



IPMT 2017 Brisbane Anthroposophic Medicine and Therapy Training Week

Workshop Descriptions

First Workshop Session --- Choose one stream for the week

Working Together to Create Successful Communities – Dr Simon Bednarek

Working as a health professional inevitably means we are part of a larger community -personally, professionally and socially. Our relationship with this greater community can be a source of inspiration but also has the potential to develop shadow elements that often seem out of our control.

In this workshop we will delve into the mystery of the social question and how people relate. We will begin with a short look at the seven soul types and their connection to the archetypal principles from which they spring. Following on from this we will explore the three realms in which all communities and organisations function (whether they recognise this or not) and how to work with these elements through processes that involve head, heart and limbs. What forces are between us? How can we heal in a social sense? Where does conflict originate and what role does it have in community?

The workshop will include talks, group role play, and small group discussions as the framework for our time together.

Therapeutic Eurythmy – Patries Orange

This workshop is for eurythmy therapists and medical doctors with a background in eurythmy therapy. The workshop gives participants an opportunity to work together on questions arising from our individual practices and from the clinical sessions with Matthias Girke. Please come prepared to share with the group a theme of interest, patient presentation, or illness picture. Email Patries at boschenduin18a@gmail.com with your contribution(s) and she will coordinate a timetable for the workshop.

Remember to bring your new bi-ennial Professional Development logs for a sign off. For ETANZA members the IPMT will fulfil their PD requirements for the April 2017-March 2019 schedule.

Aboriginal Spirituality and Healing in Relationship to Anthroposophy - Miliwanga Sandy and Michael Kokinos

Arnhem Land law woman, artist, elder and healer Miliwanga Sandy (Mili) is coming back to the IPMT with more time to take us into the world of the Dreamtime and traditional Aboriginal understanding of health and illness through story, song and the visual representations in her painting Ngalandakku - The Universal Balance.

The land we name Australia, has a rich continuous but hidden history of healing methods for body, soul and spirit. This workshop is a special opportunity to learn directly from an articulate woman who was raised in a ceremonially significant Arnhem Land family. Miliwanga (Galijan) and Michael (Bangardi) have worked together for over 10 years and this workshop will share the fruit of their collaboration looking through the lenses of Anthroposophy and Indigenous Australia.

Biodynamics and Nutrition as Therapeutic Support and Preventative Medicine - Irmhild Kleinhenz

This workshop is aimed at professional prescribers of nutrition such as Naturopaths, Homoeopaths, Nutritionists, Dieticians, Phytotherapists, Doctors and Nurses. The workshop will bring together everyone's experience and knowledge in discussions that will also encompass the research and practice of biodynamics and nutritional medicine. We will aim to deepen our understanding of both cosmic and earthly nutrition as well as specific indications for nutritional therapy for chronic diseases. Irmhild will give an overview of the Agricultural lectures by Rudolf Steiner for the biodynamic cultivation of food and medicinal plants as well as the specific indications outlined by Gerhard Schmidt in his two books: *The Essentials of Nutrition* and *The Dynamics of Nutrition*.

In line with the IMPT focus for the Fifth Year of Training, we will also look at the role of Agriculture in the economic and social sphere. The resource for this is: Steiner R: *Agriculture Spiritual Foundations for the Renewal of Agriculture*. Bio-dynamic Farming and Gardening Assoc. Inc. Kimberton, PA, USA 1993.

Anthroposophic Nursing in Practice – Kate West

Nursing is often seen as something done largely on an external or practical level...it is the nurse's task to clean and dress a wound, give the medications, monitor vital signs, or perhaps even to apply a compress, give a foot bath, offer a remedy, give a body oiling and so on. The experience and outcomes for the patient receiving such nursing care will vary greatly depending on the approach taken. Indeed the inner disposition and soul state of the practitioner significantly influences the quality of care experienced by the patient.

In this workshop we will look at what informs and shapes our approach in Anthroposophic Nursing care both on an inner and outer level and spend some time learning and practicing some of the external applications. This workshop is suitable for those with a strong interest in Anthroposophic Nursing. It offers an introduction to those new to the orientation and for those who are already acquainted, a deepening can be made.

