



Medical Section
at the Goetheanum



International Coordination of Anthroposophic Medicine / IKAM Activity Report 2024

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Editorial



Dr med Marion Debus
Head of the Medical Section



Dr med Karin Michael
Head of the Medical Section



Adam Blanning MD
Head of the Medical Section

I feel sunlight in my heart
Sunlight turns to warmth in my heart
The power of the heart flows into my hands
The power of the heart flows into my feet
The power of the heart is God's gift
I want to work with God's gift
So I may hope to grow strong.

Rudolf Steiner, GA 268, p. 161

Dear Readers,

The most historically significant event for the Medical Section this year was the departure of supportive education with the founding of the 12th Section for Inclusive Social Development, 100 years after Rudolf Steiner's *Supportive Education Course*. It was like a birth – just as painful as it was a great joy. We now hope for fruitful collaboration as siblings, as we will continue to have common tasks in many areas of work. The above verse was our 'baptismal verse' for the founding of this section.

Thoughts on the founding of the Section for Inclusive Social Development

What has been lived worldwide in recent years as *social distancing* is far from having been overcome in terms of its consequences, especially for children and young people. A real feeling for and tolerance of the other has become more difficult. On the big world stage, too, there is an increasing lack of diplomatic skills and gestures of friendship.

At the same time, we are living in a century in which it is clearer than ever that humanity will only master its challenges by working hand in hand. The earth, with all its flora, fauna and its atmosphere, makes this visible. Could the warmth formed between people and in the will of each of us contribute to the harmonisation of the earth's warmth organism?

If we are looking for people who are artists in creating social connections and warmth, then we will find them particularly where supportive education and inclusive social development live.

The Medical Section has been very happy to provide a home for such supportive education over the last 100 years. Ita Wegman's intimate relationship with these special children and her courageous work and advocacy for them during the Nazi era profoundly connect us with the destiny and questions of supportive education in our Section. Just as the Sonnenhof, as the first supportive education establishment, emerged from her Clinical and Therapeutic Institute, where also children with support needs were treated from the outset,

the Medical Section is now giving birth to supportive education as a separate section.

Supportive education communities have closed in recent years, and there are fewer and fewer people who want to live and work in them long term. However, the warmth that lives in these establishments is also needed more urgently than ever in society as a whole. Perhaps a change is needed here, similar to the reform movement which led to the enquiry into psychiatry (*Psychiatrie-Enquete*) in Germany in the 1970s. At that time, great efforts were made to achieve social integration (occupationally and in housing projects) in order to enable people who were in long-term stays in psychiatric hospitals to find their way back into society. Inclusion and lifelong development of people in need of assistance in our society, as well as the challenges associated with this, require new solutions and forms today, as well as greater awareness on the part of everyone.

At the same time, we are seeing more and more children today with a substantial need for special care and support. However, inclusion targets are rarely met, especially in Europe. There is much to do. And given the current trend towards medicalisation in society, it is a good step to support creative paths of development instead of pathologising people.

The creation of a separate Section for Inclusive Social Development will enable these societal challenges to be given greater visibility.

We look forward to friendly conversations and mutual support. The joint lecture by Jan Göschel and Adam Blanning at our annual conference already provided a wonderful illustration of the fruitfulness of this new dialogue.

We wish the impulse of inclusive social development and healthful education all the very best for its future work.

Highlights from the calendar of the Medical Section

This year we went through a whole series of final 100th anniversaries – after Rudolf Steiner had lived and worked with incomparable intensity in 1924, up until his last address at Michaelmas.

In order to give a more concrete and colourful insight into life in the Medical Section, we have decided to present this year's report in the unusual form of a retrospective calendar.

January

'How do I find the good?' was the title and guiding question of the conference with which we began this year. In view of the reality of modern medicine, three questions are particularly pressing: How do I find the good, how do I develop the courage to heal, and the ability to respect individual destiny in doing so? A hundred years ago, Rudolf Steiner was already guided by these questions like a compass when he gave the course *Understanding Healing. Meditative Reflections on Deepening Medicine through Spiritual Science*, the so-called Course for Young Doctors, for physicians and medical students. For those who were unable to attend the conference in Dornach, an online conference was offered in parallel, which was followed by over 100 participants from Asia, Australia, America and Europe.

‘**The heart awakens**’ was the theme of the International Study Days for Arts Therapies, where we looked at the development of the middle of our being in children and young people in today’s world using illustrative case studies.

In the **IKAM retreat**, we learned, among other things, new ways of horizontal leadership and how to sort thinking, feeling and volition in social processes in a profitable way.

February

The event of the first class lesson, with which Rudolf Steiner initiated the Michael School a hundred years previously, was celebrated with a **conference of the School of Spiritual Science** on this lesson and on the spiritual sources of the Michael School at the Goetheanum, supported by all the sections.

The first visit of the Section leadership to the **IVAA** in Brussels included consultations on the strategic approach to the recognition of our system of medicine and medicinal products worldwide and the formation of a Communication Hub.

March

Our **research congress** in 2024, with the theme ‘The scientific status and future of the therapies in anthroposophic medicine’, was dedicated to determining the current situation and the possibilities and obstacles for research in the field of our therapies.

This year, too, the **hybrid dialogue events** on current medical issues were continued for members and others interested. The topic in March was ‘On the homeopathic debate – what does it mean for anthroposophic medicine?’.

April

The Raphael Circle, founded in September 1924 in the context of the *Pastoral Medicine Course* as the core of the Medical Section, gathered with an increasing international medical membership after Easter, as it does every year, for joint esoteric work and the admission of new members.

May

Our ‘**Life Forces**’ conference of the Working Group for Pregnancy, Birth and Early Childhood (Care I) dealt with all the senses and their connection with life forces. The question was: How can we replenish life forces in a world of exhaustion? The conference was so rich and the topic so persistently topical that it was decided to publish **conference proceedings**, which are now almost complete and will be published in 2025.

June

Taking ‘a step into new territory’ with our spiritual medicine was the aim of the **Pastoral Medicine Conference**, because the *Pastoral Medicine Course* also celebrated its 100th anniversary this year. At the conference for physicians and priests, the question was explored of how the specific esotericism of each profession is taken to a new level through their collaboration.

A particular pleasure was the founding celebration of the new anthropos-

ophical **Phoenix Health Clinic** on Rügen on 22 June, which Karin Michael was privileged to experience and help shape.

July

July was dominated for the Section leadership by trips abroad. Adam Blanning was at the IPMT in **Taiwan**, which had to be cancelled shortly before the end due to an approaching typhoon. Karin Michael was in the **Czech Republic** at a medicine and education conference of the local Waldorf schools, Marion Debus travelled to **Tartu in Estonia** for a pastoral medicine workshop with eastern European participation and then to Iloilo in the **Philippines** for the IPMT. Here, too, the earth played an important role alongside health, with participants receiving intensive practical insights into biodynamic agriculture in the mornings.

August

A joyful summer event was the second **summer school** in England ‘100 years since Rudolf Steiner’s visit to Tintagel Castle and his Torquay Lectures’ with international participants from almost all medical professional groups and with the participation of Marion Debus. After visiting Tintagel Castle, the group worked intensively at Emerson College on the esoteric foundations of anthroposophic medicine against its mystery background. Impulses were gained for the future development of the individual professional groups which will be further developed at the next summer school in August 2025. A format has been developed here that will hopefully continue to invigorate the work of the Medical Section from within in the future.

The school year began at Schloss Hamborn, Kassel and Niederrhein-Aue (Germany) with a **medical and education faculty meeting** with Karin Michael. Screen media and the mental health of children and young people are issues that concern us all.

Then the **Goetheanum Leadership** also began the new working year with a retreat on Mont St Odile in Alsace.

September

In this month, there is traditionally a wealth of events and work meetings at the Goetheanum, with the **International Annual Conference** being the highlight. This year, our guiding theme was ‘Therapeutic Intuition – Perception and Reality’, accompanied by several **specialist conferences**. A special moment was the foundation of the **Care VI** group on age culture and geriatric medicine at the specialist conference on elderly care.

A ‘**Teach the Teachers**’ conference led by Adam Blanning with broad international participation addressed the question of how to convey an anthroposophical understanding of karma in illness and health.

October

The establishment of the **12th Section for Inclusive Social Development** on 5 October has already been mentioned. Afterwards, Karin Michael travelled to a training week on **anthroposophical paediatrics in Moscow**.

This year's **international further training for school and kindergarten doctors** dealt with the therapeutic instruments of Waldorf education for children's distress and parents' worries (report: <https://t1p.de/x55ln>), and the topic of the annual conference was taken up at the **international specialist conference on therapeutic speech and drama therapy** in a subject-specific way: 'Therapeutic Intuition - Source, Word and Deed'.

The first session of the English-language international online provision **Anthroposophical Grand Rounds**, initiated by Adam Blanning, took place with a focus on the science of potentization.

The significantly expanded and updated edition of the *Vademecum Anthroposophische Arzneimittel*, now including images, was published together with the GAÄD as an important new publication. A supplementary web app extends the options for use. Marion Debus played a major role in the revision of the second volume dealing with mistletoe therapy.

A second hybrid **dialogue event** dealt with 'Questions of geriatric medicine and age culture today'.

November

Karin Michael travelled to **São Paulo, Belo Horizonte and Buenos Aires** to give around 30 lectures and seminars and to meet many colleagues from the Medical Section in South America. She also visited therapeutic and educational institutions.

A **conference on pastoral medicine**, the first meeting of this kind in North America, was held in Washington, DC, with the participation of Adam Blanning, which dealt with the joint work of the medical and priestly communities.

December

Marion Debus travelled to **Bangalore/India** to attend the **IPMT**, during which a newly accredited medical training and many promising initiatives were developed.

The year ended with a series of working meetings, including those of our Care groups, the pharmaceutical substance group and the renewed retreat of the Goetheanum Leadership.

From the work of the Care groups of the Medical Section 2024

Care I - Pregnancy, birth and early childhood

The group organised the international congress 'Life Forces. Finding forces that bring life in a world of exhaustion' (May 2024) and subsequently prepared a congress volume that will be published in 2025.

Care II - Infectious diseases

Various articles have been published, including one on nursing gestures in infectious diseases (<https://www.anthromedics.org/PRA-1035-EN>) and another on post-COVID and post-vaccination syndrome from the perspective of anthroposophic medicine (<https://www.anthromedics.org/PRA-0993-EN>).

On the latter topic, a podcast featuring our colleague, journalist Julia Demming, and Prof Dr med Harald Matthes was also published (<https://www.podcast.de/podcast/2612712/anthroposophie-zur-sache>).

Care III - Mental illness

This year, the group has produced several articles on anxiety, trauma-related disorders (see, for example, <https://www.anthromedics.org/PRA-0557-EN>) and sleep disorders, which have been published on the Anthromedics specialist portal, among other places. It has also selected burnout, resilience and the expectations of modern life as key topics for further planning.

Care IV - Oncology

The group worked on the topics of nutrition (<https://www.anthromedics.org/PRA-1026-EN>) and 'warmth therapy' in oncology and published several articles on these subjects. Work is currently underway to develop an anthroposophical concept for prehabilitation in breast cancer.

Care V - Palliative medicine

Here, interdisciplinary work was carried out on the topic of wound treatment and on issues relating to consciousness and sedation in the final stages of life. The articles are currently being edited and will also be published on Anthromedics.

NEW! Care VI - Age culture and geriatric medicine

Founded during the conference on elderly care as part of the annual conference, the interdisciplinary working group formed around Christian Schikarski and Karin Michael. Work on content, lectures and discussion on medicine and culture in old age were initiated in the very first weeks.

Warmly,


Dr med Marion Debus


Dr med Karin Michael


Adam Blanning MD

Anthromedics – International website for anthroposophic medicine



Dagmar Brauer
Research Associate, Managing
Editor Anthromedics Dornach

Anthromedics specialist portal: improved, expanded, internationalised

To date, there are few websites or portals on anthroposophic medicine (AM) that are relevant to practice, multilingual, freely accessible and present peer-reviewed specialist information. Anthromedics plays a central role here. Even though informative videos, apps and podcasts on AM topics have been created in recent years, our specialist portal remains a source of comprehensive, sustainable and publicly searchable articles – including for research purposes. For example, the largest medical database PubMed® now lists six systematic reviews under the search term ‘Anthromedics’, which include the specialist portal as a source for – in this case scientific – research.¹ Here, it is primarily the more than 7,000 articles in ‘Merkurstab Online’ that provide indexed and searchable content, supplemented by the 575 articles in the ‘Practical Recommendations’ and ‘Basic Concepts’ categories.²

Anthromedics is also a public relations tool that showcases the therapeutic and holistic approach of our medical system, provides interprofessional treatment recommendations for socially relevant disorders – such as post-COVID, PTSD or nutrition for cancer patients – and opens up its ethical positions and, where applicable, paradigms for discussion. The editorial team works according to online editorial standards, which include ongoing search engine optimisation (SEO) to ensure that content can be found on the global Internet. So, for example, anyone who googles ‘long Covid anthroposophic medicine’ today will usually find an Anthromedics article high up in the list of results. SEO criteria have been mandatory in editing since autumn 2023, using a new style sheet prior to HTML conversion.

