

## A NEW APPROACH TO MEDICAL PRACTICE

The International Postgraduate Medical Training offers a pathway of development for the health professional seeking new insights and wider directions for their professional orientation and to meet patient needs. The conference is experiential, incorporating sessions on phenomenologically based plant observation, finding remedies, external treatments, building diagnostic pictures, movement and meditation as an introduction to the orientation of Anthroposophic Medicine.(AM) This conference is the Oceania section of the IPMT series that in 2011 took place in thirteen countries around the world from Switzerland and Russia through Peru, India and Taiwan.

AM is an integrative system that adds a psychical and spiritual dimension to contemporary medical practice. It assimilates conventional medicine, homeopathy, phytotherapy as well as anthroposophically formulated medicinal substances and therapies. It originated in the 1920's through the working together of Dr. Ita Wegman and Rudolf Steiner PhD.

Acknowledging the ancient understanding that health is a system in balance and disease is found where the organism has lost its equilibrium and entered a state of transition, AM is structured around an emerging salutogenic approach with its emphasis on the sources of self-healing and resilience in times of stress, rather than the present pathogenic paradigm so pervasive in medical thinking.

Anthroposophic medicine is practiced by a growing body of health professionals around the world seeking to broaden their clinical skills and build coherence between their inner experience of the human being and the current western medical model. Essential to this approach is a methodology that develops the observational and contemplative skills of the individual practitioner in search of the processes working within health and illness as a manifestation of spiritual activity.

Participation in this training week is available only to those health professionals who have either qualified in a registered field of practice, or are on a specific path of training. For medical doctors this course serves as part of the pathway to certification as an Anthroposophic Physician.

For more information, see <http://www.medsektion-goetheanum.org/en/training/medicine/ipmt-en/>

## IPMT 2012

### For more information:

#### AUSTRALIA

Barb Rapson

[aamaadmin@optus.com.au](mailto:aamaadmin@optus.com.au)

#### NEW ZEALAND

Dr. Simon Bednarek

[simon.bednarek@gmail.com](mailto:simon.bednarek@gmail.com)

#### REGISTRATIONS

Mary Green

[ipmt2012@weledatrust.org.nz](mailto:ipmt2012@weledatrust.org.nz)

### Or post to:

P.O. Box 8132

Havelock North

New Zealand 4130

# International Postgraduate Medical Training in Anthroposophic Medicine

April 5-11 2012

St. Francis Retreat Centre  
Auckland, New Zealand  
Exploring the Etheric

## Location

The St. Francis Retreat Centre is situated within three hectares of park like grounds twenty minutes from Auckland International Airport.

Brothers and priests following in the footsteps of St. Francis of Assisi run the Centre as a mission. The Centre's tranquil setting with its gardens and aviary provide an ideal backdrop for the conference and offer many opportunities for the observational studies integral to the conference.



Accommodation at the Centre is single room and bathroom facilities are shared. Rooms are limited so early registration is advised.



The Centre will provide our catering. All meals are served in the communal dining room. Special diets are welcome, please see your registration form for further details.



## Sponsors

Weleda Charitable Trust  
New Zealand Medical Section  
Australian Anthroposophic Medical Association  
Ileen McPherson Trust  
Weleda New Zealand

## Faculty



**Alicia Landman-Reiner MD** directs training in the USA for physicians interested in working in anthroposophic medicine. She has practiced AM primary care for over 20 years, teaches internationally and is a Waldorf school doctor.



**Alfred Busch BA, MA** worked for many years as a therapeutic eurythmist at Arta Lievegoed Hospital in The Netherlands as well as in private practice. He has a special interest in psychiatry and the development of the human being through movement.



**David Ritchie MBCHB, FRNZCGP** is a general practitioner from Helios Integrative Medical Centre, Christchurch. David has a special interest in child health and in how learning behavior and health can be understood as one picture. He has had a long relationship with AM and lectures internationally.



**Mark McKibben R PH** is the pharmacist founder director of Uriel Pharmacy in the USA. Uriel is a manufacturing pharmacy working with plants from their own biodynamic gardens to produce quality medicines in small batches. Mark worked for many years as a pharmacist at Weleda and WALA in Europe.



**Roger Leitch BSc MBCHB FRNZCGP** is a GP at the Raphael Medical Centre in Auckland. He has extensive experience through his practice as well as clinical settings in Europe. He is active mentoring new doctors and has a keen interest in developing relationships with allied medical professionals.



**Simon Bednarek MBBS FRNZCGP FRACGP** is the GP coordinator of the anthroposophic doctors in New Zealand for the Medical Section at the Goetheanum. He is currently on sabbatical in Australia as well as teaching on aspects of anthroposophic medicine in Europe.



**Tessa Therkluson RN MN PhD ANS** is an anthroposophic nurse specialist having recently completed her doctorate with research relating to the use of ginger compresses and osteoarthritis. She is the founder of Rato Health Natural Nursing Therapies Clinic in Wellington.

## Timetable

Thursday 5<sup>th</sup> April 2012

5 pm Registration and Welcome

6 pm Dinner

7-8.30 pm Founding of the Anthroposophic Medical Movement

Friday 6<sup>th</sup> – Tuesday 10<sup>th</sup> 2012

Breakfast

8.30-9.15 Eurythmy

9.30-10.30 Medicinal Plant Observation  
Schooling of sense perception

10.30-11.00 Morning Break

11.00-12.15 Text Study and small group work

12.15-13.45 Lunch

13.45-15.15 Plant Remedies

15.15-15.45 Afternoon Break

15.45-17.30 Anthroposophic Medicine in  
Practice/Clinical Groups

17.30-19.00 Dinner

19.00-19.30 Review of the Day

19.30-20.45 Meditation and Inner Development

Wednesday 11<sup>th</sup> April 2012

Breakfast

8.30-9.15 Eurythmy

9.30-12.00 Review, Planning, Closing and  
Distribution of Conference Certificates

Note: Programme and Faculty subject to change.