

# Content

Editorial	2
Anthromedics - Specialist information and recommendations for practice	5
IPMT (International Postgraduate Medical Training) - Report 2023 / Outlook 2024	7
Conference and event projects	10
Reports from the specialist areas of the International Coordination of Anthroposophic Medicine / IKAM	11
IKAM Office (Platform & Services)	11
International Federation of Anthroposophic Medical Associations (IVAA)	12
International Coordination of Research / Research Council	15
International Coordination of Anthroposophic Physician Education	16
International Coordination Young Impulses in Anthroposophic Medicine (YIAM)	17
International Coordination of Anthroposophic Medicines (IMKA)	18
International Coordination of Anthroposophic Pharmacists (IAAP)	19
International Coordination of Eurythmy Therapy	22
International Coordination of Anthroposophic Body Therapy (IAABT)	24
International Coordination of Anthroposophic Arts Therapies (ICAAT)	25
International Federation of Anthroposophic Therapies (IFAT)	27
International Coordination of Anthroposophic Psychotherapy (AP)	27
International Coordination of Anthroposophic Midwifery	28
International Coordination of Anthroposophic Naturopathy (ISAN)	30
International Forum for Anthroposophic Nursing (IFAN)	32
International Coordination of Age Culture and Elderly Care - Nikodemus Werk	33
International Coordination of Anthroposophic Veterinary Medicine	34
European Federation of Patients' Associations for Anthroposophic Medicine (EFPAM)	34
Anthroposophic Council for Inclusive Social Development	36
Association of Anthroposophic Hospitals	37
AnthroMed®	38
International Coordination of Public Relations	40
Financial report 2023	41
Selected publications 2023	48
Publications of the Medical Section (selection)	45
The team of the Medical Section	47
The Leadership of the Medical Section since September 2023	48
A thank you to everyone who supports us!	48

## Editorial



*Dr med Matthias Girke*

Head of the Medical Section to  
September 2023  
Member of the Executive Council  
of the General Anthroposophical  
Society



*Georg Soldner*

Deputy Head of the Medical Section  
to September 2023

Dear Readers,

The year 2023 marks important developments in the Medical Section of the School of Spiritual Science at the Goetheanum. The Christmas Conference provided the opportunity to celebrate its 100th birthday and reflect on the impulses for the future. In September of last year, the annual conference marked another important biographical step: the handover of the Section leadership from Matthias Girke and Georg Soldner to Marion Debus, Karin Michael and Adam Blanning.

It was possible to develop many priorities of anthroposophic medicine in the past year and these are now being incorporated into the work of the new Section leadership. A major impulse of the past seven years was the establishment of international cooperation in the so-called CARE areas, which developed fruitfully and led to the publications on the specialist portal Anthromedics, which are accessible worldwide in three languages. Anthroposophic medicine needs the collaboration between the therapeutic professions so that it can develop its therapeutic possibilities in the pressing health challenges of the present and put them into practice. We are exceptionally grateful for this fruitful multiprofessional and trusting collaboration, which has developed into several specialist groups of the Section within the Anthroposophical Society. The work of a section of the School of Spiritual Science encompasses these three levels: it is rooted in the esoteric work of the School of Spiritual Science; here it develops working contexts for research and teaching that can be realised as specialist groups in the Anthroposophical Society. Lastly, this Section's work is linked to practical life in hospitals, practices and therapeutic facilities. Collaboration has also developed with other sections of the School, such as the Pedagogical Section, the Section for Agriculture and, in the field of pharmacy, with the Natural Science Section, from which joint research projects also originate.

The decisive characteristic of anthroposophical work is the combination of the inner, esoteric quality with scientific, teaching, and practical therapeutic work. It is with great gratitude that we look back on the numerous scientific publications and book launches in the past year, which demonstrate that anthroposophic medicine is a research-based medicine that engages in scientific discourse. Our thanks also go to the many training impulses in the IPMTs and the numerous therapeutic professions, because research *and* teaching belong to a higher education institution.

International training guidelines have been drawn up for all therapeutic professions and adopted by the International Coordination of Anthroposophic Medicine / IKAM. In the political representation of anthroposophic medicine by the International Federation of Anthroposophic Medical Associations / IVAA, this led to the publication of the *Benchmarks for Training in Anthroposophic Medicine* by the WHO in 2023. Anthroposophic medicine is now visible worldwide and is thus supported in its development and the possibilities of therapeutic application in many countries.

We, as the “old Section leadership”, wish our successor team the best of positive strength for a fruitful, vigorous and forward-looking development of anthroposophic medicine. May it contribute to the positive development of the School of Spiritual Science, continue to develop therapeutically, and help our patients with good forces!

*Matthias Girke*  
Dr med Matthias Girke

*Georg Soldner*  
Georg Soldner



*Dr med Marion Debus*  
Leadership of the Medical Section  
since September 2023

As the “new Section leaders” ...

... the final portion of the year has been full of many steps for finding orientation. This of course relates to taking up and continuing the broad and complex work connected to the medical section. It also relates to many 100-year anniversaries – such as the *Course for Young Doctors* (GA 316), the *Pastoral Medicine Course* (GA 318), *Education for Special Needs* (GA 317). An important social and esoteric question is how do we stand in relation to these central impulses that were given in 1924? How can we carry them forward into the next 100 years of anthroposophic medicine? How do we work together to realise and renew our esoteric impulses?

The need for orientation extends not only to past and future, but also to point and periphery. This relating is important within our own anthroposophic community, as well on a larger, societal level. We are truly a world movement now, which means we must balance the need to show our work to the outside world, but also preserve spaces for core dialogue about how we see and understand the challenges in the world. Member conversation – both in-person at the Goetheanum and online – have been offered to start creating these conversation places.



*Dr med Karin Michael*  
Leadership of the Medical Section  
since September 2023

One very special anniversary was marked at the change of the year with special “How Do I Find the Good?” conferences dedicated to Steiner’s *Course for Young Doctors*. This happened with a beautiful and warm in-person conference at the Goetheanum (lovingly prepared over three years by the Young Impulses in Anthroposophic Medicine group), and a parallel online conference, a new impulse, which happened in the middle of the European night, but allowed connection for colleagues from St Petersburg to São Paulo (and at least 14 countries in between).

We greatly appreciate all the work that grows, develops, and is nurtured all across our medical movement. We look forward to continued connection, conversation and perception for how we can best support the needs of the world in this challenging time.

*Marion Debus*  
Dr med Marion Debus

*Karin Michael*  
Dr med Karin Michael

*Adam Blanning*  
Adam Blanning MD



*Adam Blanning MD*  
Leadership of the Medical Section  
since September 2023

We, too, as a team ...

... would like to thank Matthias Girke and Georg Soldner warmly for seven years of living work together. Years in which a large number of new initiatives and activities were initiated and implemented, most notably the creation of the five interdisciplinary CARE groups, which remain a firm and important pillar of international specialist work to this day.

During this time, Matthias Girke also additionally was mandated to join the executive council of the General Anthroposophical Society and Georg Soldner took on the project management for the development of the World Goetheanum Association; the Ita Wegman Campus was founded; the core curriculum for the advanced training courses for physicians was developed; the *Benchmarks for training in anthroposophic medicine* were published; the anniversary conference “100 Years of Anthroposophic Medicine” was carried out; tireless work was undertaken worldwide at IPMTs, medical conferences and other meetings; and much, much more. Difficult years also had to be endured; thus the period and the consequences of the pandemic presented us all with challenges.

We would like to thank Matthias and Georg for their selfless and magnificent work and their commitment to anthroposophic medicine, but also for our work together, for the refreshing laughter and their human and open approach to us!

And we welcome our new Section leadership, who have worked hard to familiarise themselves with their new activities and look forward to our further work together. *Panta rhei*, everything flows – and so may the work of the Medical Section continue to be carried by a current of new ideas that lead to action and by what is tried and tested.

With warm greetings to those going and those coming,  
the team of the Medical Section

# Anthromedics – Specialist information and recommendations for practice

## Anthromedics specialist portal: improved, expanded, internationalised

There is growing interest in specialist information on anthroposophic medicine and therapy that is available free of charge or by subscription. Our Anthromedics specialist portal is recording increasing access rates from all continents. Anyone googling the search terms “cancer-related fatigue” and “anthroposophic medicine” today, for example, will find an Anthromedics and a *Mercurstab* article at the top of the Google results list in German-speaking countries. For a successful ranking in the search engines of the World Wide Web, a series of optimisation measures for our content was necessary. These measures and some extensive website updates were applied for, funded and implemented in 2023 as part of a separate project, in which Georg Soldner, Jakob Marti (commissioned) and Dagmar Brauer were involved on behalf of the Section.

The key optimisations are

- the upgrade of the web server and the Linux operating system,
- the modernisation of software components for user registration and administration, rights system, program environment, bootstrap, SQLR search engine, etc.,
- setting up an import interface for upload files in Word format, which are converted into HTML files using a converter,
- setting up a web shop,
- the implementation of SEO measures to increase visibility in search engines and
- improving navigation for smartphones.

Nevertheless, increasing the reach of our portal remains a challenge and we believe that it makes sense to continue to include public relations work with its catalysing effects.

The articles from “Practice Recommendations” and “Basic Concepts” are written in German, English and Spanish.

## Results of the CARE work on Anthromedics

The five CARE groups – Pregnancy, Birth, Early Childhood; Infectious Diseases; Mental Illness; Oncology; and Palliative Medicine – met several times in the past year in person or online and worked on these key topics, among other things, which are already or will soon be available on Anthromedics:

- Children’s Rights Charter – The right of the child to know their origin, to life survival and to development



Dagmar Brauer  
Research Associate, Managing  
Editor Anthromedics Dornach

- Preparation of the specialist conference “Finding forces that bring life in a world of exhaustion”
- Sensory development
- Media consumption during pregnancy and early childhood
- Updating the articles on infectious diseases
- Acute gastroenteritis in children – clinical picture and treatment options
- Empirical study on anthroposophically extended psychotrauma therapy
- Warmth-induced therapy in oncology
- Nutrition in oncology from the perspective of anthroposophic medicine
- Wound therapy in palliative medicine

On the occasion of the change in Section leadership, the CARE groups took stock individually: which topics and work formats were developed and established? What should be deepened or extended?

Everyone involved is in agreement that the internationalisation and safeguarding of interprofessional cooperation should be progressed and/or regional CARE groups should be set up.

### Academic standards for website presentation

Anthromedics comprises a digital archive – “Merkurstab Online” – and a digital textbook – “Basic Concepts” and “Practice Recommendations” – and has an elaborate search function with various filter dimensions that complies with current web standards. In our newly developed upload format, the authors are now given greater weighting in the article presentation. Information on professional title, academic degree and function are visible, which is necessary with regard to the public perception of anthroposophic medicine.

