



Newsletter of the Medical Section

Michaelmas 2020

The human being is a bridge
Between the past
And future existence;
The present is momentary;
The moment as bridge.
Spirit turned to soul
In matter's shell,
It comes from the past;
Soul turning to spirit
In seed encased,
It is future bound.
Grasp the future
Through what has been,
Hope for what will become
Through what is complete.
So seize what is
In what will be;
So seize what will be
In what is.

Rudolf Steiner for Ita Wegman on 24 December 1920



From left to right: Impressions from "Crossing Bridges – Being Human!", the world conference celebrating 100 years of Anthroposophic Medicine (12–20 September 2020): Matthias Girke; Free Eurythmy Ensemble; Johannes Weinzirl.

Dear co-workers
and friends of the Medical Section!

A large conference for the 100th birthday of Anthroposophic Medicine at the Goetheanum recently came to an end and produced rich forces for the future. The bright weather of late summer gave us plenty of sunshine and reinforced the great pleasure and gratitude of the many conference participants. On 16 September, about 800 people were present for the festive occasion to celebrate Anthroposophic Medicine – made possible by the Goetheanum's mandatory policy to protect against coronavirus adapted to the situation in Switzerland. In parallel, regional conferences and online events are taking and took place in about 60 countries. Thus numerous people are together celebrating the birthday of Anthroposophic Medicine worldwide. Great thanks are due to the young preparatory group who in three years of intensive work enabled this big, worldwide event. An extensive circle

of helpers joined these approximately twenty people and assisted with the organisation of the festive conference at the Goetheanum.

The way the world conference for the 100th birthday of Anthroposophic Medicine was organised was based on Rudolf Steiner's so-called Bridge lectures from 17, 18 and 19 December 1920 (which were translated into eleven languages!). They describe the connection of the natural world with the moral sphere and the mediating action of warmth. The central meditation of Anthroposophic Medicine, the "warmth meditation", accordingly asks what is good for the patient: many things are effective in medicine but that does not mean that everything is also "good" for the person being treated. The scientific question is thus joined by the moral one which can only be answered out of the warmth-mediated relationship with the



From left to right: Impressions from the world conference: members of the preparatory group; late-summer evening mood at the Goetheanum (Photo: Kurt-Ulrich Ritzau); enthusiastic applause for Prof Dr med Giovanni Maio.

patient and not solely in the light of their diagnosis. Thus the ability to build a bridge with the other person is of central importance for the practice of the art of healing. Anthroposophic Medicine thus encompasses not just a professional qualification but also inner, spiritual development.

This thematic arc extended over the whole of the conference in carefully prepared morning lectures, deepening and therapeutic workshops, as well as in opportunities to participate in spiritual evening contributions.

The highlight was the festive event in the middle of the week: after a lecture about the physiology of enthusiasm by Armin Husemann, the content of which was presented in a musical way, the qualities of therapeutic care for the patient were developed by Prof Giovanni Maio, a specialist in medical ethics at Albert Ludwig University, Freiburg. Maio sees the attitude and therapeutic relationship required in this respect, which address the whole person and not just their illness, as the original foundation of medicine. From this perspective his contribution led in an impressive manner to a definition of what Anthroposophic Medicine should be in the future: it was not about a "particular" therapeutic approach in the sense of an "additional provision" but about the medicine of the future. In the following festive contributions, Peter Selg focused on the origins of the art of healing in the mysteries and the development of Anthroposophic Medicine in the twentieth century. Michaela Glöckler spoke about the worldwide interdisciplinary further training in Anthroposophic Medicine (IPMT) in numerous countries over the past thirty years, Georg Soldner drew attention to the topicality of Anthroposophic Medicine in its relationship with the nature of the human being and the earth, and Matthias Girke to the central importance of the individuality of the human being, their I-organisation, in Anthroposophic Medicine. In honour of his 250th birthday, the music of Ludwig van Beethoven accompanied the festive day with a movement from the 5th Piano Concerto (also presented in eurythmy) and the "Sacred song of thanksgiving from a convalescent to the Deity" from

the Quartet Op. 132 (in the "Strings of Light" programme of the Goetheanum Eurythmy Ensemble). The conclusion was formed by the expositions on the esoteric and moral deepening of medicine: the art of healing originally arose from the mystery system. It has increasingly departed from those roots. Now it is important once again – thus also Ita Wegman's question to Rudolf Steiner – to found a new mystery culture and take it into the future.