The Medical Section uses both its social media channels and media releases from the Goetheanum’s editorial network to draw attention to current Anthromedics articles. This enables a large reach to be achieved in a short period of time. As already mentioned, we want to provide up-to-date specialist information in a sustainable and accessible manner for therapeutic practice, training and research. This requires further networking and linking, and we ask for your help in expanding such an AM reference network!

1 <https://pubmed.ncbi.nlm.nih.gov/?term=anthromedics>

2 Total number of contributions in the three language versions (DE: 205, EN: 210, ES: 160)

New and updated treatment recommendations from the Care groups

The working meetings of the now six Care projects of the Medical Section³ are the place where the content of interprofessional therapy recommendations originates. In 2024, the Care group ‘Geriatric medicine and age culture’ was founded.

Selected results from the various groups include ‘Nursing gestures in infectious diseases’ (<https://www.anthromedics.org/PRA-1035-EN>), ‘Meditation and cancer’ (<https://www.anthromedics.org/PRA-1038-EN>), case studies from anthroposophic psychotherapeutic trauma treatment (e.g. <https://www.anthromedics.org/PRA-1034-EN>, <https://www.anthromedics.org/PRA-1037-EN>), ‘Soul and spiritual warmth formation in psycho-oncology’ (<https://www.anthromedics.org/PRA-1033-DE>) or the update ‘Prevention and treatment of acute otitis media in children and adults from the perspective of anthroposophic medicine’ (<https://www.anthromedics.org/PRA-0935-EN>).

The recommendations developed by all Care groups are continuously posted on the specialist portal. The texts produced in 2024 by the ‘Pregnancy, birth and early childhood’ group on the topic of ‘Life Forces. Finding forces that bring life in a world of exhaustion’, following the international congress of the same name held at the Goetheanum, will however be published in book form.

Evaluation and development projects

In the 2025 work year, there will be an increased number of uploads of articles that are currently in the editorial process. Presentations and study results from the research areas of anthroposophic medicine will follow, for which a separate category will be created.

Coordination and contact

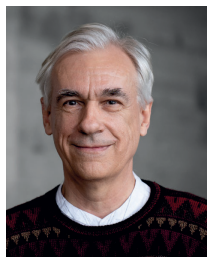
Dagmar Brauer, Anthromedics Managing Editor Dornach,

d.brauer@anthromedics.org

<https://www.anthromedics.org>

3 Pregnancy, birth and early childhood (Care I), Infectious diseases (Care II), Anxiety disorders, depression, trauma-related disorders (Care III), Oncology (Care IV), Palliative medicine (Care V), Geriatric medicine and age culture (Care VI)

IPMT (International Postgraduate Medical Training) – Report 2024



Stefan Langhammer
IPMT Coordination,
Project/Financial Management

We can look back on eight IPMT modules in 2024 which took place on three continents between March and December: in India, Thailand, Taiwan and the Philippines, in the USA and Colombia, as well as in Russia and Slovakia. While in Bangkok this year there was an intensive seminar leading to international certification by the Medical Section with 17 physicians, around 90 people took part in St. Petersburg and Taiwan – in Colombia and Slovakia even as many as about 120. Accordingly, each week had its own unique character.

The work in **Bangkok** thus began with a lecture on autoimmune diseases and allergies in front of 200 people at the local Waldorf school, before the intensive module with Georg Soldner focused on discussing case studies presented by the participants and on the seven life processes (including clinical aspects) and the development of the twelve senses. In the meantime, it has been possible to set up a **department for integrative medicine in a Bangkok hospital**, where Dr Kan-anek Kaewthaweesab, who has been coordinating IPMT work for many years, and his colleagues will be able to treat patients with anthroposophic medicine on an inpatient basis. In **June 2025**, a **pharmacy** is scheduled to open where extemporaneous AM pharmaceuticals will be available.

Marion Debus accompanied two IPMT modules, which were otherwise largely organised by local teams: the Philippine and Indian further training weeks. In Iloilo in the **Philippines**, as in previous years, the focus was on experience-based learning processes that can be directly implemented in the therapeutic practical work of the participants – organised by an experienced, AM-certified team of Filipino physicians. The content provided insights into aspects of immunology, allergies, oncology and spinal disorders. In addition, intensive further training was provided for all participants in external applications and other nursing topics. In an agricultural working group, participants learned how to produce biodynamic compost preparations. The community-building power inherent in such a week was highlighted, which in turn led to the formation of specialist groups that will continue to work on the ideas inspired by the IPMT in greater depth.

As part of the **Indian IPMT**, medical further training was closely linked last year to aspects of anthroposophic nursing and the use of external applications. The programme was multifaceted: in addition to a workshop on anthroposophic psychotherapy and one on art therapy, there were workshops for teachers and farmers, as well as another on public education that dealt with 'anthroposophy in everyday life'. The interprofessional dialogue was considered extremely fruitful and will be continued at the next IPMT, which will focus on palliative care.

Adam Blanning was also actively involved in two IPMT weeks. In his home country, the **USA**, the work in this third year of further training focused

on the seven main metals and the associated planetary processes, which were dealt with from the perspectives of medicine, pharmacy and nursing. A special feature complementing the afternoon's work was that, in addition to reflections on spiritual development, stargazing through a large telescope was offered in the evening.

In **Taiwan**, the fourth IPMT year of the current five-year cycle focused on the I-organisation and warmth, combined with Christological motifs. In the peaceful atmosphere of the beautiful Taiwanese mountain landscape, the question in school medicine of how to help the child incarnate their I in a healthy way was discussed, as well as the liver process from organ formation through forms of disease to therapeutic possibilities offered by anthroposophic medicine. A course on elderly care and therapeutic eurythmy rounded off the afternoon programme. The topics of the evening lectures ranged from the question of what exactly is meant by 'I-organisation' to considerations of the relationship between the I-organisation and the forces of love, conscience and the zodiac. An introduction to anthroposophical work in the School was also the subject of the evening reflections.

The Russian IPMT began a new cycle in 2024 with an interesting new concept: as in previous years, an interprofessional further training week will take place once a year in **St Petersburg** in early August. Participating physicians will also be offered a second week of further training in Moscow in the autumn each year, as well as two extended seminar weekends per year, one as part of the annual meeting of the Russian AM Medical Association and one as part of a medical conference in February each year. This makes it possible for medical participants to obtain certification after just three years, provided that the other requirements of the core curriculum are also met.

In August, Michaela Glöckler from the medical side and Albert Schmidli from the pharmaceutical side initiated the new IPMT cycle with a paper on the fundamentals of anthroposophic medicine and pharmacy. Karin Michael was invited to help organise the Moscow module in October, which focused primarily on paediatric and school medical issues, while Georg Soldner joined Denis Koshechkin in **Kazan** in December to focus on brain diseases and therapeutic treatment options. A promising approach to redesigning and intensifying the work of the IPMT!

As in previous years, Matthias Girke accompanied the work in **Banská Štiavnica / Slovakia**, where the fourth module of the IPMT cycle took place, and the final fifth module in **Tuluá / Colombia**. In Slovakia, the therapeutic significance of warmth was a recurring theme throughout the event, forming the focus of the phenomenological observations and text work in the morning, the workshop topics in the afternoon (includ-



IPMT / Taiwan



IPMT Slovakia



IPMT Philippines

ing speech therapy, biography work and gynaecological questions) and the evening presentations, e.g. on Rudolf Steiner's warmth meditation. The week concluded once again with a lecture, accompanied by a concert (Beethoven's Fantasia for Piano, Op. 77), by Arnim Husemann, who addressed and artistically deepened the struggle of the human I in the human biography.

Here, as previously in the USA, St Petersburg and Colombia, Albert Schmidli captivated participants with vivid experiments on **anthroposophic pharmacy** – his participation in four IPMT weeks in one year has contributed significantly to deepening the anthroposophical pharmaceutical impulse. While in Slovakia the focus was on introductory experiments and observations on the Tria Principia, in Colombia the focus was on antimony compounds and mineral compositions, work that could be fruitfully linked to the medical course on the seven main organs.

What has been achieved through ten years of IPMT work in **Colombia**, coordinated and made possible by Consuelo González in her selfless, quiet and reliable manner, is astonishing: **four anthroposophic therapeutic centres** have now begun work in Colombia, there is a **medicinal product manufacturer in Bogotá** that, in addition to Bryophyllum and various essential oils already in production, wants to implement new ideas for extemporaneous production (e.g. for wound treatment), and medicinal plants are already being cultivated on three **biological farms**.

Also as part of the IPMT in Colombia, with the involvement of Rolf Heine, the **Basic Course in Anthroposophic Nursing** was concluded with nine participants from Chile, Argentina, Peru and Colombia. An advanced course leading to qualification as an Expert in Anthroposophic Nursing is currently being planned. The **music therapy further training course** with eight therapists was successfully completed, and the group of around 35 psychotherapists led by Ad and Henriette Dekkers also brought their work to a satisfactory conclusion with numerous certifications. It is thanks to Luz Myriam Triviño that **art therapy activities** are now widely available in schools, businesses, a psychiatric clinic and for prison inmates.

In addition, a first **specialist branch of the Anthroposophical Society** with 30 members has begun its work. All these activities are coordinated by AD-MAC (Association for the Development of Anthroposophic Medicine in Colombia), an association of practitioners of anthroposophic medicine and therapy. The task now is for us to perceive the transformation process from the 'IPMT phase' to the 'post-IPMT phase', to bear it in our consciousness and to support it where necessary.

Six international medical further training modules are planned for 2025: in Taiwan, the Philippines, India, Slovakia, Russia and the USA. The IPMT will be taking a break in Thailand, but a variety of specialist further training courses will be held (e.g. in Spacial Dynamics®, Bothmer® gymnastics and therapy, rhythmical massage therapy, supportive education and anthroposophic pharmacy). There will also be no IPMT in South America in 2025. Following completion of the second five-year cycle in Colombia, a new IPMT cycle in modified form is scheduled to begin in Peru in 2026 according to current plans.

Our warm thanks go to the local preparation teams, the many helpers, the lecturers, the numerous people responsible for the translations and, of course, our sponsors, whose commitment made the IPMT weeks possible!

Coordination and contact

Stefan Langhammer, stefan.langhammer@medsektion-goetheanum.ch
<https://ipmt.medsektion-goetheanum.org/en>

Conference and event projects

2024 was marked by a number of conferences commemorating anniversaries that we organised.

How do I find the good, how do I develop the courage to heal and the ability to respect destiny in the process? As long as 100 years ago, Rudolf Steiner was set on these questions like a compass. In recognition of this course, which is particularly fundamental and groundbreaking for anthroposophic medicine, the Medical Section celebrated the 100th anniversary of the so-called Course for Young Doctors with a conference from 3–7 January 2024.

From 11–14 January, people from 15 countries gathered for the **24th International Study Days of Arts Therapies**. The conference 'The Heart Awakens' focused on the etheric heart forces in the therapeutic encounter during the first three seven-year periods of life.

At the beginning of March, the **Research Conference** addressed topics such as evidence, relevant developments in anthroposophic medicine (AM), conventional medicine, traditional, complementary and integrative healthcare (TCIH) and research plans for the future.

From 7–9 June, the **Pastoral Medicine Conference** took place, and at the same time the 100th anniversary of the associated *Pastoral Medicine Course* was celebrated. At the conference, participants worked on the first and last lectures of the course, drawing on contributions relating to content and text work.

The **International Specialist Conference on Pregnancy, Birth and Early Childhood** took place from 29 May to 1 June and focused on the topic of life forces. The 'Red Axis' sensory trail and many new interactive elements made these days a special experience! The interdisciplinary nature of this conference was also particularly enriching.

From 6–9 September, the Section hosted a new cycle of **Teach the Teachers (TTT)**, a special meeting to exchange ideas and learn from each other. The focus was on a fundamental question: How can we creatively teach spiritual subjects to students from all disciplines and all parts of the world?

This year's **annual conference**, held from 10–15 September, brought together people from over 40 countries to discuss 'Therapeutic Intuition' in a world of accelerating technological advances and artificial intelligence in medicine. On



François Bonhôte
Conference and Event Projects



Sonja Burger
Conference and Event Projects

the occasion of the 100th anniversary of the Medical Section, participants worked on assessing the current status of AM. In numerous lectures and working groups, they addressed questions such as: 'What do we as anthroposophical physicians, therapists and nurses do in anamnesis, diagnosis and therapy to treat the individual human being in their unique biographical and health situation not simply according to guidelines, but in a way that is appropriate for them as human beings and their development?'

Under the title 'Therapeutic intuition – Source, Word and Deed – Therapeutic tools in the Drama Course', this year's **International Conference on Therapeutic Speech and Drama Therapy** took place in the Schreinerei at the Goetheanum in October 2024. More than 90 people from all over the world attended the conference, which was held in German with English and, for the first time, Spanish translation, and experienced a joyful, inspiring and strengthening time together.

From 26–29 October, **school and kindergarten doctors gathered for their annual conference** entitled 'The therapeutic tools of Waldorf education for children's distress and parents' worries'. On the 100th anniversary of Rudolf Steiner's *Supportive Education Course*, the conference focused particularly on children whose developmental path appears more difficult – whether due to constitutional factors or the many adversities that our world presents to healthy development today.

