

CALM-LD: Training for Medical Doctors and Therapists

Multidisciplinary Training in Therapeutic Education and Social Therapy, focusing on **C**hildren and **A**dults with **L**ifelong **M**ultiple and **P**rofound **L**earning **D**isabilities



1. Duration: 2.5 years | Format: In-person + Hybrid | Language: English

Individuals with Profound and Multiple Learning Disabilities (PMLD) require care that is attuned to the uniqueness, dignity, and depth of their human experience. Anthroposophic medicine offers a comprehensive and integrative approach that bridges an expanded holistic understanding of the human being with contemporary therapeutic and medical practices.

This 2.5-year international training programme supports Anthroposophic doctors and therapists in deepening their diagnostic, therapeutic, and relational capacities when working with children, adults, and older adults with complex needs. Those who are working within a therapeutic team and involved in the therapeutic process may also benefit from this training which will enhance their understanding of, and ability to participate in the therapeutic process.

The course integrates an Anthroposophic understanding of human development, therapeutic education, contemplative practice, artistic and movement therapies, and conventional medical insights.

Participants will join a vibrant international learning community dedicated to fostering inclusive, human-centred, and collaborative forms of care.

2. Programme Aims

The training is designed to:

- Strengthen practitioners' capacities in Anthroposophic diagnostic frameworks, including threefold/fourfold perspectives and the twelve senses.
- Integrate conventional medical knowledge with Anthroposophic insight in the care of individuals with PMLD.
- Cultivate sensitive and collaborative approaches through Child and Adult Conference/Study.
- Help participants to understand how to work with the complexity of individuals with overlapping combinations of PMLD, ASD, ADHD, chromosomal syndromes, and comorbid mental health conditions.
- Develop practical skills in artistic therapies, eurythmy, sensory-motor approaches, and contemplative methods.
- Explore ageing, palliative care, and end-of-life transitions with dignity and humanity.
- Embed good medical practice including research literacy, audits, and high-quality case documentation.
- Create an international network committed to the advancement of therapeutic education and

social therapy.

3. Who the Programme Is For

This advanced training is intended for:

- Medical doctors and health professionals with Anthroposophic training
- Anthroposophic art therapists, eurythmy therapists, massage therapists, and other therapeutic practitioners
- Experienced educators, social therapists, and residential practitioners working in Camphill or similar communities
- Professionals working with children and adults with PMLD, ASD, ADHD, and syndromic conditions
- Practitioners seeking to strengthen their diagnostic insight, therapeutic craft, and reflective practice

Entry requires completion of an Anthroposophic medical or therapeutic training programme.

4. Programme Structure

- The programme consists of:
- Six in-person modules in the UK and Switzerland
- Four online inter-module seminars
- Hybrid learning support including online workbooks and collaborative platforms
- Artistic, movement, contemplative, and case-based components in each module

Participants receive reading lists and self guided study between modules.

5. Programme Timeline (2026–2028)

All dates are subject to change

Module 1 — Anthroposophic Diagnostic Frameworks, Child Study & Genetic Syndromes

Wed 30 September – Tue 6 October 2026

HFHS Dornach, Switzerland

Module 2 — Human Development Through Life Phases

Sun 14 February – Fri 19 February 2027

HFHS Dornach, Switzerland

Inter-Module Online Seminars (Zoom | 6:30 PM UK Time | 90 minutes)

Session 1: Wed 3 March 2027

Session 2: Wed 24 March 2027

Session 3: Wed 14 April 2027

Session 4: Wed 5 May 2027

Module 3 — Archetypes of Imbalance & Constitutional Polarities

Sat 29 May – Fri 4 June 2027

United Kingdom

Module 4 — Psychiatry & Adult Mental Health

Mon 27 September – Sat 2 October 2027

Goetheanum, Dornach, Switzerland

Module 5 — Caring for Ageing People with Severe Learning Disabilities

Sat 12 February – Thurs 17 February 2028

United Kingdom

Module 6 — Presentations, Research & Future Directions

Sat 27 May – Wed 1 June 2028

United Kingdom

6. Detailed Module Descriptions

(This section includes concise module descriptions for prospectus readers. Full details may be provided in a separate handbook.)

