



# *Anthroposophic Medicine*

## International Postgraduate Medical Training / IPMT for Doctors and Medical Students

Parallel courses for other health professionals available

January 08 <sup>th</sup> – 15 <sup>th</sup> , 2012	Santiago / Chile
Feb. 25 <sup>th</sup> – March 03 <sup>rd</sup> , 2012	Ilo Ilo / Philippines
April 05 <sup>th</sup> – 11 <sup>th</sup> , 2012	Auckland / New Zealand
April 28 <sup>th</sup> – May 04 <sup>th</sup> , 2012	Nagano / Japan
May 04 <sup>th</sup> – 11 <sup>th</sup> , 2012	Fair Oaks / USA
June 03 <sup>rd</sup> – 10 <sup>th</sup> , 2012	Jaerna / Sweden
July 07 <sup>th</sup> – 14 <sup>th</sup> , 2012	Taoyuan / Taiwan
July 12 <sup>th</sup> – 19 <sup>th</sup> , 2012	Odessa / Ukraine
August 11 <sup>th</sup> – 18 <sup>th</sup> , 2012	Krummau / Czechia
August 18 <sup>th</sup> – 25 <sup>th</sup> , 2012	St. Petersburg / Russia
August 26 <sup>th</sup> – Sept. 02 <sup>nd</sup> , 2012	Dornach / Switzerland
Sept. 28 <sup>th</sup> – October 05 <sup>th</sup> , 2012	Havana / Cuba
October 14 <sup>th</sup> – 21 <sup>st</sup> , 2012	Lima / Peru
December 13 <sup>th</sup> – 19 <sup>th</sup> , 2012	Chennai / India

## Program 2012

*Medical Section*

*Goetheanum • School for Spiritual Science • Dornach / Switzerland*

All outstretched in the breadths of space  
All outstretched in time existence  
I feel the all-ruling spirit  
And if I look within me  
I feel him in me  
Feeling both as one  
I find God within me.

Rudolf Steiner: *Mantrische Sprüche. Seelenübungen II.* GA 268, p. 59

The meaning of the world lies in the heart of Man

Rudolf Steiner: *Mantrische Sprüche. Seelenübungen II.* GA 268, p. 59

*Anthroposophy adds insight into the spiritual human being to the knowledge of the physical human being which alone can be gained from the contemporary methods of natural science.*

Ita Wegman, MD, Rudolf Steiner, PhD

Dear Colleagues and Medical Students,

The International Postgraduate Medical Training (IPMT) offers a way into Anthroposophic Medicine for general medical practitioners and specialists alike, and finishes with an international certificate in Anthroposophic Medicine. No previous knowledge is required. The IPMT is also an opportunity to come together with colleagues from other cultures and discuss topics of mutual interest. The multilingual setting, with many of the courses being taught by German-speaking experts, attracts people who do not necessarily understand the local language. And communication is possible thanks to the many who can translate back and forth.

Anthroposophic Medicine was inaugurated by Rudolf Steiner, PhD (1861-1925), an Austrian philosopher, Goethe researcher, and the originator of the anthroposophic method of knowledge, in collaboration with the Dutch doctor Ita Maria Wegman, MD (1876-1943), when the first clinics were established in Arlesheim (Switzerland) and Stuttgart (Germany) in 1921. Anthroposophic Medicine is now practised in over 60 countries.

We have been offering this international postgraduate training in Anthroposophic Medicine since 2002. Our aim is to make certified training in or an introduction to Anthroposophic Medicine available in any country where it is wanted. This is done by helping people to help themselves – each course is organized by colleagues in the country where it is held, to the extent that this is feasible. It is hoped that they can simultaneously create the conditions for establishing their own national associations for Anthroposophic Medicine and can independently carry on with the work in their countries at some point. One of the prerequisites is to have good contacts in countries where Anthroposophic Medicine is already well-established, and with the relevant centres of expertise in Europe. That is one reason why we are always glad of participants from the well-established countries.

Living under one roof and surrounded by nature that supports their Goetheanistic plant observations and studies, IPMT participants learn to know a form of medicine that aims to do more than develop a way of diagnosis and therapy that comprehends the whole human being, nature and the cosmos. It also seeks to understand the social dimension of illness and health. Our work thus includes the dramatic aspect of destiny (affecting both individuals and humanity as a whole), questions of inner spiritual development, professional ethics, and healthy ways of working in society. We place particular importance on the primarily salutogenetic, preventative approach of anthroposophic self development, art therapies, Waldorf education (with its relevance for preventative medicine), and biodynamic agriculture, which works to regenerate the soil.

We look forward to your participation!

Michaela Glöckler, MD  
Medical Section at the Goetheanum

## Concept and Working Modus of the IPMT

- The schooling of sense perception and active ways of thinking as a basis for new diagnostic faculties.
- A practical introduction to diagnostics and therapy with anthroposophic medicaments, artistic activities, eurythmy therapy and other modalities.
- Professional ethics and meditative schooling, as necessary for understanding one's own profession, for forming therapeutic relationships and establishing therapeutic communities.

### The schooling of sense perception and active ways of thinking

1. In the mornings we will start with eurythmy, an art of movement that was developed before World War I by Rudolf Steiner in collaboration with movement artists and particularly Marie Steiner, an artist in the field of speech formation. All processes in nature, in the human being and in the arts can be made visible with the help of movement. Therefore, eurythmy movements do not have a symbolic character, but rather correspond to inner formative movements and shaping gestures, just as these correspond to the formative language of the realms of nature and of human speech. This is the archetypal alphabet of vowels and consonants which may be found in all languages. When we perform and practice these movements (eurythmy as "visible speech") we may develop a more subtle appreciation of formative and shaping processes in nature and in the human being, and hence for the processes of illness and healing.

The first training block covers the basic vowels and consonants, and a study of Rudolf Steiner's sketches for these forms. In subsequent training weeks, gestures corresponding to the tones and intervals in music will be added, as well as cosmic gestures linked to the planets and the signs of the zodiac.

2. After an introduction to the phenomenological method of working according to Johann Wolfgang von Goethe (1749-1832), we will divide into small groups in order to engage everyone through interactive learning. Goethe gave us the aphorism:

*Were not the eye born of the sun,  
It could never see the sun.*

*If God's own power lay not in us,  
How could the Divine enrapture us?*

According to Goethe, the processes of certain aggregate states of nature – the solid state of matter (mechanics), the liquid state of matter (hydraulics), the aeriform state of matter (aerodynamics) and the pure state of matter no longer accessible to physical description, such as warmth (thermodynamics), namely the four elements in the sense of Aristotelian meteorology – stand in direct connection to the inner experiences and possibilities of the soul and spirit. Goethe described this fact throughout his life's work.

We can reduce it to the succinct phrase "Like recognizes like". Just as the eye forms itself from the light to perceive light, the bones of the foot develop fully through walking, and each organ develops its functions through its own activity, so too human beings can only perceive and understand what they themselves have experienced, felt and thought in some form. In addition, Goethe formulated his ethical-religious attitude towards life accordingly: "One only learns to understand what one loves." Developing love as a force of cognition and thus creating a capacity for spiritual empathy is a further goal of this work. As Goethe said, the kind of observation used depends on the kind of thing being observed.

