



A system of medicine that pursues an ecological, social and spiritual path represents the future of medicine for me.

Peter Selg, from the film "The Art of Healing" (2021)

Newsletter of the Medical Section

February 2021



From left to right: Impressions from the seven-part film "The Art of Healing" which can be viewed from 12 February on its own website and which looks at the many different aspects of Anthroposophic Medicine, including its interdisciplinary treatment approach.

Dear co-workers
and friends of the Medical Section!

A new film on Anthroposophic Medicine: "The Art of Healing"

The image of Anthroposophic Medicine in the media often diverges widely from the reality we live and experience in anthroposophical medical and therapeutic practices, clinics and nursing facilities. On occasion of the anniversary of 100 years of Anthroposophic Medicine and pharmacy, it is our desire to contribute to a more realistic, positive and forward-looking image of Anthroposophic Medicine in the public domain in the form of an artistically made documentary film.

This led to the making of a seven-part film which will be released under the title "The Art of Healing" on the website www.kunst-des-heilens.de (German with English subtitles) at 20.00 on 12 February 2021.

The seven episodes of the film, which can also stand on their own, each start with a short section from an orchestral rehearsal. Using the musicians from the Stuttgart Chamber Orchestra and their conductor Thomas Zehetmair, the director Benedikt Schulte develops images of a system of medicine for body, spirit and soul. The threefold structure of the human organism and the interaction of the human constitutional elements are vividly illustrated, as is the work together of a therapeutic community. Examples from clinics and practices, neonatology and oncology, external applications and artistic therapies focus on interdisciplinary collaboration and let all those involved have their say in interviews. In the first episode, called "Living roots", a look at modern, integrative oncology in Klinik Arlesheim is combined with an in-

interview with Peter Selg who succeeds in presenting the impulses and approach of Ita Wegman from the founding years of Anthroposophic Medicine in a contemporary way.

The film focuses on the contribution of developing Anthroposophic Medicine to an integrative medicine, a human, ecological, social and spiritual medicine of the future.

A further episode is devoted to anthroposophic pharmacy and the concluding episode deals with training and research. Patients describe their experiences with Anthroposophic Medicine, respected experts like the professor of medical ethics, Giovanni Maio, the oncologist Prof Ralf Hofheinz, and the state secretary in the Ministry of Social Affairs and Integration of Baden-Württemberg, Bärbl Mielich, are given the opportunity to speak at length. The connection with the world conference of the Medical Section at the Goetheanum in 2020 forms the concluding motif of the film which is already hinted at in the first episode and is developed over subsequent ones.

Contrary to the original planning, filming in 2020, the year of coronavirus, had to be restricted to Switzerland and Germany. We would like to thank the Software AG Foundation and the MAHLE Foundation for their generous funding of this project and hope that in the next few years we will be able to bring the worldwide development of Anthroposophic Medicine still more into the public consciousness.

From the anthroposophic medical movement

The current necessity of holding advanced training events online also opens up new opportunities. A team of our Indian colleagues successfully organised an online conference for South-East Asia in **December 2020 under the title "One Health Asia-Pacific Anthroposophic Conference"** with around 700 participants and contributions from the **Section for Agriculture, the Pedagogical Section as well as the Medical Section**. The format was cognisant of the insight that the health of people and nature are mutually dependent and cannot be separated. With this perspective in mind, we also want to draw your attention to the **annual conference of the Section for Agriculture**, taking place online from **11–14 February 2021**, on the subject: ["Breathing with the Climate Crisis – ecologically – socially – spiritually"](#) which was prepared together with the Youth Section and in which the Medical Section will also be involved.

Instead of the conference which would normally have taken place in Dornach at the start of January, the art therapists are in 2021 organising a **cycle of four online conferences** which will be attended by more than 250 people from all over the world. [Registration](#)

[is still possible](#) and encouraged! Because the interest in the cycle is growing, translation into Spanish is also envisaged.

In the north of Israel, **Prof Eran Ben-Arye's team is doing magnificent work** both for patients and for the often completely exhausted doctors and nursing staff in the COVID pandemic. Here external treatments from anthroposophic nursing play a major role. On 22 January, there was an **online seminar in Israel on COVID-19 with the participation of Matthias Girke** which was attended by 124 participants.

