants attended this event in the Goetheanum’s main auditorium. The institutions introduced themselves and could also be visited at stands in the foyer. At a Spanish-speaking conference on “Infectious Diseases and Oncology in Anthroposophic Medicine”, June 21–24, 2018 at the Goetheanum, prepared by the Medical Section and the Spanish association of anthroposophic physicians, the Ita Wegman Campus provided patient presentations in the clinic, visits to Weleda, introductions to the original impulses of Anthroposophic Medicine by the Ita Wegman Institute and presentations on mistletoe (medicinal product manufacturing and practical applications). The next higher education course will be at Sonnenhof at the end of February 2019. We are looking forward to the upcoming activities of the Ita Wegman Campus!
Workshop conference on the new edition of Rudolf Steiner’s 1st course for physicians
January 22–24, 2018. Study commentary on
“Introducing Anthroposophical Medicine” (vol. GA 312)

Rudolf Steiner’s first medical course “Introducing Anthroposophical Medicine” will celebrate its 100th anniversary in 2020. This lecture cycle will then appear in the complete edition of Rudolf Steiner’s work in a revised new edition. A team of editors is working on two commentary volumes to mark the occasion. The first is the responsibility of Peter Selg and will be largely written by him. It will present the background and the course of this lecture cycle, include Rudolf Steiner’s notes and questions of the course participants, and conclude with contributions that provide an overview of the composition of the course. This volume will be published by Verlag am Goetheanum in early 2020. The second volume will provide summaries of the lectures, written by Tom Schef ters, and a detailed commentary of all 20 lectures, which will make the text understandable to today’s readers and illuminate its manifold references. The responsibility for this volume lies with Peter Heusser, who is dedicating himself intensively to this task and is supported by colleagues of the young generation around Johannes Weinzirl. As a member of the Medical Section, Johannes Weinzirl and his colleagues organized a labor-intensive and result-intensive conference at the Goetheanum in January 2018. All colleagues who work intensively with this lecture cycle were invited. To celebrate the 100th anniversary of Anthroposophic Medicine, a research conference will be held in March 2020, which will focus on this lecture cycle.

In this context, we would like to invite anyone interested to participate: We are looking for people who have a thorough knowledge of Rudolf Steiner’s “Introducing Anthroposophical Medicine” (vol. GA 312) and who have acquired special knowledge about certain course contents, which they would like to contribute, particularly to the second part of the study commentary. We hope to receive commentaries on individual passages or topics of the course, as well as information and materials relating to such explanations (e.g., publications in books or journals and references to knowledgeable people). This applies to all aspects mentioned above: (a) spiritual-scientific understanding, (b) the historical situation of that time, (c) the impact history and secondary literature, and (d) scientific evidence and studies. https://goo.gl/OS75

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Core Curriculum for Physicians and Accreditation Guidelines for Physician Training

Since September 2016, the Conference of Trainers of Physicians and Medical Students has developed an international core curriculum for physician training in Anthroposophic Medicine. This curriculum was unanimously adopted by the International Conference of the Boards of Anthroposophic Doctors’ Associations on September 19, 2017 and entered into force on October 1, 2018. This also applies to the newly developed international accreditation guidelines, which will regulate the accreditation of continuing education courses for anthroposophic physicians in future. An international accreditation panel has been appointed: Jan Feldmann (Germany), Iracema Benevides (Brazil), Adam Blanning (USA) and as deputies Denis Koshechkin (Russia) and Guus van der Bie (Netherlands). The new core curriculum applies to medical students and physicians who began their further training as anthroposophic physicians after October 1, 2018. All others can still make use of a temporary transitional arrangement. https://medsektion-goetheanum.org

Guidelines for the Accreditation of Physician Training Courses

Guidelines for the accreditation of physician training provide an overview of the accreditation process for the recognition of anthroposophic medical training. The accreditation process refers to curricular continuing medical education (CME) courses. These are accredited according to an international procedure within the framework of the Medical Section. By curricular CME courses we mean medical training programs whose curriculum covers the requirements of the international core curriculum.

Modular CME courses are nationally accredited by the respective national anthroposophic medical association, which as a member of IVAA is recognized by the Medical Section. These courses should only cover part of the core curriculum. For training courses for which there is no possibility of obtaining national accreditation, a written procedure based on questions may be used to apply for accreditation from the Medical Section. https://medsektion-goetheanum.orgGuidelines-Accreditation-Sep-2017.pdf

International Postgraduate Medical Training / IPMT

A total of 31 IPMT training weeks were held worldwide in 2017 and 2018 – 17 IPMTs in 2017 and 14 in 2018. In 2017, the five-year IPMT cycle ended in four countries: Australia, Serbia, South Africa and Argentina. IPMT training was successfully continued beyond 2017 in the other 13 countries: Chile, Colombia, Mexico, the USA, the Czech Republic, Ukraine, Russia, India, Thailand, China, Malaysia, the Philippines and Taiwan. In Argentina, continuing medical education will be carried out independently in future. In Australia there will be a new format of continuing medical education events for doctors already familiar with Anthroposophic Medicine from 2019. It is still uncertain where medical training will continue in Africa. An IPMT was also held in Romania for the first time in 2018, in continuation of the completed work in Serbia. In Malaysia and Thailand, a new five-year cycle was started in 2018; in Thailand the local work has once again gained new momentum
with the founding of the first association of anthroposophic physicians in Thailand, with around 20 doctors, some of whom are very committed. In total, we reached more than 3,000 participants with these 31 training weeks.

An important new development in these two years was to practice the methodology of an interdisciplinary patient presentation within the framework of the IPMT and thus to stimulate the implementation of such patient presentations in everyday professional life. This methodology has been practiced in the context of Teach-the-Teacher trainings in Dornach in recent years, where a number of IPMT lecturers have also participated. The response was positive throughout, so that this course unit will also be taken up and deepened in the IPMTs of the coming years. It also proved to be a good move to follow up the IPMT week with a one-day symposium on Anthroposophic Medicine and thus to intensify cooperation with the ministry of health and the local university on the one hand, and on the other hand to make a stronger public appearance – as was done in Columbia in both years and will certainly happen in other countries in future.

