



Yet keep your spirit free!
Never lose yourself!
For this loss heaven itself will not compensate you –
Do not forget yourself in a feeling of paucity.
Friedrich Hölderlin

Newsletter Michaelmas 2016

To the co-workers of the anthroposophic medical movement



From left to right: 1. The Goetheanum. 2. Looking into the Great Hall at the opening of the annual conference on 15 September 2016. 3. Georg Soldner, Michaela Glöckler and Matthias Girke. 4. Joint concert for the change of leadership on 18 September 2016.

Dear friends near and far!

First of all I would like to thank everyone most sincerely for the many tokens of love and friendship among colleagues which marked the celebration of my 70th birthday and my retirement from the Section leadership. I can think of nothing better to accompany me on the next stage of my life which now lies before me. Taking leave of my leadership task is not too difficult for me only because I feel that the many encounters between people which supported this work have not thereby come to an end but will continue to work into the future. Rudolf Steiner, when he set up the School at the Goetheanum, gave the heads of the specialist sections the task “to lead the individual branches of the anthroposophical movement”. What this means and how it can work was tested, lived and finally described in the book *Leadership questions and forms of working in the anthroposophic medical movement* (eds. Michaela Glöckler/Rolf Heine, Verlag am Goetheanum 2015, in English 2016) by the IKAM co-workers and myself over many years. Three sources of inspiration gave us strength in doing so and provided constant new orientation:

- The worldwide help and support from co-workers and friends of the Section who recognised the fulfilment of this great task also as their own in accordance with the motto: *w e* are the Section, not the coordinators and representatives alone. Point and circle, heart and peripheral circulation, they are dependent on one another.
- The acknowledgement of the contributions made by each individual co-worker to the whole, as well as those of the associations and institutions – irrespective of how close or distant they are from the Goetheanum as institutions. Everyone has a place, everyone is needed in the Goetheanum as we conceive of it in worldwide terms.
- An interest in the development of Anthroposophic Medicine in the context of the respectively existing conventional and complementary treatment methods – there is only one *s i n g l e* human medicine which deserves this name to which we also contribute.

Now I am happy to be allowed to place the office of Section head in competent hands. I will, of course, continue – as long as granted by destiny – to work for anthroposophy, its medicine and its therapeutic cultural impulse. Thus, for example, the subject of the scientific nature of anthroposophy in medicine is something that is very close to my heart; and – in collaboration with Georg Glöckler – the systematic development of the cosmological understanding of the human being.

For “Section leaders emeritus” like myself, the Goetheanum leadership has set up a new emeritus office in the Secretariat which is half financed by the GAS and half by donations and contributions. We are fortunate that Sara Moeschlin (sara.moeschlin@goetheanum.ch) has taken on this new task. My new email address is: michaela.gloeckler@goetheanum.ch. And thus let me say a very warm farewell with this last newsletter under my authorship with all good wishes for our continuing work to consolidate the system of Anthroposophic Medicine and its services in prevention and therapy.

Yours, *Michaela Glöckler*

Dear friends,

More than 900 co-workers of the medical movement came to the Goetheanum for the annual conference to turn their attention to the etheric as the source of substance transformation and development. On the first and last day the focus was on the large birthday celebration for Michaela Glöckler and the change in the Section leadership. In the approximately 60 working groups, the lectures and meetings of the professional groups many different ideas and suggestions were put forward relating to practice and clinical work and there were numerous impulses for training and research.

The large biographical step taken by our movement gives us motivation for “spirit contemplation” on its present development and future perspectives. What will the next developmental steps of Anthroposophic Medicine be? How does it manifest in the public sphere? How can it show that it works in the context of medicine today?

Anthroposophic Medicine will develop strongly if it concentrates on the needs of patients and is perceived as giving such help. To this extent the question arises: what are the central medical challenges of the present time and to which ones can Anthroposophic Medicine with its different therapeutic professional groups make a productive contribution? Pregnancy, birth and early childhood pose urgent questions. Infectious diseases and resistance to antibiotics are turning into a global threat. Very many people suffer from shock sequelae, anxiety and sleep disorders. The treatment of cancer is one of the still largely unsolved challenges, as is the palliative care of patients and the way we deal with dying and death.

In these kinds of challenges which are guided by a person’s biography Anthroposophic Medicine can make a material contribution and thereby also become visible in its nature. As soon as it is not concerned with itself but with the troubles of humanity in the sense of a need for healing, it unites with everyone else working therapeutically and is perceived as a helping hand by colleagues and patients. For this therapeutic service it needs the competent development specific to each profession in the relevant specialist field and the culture of social collaboration so that Anthroposophic Medicine can take effect as a therapeutic system. If in this endeavour it becomes comprehensible and its efficacy can be experienced, it can become a helping hand welcomed by society in coping with these global challenges and make its contribution to humanising medicine.

In many encounters and deliberations during the annual conference – most recently the Conference of the Executive Councils of Anthroposophical Medical Associations – these developments were a central theme and generated motivating endorsement in the group as a whole as an impulse for future work. In looking forward to this joint work of the anthroposophic medical movement, we send very warm greetings to everyone near and far!

