Anthroposophic Medicine worldwide – meeting and supporting it in research, training, practice and its social networks

International Coordination of Anthroposophic Medicine / IKAM in the Medical Section
Dear Reader

It gives us great pleasure that you have picked up this brochure and wish to inform yourself about Anthroposophic Medicine and the work it does in its worldwide network.

"Us" – that is the collegial affiliation of co-workers of the Medical Section at the Goetheanum who are committed to the development, coordination and support of research, advanced training and professional practice in the specialist fields of Anthroposophic Medicine and who present themselves in public in this way for the first time.

We wish to contribute to a system of medicine which places human dignity at its centre. Alongside the necessary specialist, technical and economic know-how of modern medicine, this also needs a science of the human spirit and soul. Such a science does exist in the form of anthroposophy, but it requires thorough study and must become widely known if it is to perform its service in the way that medicine is practiced in the present time.

You can help us to achieve this through your interest, your critical scrutiny, your collaboration in our Friends group, or a one-off financial donation.

With warm thanks and greetings
for the International Coordination/IKAM
Yours

Dr med. Michaela Glöckler

---

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 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
GA 40, p. 143
Anthroposophic Medicine – an integrative therapy system

The medical system of anthroposophy is based on scientific medicine and the anthroposophical understanding of health and illness.

Health concept
Health is the result of the harmonious interaction of the organ systems and functions of the organism in the services of soul and spiritual development of the human being. It is also a complex expression of the common evolution of human beings, nature and the cosmos.

Disease processes
Illness occurs when the integrative ability of the organism no longer works properly and certain functions, processes, organs or organ systems drop out of their previously harmoniously coordinated context. Accordingly recovery and healing are processes of reintegration using medicinal, nursing, artistic and psychotherapeutic means as well as through changes of lifestyle and ways of working.

Stage of development and work outlook
In this brochure we want to show you to what extent it has been possible to put this medical system into practice in its ninety-year history to the present day and how you can support us in its further development. Health for body, soul and spirit is a demanding task. It is a goal – not just in our individual biography but also in a social context and with regard to societal forms of living and the earth as our biosphere. The representatives of anthroposophic medicine feel an obligation to pursue this goal. To this end they work together with physicians and therapists from other medical approaches as well as with farmers, teachers, social workers and representatives from politics, the public health system and society.
1 Mistletoe; 2 Production of the medicine Calcium carbonicum; 3 Painting therapy training; 4 International executive council members of Anthroposophic Medical Associations from currently 40 countries at work at the Goetheanum; 5 and 6 Training course in Anthroposophic Medicine at the Goetheanum.
Medical Section at the Goetheanum – Coordination office and international training centre for the development and practice of Anthroposophic Medicine

Rudolf Steiner (1861 – 1925) and the Dutch physician Ita Wegman (1876 – 1943) are the founders of anthroposophic medicine and set out its scientific basis in the book they wrote together, “Extending Practical Medicine. Fundamental Principles based on the Science of the Spirit” (GA 27). As the first head of the Medical Section of the Goetheanum – the establishment founded by Rudolf Steiner as the School of Spiritual Science – Ita Wegman also laid the foundations for the social forms of working which are in evidence in this brochure.

Training and advanced training paths
The training and advanced training paths of Anthroposophic Medicine are based on scientific medicine in its specialist disciplines and their diagnostic and therapeutic procedures. Anthroposophical physicians are trained in conventional medicine but continue to develop their specialist academic knowledge into an integrative system of diagnosis and therapy with the help of anthroposophy. The same applies correspondingly to the other caring professions: combining their basic qualifications with the therapeutic possibilities of the anthroposophical understanding of the human being. It is the goal of the Medical Section to offer an international platform for the associated studies and necessary exchange of experiences. But it is also the place at which spiritual deepening and meditative work can take place in order to do justice to the spiritual nature of the human being in health and illness.

The therapeutic spectrum of Anthroposophic Medicine
- Inpatient and outpatient medical care
- Nursing and care of the elderly, curative education and social therapy
- Regulatively effective medicines made in own manufacturing processes by the manufacturers Weleda, Wala, Abnoba, Helixor, Iscador AG and others
- Artistic therapies and eurythmy therapy
- Biography work, counselling and psychotherapy
- Prevention through supporting healthy development in childhood and adolescence by means of an age-appropriate education, specifically Waldorf education
- A concept of meditative schooling and self-development for people in health and illness

An overview of our events, conferences, seminars, symposia and further and advanced training at the Goetheanum can be found at www.medsektion-goetheanum.org/en/events-and-conferences

Finances
The Goetheanum is a nonprofit institution. It is partly financed through its work as School of Spiritual Science. Other sources of finance are the membership contributions of the sponsoring association, the General Anthroposophical Society (GAS), as well as donations and project financing from foundations.

Our financial officer is Stefan Langhammer. He is happy to provide a detailed insight into the financial situation of the Medical Section, see page 63.

Dr med. Michaela Glockler
Head of the Medical Section at the Goetheanum
michaela.gloekler@medsektion-goetheanum.ch
www.medsektion-goetheanum.org
International Coordination of Anthroposophic Medicine/IKAM

Twenty-two coordinators work together in the Medical Section for the various anthroposophical medical professions and the most important specialist fields. They coordinate their respective work fields internationally and want to report about their work in this brochure.*

Tasks
In the past decade, IKAM has been able to develop into a structurally stable, socially and interprofessionally collaborating collegium. Thus IKAM is also responsible today for the overall leadership of the anthroposophic medical movement. This task primarily comprises the perception of the work and giving it momentum. Then there are increasingly international coordination processes with regard to quality assurance, certification, issues of recognition, internal recognition as well as the training of auditors and lecturers.


Finances
Because of its structure as a service provider, IKAM is dependent on financial support. We are happy to provide information about details and current projects. We would also welcome your membership of the Friends of the Medical Section group which has in particular taken on the task of financing IKAM, see page 58.


*Publication on the structure and modes of work of the Medical Section at the Goetheanum: Michaela Glöckler, Rolf Heine (ed.): “The anthroposophic medical movement. Responsibility structures and modes of working”.
4th revised edition. Verlag am Goetheanum, Dornach 2015

Pictures 1, 3 and 4 From the IKAM coordination work; 2 The top floor of the Medical Section building in the foreground on the left with the Goetheanum in the background; 5 Looking into the large auditorium of the Goetheanum during the annual conference in 2013
International Conference of Executive Councils of Anthroposophic Medical Associations

Since 1989 the members of the executive councils of the medical associations existing worldwide have been invited to meet at the Goetheanum once a year to discuss common questions, tasks and the future outlook:

- Quo vadis the anthroposophic medical movement?
- Where do we see the need for innovation, new developmental opportunities?
- What forms research, training and further training are there and where do they need to be developed?
- What work instruments and forms does that require? What already exists and only needs to be optimised?
- How is the public relations work that needs to be done positioned?
- What task must be taken up or developed further?
- How can collaboration be structured also with regard to spiritual community building?
- How can the necessary translation work be financially supported so that the most important anthroposophical primary and secondary medical literature is available worldwide?

Finances
The work of the Conference of Executive Councils is undertaken on a voluntary basis. We are grateful for all support – particularly with regard to translation work into several languages during the conferences and the annually accruing contributions to travel costs for delegates from countries outside Europe, as well as for the translation and printing costs of work materials.

International Young Medics Forum

Everywhere in the world there are young people with initiative who individually or in a work context occupy themselves with anthroposophic medicine. The Young Medics Forum wants to offer them the opportunity to meet each other. A co-worker group is responsible for the activities of the Young Medics Forum with continuity and commitment and each co-worker works on their remit on their own responsibility. The coordinators are part of this group and see their task as representing the Young Medics Forum in the international IKAM coordination. We welcome new co-workers.

Our questions, tasks and goals
How do I become a good physician?
Creating spaces in which to meet for joint work on content at meetings and conferences.
Accompanying and supporting young people in their individual training situations.
Promoting the practical implementation of Anthroposophic Medicine and structuring our social interaction to improve the working conditions in everyday clinical work.
Developing new forms of training for each specific subject and on an interdisciplinary basis.
Collaboration with medical, interdisciplinary as well as international initiatives and organisations with similar objectives.
Information about current notifications and training events.
Research opportunities and work contexts through regular circular emails and a web presence.
Annual newsletter in printed form for exchange about content.