3. The third step is the schooling of thinking. For this purpose we will use chapters from the book *Fundamentals of Therapy* written jointly by Steiner and Wegman. After a short introduction, the work takes place in the same small groups as for the Goetheanistic studies. The groups use the text to practise a four-stage thought-schooling process:
  - a) Reading the text, numbering the paragraphs, and working through what has been said, in writing. Connections that remain incomprehensible or give rise to questions are written down for later discussion if they cannot immediately be satisfactorily answered.
  - b) The train of thought will be followed from the first paragraph through to the last: How does one thought join to the next? Where does the train of thought apparently break off, in order to be taken up again at another place? Where do new thoughts start and – perhaps with apparently no connection – stand next to the first and second thoughts? What is the thread running through? Are we in a position to be able to reproduce the train of thought, developed by Steiner, ourselves? And what about the inner evidence of these thoughts?
  - c) While the first and second steps have more to do with the way in which the content is brought as thought forms, in the third step the emphasis lies in comprehending the composition of the chapter as a whole: How are the beginning and end related to each other? In the course of the paragraphs, do various important points reveal themselves or does the whole move towards a climax which is all important? Does one thought develop out of another in a more sculptural style or is it a more inspirational style where one thought does not directly join to the next, but rather has a loose illuminating association, i.e., a complementing form? In this third step, which has to do with a deeper, artistic grasping of the way in which the inner and outer structure of the chapter is built up, the possibility arises of unlocking the text in a much more intimate way as a work of art, a composition. Through this it may then be possible to come to a further, deeper understanding of what is expressed by the text.
  - d) The final stage of grasping in thought and understanding is the attempt to penetrate to its essential nature or inner reality. Rudolf Steiner's spiritual-scientific research rests upon supersensible experiences, which he was able to translate into clear concepts and thought connections. In that he could also put them into words, he was able to make them reproducible and comprehensible for present-day people. We want to take the reverse path: We go from the written text, to the activity of thought, to the artistic revelation and finally to the being of what was described and our own authentic experience of it.

## Diagnostics, Therapy and Pharmaceutical Experiments

First, we will work on the diagnosis of the members of the human being and the therapy arising from this, using either a characteristic case-study from the book *Fundamentals of Therapy* by Steiner/Wegman or an actual case from everyday practice. Some of these will take place over two consecutive afternoons. The diagnostic method is in the foreground on the first day. We then deliberately include the night as a source of inspiration and a part of the processing. If I have taken in a picture of a concrete situation with a patient, with as many details as possible, the question arises: What possible therapy does it reveal to me as a way to reach my therapeutic goal? I take this question into sleep and observe what other aspects reveal themselves when I have offered them to a higher wisdom. "Morning is wiser than evening" is an old folk saying. From a spiritual-scientific point of view we look at the material/physical aspect of things during the daytime, and during the night we look at the same things in a social/moral way, from a soul-spiritual vantage point. Therefore, some of the case studies are placed in such a way that a night lies between the discussion of diagnosis and that of therapy. We can thus learn to take note of how particular thoughts or points of view can transform themselves solely because we have taken them consciously into the night.

## Professional Ethics, Meditation and Self-development

The basic elements of the anthroposophic path of inner meditative schooling and self-development will be built up in close connection with a review and preview of each day, as well as incorporating the specific questions of participants. It will be shown and achieved inner evidence that our ethical/moral development is our most powerful salutogenic resource. It may become fact that – as Paracelsus said – in the end there is only one true healing power: love.

Work in small groups may be useful – particularly if practitioners of various professions are present. The groups can look at specific ethical concerns of particular relevance to psychotherapists, dentists, nurses, doctors, etc.

## How to obtain Certification

There are three requirements:

1. Participation in the five-level postgraduate training programme (attending one or more training modules per year, as desired)
2. Regular independent study, or work in a small local group (with mentoring or guidance from IPMT staff if needed)
3. Written evidence of at least two years of mentoring by a certified anthroposophic doctor.

For further details please see the International Criteria for Certification on the last page of this brochure.

## IPMT 5-Year Program

### First year:

Introduction to methodology, diagnostics and treatment in Anthroposophic Medicine. Practical examples of how anthroposophic remedies are produced and how to work with them. Overview of the inner meditative path to understand the human being in his/her emotional and spiritual dimensions according to a concrete understanding of how the system of immunological and self-healing processes can be stimulated by medicaments and meditative work.

*Recommended reading for individual study and small group work:*

Bolk's Companions: *Embryology, Biochemistry, Anatomy, Physiology*. To order: Louis Bolk Institut, Fax +31 343 515611, [www.louisbolk.nl](http://www.louisbolk.nl)

M.Evans, I.Rodger: *Anthroposophical Medicine. Healing for Body, Soul and Spirit*. Floris Books, Edinburgh, Great Britain 2000

P.Heusser: *Problems of Study Designs with Randomization, Blinding and Placebo*. *Forsch Komplementaermed.*, Apr 1999; 6(2):89-102

Vademecum for Anthroposophic Medicines, Der Merkurstab, *Journal of Anthroposophic Medicine*, Vol. 62, 2009; [www.merkurstab.de/index.php5?page=123](http://www.merkurstab.de/index.php5?page=123)

R.Steiner, I.Wegman: *Fundamentals of Therapy: An Extension of the Art of Healing through Spiritual-Scientific Knowledge*. GA 27. Mercury Press, Spring Valley, NY, USA 1999

### Second year:

Deepening of the Goetheanistic methodology for observation and for developing the faculty of thinking, in order to outline the path of spiritual diagnosis as a complement to mainstream medical diagnostics. Understanding the etheric body as a system of regeneration and life-giving functions and forces. Developing a concrete understanding of how thinking capacities and life processes interact and promote physical and spiritual health. Follow-up of a variety of single case studies and disease management examples.

*Recommended reading for individual study and small group work:*

H.U.Albonico et al.: *Febrile Infectious Childhood Diseases in the History of Cancer and Matched Controls*. *Med. Hypotheses* 1996; 51:315-20

J.S.Alm, J.Swartz et al.: *Atopy in Children of Families with an Anthroposophic Lifestyle*. *Lancet* 1999; 353:1485-88

R.Steiner: *How to Know Higher Worlds – the Modern Path of Initiation*. Anthroposophic Press, Inc. Hudson, NY, USA 1994

R.Steiner: *Esoteric Science*. GA 13. Anthroposophic Press, NY, USA 1972

### Third year:

Soul Development. The healing impact of the arts, especially tone eurythmy, music, speech, painting and sculpture therapy. Psychotherapy, psychiatric disease management. Anthroposophic medicine in medical specialties such as internal medicine, pediatrics, gynecology, intensive care, surgery and others. A cosmological understanding of the human being and the earth, projective geometry, metal treatment and working with medical meditations.

*Recommended reading for individual study and small group work:*

W.Goebel, M.Gloeckler: *A Guide to Child Health*. Floris Books, Edinburgh, Great Britain 2003

F.Husemann, O.Wolff: *The Anthroposophical Approach to Medicine*. Vol. 2 and 3 (Vol. 2 out of print, Vol. 3 publ. 2005, Anthropol. Press, Hudson, NY, USA)

G.Kienle, H.Kiene: *Die Mistel in der Onkologie. Fakten und konzeptionelle Grundlagen*. Schattauer, Stuttgart, New York, USA 2003  
G.Soldner, H.M.Stellmann: *Individuelle Pädiatrie*. Wissenschaftliche Verlagsgesellschaft, Stuttgart, Germany 2002  
R.Steiner: *Education for Special Needs. The Curative Education Course*. GA 317. Rudolf Steiner Press, London, Great Britain 1998  
R.Steiner: *Manifestations of Karma*, GA 120. Rudolf Steiner Press, London 2011  
M.Girke: *Innere Medizin. Grundlagen und therapeutische Konzepte der Anthroposophischen Medizin*. Salumed Verlag, Berlin 2010

#### Fourth year:

Understanding "the healer within", the spiritual salutogenic resource of the higher self. The spiritual law of reincarnation and karma and its relevance for illness and health. The inner and outer origins of physical and mental diseases. Meditations for patients. Research methodology, documentation with academic standards. Anthroposophic medicine in daily practice, hospitals, home care etc.