The conference clearly illustrated the great future potential of Anthroposophic Medicine, the impulse for which was given by Rudolf Steiner together with the physician Dr med Ita Wegman in 1920: it was not a birthday that looked back to the past but one that opened up future perspectives. We owe that to the various contributions, but above all to the many young people in the preparatory group and among the participants.

A thank you also goes to the countries from which many people were unable to travel here due to the restrictions resulting from the pandemic and who instead celebrated and celebrate the festival for Anthroposophic Medicine in numerous regional activities and video conferences. Video contributions from David McGavin (United Kingdom), Victoria Martínez (Argentina), Lakshmi Prasanna (India), Iracema Benevides (Brazil) and Janice Balaskas (USA) as well as open space events enabled the virtual participation of absent lecturers at the Goetheanum; conversely, people in all parts of the world were included through a shared video of the festive event.

Last but not least, we want to say a warm thank you to the Goetheanum staff who made this medical conference, currently the only one of this size carried out with real encounters in Central Europe, possible in this difficult time.

With warm greetings and all good wishes, both personal and for the future of Anthroposophic Medicine, its further development, training, teaching and research as well as its worldwide therapeutic implementation!

Matthias Girke and Georg Soldner



From left to right: Impressions from the world conference: stimulating conversations during the break; concert in the open yurt; video column with short videos from the art therapy department.

NOTICES

"Crossing Bridges – Being Human!", 100 years of Anthroposophic Medicine in videos, photos, reports and scientific posters: with immediate effect we are making available on our Internet platforms impressions and information related to the festive week "Crossing Bridges – Being Human!". Visit us on Facebook, where videos, photos and messages can be found, or on the website with scientific posters and reports, or newly also on Instagram. Reports from the conference plenary sessions and groups are continuously being added. Almost 17,000 firm Facebook subscribers and, depending on the posting, up to 50,000 interested people are following the current contributions. Contact person is Ariane Totzke: ariane.totzke@medsektion-goetheanum.ch

White Paper on Anthroposophic Medicine published in France: Many years of extraordinary effort by our French colleague Dr med Robert Kempenich and his colleagues means that there has been a further birthday present celebrating hundred years of the existence of Anthroposophic Medicine, the *Livre Blanc de la Médecine Anthroposophique*. There is great hope that this will enable the presentation of a more realistic picture of AM in France than was possible hitherto. The PDF version of the white paper is available at livre-blanc-medecine-anthroposophique.pdf

New patient association set up in Prague (CZ): On 9 September 2020, the first anthroposophical patient association was set up in the Czech Republic. It is thus the sixteenth European patient and citizens' association within Anthroposophic Medicine. We are very pleased about this important addition. Contact person is Hana Adamcová: hana.adamcova@medsektion-ikam.org

The basic eurythmy therapy training in Dornach (CH) started on 12 October 2020: this eurythmy and eurythmy therapy training, which is integrated from day one, leads to the professional recognition of the Goetheanum certificate in eurythmy and eurythmy therapy in Switzerland and is a joint pilot project

between the Medical Section and the Section for the Performing Arts at the Goetheanum: <http://heileurythmie-ausbildung.ch/ausbildung-grunds-taendig/> or Kaspar Zett directly: info@heileurythmie-ausbildung.ch

Art therapy study course specialising in design and painting therapy in Dornach (CH) certified and state recognised: students of anthroposophical modelling and painting therapy can now obtain the module certificates for the professional qualification with sectoral certificate (for recognition by the health insurance funds) and, following the appropriate practical experience, are entitled to register for the higher professional examination (Swiss diploma in art therapy). Further information and contact addresses at www.studien-gang-kunsttherapie.ch