In the past 16 years, numerous anthroposophic doctors’ associations or umbrella organizations have been founded in connection with IPMT activities, such as in Estonia, Latvia, Lithuania, Serbia, the Czech Republic, Ukraine, Russia, the Philippines, Japan, Thailand, Taiwan, India, Peru, Colombia, Ecuador, Uruguay and Chile, to promote availability of anthroposophic medicinal products and to promote the legal anchoring and public recognition of Anthroposophic Medicine in their countries. In autumn 2017, for example, Anthroposophic Medicine was officially recognized in Serbia and integrated into the national health system by the Ministry of Health. In China, the IPMT training has been offering a home-care course aimed at certification since 2018, and in Thailand a first qualifying course in massage according to Dr. med. Pressel was completed in 2018. Another such course will start in Taiwan in 2019. In Chile, after completion of the second IPMT cycle, independent further training for doctors will soon begin; in Peru, such further training is also planned. The Indian IPMT gave rise to a specially designed oncological course on mistletoe therapy; the first round concluded in spring 2018 with the certification of 20 Indian doctors. The next round of this training course is due to begin shortly, making the integrative treatment of cancer one of the focal points of AM training in India. Further information on the concept and working methods of the International Postgraduate Medical Training, as well as an overview of the training weeks planned for 2019, can be found on our website: [http://ipmt.medsektion-goetheanum.org/](http://ipmt.medsektion-goetheanum.org/)

### Meetings and Conferences

The wealth of around 70 events, meetings and conferences which the Section leadership organizes every year at the Goetheanum in Dornach with the help of Mathias Hofmann, and since July 2017, François Bonhôte is a new challenge every year. The 2017 Annual Conference on the topic of warmth brought 829 participants from 43 countries to Switzerland. With this theme, the Medical Section began a new cycle of its annual conferences. In the background of the conference sequence is Rudolf Steiner’s description of the evolution of the world and the human being in his work “Occult Science”. – The cosmos developed from warmth, and the innermost individuality of human beings lives and works in the warmth of the human body. Warmth increases in fevers, which can enable particularly intensive individualization of the body beyond overcoming an infection. On the other hand, many patients with cancer show disturbed warmth regulation. The sheer number of working groups reflected the abundance of aspects relating to warmth in body, soul and spirit.

In 2017 and 2018, the conference of members of the First Class of the School of Spiritual Science,
which precedes the annual conference, also focused on the topic of the conference. The focus this year was on the medically significant effect of both external and internal light. Impressive case presentations, such as those by Yvan Villegas (Lima, Peru), highlighted all aspects of this theme. Again, more than 800 people from over 40 countries came together at the Goetheanum. Especially moving for two groups of participants was Peter Selg’s guided tour of the atelier in the carpentry building, where Rudolf Steiner did his last work from his sick bed and said his farewell to this earth. The dignity and modesty of this room, created from simple planks and illuminated only from above, conveys in a unique way a relationship to Rudolf Steiner’s last phase of life and work, to which Anthroposophic Medicine owes the completion of the book “Extending Practical Medicine. Fundamental Principles Based on the Science of the Spirit”.

Emeritus Office

Since October 2016, Sara Moeschlin has been in charge of the Emeritus Office for the retired heads of the Mathematical and Astronomical Section, Georg Glöckler, and the Medical Section, Michaela Glöckler. Sara Moeschlin coordinates their travels and offers the necessary support for their correspondence and publications.

A highlight of the two seniors was their joint engagement in Japan during Easter 2018, where work was done on the entire 20 chapters of the book “Extending Practical Medicine” by Steiner/Wegman within the framework of one week, significantly supported by observations from arithmetic and projective geometry.

Currently, Georg Glöckler’s illness has limited this fertile travel activity.

Reports from the Professional Fields in the International Coordination of Anthroposophic Medicine / IKAM

The IKAM Office and the Medical Section’s Digital Infrastructure

“Anthroposophy, if it wants to have an existence in the present, must make use of the means of contemporary civilization.” Rudolf Steiner, Letters to the Members 1924, Letter II of January 27.

In order to meet the increased requirements of a technical communications network, a new 70% position for an IT coordinator was created in the Medical Section at the beginning of 2018, whose activities focus on the following fields:

- Setting up and supporting the office of the International Coordination of Anthroposophic Medicine (IKAM).
- Development, maintenance and technical servicing of organizational structures for internal communication.

The main task is to set up the technical infrastructure for the cooperation within the individual specialist groups (IKAM), including full-time and many volunteer collaborators. Great importance was attached to the support of co-workers from the many countries affiliated to the Medical Section, which required a multilingual, standardized and device-independent platform. And finally, a financial framework had to be adhered to and scalability had to be guaranteed to ensure future growth and planning security. The Medical Section saw these requirements fulfilled in an Office 365/SharePoint solution.
This digital system is mainly divided into two areas: a communications platform and a productivity area. The communications platform includes e-mail backend, instant messaging and video conferencing, among other things, while standard office applications such as Word, Excel, PowerPoint, etc. form the core of the productivity side. The SharePoint environment with its team collaboration services (document libraries, forms and project management, etc.) provides an interface between the two areas. A third pillar, an API (Application Program Interface), ensures that the Section can also implement its own developments in the environment if required, as was the case with the newly developed address database, for example. More than 15,000 contacts from our previous address management system, which had become outdated, were migrated to this address database.

The commissioning of the digital system started at the beginning of the year with the digital and structural establishment of an interdisciplinary community with diverse tasks and objectives alongside the existing core team of the Medical Section and the coordinators of the professional fields in IKAM. The newly created IKAM Office also provides the following services for the various group members of this community, which has currently grown to over 250 people: setup and administration of a team website, technical newsletter setup and dispatch, administration of external websites (if available), address management, event booking.

The five interdisciplinary CARE-Area working groups are of prominent importance for the work of the Medical Section, as they represent the focal points of the Section work. In addition to the CARE groups, 15 other teams are currently based on the platform of the Medical Section and more will follow. An external newsletter service was integrated into the IKAM Office working environment in order to offer a legally compliant solution for sending bulk mailings within the framework of the General Data Protection Regulation (GDPR) introduced in 2018. For the first year, the Medical Section booked a quota of 110,000 e-mails, of which 35,000 have already been sent out to specific target groups after the first three months.

Outlook for the future: After the introductory phase, it is already clear which new requirements we will have to face in order to further promote multilingual cooperation on a technical level: increased use of video conferencing and collaborative editing of documents in real time; more interdisciplinary teams, which form independently when required and dissolve again at the end of the project, introduction of (social) e-learning, with correction and evaluation functionality; enhanced support for multilingualism (AI-supported transcription and translation).

What has changed in the area of coordination?