The format of the **dialogue events** in the Schreinerei, which was introduced in 2023, was also retained in 2024. The Section hosted three information evenings focusing on a specific topic, which was then deepened in discussion groups. As the events, including the subsequent discussion, were streamed online, people from across the German-speaking world were able to participate and engage in dialogue with the Section.

In 2024, mainly in collaboration with Goetheanum TV, numerous lectures from the conferences were streamed live and recorded, enabling many who were unable to attend in person to participate. There were also additional online events that supplemented the in-person conferences.

The webinar series **Grand Rounds**, which aims to familiarise a global audience with aspects of research in the field of AM, reached more than 100 participants in October 2024 with its first edition. This series is set to continue in 2025.

In addition to the events organised by the Medical Section described above, the conference coordination team, acting as sponsor, organised approximately **20 smaller conferences for partner organisations and 30 working meetings** for various specialist areas and initiatives at the Goetheanum.

Coordination and contact

François Bonhôte and Sonja Burger, conferences@medsektion-goetheanum.ch

Reports from the specialist areas of the International Coordination of Anthroposophic Medicine / IKAM

IKAM Office (Platform & Services)

As announced in the last annual report, one of the main priorities in 2024 included the synchronisation of data between the Medical Section's contact database and the address database of our newsletter service Brevo. Following an extended test phase, the synchronisation of the two systems went live in summer 2024. Thanks to automatic data synchronisation and the associated elimination of duplicate data maintenance, we have been able to noticeably reduce the workload involved in our Section mailings and also achieve significant cost savings. In 2024, the volume of emails sent was just under 300,000, and the trend is rising.

A second focus last year was the preparatory work for the relocation of the seven department websites, the special websites such as IPMT, the Anthroposophic Medicine Support Foundation (managed by Stefan Langhammer) and the website of the Medical Section (managed by Sonja Burger). The majority of these websites will migrate to the Goetheanum's content management system (CRAFT). To this end, the structures, layouts and content were reviewed, rethought and reformulated.

This leads directly to the preview for 2025. Starting with art therapies, all areas will gradually find their way onto the Goetheanum's cross-section platform. The migration of all departmental websites should be completed by the middle of the year.

As a further focus for 2025, discussions are underway regarding the integration of the working group of the Research Advisory Council for Anthroposophic Medicine, led by Prof Erik Baars, into the existing community platform of the Medical Section. The aim of this project is to develop and integrate a global research database on anthroposophic medicine, fed by a large group of international and interdisciplinary contributors. Lastly, we will look at the extent to which the topic of artificial intelligence can help us to better tap into the diverse and extensive sources of information of the Medical Section and make our work processes more efficient.

Coordination and contact

Mathias Hofmann, mathias.hofmann@medsektion-goetheanum.ch



Mathias Hofmann
IKAM Office /
Project Management



International Federation of Anthroposophic Medical Associations (IVAA)



Tido von Schoen-Angerer
President of the IVAA



Thomas Breitzkreuz
Vice President of the IVAA

Amendments to the EU medicinal products directive pose a risk to anthroposophical medicinal products

The European Union is revising Directive 2001/83/EC, the 'European law' on the regulation of medicinal products. This is a co-decision procedure, which means that the Council of the European Union and the European Parliament must negotiate on the basis of the proposal submitted by the European Commission. So far, anthroposophic medicinal products (AMP) were mentioned in the preamble and there was a special regulation for homeopathic medicines (which also covers many AMP). The European Parliament's position is that homeopathic products should no longer be defined as medically effective. Intensive lobbying by the IVAA, EUROCAM and manufacturers minimised the damage caused by two Social Democratic MEPs who called for the complete removal of homeopathic medicines from the directive. This situation poses a very serious threat to the future of AMP in the EU. While AMP currently enjoy a separate and indeed better legal status in Germany, this arrangement is also under threat in the medium term.

The TCIH Coalition

In 2022, the IVAA, together with important organisations in traditional, complementary and integrative healthcare (TCIH), launched the TCIH Declaration, which was signed by over 300 organisations from around the world. In 2024, based on its successes in advocacy in 2023, the network decided to join together to form a formal organisation, the TCIH Coalition. A strategy with priorities in four areas and a constitution were developed, a board was elected, and the organisation was registered in the canton of Geneva, Switzerland, as a non-profit organisation.

The IVAA continues to provide the secretariat for the TCIH Coalition with Janka Szóke as coordinator and Dana Berinde as communications manager. Tido von Schoen-Angerer was elected president of the TCIH Coalition. The continued leadership of the IVAA within the organisation provides a pathway for high-level advocacy and visibility for anthroposophic medicine in the field of TCIH and beyond.

The new WHO strategy for traditional, complementary and integrative medicine

In 2024, the WHO published a new draft strategy for traditional medicine covering the period 2025–2034. The WHO conducted a public debate and regional consultations around the world. The IVAA made extensive contributions to the draft strategy via the TCIH Coalition and EUROCAM. In addition,

the IVAA was part of a EUROCAM delegation to the WHO Regional Committee for Europe, the annual meeting of all European health ministries, where we spoke with delegates from many countries and urged them to support the draft strategy that is due for decision in 2025. The new WHO strategy contains strategic and ambitious goals that will be very helpful for the future of anthroposophic medicine.

EUROCAM

EUROCAM, the European umbrella organisation for complementary medicine, has undergone a complex leadership change following the stepping down of its long-standing general secretary, Ton Nicolai. Elisa Baldini, general secretary of the IVAA, also took over as chair of the EUROCAM executive committee in April 2024. This is a good investment of her time, because many of the issues that are important for the IVAA are easier to push through when they come from a broader coalition than from the IVAA alone. The IVAA was therefore closely involved in several EUROCAM activities:

- Organisation of a round table discussion on integrative oncology and hosting of the One Health webinar 'Promising research horizons: the contribution of TCIH to combating antibiotic resistance in Europe' with international experts, including the European Centre for Disease Prevention and Control.
- Drafting of the EUROCAM manifestos on research into anthroposophic medicine, cancer and mental health, shaping of the advocacy strategy and statements by EUROCAM.
- Contacting members of the European Parliament and EU officials after the EU elections.
- Leading a delegation to the WHO Regional Committee in Copenhagen.
- Lobbying on the EU's pharmaceutical strategy.
- Organisation of a session at the European Congress for Integrative Medicine in Madrid and at the International Congress for Integrative Medicine in Portugal.
- Conducting a training course on capacity building in advocacy and communication with six online sessions for EUROCAM members.

IVAA internal developments

At the 2024 general meeting, Thomas Breitzkreuz did not stand for re-election as president, but was confirmed as a member of the board, now in the role of vice president. Tido von Schoen-Angerer was elected as the new IVAA president.

Dana Berinde joined the IVAA team as senior communications expert and took over and restructured the IVAA's communications activities. Lina Lasithiotaki started as a part-time financial assistant to reduce the expensive work of the accounting firm in Switzerland (she had already worked with the IVAA in the past).

In a time-consuming administrative changeover, staff contracts were converted to a Belgian payroll system.

Coordination and contact

Tido von Schoen-Angerer MD, MPH,

tido.von.schoenangerer@medsektion-ikam.org

Dr med Thomas Breitreuz, thomas.breitreuz@medsektion-ikam.org

www.ivaa.info

International Research Coordination / Research Council



Erik Baars
International Coordination of
Research Council

What were the challenges of the past year?

In 2024, based on the research agenda developed in 2023, we began designing and discussing the Anthroposophic Medicine Research Council (AM RC) newsletter and a database for AM research (ongoing projects, researchers, publications, etc.) during the AM RC meetings. A connection was established with the new Grand Rounds online format to provide scientific input.

What special events shaped the work in the field of the Coordination?

From 8–10 March 2024, the annual AM Research Congress ‘Scientific Position and Future of AM Therapies’ took place, focusing on the following key questions:

- Where do we stand?
- What are the barriers and opportunities for the further development and implementation of AM therapies and for AM therapy research?
- How do we connect to current developments?
- What must and can we do in the next 10 years?

With external keynote speakers, numerous international contributions and lively discussions among AM researchers, it was a successful conference. This was followed by preparations for the organisation of the AM Research Congress 2025 on the topic of ‘The role and importance of warmth and thermoregulation in somatic and mental health: status, updates and open questions’.

What plans and projects are planned for the coming period?

Plans for 2025 include the research congress, the launch of the AM RC newsletter, the database and a discussion on the necessity and pros and cons of an international society for the study of anthroposophic medicine. We will work

with international AM therapy associations to develop international research agendas. The AM RC will meet four times. The AM Research Congress 2026 is being prepared.

Coordination and contact

Prof Erik Baars MD, MSc in Epidemiology, PhD

erik.baars@medsektion-ikam.org

International Coordination of Anthroposophic Physician Training

In 2024, work focused on two main activities.

Firstly, two conferences were planned and prepared during the year, which were held in the run-up to the international annual conference of the Medical Section: the first was the interprofessional conference Teach the Teachers, which took place for the second time in a new format on the topic: ‘How can we bring an understanding of karma to today’s new learners?’ The conference was prepared over the course of the year by a wonderful team of eleven people from nine countries and focused on questions such as the laws of karma, different perspectives and aspects from different continents and cultures, community building, future karma and the interactive implementation of teaching examples. The group of participants succeeded in a special way in learning together, exchanging ideas and taking away ideas for teaching activities in their various professions.

The second conference was the International Medical Trainers’ Conference, which brought together representatives of medical training programmes from twelve countries to discuss current issues and organisational matters. The balancing act between further developing the content of the training programmes in a meaningful and authentic way that communicates anthroposophic medicine, and the necessary regulatory, organisational and financial possibilities, is and remains a challenge. Topics such as accreditation and re-accreditation, opportunities and challenges of interprofessional training and further training, a review of 24 years of IPMT work and perspectives for future training models were discussed.

The other activities over the course of the year included working on issues relating to interdisciplinary further training programmes for auditors and re-designing further training models, including further training in eurythmy therapy for physicians. These experiences in 2024 clearly demonstrated to me the need for interdisciplinary cooperation in training matters and the formation of meaningful networks and platforms for exchange in this regard.

I am greatly looking forward to the work of planning the upcoming Teach the Teachers Conference and Trainers’ Conference, which are scheduled to take place at the ‘usual’ time in Dornach in September 2025.



Judit Kedves
International Coordination of
Anthroposophic Medical Training



Participants at the trainers' conference

Particular challenges are emerging for 2025 and probably for the years to come in the form of declining enrolment numbers in many medical training programmes. The reasons for this are certainly manifold, but the question needs to be addressed as to how we can perceive and address the issues and needs of our time in the context of training. My concern is to support networking, meaningful interprofessional cooperation and reciprocal learning, also in terms of further developing our teaching activities, to the best of my abilities.

I think with gratitude of the many colleagues worldwide and of their powerful, enthusiastic and sustained work, which enables people to get to know anthroposophic medicine!

Coordination and contact

Judit Kedves, judit.kedves@medsektion-ikam.org



International Coordination of Young Impulses in Anthroposophic Medicine (YIAM)



Matthew Mirkin
International Coordination of
Young Impulses in Anthroposophic
Medicine

A year ago, we organised the conference 'How do I find the good?' to mark the 100th anniversary of the so-called Course for Young Doctors. This took energy and time and exhausted some of us quite a bit, who subsequently needed a little 'break'. However, we met again in spring 2024 at the Dottenfelderhof, where we reflected on the conference and thought about the priorities we wanted to set for the future. The conference itself was remembered by most of us as intensive and spiritually very enriching, although many also felt that it had taken place behind a certain veil and that we were not fully able to grasp the significance of the event at that time. As young people, we can have great determination and enthusiasm to create and organise things, but we may only fully realise the significance of what we have done later in life, or even after we die.

One of the initiatives that emerged from this spring conference was the organisation of bi-monthly Open Zooms to explore the various therapeutic approaches of anthroposophic medicine. So far, we have had contributions about the karma of various professions, speech therapy, art therapy and rhythmical massage therapy. Although these were very special lectures, unfortunately not that many people attended these events, as we had hoped to use these meetings as a welcome platform for new members. There are no clear plans as yet to continue these events in the new year, but we'll see!

A few months later, in September, we met again in parallel with the class conference. This meeting included a day trip with a guided tour to Colmar, France, to see the Isenheim Altarpiece. We did eurythmy based on the Foundation Stone Meditation and studied the lecture 'How do I find Christ?'. The idea of organising another conference was also considered. However, as there was no 'enthusiasm' for any particular topic, no such conference objective was set. Fortunately, these conversations helped us to recognise the significance of the Michael gesture of YIAM.

These personal meetings will continue in 2025, and we look forward to entering this new relaxed phase after four years of intensive preparation and subsequent reflection. We also look forward to seeing what this new chapter holds for YIAM and the developments that will result from it. In addition to our personal meetings, another aspect that has remained stable is our joint study of lectures. We have decided to switch from the so-called Course for Young Doctors to the *Pastoral Medicine Course*, as we believe that this is related and deepens and develops similar topics in a comparable esoteric atmosphere. We read the text in smaller groups that meet every one to two weeks, and then come together once a month in a larger group to summarise and discuss our questions. Every other month, we invite a guest with greater experience to discuss our questions with us.

Some of us are also involved in planning a workshop for the next annual conference that will focus on AI care technology. This workshop will be about sharing experiences with this technology, trying to understand the spiritual beings associated with it, and therapeutic measures that support the etheric.