FeverApp: Sponsored by the German Federal Ministry of Education and Research (BMBF), the app was developed under the direction of the paediatrician Prof Dr David Martin from Witten/Herdecke University in cooperation with the Professional Association of Paediatric and Adolescent Physicians (BVKJ) and the German Society of Paediatrics and Adolescent Medicine (DGKJ). The app helps parents with scientifically sound information to support their child safely in the event of a fever: <https://www.feverapp.de> (for the FeverApp symposium see Events & dates).

IPMT in Colombia: The first unit of the newly starting advanced training in Anthroposophic Medicine takes place virtually from 10–19 October 2020. Lecturers from seven different disciplines will give introductory courses which can be converted into certification courses. With approx. 200 registrations from different, primarily South American countries, the event promises to be very successful despite more difficult organisational conditions: www.admac.com.co/ipmt-2020/

In memoriam – Ermengarde de la Houssaye (26 July 1936 to 26 June 2020): A pioneer of anthroposophically-based nursing, Ermengarde de la Houssaye Lievegoed posed the question about the nature of nursing as early as her training to become a nurse in the



From left to right: Impressions from the world conference: open stage, a space for performances, here with Jan Vagedes and Michaela Glöckler; "making of" the video discussions, coordinator for art therapy Laura Piffaretti in conversation with Anna-Barbara Hess; a visibly attentive audience, despite masks, during a lecture in the Große Saal.

1950s. She examined the few statements about nursing in Rudolf Steiner's works. Her central subject was Rudolf Steiner's Samaritan course which she also translated into Dutch. As editor of *Beiträge zur Entwicklung der Anthroposophischen Pflege* 1921–2003 (Persephone Verlag, Medical Section), she traced the development of the first four generations of the anthroposophical nursing movement. Ermengarde was for many years the general secretary of the national Anthroposophical Society in Holland. Like few others, she combined motifs from art and cultural history with modern nursing. In a time in which spiritual guiding principles are absent in nursing, this forms an important legacy.

In memoriam – Rita Baumgart (2 January 1956 to 12 September 2020): Our art therapy colleague Rita Baumgart bequeaths a unique and wonderful legacy, a book and a wealth of practical knowledge which we are privileged to rediscover: [Die platonischen Körper in der Kunsttherapie](#). It was the purpose of her life to keep the modelling of the Platonic solids filled with life and to open up the spiritual scientific and therapeutic background which underlies this form of therapy for the greatest possible number of people. – Thank you, Rita!

RESEARCH

Martin D, Konrad M, Adarkwah CC, Kostev K. *Reduced Antibiotic Use after Initial Treatment of Acute Respiratory Infections with Phytopharmaceuticals – a Retrospective Cohort Study*. *Postgraduate Medicine* 2020;132(5):412-418.

Free access: <https://www.tandfonline.com/doi/full/10.1080/00325481.2020.1751497>

Mehl A, Reif M, Zerm R, Pranga D, Friemel D, Berger B, Brinkhaus B, Gutenbrunner C, Büssing A, Kröz M. *Impact of a Multimodal and Combination Therapy on Self-Regulation and Internal Coherence in German Breast Cancer Survivors With Chronic Cancer-Related Fatigue: A Mixed-Method Comprehensive Cohort Design Study*. *Integrative Cancer Therapies* 2020;19:1-12.