We welcomed new coordinators during the reporting period. Sabrina Menestrina (Italy) was confirmed as the first coordinator for anthroposophic veterinary medicine at the Annual Conference in 2017. This means that veterinary medicine is now represented in the leadership of the International Coordination of Anthroposophic Medicine (IKAM). Also new is Eva Lutz, who supports Anna Sophia Werthmann in the IKAM work of the Young Physician’s Forum and thus replaces Tanja Geib. Merja Riijärvi, born in Finland, is the new coordinator of anthroposophic midwives. She launched her new Facebook page in December 2018, “Anthroposophic Medicine – Midwives in Conversation” (“Hebammen im Gespräch”) www.facebook.com/anthroposophische.hebammen. In the coming year, we shall welcome Harald Matthes for the Clinic Association.
International Federation of Anthroposophic Medical Associations / IVAA

In the last two years, the strategic focus of the International Federation of Anthroposophic Medical Associations (IVAA) has expanded from Europe to a global orientation. Improved availability of anthroposophic medicines remains the decisive challenge for IVAA, as does its work on the project to position Anthroposophic Medicine as a proactive partner in European and international pharmaceutical, health and research policy. Growing cooperation with the movement of Integrative Medicine, in addition to the global coordination of standards in medication regulation, has resulted in activities in the following areas:

- Participation in the World Integrated Medicine Forum, February 23–24, 2017 in New Delhi, India, at the invitation of the Ministry of AYUSH, India, with government officials and medication manufacturers, discussing global standards in the regulation of homeopathic, anthroposophic medicines. (Thomas Breitkreuz).
- Participation in a symposium on Anthroposophic Medicine at the invitation of the Brazilian authority ANVISA in Brazil, May 18–19, 2017 (Thomas Breitkreuz).
- Participation in the World Congress for Integrative Medicine in Berlin, May 3–5, 2017, with workshops on “Refugees with chronic diseases between the Middle East and Europe: the role of traditional and integrative medicine in bridging gaps” and “Resistance to Antibiotics”. New links to the World Health Organization were established there. IVAA was represented with a stand in cooperation with EUROCAM and IFAAET.

IVAA issued a statement on the significantly increasing global resistance to antibiotics: [https://www.ivaa.info/antimicrobial-resistance](https://www.ivaa.info/antimicrobial-resistance) and participated at various events.

The IVAA Board plans to intensify its networking and image work to reflect the worldwide political interest in Anthroposophic Medicine. Iracema Benevides from Brazil was elected as a new IVAA Board member in September 2017. The IVAA management was renewed in September 2018 with the election of the young doctor Claar van Herpen from the Netherlands. The new General Secretary Elisa Baldini was introduced, who will occupy the Brussels office. The most recent council of delegates discussed the current IVAA Strategic Plan for the coming years. The site is updated, and can now be visited: [https://www.ivaa.info](https://www.ivaa.info)

Coordination and Contact

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International Coordination of Research

In the field of research in Anthroposophic Medicine, internationalization has been added to academization in recent years, from Northern and Eastern Europe to North and South America, Israel and Asia. An international Research Conference held in English provided eloquent testimony of this: “Developments, Perspectives and Strategies”, March 9–11, 2018, hosted by the Medical Section in Dornach. 46 speakers from India, Israel, the USA, Brazil, Peru and many European countries (including Switzerland, the Netherlands, England, Germany, Austria, Sweden and Hungary) reported on consistently high-quality research projects worldwide, gave insights into astonishing research developments and revealed a lively cooperative research landscape to the participants. A number of research projects now receive large sums of public funding.

In the context of the conference, we discussed a comprehensive strategy for the further expansion of clinical research in particular.

A section dedicated to research on the Medical Section’s website is under construction. It is prioritized according to clinical fields and is intended to give anyone interested the opportunity to obtain information on research in Anthroposophic Medicine.

https://medsektion-goetheanum.org/forschung

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International Coordination of Medical Specialists

The international coordination of medical specialists is in the process of being developed. An international meeting of medical specialists is firmly established in the framework of the Medical Section’s annual conference in Dornach. This is used for exchange and planning. The possibilities, necessities and limits of an international specialist forum were identified and ideas for the future were discussed. The IPMTs are becoming more and more important for the networking and coordination of specialists, as new doctors can discover their interest in collaboration there. An essential basic question is how to develop specialist further training from the IPMTs – in terms of individual advancement or as a curricular offer.

Since 2017, a new, continuing medical training course in anthroposophic oncology has been offered in Mumbai and Arlesheim. Dr. Ravi, together with Dr. Hari Murthy, Dr. Srinivas Rao and Dr. Marion Debus, organized a new one-year training in the application of mistletoe therapy in oncology. The training modules in Mumbai and Switzerland are carried out in cooperation with the Medical Section and Klinik Arlesheim. The first course with 19 Indian doctors received diplomas from the Medical Section (“Anthroposophic Mistletoe Therapy and Integrative Therapeutic Concepts”) in March 2018, the second course began in India in June 2018.

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International Coordination of Physician Training

In 2017, the main topic was the creation of an international core curriculum and the development of a Goetheanum-based accreditation process for physician training. The central question in training is, how do we, as teachers of Anthroposophic Medicine, convey it in a way that is appropriate to it?

This question has been addressed in interprofessional Teach-the-Teacher (TTT) course modules. In addition, an international accreditation panel was established, consisting of Adam Blanning (USA), Iracema Benvenides (Brazil), Jan Feldmann (Germany), Guus van der Bie (Netherlands) and Denis Koshechkin (Russia). The agenda for 2018 includes the application of the new guidelines for accreditation, the implementation of the first concrete accreditation procedures, the further development of TTT training and the launching of the TTT website.

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International Postgraduate Medical Training / IPMT

International Postgraduate Medical Training (IPMT, see p. 9) has a special position among the continuing training courses in the field of Anthroposophic Medicine. It is a more interdisciplinary, modular type of continuing education over five years, within which physicians can acquire a certificate as an “anthroposophic physician”, but also people from other professions, as qualified therapists, nurses or educators for special needs, can acquire corresponding additional certification. Such certification is then awarded in accordance with the curricular requirements of the respective professional group. In addition, IPMT is an intercultural training that has been conducted in 27 countries worldwide in the respective national languages. A total of 30 doctors were certified in Russia, Poland, Serbia, India, Thailand, Colombia and Argentina in connection with IPMTs in 2017 and 2018. Especially in countries where Anthroposophic Medicine is not yet established, these physicians form the initiative core of Anthroposophic Medicine, as well as an emerging association of physicians in their cultural environment. One task that is currently still in process is the adaptation of the IPMT curriculum to the requirements of the core curriculum for anthroposophic continuing education for physicians worldwide that came into force in autumn 2018. The question is also currently being raised as to which further training formats are required once one or two IPMT cycles have been successfully completed. So far, advanced courses have often been established after a first five-year cycle in the framework of continued IPMT weeks. Participants who were already certified were asked to lead small groups in the morning or an afternoon workshop to deepen their understanding through teaching and to practice teaching Anthroposophic Medicine. In addition, in individual countries, specialist further training weekends on individual clinical pictures were organized or a completely independent further training course was developed. From 2019, the Medical Section will hold ‘Medical Conferences’ – a continuing education format for doctors and therapists lasting about five days. The main focus will usually be on one of the Section’s five CARE Areas.

