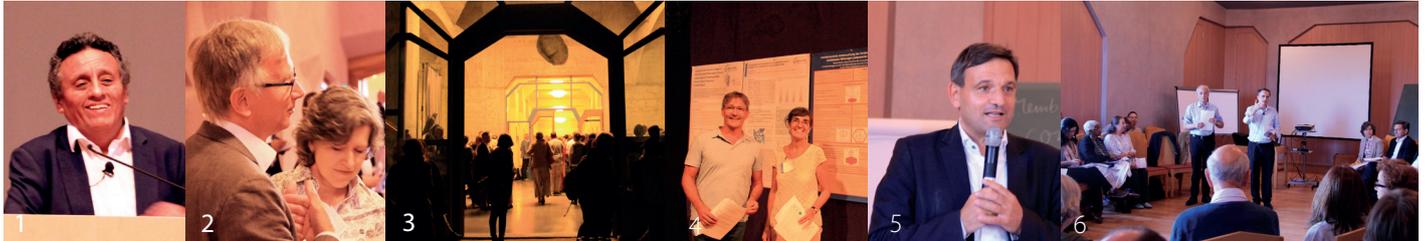




Nature, your maternal being,
I carry it within the substance of my will;
The fiery power of my will,
It steels my spirit's impulses,
That they give birth to sense of self,
That I may bear myself in me.
Rudolf Steiner

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



Pictures, left to right: 1. Dr med. Yván Villegas, Lima, Peru presenting a case history in his lecture "Patient with advanced renal cell carcinoma on the path to inner light", Goetheanum, Dornach; 2. Meeting after the lecture: Rolf Heine and Iracema Benevides; 3. Terrace festival at the Goetheanum; 4. The poster presentations on research in Anthroposophic Medicine at the annual conference in the hall of the Schreinerei, moderated by Dr rer. nat. Daniel Krüerke and Dr. phil. II (P) Ana Paula Simões-Wüst; 5. Dr med. Thomas Breitkreuz at the conference of Executive Councils of Anthroposophic Medical Associations following the annual conference; 6. View of the conference of Executive Councils which met for discussions three days after the annual conference.

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

Living Light

More than 800 people from about 40 countries came to the Goetheanum in bright and warm weather for the annual conference of the Medical Section. The conference started by focusing on the physiological, emotional and spiritual action of light, the outer and inner relationship of human beings with the sun, and the mediating importance of the earth's atmosphere which today is under severe threat. In the course of climate change and globalisation, diseases such as dengue fever, zika and chikungunya are spreading in hot countries; Sheila Grande from Rio de Janeiro presented an anthroposophical treatment concept for them. Christoph Schempp's report about current dermatological research on the skin as a sensory organ was exceedingly interesting. It enables not just the conscious perception of warmth, the sense of touch and pain, but we also unconsciously perceive light, sounds, smells and qualities of taste in the form of bitters through the skin. In oncology, too, it is not just warmth but also light that is important. By way of introduction, Marion Debus reported about Rudolf Steiner's path on which at a young age already he comprehended the nature of the light we encounter at the boundary of the sensory and supersensory world. Light as such is invisible, we only perceive it when it comes into contact with matter, earth, water and air. Christian Schopper revealed the importance of the etheric light forces in the treatment of depression. In an impressive case report, reflections by Yván Villegas on light in painting therapy, on supporting patients with dementia, and finally on the development of inner light rounded off the annual conference. The integrated School of Spiritual Science study, but also the large groups on the gospels of Matthew and Luke provided important substance for the conference, leading to the concluding contribution by Stefano Gasperi on the "I am" saying of Christ, "I am the light of the world".

In the WorldSpace, many countries were able to report in the Große Saal about their work; the Science Space gave important insights into the research landscape of Anthroposophic Medicine. In more than 60 workshops, the subject of the conference was illuminated and deepened from various angles. A cheerful Terrace festival led participants – after a eurythmy performance by the new stage group at the Goetheanum – into lively encounters, dance and conversation which continued far into the evening. In 2019 the annual conference will be held from 12–15 September.

Anthromedics "Praxis" goes online on 20 October 2018

An important event is imminent: On 20 October, the "Anthromedics" portal of Anthroposophic Medicine will be published in its first form of development. www.anthromedics.org The work of the five CARE groups, in which collaboration is interdisciplinary and international, has produced contributions which can now be used publicly (open access) by all those interested in practical application. There are both contributions intended for colleagues working in medicine in all the healing professions and contributions which are specifically intended for patients and parents or which can be used in this context. We thank all those involved in the various professional groups very warmly for their intensive work which was undertaken with great commitment. The work on the CARE subject areas continues. In the period to 2020 further contributions on the practice of Anthroposophic Medicine will be published. We are pleased that a scientific advisory board, which includes lecturers from a number of universities, has agreed to advise on this work.

Outlook to 2020

The focus of the IKAM retreat, the conference of executive councils of the medical associations and the IVAA delegate conference from 17–19 September was on the 100th birthday of

Anthroposophic Medicine in 2020. Public and internal events are planned in many countries and regions. One idea is to present all these activities internationally on a "birthday website". Scientific events and presentations on research in Anthroposophic Medicine will be supported by the Section and its Research Council with materials and people. From **12–19 September 2020**, the central event will then take place at the Goetheanum in the form of a special one-week annual conference of the Medical Section organised by the younger generation.

