



Newsletter of the Medical Section

February 2020

Stars once spoke to human beings
Their falling silent is cosmic destiny.
Awareness of the silence
Can cause pain to human beings
But in the mute silence there ripens
What human beings speak to stars.
Awareness of their speech
Can turn to strength for spirit human being.

Rudolf Steiner
Christmas 1922



Photos from left to right: Group picture of IKAM coordinators; winter sky over the Goetheanum; impressions of the art therapy conference.

Dear co-workers
and friends of the Medical Section!

The art therapists' conference provided a strong start to the year in which Anthroposophic Medicine celebrates its big anniversary. The Schreinerei of the Goetheanum was fully booked with over 300 participants and lecturers and the international participation was as strong and lively as never before. **Kirstin Kaiser**, the coordinator of the specialist field, was bidden farewell with a big thank you – she will continue to work as coordinator for the speech therapists – and **Laura Piffaretti**, a music therapist from Switzerland, was warmly welcomed as her successor.

We also welcome **Mónica Mennet-von Eiff** who this year will take over the coordination of Anthroposophic Pharmacy from **Manfred Kohlhasse**. She works at Weleda and in the Swiss Pharmacists' Association and in her biography is also connected with South America. **Helmut Kiene**, for many years an executive board member of the Research Council, and **Roland Bersdorf**, as managing director of AnthroMed®, are two further coordinators who for many years played an active role in IKAM and who are due a big thank you for their commitment like all the others.

Concluding the personnel changes, we should still mention **Wieneke Groot** from the Netherlands who in 2020 will take over the coordination of the

anthroposophical patient associations from **René de Winter**.

On 21 and 22 January, the **Pharmaceutical Working Group of the Medical Section** was constituted. It will devote its attention to the further development of this specialist field in research and teaching worldwide.

Events for the hundredth anniversary of Anthroposophic Medicine will be held in many countries. The first happening of this kind was the conference of the **NordicBalticNetwork** which took place in the Estonian capital Tallinn from 16–19 January 2020 and included a keynote lecture by Michaela Glöckler. Its topic was the way in which anthroposophy and Anthroposophic Medicine can be implemented in daily life even when the therapeutic possibilities are available only to a limited degree and the criticism of the "sceptics" has to be engaged with in the public sphere.

We would ask everyone to notify Ariane Totzke, who is responsible for public relations in the Medical Section, about your anniversary events so that she can put them on our website (<https://bit.ly/39FffGP>) and on social media. The planning for the major **World Conference on Anthroposophic Medicine from 12–20 September 2020** (www.crossingbridges.care),

for which ticket sales will start on 5 March 2020, is now also complete.

In Argentina, two important founder personalities and pioneers of Anthroposophic Medicine, **Helga Moreno** and **Dr. Segundo Santillán**, have crossed the threshold of death. We owe them a debt of gratitude for decades of enormous human and medical commitment. Among other things, Segundo Santillán was responsible for editing the Argentinean *Vademecum*. Today Anthroposophic Medicine is developing vigorously in this country, shaken as it is by many political and economic crises, and we are pleased that for the first time in South America a multidisciplinary seminar on **Teach the Teacher in Anthroposophic Medicine** will start in Buenos Aires from 27 February to 1 March 2020. Participants from many South American countries will attend the course, which is already almost fully booked, and the lecturers, too, are largely from the region, supported by Diethard Tauschel, Jan Feldmann and Georg Soldner.

Europe has been shaken by the departure of Britain from the European Union which is now a fait accompli. We are therefore all the more pleased that a vigorous new training impulse in the English language will start these days at Emerson College in England with international participation, the **English Training in Anthroposophic Medicine**. Its nine modules include clinical training units (Havelhöhe/Berlin, Herdecke, Klinik Arlesheim AG); the training leads to recognition as an anthroposophic physician.

27 January was the seventy-fifth anniversary of the liberation of the Auschwitz concentration camp, a painful anniversary which was noted worldwide. On the same day, the respected journal *The Lancet* published a contribution by Peter Selg and his colleagues on the Integrated Curriculum for Anthroposophic Medicine at Witten/Herdecke University entitled "Cultivating Awareness of the Holocaust in Medicine". The article contained a reference to the three-year interprofessional elective curriculum "Cultivating Medical Awareness and Ethics using the Example of Medicine under National Socialism" which is attended by many medical students each year and includes a four-day visit to the former Auschwitz concentration camp where barbarous medical experiments were carried out (see below). The goal of this unique medical course is described by the authors as follows: "Nowadays students must be equipped with a moral compass that should act as a foundation for developing a professional identity for the medical and societal challenges...." This inner compass, which is not given by purely factual knowledge and relates to the question how we find the good, is constantly gaining in importance worldwide.

It is with great pleasure that we hear that in the European Union's south-east European neighbour

Serbia Anthroposophic Medicine has now also been included and officially recognised in a ministerial ordinance on complementary medical procedures. The condition for the corresponding state recognised medical licence is a completed advanced training in Anthroposophic Medicine. We are very grateful to our Serbian friends for this result of many years' work and are pleased as well that our young colleague **Jelena Rabijac**, who was very much involved in this process, is now on the board of the International Federation of Anthroposophic Medical Associations IVAA.

It also gives us pleasure to report that Herdecke Community Hospital was the first German perinatal clinic to be certified in December 2019 as "baby friendly" by the WHO/UNICEF.