Coordination and Contact
International Coordination Young Physicians’ Forum

In 2018, our regular work on the content of Rudolf Steiner’s course for young physicians transferred to an intensive occupation with his “bridge lectures”. From this work we are organizing an international conference for young people from all health professions in September 2020 which we are planning together with the Medical Section. Christoph Holtermann, together with the initiative Young People in Healthcare (YPIH) organized a program item for young physicians for the World Congress for Integrative Health & Medicine (WCIMH) in Berlin in 2017. In November 2017 and 2018, meetings on “The Future of Clinics” took place in Herdecke together with the Integrated Curriculum for Anthroposophic Medicine (ICURAM), at which medical students and doctors outlined the future of clinical medicine over the next ten years and considered the role that Anthroposophic Medicine could play in this context. The Initiative for Training in Anthroposophic Medicine (“Initiative für Ausbildung in Anthroposophischer Medizin”), which makes many of the activities of the Young Physician’s Forum financially possible, celebrated its tenth anniversary in 2018.

Coordination and Contact
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International Coordination of Anthroposophic Medicines / IMKA

The main task of IMKA is to deal with transnational questions and problems concerning anthroposophic medicinal products, discuss them with the manufacturers or, if necessary, to mediate between the parties. Andreas Arendt (Switzerland) is the IMKA coordinator. He works together with colleagues and IMKA members Laura Borghi (Italy), Reinhard Schwarz (Austria), Astrid Sterner (Germany), as successor of Markus Debus, who resigned, and Georg Soldner (Medical Section). Depending on the task, additional people are included.

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International Association of Anthroposophic Pharmacists / IAAP

The Board of the International Association of Anthroposophic Pharmacists (IAAP) held several telephone conferences and two meetings in the financial year since the General Meeting in Dornach, September 2017. The secretarial work for IAAP within the Medical Section at the Goetheanum was transferred from Doris Witter to Mathias Hofmann at the end of 2017. On January 16–17, 2018, at the initiative of Manfred Kohlhase, a pharmaceutical colloquium organized by IAAP and the Medical Section took place at the Goetheanum. More than 30 pharmacists and several doctors and researchers took part in the colloquium. IAAP, VAEPS and GAPID were present through the IAAP board as well as through Heike Friedländer, Juliane Riedel (GAPID) and Gallus Stöckler (VAEPS). The event included presentations on further education in line with IAAP’s regulations and requirements (Monica Mennet), the GAPID Academy, and the work of an AnthroMed pharmacy.
The publication of the textbook on anthroposophic pharmacy (“ Anthroposophische Pharmazie”, Salumed-Verlag, Berlin) in 2017 was a milestone. It has over 800 pages, contains pharmaceutical articles by 33 well-established authors and is intended to serve as a bridge between the natural scientific and anthroposophical aspects of pharmacy. The response in the professional world, as far as the textbook was perceived there, was quite positive; this is also supported by the fact that the original 1200 copies are almost completely sold and a reprint is being planned.

In Japan, a Japanese anthroposophic pharmacist organization with 19 members has formed – a result of years of IPMT further training in this Far Eastern country. In October 2017, a seven-day pharmacy course of the Centro Médico Antroposófico in Peru, certified by IAAP, was held for the second time. 30 pharmacists, as well as doctors, biologists, psychologists and some Waldorf teachers, took part in the course, with a total of 44 participants from nine countries.

Plans are being made for further training as a “Pharmacist specialized in Anthroposophic Pharmacy” (IAAP) according to IFER (International Further Education Regulation for "Pharmacists specialized in Anthroposophic Pharmacy (IAAP)” and increased activity in IPMT courses, which IAAP is currently unable to provide due to lack of resources.

Coordination and Contact
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International Coordination of Eurythmy Therapy

As of September of this year, there was a change in personnel. Kristian Schneider – previously responsible for coordinating training and research – has stepped up his work in eurythmy therapy coordination and will be responsible for collaboration within IKAM and also support the country representatives. He will be supported by Monika Folz, who will be the second IKAM coordinator, responsible for the eurythmy therapy associations and fields of practice.

We would like to take this opportunity to thank Aglaja Graf, Mareike Kaiser, Maya Küsgen and Heiða Olafsdottir once again from the bottom of our hearts for their valuable work and their commitment to international cooperation in this field in recent years!

The 7th meeting of the eurythmy therapy working and research group was held at the Alanus University of Arts and Social Sciences in Alfter in April 2018. More than 60 physicians, eurythmy therapists and interested people came together for this meeting. Various results from eurythmy therapy research were presented in lectures. One result was the idea for a research project on the effect of eurythmy therapy on mild depression in comparison to yoga and physical activity. This project is planned in cooperation with the Institute for Eurythmy Therapy at Alanus University and Witten/Herdecke University. More information about this project will be sent soon. In 2021 we will celebrate the 100th anniversary of Eurythmy therapy. The professional associations, country representatives and trainings already have many ideas for this internationally. The basic idea is that this anniversary will be celebrated in various forms in many places worldwide that year and that the impressions and results will be presented at the annual conference of the Medical Section, painting a colorful picture of eurythmy therapy worldwide.

Interdisciplinary auditor training for the accreditation of medical training in the various fields of Anthroposophic Medicine needs new people willing to take on such a task and thus support a stronger recognition of Anthroposophic Medicine through maintaining uniform training standards worldwide.
International Federation of Anthroposophic Arts & Eurythmy Therapy / IFAAET

The International Federation of Anthroposophic Arts & Eurythmy Therapies (IFAAET) promotes the political, legal and professional development of eurythmy therapy and art therapy at the international level.

At the IFAAET meeting in September, Kathryn Harington (Belgium), Silke Speckenmeyer (Germany) and Thilo Riebold (Germany) agreed to serve on the Executive Board. AnthroMed is changing its structure, enabling IFAAET to become a shareholder in future.

Coordination and Contact
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International Coordination of Anthroposophic Body Therapy / IAABT

Two areas form the focus of anthroposophic body therapy: one is the view inward, with further development and consolidation of the structures within the individual methods. The other is the view outward, with interdisciplinary cooperation and exchange. Both are focal points in IAABT’s work to promote the methods of body therapy. Internal consolidation is necessary with a view to recognition by the Medical Section. This includes criteria for defining methods of anthroposophic body therapy, as well as quality assurance.

The view outward: our International Conference for Anthroposophic Body Therapy, April 2017, where therapists from 25 countries met for collegial exchange and cooperation.

Space for encounters was offered through individual case reports in plenary sessions, workshops on various methods and talks on overriding topics.

International further education: body therapy methods are being presented all over the world, for example within the framework of IPMTs. Often this gives rise to impulses to anchor the methods in those countries and to conduct training courses, such as the further training in massage according to Dr. med. Simeon Pressel in Bangkok, which was completed in October 2018. The founding of a German society for anthroposophic body therapy (“Deutsche Gesellschaft für Anthroposophische Körpertherapie”, DGAK) in June 2018 marks a new step in collaboration. In this way, forces are bundled to be able to better perceive regulatory aspects and in this way to consolidate the body therapy work for the future. A special event in September 2017 was the Medical Section’s recognition of massage according to Dr. med. Simeon Pressel as a method of anthroposophic body therapy. Other methods will follow in coming years.

