

## Dear colleagues in all medical professions,

How can we be good teachers, trainers and mentors for learners in anthroposophic medicine?

This is the question which an interdisciplinary team asked itself in designing the three-year course entitled '*Training the teacher teaching anthroposophic medicine*'. All those involved form a learning and teaching organism in this. The aim is to learn how to gain immediate experience of the theories and methods taught in their practical application how to handle this. Part of the course will be in small interdisciplinary groups working in German or English, so that everyone can take an active part in the team work. There will be simultaneous interpretation of lectures and plenum events.

For the first module the focus will be on methodological and didactic aspects of patient-centred instruction and practice. To begin with, a patient will be presented and we will then produce and implement a structured form of interdisciplinary patient conference. Questions of developing a professional team, collaboration in establishing the diagnosis, spiritual deepening and finding the right treatment will be considered, as will the substantiation of the results. Including the patient in making decisions about their treatment will rank high in this.

We are addressing this to everyone who wishes to learn better ways of conveying anthroposophic medicine in training and further training. This definitely also includes young colleagues who take a real interest in the teaching of anthroposophic medicine. We are above all looking forward to seeing people who

- have completed training in a health care profession recognized by the Medical Section at the Goetheanum
- have professional experience in anthroposophic medicine, and
- experience in teaching anthroposophic medicine, or are planning to take up teaching work. This also includes training in hospitals or practices and work as a mentor.

The course will consist in three-day modules preceding the Medical Section's international annual conference in 2014 to 2016. We hope this will allow colleagues from outside Europe to attend as well, as they will not have to make a separate journey. The wishes of participants and experience gained with the first module will be considered in planning the 2015 and 2016 modules. This will make it possible to take more account of the concerns of the English-speaking world and those of trainers in nursing and the therapies.

The course must pay for itself. The lecturers are mostly not charging fees, feeling that they, too, will be learning. The course fees have been calculated to avoid any losses to be covered by the Medical Section or Anthroposophic Medicine Academy (GAÄD – German Anthroposophic Medical Association). Any surplus will contribute to developing a *Training for Trainers* homepage, which will be set up parallel to the course. Instead of a textbook, material for individual study and training practice will in future be made available there in both German and English.

Numbers will be limited and we therefore ask for your binding commitment as soon as possible, using the attached booking form. Help with travelling expenses or a reduction in fees may be granted on request if there are good reasons.

We send our best regards and look forward to seeing you,

*Jan Feldmann, IKAM Coordinator Medical Training*  
*Georg Soldner, Akademie Anthroposophische Medizin GAÄD*  
*Martin-Günther Sterner, Akademie Heilkunst Dresden*  
*Diethard Tauschel, Integriertes Begleitstudium Anthroposophische Medizin Herdecke*  
*Stefan Langhammer, Medical Section at the Goetheanum, Coordination IPMT*  
*Guus van der Bie, Academie Antroposofische Gezondheidszorg*  
*Kirstin Kaiser, IKAM Coordinator Art Therapies*  
*Angelika Jaschke, IKAM Coordinator Eurythmy therapy*  
*Rolf Heine, IKAM Coordinator Nursing*  
*Anna-Sophia and Paul Werthmann, International Young Medics Forum*  
*Wolfgang Reißmann*



## Teach the Teacher in Teaching Anthroposophic Medicine

Module I  
The Patient in the focus of  
training

15th – 17th September 2014  
Goetheanum

# Teach the Teacher (Module 1): The Patient in the focus of training

Mon 15th September 2014

**09:00 – 09:30** Welcome and Introduction

**Training and collaborating interdisciplinary – a dream?**

*Tauschel, Guus van der Bie*

**09:30 – 10:30 Curriculum development, skills and learning goals**

Elements and cycle of curriculum development; skills of trainers

*Kaiser & Tauschel*

**10:30 – 11:00** Break

**11:00 – 12:30 What skills do I want to gain?**

Formulate skill and learning goals –  
*Working individually*

**Introducing oneself and one`s goal**

*Working in small groups*

*Moderators: Kaiser & Tauschel*

**12:30 – 14:00** Break

**14:00 – 14:30** Speech exercises (german/engl.) Kaiser

**14:30 – 15:30 Who are you?**

Aspects of presenting patients

„Frame, goals, instruments“

*Panel discussion among lecturers*

*Moderator: Soldner*

**15:30 – 16:00** Break

**16:00 – 17:30 Who are you?**

Presenting a patient

*Moderators: Sterner, Kaiser*

**17:30 – 19:00** Break

**19:00 – 20:00 Who are you?**

What do we see in the patient in our particular discipline

Reflection – Questions

*Moderator: Feldmann*

Tue 16th September 2014

**08:30 – 09:00** Eurythmy therapy

**09:30 – 10:30 What is your problem?**

Methodological aspects of finding the diagnosis (Elements, levels of existence, vital processes, levels

*Working in small groups*

*Introduction: Sterner*

**10:30 – 11:00** Break

**11:00 – 12:30 Do we look at it together?**

Presentation of group work as a method:

Which aspect shows which image in particular way?

Can I understand the image?

*Moderator: Guus v. d. Bie*

**12:30 – 14:00** Break

**14:00 – 14:30** Speech exercises (german/engl.) Kaiser

**14:30 – 15:30 From need to heal and individual will to be well  
How do I handle the talk with the patient?**

Methodological aspects of handling the talk, mutual perception and commitment in the therapeutic encounter:

*Working in small groups, Introduction: Soldner*

**15:30 – 16:00** Break

**16:00 – 17:30 From the images to the real person of the patient**

How do I teach, to hear the patient`s individual spirit as we talk?

*Moderators: Kaiser, Soldner*

**17:30 – 19:00** Break

**19:00 – 20:00 The value of meditation in methodological training**

*Moderator: Reißmann*

Wed 17th September 2014

**08:30 – 09:00** Eurythmy therapy

**09:30 – 10:30 From need to heal and will to be well to individual treatment**

Methodological aspects in developing well-founded suggestions for treatment

*Working in small groups*

*Introduction: Sterner, Soldner*

**10:30 – 11:00** Break

**11:00 – 12:30 How does treatment become objective?**

Methodological aspects for establishing congruent interdisciplinary treatment regimens

How does treatment gain evidence?

*Presentation of group work in Plenum*

*Moderators: Feldmann, Langhammer*

**12:30 – 14:00** Break

**14:00 – 14:30** Speech exercises (german/engl.) Kaiser

**14:30 – 15:30 What do I decide to do? Further development of my teaching skills**

*Working in small groups*

*Planning implementation – Working individually*

*Moderators: Kaiser & Tauschel*

**15:30 – 16:00** Break

**16:00 – 17:30 What have we achieved? – How shall we go on?**

Panel discussion with input from small groups

*Moderation by panel of lecturers*

**Conclusion**

**Foundation Stone Meditation**