We remain committed to a practice-relevant, interesting and reputable specialist portal – use it! Link your own websites in anthroposophic medicine and therapy prominently with Anthromedics!

#### *Coordination and contact*

Dagmar Brauer, Anthromedics Managing Editor Dornach,

[d.brauer@anthromedics.org](mailto:d.brauer@anthromedics.org)

<https://www.anthromedics.org>

## IPMT (International Postgraduate Medical Training) – Report 2023 / Outlook 2024

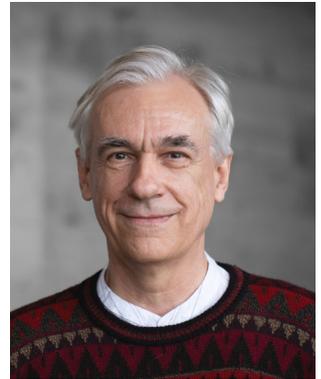
After three years in which most of our IPMT weeks could only be held as online or hybrid events, all IPMTs were able to take place as live events again in 2023. Ten training weeks were planned: in Thailand, the USA, Romania, the Philippines, China, Taiwan, Russia, Slovakia, Colombia and India. Nine of these weeks were actually able to take place, while the IPMT event in China had to be cancelled at short notice after all the lecturers had already arrived. But more on that later.

As in the previous year, the training week in **Iloilo** in the Philippines was organised independently by the local preparatory group and conducted exclusively by local lecturers for the first time. Nine certified anthroposophical physicians are now working on the Philippine islands, and seven more are currently preparing for certification. Alongside the obligatory eurythmy and text work, the 61 participants of this year's IPMT attended organ studies, in which members of the medical faculty of the West Visayas State University also took part, as well as an experimental experiential programme on the twelve senses. Presentations on dealing with pain, depression and anxiety, an art workshop as well as presentations by various local anthroposophical therapeutic initiatives for networking rounded off the programme.

This year's training week in the **USA** took place at the beginning of May with 56 participants, with three parallel courses on medicine, nursing and pharmacy. This time the venue was the Sunrise Ranch in Colorado, halfway across the continent. This offered the opportunity to learn about completely new medicinal plants during the plant study programme, unlike in California and New York where the conference had previously been held. The focus of the IPMT week was on the "Tria Principia", the sulphuric, the mercurial and the sal principle, which was supplemented by consideration of how chronic diseases can be treated from this threefold perspective. This resulted in an inspiring harmony of nursing, pharmaceutical and medical approaches.

In **Masloc**, Romania, another 40 people took part in the fifth and final IPMT week in the country at the end of June. In terms of content, the four main organs of the human being took centre stage, firstly with regard to their development and secondly from the perspective of psychosomatics. This work was supplemented by a pharmaceutical working group with practical exercises on the production of medicinal products in the laboratory of the local hospital; a case discussion with a patient from the nursing home attached to the hospital with a jointly developed diagnosis of the human constitutional elements, identification of healing needs and therapy; a course on rhythmical *Einreibung*; and contributions on spiritual deepening of the training path. In conclusion, seven physicians were certified, whereby it was impressive what solid anthroposophical medical substance was evident in the respective case descriptions and final discussions.

Two months after the Romanian IPMT, around 110 Slovakian and Czech participants met in **Banská Štiavnica**, 450 kilometres away, to focus in particu-



Stefan Langhammer  
IPMT Coordination,  
Project/Financial Management



IPMT Thailand

lar on the astral body as part of the third Slovakian further training week. Framed by two public lectures, the central theme was illuminated and brought to life in eight workshops from a medical, art and body therapy, as well as special needs education perspective. Music infused the seminar in many ways, be it in the morning when exploring the basic elements of tone eurythmy, when learning about the laws of music in human physiology and human anatomy, or in the concluding “conversation concert” on the 2nd movement of Beethoven’s 5th Piano Concerto Op. 73. In the Goethean work in the morning, the participants delved into the realm of medicinal and poisonous plants, and in the medical work in the afternoon focused on cancer and the therapeutic possibilities of anthroposophic medicine.

The 4th IPMT module in **Tulúa/Colombia**, which brought together people from 14 South and Central American countries, had a comparable number of participants. Three special features seem particularly worth mentioning to me: one result of the intensive pharmaceutical training of recent years is that the extemporaneous production of anthroposophical medicinal products has begun in a pharmacy in Bogotá. Bryophyllum is now available, as are rosemary and lavender essential oils. Throughout the IPMT, plants from the region were processed according to rhythmical methods as part of the pharmaceutical workshop and stirred in the morning and evening in the park-like grounds of the venue. For the first time, there was a small scientific poster session on impressive clinical cases, such as the complete remission of a malignant lymphoma as a result of eight months of mistletoe therapy after the patient had been given a remaining prognosis of six months.

As a novelty, the Colombian IPMT also offered a conversation about the First Class of the School of Spiritual Science, which was attended by 30 interested people, some of whom already represent anthroposophy in a very convincing way today.

Finally, a look still at the Asian region. The IPMT has been carried out in **Taiwan** since 2010; we are meanwhile already in the middle of the third five-year cycle. This year’s work centred on the seven planets in their relationship to the human organs, the metals and their therapeutic significance. This was accompanied by intensive eurythmy work and two parallel workshops for nurses and art therapy practitioners. Here, too, it was pleasing that a large proportion of the workshops and presentations was led by local physicians and therapists. With 120 participants (who were joined online by a further 100 people for the evening lectures), this training week held in the Taiwanese mountains was very well attended after three hybrid IPMTs.

In contrast, the Indian IPMT took place on a very small scale this year. There is a wonderful new generation of energetic young physicians; nine of them are currently undergoing advanced training, and a second group is due to start advanced training next year. In addition, the need to start an anthroposophical nursing training next year as part of the IPMT has crystallised. The initiative to campaign with intensive scientific support for the official licensing of mistletoe therapy is very gratifying. In this context, there is the endeavour to disengage anthroposophic medicine in **India** from its connection with homoeopathy and to place it more firmly within mainstream medicine.



IPMT USA

In **China**, people were looking forward to meeting in person again after three years of online teaching. The IPMT was prepared with exceptional care; six German lecturers were invited to lead five workshops on acute and chronic inflammation, eurythmy therapy for children, anthroposophical nursing, art therapy and music therapy. A lot of material had been procured and made available in advance. A few hours before the start of the seminar, the police ordered the IPMT to be cancelled. Formal errors were cited as the reason, including that according to regulations in force since 2017, the event with a foreign NGO should have been registered with the supervisory authorities at least two weeks before the start, which had not happened. For everyone involved – the organisers, the participants, the lecturers who had travelled to the event – this sudden cancellation was a shock, which the group of lecturers, organisers and some of the supporters tried to absorb over the next few days in order to develop initial scenarios for the future. Economically, the whole thing was a disaster, both for the local organisers and for the Medical Section. Nevertheless, the work in China is planned to continue. The organisation has meanwhile been handed over to new hands; the aim is to diversify into separately organised specialist groups, which will as appropriate take place as advanced training within the framework of integrative medicine with reference to the WHO benchmarks – insofar as this is advanced training for professional participants. The WHO's Department of Traditional, Complementary and Integrative Medicine is strongly supported by China in particular.

Nine international medical further training weeks are planned for 2024: in Thailand, Taiwan, the Philippines, India, Slovakia, Russia, Colombia, the USA and also in Japan, where these seminars will be held every two years.

In the spring of this year, a three-year medical further training course began in **Varna / Bulgaria** with a good 30 physicians, which is being overseen by Russian partners. In parallel, there is an initiative that would like to initiate an IPMT at the end of this course, which would serve to deepen in Bulgaria the anthroposophical understanding of the human being and the world, be medically multiprofessional and possibly also open to professionals from agriculture and education.

As the second five-year cycle in Colombia will come to an end in 2024, preliminary planning is already underway for where the IPMT impulse can be continued in South America from 2025. There are indications that there is a willingness in **Peru** to host again. Here there is a wealth of experience to look back on, as the IPMT was already held there from 2010 to 2014. It will be exciting to see what new creative impulses will be introduced.

In 2023, too, the local preparatory groups, the many helpers, the large group of lecturers, the numerous people responsible for the translations and, of course, our sponsors contributed with their commitment to ensuring that the IPMT weeks were able to inspire and motivate many people around the world. For this we want to express our heartfelt gratitude!

*Coordination and contact*

Stefan Langhammer, [stefan.langhammer@medsektion-goetheanum.ch](mailto:stefan.langhammer@medsektion-goetheanum.ch)  
<https://ipmt.medsektion-goetheanum.org/en>



IPMT Slovakia



IPMT India, with Marion Debus

## Conference and event projects



François Bonhôte  
Conference and Event Projects



Sonja Burger  
Conference and Event Projects

After two and a half years of the pandemic, 2023 was once again an almost “normal” conference year in terms of the number of events. However, the number of participants at many events has not yet reached the level of the years “before coronavirus”.

As every year, 2023 started with the **Study Days of Anthroposophic Arts Therapies** at the beginning of January. These were not as well attended as in the years before 2021, but the joyful atmosphere of finally being able to meet in person again was clearly noticeable and made for a warm and moving conference.

The next highlight followed in March with the **Research Congress** under the title “One Health”. Researchers from all over Europe shed light on this highly topical subject from a medical, philosophical and social perspective. For the first time at a research congress of the Medical Section, many contributions were recorded by the Goetheanum TV platform and subsequently made available to the general public ([www.goetheanum.tv](http://www.goetheanum.tv)).

In September, shortly before the annual conference of the Medical Section, the new cycle of the “**Teach the Teacher**” seminar also started. After a one-year break, which was used for intensive development and preparation of the new three-year advanced training course, a group of around 35 trainers in therapeutic, medical and nursing professions started this course in order to exchange ideas and learn from each other over the following three years.

Under the title “Body and I”, the Medical Section hosted its **international annual conference** from 12–17 September, which focused on the topic of autoimmune diseases and, as in previous years, was divided into three conference parts. This year, the conference opened with seven specialist conferences, among which anthroposophic dentistry was also to be found for the first time. The conference theme was then taken up in around 50 interdisciplinary workshops during the spiritual deepening and the multiprofessional conference. With more than 700 participants from all over the world, the entire conference was very well attended, which was certainly also due to the topicality of the subject.

The visitors and the team of the Medical Section experienced an exceptionally moving moment on the last day of the annual conference when the leadership of the Section was handed over into new hands. Matthias Girke and Georg Soldner were bid farewell as Section heads with great gratitude and the new triumvirate of Marion Debus, Karin Michael and Adam Blanning were warmly welcomed.