Anthroposophic body therapy is currently developing rapidly. A relaunch of the IAABT website was therefore urgently needed: www.iaabt-medsektion.net

There you can also find the detailed program for our upcoming conference in May 2019. The current working title is “Trauma and Resilience”.

Coordination and Contact
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International Coordination of Anthroposophic Art Therapies / ICAAT

As the international coordinators of anthroposophic art therapies, we can look back on many different fields of work.
An important and regularly recurring date is of course our big international art therapy conference in January. It was held for the 20th time in 2018 and fortunately the number of attendees is constantly increasing. In recent years, more than 250 art therapists from all over the world have been welcomed to participate in interdisciplinary working groups and discuss research questions. ICAAT presented itself artistically and interactively with a new stand at this year’s annual Medical Section conference. Many conversations were stimulated by our offer to leave artistic traces. ICAAT’s presentation thus also provides an outlook on our newly conceived concept for public relations work. In this area, we envisage a close relationship to Steiner’s blackboard drawings.
Silke Speckenmeyer from Cologne is a new member of the public relations team. A change is imminent in the coordination of music therapy. Simone Lindau is leaving ICAAT after six full years in which she not only helped redesign the flyer and website, but also networked its content. As a conclusion she was able to turn the impulse for work within the School of Spiritual Science in the music therapy community into a reality. It begins this year in the Christmas season. Laura Pifarre will be responsible for music coordination in future. In addition, there is a regular exchange among trainers, as well as newsletters and other worldwide networking activities.
Interprofessional cooperation is also underway in all five CARE areas. In this context there will be some publications on the Anthromedics website.
The number of participants in the Teach-the-Teacher training courses is increasing.
At the annual Medical Section conference in September 2018, a new Board was elected for the IFAAET umbrella association within the framework of the professional associations: Kathryn Harrington (art therapy), Thilo Riebold (eurythmy therapy), Silke Speckenmeyer (art therapy), and as advisors Kirstin Kaiser (speech therapy) and Monika Folz (eurythmy therapy). Barbara Steinmann (art therapy), and Kristian Schneider (eurythmy therapy), represent anthroposophic art therapies in Eurocam www.cam-europe.eu and Christine Alsop represents the Association for Natural Medicine in Europe (AMNE).
All in all, a lot has been set in motion for the future.

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International Coordination of Anthroposophic Psychotherapy / AP

One focus of the work in anthroposophic psychotherapy is to prepare the internationalization and coordination of work on the CARE-III topics “Trauma, Depression, Sleep Disorders and Anxieties” within the framework of the new IKAM objective.
The International Federation of Anthroposophic Psychotherapy Associations (IFAPA) is working on the internationalization of psychotherapy associations in member countries such as England, Argentina and Ukraine.
Interdisciplinary further training is experiencing an upswing as a result of intensive cooperation following the successful implementation of further psychotherapy training courses by IFAPA lecturers. One result is the foundation of a Chilean association for psychotherapy. At present there are membership talks with the group from the USA, which would like to join IFAPA after having
fulfilled the necessary criteria. An international core curriculum is in the works. Furthermore, an international train-the-trainer working week was held in Emerson, June 24–29, 2018. 

A further objective is to encourage research and publication of specific concepts that can be related to scientific medicine.

Key topics in the German association for anthroposophic psychotherapy ("Deutsche Gesellschaft für Anthroposophische Psychotherapie e. V." / DtGAP) are: the further development of psychotherapeutic expertise on organ-related mental disorders and the resulting treatment with anthroposophic medications.

A current objective is to elaborate conceptual development of disease-group-related therapy concepts for the CARE-III topics in relation to individual psychotherapeutic treatment.

Germany’s continuing education and certification regulations must be further developed and adapted in relation to international criteria that have meanwhile been established. In the meantime, we are planning a fourth further training course in "Psychiatry – Psychosomatics – Psychotherapy" which meets the needs of doctors and psychologists alike and is also open to other therapeutic professional groups.

Interdisciplinary networking between AP and other professional groups has started successfully, an example of which is our cooperation with Friends of Waldorf Education, which includes training contributions for mentor training there and the organization of psychotherapeutic individual case help for affected helpers. Another success is our intensification of teaching and research activities in cooperation with IBAP (Herdecke). https://ibam.uni-wh.de/forschung/

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Anthroposophic Naturopathy

The International Society of Anthroposophic Naturopathy (ISAN) was founded during the Medical Section's annual conference in September 2018 as a “group based on subject” in the General Anthroposophical Society, according to § 11 of its founding statute of 1923, and was recognized by the Executive Council of the School of Spiritual Science. This founding took place on the initiative of the working group of anthroposophic naturopaths ("Arbeitsgemeinschaft Anthroposophischer Heilpraktiker", AGAHP) and the international professional group. AGAHP is a corporate and founding member of ISAN. The founding statutes of the Anthroposophical Society stipulate that "members may join together in groups on any basis of locality or subject". AGAHP’s membership in ISAN also covers membership in the Anthroposophical Society for AGAHP members. It is therefore no longer necessary to be a member of a branch based on locality or the German national anthroposophical society. Alexander Schadow was elected as the first president of the "International Society of Anthroposophic Naturopathy (ISAN)”. He is assisted by Michael Voelkel als board member and Dorothe von Lochow as treasurer.

The AGAHP annual general meeting took place on 1 June and the spring conference on 2–3 June 2018 in Germany. In this context there was a School of Spiritual Science study meeting and a faculty conference of the lecturers from the association school, Anthropos-Sophia. As part of a further training course of the association school, the members participated in a seminar on the subject of "The four elements and the theory of the etheric". The guiding principle of this work had as its subject matter: "Meditative work: I walk the path of the four elements". This meditative
work was clarified with the help of eurythmy and gave all participants a deeper insight into the active forces of the elements.

The annual conference also discussed the fierce attacks on naturopaths by the media. The topic here was, among other things, the status of the new regulations in Germany relating to the non-medical practitioners act and the negative campaigns of certain so-called medical experts against this profession. New guidelines for validating non-medical practitioners have meanwhile been published in the German Federal Gazette. The new guidelines, i.e. the amendment of the implementing regulation, entered into force in Germany on 31 March 2018.

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European Federation of Patients’ Associations for Anthroposophic Medicine / EFPAM

The following report refers to EFPAM’s umbrella organization activities, not the 15 affiliated patient associations. In November 2017, we continued our working days for patient association board members started in 2016. Our host was Gesundheit aktiv in Berlin. During the Medical Section’s annual conference in September 2017, EFPAM offered a working group (Workshop 43) on “Patients’ Competences and Health Competences”.

For further information on our activities, please refer to our Annual Report 2016–2017.

EFPAM, as the umbrella organization of patient associations for Anthroposophic Medicine, will be responsible for a project to prepare a “Practical Help for Patients” website, which will cover the most important everyday health problems and tips for coping with them. The working language for the time being is English only. The project must be presented in mid-2020 as a contribution of the patient associations to the anniversary year of Anthroposophic Medicine. In November 2018 (Nov. 2–3), working days are again planned for the boards of patient associations in Europe. The venue is to be announced.