Last year still, the **1st International Symposium on Integrative Paediatrics** was held in São Paulo, Brazil on 22/23 November. It was organised by the paediatrics department of São Paulo University where our colleague Professor Dr Ricardo Ghelman works. Three hundred participants and lecturers from North and South America as well as Europe adopted a joint statement at the end which explains the importance of integrative paediatrics for the benefit of children: <https://bit.ly/384axSJ>.

We are now looking ahead to the hundredth anniversary of Anthroposophic Medicine on 21 March 2020. On this day a hundred years ago Rudolf Steiner began his cycle *Introducing Anthroposophical Medicine* (GA 312). These days, the new German edition of the course with all the blackboard drawings has been published by Rudolf Steiner Verlag in four-colour print; it strictly follows the original shorthand note.

A first **volume of commentaries on the background to the course**, edited by Peter Selg, with all of Rudolf Steiner's notebook entries in facsimile, the questions of the course participants, descriptions of the composition of the course, etc. will be published by Verlag am Goetheanum still before the **research conference on 6–8 March 2020** which addresses the first four lectures of the course from today's perspective (<https://bit.ly/2HtWYQC>). A key topic here is the new perspective on the heart and circulation. In this context the second edition of *The Heart and Circulation* has just been published in English by the respected Springer Verlag (see below): this comprehensively revised second edition by Prof Dr Branko Furst traces the development of the basic concepts of cardiovascular physiology in the light of the collected experimental and clinical evidence. With this course Rudolf Steiner also laid the foundations of anthroposophical mistletoe therapy in lecture 13.

In this context, an important positive meta-analysis has been published: Loef, Walach H. *Quality of Life in Cancer Patients Treated with Mistletoe: a Systematic Review and Meta-analysis* (see below).

We would also like to draw your attention to a new publication in Italian: the textbook – as compact as it is comprehensive – on Anthroposophic Medicine *Clinica Medica Antroposofica*, published by our valued colleague Giancarlo Buccheri who was for many years president of IVAA (see below).

So together with you we look forward to celebrating this anniversary year of Anthroposophic Medicine with all of you in a worthy and vibrant fashion, as well as sowing the seeds for the further development of our human and ecological system of medicine – guided as it is by the future development of human beings and the earth and which we owe to the impulses of Rudolf Steiner and Ita Wegman.

Matthias Girke and Georg Soldner

RESEARCH

Tauschel D, Selg P, Edelhäuser F, Witowski A, Wald HS. *Cultivating Awareness of the Holocaust in Medicine*. Lancet 2020;395(10221):334.

<https://bit.ly/2GY1nv3>

Furst, B *The Heart and Circulation. An Integrative Model*. 2nd revised edition. Springer Verlag 2020: all extended and new chapter abstracts of the e-book:

<https://bit.ly/2HoFbjS>

Contribution on key health economic results from a retrospective data analysis of all paediatric inpatients treated in the last ten years at the Filder Clinic and in Herdecke:

Fetz K, Ostermann T, Schwermer M, Appelbaum S, Vagedes J, Zuzak TJ, Längler A. *Do Patients of Integrative Anthroposophic Pediatric Inpatient Departments Differ? Comparative Analysis to all Pediatric Inpatients in Germany Considering Demographic and Clinical Characteristics*. BMC Public Health 2019; Article number: 1623.

DOI: <https://doi.org/10.1186/s12889-019-7972-x>

Loef, Walach H. *Quality of Life in Cancer Patients Treated with Mistletoe: a Systematic Review and Meta-analysis*. medRxiv preprint first posted online Nov. 2019.

DOI: <http://dx.doi.org/10.1101/19013177>

RECOMMENDED LITERATURE

Giancarlo Buccheri. *Clinica Medica Antroposofica*. Edizioni Minerva Medica S.p.A. 2019.

Rudolf Steiner. *Care for the Soul. Between Body and Spirit. Psychotherapy Founded on Anthroposophy*. Selected texts with commentaries by Harald Haas. Forest Row: Rudolf Steiner Press 2019.

International Association of Steiner / Waldorf Early Childhood Education (IASWECE) (Ed.) *Stepping into the Future: Early Childhood Education as the Foundation for a Healthy Social Life*. 2019.

EVENTS & DATES

6–8 March 2020, "100 Years of Spiritual Science and Medicine". Research conference with P Heusser, P Selg, H Matthes, A Husemann, B Furst, J Weinzirl and others, Goetheanum: <https://bit.ly/2HtWYQC>

20–22 March 2020, Conference "Solutions and questions of anthroposophical veterinary medicine on animal disease", Goetheanum: <https://bit.ly/2SPb5W1>

28 April–1 Mai 2020, International congress on integrative medicine and health, Ohio: www.icimh.org

8–9 May 2020, "For a humanistic digitalisation! What images of the human being and the world does the future require?", Witten/Herdecke: <https://bit.ly/2LoLbf2>

8–10 May 2020, "Breathing, light and warmth – from treating the tumour to treating the patient". Conference with M Girke, M Debus, H Matthes, P Selg, R-D Hofheinz and others, Goetheanum: <https://bit.ly/39FgvtX>

16 May 2020, Information about the eurythmy therapy training leading to a state qualification, 14.00 in the Terrassensaal, Goetheanum

10–13 June 2020, "The dignity of the child". International early years conference on pregnancy, birth and early childhood, with G Soldner, M Glöckler, L Prasanna, J Vagedes and others, Goetheanum: <https://bit.ly/31QlhSh>

All events of the Medical Section

<https://bit.ly/2So8Eeg>

All events of the Young Medics Forum

<https://bit.ly/2lXgCgK>

IPMTs 2020

<https://ipmt.medsektion-goetheanum.org/en/>