Finances
The work is done on a voluntary basis. The Young Medics Forum is supported by the "Initiative für Ausbildung in Anthroposophischer Medizin e.V." and the Medical Section.
www.jungmedizinerforum.org/donatehere

Anna Sophia Werthmann, physician
International Coordination of Young Medics Forum
Executive council member of the "Initiative für Ausbildung in Anthroposophischer Medizin e.V."
anna.sophia.werthmann@jungmedizinerforum.org
www.jungmedizinerforum.org

Tanja Geib, medical student
International Coordination of Young Medics Forum
tanja.geib@jungmedizinerforum.org
www.jungmedizinerforum.org

Members of the Young Medics Forum at Dornach station, Switzerland
International Coordination of Anthroposophic Medical Training

Currently there is further training in Anthroposophic Medicine in more than 30 countries which concludes with the award of the national and/or international certificate of Anthroposophic Medicine.

Conference of persons working in training
The lecturers and persons responsible for training meet once a year as part of the international conference of the Medical Section at the Goetheanum to exchange experiences and see what everyone else is doing as well as to plan and agree joint projects. In this way quality and professionalisation can be developed at an international level. Particularly important in this context is the “Training for trainers” which started in 2014 with the goal of being able to teach the content of Anthroposophic Medicine in a more comprehensible and accessible way through specific and varied methods and teaching methodology.

Tasks of the coordinator
Coordination of the professional field, supporting initiatives, community building among the physicians working in training, evaluation of training.

Finances
Currently everything is being done here on a voluntary basis without a budget. This is unsustainable if the work is to move forward. It requires a 20-percent release from duties for the coordinator and a budget also to enable participants from soft currency countries or without financial backing to attend the working meetings in Switzerland.


Work projects
- Accreditation of training initiatives in the countries with an anthroposophical medical training
- Further development of competence profiles and certification
- Training for practice-oriented research on the basis of the methodology for documenting individual cases of illness by Helmut Kiene, Gunver Kienle: Cognition Based Medicine, Schattauer Verlag
- Development, networking and support of training centres and their collaboration with advanced training centres of the non-medical therapeutic professions
- Development of an interprofessionally oriented website for directors or training in Anthroposophic Medicine to present relevant training literature and teaching materials as well as its specific methods and teaching methodology

Dr med. Jan Feldmann
International Coordination of Anthroposophical Medical Training
janfeldmann@yahoo.de
info@akademie-havelhoehe.de
International Postgraduate Medical Training/IPMT

The IPMT is a further training provision of the Medical Section which familiarises physicians, nurses, therapists and pharmacists with the basics of diagnosis and therapy in Anthroposophic Medicine and concludes with an international certificate. From the time it was established in 2002 to the present day – 2015 – the IPMT has been held in 26 countries: Argentina, Australia, Chile, China, Estonia, Finland, India, Japan, Columbia, Cuba, Malaysia, Mexico, New Zealand, Peru, Philippines, Poland, Russia, Sweden, Switzerland, Serbia, South Africa, Taiwan, Thailand, Czech Republic, Ukraine and USA.

Practice-oriented learning
The IPMT advanced training programme comprises 5 week-long modules of 55 hours each in which the individual modules are particularly designed to train diagnostic and therapeutic professional skills. The discussion of the anthroposophical path of schooling occupies a central position in this context. The morning part of the seminar has a primarily exercising character with joint eurythmy, Goethean nature studies and textual work in small groups. The afternoon is conversational in character and devoted to specialist work with patients as well as the study of specific clinical pictures. The evenings are used for orientation in an anthroposophical context, deal with questions of medical ethics and inner development. In this way practical suggestions for dealing with patients can be taken away and put into practice as early as after the first training week.

Support for local initiatives
For the period between the modules, which are organised locally at yearly intervals, suggestions are given for independent study and the setting up of local working groups, and intensive weekend courses are offered as required. Support is also given for the translation of required literature into the local language as well as for developing an own medical association and the regional training of teaching skills.

Stefan Langhammer
Coordination and Finances IPMT
stefan.langhammer@medsektion-goethanum.ch
http://ipmt.medsektion-goetheanum.org

Dr med. Michaela Glöckler
IPMT conception and management
michaela.gloeckler@medsektion-goethanum.ch
www.medsektion-goetheanum.org/en/projects/donatehere
International Coordination of Research/Research Council

After the professionalisation of anthroposophical medical research in the first seven years following the turn of the century, there was greater academisation in the second seven years due to generous research funding from foundations, particularly the Software AG foundation. There are meanwhile over 20 habilitated physicians in the context of Anthroposophic Medicine and several professorships. The name of Anthroposophic Medicine is also well on the way to becoming established: The Gerhard Kienle Chair at Witten/Herdecke University is today called "Chair of Medical Theory, Integrative and Anthroposophic Medicine", a Professorship of Anthroposophic Healthcare has been established at the University of Applied Sciences Leiden, and there has been a Professorship of Anthroposophically Extended Medicine at the University of Bern since 2014. Further steps of university-related academisation can be expected in the future, but in parallel the research activities outside universities continue to be of undiminished importance.

The widest research field on Anthroposophic Medicine is mistletoe therapy. There are meanwhile over a thousand publications in academic journals on this subject, in particular approx. 150 clinical studies on the question of efficacy, most of which do not, however, meet the formal quality standards generally required today. But in 2013 and 2014 the results of a state-of-the-art study on mistletoe therapy in advanced pancreatic cancer was published. It shows a highly significant extension of the survival time with mistletoe therapy (Eur J Cancer 2013, 49: 3788–3797) and improved quality of life (Dtsch Ärztebl 2014; 111: 493–502).

The fourth international research congress on Anthroposophic Medicine took place at the University for Applied Sciences in Leiden/Netherlands in 2014. Plenary lectures, workshops on the diversity of anthroposophical medical research and discussions with representatives of conventional medicine on a basis of partnership were on offer.

The breadth, diversity and dynamism of research today is reflected in the fact that there are now over 20 research establishments for Anthroposophic Medicine in the German-speaking countries; at the medicine manufacturers Weleda, WALA, Helixor, Hiscia, Abnoba, Birken AG; at hospitals: Herdecke, Havelhöhe Research Institute (FIH), Filder Clinic (ARCIM), Arlesheim, Richterswil; at universities and higher education institutions: Witten/Herdecke University (chair) with associated professorships, integrated supplementary studies in Anthroposophic Medicine, University Centre for Naturopathy and Skinitial Research Centre at the University of Freiburg, IFAEMM Freiburg, Carus Institute Öschelbronn, Alanus University Mannheim and Bonn, IKOM Bern.

Dr med. Helmut Kiene
International Coordination of Research
helmut.kiene@ifaemm.de
www.dialogforum-pluralismusindermedizin.de
www.medsektion-goetheanum.org/forschung
www.medsektion-goetheanum.org/en/projects/donatehere

Research executive board members from left to right: Dr med. Helmut Kiene, Prof. Dr med. David Martin, Prof. Dr med. Harald Matthes, Prof. Dr med. Peter Matthiessen, Dr med. Michaela Glöckler, Prof. Dr med. Peter Heusser
International Coordination of Anthroposophic Specialist Physicians

The “Specialist Physicians” training field serves to strengthen and support the specialist impulses in the anthroposophic medical movement. The whole of the impulse of the anthroposophical clinics is also associated with this which cannot develop without well-trained specialist physicians.

Specialist medical working groups
There are already working groups for neurology, paediatrics, school physicians, dermatology, cardiology, gynaecology, gastroenterology, pulmonology, orthopaedics, otorhinolaryngology, dental medicine, a “Medical Pharmaceutical Working Group for an Understanding of Medicines in Psychiatric Illness” as well as the international school physicians group with its own journal, the “Medizinsch-Pädagogische Konferenz”:
Therapists and pharmacists as well as interested general practitioners and medical students are firmly integrated in some groups while others prefer that specialists only take part.

