



I hear the Sun's word
It speaks, saying
May light shine into your heart
May the heart's light
Strengthen the power of your humanity
You will become healthy
Through the Sun's word.
Rudolf Steiner

Newsletter for the co-workers of the anthroposophic medical movement Whitsun 2018



Pictures, left to right: 1. Participants at the IPMT in Chestnut Ridge, USA; 2. Participants at the IPMT in Masloc, Romania; 3. Ita Wegman Campus festive gathering at the Goetheanum

Dear co-workers and friends of the Medical Section and everyone else interested in it!

With this Newsletter we send you our warmest greetings from Masloc in Romania, a small municipality about 30 km distant from the western Romanian city of Timisoara. The first IPMT in this country is taking place here in the sun-lit Whitsun period. The 56 participants – including 28 physicians, five pharmacists and six psychotherapists – and the lecturers are studying, eating and living together in the premises of the clinical centre which has been developed under the management and with the unstinting activity of our medical colleague Dr Babut since 1991. Help was provided by numerous volunteers from other countries, including teachers and pupils from Waldorf schools in Germany and Switzerland, who come here every year. From next week, more than 40 patients will again fill the rooms of the large, simple, newly constructed building who for 12 days will each be treated here with massage, wraps, baths, conversations and anthroposophic medicines. The patients – the average income in this country is very low – pay 13 euros per day for this; the other 17 euros which their treatment costs per day is cross-subsidised from the outpatient clinic. Such low costs are only possible because of the selfless commitment with which the work is performed here and, at the same time, its setting in a residential and farm community. There are seven cows with calves on the large site, which has been created since 1991, and their milk is used to make butter and cheese here to supply the patients with fresh food. The eggs come from the chickens on the site, vegetables and fruit from its own garden, and thus the patients – and during this week, the IPMT community – are provided with food which contributes significantly to recovery. About 300 kg of Calendula flowers and many other things are harvested each year in the garden and the hospital's own laboratory contributes significantly to the supply of medicines for patients. About 30 elderly people are looked after in two further buildings. Some

30 patients come daily from far and wide to attend the outpatient clinic. Everything here has a purpose, is simple and on a human scale; several construction workers are continuously at work building additional rooms, e.g. for staff, a research laboratory and for additional guests.

When we observe nature in the morning, we go into the hospital park. Here the roses are flowering and numerous bee colonies are out and going about their business which is of such vital importance for life. They produce honey and wax which also benefits the patients. In the centre of the park, a pentagonal chapel has been built with planks from a previous shed which is open to everyone seeking a place of contemplation and prayer. Most of the patients are Orthodox so that a short Orthodox service is held for the patients in the chapel each week. Those who have died are also laid out in this space.

Anthroposophy is something new for many of those attending. Thus we are filled with confidence that the spiritual flame which gives us warmth, light and strength in our therapeutic, nursing, medical and pharmaceutical activity can radiate out from this IPMT in such a special place to influence the further development of Anthroposophic Medicine in this country and neighbouring regions.

There was also a good start to the new cycle of the IPMT in the USA in the anthroposophical centre at Spring Valley near New York. In the sunny and fresh spring days, the participants experienced the elements, focused in the afternoon courses on practical questions such as diseases of the upper respiratory tract, oncological subjects and external treatments, while in the evening there were also very personal discussions about the inner requirements for medical, nursing and therapeutic work. Seventy-five physicians and 28 nursing specialists participated at this IPMT; six nurses were certified as experts in anthroposophic nursing. We are particu-

larly grateful to Steven Johnson and Adam Blanning for their considerate and dynamic organisation of the event, and also to Elizabeth Sustick who for a decade has led the training of nursing specialists in the USA with great strength and who has now handed over this responsibility to her two successors.

Ita Wegman Campus staff gathering

The Ita Wegman Campus staff festival took place at the Goetheanum on 3 May. Since 2016, the establishments and institutions in the Dornach and Arlesheim area inspired by Ita Wegman have come together to work jointly to support Anthroposophic Medicine and special needs education.

The Ita Wegman Campus currently includes the Medical Section, Klinik Arlesheim AG, the Ita Wegman Institute and Verlag (publisher), Weleda, Wala, Society for Cancer Research, Hiscia, Sonnenhof and – newly joined – the Anthrosana patient association. We are very pleased that these work connections are able to support and strengthen initiatives coming from the establishments. About 260 people attended the staff gathering in the Große Saal of the Goetheanum. The establishments introduced themselves and could also be visited at stands in the Foyer. There was a sense of the lively interest in, and also surprise at, the large number of people working in Anthroposophic Medicine and special needs education in Arlesheim and Dornach. At the forthcoming Spanish conference on oncology and infectiology at the Goetheanum, the Ita Wegman Campus will enable patient presentations at the Klinik, tours of Weleda, introductions to the founding impulses of Anthroposophic Medicine by the Ita Wegman Institute and presentations about mistletoe (production of medicines and practical applications). We look forward to the forthcoming activities of the Ita Wegman Campus!