*Recommended reading for individual study and small group work:*

M.Gloeckler, S.Langhammer, C.Wiechert: *Education – Health for Life*. Persephone, Dornach, Switzerland 2006. To order: Kooperative Dürnau, Im Winkel 11, DE-88422 Dürnau, [www.kooperative.de](http://www.kooperative.de)

H.Kiene: *Komplementäre Methodenlehre. Cognition Based Medicine*. Springer Verlag, Berlin, Germany 2001

G.Kienle, H.Kiene, H.U.Albonico: *Anthroposophic Medicine. Effectiveness, Utility, Costs, Safety*. Schattauer, Stuttgart, Germany 2006

R.Steiner: *Intuitive Thinking as a Spiritual Path. A Philosophy of Freedom*. Anthroposophic Press, Hudson, NY, USA 1995

R.Steiner: *Course for Young Doctors*. GA 316. Mercury Press, Spring Valley, NY, USA 1993

R.Steiner: *Pastoral Medicine*. GA 318, Rudolf Steiner Press, London 1987

R.Steiner: *Curative Eurythmy*. GA 315, Rudolf Steiner Press, London 1984

#### Fifth year:

Psychosocial pathology and therapy, the social dimension of the doctor's role and responsibility. The role of agriculture and economic life for the well-being of the social and individual life. Education as preventive medicine, the pedagogical law, pastoral medicine, the esoteric foundation of professional life: Professional life as service for humanity and the spiritual world. Daily life as a path of initiation. One of the fifth year training weeks will be held at the Goetheanum, School for Spiritual Science in Dornach / Switzerland.

*Recommended reading for individual study and small group work:*

V.Fintelmann (Hrsg): *Onkologie auf anthroposophischer Grundlage*. Verlag Johannes M. Mayer & Co. GmbH, Stuttgart, Germany 2002

M.Gloeckler (Hrsg): *Anthroposophische Arzneitherapie für Aerzte und Apotheker*. Wissenschaftliche Verlagsgesellschaft mbH, Stuttgart, Germany 2005

R.Steiner: *Agriculture. Spiritual Foundations for the Renewal of Agriculture*. Bio-dynamic Farming and Gardening Assoc., Inc. Kimberton, PA, USA 1993

R.Steiner: *World Economy*, GA 340. Rudolf Steiner Press, 1990

R.Steiner: *Philosophy of Freedom*. GA 4. Rudolf Steiner Press, 2011

R.Steiner: *Towards Social Renewal – Rethinking the Basis of Society*. GA 23. Rudolf Steiner Press, London, Great Britain 1999

G.van der Bie: *Foundations of Anthroposophic Medicine. A Training Manual*. Floris Books, Edinburgh, Great Britain 2004

Here you'll find a respectable number of English publications about Anthroposophic Medicine for free download:

<http://www.anthromed.org>

<http://www.merkurstab.de/index.php5?page=121&lang=0>

<http://www.louisbolk.org/publications/>

<http://medsektion-goetheanum.org/en/home/publications/>

Here you'll find brochures about Anthroposophic Medicine for free download:

<http://medsektion-goetheanum.org/en/home/informationmedia/brochures>

Here you'll find videos about Anthroposophic Medicine:

<http://medsektion-goetheanum.org/en/home/informationmedia/dvd/>

[http://www.vfk.ch/informationen/filme/iscador\\_en/](http://www.vfk.ch/informationen/filme/iscador_en/) and [http://www.vfk.ch/informationen/filme/lukasklinik\\_en/](http://www.vfk.ch/informationen/filme/lukasklinik_en/)

Here you'll find materials about phenomenology:

<http://www.dynamisch.nu/feno/english/e1intro.html>

Here you'll find information about the international coordination of Anthroposophic Medicine:

<http://medsektion-goetheanum.org/en/home/ikam/>

<http://www.iviaa.info/?p=5>

Here you'll find some producers of Anthroposophic Medicine:

<http://www.weleda.com>

<http://www.wala.de/english>

<http://www.helixor.com>

<http://www.abnoba.de/start.aspx>

**Santiago / Chile**  
**January 8<sup>th</sup> – 15<sup>th</sup>, 2012**

Casa de Retiros Padre Hurtado, Comuna Padre Hurtado, Camino Antiguo a Valparaiso N 210, Santiago

Sunday 08.01.2012	Monday 09.01.2012	Tuesday 10.01.2012	Wednesday 11.01.2012	Thursday 12.01.2012	Friday 13.01.2012	Saturday 14.01.2012	Sunday 15.01.2012
	7:30 – 8:15 <i>Eurythmy Veronica Ortúzar</i>						
	B R E A K F A S T						
	9:00 – 10:15 Interactive Learning in Small Groups: Goetheanistic Exercises as a Phenomenological Approach to Plants Used in the Preparations of Biodynamic Agriculture <i>H. Beattle, S. Cordeiro, T. Garcia-Cuerva, H. Matthes, M. Mampaey, V. Ortúzar, M. Sauer, M. Trieb, C. Vaca Zeller, Y. Villegas</i> Introduction: <i>Michaela Gloecker</i>						
	C O F F E E / T E A B R E A K						
	10:45 – 12:00 Text Study and Thinking Exercises using Steiner / Wegman: <i>Fundamentals of Therapy</i> , Chapter XIII: On the Essential Nature of Being Ill and of Healing <i>H. Beattle, S. Cordeiro, T. Garcia-Cuerva, H. Matthes, M. Mampaey, V. Ortúzar, M. Sauer, M. Trieb, C. Vaca Zeller, Y. Villegas</i>						
	L U N C H B R E A K						
	13:30 – 15:00 Light Processes and Medicines: Carbon, Phosphorus, Sulphur, Magnesium, Iron, Quartz, Copper and Gold <i>Albert Schmidli</i>						13:30 – 15:30 Closing and Distribution of Certificates
	15:00 – 15:30 Light Processes in the Human Being <i>Harald Matthes, Mathias Sauer</i>						
	C O F F E E / T E A B R E A K						
	16:00 – 17:00 Anamnesis and the Doctor/Patient Relationship (1st and 2nd year students) <i>Mathias Sauer</i> Psychosomatic Medicine (3rd, 4th and 5th year students) <i>Harald Matthes</i>						
	17:00 – 18:15 The Human Organisation (1st and 2nd year students) <i>Harald Matthes</i> Clinical Cases, with patients (3rd, 4th and 5th year students) <i>Mathias Sauer</i>						
	E V E N I N G B R E A K						
18:15 – 20:00 Welcome and Introduction to the Theme and the Working Modus	19:00 – 19:30 Review of the Day						
	S U P P E R						
	20:30 – 20:45 Singing						
	20:45 – 22:00 The Inner Path of the Doctor and the Therapist and its Relevance for Social Life <i>Michaela Gloeckler</i>						

**Iloilo / Philippines**  
**February 25<sup>th</sup> – March 3<sup>rd</sup>, 2012**  
**Cenacle, Assumption – Iloilo, Philippines**