Teach the teachers: website for trainers goes online

From 7–9 September 2018, the second module of the three-year interdisciplinary "Teach the teachers" course was held with about 60 participants and lecturers from all the healing professions. The focus was on "Learning to listen – learning through teaching": how can we achieve that the learner and student encounters Anthroposophic Medicine in such an intensive way that they gain much deeper access to its content than through mere attendance at an advanced training course? A key method turns out to be making the learner themselves into the teacher. Led by the international team with Diethard Tauschel (Herdecke), master of medical education, Marina Rykina (St. Petersburg), Mariela Gattica-Valby (Buenos Aires) and Kirstin Kaiser (Arlesheim), all the participants could themselves practise this method in the role of the student. The next module will take place at the Goetheanum from 6–8 September 2019. It is possible to join the course in any module.

The professionally led course, which also deals with the use of media in teaching in an illuminating way, is now supported with materials on a website of its own. The website serves as an up-to-date, growing "Vademecum", as a textbook and reference work for everyone who themselves imparts and teaches Anthroposophic Medicine and is interested in this advanced training. The Medical Section will provide individual access rights. *Matthias Girke, Georg Soldner*

News

International core curriculum enters into force – supplement adopted. The new core curriculum for the training to become an anthroposophic physician, adopted in 2017, has entered into force for everyone who started their training after 1 October 2018. All physicians who started their training before this date are still able to be certified in accordance with the international criteria to become an anthroposophic physician adopted in 2003. On 17 September 2018, it was resolved at the International Conference of Executive Councils of Anthroposophic Medical Associations that the period for these transitional arrangements will end internationally on 30 September 2023 because many training courses, e.g. the IPMT, are five years long. National rules such as the 15th Approval Regulations of the GAÄD anthroposophic medical association in Germany may, in principle, contain shorter periods. <https://goo.gl/wjhgtr>

Studies and literature recommendations

Daniel Krüerke, Ana Paula Simões-Wüst, Christoph Kaufmann, Martina Frank, Alexander Faldey Peter Heusser, Dietrich von Bonin. Can Speech-guided Breathing Influence Cardiovascular Regulation and Mood Perception in Hypertensive Patients? The Journal of Alternative and Complementary Medicine. Vol. 24, No. 3. DOI: <https://doi.org/10.1089/acm.2017.0158>

Dietrich von Bonin, Sabine Klein, Jana Würker, Eva Streit, Oliver

Avianus, Christian Grah, Jörg Salomon, Ursula Wolf. Speech-guided Breathing Retraining in Asthma: a Randomised Controlled Crossover Trial in Real-life Outpatient Settings. BCM Trial. Vol. 19, No. 333. DOI: [10.1186/s13063-018-2727-z](https://doi.org/10.1186/s13063-018-2727-z)

Georg Soldner, Hermann Michael Stellmann. Individuelle Pädagogie. Leibliche, seelische und geistige Aspekte in Diagnostik und Beratung. This book on anthroposophic and homoeopathic treatments has been thoroughly revised and extended by Georg Soldner. The team of authors has been extended by: Dr Benedikt Huber (neonatology), Dr. Rene Madeleyn (epilepsy), PD Dr. Ulrike Bartram (paediatric cardiology). Stuttgart 2018. <https://goo.gl/Vjv4cC>

Michaela Glöckler, Karin Michael, Wolfgang Goebel. Kindersprechstunde. Ein medizinisch-pädagogischer Ratgeber. 21st revised edition, Stuttgart 2018. <https://goo.gl/mERiIP>

Johannes Wilkens, Frank Meyer, Ruth Mandera. Arnika – Königin der Heilpflanzen. Aarau 2018. <https://goo.gl/YPyguZ>

Michael Evans, Iain Rodger. Healing for Body, Soul and Spirit. An Introduction to Anthroposophic Medicine. Edinburgh 2018. <https://goo.gl/YdFjTn>

Events & dates

08–12.10.2018

Social – Play – Space. Places for successful biographies. International Conference for Anthroposophical Special Needs Education and Social Therapy. <https://goo.gl/VZYpxB>

25.10.2018

EduHealth Summit 2018. Conference for healthy educational worlds. <https://goo.gl/cirgVi>

25–27.10.2018

BURNOUT. Devitalisation – Revitalisation. <https://goo.gl/GGFKBT>

27–30.10.2018

Prematurely born and chronically ill children in kindergarten and school. <https://goo.gl/GGFKBT>

07–11.11.2018

Medical conference at the Halde. <https://goo.gl/GGFKBT>

09–11.11.2018

The I at the threshold – Chronic Diseases Part 2, Bad Boll/Eckwälden. <https://goo.gl/C3XyjZ>

22–25.11.2018

I Congreso argentino de medicina antroposófica. <http://cmantroposofica.com.ar>

30.11–01.12.2018

Conference on the family of rhythmical procedures. <https://goo.gl/eouaK2>

03–06.1.2019

Art therapy conference. Anxiety and stress. <https://goo.gl/GGFKBT>

15–16.1.2019

Pharmacy colloquium. <https://goo.gl/GGFKBT>

All events of the Medical Section

<https://goo.gl/GGFKBT>

All events of the Young Medics Forum

<https://goo.gl/7PxnHO>

Here you can see our IPMTs in 2018

<https://goo.gl/uelW5K>

News and layout: *Heike Sommer*
Dornach, Michaelmas 2018