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International Coordination of Aging Culture and Care of the Elderly

IKAM’s presence within Nikodemus Werk (a professional association for anthroposophical ageing culture) has been sought an ongoing basis; in November we approached the Goetheanum and there was a discussion with Matthias Girke and Gerald Häfner. Both were very well received, and it is now up to each individual member organization or its representatives to follow the suggestions and initiatives.

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Anthroposophic Council for Inclusive Social Development

In October 2017, for the first time since their official assumption of responsibility in January 2017, the new leadership team successfully organized the conferences and the annual retreat. As is customary in the years between the major international conferences that take place every two years, we held a conference on the fifth lecture of the “Curative Education Course”; followed by an open conference of the School of Spiritual Science for staff in our field of work, which met with a very positive response. Immediately afterwards, the conference members continued to work on the six focus topics that developed from the process started last year. New working groups have been set up to continue this work. The first major international conference organized by the new leadership was held October 8–12, 2018 under the title “Social – Play – Space: Places for Successful Biographies”. Its focus was on the social and cultural dimensions of our work. The six focus topics for the Anthroposophic Council for Inclusive Social Development are:

- International training or continuing training for trainers
- International training in management and leadership
- Development of resources and publications for training and practice
- Outcomes studies with a focus on quality of life
- Next generation / Young Professionals Network
- Further development of the work in the School of Spiritual Science

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International Coordination of Anthroposophic Nursing

Anthroposophical clinics, retirement homes and nursing services
The situation of nursing care in facilities offering Anthroposophic Medicine is very difficult. Staff shortages, bureaucratization and a dominance of economic constraints hamper learning and community building. A worldwide network of nurses is quietly working for a turnaround with modest means.

Further training in nursing
The number of further training courses in anthroposophic nursing is growing – especially in Asia. In Taiwan, China, Malaysia and Thailand, basic courses in anthroposophic nursing care and Rhythmic Einreibung have been established in recent years, mostly in connection with IPMTs. Janice Balaskas, Elisabeth Sustick and Rolf Heine visit these countries several times a year. In the USA, five experts in anthroposophic nursing were certified last year. Basic courses are offered in 14 countries. In the last two years, over 10 courses have been recognized worldwide by the International Forum for Anthroposophic Nursing.
Rhythmical Einreibung
Janice Balaskas (USA) has been appointed International Coordinator for Rhythmical Einreibung. The manual governing further training has been revised. The further development of Rhythmical Einreibung for children is a main focus.

Associations
A professional association for anthroposophic nursing was founded in Chile. It is the tenth association to join the International Council of Anthroposophic Nursing Associations (ICANA). ICANA secures funding for the International Forum for Anthroposophic Nursing (IFAN), which is made up of around 60 representatives from over 20 countries. Organigram at www.icana-ifan.org.

International Forum for Anthroposophic Nursing / IFAN
The International Forum for Anthroposophic Nursing (IFAN) was established in 2000. It passed through its first lunar node at the end of 2018. This was a reason to remember the founding impulse and revive it. We said goodbye to the long-standing members of the leadership circle Birgitt Bahlmann, Monika Layer and Ursa Neuhaus. The strongly expanded tasks were distributed to seven working groups: Professional Development, Future of Healthcare, IFAN Work Structures, Public Relations, Community Education and Meditative Work. The working group “Rhythmical Einreibung” has existed for a long time. A particular challenge lies in the diversity of languages and in communication, which must be conducted predominantly through electronic media and inner work.

Translation of the textbook “Anthroposophische Pflegepraxis”
The textbook “Anthroposophische Pflegepraxis” (Heine, R. Anthroposophische Pflegepraxis, Salumed-Verlag, Berlin 2017) is regarded as the standard work on anthroposophic nursing. Now published in its 4th edition by Salumed Verlag, the book is an important reference in anthroposophical nursing care in many regions of the world. An English translation and publication are therefore urgently required and will be vigorously promoted.

Coordination and Contact
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Association of Anthroposophic Clinics
A. Complete overhaul of the association: What targets were achieved in 2017?
- A new Board. Achieved, yes, but there is still potential for more. Harald Matthes (Management and Medical Director, Havelhöhe) was elected to join the two existing Board members Gerd Bögelholz (Management, Schloss Hamborn) and Christian Klodwig (Management, Herdecke) at the association plenum in November 2017. Andreas Jäschke resigned as a member of the board.
- Regarding other possible physicians, there are options to be explored and, if necessary, implemented over the next few months. There are also plans to appoint board members from other professional groups.
- Tasks and forms of work: The working form of the association was changed. A plenary meeting with a members’ meeting will only take place once a year in future. In addition, there will be shorter meetings on specific themes, called “forum meetings”.

• Public relations work will continue via DAMiD, to which the lion’s share of membership fees will be passed on. Herdecke community hospital gave up the periodical "medizin individuell" as its house magazine at the end of 2017; the Clinic Association took over this project for one year on an interim basis (2018), until it is clear whether the association is sufficiently represented in the DAMiD public relations project. A new decision is to be taken at the end of the year.

• A central change in working methods and tasks results from the reduction of management tasks of the association, which were delegated to AnthroMed GmbH over the last 10–12 years. A special effect is that, in the course of the change in AnthroMed’s shareholder structure, the association will initially take over all shares in AnthroMed GmbH and then sell them on to the associations that have agreed to purchase them. Details are in the AnthroMed report.

• Structures: The statutes of the association were completely revised and adapted to modern requirements. Two new categories of members have been created: ordinary and extraordinary members. Only ordinary members are entitled to vote. They are expected to be AnthroMed certified after a maximum of three years (transition period). Only carriers and operators of stationary facilities or parts (departments) of such facilities are admitted as full members. Extraordinary members may also be sponsoring institutions. Natural persons are not provided for as members. Ordinary members pay dues, which are levied according to their total turnover. The subsidy for the Medical Section of TEUR 50 (thousand euros) per year was newly integrated into the contribution volume and will be collected regularly in future.

After the office had moved from Arlesheim to Herdecke a year ago, the association’s headquarters were moved from Stuttgart to Herdecke.

B. Focus impulse: Special challenges and problems?

The status of some institutions is at risk. (Järna, Haus am Stalten, the unclear situation of Sonnenneck). The economic challenges are constant. In addition, there is a shortage of specialists and regulatory provisions to deal with.