Saturday 25.02.2012	Sunday 26.02.2012	Monday 27.02.2012	Tuesday 28.02.2012	Wednesday 29.02.2012	Thursday 01.03.2012	Friday 02.03.2012	Saturday 03.03.2012
9:00 – 10:00 Introduction to Anthroposophic Medicine	8:00 – 8:45 Eurythmy Therapy for Psychiatric Illnesses <i>Grace Zozobrado</i>						
10:00 – 11:00 Goetheanistic Observation Exercise <i>Michael Evans</i>	9:00 – 9:30 Morning Echo and Introduction to Morning Work 9:30 – 10:45 Small Experiential Group Work: Goetheanistic Observations and Widening our Faculties of Perception: Four Ethers and Four Organs. <i>Michael Evans, Alicia Landman and Albert Schmidli</i>						
C O F F E E / T E A B R E A K							
11:30 – 12:00 Discussion Session 12:00 – 13:00 Anthroposophic Medicine in General Family Practice <i>A.Landman, M.Evans</i>	11:15 – 12:30 Text Study, using Steiner / Wegman: <i>Fundamentals of Therapy</i> , Chapter IV: The Sentient Body (new participants) Chapter XVII: Insight into Medicinal Substances (previous participants) <i>Filipino Colleagues</i>						11:15 – 12:30 Review of Week Future Plans Festive Ending
	L U N C H B R E A K						
13:00 – 16:00 Travel to Main Venue	14:15 – 15:30 Anthroposophic Pharmacy: The Seven Metals <i>Albert Schmidli</i>						
C O F F E E / T E A B R E A K							
16:30 – 17:30 Registration for the IPMT	16:00 – 17:30 Psychological Problems <i>Alicia Landman, Michael Evans</i>						
E V E N I N G B R E A K							
18:30 – 21:00 Welcome and Introduction to the Theme and the Working Modus - Basis of AM & Psychiatry <i>A.Landman, M.Evans</i>	18:30 – 20:00 Introduction to the Anthroposophic Approach to Self-Knowledge and Inner Development. Focus Presentations and Small Group Work on Overcoming Nervousness Exercises. <i>Michael Evans, Alicia Landman and Filipino Colleagues</i> 20:00 – 20:30 Review of the Day						

# Auckland / New Zealand

April 5<sup>th</sup> – 11<sup>th</sup>, 2012

St. Francis Retreat Centre, 50 Hillsborough Road, Mt. Roskill, Auckland

Thursday 05.04.2012	Friday 06.04.2012	Saturday 07.04.2012	Sunday 08.04.2012	Monday 09.04.2012	Tuesday 10.04.2012	Wednesday 11.04.2012
	8:30 – 9:15 Eurythmy Exercises to Enliven Self-Experience and Therapeutic Intuition <i>Alfred Busch</i>					
	9:30 – 10:30 Introduction to Small Group Work <i>Simon Bednarek</i> Goetheanistic Exercises as a Phenomenological Approach to Nature and Healing Plants <i>Simon Bednarek, David Ritchie, Roger Leitch, Alicia Landman, Tessa Therkleson</i>					
	C O F F E E / T E A B R E A K					
	11:00 – 12:15 Text Study and Thinking Exercises working with Steiner / Wegman: <i>Fundamentals of Therapy</i> , Chapter III: The Phenomena of Life <i>Simon Bednarek, David Ritchie, Roger Leitch, Alicia Landman, Tessa Therkleson</i>					Closing and Distribution of Certificates
	L U N C H B R E A K					
	13:45 – 15:15 Plant Remedies <i>Mark McKibben, Roger Leitch</i>					
	C O F F E E / T E A B R E A K					
	15:45 – 17:30 Anthroposophic Medicine in Practice: Prescribing Clinical Sessions Following on from Healing Plants <i>David Ritchie, Tracey Howden, Roger Leitch, Alicia Landman, Simon Bednarek</i> External Treatments <i>Tessa Therkleson</i>					
17:00 Welcome and Introduction to the Theme and the Working Modus						
E V E N I N G B R E A K						
19:00 – 20:30 Rudolf Steiner, Ita Wegman and the Founding of the Anthroposophic Medical Movement <i>Simon Bednarek</i>	19:00 – 19:30 Review of the Day 19:30 – 20:45 Guidance in Meditation (based on Arthur Zajonc's Approach) <i>Alicia Landman</i>					

## Nagano / Japan

### 28<sup>th</sup> April – 04<sup>th</sup> May, 2012

Suirin 2471-2198, Iizuna-Kogen, Nagano-City, Pref, JP380-0888, Tel. +81-26- 2392630, Fax: +81-26-2392736

Saturday 28.04.2012	Sunday 29.04.2012	Monday 30.04.2012	Tuesday 01.05.2012	Wednesday 02.05.2012	Thursday 03.05.2012	Friday 04.12.2012
8:00 – 8:45 Eurythmy: Planets and Zodiac <i>Kimiko Ishikawa</i>						
9:00 – 10:30 Introduction to the Small Group Work <i>Michaela Gloeckler</i> Goetheanistic Exercises as a Phenomenological Approach to Healing Plants					9:00 – 10:00 Distribution of Certificates	
C O F F E E / T E A B R E A K						
11:00 – 12:15 Text Study in Small Groups, working with Steiner / Wegman: <i>Fundamentals of Therapy</i> , Chapter IX: The Role of Protein in the Human Body and Albuminuria						10:30 – 12:00 About the Relevance of Kindergarten Education for Health Later on in Life <i>Kai Iruna</i>
L U N C H B R E A K						
14:30 – 16:00 Introduction to Anthroposophic Medicine <i>Harald Matthes</i>	14:00 – 15:15 What Strengthens and What Weakens the Etheric Organization (with curative eurythmy) <i>Michaela Gloeckler, Kimiko Ishikawa</i>					
C O F F E E / T E A B R E A K						
16:15 – 17:45 150 Years of Rudolf Steiner and the Cultural Tasks of the 21 <sup>st</sup> Century <i>Harald Matthes</i>	15:45 – 17:45 The Study of Diseases and Treatments based on the Understanding of Digestion and Metabolic Functions <i>Harald Matthes</i>					
E V E N I N G B R E A K						
19:15 – 20:30 Welcome and Introduction to the Theme and the Working Modus	19:15 – 19:45 Review of the Day				20:45 – 21:45 Farewell Ceremony	
	19:45 – 21:00 How to Gain Healing Forces through Inner Development <i>Michaela Gloeckler</i>					

