

## WHAT IS ANTHROPOSOPHIC MEDICINE?

Anthroposophic medicine (AM) is a comprehensive integrative approach practiced by fully trained health professionals in over 30 countries worldwide. It represents a best practice example of "Integrative Medicine" as defined by the Academic Consortium for Integrative Medicine and Health ([www.imconsortium.org](http://www.imconsortium.org)).

AM was founded in the 1920's through the collaboration of Dr Ita Wegman MD and Rudolf Steiner PhD. It identifies within each individual four levels or organisational principles: (1) material or physical level accessible by physical/technical examination as in conventional medicine; (2) level of life-force (vitality), (3) a psychological or emotional realm, and (4) the level of the Ego or spiritual individuality.

Essential to the anthroposophic medical approach is a methodology that develops the observation and contemplative skills of the individual practitioner. Schooling in this methodology is an integral part of the IPMT training week.

This year we are pleased to welcome Dr Roman Huber along with Dr Michaela Glöckler to the conference. Dr Huber is the director of the University of Freiburg's programme in integrative medicine. In addition to his conventional medical training, he has a background in naturopathy, acupuncture and anthroposophic medicine. Dr Glöckler directs the week and will deliver the evening lectures.

Participation in the week is open 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 week serves as part of the pathway to certification as an anthroposophic doctor.

For more information see:  
<http://ipmt.medsektion-goetheanum.org/en/>  
<https://www.ivaa.info/home/>

## 2016 PROGRAMME

### Day 1 Sunday 10 July 2016

- 3pm Registration
- 5pm Welcome and Introduction to the week
- 6pm Dinner
- 7pm Medical Lecture- Dr Roman Huber

### Days 2-7 Monday 11 July-Saturday 16 July

- 8.15 - 9.00 Eurythmy
- 9.00 - 10.30 Goethean Observation Exercises
- 10.30 - 11.00 Break
- 11.00 - 12.15 Text Study/Small Group Work
- 12.15 - 14.15 Midday Break
- 14.15 - 15.45 Anthroposophic Medicine in Practice Session I

**Choose one stream for the week. It is important to read the workshop description sheet that accompanies this flyer for more details.**

- Clinical Sessions
- Therapeutic Eurythmy
- Autism Spectrum disorders and Adolescence challenges
- Anthroposophic Body Therapies

15.45 - 16.15 Break

16.15 - 17.45 Anthroposophic Medicine in Practice Session II

**See note above.**

- Clinical Sessions
- Therapeutic Eurythmy
- Advanced Anthroposophic Psychotherapy
- Anthroposophic Body Therapies
- Healing through Education

17.45 - 19.00 Evening Break

19.00 - 19.30 Singing and Review of the Day

19.30 Evening Lecture

### Day 8 Sunday 17 July

8.30 - 11.00 See above

11.00 - 12.15 Closing and distribution of certificates

## IPMT 2016 SYDNEY

For further information: [simon.bednarek@gmail.com](mailto:simon.bednarek@gmail.com)  
For registrations: [ipmt2016@weledatrust.org.nz](mailto:ipmt2016@weledatrust.org.nz)



# International Postgraduate Medical Training in Anthroposophic Medicine and Therapy

10-17 July 2016

Knox College, Senior Secondary Academy  
Wahroonga, Sydney, Australia



**Dr Michaela Glöckler MD** is the leader of the Medical Section at the Goetheanum Switzerland and founder leader of the IPMT. She travels extensively to support this growing international training currently held in over 19 countries worldwide. Prior to her work with the Medical Section, Michaela was a paediatrician and school doctor. She is also a widely published author and her book *A Guide to Child Health* co-authored with W. Goebel is a classic for parents seeking advice on child health, development and well being.



