

An abstract painting with a textured surface. The top half is dominated by various shades of blue, from deep navy to lighter, almost white, tones. A vertical, dark, almost black, brushstroke runs down the center, separating the blue areas. The bottom half of the painting is a dark, rich brown or maroon color. The overall effect is one of depth and movement, with visible brushstrokes and a sense of layered colors.

ITAM – International Training in Anthroposophic Midwifery

A global, practice-oriented continuing education program for midwives and birth professionals.

Anthroposophic Midwifery
Pregnancy
Birth ·
Postpartum ·
Human Development ·
Salutogenesis ·
Biography

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Supporting birth and peripartum as a deeply human and biographical process

ITAM is an internationally accessible training program in Anthroposophic Midwifery, designed for professional/medical midwives working across diverse cultural, clinical and social contexts. The training leads to solid professional and personal competencies in anthroposophic midwifery based on an anthroposophic understanding of the human being, nature and the cosmos.

The largely asynchronous online format makes participation feasible for midwives working on call or in continuity-of-carer models worldwide. Learning is enriched through guided text work, artistic activities, eurythmy, meditative practice, case reflection and mentored practical experience.

ITAM aims to foster both professional competence and personal development, supporting responsible, relationship-based care and contributing to the global humanization of birth.

The training consists of a general part (foundations studies at Arlesheim Academy) and a profession-specific part (ITAM online course, starting fall 2026), including a total of 730 training hours. Accreditation to obtain WHO-conform certification is in process.