Free access: <https://journals.sagepub.com/doi/full/10.1177/1534735420935618>

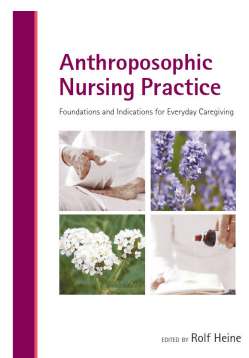
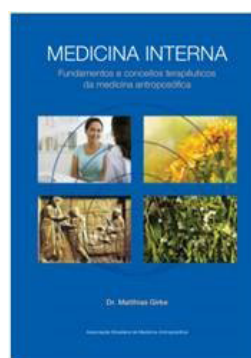
Menke K, Schwermer M, Eisenbraun J, Schramm A, Zuzak TJ. *Anticancer Effects of Viscum album Fraxini Extract on Medulloblastoma Cells in vitro*. *Complementary Medicine Research* 2020;Jul 13;1-8.

DOI: <https://doi.org/10.1159/000507318>

Thronicke A, Reinhold T, von Trott P, Matthes H, Schad F. *Cost-Effectiveness of Real-World Administration of Concomitant Viscum album L. Therapy for the Treatment of Stage IV Pancreatic Cancer*. *Evidence Based Complementary and Alternative Medicine* 2020;2020:3543568.

Free access: <https://www.hindawi.com/journals/ecam/2020/3543568/>

RECOMMENDED LITERATURE



Matthias Girke: *Medicina Interna – Fundamentos e conceitos terapêuticos da Medicina Antroposófica*. Complete and revised edition. Brazilian Association of Anthroposophic Medicine 2020.

Michaela Glöckler: *Education for the future: How to nurture health and human potential? Experiences and perspectives from the global Waldorf School movement for education in the 21st century*. Stroud 2020, ISBN 978-0-9528364-3-8.

Rolf Heine (Ed.): *Anthroposophic Nursing Practice. Foundations and Indications for Everyday Caregiving*. New York 2020, ISBN 978-1-938685-28-6.

EVENTS & DATES 2020/21

21–24 October 2020, International Conference on Creative Speech in Therapy and Education : "Action Research ...", Goetheanum. Programme & registration: <https://www.goetheanum.org/en/conference-speech-therapy>

24–28 October 2020, International Educational Support Teachers & School Doctors' Conference: Child Health as a Basis for Lively Learning, Goetheanum. Programme & registration: <https://www.goetheanum.org/en/international-educational-support-teachers-school-doctors-conference>

31 October 2020, 1st Arlesheim study day on mistletoe and cancer: Rudolf Steiner's introduction to mistletoe therapy for cancer in the 13th lecture of the "spiritual scientific specialist course for physicians and medical students", Arlesheim. Programme & registration with Jonathan Neisecke: j.neisecke@vfk.ch

7 November 2020, FeverApp Online Symposium, programme & registration: <https://www.feverapp.de/symposium>

19–21 November 2020, Medical conference at Rudolf Steiner Halde: The human being between warmth and bone substance, Goetheanum. Programme & registration: <http://www.haldetagung.ch/>

26–28 November 2020, Colloquium: Anthroposophically extended pharmacy, Goetheanum. Programme & registration: <https://www.goetheanum.org/en/anthroposophisch-erweiterte-pharmazie>

3–6 December 2020, International advanced training in biography work in education & healing: 1st module, Christian Community, Kassel. Programme & registration with Carine Biessels: biografiarbeit.mt@gmail.com

4–5 December 2020, Anthroposophical ophthalmology: autoimmune and inflammatory eye diseases, understanding the diseases and therapy, Goetheanum. Programme & registration: <https://www.goetheanum.org/anthroposophische-augeheilkunde>

7–10 January 2021, 23rd International Study Days for Anthroposophical Arts Therapies: All of us know anxiety ..., Goetheanum. Programme & registration: <https://www.goetheanum.org/en/all-of-us-know-anxiety>

15–17 January 2021, Education conference: focus on nature. New impulses for education in the corona crisis, Stuttgart Waldorf School. Programme and registration: <http://www.bildungskongress2021.de/>

19–22 May 2021, International early years conference on pregnancy, birth and early childhood: The dignity of the child. "I feel good in your eyes", Goetheanum. Programme & registration: <https://www.goetheanum.org/en/the-dignity-of-the-child-1>

Our calendar of events:

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