

12-module, 3-year medical-educational and school doctor training program

**Salutogenesis and Health Promotion in Childhood and Adolescence**

**Advanced training for educational and therapeutic professionals**

Offered by the Medical Section at the Goetheanum in cooperation with, and hosted by Porn Panosot

at the Ratayakom Center for Anthroposophy, Bangkok

Responsible: Dr. med. Karin Michael, Adam Blanning MD

Dear doctors, nurses, therapists and school psychologists,

Children's entry into the world has become more and more challenging since the beginning of the 21st century. We are currently witnessing a series of significant global events—from COVID-19 to wars in Europe and the Middle East, to the emergence of AI—all of which have changed and shaken the world, making it more difficult for a child's soul to enter the body. It takes a well-coordinated effort by everyone in the child's environment to support this process in a positive way.

Thanks to Rudolf Steiner's insights, school doctoring and school health work add another layer into the work of a school community and allows us a different perspective into our work with the children. These ideas are, in some ways, far ahead of their time and difficult to achieve even nowadays in normal education stream. But it is now more important than ever.

A multitude of anthroposophic therapeutic approaches, which also speak directly to present and future needs of children, allow us to work with the imbalance at multiple layers. They create possibilities for cross-disciplinary teamwork.

Out of these gifts from Steiner, we aim to create an expanded system of cross-disciplinary training where school doctors, therapists, and teachers can work, discuss, and study together, so that a fuller picture of the developing child can be realized, and provide better support for the growing needs of the child.

We warmly invite all colleagues who feel called to take on this important task—supporting the healthy development of children—to participate in this training program. For the first time, this training is being offered in English, in Asia and online, in order to grow this work in unison across many regions of the world.

The first module will be led by Porn Panosot, school doctor at the Panyotai Waldorf School; Theodor Hundhammer, therapeutic eurythmist (you can find his exciting online offerings here: <https://www.eurythmy4you-en.com/>); and Karin Michael, pediatrician, school doctor, and member of the Medical Section leadership. We are looking forward to meeting you all in October 2026 at Panyotai Waldorf School, Bangkok, Thailand.

With warmest regards,

Karin Michael, Adam Blanning, Porn Panosot, Theodor Hundhammer

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**Module 1, Bangkok, October 3–9, 2026: Fundamentals of Anthropology**

|             | Saturday<br>Oct. 3 <sup>rd</sup>                                                                                                                                                              | Sunday<br>Oct. 4 <sup>th</sup> | Monday<br>Oct. 5 <sup>th</sup> | Tuesday<br>Oct. 6 <sup>th</sup>                                                                                                                                                                                                                                                                           | Wednesday<br>Oct. 7 <sup>th</sup>                                                            | Thursday<br>Oct. 8 <sup>th</sup> | Friday<br>Oct. 9 <sup>th</sup> |
|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------|--------------------------------|
| 8:30-9:45   | <b>Singing</b><br><br>The physiological threefold structure of the organism in its development: nervous-sensory system, rhythmic system, metabolic-limb system;<br><br>Dr. med. Karin Michael |                                |                                | <b>Singing</b><br><br>The four “essential elements” or organizational systems of the human constitution in their connection with the natural kingdoms: Mineral, Plant, Animal, as well as the three aggregate states of matter and heat as the fourth organizing principle.<br><br>Dr. med. Karin Michael |                                                                                              |                                  |                                |
| 9:45-10:15  | break                                                                                                                                                                                         |                                |                                |                                                                                                                                                                                                                                                                                                           |                                                                                              |                                  |                                |
| 10:15-11:00 | <b>Case study (observation of the child)</b>                                                                                                                                                  |                                |                                |                                                                                                                                                                                                                                                                                                           |                                                                                              |                                  |                                |
| 11:00-12:00 | <b>Plenum and working groups on the cases</b>                                                                                                                                                 |                                |                                |                                                                                                                                                                                                                                                                                                           |                                                                                              |                                  |                                |
| 12:00-14:00 | Lunch                                                                                                                                                                                         |                                |                                |                                                                                                                                                                                                                                                                                                           |                                                                                              |                                  |                                |
| 14:00-15:30 | <b>Painting with Porn Panosot group A</b><br><b>Eurythmy with Theodor Hundhammer group B</b>                                                                                                  |                                |                                |                                                                                                                                                                                                                                                                                                           | <b>Painting with Porn Panosot group B</b><br><b>Eurythmy with Theodor Hundhammer group A</b> |                                  |                                |
| 15:30-16:00 | break                                                                                                                                                                                         |                                |                                |                                                                                                                                                                                                                                                                                                           |                                                                                              |                                  |                                |
| 16:00-17:00 | The physiological threefold structure of the organism in its development: nervous-sensory system, rhythmic system, metabolic-limb system;<br><br>Dr. med. Karin Michael                       |                                |                                | The four “essential elements” or organizational systems of the human constitution in their connection with the natural kingdoms: Mineral, Plant, Animal, as well as the three aggregate states of matter and heat as the fourth organizing principle.<br><br>Dr. med. Karin Michael                       |                                                                                              |                                  |                                |