Current situation and work outlook
Many groups, which meet twice a year as a rule, are very active in the development of treatment concepts, book and journal publications, organisation of advanced specialist training in the context of the GAÄD and the Medical Section, or of conferences on specific subjects, e.g. the annual conference of the Medical Section by the cardiologists in 2013 and the Easter conference of the GAÄD in 2015 by the neurologists.
A significant focus of the coordinating activity in the coming years is the promotion of reciprocal perception and coordination between the groups with regard to common questions such as in the field of further training and research, the preparation of specialist medical literature and its translation. In addition the focus is particularly also on the urgently necessary support for young talent in collaboration with the Young Medics Forum as well as the establishment of new working groups to take the initiative in specialist areas which are not yet covered.
Also of importance is the attendance of representatives from our specialist physician groups at large, international advanced training congresses in the field of conventional medicine.

Finances
The scope of this work urgently requires financial resources – a half-time post is necessary, for example, through which the work of the various communication processes can be coordinated.

Dr med. Marion Debus
International Coordination
of Anthroposophical Specialists
marion.debus@havelhoehe.de
www.havelhoehe.de
International Coordination of Study in the First Class of the School of Spiritual Science

The path of knowledge as it is taught in the School of Spiritual Science in 19 stages is of particular value for the development of medical ethics and our basic human attitude. This path, which aims to lead to true humanity and combine the “spirit in the human being with the spirit in the cosmos”, is directly connected with the central questions of the art of healing.

Encounter with the ill person in their being
Even diagnosis – which includes the dimension of the component elements of the human being in accordance with the function of physical body, etheric body (life), astral body (soul) and I organisation (spirit) – is already a spiritual form of encounter. This encounter and the will to help make the physician sensitive to what the ill person needs. The therapy must then be examined not just with regard to its efficacy but beyond that also poses the question as to ‘goodness’ for the patient.

Ethical decision-making
In the face of the question about goodness, guidelines alone cannot help us further. Rather, the ability for ethical decision-making through a meditative path of knowledge is required which takes into account the real existence of a threshold to the spiritual world. At this threshold, where we are very directly confronted with ourselves and the other and can no longer conceal anything, the painful dealing with the numerous questions relating to doubt and meaning in supporting the patient begins: rejection and indeed “hate” of the illness, the different qualities of anxiety and fear which can occur both in the ill person and the therapist. The meditative path of knowledge, which brings clarity here, fertilises the therapeutic work and openness to inspiration. It also contributes to strengthening therapeutic efficacy.

The work of the School of Spiritual Science in the field of medicine
This work is still in its beginning stage. Its development in the form of conferences for those working therapeutically in the various professional groups is all the more urgent. With this in mind, the Medical Section offers a wide range of opportunities in collaboration with members of the School in the various countries who have taken the initiative.

Anthromedics project
Work is currently underway on an Internet-based “Anthromedics” portal in German, partly in English and a Spanish version is planned; a first version will be available in the course of 2016. It will have three headings: basics of Anthroposophic Medicine and its therapies, current overviews and articles on specialist medical themes as well as a comprehensive archive function.

Finances
The Medical Section and the Society of Anthroposophical Physicians/“Merkurstab” are responsible for the portal. It urgently requires further-reaching financial support, particularly for the high translation costs to overcome the language barrier for users from all over the world.


Dr med. Matthias Girke
International Coordination of Study in the School of Spiritual Science
Coordination of Anthromedics Project
matthias.girke@havelhoehe.de
www.havelhoehe.de
International Federation of Anthroposophic Medical Associations/IVAA

The IVAA is the umbrella organisation of the worldwide collaboration of medical associations whose core task is to campaign for the legal safeguarding of Anthroposophic Medicine. It is led by a seven-member executive council which is elected for a period of three years by the annual delegate conference. It is financed by members’ contributions, donations and project-related funding from foundations.

Tasks, goals and projects
• Development of the presence and visibility of Anthroposophic Medicine in the public sphere.
• Keeping a record of and networking between competence centres of Anthroposophic Medicine, including with regard to health policy-relevant subjects.
• Putting the case for Anthroposophic Medicine and its medicines with authorities and politicians as a “system of medicine” which has been established for over 90 years.
• Presentation of research results in political and legal public relations work.
• Political assertion of legal safeguards for Anthroposophic Medicines at national and European level
• Collaboration with CAM organisations in Europe to strengthen complementary medicine/CAM as an indispensable part of “integrative medicine”/IM and a holistic health policy www.cam-europe.eu; www.camdoc.eu

Dr med. Laura Borghi
Coordinator of the IVAA in IKAM
lauraborghi@medicinaantroposofica.it
www.ivaa.info

Dr med. Thomas Breitkreuz
President of IVAA
t.breitkreuz@paracelsus-krankenhaus.de
www.ivaa.info

Trained physicians in Anthroposophic Medicine in Europe
International Coordination of Anthroposophic Medicines/IMKA

IMKA has the task of taking up cross-country questions and problems of the physicians connected with Anthroposophic Medicines and to discuss them with the manufacturers. If necessary IMKA can also assume a mediating role.

Organisation
The medical co-workers in this coordination field receive their mandate from the Conference of Executive Councils of Anthroposophic Medical Associations, see page 10. Depending on the subject at hand, IMKA can extend the group of its co-workers with experts.

IMKA’s working method
Regular meetings with the manufactures of anthroposophical medicines, as a rule once or twice a year and as required. In these meetings current concerns in the fields of medicinal range, availability, ability to deliver and relating to distribution and research are discussed. Once a year IMKA chairs the joint meeting between the International Conference of Executive Councils of Anthroposophic Medical Associations and the manufacturers. This meeting also offers a platform on which medical representatives from all over the world can personally meet the persons in positions of responsibility of the manufacturers of anthroposophic medicines.

Project: “Vademecum of Anthroposophic Medicines”
The Vademecum comprises the experience reports from anthroposophical physicians on individual medicines, scrutinised by an international editorial team. The third edition is already available in German. The fourth edition, which will additionally include oncological mistletoe therapy, is currently being worked on. The aim is to continue to improve the quality of the Vademecum both through the submission of new experience reports and through critical comments on the already existing and published experiences. Translations into English, Italian, Spanish and French are in progress or already completed.

www.vademecum.org

Dr med. Andreas Arendt
International Coordination of Anthroposophic Medicines/IMKA
arendt@bluewin.ch
www.medsektion-goetheanum.org
International Association of Anthroposophic Pharmacists/IAAP

Tasks
- Executive work in IAAP board of management
- Promotion of initiatives, particularly in the field of training, further training and advanced training
- Publication of mandatory advanced training standards applicable worldwide for training to become an anthroposophical pharmacist: As part of the International Further Education of Anthroposophic Pharmacists/IFEAP, supporting the updating and certification of curricula
- Publication and further development of the anthroposophical pharmacopoeia, APC/Anthroposophic Pharmaceutical Codex. The Codex documents a large part of the manufacturing methods and substances which are traditionally used in anthroposophic pharmacy.
- Development of an Anthromed®-certified pharmacy network worldwide
- Establishment and development of worldwide standard services for anthroposophic medicines in "Anthromed® pharmacies.

Tasks of the IAAP
Through their national professional associations, anthroposophical pharmacists have formed a group through the international umbrella organisation IAAP since 2001. So far member organisation from eight countries have joined:
The Austrian association ÖGAPh, www.oegaph.at
The Belgian/Dutch association BNVAA
The Brazilian association Farmantropo, www.farmantrpco.com.br
The British association, BAAP, www.baap.info
The French association AFERPA
The German association GAPiD, www.gapid.de
The Italian association SOFAI
The pharmacist section of the Swiss association VAEPS, www.vaeps.ch
The IAAP supports the establishment of additional national associations and is working politically to maintain and establish anthroposophical medicines in European medicines legislation. It publishes the Anthroposophic Pharmaceutical Codex/APC and takes care of its ongoing development. A textbook of anthroposophical pharmacy is in preparation, as is an international conference for pharmacists on the current state and the future of anthroposophical pharmacy.

Finances
The IAAP is financed through membership contributions and donations. www.iaap.org.uk

Dr rer. nat. Manfred Kohlhase
IKAM Coordinator for Pharmacy
mail@manfred-kohlhase.de
www.iaap.org.uk
Association of Anthroposophical Clinics

Established by a number of clinics in 1977 out of the desire to link up together and exchange experiences, and to be able better to meet the challenges becoming evident at the time in the field of health policy, the clinic association today comprises 22 clinics or inpatient facilities in five countries. That includes large, full-service providers with several hundred beds such as the Herdecke and Havelhöhe community hospitals or the Filder Clinic, but also small units with few beds within a conventional hospital such as for example in Scuol in eastern Switzerland.