**Assoc Prof Dr Roman Huber MD PhD** is a specialist in internal medicine and gastroenterology with qualifications in anthroposophic medicine, naturopathy and acupuncture. He heads the Centre for Complementary Medicine at the University Hospital Freiburg and supervises its busy outpatient department. Dr Huber is also active in research focusing on the immunomodulatory and anticancer effects of anthroposophic remedies. He leads the work on integrating naturopathy with conventional medicine at the university.



**Christiana Link** is an AnthroMed® certified eurythmy therapist with eight years experience working in anthroposophic hospitals and 16 years in independent practice. Christiana has a special interest in treating patients with cancer, functional disorders, asthma and chronic pain. Through her work she has developed particular expertise in using movement as the foundation for diagnosis. She is looking forward to sharing this with us as part of her workshop curriculum.



**Lisa Devine BBeSc(Hons) MCoun** has integrated her background and trainings in counselling, youth work, priesthood and eurythmy therapy into her professional life as a counsellor and priest. Lisa is a counsellor/chaplain at several schools in the Sydney area as well as a community leader. She is a faculty member of the Sydney Rudolf Steiner College. Alongside her busy counselling practice, Lisa is developing and implementing programmes for at risk young people suffering from self harm and eating disorders.



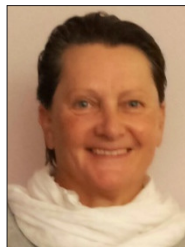
**Michael Kokinos BPhysio MMgt** leads a busy physiotherapy practice along with his health promotion work within Steiner schools, special education settings and projects within indigenous communities. Michael spearheads the group working to integrate the Australian 'Bodywork' professionals under the umbrella of anthroposophic medicine and therapy. In 2015 Michael was awarded the qualification Anthroposophic Physiotherapist.



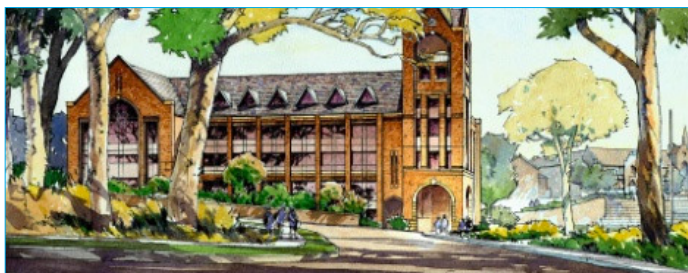
**Dr Lakshmi Prasanna MD** worked for 25 years as a hospital paediatrician along with founding a children's hospital as well as a school for special needs children in Hyderabad India. From her base in Melbourne, Lakshmi travels extensively as a lecturer, school doctor and teacher trainer. Her work focuses on ways to create healthy communities and thereby support the development of healthy children.



**Dr Simon Bednarek MBBS FRACGP** is the coordinator of the AU/NZ medical section work for the Goetheanum alongside his work as a busy practice GP. Simon travels extensively internationally teaching on anthroposophic medicine. As well as his medical work, Simon is involved in organisational development and leadership building, an interest that grew through his experiences developing a successful franchise of health care centres during his years in NZ.



**Irmhild Kleinhenz NDPGrDip IMPGrAM** has worked out of the inspiration of anthroposophy for over 30 years as the foundation of her integrative medical practice and consultancy in Melbourne. Irmhild lectures widely and leads the Australian prescriber's training in anthroposophic medicine for allied health professionals.



The conference takes place at **Knox Grammar School, Wahroonga Sydney** in the school's Senior Secondary Academy building. The school is located north of Sydney's city centre on the Pacific Highway (A1) and is a five minute walk from the Warrawea station. Trains depart frequently throughout the day from the Sydney International Airport station terminal as well as Sydney Central Station; Warrawee is on the T1 line.

Accommodation for the conference is in the Knox Boarding Centre. The rooms are either single or twin share; bathrooms are en-suite or shared. Please see the registration form for more details. The College will cater our meals and teas. Gluten free and vegetarian meals are available.

Conference registration which includes accommodation closes on July 2. Conference attendance without accommodation is available after this date at the discretion of the conference organisers.