This year, the Creative Speech specialist area was not part of the specialist conferences during the annual conference, but issued an invitation to the **International Conference for Therapeutic Speech and Drama Therapy** in October, which will take place again annually at the Goetheanum in mid-October.

The **international advanced training for school and kindergarten doctors** also started a new three-year advanced training cycle in 2023. The entire course comprises twelve modules, divided between the Stuttgart and Dornach loca-

tions. For the opening module in October 2023 entitled “The formation of and search for identity in the first three seven-years periods” we welcomed around 65 participants to the Goetheanum.

Alongside those mentioned above, there were an additional 35 smaller conferences, colloquia, specialist group meetings and similar events organised by the Medical Section. The Conferences department also oversaw 42 events organised by external organisers under its auspices.

The feedback to this year's events at the Goetheanum was very positive. The gratitude of people for being able to come together as a community, especially in these difficult times, was clearly tangible.

#### *Coordination and contact*

François Bonhôte and Sonja Burger, [conferences@medsektion-goetheanum.ch](mailto:conferences@medsektion-goetheanum.ch)

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

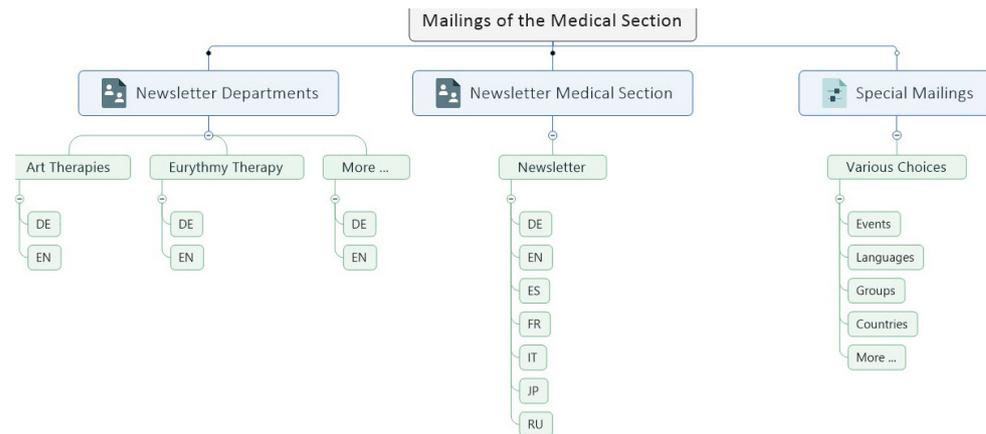
### IKAM Office (Platform & Services)

The year 2023 was dominated by the migration of our existing newsletter service to a new platform. Although the Section had been doing well with the existing system until then, the potential annual cost savings in the mid four-figure range were reason enough to take this step. The new service also promised more efficient user guidance and more flexible handling for the upcoming synchronisation with our existing address database. The structure of the Medical Section's mailings is significantly more complex than in other sections, due to the relative independence of the various specialist areas, the seven languages supported and the special mailings for event-related mailing list compilations. The number of communications sent last year with the previous service was around 250,000 emails. We anticipate a further increase in reach in the coming year (without additional costs, as we can now utilise twice the mailing volume). The complexity and the change in ongoing operations were the biggest challenges of the migration. It was therefore all the more pleasing to see that this was successfully completed in December 2023 and that the new service is running smoothly.

Further major projects are planned for 2024. In the first quarter, the focus will be on synchronising the existing contact database with the database of the new newsletter system, as we expect this to save a significant amount of time and reduce the workload by eliminating the need for duplicate maintenance of the address database. Originally planned in parallel with the migration of the



*Mathias Hofmann*  
IKAM Office /  
Project Management



newsletter service, it proved to be more practicable to tackle this after the move to the new system had been completed. As a second project, we will be carrying out another migration, namely moving the website of the Medical Section and the websites of the specialist areas (Eurythmy Therapy, IFAT, Arts Therapies, Body Therapies, Nursing, Pharmacy, and School Doctors) to the Goetheanum's existing content management system. The aims of this migration are also cost savings and an improved user experience at the administration level as well as for our website visitors.

*Coordination and contact*

Mathias Hofmann, [mathias.hofmann@medsektion-goetheanum.ch](mailto:mathias.hofmann@medsektion-goetheanum.ch)



## International Federation of Anthroposophic Medical Associations (IVAA)

### Publication of the *WHO Benchmarks for Training in Anthroposophic Medicine*



Thomas Breitzkreuz  
President of the IVAA

After almost seven years of preparation, the World Health Organisation (WHO) published the *WHO Benchmarks for Training in Anthroposophic Medicine* in March 2023. The document was drawn up on the basis of the training criteria and curricula of all training courses recognised by the Medical Section. The IVAA, together with its member societies, organised the translations so that the document is now available in eleven languages on the WHO website. The IVAA organised a launch event, together with representatives of the Medical Section, the European Federation of Patient Associations for Anthroposophic Medicine (EFPAM) and the WHO, to mark this milestone for anthroposophic medicine. In many countries, the benchmarks will be an important tool for entering into dialogue with authorities and universities on a multiprofessional basis and working towards recognition of our training.

## Representation of interests at EU level

At EU level, EU Directive 2001/83 – the European medicinal products directive – which is central to medicinal products, is being revised and reformed. Plant-based and homoeopathic medicines are included in this directive; it forms the central basis for anthroposophical medicinal products, which do not have their own status. MEPs have until 20 February 2024 to debate the more than 1,700 amendments received – including a motion to delete homoeopathic medicines. They thus set the direction for the negotiations in the European Council and the European Commission. In this process, which is central to the future of anthroposophical medicinal products, the IVAA is actively engaged in political work, also in co-operation with partners such as EUROCAM, in order to preserve the current legislation.

On the positive side, the European Parliament recognised the role of integrative medicine in its report on non-communicable diseases. The report highlights integrative medicine as a key measure to improve healthcare for non-communicable diseases and emphasises the importance of a holistic approach and scientifically recognised integrative medicine and complementary therapies.

The IVAA continues to play an active role in EUROCAM and is responsible there for pharmaceutical matters, among other things. EUROCAM provides the secretariat for the important MEP Interest Group on Integrative Medicine and Health.

## WHO summit in India

In August 2023, the WHO, together with the Indian Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH), held the first global summit on traditional medicine. Anthroposophical physicians from Brazil, India, Russia, Germany and Switzerland were represented and IVAA Vice President Tido von Schoen-Angerer was a panellist. In the exhibition room of the summit, which was visited by the G20 participants, videos and information on eurythmy therapy, anthroposophical nursing and the Havelhöhe Hospital were shown, contributed by the IVAA.

## World Congress for Integrative Medicine and Health in Rome

Anthroposophic medicine was well represented by several speakers, including two IVAA representatives, at the 2nd World Congress on Integrative Medicine and Health (WCIMH) in Rome. In addition, the IVAA organised the workshop “Stakeholder Input into the new WHO Global Strategy for Traditional, Complementary and Integrative Medicine” on behalf of the TCIH Coalition.

## People's Declaration for Traditional, Complementary and Integrative Healthcare (TCIH)

The TCIH Coalition, which was originally initiated by the IVAA in 2021 and has been active since 2022, gained considerable momentum and influence in 2023. The coalition now has over 300 signatory organisations worldwide. The coalition is led by a Coordinating Council on which the IVAA is represented. The IVAA also provides the secretariat for the coalition.

In July, the TCIH Coalition was invited by WHO Director-General Tedros Adhanom Ghebreyesus to a one-and-a-half-hour live streamed discussion on traditional, complementary and integrative medicine. This was an expression of the fact that the WHO sees the TCIH Coalition as the main representative of civil society in the field of TCIH. The discussion was moderated for civil society by Iva Lloyd (WNF) and Tido von Schoen-Angerer (IVAA).

The coordination of the TCIH Coalition has worked intensively to define its priorities for the new WHO strategy on traditional, complementary and integrative medicine 2025–2034 and published these in two scientific articles in *BMJ Global Health* and the *Journal of Integrative and Complementary Medicine*. Tido von Schoen-Angerer, IVAA Vice-President, was appointed by the WHO as one of three co-authors to draft the new WHO Strategy for Traditional, Complementary and Integrative Medicine 2025–2034 in summer 2023.

## Developments in the Federation

At the annual general meeting in September 2023, Georg Soldner stepped down as representative of the Medical Section on the IVAA board. His position was taken over by Adam Blanning. The annual general meeting also adopted the new IVAA strategy 2024–2028.

In December 2023, an extraordinary members' meeting adopted an amendment to the articles of association that better formulates the purpose of the Federation.

The IVAA sends out monthly internal electronic newsletters to the boards of the member associations; individual members can also receive them on request.

*Tido von Schoen-Angerer MD, MPH, IVAA Vice President*

### *Coordination and contact*

Dr med Thomas Breitkreuz, [thomas.breitkreuz@medsektion-ikam.org](mailto:thomas.breitkreuz@medsektion-ikam.org)  
[www.ivaa.info](http://www.ivaa.info)

## International Coordination of Research / Research Council

### What challenges were there in 2023?

In 2023 the Anthroposophic Medicine Research Council (AM RC) developed and finalised a research strategy for AM on the global level for the next 5–10 years. This was the last phase of a consensus process with members of the AM RC and the coordinators of the Medical Section in which the mission, vision, values and strategy for the AM RC were developed.

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

On 3–5 March 2023, the AM RC organised the research congress “One Health – Studying and addressing LIFE in Medicine” at the Goetheanum. On the first day, scientists from conventional medicine presented their work. On day 2, there were presentations and workshops on how to study life from an anthroposophical perspective. On the last day, the latest results of AM research were presented in lectures. The congress was characterised by a large variety of contributions and lively exchanges.

### What's new?

We are currently working on getting an overview of the outcome/effect studies that have been done for each AM therapy, the expertise of AM therapists worldwide, and the current research needs in society/healthcare. Based on these sources, we will discuss and develop with the international AM therapy associations a research strategy for the next 5-10 years.

### What plans and projects are planned for the coming period?

In 2024, the AM RC will meet four times.

During the 7–8 March meeting we will work on the concretisation and planning of the overall AM research strategy. The other meetings are online in April and November, and live during the annual Medical Section conference in September.