A general challenge is the thinning of anthroposophical competence, especially in leadership positions. This can be countered by bringing competent managers from the market and offering them further training and an introduction to anthroposophy. This is very dependent on the individual and has a very heterogeneous time horizon. The other way is to train and educate anthroposophical specialists in leadership skills. Plan for the 2018 working year: to develop a concept for further leadership training. First implementations before the end of this year. To establish cooperation with the association of nurses. A meeting has been scheduled. A first forum meeting is planned for spring. Gerd Bögeholz, Schloss Hamborn Rudolf Steiner Werkgemeinschaft e.V., ad interim

AnthroMed® – the Trademark for Anthroposophic Medicine

The fundamental decision of IKAM and the Section leadership in January 2017 to jointly develop the AnthroMed® brand triggered considerable activities in the legal sphere, which also shaped the work in 2018: The responsibility structures of AnthroMed gGmbH as owner of the brand were completely redesigned.

In the meantime, the sale of all shares held by the founding companies – nine individual clinics of Anthroposophic Medicine – to an international AM association has been completed. The "Clinic Association" has agreed to acquire all shares on a fiduciary basis and to transfer them to
international AM associations as new shareholders in accordance with further consultations within the Section. It is expected that such a transfer to IVAA will take place at the beginning of 2019. Further associations may follow in 2019. At the shareholders’ meeting in June 2018, in addition to these structural questions, we discussed various aspects with the Section leadership, in particular the role of the Medical Section.

Thus, for the sake of clarity of communication regarding the future role of the trade mark, the following conceptual distinctions were made:

- Method recognition: this is carried out by the Section leadership after submission of a method recognition presentation, specialist dialogue (IKAM) and documentation of effectiveness
- Accreditation: Recognition of a training institution by the Medical Section
- Certification: according to the agreed criteria, including the use of the legally protected trademark AnthroMed®
- “AnthroMed®” certification/qualification refers to the institutional level

The role of the Section within AnthroMed gGmbH is agreed as follows:

- The international associations are seen in their connection to IKAM as a constitutional part of the Medical Section.
- In principle, all international associations of AM can become shareholders of AnthroMed gGmbH.
- The Medical Section as such does not become a shareholder of AnthroMed gGmbH. It is a member of the AnthroMed® Brand Advisory Board and has the right of veto.

Coordination and Contact
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International Coordination of Public Relations

The international coordination of public relations as a supporting organ of the leadership of the Medical Section at the Goetheanum has its central task in the management of communication with internal and external stakeholders. The work focuses on the further development of the field of international public relations in Anthroposophic Medicine.

New impulses came into the Medical Section with the change of Section leadership in 2016. The existing communication activities had to be further developed to accommodate them. The reporting period was marked by committee work, PR consultations in individual IKAM specialist areas within our interdisciplinary working community, the holding of workshops, the creation of multimedia concepts with complex tasks and focused objectives, and the coordination of AM information materials for the public relations work of the Medical Section in cooperation with the stakeholders. The coordination and creation of the Annual Report, the Medical Section newsletter six times a year in seven languages, various small print products from concept and design to printing, as well as photo documentation of events and updating and further developing our international online presence, are part of the activities to support target group-oriented communication.
Cooperation with the graphics group and two communications conferences at the Goetheanum served to guarantee the coherent coordination and further development of public relations topics there. In addition, cooperation with anthroposophic media professionals, board work in the association for publicity work (“öffentlich wirken”) and regular work within the School of Spiritual Science as media professionals are essential for our cooperation with interdisciplinary multipliers. Other activities last year included participation in the working group on the challenge of resistance to antibiotics (“Herausforderung Antibiotikaresistenz”) coordinated and moderated by Paschen von Flotow, participation in the Advocacy Workshop organized by the umbrella organization for Anthroposophic Medicine in Germany, and a working group on wording to sharpen the profile of Anthroposophic Medicine by developing core messages.

A website and newsletter prototype was developed in cooperation with IAABT, the body therapy sector within IKAM. This is now available for use by other professional fields. Through the strategic expansion of our social media channels, we are reaching more and more interested people and our Facebook member base increased by around 37% in the reporting period.

In-depth media research and observation of market developments are carried out primarily in the field of digital communication in order to adapt our services as optimally as possible to the needs of our movement. Trends and ideas for improvement are therefore constantly considered in order to keep pace with developments. Regular analysis of our communication measures enables us on the one hand to position ourselves precisely and on the other hand to be closer to our target groups.

The website of the Medical Section was revised in close cooperation with Matthias Girke and Georg Soldner in 2016; its “Research” section was redesigned with Gunver Kienle and Helmut Kiene. A “Medicine and Health Blog” by the Section Leadership (blog.medsektion-goetheanum.org) is expected to go online on March 1, 2019.

For reporting purposes, I document many of our conferences and events at the Goetheanum in photographs. With our increasingly international focus, the countries are called upon to share their activities even more with the Medical Section, so that they become better known in the international context. This will serve to overcome borders, strengthen the flow of information and build awareness in our community. It is planned for 2019 that the activities of the countries will become even more visible in the international newsletter.

The aim is to raise the profile of Anthroposophic Medicine and to focus on its qualities. Regular analyses and evaluations of the measures taken are part of the daily work and are preceded by target group-oriented communication.

Coordination and Contact
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In 2017 – the first year under the new Section leadership of Matthias Girke and Georg Soldner – three new multi-year projects were started: the interprofessional development of generally useful therapy concepts for frequent medical questions, including corresponding research and publication work, within five priority areas (the “CARE Project”), the development of an online textbook on Anthroposophic Medicine (the “Anthromedics Project”) and a new edition of Rudolf Steiner's first course for doctors (the “vol. GA 312 Project”). Johannes Weinzirl was hired at the beginning of 2017 with a 25% position as a research associate to work on these two last-named projects. The project to record the archive holdings of the Medical Section from its foundation to the present, which was started in autumn 2014, was completed in May 2017. Dorit Dirlam's comprehensive Excel list makes it possible to digitally search the holdings using different parameters and to access the documents hidden in well over 600 archive boxes. We cannot thank her enough for her immense commitment and the preparatory work she has done to develop the Medical Section. With the end of the project Dorit Dirlam left the Medical Section to devote herself to her own projects. François Bonhôte joined us in July 2017 and shouldered responsibility for our conference organization from October 2017. Mathias Hofmann gave up this area, which he had structured in an exemplary manner, after five years and has since dedicated himself within the scope of a 70% position to setting up a central office for individual professional groups within the International Coordination of Anthroposophic Medicine (IKAM), as well as setting up cloud-supported communications portals for the Anthromedics and CARE projects. – Our International Postgraduate Medical Training (IPMT), which has been in existence since 2002, was successfully continued in 2017 in a total of 17 countries.

Despite the fact that the above-mentioned new areas of responsibility resulted in personnel costs that were about 13% higher than in 2016, the contribution of the General Anthroposophical Society (AAG) to the budget of the Medical Section was reduced from just under 8% (TCHF 150) in 2016 to about 6% (TCHF 108) in 2017. It should not be forgotten in this context, though, that each Section is provided with the Goetheanum's entire infrastructure free of charge for its events, as well as with equipped offices required for administrative work, for which we are extraordinarily grateful. – The remaining almost 94% of the total expenditure of TCHF 1,766 was financed to a good third by the Medical Section's own contributions (conference revenues, publications, lecture fees, etc.) and contributions from institutions and professional associations, and to almost two thirds by the support of partners, foundations and individual donors.