# Fair Oaks / USA

## May 4<sup>th</sup> – 11<sup>th</sup>, 2012

Rudolf Steiner College – Fair Oaks, California

Friday 04.05.2012	Saturday 05.05.2012	Sunday 06.05.2012	Monday 07.05.2012	Tuesday 08.05.2012	Wednesday 09.05.2012	Thursday 10.05.2012	Friday 11.05.2012
	8:15 – 9:00 Eurythmy Exercises to Enliven Self-Experience and Observation Faculties <i>Glenda Monasch</i>						7:15 Breakfast and Departure
	9:15 – 10:30 Interactive Learning in Small Groups: Introduction <i>Michaela Gloeckler</i> Goetheanistic Exercises as a Phenomenological Approach to Nature and Healing Plants <i>A. Schmidli, A. Landman, M. Kamsler, U. Flatters, A. Blanning, L. Madsen, R. Bartelme, D. Gershan</i> Nursing Certification Training <i>Christoph von Dach, Elizabeth Sustick</i>						
	C O F F E E / T E A B R E A K						
	11:00 – 12:15 Text Study for Enlivening Medical Thinking using Steiner/Wegman: <i>Fundamentals of Therapy</i> , Chapter XIII: On the Essential Nature of Being Ill and of Healing <i>A. Landman, M. Kamsler, U. Flatters, A. Blanning, L. Madsen, R. Bartelme, D. Gershan</i> Nursing Certification Training <i>Christoph von Dach, Elizabeth Sustick</i>						
	L U N C H B R E A K						
15:00 – 18:00 Registration 15:30 Light Snack 16:00 – 17:30 Newcomers' Introduction to AM (optional)	14:00 – 15:30 Introduction to Holistic Pharmacy <i>Albert Schmidli</i> Art Therapy <i>Rosemary Rau-Levine</i>		14:00 – 15:30 Substances and Light <i>Albert Schmidli</i> Therapeutic Eurythmy <i>Glenda Monasch</i>				
	14:00 – 15:30 Nursing Certification Training <i>Christoph von Dach, Elizabeth Sustick</i>						
	C O F F E E / T E A B R E A K						
	16:00 – 17:30 Introduction to Clinical Anthroposophic Medicine: The Human Being Between Form and Process <i>Adam Blanning</i> Pain Management <i>Ursula Flatters</i> Pediatrics: A New Approach to Children's Constitutions, Challenging Behaviors and Other Topics <i>Mark Kamsler</i> Nursing Certification Training <i>Christoph von Dach, Elizabeth Sustick</i>						
	E V E N I N G B R E A K						
19:15 – 21:00 Welcome <i>Alicia Landman</i> Introduction <i>Michaela Gloeckler</i>	19:15 – 19:45 Announcements and Review of the Day  19:45 – 21:00 The Healing Power of Self-Knowledge and the Cultivation of Therapeutic Forces in Social Life <i>Michaela Gloeckler</i>					Festive Closing and Distribution of Certificates	

# Järna / Sweden

## June 03<sup>rd</sup> – 10<sup>th</sup>, 2012

Vidarcliniken, Ytterjärna, 153 91 Järna, Sweden

Sunday 03.06.2012	Monday 04.06.2012	Tuesday 05.06.2012	Wednesday 06.06.2012	Thursday 07.06.2012
	8:30 – 9:00 Eurythmy <i>Annica Alvenaeng</i>			
	9:15 – 10:15 Practical Exercises for Expanding and Deepening the Understanding of Plants <i>Ursula Flatters</i>			
	COFFEE/TEA BREAK			
	10:45 – 12:30 Text Study and Thinking Exercises using Steiner / Wegman: <i>Fundamentals of Therapy</i> , Chapter XIII: On the Essential Nature of Being Ill and of Healing			
	LUNCH BREAK			
	14:30 – 15:30 External Treatment – Practical Workshop with Introduction <i>Anne-Ingeborg Haugholt</i>			
	COFFEE/TEA BREAK			
15:30 – 17:00 Registration	15:45 – 17:00 Case Presentations with Patients of the Vidarclinic <i>Ursula Flatters and Physicians of the Vidarclinic</i>			
EVENING BREAK				
19:00 – 20:30 Welcome and Introduction to the Theme and the Working Modus <i>Ursula Flatters, Stefano Selvani</i>	19:00 – 20:30 How Can I Develop My Therapeutic Capacities? <i>Ursula Flatters, Stefano Selvani</i>			

Friday 08.06.2012	Saturday 09.06.2012	Sunday 10.06.2012
Mentoring Talks	9:00 – 9:45 Practical Exercises to Improve the Perceptual Capacity for Substances and Plants	
	10:00 – 10:45 Illnesses of the Alimentary Canal <i>NN</i>	
	COFFEE/TEA BREAK	
	10:15 – 12:15	11:15 – 12:00 Group Work (in process)
	LUNCH	12:00 – 12:30 Plenum and Closing
15:30 – 17:00 Welcome followed by: Digestive Problems: Intolerance and Allergies – Why? <i>Ursula Flatters</i>	15:00 – 16:00 (in process)	16:15 – 17:00 Group Work (in process)
EVENING BREAK		
19:00 – 20:30 How Can I Develop My Therapeutic Capacities? <i>Ursula Flatters, Stefano Selvani</i>		

# Taoyuan / Taiwan

## July 7<sup>th</sup> – 14<sup>th</sup>, 2012

Aspire Resort, No. 428 Ke-Wang Road, Longtan Shian. Taoyuan County, Taiwan, Tel. 886 - 40 72 999

Saturday 07.07.2012	Sunday 08.07.2012	Monday 09.07.2012	Tuesday 10.07.2012	Wednesday 11.07.2012	Thursday 12.07.2012	Friday 13.07.2012	Saturday 14.07.2012
8:00 – 8:40							
Tone Eurythmy Exercises (Tones, Intervals, Rhythms, Major/Minor) to Enliven Self-Experience and Therapeutic Intuition <i>Diipalii Din</i>							
8:45 – 10:00							
Interactive Learning in Small Groups: Goetheanistic Exercises to Explore the Working of Zodiacal and Planetary Forces in the Plant Realm Introduction: <i>Michaela Gloeckler</i>							
C O F F E E / T E A B R E A K							
10:30 – 12:00							10:30 – 12:00
Text Study and Thinking Exercises using Steiner / Wegman: Fundamentals of Therapy, Chapter VIII: Activities in the Human Organism: Diabetes Mellitus							Closing Ceremony
For curative educators and remedial teachers: R. Steiner: Curative Education, Lecture I							Distribution of Certificates
L U N C H B R E A K							
13:20 – 14:20							
Aspects of Anthroposophic Art Therapy (Optional)							
14:30 – 16:00							
Anthroposophic Pharmacy for Doctors, Nurses and Pharmacists: Pharmaceutical Processes <i>Herwig Judex</i>							
Curative Eurythmy for 6 Constitutional Types <i>Diipalii Din</i>				Children's Conference (physicians and curative educators) <i>Barbara Baldwin and Karin Michael</i>			
C O F F E E / T E A B R E A K							
16:30 – 18:00							
Anthroposophic Medicine (for the 1 <sup>st</sup> year participants) <i>Michael Brandt (requested)</i> Anthroposophic Nursing <i>Deborah Bednarek</i> Anthroposophic Pharmacy: Pharmaceutical Processes <i>Herwig Judex</i>							
The Organs - Illness and Health (for the 2 <sup>nd</sup> and 3 <sup>rd</sup> year participants, incl. curative educators) <i>Karin Michael</i>				Anthroposophic Pediatrics: Diabetes, Allergy, Autoimmune Diseases (for the 2 <sup>nd</sup> and 3 <sup>rd</sup> year participants) <i>Karin Michael</i> Curative Education and Remedial Teaching <i>Barbara Baldwin</i>			
E V E N I N G B R E A K							
19:00 – 19:30							
Singing and Review of the Day							
19:30 – 20:30							
The Concept of Man and Inner Schooling as the Foundation of Integrative Medicine <i>Michaela Gloeckler and Colleagues from Taiwan</i>							