The exchange views among one another, giving one another an insight into the respective situations and processes in the establishments, sharing challenges and successes, giving and accepting advice continues to be the most important element of the six monthly plenary meetings of the association. In addition, there are specific common projects. At the start of the century an increasing number of situations arose in which specific support for an establishment became necessary, be it in an advisory or a supporting sense. In order to give an authoritative framework to the work on the tasks arising, the company which today carries the name “AnthroMed” was established in 2005 from out of the clinic association (cf. the corresponding article below); it was originally called “Entwicklungs- und Auffanggesellschaft anthroposophischer klinischer Einrichtungen”.

This work led to the present quality and identification label which is meanwhile being used beyond the group of clinics and can increasingly function as the identification criterion for anthroposophic medical establishments. It is the task of the association regularly to monitor the list of criteria and to adjust it periodically.

Other important tasks include areas such as public relations, further medical training, leadership and collaboration (this has led to the development of a new criterion for the mark), co-financing of the Medical Section from out of the fields of activity, quality. There is close cooperation with the Umbrella Association for Anthroposophic Medicine in Germany, DAMID.

Member clinics

**Germany**

**Switzerland**
- Klinik Arlesheim, Paracelsus-Spital Richterswil, Casa di Cura, Andrea Cristoforo/Ascona, Regionalspital Emmental AG – Department of Complementary Medicine/Langnau, Ospidal Engiadina Bassa – Department of Complementary Medicine/Scuol

**Italy**
- Casa di Salute Raphael, Roncegno – Spa and Thermal Centre/Roncegno

**Sweden**
- Vidarkliniken/Järna

**Great Britain**
- The Raphael Medical Centre/Hildenborough, Tonbridge

---

Dr Andreas Jäschke
Director of the Association of Anthroposophic Clinics
International Coordination of Anthroposophical Clinics
andreas.jaeschke@klinik-arlesheim.ch
www.klinik-arlesheim.ch
Mark development

AnthroMed® – the mark of Anthroposophic Medicine

The formation and development of a mark are about giving issues of identity and ‘mission’ an entrepreneurial handle. The subject of developing a mark for Anthroposophic Medicine – starting from an impulse of the anthroposophical clinics – has been worked on in IKAM since 2004. In 2010, an agreement on the way that the mark may be used was reached between the owner of the mark – the nonprofit AnthroMed GmbH – and the Medical Section. The content of the criteria for use of the mark is drawn up by each of the IKAM coordinators of the professional associations. The mark has already been used since 2014 by the associations for the clinics, pharmacy, eurhythm therapy and art therapies. Utilisation agreements for outpatient care and outpatient medical facilities will be available by the end of 2015.

Financing the AnthroMed® mark

The basic cost of the process associated with the mark is financed by the licence fees of the mark users. Projects require additional financing, e.g. through foundations.

Long-term goals

In the first phase of the development of the mark the focus since 2007 has been on internal quality development. Overlapping with this developmental phase, which is still in progress, a concept for the external representation and distribution of the mark has been in preparation since 2014. People who are interested in the provisions of Anthroposophic Medicine should be able to rely on an AnthroMed-certified partner keeping what the name promises. But this will be a process which will still take many years. It takes decades to be perceived by public opinion worldwide as an important medical provision with good accessibility.

Dr med. Roland Bersdorf
Managing Director of AnthroMed gemeinnützige GmbH; Coordinator of the AnthroMed® mark within the IKAM collegium;
roland.bersdorf@anthromed.net
www.anthromed.net
International Forum for Anthroposophical Nursing/IFAN and International Council of Anthroposophic Nursing Associations/ICANA

About 60 nurses from all over the world are represented in this international forum. They represent and coordinate anthroposophical nursing in 16 countries. There are currently six task areas in IFAN:
- Training, further training and advanced training
- Rhythmic Einreibung
- Vademecum for external treatments
- Quality development
- Preparing and carrying out international nursing congresses at the Goetheanum
- Research

ICANA is the umbrella association of the national anthroposophical nursing organisations with currently 10 members. It is the sponsor of the Bureau for Quality in Anthroposophic Nursing/QAN which undertakes accreditation and certification in anthroposophical nursing. IFAN is managed by a management group and a coordinator.

Finances and financial requirements
The membership contributions from the national professional associations and donations make the activities of IFAN possible. The coordinator is currently on release from the Filder Clinic to enable him to undertake his tasks. Additional financial resources will be urgently required in the next few years to entrench anthroposophical nursing also in the regions outside Europe, develop additional training standards and their certification and to support nursing research. Currently the Vademecum for external treatments, a training film on wraps and compresses and a handbook on advanced training to become an expert in external treatments are in preparation.


The therapeutic emblem
The badge shown below was designed by Rudolf Steiner for the medical orderlies, nurses and helpers looking after the wounded of the First World War. The self-sacrificing snake from Goethe's fairy tale is depicted on the front side. The rays of the sun unite with the loving will to help of human beings.

International Coordination of Age Culture and Elderly Care

The Nikodemus Werk e.V. was established in 1977 in collaboration between the Christian Community and the Anthroposophical Society. It currently has more than 30 member establishments and sees itself as an international specialist association for anthroposophical age culture and as a forum for:

- reciprocal advice and support for the development and expansion of networks for an age culture of the future
- developing contemporary, spiritually extended forms of work, life and learning
- advice on quality questions
- involvement in research into and finding answers to the great questions of humanity today, particularly about the meaning of illness, old age, dying and death.

Specialist conferences
There are regular specialist conferences on subjects such as nutrition, building services, care and quality assurance.

Training and quality assurance
There are currently three schools for anthroposophically oriented elderly care in Frankfurt, Dortmund and Stuttgart.

Our own quality mark was developed in the course of the legislation for elderly care.

Long-term projects
- Combining the mark of the Nikodemus Werk with AnthroMed is currently being examined
- Establishment of an entrepreneurial company
- Development of an ownership concept for limited company shares managed in trust
- Establishment of a social fund for the health promotion of staff
- Social policy lobbying to reform the PTV care assessments

- Ensuring young talent in specialist and management functions
- Advice for new initiatives


In the Nikolaus Cusanus House for senior citizens:
1 Library; 2 Painting room

Sabine Ringer
Director of Haus Morgenstern, Stuttgart
International Coordination of Age Culture and Elderly Care
sabine.ringer@haus-morgenstern.de
www.haus-morgenstern.de
International Coordination of Midwifery

The Association for Anthroposophical Midwifery was founded in 2014. Its members work for the holistic care of the child from pregnancy through birth to the end of the first years of life.

Forms of work and goals

• Organising conferences for professional exchange among midwives about specialist-medical and spiritual subjects and about anthroposophical perspectives on the work of midwives.
• Creating spaces to meet for professional exchange and advanced training between midwives and e.g. gynaecologists, paediatricians and nurses.
• Supporting and organising conferences on the content of anthroposophically extended midwifery.
• Building an up-to-date further training provision for anthroposophically extended midwifery.
• Developing certification for midwives in the field of anthroposophically extended midwifery as a quality assurance measure.
• Progressing anthroposophically extended care concepts and therapy forms in midwifery.
• Developing holistic care concepts in midwifery with the inclusion of Anthroposophic Medicines.
• Supporting scientific research for the evaluation and scientific deepening of subjects related to anthroposophically extended midwifery.
• Undertaking public relations work to spread knowledge about anthroposophically extended midwifery.

Christina Hinderlich
International Coordination of Anthroposophical Midwifery
chinderlich@weleda.de
www.facebook.com/weleda.ag/posts/10152593155307495

A prayer that parents can say for their child from birth:

May light stream into you that can take hold of you.
I accompany its rays with my love’s warmth,
I think with my thinking’s best thoughts of joy
Of you heart’s stirrings.
Let them strengthen you,
Let them carry you,
Let them clarify you –
I want to gather in the steps of your life
My joyous thoughts,
That they combine with your will for life
And it find itself in strength everywhere in the world
More and more through itself.

