



Workshop Curriculum

Clinical Sessions with Irmhild Kleinhenz and Dr Simon Bednarek. These sessions are open to doctors, nurses, pharmacists and prescribers. This workshop stream will give an overview of the use of the organ preps and animal remedies in anthroposophic medicine. Comparisons will be made between insect, snake and other venoms in order to understand the specific indications for various illnesses-in particular on pain and the influence of the astral body. The work of Dr Karl König on the destiny of animals in relation to these substances will be explored. A patient consultation around a musculo-skeletal presentation will be conducted using anthroposophically based clinical observations and diagnostic skills. Treatment options using therapies and remedies will be discussed drawing on the information learned from Dr Basil Williams and Irmhild Kleinhenz.

This workshop stream will be supported by:

- Dr Basil Williams with two sessions on the Musculoskeletal System: Pain, Dysfunction and Treatment Options.
- Dr Ernst de Jong in two sessions on Mental Health addressing Anxiety and Depression, and Brain Trauma and Consciousness. A journey through the phenomenology of symptoms illustrated by case presentation followed by interactive discussion about the psychiatric and pharmacologic therapeutic approaches to healing. Current research will be included where possible.
- Truus Geraets on the Indications and Prescribing of Therapeutic Eurythmy to support patient recovery.

Introduction to Anthroposophic Nursing with Michelle Vette. This new stream within the IPMT is for registered nurses, nursing students and allied health practitioners interested in extending their work by incorporating anthroposophically based knowledge and skills. In this week we will:

- Evolve an understanding of the human being that integrates a spiritual dimension
- Deepen our relationships to healing plants and their qualities
- Learn a range of new external treatments that can be incorporated into clinical work
- Learn ways to support your patients ability to care for themselves
- Learn how to accompany the death process from a nursing perspective.

Curative Education and Social Therapy with Dr Lakshmi Prasanna. This workshop invites all class, remedial and Extra Lesson teachers wanting to strengthen their work through deeper study and experience of the curative aspects found in the Waldorf curriculum.

This workshop stream will include:

- Introduction to the foundational principles of curative education and social therapy
- The inner path of the therapeutic educator
- Developing the capacity for effective observation and diagnostic picture building
- Case studies (please bring examples from your work to enlarge the discussion)

Please turn over for the remaining workshop descriptions.

Anthroposophic Body Therapy with Michael Kokinos and Dr Basil Williams. This workshop integrates the insight and understanding found in anthroposophy into modern therapeutic 'hands-on' body based practice. We encourage all practitioners/professions using 'hands on' therapies to attend. The workshop includes:

- An historical overview of body based therapies from Hippocrates to the present day including those developed through the work of Ita Wegman and Margarthe Hauschka
- Discussion on the use of external remedies of plant and metal origin from the anthroposophically orientated pharmacopeia useful in body work available to practitioners
- Hands on demonstration of diagnosis, treatment and therapeutic techniques with a focus on back pain accompanied by an anthroposophic spiritual-scientific explanation
- Other osteopathic techniques which can be used in clinical practice including Biodynamic Cranial Sacral Therapy
- A focus on the etheric forces and how a therapist with a 'gentle will' can work with the etheric

Anthroposophic Psychotherapy with Lisa Devine and Dr Ernst de Jong. This workshop is targeted to Psychologists and Psychotherapists. The week will be a journey through the phenomenology of symptoms illustrated by case presentations. This will be followed by interactive discussion about the psychiatric, pharmacologic, therapeutic, and psychotherapeutic approaches to healing. The unique contribution of the anthroposophic approach and how it can be integrated with other approaches (including the DSM V) will be included. The influence of the different seven year cycles on diagnosis and therapy will also be addressed. The creation of a healthy basis for an inner world as the foundation for the individuality will be a key theme. Current research will be included where possible. It will include sessions on:

- Anxiety and Depression
- Trauma (including PTSD)
- Attention and Distraction (including ADHD)
- Sleep
- Brain Trauma and Consciousness (including coma and end of life decisions)
- Personality Formation (including attachment theory)

Therapeutic Eurythmy with Truus Geraets. This workshop invites eurythmy therapists, doctors and medical students to participate. Practitioners with an interest in how healing forces can be activated through this art of movement and eurythmy therapy may also find it of interest. The first afternoon sessions will focus on how we can realise the power of the Word through direct experience. We will work on exercises which support the organs and processes of the rhythmic system in their relation to the soul, before branching out into the nerve-sense and metabolic systems.

Within the second session each day we will work to experience the relationship of specific sound to planetary sphere or sign of the Zodiac. How can we find the experience of 'I reach for the Stars, so the Stars can reach Me'. We will integrate Rudolf Steiner's indications from the therapeutic eurythmy cycle augmented with examples from the praxis. Can we find these realities embedded within our self?