The **IVAA (International Federation of Anthroposophic Medical Associations)** is planning a **two-hour international online seminar on COVID-19 on 24 March**. On the online platform of the Medical Section, www.anthromedics.org, which has had a redesign, a comprehensive [article on questions about vaccination for COVID-19 by Prof David Martin and Georg Soldner](#) has been published. Not least, the vaccination question also particularly concerns medical workers themselves.

On **9 February 2021**, an **online symposium on the ethical questions relating to [assisted suicide](#)** will be held in German. This subject was dealt with in detail in the multiprofessional work on palliative medicine of the Medical Section (CARE V specialist area). Now the results will be presented in this new online format.

Under the title **"Regulation, Rhythm and Health"**, the **[next research conference](#)** of the Medical Section will take place on **5 and 6 March 2021**, also online, in English. International experts will use the occasion to discuss their research strategies and results. The questions "What is health?", "How can we understand the vital-physical and soul-spiritual capacity for self-regulation of the human being in basic and clinical research?" or "What does it actually mean to do research into health and use that as a guide in medical and therapeutic action?" will be discussed with the participation of, among others, the health researcher Machteld Huber from the Netherlands and Prof Thomas Fuchs from Heidelberg University, each with their own keynotes.

Much else could still be reported about initiatives in this challenging time in which anthroposophy and Anthroposophic Medicine are repeatedly publicly attacked. We see the suffering caused by the pandemic worldwide, and through the consequences of the restrictions resulting from the pandemic we often experience an irritated and polarising climate. Yet we should be aware that although the pandemic caught us off guard, it did not come as a surprise but was very precisely predicted. It is **part an overall ecological crisis** which humanity can only master if all of us are prepared to change direction and make a new start in many fields. In a crisis, as in illness, self-knowledge can also grow and many a person can find the strength to stop continuing as before. We see signs of such a

change of thinking in many people during this pandemic. And probably all of us have been privileged to experience that anthroposophy and Anthroposophic Medicine can make a valuable spiritual and practical contribution in these changing times.

The more we succeed in letting these contributions light up, ray out and speak for themselves, the more it will be possible to perceive anthroposophy and Anthroposophic Medicine with positive interest. With warm greetings

Matthias Girke and Georg Soldner

NOTICES

In memoriam: News reaches us from the USA of the sudden cardiac death of our colleague Eugene Gollogly in a small hospital in Great Barrington, MA. Until a few days before he crossed the threshold he was fully engaged and during the Holy Days and Nights participated in a study group where he discussed Peter Selg's publication *Mysterium Cordis*. He made an outstanding contribution to anthroposophical writings in English in general. Eugene Gollogly was born on 4 October 1950 and died on 7 January 2021. We accompany him with our best thoughts.

The Charité University Outpatient Clinic for Complementary Medicine is looking for participants in an online study: the invitation goes to everyone interested in the health service to participate in the study and fill out an online questionnaire on the subject of "COVID and Integrative Medicine" – which also includes Anthroposophic Medicine. The survey can be completed in several languages (German/English/Spanish and Portuguese). Every answer helps! Further information at: <https://atem.charite.de/index.php/home/digital-consent-form/>

Goal achieved: 96.294 people across Europe have supported with their signature the petition calling for screen-free early years and primary education. Prof Dr phil Ralf Lankau (Alliance for Humane Education) and Dr med Michaela Glöckler (ELIANT), who are responsible for the petition, will now on 26 February 2021 approach members of the European Parliament (MEPs) with their proposals. The MEPs are currently working on the "Digital Education Action Plan (2021–2027)": <https://eliant.eu/en/news/press-information/>

Instruction videos for compresses: New instruction videos have been put up on the website "External applications in anthroposophic nursing", e.g. for the ginger kidney compress or the yarrow lung compress.