Rudolf Steiner, GA 40, p. 339
Council for Curative Education and Social Therapy

Tasks and organisational form
The Council for Curative Education and Social Therapy has the task of coordinating the international collaboration in the field of anthroposophical curative education and social therapy. It is made up of national associations and organisations. Its legal entity is the Fonds für Heilpädagogik und Sozialtherapie, a charitable association under Swiss law. Representatives from approx. 50 countries, who have been delegated by their countries and represent more than 750 organisations and establishments, work together in the Council. They meet annually for a closed conference at the Goetheanum. In addition there are a number of regular working groups: the International Training Group, Social Therapy Group, Physicians in Curative Education and Social Therapy, the Science Group as well as ad hoc working groups. There is regular collaboration among the members of the School of Spiritual Science at the Goetheanum. The work of the Council is organised by a Coordination Group which prepares and reviews the international meetings.

Secretariat
The International Council has a secretariat in Dornach. Its tasks are: the coordination of international collaboration, working with the International Coordination of Anthroposophic Medicine (IKAM), carrying out international further training and specialist conferences, the moderation and coordination of the working groups, public relations work, advising and collaborating with the national associations as well as publishing and editing of the journal "Seelenpflege in Heilpädagogik und Sozialtherapie" and the publication of the book series "Anthropos – Heilpädagogik und Sozialtherapie aus anthroposophischen Perspektiven". Research and publication activity.

Goals
The long-term goals lie in improving and developing the situation of people with disabilities as well as ongoing quality development in the establishments and the services offered by curative education and social therapy. The urgent goals include the continuing development of training services which even now offer training at all levels – from college to academic courses. Then there is the involvement in shaping the image of anthroposophical curative education and social therapy in public opinion, not least research into and further development of the paradigm "curative education and social therapy on an anthroposophical basis".

Financing
comes from contributions from the countries, project resources, income from conferences and publications as well as donations. The annual report incl. annual accounts is published on the Council’s website. Donations can be made through the Foundation for Anthroposophic Medicine (Förderstiftung Anthroposophische Medizin) with the designated purpose “Curative education and social therapy”.


Prof. Dr Rüdiger Grimm, Dipl. Päd., Secretary
Council for Curative Education and Social therapy
khs@khsdornach.org
International Coordination of Eurythmy Therapy

Tasks
Maintaining an international overview of the professional field; stimulating, promoting and integrating initiatives; the responsible collaboration in the International Coordination of Anthroposophic Medicine; the representation of eurythmy therapy within and without the anthroposophic medical movement; the infusion of professional practice with work in the School of Spiritual Science.

Organisational form of the professional field
Every eurythmy therapist who represents an initiative within the specialist field of eurythmy therapy can keep in contact with colleagues in the international Eurythmy Therapy Forum of the Medical Section. The representatives from 40 countries and work areas meet once a year at the delegate conference at the Goetheanum. A coordination team is responsible for the fields of public relations, training, documentation/research, professional associations and practice fields in the international Eurythmy Therapy Forum and maintains contact with each of the independent work organisations.

Finances of the Eurythmy Therapy Forum
Provision of a budget through individual contributions corresponding to one therapy unit p.a. from active eurythmy therapists from all countries.
- Grants from foundations for project financing
- Work on a voluntary basis
- Current annual turnover incl. project financing approx. 40,000 euros
www.fanthromed.de/fonds/fonds_heileurythmie

Long-term goals
- Work on the teaching methodology for the content to be taught, training the trainers
- Networking and promotion of a research culture
- Development of professional associations for legal matters at European and international level within the system of Anthroposophic Medicine
- Helping to develop AnthroMed as the international mark of Anthroposophic Medicine
- Continuing to develop name and method protection for eurythmy therapy in the form of drawing up specific eurythmy therapy specialist skills in the practice fields and international collaboration – for the benefit of patients
- Continuing to develop IFAAET as the international federation of eurythmy therapy and art therapy in collaboration with the IVAA (see page 26)

Projects
- Development of an international office
- Vademecum for eurythmy therapy
- Research projects, basic research and proof of efficacy
- Translation of key literature into English, collaboration in the Anthromedics project (see page 25)

Angelika Jaschke
Eurythmy therapist
International Coordination of Eurythmy Therapy
ajaschke@heileurythmie-medsektion.net
http://heileurythmie-medsektion.net
www.fanthromed.de/fonds/fonds_heileurythmie
International Coordination of Art Therapy

Coordination of the professional field, working in IKAM, support for initiatives, joint responsibility for conferences. International Study Days for Anthroposophic Art Therapy, International Study Days for Therapeutic Creative Speech, International Conference of Training Directors, International Annual Conference of the Medical Section. Involvement in responsible bodies:
Training: European Academy/Accreditation Body.
Professional associations: International Working Group of Anthroposophic Professional Associations/DAKART, International Federation of Anthroposophic Arts and Eurythmy Therapies/IFAAET.

Organisational form of the professional field
Collaboration with the co-coordinators and representatives of the various work areas: painting/clay modelling, music, creative speech, professional associations, training, conference organisation, public relations, research.
There is a regular exchange of information about conferences and work matters via the website and Facebook.

Long-term goals of the coordination work
- Establishment of accredited international provision for training and further and advanced training
- Development, networking and promotion of research in art therapy
- Recognition of Anthroposophic Art Therapy in the fields of education and vocational education under the respective national law
- Promotion of public relations and worldwide communication via the website
- Collection of all publications on the website, expansion and translation of the website
- Expansion of interdisciplinary collaboration through conferences and written documentation of work results
- Translation of key literature into English
- Establishment of working groups to encourage and help the writing of articles and single case studies
- Conception of a training course
- Preparation of indication-related posters and flyers
- As part of IFAAET: support for the development of professional associations

Finances
Preparation of a budget of currently approx. CHF 24,000 from individual contributions by art therapists, contributions from national associations and training, plus income from certification and accreditation as well as project financing from donations. This is used to finance coordinator fees, travel costs, translation and the maintenance of the website. Since many of these things are currently still done on a voluntary basis, we are exceptionally grateful for donations.

Kirstin Kaiser
International Coordination
Anthroposophical art therapy
kirstinkaiser@bluewin.ch
www.icaat-medsektion.net
www.medsektion-goetheanum.org
International Coordination of Anthroposophic Body Therapy/ABT

Tasks
- Coordination of the professional field of Anthroposophic Body Therapy ABT, involvement in the IKAM council work in the IAABT (International Association for Anthroposophic Body Therapy)
- Development of general quality standards for the certification of Anthroposophic Body Therapists ABT
- Accreditation of training initiatives in all countries for Anthroposophic Body Therapy ABT
- Establishment of advanced training provisions with a diversity of methods in all countries
- Further development of the work on methods and their certification
- Documentation and publication of lectures
- Promotion of academic projects

Organisational form of the professional field
The latter extends worldwide over many different therapeutic methods and comprises movement therapies, massage, and external treatments such as hydrotherapy.
Collaboration takes place through the group of method representatives who are in direct contact with the coordinator.
The diversity of the over 10 different methods is united by the intention to provide practical therapeutic healing by “simple” means such as movement and/or touch.
The international specialist conference for body therapy takes place at the Goetheanum every two years. Here space is created for encounters, exchange and collaboration both on an interdisciplinary basis and across national boundaries.

International Association for Anthroposophic Body Therapy/IAABT
The impulse to create an umbrella for the various methods with their different issues and needs led to the creation of the International Association for Anthroposophic Body Therapy IAABT. It represents the body therapy methods originating in Anthroposophic Medicine in public. It supports the development of networks between the different therapies and countries and is responsible for drawing up generally applicable certification rules.

Finances
A financial concept is being developed with the goal of achieving a basic budget which is supported by the co-workers and associations of the body therapy specialist field as well as through donations. Currently financing still comes from the Medical Section at the Goetheanum as well as through work done on a voluntary basis.