On 8–10 March, the research congress “The scientific status and future of the therapies in anthroposophic medicine” will be held at the Goetheanum. Central questions guiding the congress are:

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



Erik Baars  
International Coordination of  
Research Council

*Coordination and contact*  
Prof Erik Baars MD,  
MSc in Epidemiology,  
PhD  
[erik.baars@](mailto:erik.baars@medsektion-ikam.org)  
[medsektion-ikam.org](http://medsektion-ikam.org)

## International Coordination of Physician Training



*Jan Feldmann*  
International Coordination of  
Anthroposophic Physician  
Education to September 2023

I am Judit Kedves, a general practitioner at the Ita Wegman Ambulatorium in Basel, Switzerland, and the newly appointed IKAM Coordinator for Physician Education. It is with great pleasure and enthusiasm that I embark on this role. As a member of the leadership team at the Akademie Arlesheim and co-leader of the Foundation Studies Programme, my commitment is to fostering quality medical education for anthroposophic healthcare and contributing to the development and coordination of medical training programmes in anthroposophic medicine.

This report provides an overview of my experiences in this role from September 2023 to the end of the year.

A notable organisational change during the last year was the conclusion of Jan Feldman's tenure as an IKAM member, marking a transition in responsibilities. Let me take this opportunity to say a warm thank you to Jan for his wonderful work over the last ten years!

In addressing the coordination of international physician training programmes, noteworthy challenges were addressed in the International Trainer's Conference held just before the Annual Conference in September 2023. Central to this meeting were experiences from all over the world, whereby successes, difficulties, and new didactic approaches from medical and some interprofessional training courses worldwide were presented. During the period from September 2022 to September 2023, different working groups worked on some priority topics which were set at the previous year's conference. These priority topics dealt with the

- question of the transition from training into the practice of anthroposophic medicine,
- the limited number of graduates seeking accreditation,
- the necessity for training courses to seek accreditation, and
- the transformation in order to follow the core curriculum requirements, such as the integration of project work into the training courses.

Putting into practice the very good suggestions which have now been presented is the next challenge. It is clear that these topics will require ongoing attention and resources in the future.

Another key event was the Teach the Teacher (TTT) conference preceding the annual conference, marking the beginning of a new cycle after several years' pause of the TTT conferences.

The TTT initiative, meticulously planned over a year by an international preparatory group, focused on the theme, "Bringing spiritual development and transformation into modern healthcare education". For each of the next three years, each TTT conference will centre on a topic that can be particularly challenging to teach in modern education settings. Main topics this year were how to teach about reincarnation, aspects of giving and receiving feedback, and basic principles of adult education. This event aimed to facilitate lateral and transgenerational learning and teaching, bringing together experienced and novice trainers.



*Judit Kedves*  
International Coordination of  
Anthroposophic Physician  
Education since September 2023

Looking ahead to 2024, my personal objective is to establish connections with various education leaders and training courses to gain insights into specific strengths and needs of various training programs. As already mentioned, there are key issues which require ongoing attention.

The Trainer's Conference also featured two notable projects for the future. One was the proposal for the development of an online database with instructional videos on anthroposophic medicine. The objective is to enhance the accessibility of educational content on an international scale. The other was an overall review process of 21 years of IPMT courses, aiming optimally for a publication on IPMT development and lessons learned regarding this advanced training.

*Coordination and contact*

Judit Kedves, [judit.kedves@medsektion-ikam.org](mailto:judit.kedves@medsektion-ikam.org)

## International Coordination Young Impulses in Anthroposophic Medicine (YIAM)



For YIAM (Young Impulses in Anthroposophic Medicine), the focus in 2023 was on preparing for our conference “How do I find the good?”, which took place at the Goetheanum from 3 to 7 January 2024. In addition to our usual in-person meetings in spring (at the Dottenfelderhof near Frankfurt) and autumn (in Dornach, directly before the Medical Section's annual conference), several additional meetings were held to prepare for the conference. And also between these meetings, we worked tirelessly towards our goal of a conference where the content of the so-called Course for Young Doctors could be experienced in a living, authentic way and encounters could take place at the level of our hearts. Time and again, we also made ourselves aware of how we want to relate to each other as a free community of young people and the importance of our interpersonal relationships for our work now and in the future.

We now look back with gratitude at the conference, which was made possible alongside our efforts by generous financial support from Software AG, the Mahle Foundation, the Christophorus Foundation and WALA, even though we had fewer registrations than expected. Among the more than 200 participants were more than 60 young people, many of whom would like to come to our next meeting at Dottenfelderhof from 9 to 12 May 2024. We look forward to the impulses that want to grow from the seeds of our conference!

We are also grateful and happy that Tania Prince, a nurse from New Zealand, will take over the role of representing young people in IKAM from Sophia Wittchow from early 2024.

*Matthew Mirkin and Sophia Wittchow for YIAM*



*Sophia Wittchow*  
International Coordination of  
Young Impulses in Anthroposophic  
Medicine to December 2023



*Matthew Mirkin*  
International Coordination of  
Young Impulses in Anthroposophic  
Medicine



*Tania Prince*  
International Coordination of  
Young Impulses in Anthroposophic  
Medicine since January 2024

## Thoughts on "How do I find the good?", 100 years of the Course for Young Doctors, 3-7 January 2024

Three years ago a seed was planted and at the beginning of this year, after giving it regular love and light, it blossomed into a beautiful winter rose. In reflection, we realised that the key to our conference was the social warmth found within our human relationships. Through this activity, we came closer to the exoteric, esoteric and moral quality found in the Course for Young Doctors.

This is symbolised by the Staff of Mercury, the individual's search for the Good and the awakening in communion of souls weaving.

At the beginning of the conference we asked ourselves what it takes to be a good doctor, nurse or therapist and many different perspectives to this were offered. We heard about the meeting with the dark forces we are faced with in modern medicine and the love this task requires within our anthroposophic community. Stimulating questions on the will to heal and the courage to heal were asked and the necessity of the development of the Christ impulse, the trinity, in medicine was shared. We learnt that the New Mysteries are now possible due to a harmonising of karma and when we take on the responsibility of fire, we transform the evils in the earth out of love. The meditations and esoteric exercises in the course were also given space and a rich variety of workshops were held. Tears were shed, hearts touched and questions asked. We felt we offered something authentic, carried in the Medical Section movement of the Goetheanum.



*Tania Prince*

### *Coordination and contact*

Dr med Sophia Wittchow, [sophia.wittchow@medsektion-ikam.org](mailto:sophia.wittchow@medsektion-ikam.org)  
Matthew Mirkin, [matthew.mirkin@medsektion-ikam.org](mailto:matthew.mirkin@medsektion-ikam.org)  
Tania Prince, [tania.prince@medsektion-ikam.org](mailto:tania.prince@medsektion-ikam.org)  
[www.yiam.world](http://www.yiam.world)

## 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 patients with anthroposophic pharmaceuticals on an international level and raising them with the manufacturers.

IMKA is a small body currently made up of the coordinator Dr med Andreas Arendt (Switzerland) and the three permanent staff members Astrid Sterner (Germany), Simone Hoffmann (Germany), Dr Laura Borghi (Italy) as well as the heads of the Medical Section, Dr med Marion Debus and Dr med Karin Michael. Georg Soldner, who has been a member of IMKA since it was founded in 2005, in stepping down from his role as deputy head of the Medical Section in September 2023 also ended his work in the IMKA Coordination.

IMKA had several meetings and discussions with the pharmaceutical manufacturers WALA, Weleda and Iscador AG in 2023. Issues relating to the development of the medicinal product ranges, logistics and research were discussed.

Following the repeated reduction of their pharmaceutical product lines, IMKA expects manufacturers to maintain the current level of their product ranges. They are to be stabilised over the next few years and not be changed to any great extent. There are also plans to invest more in pharmaceutical research again which for various reasons has hardly been possible in recent years. At the same time, it is important to further strengthen the extemporaneous production of medicinal products.

One growing problem is the rising cost of medicinal products, which is causing patients who are paying for themselves to increasingly look for alternatives.

The fifth edition of the *Vademecum Anthroposophische Arzneimittel* will appear in 2024. There will be a new edition in book form. At the same time a web application will be developed which will make the reports prepared by the editorial team accessible without delay and also provide access to the largest collection of literature on anthroposophical medicinal products.

#### *Coordination and contact*

Dr med Andreas Arendt, [andreas.arendt@medsektion-ikam.org](mailto:andreas.arendt@medsektion-ikam.org)  
[www.vaoas.ch](http://www.vaoas.ch)



Andreas Arendt  
International Coordination of  
Anthroposophic Medicines/IMKA)

## International Coordination of Anthroposophic Pharmacists (IAAP)



International Association of  
Anthroposophic Pharmacists

With the activities carried out in 2022, the IAAP laid the groundwork for the future and was again active above all in the fields of events, advanced training, IKAM work and standards in anthroposophic pharmacy. The biggest challenge is and remains to be part of integrative medicine and pharmacy.

### Challenges

In 2023, the International Association of Anthroposophic Pharmacists (IAAP) was confronted with a rapidly changing healthcare system in Central Europe,



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



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

which is suffering from a severe shortage of specialists and cost pressures. In addition, anthroposophic medicine and homoeopathy continued to be attacked by a narrative that questioned their efficacy. Artificial intelligence is increasingly finding its way into medicine and the question arises as to how we and our medicinal products are present in this digital landscape.

In 2023, the European medicinal products directive was amended and is currently under discussion in the EU Parliament.

## Special events

An important event was the publication of the *Benchmarks for Training in Anthroposophic Medicine* by the WHO, which also describes advanced training to become an anthroposophic pharmacist. This tool and the information about it in the various IPMTs or IPPTs was a key topic for us pharmacists.

Preparing and participating in last year's annual conference of the Medical Section on autoimmune diseases was an important and enjoyable but challenging activity. The cooperation between physicians and pharmacists was very close to our hearts and, in our opinion, worked well.

Within IAAP, there were major changes to the board. Our long-standing president and co-founder Dr Manfred Kohlhasse stepped down after the annual general meeting in October. In him, we have lost a very committed pharmacist and friend who was passionate about anthroposophic pharmacy and for whom the bridge to medicine was always very important. He has initiated many important milestones that the IAAP continues to work on.

Dr Mónica Mennet-von Eiff was elected as the new president and Marek Roszkiewicz, a Polish physician with two years of additional training in pharmaceutical technology, was appointed as a new member of the board. We are delighted to have this colleague with his expertise and his eye for the eastern countries on the board.