**Odessa / Ukraine**  
**July 12<sup>th</sup> – 19<sup>th</sup>, 2012**

Waldorf School ASTR, Odessa

Thursday 12.07.2012	Friday 13.07.2012	Saturday 14.07.2012	Sunday 15.07.2012	Monday 16.07.2012	Tuesday 17.07.2012	Wednesday 18.07.2012	Thursday 19.07.2012
9:00 – 9:45 The Therapeutic Principle of Forming Consonants and Vowels in Eurythmy Therapy <i>Julija Zhylytsova</i>							
9:50 – 11:15 Interactive Learning in Small Groups: Phenomenological Exercises for Diagnosing the Members Comprising the Human Being Introduction: <i>Stefan Langhammer</i>							
C O F F E E / T E A B R E A K							
11:45 – 13:00 Text Study and Thinking Exercises using Steiner / Wegman: <i>Fundamentals of Therapy</i> , Chapter II: Why does the Human Being become Ill?							Closing and Distribution of Certificates
L U N C H B R E A K							
14:30 – 15:45 Anthroposophic Pharmacy in Connection with the Medical Courses below (for 1st and 2nd year participants) <i>Johannes Zwiauer</i> Anthroposophic Pediatrics (for advanced participants) <i>Christoph Meinecke</i> Trauma Therapy (for advanced participants) <i>Jacques Meulmann</i>							
C O F F E E / T E A B R E A K							
17:00 – 18:15 Welcome and Introduction to the Theme and the Working Modus	16:15 – 18:00 Anthroposophic Pediatrics (for 1 <sup>st</sup> and 2 <sup>nd</sup> year participants) <i>Christoph Meinecke</i> Inflammatory and Sclerosal Illnesses in Gynaecology and Obstetrics <i>Roland Frank</i> The Seven Metals in Anthroposophic Medicine <i>Daphne von Boch</i> Exercises for Trauma Therapy (for 1 <sup>st</sup> and 2 <sup>nd</sup> year participants) <i>Jacques Meulmann</i>						
E V E N I N G B R E A K							
19:45 – 21:00 My Path to Anthroposophic Medicine and my Collaboration with Otto Wolff <i>Daphne von Boch</i>	19:15 – 19:45 Singing and Review of the Day  19:45 – 21:00 The Ethical Foundations of Medicine: the Doctor/Patient Relationship, Transplantation Medicine, Palliative Medicine and the Ethics Surrounding Birth and Death <i>All Lecturers and Course Leaders</i>						

Languages to be used: Ukrainian, Russian, German

For further information or registration: Feliks Khait, [fkh34@i.ua](mailto:fkh34@i.ua)

Program changes possible

## Cesky Krumlov / Czech Republic August 20<sup>th</sup> – 27<sup>th</sup>, 2012

Prelatura, Horni 155, 38101 Cesky Kumlov and Primary School Linecka, Linecka 43, 38101 Cesky Kumlov

Saturday 11.08.2012	Sunday 12.08.2012	Monday 13.08.2012	Tuesday 14.08.2012	Wednesday 15.08.2012	Thursday 16.08.2012	Friday 17.08.2012	Saturday 18.08.2012
Arrival and free time to visit Cesky Krumlov and its environs 12:00 – 14:00 Registration	8:30 – 9:15 The Human Being and Music – Introduction to Tone Eurythmy <i>Hana Giteva</i>						
	9:30 – 10:45 Interactive Learning in Small Groups: Goetheanistic Exercises as a Phenomenological Approach to Nature, the Cosmos and the Human Constitution Introduction: <i>Michaela Gloeckler</i> <i>J. Boňková, L. Dostal, J. Fischer, P. Mílek, A-K. Olk H. Sirotková, S. Sivak, G. Trgová, D. Āuksová, S. Tomečková, M. Wimmerová, A. Málková</i>						
	C O F F E E / T E A B R E A K						
	11:15 – 12:45 Text Study and Thinking Exercises using Steiner / Wegman: <i>Fundamentals of Therapy</i> , Chapter IV: On the Nature of the Sentient Organism <i>J. Boňková, L. Dostal, J. Fischer, P. Mílek, A-K. Olk H. Sirotková, S. Sivak, G. Trgová, D. Āuksová, S. Tomečková, M. Wimmerová, A. Málková</i>						
	L U N C H B R E A K						
15:00 – 16:30 Biography and Destiny – How do I Find my Life Task? <i>Michaela Gloeckler</i>	15:00 – 16:15 Projective Geometry <i>Georg Gloeckler</i> Painting Therapy <i>Rico Quassier</i> Pressel Massage <i>Dorothea Friemel</i> Music Therapy <i>Monica Bissegger</i> The Connection Between Animals and the Human Being – Animals Used in Medicines <i>Philipp Busche</i>						13:00 – 14:00 Closing and Distribution of Certificates
B R E A K	C O F F E E / T E A B R E A K						
18:30 – 20:30 Welcome. Presentation of the Faculty and the Participants	16:45 – 18:00 Calcium Qualities in Minerals, Plants, Animals and the Human Being <i>Herwig Judex</i> Abnormal Behaviour in Children <i>Christoph Meinecke</i> The Metabolic Syndrome (for Physicians) <i>Martin-Guenther Sterner, Leonhard Schwarz</i> Of the Harmony of the Bodily Members of the Human Being during Acute Illness <i>Philipp Busche</i> Healthy Soul Development through Age-Appropriate Education (for teachers) <i>Michaela Gloeckler</i>						Departure or free time to visit Cesky Krumlov and its environs
	E V E N I N G B R E A K						
	19:30 – 20:00 Review of the Day 20:00 – 21:15 Cosmologic Contemplations in Relation to the <i>Seven Free Arts</i> <i>Michaela Gloeckler</i>				19:30 – 20:00 Review of the Day 20:00 – 23:00 Closing Ceremony Open Stage		

**St. Petersburg / Russia**  
**August 18<sup>th</sup> – 25<sup>th</sup>, 2012**

Lisij Nos, St. Petersburg

Saturday 18.08.2012	Sunday 19.08.2012	Monday 20.08.2012	Tuesday 21.08.2012	Wednesday 22.08.2012	Thursday 23.08.2012	Friday 24.08.2012	Saturday 25.08.2012
12:00 – 14:00 Registration		9:00 – 9:45 Fundamental Eurythmy Therapy <i>Margarita Denisova</i>					
		9:45 – 10:20 Introduction to the Small Group Work <i>Michaela Gloeckler, Denis Koshechkin</i>					
		C O F F E E / T E A B R E A K					
		10:50 – 13:00 Phenomenological Exercises for Diagnosing the Members Comprising the Human Being followed by Text study using Steiner/Wegman: <i>Fundamentals of Therapy</i> , Chapter II: Why does the Human Being Become Ill?					
		12:00 – 13:00 Distribution of Certificates					
B I O – S N A C K		L U N C H B R E A K					
From 14:00 <i>Weekend Intensive:</i> The 3-type Concept – the Constitutional Trichotomy-Based Diagnosis and Therapy of Hypertension <i>Thomas Breitkreuz, Albert Schmidli</i>		15:00 – 16:30 The Use of Anthroposophic Remedies using the Example of Gastroenterological and Cardiovascular Symptoms <i>Albert Schmidli</i> External Treatment <i>Irina Schenova</i> Biography Work <i>Katja Shlyakther</i>					
		C O F F E E / T E A B R E A K					
		17:00 – 18:30 Anthroposophic Gastroenterology <i>Andreas Goyert</i>					
		E V E N I N G B R E A K					
		20:00 – 20:30 Review of the day 20:30 – 21:45 Spritual Embryology <i>Michaela Gloeckler</i>					