Let us look at the fields of work of the Medical Section in detail. “Training and further training” comprises the expenses and income from eurythmy therapy training at the Goetheanum and the two-year, modular “International eurythmy therapy training for doctors and medical students”, which was newly established in February 2017, as well as the “International Postgraduate Medical Training” (IPMT) and the “Teach-the-Teacher Training”, which started in 2014. While the eurythmy therapy training courses covered their own costs and the surplus from the “Teach-the-Teacher Training” was used to set up a new trainer website, it was not possible to acquire sufficient funds for the 17 IPMT training weeks held worldwide, so that at the end of the year a deficit of around TCHF 48 was incurred. – A deficit of a similar amount had to be recorded for IKAM. The steadily growing additional expenditure for coordination work due to the worldwide expansion of Anthroposophic Medicine was offset by additional revenues, but the deficit already existing in 2016 was only slightly reduced. Fortunately, the targeted amount for the basic financing of the Medical Section of TCHF 495 was almost reached in 2017 and the basic material and staffing costs of the Section work, which are
not to be balanced via projects, conferences or training activities, were fully counter-financed. Our conference activities in 2017 were once again self-sustaining, especially due to our successful annual conference on the subject of “Warmth”, attended by more than 800 participants from 43 countries, the surplus of which made it possible to offset other events which had slightly loss-making results.

There was also a staff change in the first half of 2018. Since Doris Witter, who had managed our secretariat so professionally and lovingly for five years, retired, a new person had to be found for this task and a training period accompanied by Doris Witter had to be budgeted. After an intensive search, Claudia Holtermann joined our team and quickly settled in to her new task – competently accompanied by Doris Witter during the first weeks. As a leader of study trips, Claudia Holtermann is experienced in dealing with people and is task-oriented and language-competent. In the meantime, she has become an indispensable member of our office team.

Also budget-relevant in the first few months of 2018 was the establishment of a new address database designed by Mathias Hofmann at the end of 2017, which replaced our old database after a good decade of technical development. In the course of this, we also changed the dispatch mode of our newsletter and invitations to events, also with regard to the new General Data Protection Regulation; we have been using newsletter software for this purpose since summer 2018. – The above-mentioned cloud-based communication portals for the CARE groups and for individual IKAM areas were continuously developed throughout the year.

We were very pleased when the Anthromedics portal went live in autumn 2018 and the interim results of the CARE-Group work became publically accessible, supplemented by introductory chapters on basic principles. This project, which has received substantial funding from foundations, presents multi-professional concepts and therapy recommendations in Anthroposophic Medicine for symptoms and illnesses that lack satisfactory treatment in the public domain; the content of the portal will be expanded in the following years.

The Medical Section’s budget for 2018 was slightly lower than what we ended with in 2017. On the one hand, only 14 IPMT weeks were offered in 2018 instead of 17 in 2017, as several countries completed their five-year cycles in 2017.

In addition, no further financing had to be planned for the completed archives project. As an additional expenditure of TCHF 20, the budget for 2018 included the establishment of a new address database, since our old system had technically “outlived” itself. Otherwise, the work of the Medical Section in 2018 continued on the same scale as in 2017. Today – at the end of October 2018 – it is foreseeable that we will close the financial year similarly to last year. It is becoming apparent that the basic financing of the Section’s work can this time be ensured by the contributions of the institutions; the conference work will also be able to generate a slight surplus together with training and further education. For 2019, we have prepared a budget that is in the order of magnitude of the budget for 2018, with a view to the activities that are planned. We would like to take this opportunity to thank all foundations, institutions, medicinal product manufacturers, associations and private donors once again for their many years of support, or for supporting our work for the first time! Stefan Langhammer
### Medical Section at the Goetheanum, Annual Accounts 2017 (in CHF)

<table>
<thead>
<tr>
<th>Expenditures (in CHF)</th>
<th>Human resources costs</th>
<th>Fees</th>
<th>Administrative and material costs</th>
<th>Total</th>
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GAS contribution: 108,230.00

**Total:** 1,765,890.00
# Medical Section at the Goetheanum, Budget 2018 (in CHF)

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GAS contribution: 120,000,00

Total: 1,705,000,00
Medical Section at the Goetheanum, Budget 2019 (in CHF)

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GAS contribution: 120,000,00

**Total: 1,715,000,00**
Co-workers in the office of the Medical Section at the Goetheanum

Dr. med. Matthias Girke
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IKAM Office and Project Management
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Tel: +41 61 706 42 93
A review of the international work in pictures

February 2017

Pictures left to right: 1. Mistletoe in January; 2. IKAM retreat at the Goetheanum; 3. Medical training in Klinik Arlesheim AG, working group

Spring 2017


Conference of Trainers of Doctors and Medical Students at the Western Entrance of the Goetheanum 2017

Summer 2017

Pictures left to right: 1. Attunement to the subject of warmth at the 2017 annual conference: blackboard drawing, Rudolf Steiner, 1924. GA 354; 2. The preparatory team for the 2017 body therapy specialist conference; 3. International Postgraduate Medical Training (IPMT) group in Kuala Lumpur, Malaysia
Michaelmas 2017

Pictures, left to right: 1., 2., 3., Annual Conference 2017: in the great hall of the Goetheanum; 4. View of the annual conference festival on the terrace

Christmas 2017

Pictures, left to right: 1. Advent sun at Gempen, Switzerland; 2. Matthias Girke and Georg Soldner at the 6th "The Gateway of Death and the Gateway of Birth" conference in the great hall of the Goetheanum; 3. Medical symposium in the Colombian health ministry in Bogotá; 4. IPMT group in Calcutta, India

Winter 2018

Pictures, left to right: 1. IPMT group in Santiago, Chile 2018; 2. Workshop conference on the founding of Anthroposophic Medicine through the lecture cycle "Introducing Anthroposophical Medicine" GA 312 in Dornach; 3. View of the IKAM retreat in Dornach

Easter 2018

Pictures, left to right: 1. Participants at the research congress in Dornach; 2. View of one of the 17 workshops at the annual general meeting of the Anthroposophical Society in Dornach; 3. Presentation of the "Anthroposophic Mistletoe Therapy and Integrative Therapeutic Concepts" certificates at the Goetheanum
Accounts for Donations to the Medical Section at the Goetheanum

For transfers from Switzerland
Raiffeisenbank Dornach
Kto: 1006056 | Clearing: 80939
IBAN CH53 8093 9000 0010 06056
BIC: RAIFCH22

For transfers from outside Switzerland
Volksbank Dreiländereck
Kto: 970760 | BLZ: 683 900 00
IBAN: DE92 6839 0000 0000 9707 60
BIC: VOLODE66