The mechanism of action of medicinal products is a topic that constantly occupies us and is also very important for external communication. A working group on this topic was formed in the Medical Section as long ago as 2022, in which the IAAP was represented by Annette Greco and Mónica Mennet-von Eiff. In 2023, two articles by our board members on this topic appeared in *Mercurstab*.<sup>1,2</sup>

- 
- 1 M Mennet-von Eiff, "Wirkprinzipien der anthroposophischen Arzneimittel", *Der Mercurstab*, special issue on substance and process, part 2, issue 5, 2023, p. 360-367.
  - 2 A Greco, M Mennet-von Eiff, "Cichorium, Eine Betrachtung der pharmazeutischen Prozesse von Cichorium intybus unter Berücksichtigung der Wirkprinzipien", *Der Mercurstab*, special issue on substance and process, part 2, issue 5, 2023, p. 368-373.

## News from the specialist area

Work on the Anthroposophic Pharmaceutical Codex (APC) continued with great energy regarding the further development of standards within anthroposophic pharmacy and medicine. Ultimately a consensus was reached on the publication of the different quality monographs for mistletoe preparations and common quality testing parameters were agreed. An ointment and gel base has been developed that pharmacists all over the world can use.

The translation of the book *Anthroposophische Pharmazie* from the publisher Salumed Verlag into Spanish advanced to such an extent in 2023 that the scope of the project and the authors have been defined, the publisher and the translator have been finalised. The applications to the foundations have been made and we are very pleased that we have received positive responses and that the funding for the project is now secured.

The IAAP also participated in the IPMTs/IPPTs in the various regions of the world in 2023 and supported them in different ways.

An AnthroMed® stand was set up for AnthroMed® for the first time at the 2023 annual conference of the Medical Section. The current AnthroMed® members were personally invited by the AnthroMed® shareholders and the leadership of the Medical Section to join in the dialogue. Pharmacy was represented at the stand through the IAAP by Annette Greco. AnthroMed® became visible and many conversations were held with members and interested individuals.

## What plans and projects are planned for the coming period

In Colombia, pharmacists have joined the Association for the Development of Anthroposophic Medicine in Colombia (Asociación para el desarrollo de la medicina antroposófica en Colombia/ADMAC) and would like to become members of the IAAP. To achieve this, the IAAP articles of association need to be amended slightly, which we would like to implement this year. We look forward to working more closely with colleagues from other countries in this way.

Work on the pharmaceutical standards will continue and the IAAP will publish edition 5.1 of the Anthroposophic Pharmaceutical Codex (APC) this year and continue work on the translation of the book *Anthroposophische Pharmazie*.

### *Coordination and contact*

Dr Mónica Mennet-von Eiff, [monica.mennet-von.eiff@medsektion-ikam.org](mailto:monica.mennet-von.eiff@medsektion-ikam.org)  
[www.iaap-pharma.org](http://www.iaap-pharma.org)

Deputy: Annette Greco, [annette.greco@medsektion-ikam.org](mailto:annette.greco@medsektion-ikam.org)



Hana Adamcová  
International Coordination of  
Eurythmy Therapy

## International Coordination of Eurythmy Therapy

As team International Coordination of Eurythmy Therapy, we look back on an eventful year. We met almost weekly online and also in person for a retreat in Prague to develop and coordinate questions. The period was overshadowed by Katharina Gerlach's absence due to illness and the sad news that Ingrid Hermansen will be leaving the team at the end of 2023 due to other important tasks. A successor has been found in Skeydrit Bähr from the USA and we are looking forward to working together.

### Challenges 2023

The 2023 specialist conference as part of the annual conference posed a particular challenge because Katharina Gerlach was unable to participate due to illness. We realised that each of us is so enthusiastically committed that we unfortunately from time to time neglect to look after our own health.

### Special events

- Accreditation or re-accreditation of several training courses.
- New training initiatives are being set up.
- Implementation of a new format for the trainers' conference: it lasts one day longer, contains significantly more practical work and promotes mutual awareness of the training courses and dialogue between colleagues.
- The "ET Advanced Training" format with certification by the Medical Section could be established (publication in *Merkurstab* 2/24). The first advanced training course in gynaecology begins in March 2024.
- The specialist conference took place with 70 people from all over the world, it is becoming increasingly established and we expect a larger turnout in 2024.
- The intensive cultivation of the international network led, among other things, to the founding of new professional associations in Norway and Romania. New country representatives were found for Brazil, Chile, Croatia and the Czech Republic.
- IFAT membership has led to a wonderful collaboration with the coordinations for art and body therapy.

### Latest news

- The Online Vademecum of Eurythmy Therapy project was presented at the conference. The team responsible is working flat out to go online with the first details in January 2024. A report on this has been published in *Merkurstab* (<https://doi.org/10.14271/DMS-21718-DE>).
- Two eurythmy therapy case vignettes were published this year: Gerlach K, *Improvement of spinocerebellar ataxia 3 symptoms treated with Eurythmy Therapy – A case vignette*. Complementary Medicine Research. 2023, DOI:

[10.1159/000532120](https://doi.org/10.1159/000532120), and Langmair H, Gerlach K, *Eurythmietherapie bei einem Kind mit ADHS – Eine Fallbeschreibung*. Der Merkurstab. Zeitschrift für Anthroposophische Medizin 2023;76(2):108-115, DOI: <https://doi.org/10.14271/DMS-21615-DE>.

- We have compiled a list of physicians working worldwide who are willing to support eurythmists in terms of content through online exchange in countries with a shortage of physicians.

## Plans and projects 2024

- There will again be a specialist eurythmy therapy conference in 2024, which will be part of the annual conference in September. The initial plans for this have already been finalised.
- A conference will be held at Easter 2024 together with the Section for the Performing Arts.
- The Vademecum project will be further developed: more colleagues internationally are to be encouraged to write down their treatment experiences and make them available on the platform.
- The further development of the quality, dissemination and recognition of the AnthroMed® label is important to us.
- The advanced training project in eurythmy therapy is to be developed further. We want to try to convert further training into advanced training in order to constantly improve the quality of eurythmy therapy.
- Advanced training for physicians in eurythmy therapy is also to be put on a modern footing, always in connection with the Medical Section: the aim is also to obtain international certification for such advanced training courses.

Our motto for our work in the coming year is: Deepening mutual respect and recognition of each other's work, combined with the desire to support the inner and outer development of the profession of eurythmy therapist with healing movement.

### *Coordination and contact*

Hana Adamcová MA, [hana.adamcova@medsektion-ikam.org](mailto:hana.adamcova@medsektion-ikam.org)  
[www.eurythmytherapy-medsektion.net](http://www.eurythmytherapy-medsektion.net)

Co-Coordination: Skeydrit Bähr, [skeydrit.baehr@medsektion-ikam.org](mailto:skeydrit.baehr@medsektion-ikam.org),

Dr rer medic Katharina Gerlach MA, [katharina.gerlach@medsection-ikam.org](mailto:katharina.gerlach@medsection-ikam.org)



*Katharina Gerlach*  
Co-Coordination of Eurythmy  
Therapy



*Ingrid Hermansen*  
Co-Coordination of Eurythmy  
Therapy to December 2023



*Skeydrit Bähr*  
Co-Coordination of Eurythmy  
Therapy from January 2024



## International Coordination of Anthroposophic Body Therapy (IAABT)



*Elma Pressel*

International Coordination of Anthroposophic Body Therapy (IAABT)

### What were the challenges in 2023?

One challenge was to finalise the digital portfolio in cooperation with the Ita Wegman Academy Graz for the IKAM accreditation, which had already begun in 2022, and to carry out the first re-accreditation according to the new procedure. Another is to translate the documents, including the new procedural manual, into English and create a webinar to explain and implement them. An application was made to a foundation for funding.

### What particular events have characterised the work in the coordination field?

The first was the individual certification of Juan Pablo Picón, an Argentinian osteopath, and the second was the certification for advanced training in rhythmical massage therapy in São Paulo, Brazil. Both processes required intensive support and assistance from us.

We were able to successfully plan and carry out the 2023 specialist conference with a small team. The expected 56 participants increased from session to session, so that the Nordsaal in the Goetheanum was ultimately well filled with 72 people. The evaluation revealed that the work across different methods was highly appreciated and that more time is desired for such joint work.



*Gudrun Rehberg*

Co-Coordination of Anthroposophic Body Therapy (IAABT)

### What news is there to report from the specialist area?

In the first half of the year, so-called method consultations were offered at approximately four-week intervals. For this purpose, all method representatives were invited to respectively one main topic. These topics included the introduction of the WHO benchmarks and the consequences for work in body therapy, research in body therapy, and also the accreditation process. This offer was accepted with varying degrees of interest, with at least 15 people from different methods and different countries attending each discussion.

In the second half of the year, we held discussions with representatives of individual methods in order to maintain contact, assess needs and provide information from our side about the latest developments in body therapy. These discussions about methods will be continued next year.

### What plans and projects are pending for the coming period?

In the summer, we want to organise a conference on the topic of research in body therapy. Preparations for this already began in 2023. The reorganisation of the IAABT will continue so that the members of the board work as a body of experts and tackle the tasks at hand each with their own team.

A group led by Elma Pressel is currently working to prepare a brochure on body therapy that will be published by the IVAA.

The optimisation of the website is another project to be worked on.

*Coordination and contact*

Elma Pressel, [elma.pressel@medsektion-ikam.org](mailto:elma.pressel@medsektion-ikam.org)

Co-Coordination: Gudrun Rehberg, [gudrun.rehberg@medsektion-ikam.org](mailto:gudrun.rehberg@medsektion-ikam.org)  
[www.iaabt-medsektion.net](http://www.iaabt-medsektion.net)

## International Coordination of Anthroposophic Arts Therapies (ICAAT)



The ICAAT, the International Coordination of Anthroposophic Arts Therapies (specialist areas Therapeutic Painting and Drawing as well as Therapeutic Modelling and Sculpting, Music and Singing Therapy, Therapeutic Creative Speech & Drama Therapy) entered its twenty-eighth year of existence in 2023!



### What were the challenges in 2023?

The greatest challenge for arts therapies in all disciplines and worldwide is still the issue of research. We would like to create a database in which good final theses from the training courses could be found. To this end, we have this year intensified our collaboration with the Coordination of Research. Guiding research questions in the practice of anthroposophic arts therapies to a result that can be published still requires a great deal of support and effort of persuasion.

*Linda Teipen, Esther Böttcher, Laura Piffaretti*

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

We also observe with some concern how training places, particularly in music therapy and speech therapy training courses, are not being fully utilised and that institutions and hospitals with an anthroposophical background in particular are finding it difficult to fill vacant positions. We are working hard to find new solutions and approaches.

### What particular events have shaped the work in the coordination field?

We have finally been able to produce a kind of vademecum in the form of guidance for prescribing art therapies, especially for physicians. Initial diagno-

ses were explained in brief notes with the approaches of the art therapy specialities and distributed in a printed version at the 2023 annual conference of the Medical Section.