**Dornach / Switzerland**  
**August 26<sup>th</sup> – September 02<sup>nd</sup>, 2012**

Goetheanum, Rütliweg 45, CH - 4143 Dornach

Sunday 26.08.2012	Monday 27.08.2012	Tuesday 28.08.2012	Wednesday 29.08.2012	Thursday 30.08.2012	Friday 31.08.2012	Saturday 01.09.2012	Sunday 02.09.2012
	8:30 – 9:20 Eurythmy Exercises (Rhythms, Major/Minor, Planetary Motions, Vowels) <i>Margrit Hitsch</i>						
	9:30 – 10:45 Goetheanistic Exercises in Small Groups: A Methodology for Understanding Medicinal Plants Introduction: <i>Michaela Gloeckler, Stefan Langhammer</i>						
	C O F F E E / T E A B R E A K						
14:30 – 16:30 Guided Tour of the Goetheanum <i>Thorwald Thiersch</i>  Alternative: Guided Tour to the Subsidiary Buildings of the Goetheanum <i>(in process)</i>	11:15 – 12:30 Text Study and Thinking Exercises in Small Groups using Steiner/Wegman: <i>Fundamentals of Therapy</i> , Chapter II: Why does the Human Being Become Ill?					11:15 – 13:00 Guided Tour to the Representative of the Human Being <i>Thorwald Thiersch</i> Afterwards: Closing	
	L U N C H B R E A K						
	14:30 – 15:45 Introduction to Zoology and Anthroposophic Veterinary Medicine <i>Wilbert Beyer</i> Anthroposophic Pharmacy: The Seven Main Metals <i>Albert Schmidli</i> Anthroposophic Art Therapy <i>Dagmar Brauer</i>						
	C O F F E E / T E A B R E A K						
17:00 – 18:00 Welcome and Introduction to the Theme and the Working Modus	16:15 – 18:30 The Seven Main Metals in Anthroposophic Medicine <i>Daphne von Boch</i> Anamnesis and Constitutional Diagnostics <i>David McGavin</i> Anthroposophic Veterinary Medicine – Pathology and Therapy <i>Wilbert Beyer</i>						
	E V E N I N G B R E A K						
	19:30 – 20:00 Review of the Day  20:00 – 21:15 The Training and Development of Social Therapeutic Forces <i>Michaela Gloeckler</i>						

## Havana / Cuba September 28<sup>th</sup> – October 5<sup>th</sup>, 2012

Friday 28.09.2012	Saturday 29.09.2012	Sunday 30.09.2012	Monday 01.10.2012	Tuesday 02.10.2012	Wednesday 03.10.2012	Thursday 04.10.2012	Friday 05.10.2012
7:45 – 8:45 Tone Eurythmy Exercises (Tones, Intervals, Rhythms, Major/Minor) to Enliven Self -Experience and Therapeutic Intuition <i>Carmen San Miguel</i>							
9:00 – 10:30 Interactive Learning in Small Groups: Introduction <i>Michaela Gloeckler, Yván Villegas</i> Goetheanistic Exercises to Explore the Working of Zodiacal and Planetary Forces in the Plant Realm <i>Daphne von Boch, Eduardo Dipaolo, Harald Matthes, Yván Villegas and others</i>							
C O F F E E / T E A B R E A K							
11:00 – 12:30 Text Study and Thinking Exercises using Steiner / Wegman: <i>Fundamentals of Therapy</i> , Chapter V: Plant, Animal, Human Being <i>Daphne von Boch, Eduardo Dipaolo, Harald Matthes, Yván Villegas</i>							12:00 – 13:00 Closing, Distribution of Certificates
L U N C H B R E A K							
14:30 – 15:30 Projective Geometry <i>Georg Gloeckler</i>							
C O F F E E / T E A B R E A K							
16:00 – 17:30 Welcome and Introduction to the Theme and the Working Modus	16:00 – 17:30 Psychosomatics: the Heart, Lung, Liver and Kidney <i>Harald Matthes</i>						
E V E N I N G B R E A K							
18:00 – 18:30 Review of the Day 18:30 – 20:00 Macrocosm and Microcosm in Anthroposophic Medicine - Meditative Exercises for Self-Discipline and the Embodiment of Social Processes <i>Michaela Gloeckler, Harald Matthes</i>							

**Lima / Peru**  
**October 14<sup>th</sup> – 21<sup>st</sup>, 2012**

Casa de Retiro Villa Carmelitas, Huertos de Villena-Calle Los Freznos, Mza. E Lote 18, Lurin-Lima

Sunday 14.10.2012	Monday 15.10.2012	Tuesday 16.10.2012	Wednesday 17.10.2012	Thursday 18.10.2012	Friday 19.10.2012	Saturday 20.10.2012	Sunday 21.10.2012
	7:30 – 8:15 Tone Eurythmy Exercises (Tones, Intervals, Rhythms, Major/Minor) to Enliven Self-Experience and Therapeutic Intuition <i>Carmen San Miguel</i>						
	B R E A K F A S T						
	9:00 – 10:30 Interactive Learning in Small Groups: Introduction <i>Michaela Gloeckler</i> Goetheanistic Exercises to Explore the Working of Zodiacal and Planetary Forces in the Plant Realm <i>Eduardo Dipaolo, Stefan Langhammer, Yván Villegas and others</i>						
	C O F F E E / T E A B R E A K						
	11:00 – 12:30 Text Study and Thinking Exercises using Steiner / Wegman: <i>Fundamentals of Therapy</i> , Chapter V: Plant, Animal, Human Being <i>Eduardo Dipaolo, Stefan Langhammer, Yván Villegas and others</i>						
	L U N C H B R E A K						
	14:00 – 15:00 Projective Geometry <i>Georg Gloeckler</i> Anthroposophic Curative Education <i>Erika Schoeffmann</i>						Closing and Distribution of Certificates
	C O F F E E / T E A B R E A K						
17:00 - 18:30 Welcome and Introduction to the Theme and the Working Modus	15:30 – 16:45 and 17:00 – 18:15 Oncology <i>Matthias Girke</i> Rhythmical Massage <i>Rebecca Barantes</i> Curative Education in the Daily Work <i>Erika Schoeffmann</i>						
	E V E N I N G B R E A K						
	19:10 – 19:30 Chorus 19:30 – 20:00 Review of the Day 20:00 – 21:30 Cosmological Anthropology and Meditative Exercises for the Health of the Heart and the Healing of Social Injuries <i>Michaela Gloeckler</i>						

