



IPMT Workshop Curriculum

First workshop stream 14:15-15:45

Anthroposophic Medicine in Clinical Practice with Dr Roman Huber: These **closed** sessions are for prescribers, nurses and pharmacists only. The sessions will support the effective use of anthroposophic medicine in clinical practice. Patient consultations utilising an anthroposophically extended observation and diagnosis framework will be used and treatment including relevant therapies discussed. These sessions will focus on gastroenterology. Within this area we will develop clinical pictures and principles of therapy for heartburn, gastritis, dyspepsia, irritable bowel syndrome, ulcerative colitis, Crohn's disease and chronic liver disease. Roman will also include one session updating the group on the latest work with mistletoe therapy.

Anthroposophic Psychotherapy with Lisa Devine and Dr Lakshmi Prasanna: This workshop session is **open** to all IPMT participants. Within this stream an understanding of the individual manifestations of autism in the developing child and adolescent from the anthroposophic perspective will be evolved. As part of the work together we will consider diagnostic features, causes, and approaches for supporting the individual and the family. The social therapeutic aspect will be an essential part of the discussion.

Therapeutic Eurythmy with Christiana Link: "*From Movement Perception to Movement Diagnosis*" This workshop session is **open**. Christiana has a special interest in using movement as a foundation for diagnosis. Skilled awareness through observation of the movements and movement patterns of our clients can provide an effective tool for a more complete understanding of their health and illness. Developing these observational skills and acuity of movement is the focus of this workshop.

Anthroposophic Body Therapies with Michael Kokinos: All health professionals who utilise body based therapies are welcome. This year we will have some combined larger group sessions with the overseas guest faculty as well as profession specific time. The combined sessions will cover *Movement Perception and Diagnosis* with Christiana Link followed by *Clinical Pictures and Principles of Therapy in Osteoarthritis, Rheumatoid Arthritis and Fibromyalgia* with Dr Huber. We will be present for the anthroposophic understanding/background of these illnesses and then break off into our own space to discuss specific bodywork approaches to these illnesses as well as our other topics-see below. (Participants that are prescribers and wish to stay with Dr Huber can do so.)

In our professional specific time we will focus on the question: What is the Raphael Impulse in Bodywork? Raphael is the guiding spirit of anthroposophic medicine and the archangel of healing. Raphael is the spirit who sees the causes and effects of illness rooted in the spiritual development of the human being. The Raphaelic archetype is connected to breathing, rhythm and accompanying the ill person rather than the impatient or forceful intervention to 'do' something 'to' them. This implies respect for the freedom of the 'I' of the other and for the mystery of the process of individuation in human evolution. Our study guide will be the booklet *Raphael and the Mysteries of Illness and Healing* a compendium put together by Dr

Michaela Glöckler. We will also look at the question: How can we transform the professional modalities in our diverse group into an anthroposophic methodology.

Second workshop stream 16:15-17:45 (following afternoon tea)

Clinical Sessions with Dr Roman Huber: This workshop is **open** to all training participants. In these sessions, Roman will develop clinical pictures and principles of therapy for illnesses commonly seen in general practice particularly the chronic inflammatory diseases including the various forms of arthritis, fibromyalgia and thyroiditis. Depending on time constraints, wider areas of imbalance and disease will be considered.

Advanced Anthroposophic Psychotherapy with Lisa Devine: This **closed** workshop is for therapists, counselors and doctors with a basic knowledge of anthroposophy and counseling/psychotherapy only. Its theme will be the role of counselling and psychotherapy in facilitating the work of transformation that the I or higher individuality of the human being does on the vehicle of the soul. The focus will be on the impact of this I activity on the relationship of the soul to the personal, social, and world situation of its biography. The threshold between the therapeutic gesture needed for the healing of the soul to make it available for the I and the therapeutic gesture needed to provide a mirror for the I activity will be addressed. We will work towards understanding the working of freedom and karma in the soul's journey as it manifests in the situations that bring people to psychotherapy. The insights of Rudolf Steiner in the realm of human psychology and his view of the workings of the unconscious will be compared to some of the therapeutic orientations and techniques used by modern psychotherapy. The physiology that signifies, facilitates, or inhibits this work of transformation will also be addressed. A case study format will be sent to participants three weeks before the course begins and those who choose may submit a case study for inclusion in the course.

Therapeutic Eurythmy with Christiana Huber: This workshop session is open to eurythmy therapists and doctors who have prior training/experience in eurythmy therapy. It will include eurythmy therapy possibilities and sequences offering support for chronic conditions with particular consideration to illnesses accompanied by chronic pain such as osteoarthritis and cancer.

Christiana is very open to questions that arise out of the group. If you would like to suggest a topic for consideration, please email Mary mgreen@weledatrust.org.nz so that she can forward your suggestion/questions to Christiana before the IPMT begins.

Healing through Education with Dr Lakshmi Prasanna: To integrate new members and re-enliven our previous study together, the workshop begins with a review of the work done during the previous IPMT's. The review will include time for sharing the ideas and practical applications people have developed for their individual work situations, and any questions that may have arisen during this process. Continuing on from this we will focus on deepening our understanding of the 12 senses and the cardinal organs and consider ways of using these processes effectively to support health and healing.

Anthroposophic Body Therapies with Michael Kokinos: Please see the description in the first workshop stream **Anthroposophic Body Therapies** section.