Elma Th. Pressel
Non-medical practitioner, body therapist
International Coordination of Anthroposophic Body Therapy
elma.pressel@t-online.de
www.iaabt-medsektion.net
International Coordination of Psychotherapy

Anthroposophical psychotherapy is based on

- an understanding of the soul having its own dynamic between body and spirit
- concrete psychosomatics arising from the anthroposophical understanding of the human being
- a recognition of the eternal individuality of the human being which obtains an ever deeper understanding of itself and learns to identify with itself through life and working on body and soul
- a recognition of repeated earth lives through destiny and reincarnation and of the action and reality of a real, present spiritual world

Tasks and goals

- Development of a financially self-supporting professional-group community with its own representation in the Medical Section
- Coordinating, describing and interlinking the international work field of anthroposophically oriented psychotherapy, which has existed for 30 years
- The joint promotion of transnationally valid, fully-formulated guiding principles together with guidelines for anthroposophical psychotherapy and the schooling path of the psychotherapist
- Development of a qualitatively assured, international advanced post-doc training for diagnosis, psychotherapy and psychiatry based on the anthroposophical understanding of the human being

IFAPA

A milestone in the development of the coordination field was the foundation of the International Federation of Anthroposophical Psychotherapy Associations/IFAPA. It was established at the Goetheanum as part of the 2012 international annual conference on the subject: “Anthroposophical psychiatry, psychotherapy and psychosomatics”.

Finances

The work has so far been done on a purely voluntary basis. We are very grateful for donations!

Psychotherapy further training group in Spain

Henriette Dekkers
Psychologist/psychotherapist
International Coordination of Anthroposophical Psychotherapy
dekkers.appel@planet.nl
www.medsektion-goetheanum.org

Ad Dekkers
Psychologist/psychotherapist
International Coordination of Anthroposophical Psychotherapy
dekkers.appel@planet.nl
www.medsektion-goetheanum.org
International Coordination of Non-medical Practitioners

Formation of the professional group
"We are anthroposophists and we are non-medical practitioners" was the motto of the non-medical practitioners associated with Mr and Mrs Knür who gathered at the Wala premises in 1978 to form an informal working group. In 1992, AGAHP e.V. was founded as the professional association of non-medical practitioners together with the head of the Medical Section, Dr med. Michaela Glöckler. The anthroposophic non-medical practitioners have been represented as a professional group in the Medical Section since that time.

Collaboration with the authorities
In 2008 the German Health Ministry recognised the AGAHP as the representative of anthroposophic non-medical practitioners. With this came the right to propose members of Medicinal Commission C of the Federal Institute for Drugs and Medical Devices BfArM. Markus Pütter and Elisabeth Oelmaier represent the anthroposophic non-medical practitioners on Medicinal Commission C. In 2011, an occupational profile in English of the anthroposophic non-medical practitioner was submitted for the EU-initiated Cambrella project through membership of the European advocacy group for naturopathy/ANME; this professional group is thereby now also present at a European level.

Anthroposophical Non-medical Practice
The first IKAM professional group coordinator for anthroposophic non-medical practice was Renate Künne. She was succeeded in 2014 by her deputy as professional group coordinator until then, Alexander Schadow.

The term "anthroposophical non-medical practice" as designation for the activity of anthroposophic non-medical practitioners goes back to an agreement between Werner Schmötzer as the first executive director of AGAHP, the representatives of the Society of Anthroposophical Physicians in Germany /GAÄD and the Medical Section. At the same time it was agreed that the occupational designation "Anthroposophic Medicine" would be reserved for physicians.

The international professional group for anthroposophic non-medical practice also includes groupings of persons active in non-medical practice who want to work anthroposophically and are seeking contact with the Goetheanum.

Qualification and certification
The qualification in anthroposophic non-medical practice is undertaken through the AGAHP-accredited lecturers in anthroposophic non-medical practice (AGAHP)*, particularly in the subjects: professional studies in and professional esotericism of anthroposophic non-medical practice. The maintenance, further development and communication of these core competences is a particular task of the association’s school ANTHROPOS-SOPHIA. Anthroposophic non-medical practice as the activity of anthroposophic non-medical practitioners can be certified by AGAHP.

The AGAHP handbook, the guiding principles and the occupational profile of the anthroposophic non-medical practitioner as well as the statutes of the AGAHP can be found on our website www.agahp.de

Alexander Schadow
International Coordination
of Anthroposophic Non-medical Practice
Professional Association for Anthroposophic Non-medical Practitioners (AGAHP):
verband@agahp.de, www.agahp.de
Patient organisations and European Federation of Patients’ Associations for Anthroposophic Medicine/EFPAM

Tasks
Coordination of the interests of EFPAM and the member associations, involvement in the work of the International Coordination of Anthroposophic Medicine (IKAM), support for initiatives and also political and social objectives:

- Equality for Anthroposophic Medicine and anthroposophic medicines in European and national legislation: “Access”
- Availability of the services of anthroposophic physicians and anthroposophic therapists etc. as well as anthroposophic medicines throughout Europe: “Availability”
- Affordability of the services of Anthroposophic Medicine for all citizens who want to make use of them through public and private insurance in Europe, avoidance of double payment, support for cross-border patient movement: “Affordability”
- Realistic conditions of use in legislation through adapting and/or reframing of legislation both in the European field and at national level: “Applicability”
- Networking with partners in the field of complementary and alternative medicine/CAM – both patients’ associations and professional associations and organisations campaigning for civil rights
- Development of electronic round tables for the exchange of information and mutual support
- Development, expansion and promotion of patient competence
- Establishment of new national patient associations in Europe

Organisational form of the professional field
All national patient associations for Anthroposophic Medicine in Europe can become members; associations outside Europe can become associate members. The EFPAM board has five members. An annual general meeting is held each year (September).

Financing of EFPAM
From contributions of member associations, currently about 6000 euros. These are used for travel expenses, contributions for projects, membership of EPHA, EUROCAM, support of ELIANT.

René de Winter
President and coordinator of the European Federation of Patients’ Associations for Anthroposophic Medicine
efpam.europe@gmail.com
www.efpam.eu

Dr med. Stefan Schmidt-Troschke
gesundheit aktiv e.V.
International Coordination of Patient Organisations
schmidt-troschke@gesundheit-aktiv.de
www.gesundheit-aktiv.de
Working group of national associations for and general representations of Anthroposophic Medicine
Group of National Coordinators for Anthroposophic Medicine/GNCAM

National representations of the anthroposophic medical movement
There are some countries in which there is a general representative body of Anthroposophic Medicine. Because countries reflect on a small scale what must be done worldwide on a supranational level: perception and further development of the concerns of Anthroposophic Medicine.

Such a representation exists in the following countries:
CHILE: Asociación de Medicina Antroposófica de Chile
Dr med. Socorra Cordeiro, Gcordeiro@vivephoenix.cl

Germany
Dachverband Anthroposophische Medizin in Deutschland/DAMiD
Barbara Wais, wais@damid.de, www.damid.de

Netherlands
Antroposofischer Verein in den Niederlanden
Medizinische Sektion in den Niederlanden
Koop Daniels, www.antroposofie.nl/hogeschool/gezondheidszorg/

New Zealand
New Zealand Association of Anthroposophic Doctors (NZAAD)
Dr med. Simon Bednarek, email: simon.bednarek@gmail.com
www.anthroposophy.org.nz

Sweden
LAOM – Läkarföreningen för Antroposofisk Orienterad Medicin
Dr med. Ursula Flatters, ursula.flatters@vidarkliniken.se

Hungary
Dr med. Henrik Szöke, szoekehenrik@t-online.hu

United Kingdom
Anthroposophic Medical Association
Dr med. Stefan Geider, s.geider@camphillmedical.org.uk

USA
Physicians Association for Anthroposophic Medicine
Dr med. Alicia Landman-Reiner, areiner@cns.umass.edu
www.paam.net

Form of working
Since 2009, the delegates of these national representative bodies have been meeting during the annual conference of the Medical Section to exchange experiences and discuss common concerns and work goals.

Projects
Providing a translation into English of: Individual Paediatrics by Georg Soldner, and Rudolf Steiner’s medical lectures. The former project was a new translation and the latter had as its goal to complete the series and revise previous translations. Other translation projects are being planned, particularly with a view to the major Anthromedics project, see page 25.

Finances
The work is undertaken on a voluntary basis, expenses are borne by the respective national representative bodies. We are very grateful for support for the translation projects.

Dr med. Stefan Geider
Representative of GNCAM
Medical Section Coordinator UK
s.geider@camphillwellbeing.org.uk
www.cahsc.org
Coordination of Public Relations

In a time of rapid developments in society, politics and the market economy, the necessity of coordinated international public relations is becoming ever clearer – not just at a national level or in Europe as it develops its legal framework, but worldwide.