The guide can be found on our website and will be supplemented with other common diagnoses over the course of the coming year. The response was consistently positive and encourages our small editorial team to continue working on it.

## What news is there to report from the specialist area?

The annual “International Study Days for Anthroposophic Arts Therapies” took place in January 2023 in an exchange and discourse with non-anthroposophic art therapy approaches. The conference was exciting, also because it adopted a different format for the first time since the pandemic, with tandem contributions and workshops that were repeated on two days in succession. The conclusion with breakfast together on Sunday provided plenty of space for encounters and dialogue. We will continue to foster this form.

Another new feature is the targeted communication of information via a general ICAAT newsletter and specialist newsletters in German and English. This is how we reach our colleagues worldwide. This is now also happening more intensively via Instagram and Facebook.

Furthermore, the work in IFAT (International Federation of Anthroposophic Therapies) and iARTe (International Association of Anthroposophic Arts Therapies Educations) is part of the coordination task.

## What plans and projects are pending for the coming period?

The Arts Therapies 2024 online conference is being planned and will be restructured so that we can build on it in the coming years. Colleagues around the world are grateful for this format, especially as the economic situation of many is becoming increasingly difficult and travelling to Dornach is prohibitively expensive. In 2023, we were able to recruit new co-workers for both the preparatory group for the online conference and for the study days at the Goetheanum and look forward to their active support.

As the ICAAT team’s fee expenses cannot be covered by the specialist area, we are actively engaged in finding support and donations to relieve the burden on the Medical Section.

After a great deal of energy has gone into the visibility of art therapies in recent years, we would like to create even more space in the future for the questions of the therapist’s inner development and the associated question of the cultivation of the professional esotericism.

### *Coordination and contact*

Overall coordination: Laura Piffaretti, [laura.piffaretti@medsektion-ikam.org](mailto:laura.piffaretti@medsektion-ikam.org)

Painting and modelling: Linda Teipen, [linda.teipen@medsektion-ikam.org](mailto:linda.teipen@medsektion-ikam.org)

Music therapy: Laura Piffaretti, [laura.piffaretti@medsektion-ikam.org](mailto:laura.piffaretti@medsektion-ikam.org)

Therapeutic speech: Esther Böttcher, [esther.boettcher@medsektion-ikam.org](mailto:esther.boettcher@medsektion-ikam.org)

## International Federation of Anthroposophic Therapies (IFAT)



The International Federation of Anthroposophic Therapies (IFAT) brings together professional associations from the fields of eurythmy therapy as well as art therapy and body therapy.

In 2023, IFAT grew to 28 associations as well as five other members from a total of 19 countries spread across four continents. Thus the Association for Eurythmy Therapy Norway and the Umbrella Association for Eurythmy Therapy and Art Therapy in the Czech Republic were newly added in 2023.

At regular online meetings, members can share their concerns and contribute to developments within anthroposophic medicine and IFAT's activities.

A particular focus of IFAT's activities in 2023 was to enable its members to use AnthroMed® by negotiating and introducing new contracts that are fair for all parties.

In this context, common international ethical guidelines (ethics codex) for eurythmy, art and body therapy (<https://ifat-medsektion.net/dokumente>) were drawn up and published.

Politically, IFAT has expanded its activities by intensifying our contacts with Traditional Complementary Integrative Healthcare (TCIH) (<https://www.tcih.org/>), which we intend to continue in 2024.

We are also endeavouring to forge even closer links with the IVAA in order to support and promote anthroposophic medicine worldwide.

*Further information*

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



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

## International Coordination of Anthroposophic Psychotherapy (AP)

The group of 15 international board members of the **International Federation of Anthroposophic Psychotherapy Associations (IFAPA)** meets online eleven times a year. We are working in several subgroups on the development of anthroposophical psychotherapy, taking into account the specific situation on the various continents.

As part of the work of the **CARE III** group, several articles were written by the members working in psychotherapy, which are now being published on the



Hartmut Horn  
International Coordination of  
Anthroposophic Psychotherapy  
(AP)



Giovanna Bettini  
International Coordination of  
Anthroposophic Psychotherapy  
(AP)



Merja Riijärvi  
International Coordination of  
Anthroposophic Midwives  
to December 2023

Anthromedics specialist portal. The inclusion of further therapeutic professions in the CARE group with its interdisciplinary concept is planned for the future.

**Specialist conference as part of the annual conference:** During the three-day specialist conference on anthroposophic psychotherapy, the programme included lectures and group work on autoimmune diseases and their roots in education and parenting, medical care and the psychological development of children and adolescents. The 2024 specialist conference is currently in preparation and will contribute to the overall theme of “Perception and Truth”.

**Emerson training the trainers and research bi-annual IFAPA conference:** Board members and course leaders from all national associations met in June at Emerson College for advanced training, exchange and training.

In March 2024, the anthroposophic psychotherapists will be represented by John Lees at the **Research Conference**.

At the international School conference for psychotherapeutic practitioners (**First Class Conference for Professionals who Work Psychotherapeutically**), which will take place in Dornach in September 2024, Giovanna Bettini will once again be a class lesson lecturer, as she has been for the past three years.

#### *Coordination and contact*

Dr med Hartmut Horn, [hartmut.horn@medsektion-ikam.org](mailto:hartmut.horn@medsektion-ikam.org)

Dr Giovanna Bettini, [giovanna.bettini@medsektion-ikam.org](mailto:giovanna.bettini@medsektion-ikam.org)

## International Coordination of Anthroposophic Midwives

### 2023 ... first blazing enthusiasm and arduous work ...

The WHO benchmarks were initially received with enthusiasm in March, after which the sobering process of putting them into practice began. For the VfAH, the Association for Anthroposophic Midwifery ([www.vfah.de](http://www.vfah.de)), it is a great challenge to integrate the increased number of hours with a decreasing number of participants (since coronavirus); there are also significantly more courses on offer for midwives in an anthroposophical context and thus increasing problems in recruiting lecturers.

Does IKAM have the capacity to set up an information table, or to meet online or set up a trainer group? This would be very welcome in order to navigate the jungle between curriculum and implementation in practice.

For example, there is a great deal of variability between professional groups in the implementation of mentored practice, and it could be of great benefit for trainers to engage in dialogue with each other. The close relationship with IKAM, the home of benchmark work, builds interfaces and shared awareness in this area.

... but also special joys

The first international anthroposophical midwifery conference took place in September as part of the international annual conference of the Medical Section at the Goetheanum. Midwives and doulas from Mexico, Chile, Argentina, Brazil, Australia, Latvia, Finland, England, Germany, Switzerland and the USA gathered around the common topic of the placenta. The lecture by Prof Peter Selg formed the spiritual centre, enabling many participants to re-experience their profession as a calling and make contact with their own ideal. Looking back, several participants reported that they had a significantly different attitude towards the placenta after the conference.

The preparatory group continued to meet online after the specialist conference and there is an intense interest in continuing to work together. Lael Binning from New Hampshire/USA took up her long-standing wish and put it into practice: there will be an anthroposophical advanced training programme for midwives in the USA, possibly in connection with an IPMT. The midwifery school in Mexico will also implement impulses, and in São Paulo, at Casa Angela, anthroposophical content will continue to be cultivated and studied.

The future has already a little become the present ...

In December, forward-looking events accumulated. On 6 December, UNESCO included midwifery on the List of Intangible Cultural Heritage of Humanity and recognised “the outstanding position of midwifery as an important part of human culture and tradition”<sup>3</sup>.

Recognised ... this sounds familiar. Wasn't there someone who advocated this 100 years ago?

“This is something that Dr Steiner had in mind as an ideal, to receive the children who come into the world in the right way, which also brings about the betterment of humanity.”

And ...

“If such new impulses do not combine with the hospital, the work will not be able to continue.”

(both quotes from Ita Wegman, 1940, in: Selg, Peter: *Die letzten drei Jahre. Ita Wegman in Ascona 1940-1943*, Dornach 2004, p. 51).

In 2023, the last remnant arising from this work, anthroposophical obstetrics in Switzerland, was demolished. The Ita Wegman Birth Centre has now become a building pit and all the paediatricians at Klinik Arlesheim have been made redundant. A few years ago already, the maternity ward at Paracelsus



Johanna Hünig  
International Coordination of  
Anthroposophic Midwives  
from January 2024

3 <https://www.unesco.de/kultur-und-natur/immaterielles-kulturerbe/hebammenwesen-zum-immateriellen-kulturerbe-der-menschheit>

Hospital had to be closed and the mother and child ward at Klinik Arlesheim now lives on only in legend. Nobody wants it, but it happens. No one is malicious and yet it looks like dignity turned to a heap of ashes.

As the retiring IKAM coordinator, perhaps I can puff some questions into the feathers of the Phoenix:

What is a human being?

What is the calling of a midwife?

What does the midwife do as an IKAM coordinator?

Who is the leadership of the Medical Section?

Where is the Medical Section located?

Where is the intangible heart?

That the first always remain and the last may come into being.

May come into being because we all need each other to ask the right questions.

And Raphael ... is not the one who says no to us.

*Coordination and contact:*

Merja Riijärvi BSc, [merja.riijaervi@medsektion-ikam.org](mailto:merja.riijaervi@medsektion-ikam.org)

Johanna Hünig, [johanna.huenig@medsektion-ikam.org](mailto:johanna.huenig@medsektion-ikam.org)

## International Coordination of of Anthroposophic Naturopathy (ISAN)



Alexander Schadow

International Coordination of  
Anthroposophic Naturopathy  
(ISAN)

### What were the challenges in 2023?

One challenge for the International Society of Naturopathy (ISAN) was to determine the qualification in anthroposophic naturopathy. In our understanding, anthroposophic naturopathy is an extension of general naturopathy and therefore also of typical naturopathic procedures and methods. It is extended by the spiritual scientific practices and insights of anthroposophy. The training path in anthroposophic naturopathy (AGAHP), which has as its prerequisite the general recognition as a naturopath, focuses on the integration of these spiritual-scientific insights. In connection with our further training and certification regulations, a general advanced training framework was subsequently created with the “International Core Curriculum”.

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

The activities of the International Society of Anthroposophic Naturopathy (ISAN) in 2023 centred on new further and advanced training courses for naturopaths. Following the publication of the “International Core Curriculum for further education and advanced training in Anthroposophic Naturopathy”,

advanced training courses for naturopaths in Australia and Germany began on this basis in 2023. The aim of the advanced training courses in anthroposophic naturopathy is to certify the core competences of naturopaths in anthroposophic naturopathy in accordance with the certification procedure developed jointly with the Medical Section. The recognition entitles the holder to practise Anthroposophic Naturopathy (AGAHP) within the framework of the provisions of national law. The Anthroposophic Naturopathy quality mark (AGAHP) has been registered as a trade mark with the German Patent and Trade Mark Office (DPMA) since 2012.