Lastly, like anything organised by young people, YIAM is constantly changing, and people's ability to get involved varies depending on their time, interests and other commitments, so we are currently in a quieter period. Many of us wonder how we can balance our personal lives and increasing occupational commitments as working adults with our desire to work with other young people in anthroposophic medicine. At the same time, they are still of the opinion that YIAM is important and hope that we will find new energy and inspiration to continue our work in the coming time!

Coordination and contact

Matthew Mirkin, matthew.mirkin@medsektion-ikam.org

Tania Prince, tania.prince@medsektion-ikam.org

www.yiam.world



Tania Prince
International Coordination of
Young Impulses in Anthroposophic
Medicine

International Coordination of Anthroposophic Medicines (IMKA)

The International Coordination of Anthroposophic Medicines/IMKA is a coordinating body within the Medical Section at the Goetheanum. It has the task of taking up questions and problems in connection with supplying pa-



Andreas Arendt
International Coordination of
Anthroposophic Medicines (IMKA)

tients with anthroposophic pharmaceuticals on an international level and raising them with the manufacturers. This task also includes questions relating to the product range.

The IMKA committee currently consists of coordinator Andreas Arendt (Switzerland), permanent members Astrid Sterner (Germany), Simone Hoffmann (Germany) and Henrik Szóke (Hungary), as well as the heads of the Medical Section, Marion Debus and Karin Michael. Laura Borghi stepped down from IMKA in September 2024 after many years of service. Andreas Arendt will be leaving IMKA at Easter 2025.

The restructuring of IMKA was discussed during the annual retreat. The aim of this is to make optimum use of the human resources available in the future.

In 2024, the Coordination held several meetings and discussions with the pharmaceutical manufacturers WALA, Weleda and Iscadur AG. Questions regarding the development of the range of medicines, logistics and research were discussed.

Despite efforts to maintain a stable range of medicines in the coming years, the question was raised as to which range of medicines should be available to the younger generation in the future. In addition to the basic range of industrially manufactured and registered medicines, it is important to also build up a range of extemporaneous medicinal products. This is particularly important for countries where industrial medicines are not available or are very difficult to obtain. In this regard, IMKA works closely with the IVAA.

The fifth edition of the *Vademecum Anthroposophische Arzneimittel* was published in November 2024. The two-volume work is now available in book form and at the same time as a user-friendly web application. These provide access to the largest collection of literature on anthroposophical medicinal products.

Coordination and contact

Dr med Andreas Arendt, andreas.arendt@medsektion-ikam.org
www.vaoas.ch



International Coordination of Anthroposophic Pharmacy (IAAP)

What challenges did you face in 2024?

2024 was a year of transition for the IAAP board and the Medical Section at the Goetheanum. With the new leadership of the Medical Section, Dr med Karin Michael, Dr med Marion Debus and Adam Blanning MD, we began our IKAM work in September 2023.

Marek Roszkiewicz has joined the IAAP board. His knowledge as a physician is very helpful. Christian Birringer took on the role of treasurer, and we

held an extraordinary meeting on 26 June to change the name of the association from 'Verein für anthroposophische Apotheker' (Association of Anthroposophic Pharmacists) to 'Verein für anthroposophische Pharmazie' (Association of Anthroposophic Pharmacy). The new name is: 'International Association of Anthroposophic Pharmacy'. This enables us to accept pharmacists and other colleagues working in the pharmaceutical sector as members who belong to a national medical association.

What special events shaped the work in the Coordination field?

As it does every year, the IAAP organised the pharmaceutical working group event in January and continued work on its effectiveness and communication with patients. We also included allopathic medicines that we analysed using the anthroposophic understanding of how they work.

The IAAP co-organised the specialist conference on medicine and pharmacy for the Medical Section's annual conference in September. Annette Greco from the IAAP made it possible for all manufacturers of Viscum medicines to present their manufacturing methods, and Marion Debus coordinated the exchange of experiences between physicians.

The IAAP organised a separate meeting with its members to exchange news from the various countries. We had a good exchange of views with New Zealand, Austria, Australia, Germany and Switzerland.

What news is there to report?

In May 2024, a new edition 5.1 of the Anthroposophic Pharmaceutical Codex (APC) was published. It is available at www.iaap-pharma.org/apc/. The APC Committee has made every effort to include in the new edition an analytical monograph for all Viscum production processes included in the APC. The new edition also includes new monographs for galenic forms that enable the manufacture of gels and ointments. Updating all the appendices was also a major task.

The second very important project is the translation of the book *Anthroposophic Pharmacy* into Spanish. After lengthy preparation and selection of chapters, translation and lecturing work began last year. The project is well on schedule and the new book is due to be published in early 2026.

What plans and projects are on the agenda for the near future?

In 2025, the IAAP aims to complete the translation of the book *Anthroposophic Pharmacy* into Spanish.

It is also very important to keep the APC up to date, including additional monographs for new galenic forms. In addition, we want to link the substances to references in the literature that can provide evidence of long-term use in anthroposophic medicine.

The worldwide training of pharmacists is to be continued in order to enable



Mónica Mennet-von Eiff
International Coordination of
Anthroposophic Pharmacists (IAAP)



Annette Greco
Deputy Coordinator, International
Coordination of Anthroposophic
Pharmacists (IAAP)

them to produce a basic supply of medicines if these are not available in individual countries.

An important challenge will be the training of new teaching staff in the regions.

Finally, we plan to continue our pharmaceutical working group in January and to support the organisation of the specialist conference as part of the annual medical conference in September 2025.

Coordination and contact

Dr Mónica Mennet-von Eiff, monica.mennet-von.eiff@medsektion-ikam.org
www.iaap-pharma.org

Deputy: Annette Greco, annette.greco@medsektion-ikam.org



International Coordination of Eurythmy Therapy

As Team International Coordination of Eurythmy Therapy, we can look back on an eventful year. We met online almost every week and also in person for a retreat in Prague in the summer to coordinate and develop issues. The Coordination team changed in September 2024: Ingrid Hermansen (London) is back, and Skeydrit Bähr (USA) departed after six months.

Challenges 2024

The transition phase in the Coordination team was a challenge for Hana and Katharina, as they had to accomplish many tasks with just the two of them.

Getting colleagues enthusiastic about collaborating on a Vademecum took and continues to take perseverance.

In addition, supporting the training programmes and initiatives with regard to quality assurance and contemporary relevance was time-consuming.

What has been occupying us

- Accreditation or re-accreditation of training courses and training initiatives.
- New training initiatives are being set up.
- Joint international Easter conference with the Section for the Performing Arts.
- Confirmation of a new format for the trainers' conference: it will last one day longer, contain significantly more practical work, and promote mutual awareness of the training courses and dialogue between colleagues. Mentors and guests are welcome to attend.
- The 'Eurythmy therapy further training' format with certification by the Medical Section could be established (publication in *Mercurstab* 2/24). The

first further training course began in March in gynaecology. Intensive work is being undertaken on the format for 'Further training in eurythmy therapy for physicians'. The aim is to create a new concept that can be used internationally.

- The specialist conference in September was attended by 90 colleagues from all over the world. It is becoming increasingly established and is also attracting interest from other professional groups. An international working group has been formed to prepare the specialist conferences.
- IFAT membership has led to a wonderful collaboration with the coordinations for art and body therapy. IFAT has stepped up its activities in recent years and is becoming more visible overall. This marks a new chapter for the AnthroMed® label, which will now be used more widely as a quality certificate for eurythmy therapy. We will learn more about this in the AnthroMed® webinars in 2025.
- We have compiled an international list of physicians who are willing to support eurythmists in terms of content through online exchange in countries with a shortage of physicians.
- The Vademecum has been available online since March 2024. Twenty-six documents have already been put online in two languages; 20 further documents are currently undergoing review. Alongside the treatment sheets, there are case studies for many illnesses and symptoms. The collection is thus expanding. An article on this has been published in *Mercurstab* (DOI: [10.14271/DMS-21718-DE](https://doi.org/10.14271/DMS-21718-DE)). Three webinars on writing treatment sheets have already taken place. During the specialist conference, we were able to inspire many colleagues to take up this work, and numerous new cases and treatment sheets have been produced. Our website serves as a platform for exchange between colleagues. In order for the foundations to continue supporting our project, we ask for your contributions, because only if we all work together on this can the diversity and success of eurythmy therapy be presented.
- There was an enquiry regarding possible post-qualification for participants in the course on the art of eurythmy therapy as developed by Gerhard Weber. We organised a minuted retreat to discuss who might be interested, but there was no further interest from Weber graduates in pursuing this in more depth.

Latest news

The Online Vademecum of Eurythmy Therapy project was presented at the conference. It is mentioned at every opportunity in various forums. The team responsible has found a good way of working. The processes had to be well structured; a new feature is the option to submit case studies. This is actively used by some colleagues. You can share your experiences here: the forms can be found on the Vademecum website <https://eurythmytherapy-medsektion.net/vademecum>.



Hana Adamcová
International Coordination of
Eurythmy Therapy



Katharina Gerlach
Co-Coordination of Eurythmy
Therapy



Ingrid Hermansen
Co-Coordination of Eurythmy
Therapy since September 2024

Plans and projects 2025

- There will again be a specialist eurythmy therapy conference in 2025, which will take place in advance of the annual conference in September. The initial plans for this have already been finalised.
- The Vademecum project will be further developed: more colleagues internationally are to be encouraged to record their treatment experiences and make them available on the platform. Further webinars are planned.
- The further development of the quality, dissemination and recognition of the AnthroMed® label is important to us; this activity is being pursued more intensively by IFAT.
- Further training for physicians in eurythmy therapy is to be put on a modern footing, always in connection with the Medical Section: the aim is also to obtain international certification for such further training courses.
- The following documents will be reviewed and updated: occupational profile, accreditation manual, IHEAK working methods, framework curriculum.

Our motto for the work in the coming year is:

When you share, you are never again alone in the world!

Coordination and contact

Hana Adamcová MA, hana.adamcova@medsektion-ikam.org

www.eurythmytherapy-medsektion.net

Co-Coordination: Dr rer medic Katharina Gerlach MA,

katharina.gerlach@medsektion-ikam.org

Ingrid Hermansen, ingrid.hermansen@medsektion-ikam.org



International Coordination of Anthroposophic Body Therapy (IAABT)

What were the challenges in 2024?

One challenge runs through the entire work of the Coordination: correctly assessing the requests and needs of individual therapists from all over the world and placing them in their country-specific context. Particularly with regard to individual certifications, many clarifying conversations are often necessary.

The search for a successor for the Co-Coordination was another challenge. Preparing a profile that would lead to a job advertisement was not easy, as many skills are required for this task.

What special events have shaped the work in the Coordination field?

Planning and carrying out the yurt activities during the international annual conference was a major undertaking. Such a project intensifies the cooperation between representatives of different methods. Once there, it is then a pleasure to carry the activities together with so many different therapists in the cold and rain, even when the power fails and rain runs under the treatment tables.

The establishment of an office for the IKAM accreditation officers within the IAABT was the next step in professionally organising and processing the accreditation processes. The accreditations carried out using the new digital procedure still required close support from the Coordination. This will continue to be the case next year.

What news is there to report from the specialist area?

A successor for Gudrun Rehberg has been found. Cindy Verheul has been enthusiastically working her way into the Coordination work since the end of September. She is a wonderful addition to our small team, bringing youthful freshness coupled with a deep understanding of anthroposophy.

A research project to prove the effectiveness of BT was initiated, questionnaires have been developed, so that the next steps will be taken in 2025.

What plans and projects are pending for the coming period?

The above-mentioned research project, in collaboration with Nicole Werts and Erik Baars, will be continued.

A specialist conference on body therapy is being prepared for the 2025 annual conference. The seven units available are being prepared and carried out in accordance with the principle of the seven life processes. We also want to explore the etheric forces and make them visible in the use of the different methods.

The procedure for individual certification as an anthroposophic body therapist will be adapted to future requirements.

Coordination and contact

Elma Pressel, elma.pressel@medsektion-ikam.org

Co-coordination: Gudrun Rehberg, gudrun.rehberg@medsektion-ikam.org

Cindy Verheul, cindy.verheul@medsektion-ikam.org

www.iaabt-medsektion.net



Elma Pressel
International Coordination of
Anthroposophic Body Therapy
(IAABT)



Gudrun Rehberg
Co-coordination of Anthroposophic
Body Therapy (IAABT) until the end
of 2024



Cindy Verheul
Co-coordination of Anthroposophic
Body Therapy (IAABT) since
September 2024



International Coordination of Anthroposophic Arts Therapies (ICAAT)



Linda Teipen, Esther Böttcher, Laura Piffaretti

International Coordinations of Painting and Modelling, Therapeutic Speech, Overall Coordination of Anthroposophic Arts Therapies and Music Therapy

The ICAAT (International Coordination of Art Therapies – Painting & Modelling, Music & Singing, Speech & Drama) has completed a busy year!

What were the challenges in 2024?

- The atS symposium entitled ‘Therapeutic intuition – Source, Word and Deed – Therapeutic tools in the Drama Course’ took place in October 2024 as the international specialist conference on therapeutic speech and drama therapy. For the first time, the conference was held in German, English and Spanish, which enabled many new and young colleagues from Spanish-speaking countries to find their way to the Goetheanum. In addition, the preparatory team faced the challenge of breathing into the

conference a new gesture of togetherness and a stronger practical relevance, which, according to much positive feedback, we succeeded in doing in a touching and groundbreaking way.