Pooling and distributing information
Here the focus is on the common concern to inform, i.e. to make Anthroposophic Medicine as an integrative therapy system better known in public and sharpen its profile. After all, Anthroposophic Medicine can look back on a European tradition which has grown organically over decades with proven therapies and medicines. On a practical level this means ensuring the availability of the working documents. This is done via the following channels:

Website: The five-language website is constantly being developed to make the information available to everyone who wants to have it.

Anthroposophic Medicine and social media: In order to address the younger generation, the basic information is available on all common social networks where there is also the opportunity for dialogue and exchange.

Mailings, newsletters: For rapid international communication and targeted information about events, happenings and content.

Ebooks: Print is engaged in a process of change to which we do not want to lose the connection. Furthermore, we have found that there is a clear need and desire to keep our most important books and new publications available for our international working community and community of members in this way. The tasks additionally include Public Relations consultations, the preparation of PR and multimedia concepts, the coordination of AM information materials and the further development of our international online presence also in the form of new web pages or web pages which through a relaunch have adapted to new technical possibilities.

Objective
The future viability of the project lies in adapting to the current situation in society rapidly and in good time, reacting to its needs. One concern is to make the content more easily accessible to the young generation – as the currently underrepresented target group in our movement – and to awaken their interest.

Finances
The scope of this work urgently requires financial resources.

Friends of the Medical Section

Each year there are co-workers and friends of the Medical Section who support our work with a donation. We not only want to express our very warm thanks for that but also create the possibility to make such support more formal for those who wish to do that. We have created a location for that within the Foundation for Anthroposophic Medicine. This Foundation was established, on the one hand, with the goal of supporting the Medical Section and its worldwide activities. On the other hand it is an independent legal entity with comprehensive freedom of legal arrangement (cf. page 64).

We are happy to share our projects, concerns and tasks with you and to keep you informed about current priorities. We look forward to hearing from you – and thank you for your participation and all support, no matter how small!

You can join the Friends online here:
www.medsektion-goetheanum.org/projekte/spendenkonten/

or simply write to:
Freundeskreis Medizinische Sektion am Goetheanum
4143 Dornach, Switzerland
Tel. +41 61 706 43 70

Warm thanks!

Account of the Friends in the Foundation for Anthroposophic Medicine:

For remittances from Germany for which a receipt for the donation is required for tax purposes:

Med. Sektion/Förderstiftung AM
Volksbank Dreiländereck eG
Account no. 970760
Bank sort code: 683 900 00
IBAN: DE92 6839 0000 0000 9707 60
BIC/Swift: VOLODE66

For remittances from all parts of the world:
Allg. Anthrop. Gesell./Med. Sektion
Postbank, DE-76127 Karlsruhe
Account no. 33 53 27 750
Bank sort code: 660 100 75
IBAN: DE59 6601 0075 0335 3277 50
BIC/Swift: PBNKDEFF
You can make an online donation here:

or online:
www.medsektion-goetheanum.org/projekte/spendenkonten/

Please indicate “Freundeskreis” as the purpose.
1 A hospital room; 2 Eurythmy therapy; 3 Therapeutic modelling; 4 Massage as developed by Dr med. Simeon Pressel; 5 Workshop at the medical and education conference in Kuala Lumpur, Malaysia 2015

Bothmer gymnastics

International Postgraduate Medical Training in India, Bangalore 2011

International Postgraduate Medical Training in Beijing 2014
## Foundation for Anthroposophic Medicine

The Foundation for Anthroposophic Medicine with its head office in Dornach was established on 26 May 2003, followed by its sister foundation of the same name in Germany [www.fanthromed.de](http://www.fanthromed.de). It was established with the intention of supporting the comprehensive activities of the Medical Section at the Goetheanum and its projects worldwide.

### Working method

Alongside the regular work of the foundation, it is our particular concern to be a service provider for the entrepreneurial use of money. Project funds were set up for this purpose which are looked after by the IKAM coordinators or the project managers. The latter are able to raise the required resources for their projects independently and can decide how the monies are to be used. This guarantees the appropriation of project funds and the autonomy of fund administrators, something which is fully supported by the foundation’s board of trustees. The latter would only intervene if monies were misappropriated. The management ensures that the resources are used in accordance with the statutes and once a year prepares a statement of accounts.

### Money in the service of individual initiatives

The IKAM coordinators and project managers can freely dispose over the fund resources within the limits of the purpose of the foundation and the project plans approved by the board of trustees. The resources made available to the projects are posted separately in the foundation’s balance sheet under liabilities and individually named and classified in the project fund under the heading Resources. With this working method the foundation serves the anthroposophic medical movement worldwide, promotes individual initiatives and only has the “power” to safeguard them.

However, we can only fund projects and initiatives with the money we receive from private donations, gifts and foundation grants. We are happy to provide information about our finances and projects and thank you for your interest!
A special project: education as preventive medicine – the international “Kolisko” conferences

Eugen Kolisko (1893–1939) was the school physician appointed at the Stuttgart Waldorf school by Rudolf Steiner who turned the specialist field of school physician into a new disciplines: the specialist for childhood development and primary prevention, i.e. illness prevention. The goal of the internationally oriented “Kolisko Conferences” is to address the common task of physicians and teachers in the service of the pupils in collaboration with the parents and to promote the interdisciplinary collaboration this requires.

In view of the growing escalation of bullying and violence in schools, the task of cultural understanding across ethical and religious boundaries, the lack of concentration manifesting itself in children and adults which is reaching epidemic proportions, the multiple learning disorders and developmental crises, it is a burning question as to how home and school can be better equipped to meet these challenges to a greater extent.

It was the impulse of Eugen Kolisko to understand and use education and everyday life at school itself as a path of prevention and health promotion. Hence the “Kolisko” conferences are named after him. Because this is where the instruments for the collaboration between teachers and physicians are jointly worked on: the study of the “invisible”, i.e. spiritually active complex of components of the human being consisting of spirit, soul, life and physical body; the physiologically effective, age-appropriate curriculum content; the study of the relationship between physical development in childhood and adolescence and the processes of decline in old age; the connection between artistic activity and healthy identity formation.

22 to 28 October 1989
The common task of physicians and teachers – Stuttgart, Germany

18 to 24 October 1992
Practical training of the senses in teaching and its foundation in the anthroposophical understanding of the human being – Forest Row, Great Britain

16 to 22 October 1994
Attention, interest, memory development – their support and care through training of the senses – Vienna, Austria

1 to 7 August 1998
Education and teaching as preventive medicine – Sacramento, USA

27 July to 2 August 2002
The therapeutic mission of the teacher – Lahti, Finland

In 2006 nine international Kolisko conferences took place worldwide under the title: “Understanding the developing child – Education and medicine in the service of learning”:

Hyderabad, India
18 to 22 January 2006

Taipei – Taichung, Taiwan
2 to 5 March 2006

Cape Town, South Africa

Kolisko Conference – Hawaii 2010
To the present day many thousands of specialists and parents have become acquainted with this impulse. This is a particularly important
Developmental steps of the Medical Section at the Goetheanum in the progression of Anthroposophic Medicine – in stages of 12 years each

1924
Inauguration of and setting the task of working out “the medical system of anthroposophy” by Rudolf Steiner and Ita Wegman at the Christmas Conference 1923/24. After Steiner’s death, social conflicts and stresses convulse anthroposophic medicine in its further development.

Leadership of the Medical Section from 1924 to 1935
Ita Wegman
The Anthroposophical Society in Germany is banned in Germany under the Hitler regime.

Interim leadership from 1935 to 1955 by the collegium:

1936
Peripheralisation and spread of Anthroposophic Medicine in Europe.
Travel of Ita Wegman and clinical work in Arlesheim and Ascona.

1948
Attempts at social integration by various initiatives and groups to restore collaboration within the Anthroposophical Society again.

Interim leadership of the Medical Section from 1955 to 1963 by the collegium:
Hans Bleiker, Margarete Kirchner-Bockholt, Madeleine van Deventer, Gerhard Schmidt.