Module 1: Anthroposophic Diagnostic Frameworks, Child Conference/Study and Genetic Syndromes (In-person, Sept 2026)

- **Core Themes:** The Pedagogical Law and its implications for relationship-based therapeutic practices. The threefold and fourfold perspectives of the human being and their application in Anthroposophic diagnostics. Understanding the twelve senses and their role in development. Understanding the genetic syndromes through a fourfold picture.
- **Incorporation of Child Conference/Study:** Child Conference/Study will be introduced as a key tool to collaboratively assess and support children's developmental needs. Observations from multidisciplinary teams will focus on the child's biography, rhythms, and sensory integration. This methodology can be used to develop specific approaches for children with Down syndrome, Fragile X syndrome, and other genetic syndromes.
- **Practical and Artistic Work:** Sensory motor activities to support the lower senses (Twelve senses and sensory activities). Discovering the fourfold human being through painting and drawing: quality of physical/Earth, etheric/Water, astral/Air, and I/Fire.
- **Contemplative Practices:** Introduction to the point-circle meditation as a meditative practice for self-care.
- **Outcome:** Participants will develop foundational skills for observing and supporting sensory and developmental needs across various life stages and learn to apply Anthroposophic diagnostic frameworks and incorporate relational approaches into their professional settings.

Module 2: Human Development Through Life Phases (In-person, Spring 2027)

- **Core Themes:** Exploration of human development from conception to adulthood, with a focus on the first seven years and subsequent seven-year cycles. Sensory development and integration. Embryology. Karl König's foundational developmental processes (Motor development in year 1, Language in year 2, Cognitive in year 3) plus Lower and Higher Senses. Understanding of the developmental biography and temperament. ADHD and Autism (Part 1). Understanding organs as a part of a fourfold picture.

- **Incorporation of Child/Adult Conference/Study:** Case studies to deepen understanding and application of therapeutic approaches.
- **Practical and Artistic Work:** Form drawing as a therapeutic tool to address polar imbalances. Eurythmy exercises to work with the principle of polarity and connection to the world. Theatre work to embody human archetypes and dynamics. Therapeutic eurythmy to address constitutional imbalances. Clay modelling and painting to explore the metamorphosis of the human being, particularly embryology.
- **Contemplative Practices:** The eightfold path as a framework for professional and personal development. Biographical work to reflect on developmental patterns in oneself and others. Exploring the dynamics of point and circle in the human being, social structures, and the cosmos.
- **Outcome:** Participants will develop insights into addressing imbalances in physical and emotional health through Anthroposophic principles, and refine their therapeutic techniques for addressing complex challenges in group and individual settings.

Inter-Module Online Seminar: Foundations of the Curative Education Course (Virtual, Spring 2027)

- **Format:** 4 x 90-minute live webinar sessions (Wednesdays, 6:30 PM UK Time). Prerequisite: Reading of specific lectures from Rudolf Steiner's Curative Education Course prior to each session.
- **Rationale:** This virtual block serves as a bridge between the developmental topics of Module 2 and the constitutional pathologies of Module 3. It establishes the theoretical "background template" regarding polarities and constitutions, ensuring participants are prepared for advanced case studies.
- **Session Schedule:**

3 March: Lecture 1 – The Fundamental Pedagogical Law and the relationship between educator and child.

24 March: Lecture 2 – The Polarities of Salt and Sulphur; the dynamic tension between the nerve-sense system and the metabolic-limb system.

14 April: Lecture 3 – Earthly and Cosmic Forces; distinguishing heredity from individuality in the physical form.

5 May: Lecture 4 – The Constitutional Spectrum; understanding the "Point" (Hysteric) and "Periphery" (Epileptoid) archetypes.
- **Integration:** Lecture 5 will be assigned as preparatory reading for Module 3. The subsequent in-person module will begin with a review of Lecture 5, using it as the launchpad for practical work with constitutional polarities.

Module 3: Archetypes of Imbalances

- **Core Themes:** Deepening the understanding of polarities within the human constitution (Review of Lecture 5 and application of "Point and Circle"). Understanding Organ-Functional imbalances as a part of mental health picture (Part 1). Insights into how imbalances manifest in childhood and early development.

- **Practical and Artistic Work:** Form drawing as a therapeutic tool to address polar imbalances. Eurythmy exercises to work with the principle of polarity and connection to the world. Theatre work to embody human archetypes and dynamics. Therapeutic eurythmy to address constitutional imbalances.
- **Contemplative Practices:** The eightfold path as a framework for professional and personal development.
- **Outcome:** Participants will develop insights into addressing imbalances in physical and emotional health through Anthroposophic principles.