Furthermore, the online training series, launched by the training institute for anthroposophic naturopaths, ANTHROPOS-SOPHIA, in 2022, was successfully continued in 2023.

At the launch event on 20 February 2023, Alexander B Schadow spoke on the topic of “Reincarnation and karma – from the perspective of anthroposophical naturopathy”.

This was followed by a lecture by Prof Dr David Martin on 28 April 2023 on the topic of “The healing art of freedom” and a lecture with naturopath Ela Wallner on 27 October 2023 on the topic of “An extension of the theory of temperaments and its influence on nutrition based on anthroposophy”.

## What news is there to report from the specialist area?

The year 2023 was marked by numerous activities. In addition to the further training courses and the advanced training courses that began in the same year, the members’ meeting of the International Society of Anthroposophic Naturopathy (ISAN) took place in Magdeburg on 8 July 2023. The meeting centred on the business and financial report for 2022, the presentation of the cash report, the auditor's report and the election of the new Steering Committee. The meeting elected Alexander B Schadow, Michael Voelkel and Brigitte Kachel to the Steering Committee. The Steering Committee elected Alexander B Schadow as President. Thilo Koch and Ellen Klauke PhD were elected as auditors.

On 25 August 2023, the annual conference of anthroposophic naturopaths “The chronic (pain) patient” took place in cooperation with the AGAHP, Weleda and the International Society of Anthroposophic Naturopathy (ISAN). The conference at the Weleda Experience Centre included a visit to the medicinal plant garden and the Weleda laboratory in Schwäbisch Gmünd.

## What plans and projects are pending for the coming period?

The organisation of a further annual conference of anthroposophic naturopaths is planned for 2024, which will offer participants the opportunity to engage with the research requirements of the International Society of Anthroposophic Naturopathy (ISAN) in order to develop new impulses for their practical work.

*Coordination and contact*  
Alexander Schadow,  
[alexander.schadow@medsektion-ikam.org](mailto:alexander.schadow@medsektion-ikam.org)  
<https://www.isan-medsektion.net/>

## International Forum for Anthroposophic Nursing (IFAN)



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

International course activities resumed in the first year after the pandemic. While online formats had been developed primarily in previous years, physical meetings could now be organised locally again. In Malaysia, courses in home care and caring for the dying were completed, and in Taiwan the first experts in anthroposophic nursing were certified. Two basic courses were set up in Chile, and the third week of an IPMT for nursing professionals from all over South America took place in Colombia. In North America, the focus of training is on rhythmical Einreibung. In Germany and Switzerland, advanced training courses at basic and expert level will take place as usual.

The publication of the benchmarks by the WHO supported the course activities. Accreditations in accordance with the revised manuals are scheduled for the coming years.

An anthroposophical nursing association was founded in Brazil.

In 2023, two worldwide online meetings were held in Spanish, English and German in four time zones. In April, the focus was on the mantra “Find yourself in light” and on 2 December, 100 years after it was given to Ita Wegman, on the so-called nurses’ meditation combined with reflections on the mysteries of Ephesus and the action of Mani in nursing.

Around 80 colleagues from all over the world took part in the specialist conference “Being in Between – Simply Nursing” as part of the Medical Section's annual conference.

### *Coordination and contact*

Rolf Heine, [rolf.heine@medsektion-ikam.org](mailto:rolf.heine@medsektion-ikam.org)

## International Coordination of Age Culture and Elderly Care - Nikodemus Werk

### What challenges were there in 2023?

After the past two years demanded such enormous hard work from everyone in the care sector, there was great hope in spring 2023 that the end of the pandemic would bring a little more calm and normality back to everyday working life.

However, high staff absenteeism, unfilled vacancies and the dramatic rise in energy and operating costs really drove many elderly care facilities into crisis.

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

Our resolution for 2023 was to intensify cooperation and encounters within the network and make them more fruitful.

As early as March, during a regional meeting of Nikodemus Werk Süd, we realised that new commitments with regard to staff care are essential for the future of our work. This topic then accompanied us throughout the year.

At the members' meeting in May, a report was given on the discussions and deliberations with the Christian Community on the non-denominational cultivation of spiritual sources in care for the elderly, which have been ongoing for two years. The Christian Community is a founding member of the Nikodemus Werk and the priests not only provide pastoral care for the elderly, but there are also many initiatives in which they organise various offers for the staff. The working group with Joachim Paulus, priest of the Bremen Christian Community, is in the process of developing a concept for this.

An autumn conference was then held in October, which was dedicated entirely to the topic of staff care: "Carrying, chasing or caring for staff? Staff care and staff retention – in what spirit and with what gestures do we at Nikodemus Werk want to care for our staff and encourage them to be involved?". It was a stimulating working meeting full of dialogue.



*Gabriela Cimpeanu*  
International Coordination of Age  
Culture and Elderly Care

## What's new?

The Hermann Keiner House Dortmund is launching a future workshop with AnthroCare gemeinnützige Beteiligungsgesellschaft mbH. The project is supported by the Software AG Foundation. This project aims to explore and implement new and innovative ideas. In particular, the care of people with assistance needs is to be focused on separately from care in rehabilitation facilities and hospitals.

## What is on the agenda for the future?

A new media presence via a new website is planned in addition to the project to make a film about anthroposophical care for the elderly. The network of mutual support between the facilities is to be expanded through AnthroCare. This is urgently needed, as many houses are at existential risk. In addition to consultation and financial support, joint projects for recruiting staff are also planned.

In September 2024, as part of the international annual conference of the Medical Section, we will be holding a specialist conference for the first time on the topic of "The meaning and dignity of old age. What can we in the health-care professions contribute?" with a programme that we are opening up to all professions that are involved with ageing.

### *Coordination and contact*

Gabriela Cimpeanu, [gabriela.cimpeanu@medsektion-ikam.org](mailto:gabriela.cimpeanu@medsektion-ikam.org)  
[www.nikodemuswerk.de](http://www.nikodemuswerk.de)

## International Coordination of Anthroposophic Veterinary Medicine



Sabrina Menestrina  
International Coordination of  
Anthroposophic Veterinary  
Medicine

An important collaboration between veterinary medicine and eurythmy has been born! The first international seminar on Therapeutic Eurythmy for Animals took place in Gangelt (DE) at the end of September 2023. Veterinarians and eurythmy therapists were able to work together with horses, sheep and dogs and discover how animals react very positively to therapeutic eurythmy.

The care of and interest in animal health is increasing. There are more dogs than children in the cities, and the demand for a different approach is obvious. Pet owners are looking for non-invasive therapies, especially for emerging diseases such as sclerosing diseases and cancer, and mistletoe cures are very popular. The Hiscia Institute promotes research and training in the field of veterinary medicine at an international level (ViscumVet Group). This topic was also the subject of the annual conference of the Anthroposophy Working Group, which always takes place in Nuremberg in the week after Easter in the context of the Gesellschaft für Ganzheitliche Tiermedizin e.V. (GGTM – Society for Holistic Veterinary Medicine).

A symposium was also held in Brazil in November (“A retomada de um aprendizado sobre o reino animal”), and the training of veterinarians is continuing in Italy and Argentina (for South America).

Veterinarians meet regularly to deepen anthroposophical topics in Italy (Dr med vet Sabrina Menestrina, [sabrina.menestrina@medsektion-ikam.org](mailto:sabrina.menestrina@medsektion-ikam.org)), in Germany (Dr med vet Markus Steiner, [fachgruppeanthroposophie@googlegroups.com](mailto:fachgruppeanthroposophie@googlegroups.com)), in Brazil (Dr med vet Ricardo Aranha, [ricaranja@uol.com.br](mailto:ricaranja@uol.com.br)) and in Argentina (Dr med vet Teresa Hein, [terevet87@gmail.com](mailto:terevet87@gmail.com)).

### *Coordination and contact*

Dr med vet Sabrina Menestrina, [sabrina.menestrina@medsektion-ikam.org](mailto:sabrina.menestrina@medsektion-ikam.org)

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

### Challenges of 2023

The following report refers to the activities of EFPAM's umbrella organisation in IKAM, not to activities of the 15 affiliated patient associations.

The EFPAM board has undergone a change. Two members stepped down, Marjolein Doesburg from the Netherlands joined the board. EFPAM joined the EUROCAM meetings online and live and Wieneke Groot chaired the meetings as a member of the EUROCAM board.

Last year EFPAM tried to maintain contact with regional (European) pa-

tient movements. For several reasons we lost contact (email addresses that are no longer correct, websites that no longer exist or cannot be understood in a foreign language). This meant that, for example, the active dues-paying membership of EFPAM is declining because we can no longer find each other or because national associations are becoming too small and can no longer afford the dues.

## Special events that have shaped the work in the coordination field

A special event was that all the patient movements jointly had an information stand in the main hall during the annual medical conference in Dornach in September 2023. There we made many contacts, gained exposure and established new contact with nascent patient initiatives (Ireland).

## Goals 2024

At the membership meeting in November we gathered in Amsterdam. There, we identified that

- we want more structure in the organisation and are thinking of team leaders in each country. And that we need more publicity and PR.
- The goal of empowering patients' organisations still stands.
- We further agreed there that we would set aside a budget to coordinate these team leaders in organising an "International Day of Self-Empowerment in Health" to be held in November 2024.
- Furthermore we have applied to organise a workshop at the annual medical conference in Dornach in 2024 on the topic: How to make your patient part of the team? David McGavin and Marco Ephraim have agreed to collaborate on this.

## Plans

Again we want to increase the number of communication moments in order to provide the connection between and mutual knowledge of each other.

To keep access, availability, affordability, applicability and freedom of choice on the agenda, the international coordination will be shaped by visits to national initiatives in 2024.

And the plan is to be visible in the third part of the medical conference with two workshops and an information stand in the main hall.

In some countries, the boards of patient movements are "lone cowboys" with few members and limited resources. We want to provide them with moral support and help and advice when needed.

### *Coordination and contact*

Wieneke Groot MSc, [wieneke.groot@medsektion-ikam.org](mailto:wieneke.groot@medsektion-ikam.org), [www.efpam.eu](http://www.efpam.eu)  
Dr med Stefan Schmidt-Troschke, [schmidt-troschke@gesundheit-aktiv.de](mailto:schmidt-troschke@gesundheit-aktiv.de)  
[www.gesundheit-aktiv.de](http://www.gesundheit-aktiv.de)



*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.