1960
The General Anthroposophical Society reforms its identity: the physician and general secretary in Holland, Willem Zeylmans van Emmichoven, reaffiles his national society with the General Anthroposophical Society at the Goetheanum, without setting any conditions, on the grounds: “because that is what we want”. Collaboration within the anthroposophical professional medical movement begins as well as the new formation of the “medical core” of the Medical Section.

Leadership of the Medical Section from 1963 to 1969:
Walter Holtzapfel
Collegium: Hans Bleiker, Madeleine van Deventer, Walter Holtzapfel.

Leadership of the Medical Section from 1969 to 1977:
Walter Holtzapfel
Collegium: Georg Gräflin, Hellmut climate, Herbert Sieweke.

1972
Institutionalisation and legal basis for Anthroposophic Medicine in Germany: establishment of community hospitals and research establishments. Jürgen Schürholz becomes head of the newly established Commission C of the Federal Institute
for Drugs and Medical Devices/BfArM covering the field of human medicine of the anthroposophical medical approach.

**Leadership of the Medical Section from 1977 to 1986:**
Friedrich Lorenz
Collegium: Walter Holtzapfel, Hellmut Klimm, Herbert Sieweke.

**1984**
Scientific legitimisation and documentation of anthroposophic medicine in Germany and Switzerland.

**Interim leadership of the Medical Section from 1986 to 1987:**
Manfred Schmidt-Brabant
The collegium of the Medical Section is discharged by the executive council of the General Anthroposophical Society.

**Head of the Medical Section from 1988:**
Michaela Glöckler
A Section collegium working in a more representative capacity is replaced by the systematic development of international coordination and operationally active representation of the anthroposophic medical movement with its various professional groups and fields of activity.

**1996**
Globalisation of Anthroposophic Medicine, EU and worldwide legitimisation processes obtain existential importance.
Preparation of the first pharmacopoeia of Anthroposophic Medicines in the form of the Anthroposophic Pharmaceutical Codex/APC by an international group of experts.
Fundamental review of the position of Anthroposophic Medicine in 2000. At a "10-year conference" the representatives of Anthroposophic Medicine from all fields discuss what needs to be done in the coming ten years, particularly with regard to the representative books in the specialist medical fields which need to be prepared, specifically in the context of research and training, and their necessary translation into other languages. Ideas for thorough public relations work, frequently called for, take shape, well-networked websites and identity-establishing information brochures are planned and set in train. The International Coordination of Anthroposophic Medicine/IKAM takes shape as the capable leadership body of the anthroposophic medical movement. The "blue brochures" on Anthroposophic Medicine, its medicines and treatments – conceived by the specialist for internal medicine and co-founder of the Filder Clinic, Dr med. Jürgen Schürholz, together with the medical journalist Annette Bopp – set standards, as does the new journal "Medizin Individuell", published for the clinics by the Herdecke community hospital.
The house journal of Anthroposophic Medicine "Der Merkurstab" is given a new format and layout, special issues on specific subjects are published and also translated into English.

**2008 – 2020**
Academisation and popularisation of Anthroposophic Medicine as a "medicine with a heart".
Realisation of the "master plan" for Anthroposophic Medicine conceived together with the Software AG foundation which aims to fund and set up chairs of Anthroposophic Medicine at universities.
Publication of the "Vademecum of Anthroposophic Medicines", coordinated by Georg Soldner and co-workers which is subsequently also published in English, French and Italian – other languages are in preparation. A common research base is thus created for everyday medical practice: Anthroposophical physicians can now measure their own work against the latest international state of development as laid down in the medical experience set out here by 141 physicians from 15
countries and build networks for the continuous further development of Anthroposophic Medicine. Matthias Girke conceives the “Anthromedics” project which aims to create an international platform for Anthroposophic Medicine in German and English, making accessible and keeping available on the Internet all important publications of Anthroposophic Medicine for practice-related use. The public relations work extends its reach; the websites are given a professional makeover; CIMA is created, the first language-based, cross-country website for Anthroposophic Medicine in the Spanish-speaking world, as is the specialist website “Mistletoe in cancer treatment” in German and English; the patient associations cooperate to a greater extent and have a media presence.

From 2016 the leadership tasks of the Medical Section are planned to be transferred to Matthias Girke and his deputy Georg Soldner.

Our donations account

For remittances from Switzerland:
Allg. Anthrop. Gesell./Med. Sektion
Raiffeisenbank Dornach
Account no. 10060.56
Clearing 80939
Postal account 40-9606-4
IBAN: CH53 8093 9000 0010 0605 6
BIC/Swift: RAIFCH22

For remittances from Germany for which a receipt for the donation is required for tax purposes:
Med. Sektion/Förderstiftung AM
Volksbank Dreiländereck eG
Account no. 970760
Bank sort code: 683 900 00
IBAN: DE92 6839 0000 0000 9707 60
BIC/Swift: VOLODE66

For remittances from all parts of the world:
Allg. Anthrop. Gesell./Med. Sektion
Postbank, DE-76127 Karlsruhe
Account no. 33 53 27 750
Bank sort code: 660 100 75
IBAN: DE59 6601 0075 0335 3277 50
BIC/Swift: PBNKDEFF
You can make an online donation here:

When making a remittance to one of the above accounts:
Please specify a project or an IKAM coordinator as the precise purpose or simply put “MedSektion”

We thank you warmly for your support of our work!
Information and links

**Medical Section at the Goetheanum**
www.medsektion-goetheanum.org

**International Federation of Anthroposophic Medical Associations**
www.ivaa.info
The System of Anthroposophic Medicine:

**Umbrella associations of Anthroposophic Medicine**
Germany: www.damid.de
Great Britain: www.caahc.org
Switzerland: www.siam-schweiz.ch

**Anthroposophical medicines internationally**
List of medicine manufacturers:
www.medsektion-goetheanum.org/home/adressenundlinks/arzneimittel-hersteller
European Coalition on Homeopathic and Anthroposophic Medicinal Products:
www.echamp.eu
European Scientific Cooperative on Anthroposophic Medicinal Products:
www.escamp.org
Information about mistletoe therapy for cancer (in German and English):
www.mistel-therapie.de

**Clinics for Anthroposophic Medicine in Europe**
www.anthro-kliniken.de

**Anthroposophically managed retirement and care homes in Germany and Switzerland**
www.medsektion-goetheanum.org/home/adressenundlinks/alters-undpflegeheime

**International patient associations**
www.medsektion-goetheanum.org/home/adressenundlinks/patientenverbaende

**International research institutes for Anthroposophic Medicine**
www.medsektion-goetheanum.org/forschung/forschungsinstitute

**Recommended literature on the various specialist areas of Anthroposophic Medicine**
www.medsektion-goetheanum.org/home/publikationennachsigebieten

**European Alliance of Initiatives for Applied Anthroposophy/ELIANT**
www.eliant.eu

---

**Contents**

Dear Readers 3

Anthroposophic Medicine – an integrative therapy system 5

Medical Section at the Goetheanum – Coordination office and international training centre for the development and practice of Anthroposophic Medicine 8

International Coordination of Anthroposophic Medicine/IKAM 10

International Conference of Executive Councils of Anthroposophical Medical Associations 12

International Young Medics Forum 14

International Coordination of Anthroposophic Medical Training 16

International Postgraduate Medical Training/IPMT 18

International Coordination of Research/Research Council 20

International Coordination of Anthroposophical Specialist Physicians 22

International Coordination of Study in the First Class of the School of Spiritual Science 24

International Federation of Anthroposophic Medical Associations/IVA 26

International Coordination of Anthroposophic Medicines/IMKA 28

International Association of Anthroposophic Pharmacists/IAAP 30

Association of Anthroposophical Clinics 32

Developing the AnthroMed® mark – the mark of Anthroposophic Medicine 34

International Forum for Anthroposophic Nursing/IFAN 36

International Coordination of Age Culture and Elderly Care 38

International Coordination of Midwifery 40

Council for Curative Education and Social Therapy 42
This brochure was funded by the Friends of the Medical Section, for which we are very grateful –
Ordering address: Medical Section at the Goetheanum
Postfach, 4143 Dornach, Switzerland. Tel. +41 61 706 44 75; Fax +41 (61) 706 44 91
sekretariat@medsektion-goetheanum.ch

www.medsektion-goetheanum.org