With warm greetings, *Matthias Girke, Georg Soldner*

News

"Complementary medicine and naturopathy as health and economic factors" in Baden-Württemberg, DE. [\[more\]](#)

"Medical care and the needs of patients". GESUNDHEIT AKTIV e.V. has initiated a nationwide survey in Germany: [\[mehr\]](#)

Establishment of a worldwide forum focused on the development of the human being and the earth: "World Goetheanum Association". [\[more\]](#)

"Physiology of the brain and free will. Is our consciousness a log file?". M. Rang and S. Elsas are conducting research into this question. [\[more\]](#)

Summer seminars on medicinal plants: Bellis, Work Association for the Goethean Study of Plants. [\[more\]](#)

2018–2019 advanced training series on "Anthroposophic psychotherapy – psychotherapeutic counselling techniques". [\[more\]](#)

Further training course at Alanus University, Alfter, DE. Public lecture "Art therapy, interdisciplinary medicine and psychology". [\[more\]](#)

Studies and literature recommendations

End-of-Life Experiences: A Survey among Physicians and Nurses in a Hospital for Anthroposophically Extended Medicine. Klein S, Kohler S, Krüerke D, Templeton A, Weibel A, Haraldsson E, Nahm M, Wolf U; Complementary Medicine Research 2018 25:38-43. <https://doi.org/10.1159/000478090>

A 4-year non-randomized comparative phase-IV study of early rheumatoid arthritis: integrative anthroposophic medicine for patients with preference against DMARDs versus conventional therapy including DMARDs for patients without preference. Hamre H J, Pham Van N, Kern Ch, Rau R, Klasen J, Schendel U,

Gerlach L, Drabik A, Simon L; Patient Preference and Adherence 2018 12: 375-97 DOI: <https://doi.org/10.2147/PPA.S145221>

Integrative cancer care in a certified Cancer Centre of a German Anthroposophic hospital. Thronicke A, Li Oei S, Merkle A, Herbstreit C, Lemmens HP, Grah C, Kröz M, Matthes H, Schad F; Complementary Therapies in Medicine 2018 DOI: <https://doi.org/10.1159/000478655>

Spiritual needs of mothers with sick new born or premature infants—A cross sectional survey among German mothers. Büssing A, Waßermann U, Hvidt N Ch, Längler A, Thiel M; Australian College of Midwives 2017 DOI: <https://doi.org/10.1016/j.wombi.2017.08.002>

Lilipoh Issue #91, Spring 2018. Trauma [\[more\]](#)

Lakshmi Prasanna, Michael Kokinos. Autism. Meet Me Who I Am. Steiner Books, February 2018 [\[more\]](#)

Events & dates

01–03.06.2018

International Nursing Congress [\[more\]](#)

02–03.06.2018

Pastoral medical conference [\[more\]](#)

06.06.2018

EUROCAM conference "Reducing the need of antibiotics: Contribution of CAM treatment strategies" [\[more\]](#)

07–09.06.2018

I. Congresso Iberoamericano de Oncologia [\[more\]](#)

21–24.06.2018

Anthroposophic Medicine in infectiology and oncology with translation into Spanish [\[more\]](#)

22–24.06.2018

Medical Seminar Bad Boll. Why me? – Chronic diseases. Part 1 [\[more\]](#)

25–29.07.2018

25th International Eastern Europe Conference [\[more\]](#)

29.06.–01.07.2018

Eurythmy therapy training for physicians, medical students, and guests at the Goetheanum with M. Girke, K. Zett. Attendance is possible at any time [\[more\]](#)

06.– 08.07.2018

Awakening healing forces in the human being through artistic speech and living nature observation! Registration and further information: arminalles@gmx.de

21–25.07.2018

Rudolf Steiner's Mystery Dramas worldwide [\[more\]](#)

07–10.09.2018

Teach the Teacher in Anthroposophic Medicine. Hearing learners. From imagination to inspiration [\[more\]](#)

12.–13.09.2018

Darkness – Colour – Light. Conference for School members [\[more\]](#)

13–16.09.2018

Living Light – Licht wirkt. Annual conference of the anthroposophic medical movement [\[more\]](#)

All events of the Medical Section

[\[more\]](#)

All events of the Young Medics Forum

[\[more\]](#)

All IPMT events 2018

[\[more\]](#)

News and layout: *Heike Sommer*
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