Yours, *Matthias Girke* and *Georg Soldner*

Other news

Eugen Kolisko Academy: The first Clinical Foundation Course in English will take place in the years 2017 to 2019. One four-week module per year. An intensive seminar in Anthroposophic Medicine designed for physicians and medical students: <http://kolisko-academy.org/>

3-year School Health Professionals Training in the UK, 2017-2019: A modular post grad training for anyone with a degree in either health or anthroposophic education or therapy training: physician or nurse, psychologist, midwife, teacher or therapist. For more information about the concept, timetable and module themes please contact Hedda Joyce: schoolhealthprofessionals@gmail.com.

Publications from the Hiscia Institute: The team of researchers has compiled a current selection of publications about the mistletoe *Viscum album* at <http://newlit.vfk.ch/> and summarised them briefly.

New developments at the Academy for Anthroposophical Therapy and Art (ATKA) in Dornach:

For many years a number of anthroposophically oriented training and advanced training courses have been working to deepen their collaboration under the umbrella of the Anthroposophical Academy for Therapy and Art (ATKA). Now these steps have matured to the extent that at the end of October we will combine to provide training in various courses. This concerns the Orpheus School of Music Therapy, the Dornach Free Painting School, Sculptural Artistic Training and AmWort. We look forward to taking this step into the future. Interdisciplinary exchange is very close to our heart also for the students. We intend to create even more space in the future for joint teaching. We celebrate integration – and you are warmly invited on 29 October 2016!

Book recommendations

Michaela Glöckler (ed.): *Meditation in der Anthroposophischen Medizin*. Ein Praxisbuch für Ärzte, Therapeuten, Pflegenden und Patienten. Salumed Verlag 2016. With contributions on meditation in health and illness. And with practical notes on practising self development; on everyday therapeutic attitude, support and ethics; and on the development of therapeutic skills. More than 70 therapeutically effective meditations, verses and prayers. Contents: http://www.salumed-verlag.de/tl_files/bilder/Downloaddateien/Inhaltsverzeichnis_Meditation.pdf

Johannes W. Rohen: *Entwicklung der Sprachorgane und der Sprachfähigkeit des Menschen*.

Idem: *Die sozialen Probleme der modernen Gesellschaft*. Both Verlag Ch. Möllmann 2016

Johannes Weinzirl, Peter Heusser (eds.): *Der Mensch, ein Tier? Das Tier, ein Mensch?* Witten

Colloquium on Humanism, Medicine and Philosophy 4. Publisher: Königshausen & Neumann 2016. With contributions by B. Rosslenbroich, T. Suddendorf, C. Tennie, H.W. Ingensiep, W. Schad, H. Baranzke, P.

Heusser, D. Hornemann and U. Hurter. Contents: [http://www.uni-](http://www.uni-wh.de/aktuelles/detailansicht/artikel/neuerscheinung-der-mensch-ein-tier-das-tier-ein-mensch/)

[wh.de/aktuelles/detailansicht/artikel/neuerscheinung-der-mensch-ein-tier-das-tier-ein-mensch/](http://www.uni-wh.de/aktuelles/detailansicht/artikel/neuerscheinung-der-mensch-ein-tier-das-tier-ein-mensch/)

Dates and events

- 3-7.10.2016 **International Conference for Curative Education and Social Therapy**, Goetheanum/Dornach:
Programme and registration: http://ths2016.info/THS_2016_engl.481.0.html
- 13-16.10.2016 **3rd international conference of anthroposophical dentists** in Budapest/HU.
Programme and registration: <http://www.antrodentbudapest2016.hu>
- 19-22.10.2016 **International Study Conference on Therapeutic and Educational Creative Speech**, Goetheanum/Dornach. Programme and registration:
https://www.goetheanum.org/fileadmin/vk/2016/10_Sprachtherapie/ST_2016_Programm_und_Anmeldung_EN.pdf
- 17-20.11.2016 **NEW DATE: Medical study course at the Goetheanum/Dornach.** Programme:
http://www.studienkurs.ch/files/160223_Studienkurs-ProgrammNovember2016.pdf
- 9-11.12.2016 Further training in medical and therapeutic biography work. 1st module, Kassel/DE.
Further information from Carine Biessels: biografiearbeit.mt@gmail.com
- 5-8.1.2017 **19th International Study Days on Anthroposophical Art Therapy**, Goetheanum/Dornach. Between sensory perception and sensation. About the programme:
https://medsektion-goetheanum.org/EYED2/files/file/pdf_EN/KT-2017_programme&booking.pdf
- 13-15.1.2017 Education congress "Unless you become as little children..." in Stuttgart/DE:
Programme and registration: <http://www.bildungskongress2017.de/>
- 15-19.2.2017 **Meditation week for physicians and medical students** in Schloss Wasmuthhausen/DE.
<http://www.lebens-weise.org/index.php/projekte/medizin-und-meditation/>
- 15-22.1.2017 **International Postgraduate Medical Training/IPMT in Santiago de Chile.** Programme:
<http://www.yohanan.cl/anuales.html>
- 24.2.2017 Start of the **international eurythmy therapy training at the Goetheanum specifically for physicians and medical students**: Further information and module plan at:
<http://heileurythmie-ausbildung.ch/ausbildungfortbildung/>
- 10-12.3.2017 **2nd colloquium on the scientific nature of anthroposophy in medicine** at the Goetheanum: "Foundations of a scientific conceptualisation of Rudolf Steiner's terminology of the human constitutional elements". Detailed programme to follow!

Dornach, 25 September 2016