Recommended reading: The 12 Nursing Gestures and the Zodiac, Lecture and Summary by Rolf Heine; *Nursing the Human Being* by Tessa Therklson; *Compresses and Other Therapeutic Applications - A Handbook from the Ita Wegman Clinic* by Monika Fingado

The Esoteric Foundations of Professional Life - Lisa Devine and Dr Lakshmi Prasanna

In 1924 Rudolf Steiner gave a series of lectures that brought together physicians and priests with the aim of re-creating a pathway the two professions could develop to aid their working together to heal the illnesses of body, soul and spirit they encountered in their work. This collaborative approach would strengthen their individual professional capacity. In the Pastoral Medicine lecture cycle, he speaks of the role of physician and priest as a polarity, and that only when physician and priest stand squarely within their own professions can they then work together effectively. "It means that one offers help to the other out of professional abilities, not that one pushes into the other's professional domain."

In this workshop we will study this form of co-operation given by Rudolf Steiner as a template for activity as part of a therapeutic body. Using the polarity seen in the work of priest and physician as a template, we will consider how this can be applied to a larger collaborative therapeutic group. As a focus for practicing and developing our collaboration, we will consider the question of autism and its social relevance to our present time.

Second Workshop Session --- Choose one stream for the week

Clinical Sessions: From Diagnosis to Therapy and Medicines – Dr Matthias Girke

These sessions are for doctors, prescribers, nurses and pharmacists. The sessions aim to be highly practical, focusing on the clinical practice of anthroposophic medicine and its accompanying therapies. The workshop will include illnesses of the endocrine system such as diabetes and thyroid function disorders. There will also be sessions on oncology. We will use case studies extensively as the foundation of the workshop. We will concentrate on refining our anthroposophically extended diagnosis and treatment framework using its relevant medicines and therapies.

We aim to encourage active participation from you in this workshop and to build confidence in your provision of anthroposophic medicine. In preparation we are encouraging participants to submit a written case study on a patient you would like to be considered as part of a wider discussion or whose details present a particular challenge to the practitioner. The written case study should include patient history, examination findings, test results and your observations-you do not need to present.

Send your case study before June 25 to simon.bednarek@gmail.com for consideration by Matthias Girke for inclusion in his workshop.

The Physiology of the Brain: Cosmic Architecture – Lisa Devine and Dr Ernst de Jong

In this workshop we will consider the following questions in relation to the work of a clinical psychologist, psychotherapist and psychiatrist:

How do we understand the latest research into neuroplasticity and how can we apply it in practice? What are the resonances between brain, body and the periphery? How does the context of community mediate the impact of traumatic events on brain physiology? How can the community deal with the attack on the evolving brain by the electronic media? What is the relationship of memory to the brain according to the anthroposophic perspective? How and where do we find the spirit in the brain? In what sense can the brain be considered cosmic architecture?

We will focus on those questions most relevant to the participants.

The Riddle of Human Movement: Rudolf Steiner's view on the 'motor nerves' in relation to social & economic life - Michael Kokinos

How does the human being move? How does our nervous system mediate activity in body, soul and spirit? What does modern research say? What on earth do we do with Rudolf Steiner's staggering and vigorous lectures on the motor and sensory nerves? In his lectures, Steiner also made surprising connections to individual destiny, social and economic life as a result of the prevailing view of materialistic science in regard to movement.

The topic for this workshop has its seed in questions held in a small group of movement therapists during the 2010 IPMT in NZ. The workshop will be an exploration, a meditation and communal research. Please prepare by obtaining the text "How Does the Human Being Move" by Dutch AM physician L.F.C Mees. Contact michaelkokinos@hotmail.com if you need help obtaining a copy.

Therapeutic Education and Social Therapy – Dr Lakshmi Prasanna

The workshop begins with a short review of the work we have done at earlier IPMTs. The review will include time for sharing ideas and practical applications people have developed in their individual work situations. As part of this conversation and moving towards the theme for this year's workshop, it would also be of particular interest to hear examples of collaborations you have been part of with other health/education/social professionals and how this improved, helped sustain, or perhaps in some cases delayed or undermined a successful outcome and why.

Following on from these examples we will take a closer look at what makes a successful therapeutic group and what the necessary building blocks are for creating a truly healing community around the people in our care. How can enlarging the pool of professional expertise deliver a better outcome? How can these groups be structured to foster each participant's strengths? How does the process change when working with children, teenagers or adults? How do we find our individual place in this process?

Home Nursing – Kate West

This afternoon workshop is a practical one for anyone wanting to learn how to give nursing care and support to children or other loved ones in the home.

Participation is also invited from people in the wider community not involved in the full IPMT. Interested? Please contact ipmt2017@weledatrust.org.nz for details.

Recommended reading: Home Nursing for Carers by Tineke van Bentheim, et al.