- The new concept for the International Study Days for Anthroposophic Art Therapies: In January 2024, the preparatory group – composed of representatives from all specialist areas – started a four-year cycle on the therapeutic significance of the etheric heart and its influences in the different seven-year periods of human life. Lectures, patient case studies presented in tandem (therapist/physician) and a variety of working groups, as well as the concluding breakfast, appear to be well-suited to the times and have been very well received. The financing of translations, not only into English but also into Italian and French, remains a challenge.
- Online conference 2024: This provided space for further exploration and research into the topics raised in Dornach in January 2024. We largely undertook the translations ourselves in order to minimise costs.

What special events have shaped the work in the coordination field?

- New flyers: With immediate effect, ICAAT has new flyers in postcard format – colourful and fresh; such as we understand our work, wishing to be visible and in the public consciousness.
- Guidance: The guidance for prescribers of art therapies has been supplemented with additional diagnoses and published in booklet form and online. Thanks to many donations and the support of the anthroposophical medical association in Italy and the Anthroposophic Health Association in

the USA, a translation into Italian and English has been made possible.

- Networks: New contacts were established and maintained, which will hopefully remain connected to the ICAAT network in the future, including in the USA, Spain, New Zealand and South Africa.
- In addition, with the help of the Ifaam team (Initiative for Training in Anthroposophic Medicine), we were able to expand financial support for students in basic training in all disciplines.
- Networking on our Instagram channel has been further expanded. Here insights, events and inspiration from around the world can be found.

What news is there to report from the specialist area?

- Specialist books: At the beginning of 2024, the specialist book on therapeutic speech *Therapeutische Sprachgestaltung* was published by Salumed Verlag. The team of authors Dietrich von Bonin, Franziska Schmidt-von Nell, Esther Böttcher and Jan-Gabriel Niedermeier describe the basics, indications and implementation, as well as over 100 exercises with videos that can be accessed directly via QR codes.
- Salumed Verlag also published the specialist book *Plastisch-Therapeutisches Gestalten* by the team of authors Markus Sommer, Anne Sommer-Solheim and Karl-Hermann Lieberknecht, as well as the specialist book *Anthroposophische Maltherapie* edited by Dagmar Brauer and Matthias Girke, with contributions from 35 additional authors. Both books describe the fundamentals as well as providing a wide range of practical examples.
- Training worldwide: In 2024, iARTE was able to re-accredit its music therapy further training programme in Japan.
- In Germany, a study programme in anthroposophic music therapy finally began in autumn 2024 at the Alanus University of Arts and Social Sciences in Alfter. This is currently undergoing the accreditation process.

What plans and projects are pending for the coming period?

- Research: In the area of research, ICAAT needs support primarily in the form of mentoring for colleagues who wish to conduct research or participate in a research project, as well as for the creation of a database to provide access to many theses and case studies from the training programmes.
- Networking and establishing contact with art therapy graduates: We would like to try to attend graduation ceremonies and inform future colleagues about ICAAT. Many receive the certificate from the Medical Section/iARTE.
- Connecting art therapies with the environment: In the ‘People & Medicine’ thematic area, the aspect of the environment is becoming increasingly relevant. We want to explore the question of whether and how art therapies could represent an important aspect in harmony with nature – or even for nature.
- We also hope to be able to provide support for the establishment of a new training programme in therapeutic speech in German-speaking countries.

Patient meditation

I feel in my head
Warm power of love
I feel in my heart
Luminous power of thought,
The warm power of love
Unites with the luminous power of thought
From this grow strong
My hands
For good human endeavour.
I feel myself.

Rudolf Steiner
(Given on 26 November 1923 for Irene Althea Bergsma.
In: Peter Selg, Patientenmeditationen von R Steiner, Arlesheim 2019)

Coordination and contact

Overall coordination: Laura Piffaretti, laura.piffaretti@medsektion-ikam.org
Painting and modelling: Linda Teipen, linda.teipen@medsektion-ikam.org
Music therapy: Laura Piffaretti, laura.piffaretti@medsektion-ikam.org
Therapeutic speech: Esther Böttcher, esther.boettcher@medsektion-ikam.org



International Federation of Anthroposophic Therapies (IFAT)



From left to right, back row: Herbert Langmair, Eurythmy Therapy, Dieter Bigler, Body Therapies, Laura Piffaretti, Arts Therapies; front row: Hana Adamcová, Eurythmy Therapy, Elisabeth Körber, Arts Therapies, Elma Pressel, Body Therapies.
IFAT Board

IFAT is the global federation of professional associations in the fields of eurythmy therapy, art therapies and body therapies.

IFAT is a shareholder in AnthroMed® and a member of EUROCAM and ANME, as well as a signatory to the TCIH Declaration.

The board consists of three IKAM representatives, Laura Piffaretti (art therapies), Hana Adamcová (eurythmy therapy) and Elma Pressel (body therapies), supported by Elisabeth Körber (art therapy), Herbert Langmair (eurythmy therapy) and Dieter Bigler (body therapy).

Main tasks of IFAT in 2024

- Stabilisation of the association's structures and the admission of new member associations.

We are pleased to report continued growth in our federation.

- Exchange of views on the general political orientation of IFAT – discussions were held on this topic with our own members as well as with representatives of ANME and TCIH.

Current status

- Thirty members and five associate members;
- New members: Eurythmy Therapy Australia/New Zealand and Rhythmic Massage Therapy Germany;
- Challenges: We are still looking for delegates for our EUROCAM and ANME memberships, as no one on the board is able to take on the tasks pending there. A profile for this task has been drawn up.

AnthroMed®

The tasks are to stabilise and further develop AnthroMed® for the use of the label in the therapeutic sphere in the professional fields of eurythmy therapy, art therapies and body therapies.

This includes, among other things, the 'Working paper on understanding the therapeutic community in AnthroMed®' and the urgently needed AnthroMed® online presence on the IFAT website with current lists of AnthroMed® users from the relevant professional fields: <https://ifat-medsektion.net/anthromed>.

In addition, Laura Piffaretti is taking on executive responsibilities for the therapeutic area within AnthroMed®.

Users of AnthroMed® show / publicise:

- I am affiliated with this professional association (continuing training requirement);
- I am interested in my development in anthroposophic medicine and
- I communicate regularly with other therapists (AnthroMed® community).

Further information:

<https://ifat-medsektion.net/>

International Coordination of Anthroposophic Psychotherapy (AP)

When one person dreams alone, it is a dream. When many people dream together, it is the beginning of a new reality.

Dom Helder Camara



Hartmut Horn
International Coordination of
Anthroposophic Psychotherapy
(AP)

What were the challenges in 2024?

In the European countries, the number of course participants is declining. All national associations offer courses, further training and conferences and try to find new approaches to spark the interest of younger generations of colleagues working in clinical practice. A course in Hungary, run with the help of an international team of colleagues, is proving successful and expects 20 therapists to qualify for certification. In most European countries, there is high public demand for anthroposophic psychotherapists, but there are far too few professionals in this occupation.

In North and South America and in Asia/India, on the other hand, enthusiasm is high, with colleagues strongly committed to training and conferences; they are establishing links between anthroposophic psychotherapy (AP) and medicine, the anthroposophical societies, with other professions such as education, and an interested public. Overall, AP is growing very dynamically here.



Giovanna Bettini
International Coordination of
Anthroposophic Psychotherapy
(AP)

What has been occupying us

The IFAPA board, consisting of 15 members, meets regularly once a month to gain an overview of social and psychological developments in the various countries in line with contemporary phenomena, to discuss development processes in the countries, to accompany and promote the numerous courses in the countries, and to provide support in maintaining quality criteria. In addition, plans are being made for the biennial Train the Trainers courses at Emerson College (UK) and the annual specialist conference as part of the international annual conference of the Medical Section.

In 2024, a document setting out quality criteria for the accreditation of courses was adopted, and we contributed to the Care III work with a steadily growing number of publications.

As an umbrella organisation for psychotherapists working worldwide, we strive to promote understanding of the lost sense of the threats to psychological development posed by contemporary phenomena. In 'old Europe' and 'Western-oriented cultures' in particular, standardised examination techniques and one-sided treatment strategies largely dominate psychotherapeutic approaches and prevent an understanding of individual and societal causal relationships. How could AP contribute to a deeper understanding of the individual human being in relation to their development and their environmental relationships? And how can the individual causes of diseases be identified, opening up new avenues for healing beyond test practices and classification

into strict categories based on medicinal options? And how can we spark interest in AP, at least among experts, in taking up training courses for a more humane form of psychotherapy? What works well in America and Asia must be promoted further in Europe.

What are the plans for 2025?

- International 'Train the Trainers' week at Emerson College in June;
- Specialist conference in September;
- Numerous courses in various countries (detailed information in 15 national reports, which can be requested from the coordinators);
- Contribution to international visibility through publication in Anthromedics; colleagues with psychological expertise will potentially join other Care areas.

Coordination and contact

Dr med Hartmut Horn, hartmut.horn@medsektion-ikam.org

Dr Giovanna Bettini, giovanna.bettini@medsektion-ikam.org

International Coordination of Anthroposophic Midwives

In 2024, the small and still young group of midwives continued their work. In January, warm thanks were extended to Merja Riijärvi – who, with tireless dedication, had initiated the midwives' network six years ago and coordinated it until 2023 – as she stepped down from her coordinating role. As a newcomer, this year was therefore a period of orientation for me in the work of IKAM.

The Association for Anthroposophic Midwives (VfaH) successfully continued its ongoing further training course. In order to achieve certification in accordance with the WHO benchmarks, the content of this training course has been extended and refocused and, with its new concept, now has a focus on rhythmical Einreibung using techniques modified by Anette Beisswenger specifically for pregnant women and newborn babies. A first course for this purpose has already been successfully completed with participants from the current further training programme. In this way, the further training course is now accompanying the first group of predominantly experienced midwives towards certification in accordance with WHO benchmarks.

In several webinars organised by the VfaH, German-speaking midwives were able to explore midwifery-specific topics in greater depth from an anthroposophical perspective. Ten years after the VfaH was founded, there were also some changes to the association's board during the year.

At the same time, work continued on a further training concept based primarily on distance learning and with an international focus. This utilises and integrates existing programmes such as the Foundation Studies at the Arlesheim Academy and pre-recorded lectures in order to conserve human re-



Johanna Hünig
International Coordination of
Anthroposophic Midwives

sources, improve cooperation with the many different existing initiatives and institutions in the spirit of mutual support, avoid parallel structures and thus make further training specific to midwives, feasible and accessible worldwide. The first midwives are already participating in the Foundation Studies and will ideally be able to take advantage of the midwifery-specific modules of this programme starting in spring 2026.

Several international webinars took place, although bringing together midwives scattered around the world on a specific date remains a challenge. We hope to be able to better meet the requirements for communication, implementation and simultaneous translation of these webinars in the future, including by means of a website.

Looking back on 2024, I would like to thank all the children who began their earthly lives this year, their mothers who embraced the challenges of childbirth, and all the midwives who accompanied them across the threshold of birth worldwide. At the same time, I would like to send all of them courage on their journey into 2025.

Coordination and contact:

Johanna Hünig, Midwifery MSc, johanna.huenig@medsektion-ikam.org

International Coordination of Anthroposophic Naturopathy (ISAN)

Goals for 2024

The International Society of Anthroposophic Naturopathy (ISAN) is a research society operating under Swiss association law that represents anthroposophic naturopathy both within the General Anthroposophical Society as a 'group working in a specific field' and in the Medical Section at the Goetheanum and in IKAM. Membership in the General Anthroposophical Society is mandatory for members of ISAN. In 2024, ISAN had significant goals, particularly with regard to qualifications in anthroposophic naturopathy. This includes clarification of the qualifications required for this healing method, which represents a valuable addition to general naturopathy. The foundations of anthroposophic naturopathy are based on the spiritual scientific practices and insights of anthroposophy, which require a deeper examination and integration of these research methods and working methods into existing naturopathic procedures and methods.

Special events

A central aspect of the objectives of anthroposophic naturopathy is to ensure a sound training that places high demands on prospective therapists. In order to

improve the quality of training, the 'International Core Curriculum for Further Education and Advanced Training in Anthroposophic Naturopathy' was developed.

It offers a comprehensive further education and advanced training framework that enables members to familiarise themselves with the principles of anthroposophic naturopathy. In Australia and Germany, various training programmes have already been carried out under the guidance of mentors such as Irmhild Kleinhenz, Alexander B Schadow and Michael Voelkel. These programmes are tailored to the needs of naturopaths in accordance with the respective national regulations and laws. The close cooperation with the Medical Section at the Goetheanum was crucial for the quality of the training.

News from the specialist area

The implementation of further training courses in anthroposophic naturopathy allows participants to officially certify their skills and practise anthroposophic naturopathy (AGAHP®) in accordance with statutory provisions. This increases confidence in the methods and improves patient safety. An important element is the Anthroposophic Naturopathy quality label (AGAHP®), which has been officially registered since 2012 and symbolises the high quality of the practice. In 2024, new educational programmes were introduced and the online training courses offered by the ANTHROPOS-SOPHIA educational institute for anthroposophic naturopaths were continued in order to provide valuable insights. Professional training and certification remain fundamental for the future.