Module 4: Psychiatry

- **Core Themes:** Addressing mental health challenges, including anxiety and depression in PMLD and Chromosomal Syndromes. Understanding Organ-Functional imbalances as a part of mental health picture (Part 2). Addressing contemporary mental health challenges in people with PMLD, including anxiety and depression. Anxiety in Developmental Disorders and Chromosomal Syndromes. Trauma in individuals with intellectual disabilities. Approaches for creating a safe therapeutic environment. Continuation of mental health challenges, focusing on group dynamics and social processes. Psychiatric dimensions of autism spectrum disorders and sensory processing difficulties. Autism and ADHD (Part 2).
- **Incorporation of Adult Conference/Study:** Adult Conference/Study will be introduced as a framework for addressing the needs of adults with learning disabilities. Discussions will focus on health, work, social integration, and personal development.
- **Practical and Artistic Work:** The seven life processes. Hands-on osteopathic approach to organs.
- **Contemplative Practices:** Biographical work to reflect on developmental patterns in oneself and others. Six subsidiary exercises to support professional practice and self-development. Introduction to the point-circle meditation as a meditative practice for self-care. Application of point-circle meditation in professional and personal contexts.
- **Outcome:** Participants will refine their therapeutic techniques for addressing complex challenges in people with PMLD.

Module 5: Caring for Ageing People with Severe Learning Disabilities

- **Core Themes:** Historical, Cultural, and Social Perspectives on Anthroposophic Practices. Teamwork and Self-Care (Balancing work-life and preventing burnout). Challenges of Ageing from a Conventional Medical Perspective: Earlier Onset of Age-Related Conditions; Higher Rates of Multimorbidity e.g., epilepsy, diabetes, mental health issues; Communication barriers, diagnostic overshadowing, and atypical presentations of illness; Mental Health and Early-onset dementia, behaviour changes, and challenges. Palliative Care and End-of-Life Planning, helping to uphold the individual's dignity and personal wishes at the end of life.
- **Practical and Artistic Work:** Storytelling to support continuity of identity and emotional stability. Social Eurythmy adapted for older adults, fostering warmth and connection within the community.
- **Contemplative Practices:** Imagination and Reflective Exercises, adapted to the changing capacities of ageing individuals, ensuring a sense of belonging and personal dignity. Seven conditions for inner development and Goethean observation.
- **Outcome:** Participants learn how to integrate Anthroposophic principles with conventional medical insights to address the unique social, health, and emotional needs of ageing

adults with severe learning disabilities. Emphasis is placed on inclusive care, team-based collaboration, and proactive health strategies, thereby upholding human dignity and fostering resilience within a supportive community setting.

Module 6: Presentation and Future Directions

- **Core Themes:** Presentation of final projects and reflective summaries of learning outcomes. Collaborative discussions on future applications of Anthroposophic principles in practice. Exploration of ongoing professional development pathways. Maintaining good medical practices, including conducting audits, maintaining detailed case histories, and participation in research.
- **Practical and Artistic Work:** Designed based on participant interests and final project themes.
- **Outcome:** Participants will consolidate their learning, celebrate achievements, and prepare to advance their work in Anthroposophic medicine and therapy. They will also develop skills in maintaining high professional standards through structured medical practices, ensuring their work remains evidence-based and aligned with best practices.

7. Learning Methods

- Case-based seminars
- Practical and hands-on therapeutic exercises
- Artistic and movement therapy sessions
- Group study using Child and Adult Conference frameworks
- Goethean observation and contemplative practices
- Online seminars and hybrid materials
- Peer-learning and reflective discussions

8. Assessments & Certification

- Participants will undertake formative and summative assessments to ensure competency development. These may include:
- Case study presentations
- Reflective essays or learning journals
- Practical demonstrations
- Final project presentation
- Certification will be awarded in collaboration with the Medical Section and the Social and Inclusive Development Section at the Goetheanum, ensuring international recognition within Anthroposophic professional circles.

9. Technical & Learning Support

Zoom access and links for all online sessions

Online workbook and collaborative platforms (including polarity work and Conference/Study materials)

Projectors, multimedia facilities, and recording where appropriate

Support for hybrid participation, making the course accessible internationally

10. Fees, Accommodation & Registration

Course Fees & Investment

We are committed to making this vital international training accessible to dedicated professionals.

Thanks to generous subsidies and financial support from the Section for Inclusive Social Development and our funding partners, we are able to offer this comprehensive 2.5-year programme at a significantly reduced rate.

Tuition Fee:

Standard Fee: 3500 CHF*

Early Bird Discount (Ends 31st May, 2026): 3200 CHF

*Please note that this fee includes the donation of 108 CHF for our modules held in Dornach, Switzerland (Modules 1 and 4), which support the concurrent Inclusive Social Development conferences and hosting efforts.

What is Included: The tuition fee covers all expert-led teaching, practical and artistic workshops, access to the inter-module online seminars, and all digital course materials and workbooks.

Important Note on Exclusions: Please note that the tuition fee does not include the cost of accommodation, food, or travel. Participants are responsible for arranging and covering their own lodging, daily meals, and transportation for the in-person modules in both the UK and Switzerland.

11. Contact & Registration

For further information and registration: studium.goetheanum.ch/en/calm-ld