## Chennai / Indien

### December 13<sup>th</sup> – 19<sup>th</sup>, 2012

Thursday 13.12.2012	Friday 14.12.2012	Saturday 15.12.2012	Sunday 16.12.2012	Monday 17.12.2012	Tuesday 18.12.2012	Wednesday 19.12.2012
	<p style="text-align: center;">8:15 – 9:00 Tone Eurythmy Exercises (Tones, Intervals, Rhythms, Major/Minor) to Enliven Self-Experience and Therapeutic Intuition <i>Aban Bana</i></p> <p style="text-align: center;">9:05 – 10:30 Interactive Learning in Small Groups: A Methodology for Understanding Medicinal Plants – Goetheanistic Exercises <i>Swapna Narendra, Lakshmi Prasanna, David Ritchie, N. Srinivasa Rao</i></p> <p style="text-align: center;">COFFEE / TEA BREAK</p> <p style="text-align: center;">11:00 – 12:30 Text Study and Thinking Exercises using Steiner / Wegman: <i>Fundamentals of Therapy</i>, Chapter XIII: On the Essential Nature of Being Ill and of Healing <i>S. Narendra, L. Prasanna, D. Ritchie, N. Srinivasa Rao</i> Text Study for the Community and Psychotherapy Groups using Steiner: <i>Knowledge of Higher Worlds</i>, Chapter V: The Conditions for Esoteric Training <i>Michael Kokinos, Simon Bednarek</i></p> <p style="text-align: center;">LUNCH BREAK</p> <p style="text-align: center;">14:30 – 15:45 Projective Geometry <i>Georg Gloeckler</i></p>					
	COFFEE / TEA BREAK					
16:30 – 18:00 Welcome and Introduction to the Theme and the Working Modus	<p style="text-align: center;">16:15 – 18:00 Case Reviews of Treatment with Planetary Metals <i>David Ritchie, Dilnawaz Bana</i> Organ Embrocations and Other Aspects of Anthroposophic Physiotherapy <i>Anna van Zelderden</i> Anthroposophic Psychotherapy <i>Lakshmi Prasanna, Michaela Gloeckler</i> Curative Education and Social Therapy <i>Renata Wispler</i> Community Development Group <i>Michael Kokinos, Simon Bednarek</i> Painting with Psychologists and Doctors <i>Sally Martin (3 days each group)</i></p> <p style="text-align: center;">EVENING BREAK</p> <p style="text-align: center;">19:00 – 20:00 Singing and Review of the Day</p> <p style="text-align: center;">20:00 – 21:15 The Diagnosis and Treatment of Biographical Crises <i>Michaela Gloeckler</i></p>					
						14:00 – 15:30 Closing Ceremony and Distribution of Certificates

Language to be used: English  
Parallel: Teacher Program

For further information or registration: Swapna Narendra, [swapananarendra63@yahoo.com](mailto:swapananarendra63@yahoo.com)

Program changes possible

## The Foundation Stone Mediation of the Goetheanum in Dornach (Switzerland)\*

Soul of Man!

Thou livest in the limbs,  
Which bear thee through the world of space  
Into the ocean-being of the spirit:  
Practise *spirit-recalling*  
In the depths of soul,  
Where in the wielding  
World-Creator-Being  
Thine own I  
Comes into being  
Within the I of God;  
And thou wilt truly *live*  
In human world-all being.

For the Father-Spirit of the heights holds sway  
In depths of worlds begetting life:  
Spirits of Strength,  
Let there ring forth from the Heights  
What in the Depths is echoed,  
Speaking:  
Out of the Godhead we are born.  
This is heard by the spirits  
in East, West, North, South:  
May human beings hear it.

Soul of Man!

Thou livest in the beat of heart and lung,  
Which leads thee through the rhythm of time  
Into the realm of thine own soul's feeling:  
Practise *spirit-awareness*  
In balance of the soul,  
Where the surging deeds  
Of the world's becoming  
Do thine own I  
Unite  
With the I of the World;  
And thou wilt truly *feel*  
In human souls' creating.

For the Christ-Will in the encircling round holds sway  
In the rhythms of the worlds, blessing the soul:  
Spirits of Light,  
Let there be fired from the East  
What through the West is formed,  
Speaking:  
In Christ, death becomes life.  
This is heard by the spirits  
in East, West, North, South:  
May human beings hear it.

Soul of Man!

Thou livest in the resting head  
Which from the ground of the eternal  
Opens to thee the thoughts of worlds:  
Practise *spirit-beholding*  
In the stillness of thought,  
Where the eternal aims of gods  
World-Being's Light  
On thine own I  
Bestow  
For thy free willing;  
And thou wilt truly *think*  
In human spirit depths.

For the Spirit's Universal Thoughts hold sway  
In Cosmic Being, craving for light;  
Spirits of Soul,  
Let there be prayed in the Depths  
What from the Heights will be answered,  
Speaking:  
In the Spirit's Universal Thoughts the soul awakens.  
This is heard by the spirits  
in East, West, North, South:  
May human beings hear it.

At the turning point of time  
The Spirit-Light of the world  
Entered the stream of earth existence;  
Darkness of night  
Had held its sway;  
Day-radiant Light  
Poured into souls of men;  
Light  
That gives warmth  
To simple shepherds' hearts;  
Light  
That enlightens  
The wise heads of kings.

O Light Divine,  
O Sun of Christ,  
Warm Thou  
Our hearts;  
Enlighten Thou  
Our heads;  
That good may become,  
What from our hearts  
We found,  
What from our heads  
We direct  
With single purpose.

By Rudolf Steiner

\*The verses of the Foundation Stone Meditation printed above were formulated by Rudolf Steiner at the Goetheanum during the Christmas Conference of 1923/24. He thus gave the founders of the Anthroposophical Society a shared spiritual substance and simultaneously laid the spiritual foundation stone for the Goetheanum as a School of Spiritual Science.

The Foundation Stone offers a clear orientation for Anthroposophic Medicine in the interplay between the macrocosm and the microcosm, and it points out a path to gaining knowledge of how human beings have evolved from out of the spiritual foundations of existence.

## International Criteria for Certification as Anthroposophic Physician

1. The basic condition for certification as an anthroposophic physician is a completed medical training (registration).
2. Evidence of at least one year's full-time study of the basics in Anthroposophy and Anthroposophic medicine, or of part-time training for at least three years, or of comparable intensive private study, including long-distance learning.
3. Evidence of at least two years' practical additional training at a hospital or clinic recognized by the Medical Association in the country concerned or by the Medical Section at the Goetheanum, or in an Anthroposophic general/specialist practice, or in the applicant's own practice with a mentor.
4. Submission of at least two documented case histories and evidence of a mentor discussion in which the applicant can demonstrate that he or she is able to handle the basics of Anthroposophic medicine. Independently and apart from this, the regulations agreed on by the relevant national Medical Association apply to the issuing of certificates. For colleagues in countries where adequate training facilities are not yet in place, a procedure has been established at the Medical Section at the Goetheanum for establishing an applicant's qualification as an Anthroposophic physician and issuing a certificate.
5. Provisional regulations at the appropriate level are established by the different national Medical Associations.
6. Individual national Medical Associations can decide on the potential need for recertification.
7. These International Criteria have been passed by the representative body of the Boards of Anthroposophical Medical Associations on 20 September 2002 and confirmed by the International Federation of Anthroposophical Medical Associations / IVAA Council on 19 January 2003.

# Strengthening the Heart

## International Conference for Young Doctors 2013

May 18<sup>th</sup>–25<sup>th</sup>, 2013

Developing one's heart forces provides a basis for developing the "inner doctor". This conference will centre on the mantras given in Rudolf Steiner's Course for Young Doctors. They will be our starting point for artistic courses and discussions that delve into anthroposophic anamnesis and clinical assessment, diagnosis of the members of the human being, the finding of remedies, and spiritual pathology. We hope that our meetings with each other at this conference will lay a seed for international collaboration that will provide impulses to the question of training and further training.



*Contact & Information: [tagungen@jungmedizinerforum.org](mailto:tagungen@jungmedizinerforum.org), [www.jungmedizinerforum.org](http://www.jungmedizinerforum.org)*

We appreciate any donations to support this international training initiative to the following accounts:


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Chair of IPMT: Michaela Gloeckler M.D.

Fax +41 61 7064291  
 +41 61 7064475


michaela.gloeckler@medsektion-goetheanum.ch

Medical Section

Goetheanum  
School of Spiritual Science

CH – 4143 Dornach

Organisation: Stefan Langhammer

Fax +41 61 7064291  
 +41 61 7064370

stefan.langhammer@medsektion-goetheanum.ch