We wish everyone much pleasure and success in their use: <https://www.pflege-vademecum.de/anleitungsfilme.php>

Relaunch of Anthromedics specialist portal: In order to make it easier for users to find their way around, we have introduced three new photo tiles leading to the key topics, a better toolbar in the header and slimmed down directory levels. We would be delighted if you added Anthromedics to your favourites: <https://www.anthromedics.org>

RESEARCH

Ben-Arye E, Portalupi E, Keshet Y, Bonucci M, Can G, Kading Y, Samuels N, Livas M, Gressel O, Silbermann M, Breitzkreuz T. *Enhancing Palliative Care With Mindful Touch: Impact of a Manual and Movement Therapy Training Program in an International Multidisciplinary Integrative Oncology Setting*. Journal of Pain and Symptom Management 2021;61(2):229-236. DOI: <https://doi.org/10.1016/j.jpainsymman.2020.08.004>

Oei SL, Thronicke A, Matthes H, Schad F. *Assessment of Integrative Non-Pharmacological Interventions and Quality of Life in Breast Cancer Patients Using Real-world Data*. Breast Cancer 2021. DOI: <https://doi.org/10.1007/s12282-020-01193-x>

Schwarz S, Jenetzky E, Krafft H, Maurer T, Steuber C, Reckert T, Fischbach T, Martin D. *Corona bei Kindern: Die Co-Ki Studie. Relevanz von SARS-CoV-2 in der ambulanten pädiatrischen Versorgung in Deutschland*. Monatsschrift Kinderheilkunde 2021;169:39–45. Open access: DOI: <https://doi.org/10.1007/s00112-020-01050-3>

RECOMMENDED LITERATURE

Klaus Adams, Wolfgang Rissmann, Marko Roknic: *Finding Inner Balance. Meditative Exercises for Mindfulness, Empathy and Strengthening the Will*. Transl. by M. Barton. Forest Row 2020.

Rudolf Steiner: *Esoteric Lessons for the First Class of the School of Spiritual Science at the Goetheanum*. Vol 1–4. Transl. by George Adams, Michael Wilson, Johanna Collis et al.; Introd. by Virginia Sease, Joan Sleigh, Simon Blaxland-de Lange et al. Forest Row 2020.

EVENTS & DATES

1–28 February: For a month, the Goetheanum is offering an online anthroposophy course: with synchro-

nous and asynchronous moments, accessible in various time zones. Work on Rudolf Steiner's *The Threshold of the Spiritual World* (GA 17) will take place in English, German, French, Portuguese and Spanish. Further information at: <https://studium.goetheanum.co/en>

9 February, 18.00–21.00: Online symposium on assisted suicide (in German). With Matthias Girke, Robert Fitger, Julia Polter, Carola Riehm, Johannes Rosenbruch, Ulrike Steurer, Irene Stiltz, Philipp von Trott zu Solz, Linda Wobbe. Programme and registration: <https://medsektion.goetheanum.org/>

5-6 March: Online research conference "Regulation, Rhythm and Health" (in English). With Erik Baars, Bettina Berger, Arndt Büssing, Dirk Cysarz, Thomas Fuchs, Matthias Girke, Carsten Gründemann, Machteld Huber, Matthias Kröz, Friedemann Schäd, Georg Soldner, Ursula Wolf and further experts. Programme and registration: <https://medsektion.goetheanum.org/en>

19–21 March: Study conference at the Goetheanum: Experience of the senses as experience of the I. Rudolf Steiner's teaching about the senses and "Anthroposophy. A Fragment". With Christiane Haid, Peter Heusser, Peter Lutzker, Renatus Ziegler and further experts. Programme and registration [here](#).

24 March: Save the date: livestream of the International Federation of Anthroposophic Medical Associations (IVAA) on COVID-19. Further information to follow.

10 April, 09.00–12.00: Online conference on Anthroposophical Art Therapies: The twelve sense as they relate to anxiety in art therapy. Programme and registration: <https://medsektion.goetheanum.org/en>

6–9 May, Oncology conference "Breathing, light and warmth. From treating the tumour to treating the patient". Invitation and opportunity to register to follow.

19–22 May, International early years conference on pregnancy, birth and early childhood "The dignity of the child". Invitation and opportunity to register to follow.

3–5 June: Medical conference in the Halde at the Goetheanum, Dornach/CH: "Let the body be like the I – on the nature of the immune system". For interested physicians. Contact at www.haldetagung.ch.

Our calendar of events:

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