Outlook

In 2025, projects to promote anthroposophic naturopathy are planned, such as the annual conference of anthroposophic naturopaths. The conference will address ISAN's research agenda. Innovative methods and current research findings will be presented, providing impulses for anthroposophic naturopathy. The exchange between science and practice is important for improving patient treatment. The educational institute also organises various online workshops and lectures on specific topics related to anthroposophic naturopathy. These are intended to provide space for questions and discussions and promote networking among practitioners. That is why our guiding principle for the coming year is: 'The healthy social life is found when in the mirror of each human soul the whole community finds its reflection and when in the community the virtue of each one is living.' (GA 40, p. 298).

Coordination and contact

Alexander Schadow, alexander.schadow@medsektion-ikam.org

Thilo Koch, thilo.koch@medsektion-ikam.org

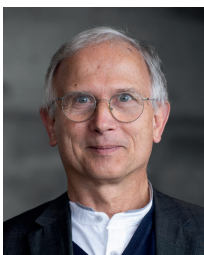
<https://www.isan-medsektion.net/>



Alexander Schadow
International Coordination of
Anthroposophic Naturopathy
(ISAN)



Thilo Koch
Co-coordination of Anthroposophic
Naturopathy (ISAN)



Rolf Heine
International Forum for Anthropo-
sophic Nursing (IFAN)

International Forum for Anthroposophic Nursing (IFAN)

The following events were organised in 2024 by the leadership group of the International Forum for Anthroposophic Nursing:

- International online meeting in four time zones: 'Aspects of the quality and implementation of rhythmical Einreibung – How do we create rhythm in the Einreibung?'
- Annual conference of the International Forum: What research projects on RE have been carried out in recent years? Which ones are particularly relevant for us? / What next in IFAN? Annual conferences, leadership group, coordinator, regional coordinators.
- Specialist conference at the Goetheanum: The meaning and dignity of being old - What can we in the health professions contribute?
- International online meeting in four time zones: 'Advent light and Christmas bells – Reflection on the mantra 'Find yourself in light'.

Projects and working groups supported by IFAN

Vademecum External Applications: freely accessible website for external applications (www.pflege-vademecum.de);

- Research in nursing (newly established international working group with representatives from Switzerland, Finland, Germany, New Zealand and Sweden).

Membership in international umbrella organisations

IFAN is a member of the Alliance of Initiative for Applied Anthroposophy (Eliant) in Brussels and, as of this year, of EUROCAM (European representative body of integrative medicine organisations in Europe).

The activities listed here describe in brief the topics that IFAN has been working on over the past year. We are delighted that colleagues from anthroposophic nursing have joined us particularly in South America and Asia. This is evident from the lively course activity. An anthroposophical nursing association was founded in Brazil. A course in home care for lay people was offered for the third time in Malaysia. A course on end-of-life care in the home was held for the first time in Mexico.

The online conferences revealed that over 50% of the nursing professionals in attendance also or exclusively offer services in their own practices. This illustrates a situation that is well known in art and body therapies. Many colleagues will be retiring in the coming years or have already reached this milestone.

The next generation will show significantly more interest in research. The web affinity of 'digital natives' will simplify international contacts. It is touching to see how questions about spiritual deepening or an independent approach to anthroposophy are increasing at the same time.

Research in anthroposophic nursing will draw on established topics and research methods and initially evaluate nursing interventions qualitatively. This requires collaboration with other colleagues who practise integrative nursing, which is already common in many places. Here we are noticing growing interest in effective nursing interventions – non-medicinal and non-verbal – especially in non-anthroposophical settings.

Nursing needs to rediscover its own social and spiritual domain in the coming years. Then the verse used by Ita Wegman with the nurses at her hospital, 'Find yourself in light – with your soul's own tone...', takes on a new meaning. What is the own tone of nursing? In what light?

Coordination and contact

Rolf Heine, rolf.heine@medsektion-ikam.org

International Coordination of Age Culture and Elderly Care – Nikodemus Werk

What were the challenges in 2024?

The challenges we face in our work are linked to society's general perception of old age and its role for individuals and for humanity. For as long as the opportunities and potential for development of the person in old age are not recognised, the responsibilities of society towards the individual and the role of the individual towards society will remain unclear.

Questions about the meaning of old age and the future of elderly care occupied us in various contexts in 2024, and it was not easy to explore them in depth alongside current issues such as the implementation of the new staffing assessment procedure, the introduction of telematics infrastructure for care facilities, and rising care home costs and their impact on those affected.

What special events have shaped the work in the Coordination field?

In April, a symposium on the topic 'In Search of Home – Spirituality in Old Age' took place at Aja Textor-Goethe House in Frankfurt. The approximately 90 participants at the conference were encouraged to engage in lively discussion by contributions from Barbara Trefß, a physician from Hamburg, and Joachim Paulus, a pastor from Bremen, on issues such as self-esteem in older people and the general human need for autonomy and self-fulfilment on the one hand, and belonging on the other. Home is where these two needs find their place and fulfilment.

For over half a year, questions were explored and solutions sought at the Hermann Keiner House in Dortmund as part of the Future Workshop, with a



Gabriela Cimpeanu
International Coordination of Age
Culture and Elderly Care

view to shaping the future of elderly care. The results of this work were presented at the autumn conference of the Nikodemus Werk.

A particular highlight of the year was the specialist conference 'The Meaning and Dignity of Being Old' held as part of the annual conference of the Medical Section. Members of various professions that deal with old age came together – it was a fruitful collaboration and a good opportunity for everyone to reflect on their own ageing process, because 'if you want to age well, you have to start early'!

During the conference, the Care VI expert working group on age culture and geriatric medicine was established. Its task is to conduct interdisciplinary work to deepen key issues relating to ageing and to develop medical as well as nursing and therapeutic concepts based on anthroposophic medicine. The decades of practical experience gained by staff at anthroposophic care facilities and the insights they have gained can be brought together and developed further here.

At the end of September, the members' meeting and autumn conference of the Nikodemus Werk took place at the Altenwerk Schloss Hamborn. As part of this, those present sought to consider the future of inpatient care for the elderly, among other topics, together with Christian Müller Hergl from the University of Witten-Herdecke.

What news is there to report from the specialist area?

The association's new website is now online (www.nikodemuswerk.de). It presents the network and provides links to the websites of the member institutions, making it possible to find a suitable care facility according to the needs of those affected.

Following the insolvency of the Kassel social welfare institutions (two residential care homes for the elderly, a day care centre and, initially, a kindergarten, which has since been bought out of the insolvency estate), the newly founded AnthroCare eG (Dortmund) was awarded the contract by the insolvency administrator and took over responsibility for the institutions. The Kassel social welfare institutions will therefore remain under anthroposophically oriented sponsorship.

What plans and projects are pending for the coming period?

'What exactly is old? What is young? Young, with the future ahead. Old, where the past reigns supreme,' wrote Novalis. And yet, how can we find new things in old age and shape elderly care into work for the future? Where does the future lie hidden in old age?

Nikodemus' night-time conversation with Christ also conceals similar questions: 'Very truly I tell you, no one can see the kingdom of God unless they are born again' [...] 'How can someone be born when they are old?' (John 3:3–4).

A new project might therefore consist of rethinking work in elderly care and understanding and practising it in terms of 'midwifery', based on the

awareness that we are there to support people so that they can prepare for a new life.

For this work, we want to try to find as many like-minded people as possible.

Coordination and contact

Gabriela Cimpanu, gabriela.cimpanu@medsektion-ikam.org
www.nikodemuswerk.de

International Coordination of Anthroposophic Veterinary Medicine

The collaboration between veterinarians and eurythmists continued in 2024: at the Agricultural Conference in February, a working group on 'Eurythmy therapy for bees' was offered, and at the Eurythmy Conference in early April, a working group on 'Therapeutic eurythmy for animals' took place.

In December 2024, a new book by Christine van Draanen was published: *Eurythmy for Bees – Animals, Mammals, Pets*, with Sabrina Menestrina, Markus Steiner, Sarah Weber and Mailin Wölki as co-authors, a foreword by David Martin and an afterword by Johannes Wirz.

But there is more to report:

In April, as part of the 24th International Congress for Holistic Veterinary Medicine in Nuremberg (DE), the seminar of the specialist group 'Anthroposophic veterinary medicine: Is the healer who heals right? – Between science and practice' took place, in which colleagues ventured on an 'excursion' into the (theory of) science (theory) of (holistic) veterinary medicine and sought to shed light on its significance for practice. The question was: Does science generate knowledge that is relevant to practice?

In Brazil, the second International Congress of Anthroposophic Veterinary Medicine (ABMVA) took place in October under the title 'Bringing Knowledge Together for Integrative Veterinary Science', during which the concept of general health or 'One Health' gained increasing understanding among people. Other key topics included climate change (which everyone feels keenly!) and the integration of people, the environment and nature, which is essential for preserving life on earth.

It is becoming increasingly necessary to consider the premise 'Everything is human!' as the basis for understanding the deeper meaning of anthroposophic veterinary medicine. This is what distinguishes anthroposophic medicine in the broadest sense. Those who treat animals or the earth are in truth treating humans, for all realms of nature are the extroverted human being. This is Rudolf Steiner's brilliant intuition: the human being is the entire universe. The spiritual scientific view of reality is in itself medicine for human beings: it is always healing for them, whether they are an olive tree, a hedgehog or a bee.



Sabrina Menestrina
International Coordination of
Anthroposophic Veterinary
Medicine

Caring for a hedgehog is not an act of sentimentality, but rather an act of caring for the human being. Therefore, the following applies to anthroposophic veterinary medicine: anyone who cares for a dog or a farm animal is caring for the human being. We thereby create a higher form of consciousness compared to the conventional concept of One Health, which does not mean exactly the same thing as what is characterised here!

Due to the view outlined above, interdisciplinarity is becoming increasingly important and valued.

Thus, in September, at the Goetheanum, as part of the annual conference of the Medical Section, a lecture on 'Animals as support and companion for the elderly' was requested for the specialist conference on age culture and elderly care, as well as a joint working group with the coordinators of anthroposophic psychotherapy at their specialist conference to deepen the topic of 'The human soul and animals in nurturing the consciousness soul'. Based on this view, a working group on 'Veterinary medicine on the biodynamic farm' and another working group on 'Therapeutic eurythmy for bees' was offered at the Agriculture Conference in February 2025.

A series of documents has been prepared for lecturer Edward de Beukelaer from the International Veterinary Students' Association (IVSA) to help IVSA students gain an understanding of developments in traditional and complementary health concepts (now called TCIH) and to gain more informed personal experience.

Many people are looking for an anthroposophical veterinarian, and many veterinarians who would like to improve their training meet regularly in Italy (sabrina.menestrina@biodynamica.org), Germany (Markus Steiner, fach-gruppe-anthroposophie@googlegroups.com), in Brazil (Ricardo Aranha, ricarhanha@uol.com.br) and in Argentina (Teresa Hein, terevet87@gmail.com) to deepen anthroposophical topics.

Coordination and contact

Dr med vet Sabrina Menestrina, sabrina.menestrina@medsektion-ikam.org

European Federation of Patients' Associations for Anthroposophic Medicine (EFPAM)

What challenges did we face in 2024?

In 2024, there were several key challenges in coordinating patient areas. Membership numbers among patients in many national organisations, including Norway, Germany and the Netherlands, continue to decline, and it is difficult to attract younger members.

The availability of physicians trained in anthroposophic medicine (AM) remains inadequate, particularly in Spain and other countries where access to

trained personnel is limited. In Spain, for example, there is a serious shortage of physicians, meaning that a limited number of young colleagues are having to undertake further training on their own initiative. Regulatory hurdles such as prescription requirements for medicines and unclear guidelines continue to represent a bottleneck. Meanwhile, organisations such as Antroposana (NL) and Gesundheit Aktiv (DE) are struggling with an ageing membership base and a lack of volunteers willing to work for more comprehensive advocacy. Financial pressure also grew, exacerbated by declining membership numbers, the loss of funding partners (e.g. Weleda in France) and rising expenses associated with maintaining visibility on international advocacy platforms such as EUROCAM.

What special events shaped the work in 2024?

The International Day of Self-Empowerment on 9 November 2024 was an event that brought together all member organisations. Inspired by the success of the meeting in Colmar (France) in 2023, this initiative emphasised the topics of local cooperation and joint learning. The events took place in several countries and focused on practical topics such as creating health, self-care strategies and community-oriented support. The response was overwhelmingly positive, so an expansion of this initiative is planned for 2025.

Patient movements were strongly represented at the international annual conference in Dornach in September 2024. The stand, centrally located in the exhibition hall, attracted a great deal of attention and offered a variety of interactions and opportunities to present the work of patient movements. EFPAM workshops during the conference on physician-patient relationships and positive health, led by practitioners from the United Kingdom and the Netherlands, reinforced the role of patients as active participants in their 'health journey'.

These events highlighted the need for more promotional materials to be used at future conferences.

This year, EFPAM held its annual general meeting in Madrid with a workshop on positive health and participated in the PAME meetings in June and December.

National and regional activities also demonstrated creativity and resilience. For example, Gesundheit Aktiv (DE) organised successful online events on women's health and positive health, attracting thousands of participants. Despite its challenges, Spain celebrated the arrival of some trained physicians and nurses, as well as efforts to improve access to medicines through international cooperation.

What news is there to report?

Progress was made in implementing strategic and operational priorities. EUROCAM's lobbying work in Brussels has overcome critical regulatory challenges. The joint work on pharmaceutical directives underscored the importance of a unified voice for integrative and anthroposophic medicine. Despite



Wieneke Groot
European Federation of Patients' Associations for Anthroposophic Medicine (EFPAM)



Stefan Schmidt-Troschke
European Federation of Patients' Associations for Anthroposophic Medicine (EFPAM),
Executive Director Gesundheit Aktiv e.V.

setbacks, such as attempts to undermine homoeopathy in European regulations, AM issues remained on the agenda thanks to coordinated action.

Spain reported encouraging developments with the imminent qualification of five new doctors in AM and progress in the training of nursing professionals, both of which will strengthen local capacity. In the Netherlands, Antroposana also underwent internal restructuring, with a newly formed team focusing on professionalising the work and expanding its reach through the ITA magazine and social media platforms.

The proposed renaming and restructuring of EFPAM to IFPAM to align it with international perspectives underscores the commitment to extend the network's impact beyond Europe. Efforts are underway to formally involve international members in order to reflect the global relevance of anthroposophic medicine.

What plans and projects are on the agenda for the coming period?

Looking ahead, the focus will be on strengthening existing initiatives and addressing structural challenges. Plans include:

- Continuing and expanding the International Day of Self-Determination in November 2025 with a more comprehensive network of events across Europe.
- Organisation of the 2025 annual general meeting in Bergen (Norway), with a focus on strengthening Scandinavian cooperation.
- Development of a 'patient academy' with online resources and workshops to empower individuals and communities, supported by successful pilot projects in Germany and Spain.
- Promotion of positive health initiatives, including workshops and educational materials to encourage patient participation.
- Improvement of the website to simplify navigation and provide localised resources for all member countries.
- Lobbying at both European and global level, with continued involvement in EUROCAM and a proposal to hold international medical conferences alternately in Europe and on other continents.

The international patient movement continues to advocate for the creation of a connected, proactive patient community while addressing complex challenges in a changing healthcare landscape.

Coordination and contact

Wieneke Groot MSc, wieneke.groot@medsektion-ikam.org

www.efpam.eu

Dr med Stefan Schmidt-Troschke, schmidt-troschke@gesundheits-aktiv.de

www.gesundheits-aktiv.de

Association of Anthroposophic Hospitals

The transformation of healthcare systems in European countries into a large 'healthcare market' poses a major challenge for anthroposophic medicine (AM) and its hospitals. While patient-centred care and the needs of patients are the focus of AM, economic pressure and the ongoing transfer of technology to digitalisation, robotics and artificial intelligence (AI) in mainstream medicine represent a further source of tension for AM, which must be resolved as an integrative medical system. Furthermore, economic pressure is intended to further challenge the competitiveness of individual hospitals and separate the wheat from the chaff, which, however, is a major political farce, as almost all municipal and city hospitals are dependent on taxpayer subsidies, and non-profit anthroposophical hospitals in Germany and Switzerland are at a clear competitive disadvantage here, as the health insurance payments under the DRG system barely cover the costs of patient care.

Furthermore, health insurance funds are proving to be completely inadequate in financing the enormous technology transfer (digitalisation, large equipment such as CT, MRI and robotics [Da Vinci] in surgical and interventional specialties) that is required, with the necessary investment this entails. The same applies to the annual budget increase rates for staff costs, which remain far below real wage costs and are offset by state subsidies in municipal, city and university hospitals, but not in non-profit anthroposophic hospitals.

These major challenges are therefore dampening the mood even among the idealistic anthroposophical staff in hospitals, with the result that motivation based on the meaningfulness of medical treatment often competes with economic pressure. This leads to frustration, sick leave and staff leaving the profession, particularly among younger employees, with the result that hospitals with three-shift models and economically challenging conditions are currently only considered attractive employers to a limited extent.

Part of the increased economisation of the healthcare system is also the growing pressure on outpatient rather than inpatient care, with the aim that in future around 20–30% of current inpatient services will be provided on an outpatient basis. On the one hand, this leads to the opening up of sectoral service provision for hospitals, but on the other hand it also leads to a reorientation towards the outpatient sector, with less nursing care, support services and therapies and an increase in purely technical and instrumental services.

The transformation processes implemented in the AM hospitals in accordance with the specified structures in the healthcare system varied greatly last year. In order to be able to offer anthroposophic therapies more widely as semi-inpatient services (without overnight stays), the range of services offered by day clinics has been expanded (psychosomatics, psychiatry, internal medicine, pain therapy, etc.).

Furthermore, networking in the outpatient sector through the expansion of medical care centres was strengthened and outpatient specialist care was initiated at hospitals. An interesting pilot project was launched in Switzerland by Klinik Arlesheim as Hospital@Home, where patients with selected acute illnesses are treated at home by hospital staff instead of in hospital as is usual-



Harald Matthes
Association of Anthroposophic
Hospitals

ly the case. The Herdecke Community Hospital has already prepared for the future by purchasing a Da Vinci X surgical robot.

A persistent problem for hospitals is recruiting young talent. Anthroposophically based therapy training programmes in particular suffer from a lack of demand, leading to a shortage of therapists trained in anthroposophy. In nursing, it is now virtually impossible to obtain additional anthroposophic qualifications on an in-service basis over a period of two years, with the result that more modular training courses offering partial qualifications are being offered. In-service training for anthroposophic physicians is also undergoing change, with a shift away from face-to-face teaching at weekends towards hybrid training structures combining digital teaching and training formats with teaching visits and patient encounters in face-to-face teaching.

If the framework conditions are set by a country's health policy and currently prove to be predominantly technology-oriented and economically focused rather than patient-centred, then the current social and political climate for integrative medical systems must also be regarded as less than conducive and supportive, meaning that there is a great need for positive public relations work on the part of AM. Unfortunately, this is not possible due to the available resources and resource allocation, as the hospital budgets, which are mostly in deficit, do not allow for larger expenditures at present.

In light of all these challenges facing anthroposophic hospitals, we hope for reforms in the healthcare system that will once again promote conditions conducive to patient-centred and healing medicine to a greater extent.

Coordination and contact

Prof Dr med Harald Matthes, harald.matthes@medsektion-ikam.org
www.anthro-kliniken.de

International Coordination of Public Relations



Julia Demming
Coordination of Public Relations

In 2024, the Section's public relations work continued to consist of posting on Instagram and Facebook as social media channels.

Another important innovation was the production of several podcasts, which were published on the podcast channel 'Anthroposophie zur Sache' of the weekly journal *Das Goetheanum* in the series 'Mensch und Gesundheit' (<https://anthroposophie.transistor.fm/>). Topics covered in these interviews included 'What helps with post-COVID and post-vaccination syndrome?' with Harald Matthes, a discussion with Erik Baars on therapeutic intuition – the theme of the annual conference – and a conversation with Jan Göschel, head of the new 12th Section for Inclusive Social Development, on the possibilities of anthroposophical supportive education to help shape society. Further podcasts are in the pipeline.

In regular editorial meetings in the Section together with the leadership and Dagmar Brauer as research associate, schedules were drawn up and used as

a basis for producing and publishing articles relevant to conferences and other important events. This did not take place in isolation, but in conjunction with the communications department at the Goetheanum (e.g. via media releases and articles in *Das Goetheanum* or in *Anthroposophy worldwide*) and also taking into account cooperation with colleagues from other institutions in order to exploit synergies and increase reach.

In addition to the components mentioned above, the redesign of the Medical Section's website also affects public relations work. Regular meetings of a group from the team led to a restructuring of the website – the launch will take place in early 2025 – which will meet the information needs of people interested in the Section's wide-ranging work as well as the desire for an appealing and up-to-date presentation of event dates and news.

Coordination and contact

Julia Demming, julia.demming@medsektion-goetheanum.ch

Financial report 2024

To begin with, let's take a look at the staff changes that took place during 2024. After 17 years, Birgit Schweizer left her position as commercial associate at the end of September for health reasons. In 2007, she initially worked on a freelance basis doing the bookkeeping for the Förderstiftung Anthroposophische Medizin (Anthroposophic Medicine Support Foundation) and, over the years, took on more and more work in the financial administration of the Medical Section, becoming a permanent employee in 2012. Her reliable, competent and helpful character over the years played a major role in shaping the work of the Section under three different Section leaderships, for which we would once more like to express our gratitude. During her final months, she was able to train her successor, Esther Maryns, who took over her commercial duties in summer 2024 and has since integrated wonderfully into the team.

Also in the summer, Carol Brousseau, who had already worked with us from 2010 until her retirement in 2021, returned to the Medical Section two days a week for an archiving project, sorting, organising and disposing of financial files from the past 35 years. Lastly, Julia Demming increased her 25% position in PR to 45% in the summer after Ariane Totzke left us in the spring. In summary, it can be stated that although staff costs rose by just under 4% compared with the previous year, they remained around kCHF 12 below the budgeted figure, partly due to sick pay.

As mentioned in the annual overview at the beginning of this annual report, 2024 was once again marked by several centenary anniversaries, which were celebrated with appropriate events. In this context, the young doctors' conference 'How do I find the good?' and the pastoral medicine conference



Stefan Langhammer
IPMT Coordination,
Project/Financial Management

took place. Another major event was the 'Lebenskräfte' (Life Forces) conference (a specialist conference organised by the Care group on pregnancy, birth and early childhood) at the end of May. Although the hoped-for number of participants was not reached, when taken together with the art therapy conference, the school medicine and speech therapy conference, the research congress and smaller events, as well as support from foundations, a small surplus of kCHF 24 was nevertheless generated in the conferences segment, which was used to cover internal costs. The largest cost item was conference catering, which, as already indicated in the last financial report, became significantly more expensive at the beginning of 2024: a good kCHF 180 was spent on catering alone during our events.

Until the end of 2023, the training in eurythmy therapy was charged to the Medical Section's cost centres. From 2024 onwards, this has now been done via the sponsor of the training programme, which means that expenses and income in the area of training and further training will exclusively reflect those of IPMT events. It is gratifying that we were able to hold the eight IPMT weeks organised in 2024 without making a deficit thanks to foundation support.

We are also very pleased that the Circle of Friends of the Medical Section has now grown to around 250 people who support the Section's work with a one-off donation or regular contributions. Over kCHF 30 was transferred to us this year, for which we are exceptionally grateful.

Overall, although budgeted expenses were exceeded by only 2% or kCHF 24, we had to record a deficit of kCHF 96. Looking at the causes, one factor is the strong Swiss franc, which significantly reduced the value in francs of contributions from the eurozone. On the other hand, the continuing decline in contributions from our affiliated institutions, societies and associations means that we are faced with the task of actively seeking dialogue with those concerned to provide a viable basic contribution that will secure the service-related work not related to conferences or projects. This time, the deficit was covered by the Förderstiftung Anthroposophische Medizin foundation.

What can we expect in the current year? Apart from the annual conference, we will not be organising any other major events in 2025 – the conference programme will essentially be the same as in 2023. Instead, there will be online offerings to a greater extent, such as the new format of the English-language 'Grand Rounds' for presenting new research findings in the field of anthroposophic medicine. We are therefore hoping for additional income of around kCHF 40 in the conferences segment compared with 2023.

Despite our intention to reduce staff costs by kCHF 20 and total expenses by kCHF 55 compared to 2023, from the current perspective there remains a financing gap comparable to last year – also because the GAS had to reduce its contribution to the Medical Section to kCHF 100 due to its own difficult financial situation.

Despite all this, it is nevertheless encouraging that so many people appreciate our work and support us in whatever way they can – for which we offer our heartfelt thanks!

Contact

Stefan Langhammer, stefan.langhammer@medsektion-goetheanum.ch

From May 2025: Eckart Grundmann,

eckart.grundmann@medsektion-goetheanum.ch

Medical Section at the Goetheanum, Annual Accounts 2023 (in CHF)

Expenditures (in CHF)	Human resources Staff and freelancers	Fees Lecturers, coordinators, translators, etc.	Administrative and material costs				Total
			Office / IT incl. support and development	Travel incl. meals and accomodation	Advertising incl. printing and shipping	Other incl. rents and acquisitions	
Med.Section general	361.810,00	14.160,00	9.680,00	10.930,00	6.090,00	3.420,00	406.090,00
International Coordination AM	91.710,00	108.290,00	9.940,00	18.860,00	3.780,00	830,00	233.410,00
Projects (Anthromedics, CARE, etc.)	137.180,00	4.580,00	18.110,00	6.920,00			166.790,00
Acad. staff & publications	18.230,00	5.150,00	130,00		5.500,00		29.010,00
Conferences	112.860,00	44.910,00	20.960,00	147.680,00	6.880,00	48.120,00	381.410,00
Training and further training	57.050,00	81.500,00		31.560,00	570,00	6.000,00	176.680,00
Total	778.840,00	258.590,00	58.820,00	215.950,00	22.820,00	58.370,00	1.393.390,00

Income (in CHF)	Sales / fees	Services	Contributions				Total
	Conference fees, books, school fees	Fees, exhibition stands, certificates	Institutions and partners	Assoc./Inst. (regular payments)	Foundations	Donations	
Med.Section general		60.080,00	195.660,00		55.650,00	53.980,00	365.370,00
International Coordination AM				59.410,00	70.010,00	38.620,00	168.040,00
Projects (Anthromedics, CARE, etc.)					149.430,00		149.430,00
Acad. staff & publications	11.830,00	610,00				2.410,00	14.850,00
Conferences	314.020,00	10.760,00			27.250,00	3.920,00	355.950,00
Training and further training	53.230,00	9.070,00			91.800,00	10.110,00	164.210,00
Total	379.080,00	80.520,00	195.660,00	59.410,00	394.140,00	109.040,00	1.217.850,00

GAS contribution 175.540,00

1.393.390,00

Medical Section at the Goetheanum, Annual Accounts 2024 (in CHF)

Expenditures (in CHF)	Human resources Staff and freelancers	Fees Lecturers, coordinators, translators, etc.	Administrative and material costs				Total
			Office / IT incl. support and development	Travel incl. meals and accomodation	Advertising incl. Printing and shipping	Other incl. Rents and acquisitions	
MedSektion general	409.020,00	14.530,00	15.450,00	9.770,00	4.920,00	1.990,00	455.680,00
International Coordination AM	109.980,00	106.010,00	9.200,00	6.150,00	12.030,00	1.760,00	245.130,00
Projekts (Anthromedics, Care)	142.220,00	4.490,00	6.030,00	5.580,00	100,00		158.420,00
Acad. staff & publications	14.910,00	210,00		370,00	5.760,00		21.250,00
Conferences	114.350,00	59.840,00	27.660,00	227.780,00	6.330,00	60.190,00	496.150,00
Training and further training	27.940,00	20.360,00		22.480,00	990,00		71.770,00
Total	818.420,00	205.440,00	58.340,00	272.130,00	30.130,00	63.940,00	1.448.400,00

Income (in CHF)	Sales / fees	Services	Contributions			Total	
	Conference fees, books, school fees	Fees, exhibition stands, certificates	Institutions and partners	Assoc./Inst. (regular payments)	Foundations		Donations
MedSektion allgemein		26.600,00	189.570,00		6.250,00	69.140,00	291.560,00
International Coordination AM				42.460,00	113.580,00	37.550,00	193.590,00
Projects (Anthromedics, CARE, etc.)					142.550,00		142.550,00
Acad. staff & publications	10.210,00	1.220,00				600,00	12.030,00
Conferences	446.100,00	8.890,00			51.140,00	14.080,00	520.210,00
Training and further training	16.900,00				54.730,00		71.630,00
Total	473.210,00	36.710,00	189.570,00	42.460,00	368.250,00	121.370,00	1.231.570,00

AM Deficit equalisation 95.660,00

GAS contribution 121.170,00

1.448.400,00

Medical Section at the Goetheanum, Budget 2024 (in CHF)

Expenditures (in CHF)	Human resources Staff and freelancers	Fees Lecturers, coordinators, translators, etc.	Administrative and material costs				Total
			Office / IT incl. support and development	Travel incl. meals and accomodation	Advertising incl. printing and shipping	Other incl. rents and acquisitions	
Med.Section general	418.700,00	14.500,00	10.000,00	11.000,00	6.000,00	5.500,00	465.700,00
International Coordination AM	109.000,00	110.000,00	10.000,00	18.000,00	3.500,00	1.000,00	251.500,00
Projects (Anthromedics, CARE, etc.)	143.400,00	5.000,00	17.500,00	7.000,00			172.900,00
Acad. staff & publications	18.200,00				2.700,00		20.900,00
Conferences	113.000,00	53.000,00	24.000,00	179.000,00	8.000,00	65.000,00	442.000,00
Training and further training	28.000,00	18.000,00		20.000,00	1.000,00		67.000,00
Total	830.300,00	200.500,00	61.500,00	235.000,00	21.200,00	71.500,00	1.420.000,00

Income (in CHF)	Sales / fees	Services	Contributions				Total
	Conference fees, books, school fees	Fees, exhibition stands, certificates	Institutions and partners	Assoc./Inst. (regular payments)	Foundations	Donations	
Med.Section general		27.000,00	270.000,00		30.000,00	70.000,00	397.000,00
International Coordination AM				65.000,00	95.000,00	38.000,00	198.000,00
Projects (Anthromedics, CARE, etc.)					168.000,00		168.000,00
Acad. staff & publications	12.000,00	1.000,00					13.000,00
Conferences	395.000,00	12.000,00			44.000,00	6.000,00	457.000,00
Training and further training	13.000,00				54.000,00		67.000,00
Total	420.000,00	40.000,00	270.000,00	65.000,00	391.000,00	114.000,00	1.300.000,00

GAS contribution 120.000,00

1.420.000,00

Medical Section at the Goetheanum, Budget 2025 (in CHF)

Expenditures (in CHF)	Human resources Staff and freelancers	Fees Lecturers, coordinators, translators, etc.	Administrative and material costs				Total
			Office / IT incl. support and development	Travel incl. meals and accomodation	Advertising incl. Printing and shipping	Other incl. Rents and acquisitions	
MedSektion general	376.500,00	14.500,00	15.000,00	10.000,00	5.500,00	3.500,00	425.000,00
International Coordination AM	110.500,00	108.000,00	9.500,00	8.000,00	7.500,00	1.500,00	245.000,00
Projects (Anthromedics, CARE)	147.000,00	5.000,00	12.500,00	7.000,00			171.500,00
Acad. staff & publications	15.500,00				4.000,00		19.500,00
Conferences	113.000,00	45.000,00	21.000,00	165.000,00	6.500,00	47.000,00	397.500,00
Training and further training	36.500,00	21.000,00		20.500,00	1.000,00		79.000,00
Gesamt	799.000,00	193.500,00	58.000,00	210.500,00	24.500,00	52.000,00	1.337.500,00

Income (in CHF)	Sales / Fee	Services	Contributions				Total
	Conference fees, books, school fees	Fees, exhibition stands, certificates	Institutions and partners	Assoc./Inst. (regular payments)	Foundations	Donations	
MedSection general		27.000,00	338.000,00			70.000,00	435.000,00
International Coordination AM				50.000,00	83.000,00	38.000,00	171.000,00
Projects (Anthromedics, CARE)					142.500,00		142.500,00
Acad. staff & publications	10.500,00	1.000,00				1.000,00	12.500,00
Conferences	339.500,00	10.000,00			36.000,00	12.000,00	397.500,00
Training and further training	17.000,00				62.000,00		79.000,00
Total	367.000,00	38.000,00	338.000,00	50.000,00	323.500,00	121.000,00	1.237.500,00

GAS contribution 100.000,00

1.337.500,00

Selected publications 2024

Association of Anthroposophic Physicians in Germany (GAÄD) and Medical Section of the School of Spiritual Science (Eds.): *Vademecum of Anthroposophic Medicines*. Volumes 1 and 2 with access to the new Vademecum web app, Munich 2024.

Adam Blanning: 好好睡 — 培养孩子运用内在感官 自我安撫 | 天天安適 又好眠 (English title: *Raising Sound Sleepers. Helping Children Use their Senses to Rest and Self-Soothe*), Taipei 2024.

Borghi, Laura; Nani, Daniele: *Aurora und Zentaur. Wirklichkeit und Beschreibung in der Ära der Technik*, Dornach 2024.

Brauer, Dagmar; Girke, Matthias (Eds.): *Anthroposophische Maltherapie. Grundlagen – Indikationen – Durchführung*, Berlin 2024.

Hardtmuth, Thomas: *Immunity and Individuality. What children need for their healthy development – for life*. With a foreword by Michaela Glöckler, Stroud 2024.

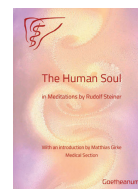
Sánchez Segura, Beatriz: *La relación entre Ita Wegman y Rudolf Steiner. Su contribución a la Medicina Antroposófica y al Congreso de Navidad*, Madrid 2023.

Selg, Peter; Gross, Susanne H; Mochner, Matthias: *Anthroposophie und Nationalsozialismus. Die anthroposophische Ärzteschaft*, Basel, Berlin 2024.

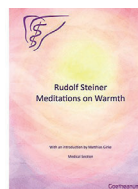
von Bonin, Dietrich; Schmidt-von Nell, Franziska; Böttcher, Esther; Niedermeier, Jan-Gabriel: *Therapeutische Sprachgestaltung. Theorie und Praxis einer Anthroposophischen Kunsttherapie*, Berlin 2024.



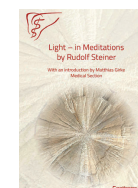
Publications of the Medical Section (selection)



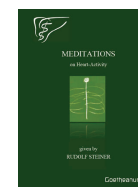
Human Soul in Meditations by Rudolf Steiner. With an introduction by Matthias Girke. Medical Section at the Goetheanum 2019.



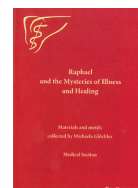
Rudolf Steiner. Meditations on Warmth. With an introduction by Matthias Girke. Medical Section at the Goetheanum 2017.



Light – in Meditations by Rudolf Steiner. With an introduction by Matthias Girke. Medical Section at the Goetheanum, 2018.



Meditations on Heart Activity given by Rudolf Steiner. Medical Section at the Goetheanum 2014.



Raphael and the Mysteries of Illness and Healing. Materials and motifs compiled by Michaela Glöckler. Medical Section at the Goetheanum, 4th ed., 2017.



Kindergartenpädagogik. Erste Schuljahre. Working material for kindergarten and school doctors according to Rudolf Steiner's indications. Medical Section at the Goetheanum, 2nd edition, 2017.

The team of the Medical Section



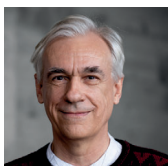
Dr. med. Marion Debus
marion.debus@
medsektion-goetheanum.ch
Tel. +41 61 706 42 90



Dr. med. Karin Michael
karin.michael@
medsektion-goetheanum.ch
Tel. +41 61 706 42 90



Adam Blanning MD
adam.blanning@
medsektion-goetheanum.ch
Tel. +41 61 706 42 90



Stefan Langhammer
IPMT, Project/Finance Management
stefan.langhammer@
medsektion-goetheanum.ch
Tel. +41 61 706 43 70



François Bonhôte
Event Management
francois.bonhote@medsektion-
goetheanum.ch
Tel. +41 61 706 44 76



Sonja Burger
Event Management
sonja.burger@
medsektion-goetheanum.ch
Tel. +41 61 706 44 93



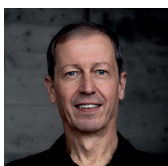
Dagmar Brauer
Research Associate
dagmar.brauer@
medsektion-goetheanum.ch
Tel. +41 61 706 44 24



Carol Brousseau
Documentation and archive



Julia Demming
Public Relations
julia.demming@
medsektion-goetheanum.ch
Tel. +41 61 706 44 83



Mathias Hofmann
IKAM, Project Management
mathias.hofmann@medsektion-
goetheanum.ch
Tel. +41 61 706 42 93



Claudia Holtermann MA
Secretariat
info@medsektion-goetheanum.ch
Tel. +41 61 706 44 75



Esther Maryns
Commercial Associate
esther.maryns@
medsektion-goetheanum.ch
Tel. +41 61 706 43 70

Last but not least, a big thank you to everyone who supports us!



In autumn 2023, the **Circle of Friends of the Medical Section** was founded and over 100 people immediately joined. In the meantime, this number has grown to over 250 people. With regular or one-off donations, they are now helping to ensure that the Section's work to strengthen and spread anthroposophic medicine can continue. For this we thank you very much!

In addition to the financial support, this is a positive incentive for our work and confirms for us that what we do is important for many people around the world.

Since the coronavirus crisis, it has become increasingly difficult to finance our work due to the loss of financial support from business and friendly institutions. In addition to income from conferences and funding for projects, the Section with its infrastructure and staff team is dependent on a financial base that can only be built up through free donations.

This gave rise to the impulse to found this International Circle of Friends of the Medical Section, to which we would like to continue to invite everyone who feels connected to our work and also wants to support it financially.

You can support us financially by using the donation form on the website of the Medical Section, by bank transfer to one of the accounts listed on the back of this annual report (reference: Circle of Friends), or you can use the QR code alongside.



With a warm thank you and greetings,
Marion Debus, Karin Michael and Adam Blanning

Publishing information

Publisher
Medical Section at the Goetheanum

Coordination, copy editing and typesetting
Claudia Holtermann MA

Picture credits
Medical Section, privately (p. 16 top, 18,
20 top, 22, 25 middle and top, 26 bottom, 30,
32 top, 34, 37, 43), melitas/Shutterstock.
com (p. 53)

Donation accounts of the Medical Section at the Goetheanum

For contributions from Switzerland:
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Raiffeisenbank Dornach
IBAN CH83 8080 8002 5593 0141 5
BIC RAIFCH22

For contributions from Germany:
Förderstiftung Anthroposophische Medizin | Medizinische Sektion
Volksbank Dreiländereck
IBAN DE92 6839 0000 0000 9707 60
BIC VOLODE66

For contributions from other countries:
Allgemeine Anthroposophische Gesellschaft | Medizinische Sektion
Postbank, DE-76127 Karlsruhe
IBAN DE59 6601 0075 0335 3277 50
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