## Anthroposophic Council for Inclusive Social Development



Jan Göschel, Sonja Zausch, Bart Vanmechelen  
Leadership Team, Anthroposophic Council for Inclusive Social Development

### Report of the Council with the outlook for the coming year - less of a review of 2023

The year 2023 was characterised by thoughts and questions of implementation regarding the founding of the Section in October 2024. A name had to be found, people had to be appointed to the Section leadership and the financial interfaces had to be clarified.

This was a very constructive process with the Goetheanum Leadership and a nomination committee as well as the current leadership team of the Council.

As of October 2024, on 5 October to be precise, the twelfth section will be founded at the Goetheanum: its name is the Section for Inclusive Social Development (German: Sektion für

Heilpädagogik und inklusive soziale Entwicklung).

It is gratifying that the current leadership team has been appointed as the Section leadership team with Jan Göschel as member of the Goetheanum Leadership.

Next year will also mark 100 years since Rudolf Steiner gave his special needs education course, immediately after his agricultural course. The fact that both impulses are in such close proximity to each other is one of the interdisciplinary motifs of our work: How can we as humans live with the earth in such a way that it and we gain strength as a result? And: How can we relate to each other as human beings in such a way that we can develop and unfold our individual biographies as a result?

Both require communities that we create from the relationship between people. The two key concepts of the special needs education course are “healing” and “educating”, that is, bringing things into balance and enabling development. This field in the space between “I” and “you” is also the basic element of all inclusive social organisation.

A central motive is to practise strengthening our thoughts, feelings and actions so that we can work for the development of others. Then there can be success in building a trusting relationship in which self-knowledge and understanding of the needs and abilities of the other can grow.

We create and maintain – wherever possible: with the people in our organisations, at the Goetheanum, in the training courses, at conferences and free gatherings – spaces in which awareness can be created for an empathetic and solidarity-based society to which people with different needs and abilities belong. – We give and take in reciprocity, partaking is also sharing and only then is it participation.

We would like to invite and encourage everyone to take this step, to become aware of internal and external boundaries, sometimes to cross them and bring them together, beyond attributions and assumptions of and about each other. A willingness to open up to imagination, inspiration and intuition – for the inclusive social development of every individual and of society.

We would like to express warm thanks for the 100 years with the Medical Section and look forward to the potential of interprofessional and intersectional collaboration within the School of Spiritual Science and its fields of practice.

#### *Coordination and contact*

Dr Jan Göschel, [j.goeschel@inclusivesocial.org](mailto:j.goeschel@inclusivesocial.org)

Bart Vanmechelen, [b.vanmechelen@inclusivesocial.org](mailto:b.vanmechelen@inclusivesocial.org)

Sonja Zausch, [s.zausch@inclusivesocial.org](mailto:s.zausch@inclusivesocial.org)

<https://inclusivesocial.org>

## Association of Anthroposophic Hospitals

The anthroposophic hospitals had a number of challenges to overcome in 2023.

In the hospitals, as in society as a whole, **staff sickness rates** were at an all-time high, meaning that maximum flexibility was required when organising duty rosters and staffing levels. The high sickness rate led to **bed closures** in several hospitals, as not all beds could be occupied at all times due to staff shortages. The sharp **decline in patient numbers** in all hospitals in German-speaking countries has also affected anthroposophical hospitals to a lesser extent, as more and more inpatient services are being provided on an outpatient basis. As a result, anthroposophic hospitals are also faced with the task of reorganising the structure of their service provision in the future.

The **outpatientisation** of healthcare services has resulted in a further shortening of hospital stays for hospitals in metropolitan areas with a regional care mandate, which represents a further challenge for the specific anthroposophical therapeutic services. More **day hospital services** are currently being developed here, in which the specific anthroposophical therapeutic services can be offered to patients in the form of multimodal therapy concepts over longer periods of time than is possible in a full inpatient setting. For hospitals located in rural areas, this means that they need to further specialise and deepen their therapeutic services in order to maintain sufficient attractiveness of their hospitals for patients.

Patient-centred anthroposophic medicine in Germany is currently facing strong **headwinds from healthcare policy**, as large hospitals with a strong focus on technology and artificial intelligence (AI) represent the health minister's vision, which is to be implemented as part of far-reaching hospital reforms. The **attacks on anthroposophic medicine** are also becoming ever stronger at present. They are less and less objectively argued and are defamatory. Here it is



Harald Matthes

Verband Anthroposophischer  
Kliniken e. V.

important to bring positive contributions and narratives from the anthroposophical hospitals into society. To this end, the Association of Anthroposophic Hospitals has created more nationwide structures for crisis management and public relations.

The greatest challenge for (anthroposophical) hospitals in Germany over the next few years remains the **question of the next generation**, particularly in nursing, but also in the therapeutic professions. Attractive working conditions need to be created in hospitals, e.g. framework conditions for shift work that meet the demands of the younger generation in terms of work-life balance. The orientation of anthroposophy in the twenty-first century also plays a crucial role here. Membership of the Anthroposophical Society or other firm ties are seen as outdated and unattractive by the younger generation. Our **training curricula** in the various professional groups must also be adapted to modern teaching methods and, for example, analogue learning formats must be replaced by digital and flexible time formats, as young people's learning habits have changed dramatically. The hospitals are also very concerned about the **sharp decline in the number of trainees at training centres** for anthroposophical therapeutic professions. In the future, close training collaborations between the institutions and hospitals could perhaps be established and be standardised and given a practical orientation through the structured training curricula as set out in the *WHO benchmarks for training in anthroposophic medicine*.

*Coordination and contact*

Prof Dr med Harald Matthes, [harald.matthes@medsektion-ikam.org](mailto:harald.matthes@medsektion-ikam.org)  
[www.anthro-kliniken.de](http://www.anthro-kliniken.de)

## AnthroMed®



Katharina Hein  
Managing Director AnthroMed®

The AnthroMed® quality mark was founded in 2005 to promote anthroposophic medicine with great commitment as an integrative system of medicine, which extends evidence-based medicine through various forms of therapy, and to develop quality standards that stand for transparency, trust and safety in the healthcare system.

AnthroMed® aims to serve as a guide for patients and to help maintain, develop and improve the quality of medical care in this special tradition.

Our quality mark accredits hospitals, eurythmy therapy, art therapies (therapeutic painting and drawing, therapeutic modelling and sculpting, therapeutic music and singing therapy as well as therapeutic speech and drama therapy), pharmacies and nursing care worldwide.

AnthroMed® is an organisation in development with regard to its members from various countries – the network is currently represented in 14 countries: in addition to Central Europe, it is also represented in Japan, Taiwan, Finland, Australia, New Zealand and, most recently, Norway.

The last few years have been characterised by conceptual questions that are intended to lead to the development of a clear and coherent brand strategy for AnthroMed®. Here, the focus is currently on the following aspects:

### **Brand identity**

- How does AnthroMed® want to be perceived by the target group?
- What values and principles should be associated with the brand?
- Which visual elements and messages best represent the philosophy and quality of AnthroMed®?

### **Communication strategy**

- How should AnthroMed® present itself to the public?
- Which channels and platforms are best suited for communicating with the target group?
- Which messages should be emphasised in order to gain trust and acceptance?
- How should internal communication with members be conducted?
- How can members be involved in the brand design?
- Which strategic partnerships can strengthen the AnthroMed® brand and increase its reach?

### **But the following questions also continue to be part of the discussion:**

- In times when anthroposophy and Anthroposophic Medicine are under attack, is a trademark a protection or a threat to brand users?
- Can and should the trademark for medical practices be further developed?
- Could network models be tested in a region with a high density and diversity of anthroposophical medical establishments?
- What are the benefits of the trademark for the different areas?
- How can the visibility of the brand be increased?
- What steps are needed to further develop the brand, which has so far appeared on the level of a quality label, into a brand in the sense of a distinctive identity, such as the Demeter brand?

Intensive consultations with brand specialists have already taken place. The clarification of these questions is on the agenda for the coming year.

#### *Coordination and contact*

Katharina Hein, [katharina.hein@anthromed.net](mailto:katharina.hein@anthromed.net)  
[www.anthromed.de](http://www.anthromed.de)

## International Coordination of Public Relations



Ariane Totzke  
Coordination of Public Relations



Julia Demming  
Coordination of Public Relations  
since October 2023

We were able to continue expanding our **social media channels** in 2023 despite difficult conditions with regard to the platforms' algorithms. At the end of the year, 18,501 colleagues and interested individuals followed us on Facebook and 3,815 on Instagram. We continue to reach most people worldwide via social media channels.

The Goetheanum's **image database**, which has been under construction since 2022, now comprises 5,300 media, to which the Medical Section has made a significant contribution with many photos of the conferences.

A **video series on anthroposophic medicine** is being produced in collaboration with the Goetheanum's TV editorial team. In the first part of each video in this series, we let people and their stories have their say, followed by a discussion in the TV studio with two recognised experts in anthroposophic medicine. In the first episode, we visited art therapist Silke Speckenmeyer in Cologne and spoke with her about spirituality in medicine and art therapy, followed by a discussion between Sophia Wittchow and Matthias Girke on the topic. The episode can be viewed on the Goetheanum TV website.<sup>4</sup> In episode two, also shown on Goetheanum TV, Veronika Käch, a physiotherapist from Arlesheim/CH, was portrayed. Nursing professionals Christiane Eberhardt and Rolf Heine then spoke in the studio about touch medicine and anthroposophic nursing.<sup>5</sup>

A **video trailer** was created at the annual conference, which captured the mood shared by over 700 people from 30 countries at the Goetheanum. Various interviews were conducted, which can be viewed on the Section's YouTube channel.<sup>6</sup>

**Current work results of the Medical Section** or relevant topics of anthroposophic medicine are regularly reported in the weekly journal *Das Goetheanum* and in *Anthroposophy Worldwide*.

Dagmar Brauer and Sebastian Jüngel from the Goetheanum successfully put out **press releases**, for example on the effectiveness of anthroposophic medicine using the example of mistletoe therapy.

Since October 2023, **Julia Demming** has been supporting the area of public relations with research and preparatory work for the Section leadership.

*Ariane Totzke*

### *Coordination and contact*

Ariane Totzke MA, [ariane.totzke@medsektion-goetheanum.ch](mailto:ariane.totzke@medsektion-goetheanum.ch)  
Julia Demming, [julia.demming@medsektion-goetheanum.ch](mailto:julia.demming@medsektion-goetheanum.ch)

4 <https://goetheanum.tv/programs/spiritualitaet-in-der-medizin-speckenmeyer-girke>

5 [https://goetheanum.tv/programs/beruehrungsmedizin?category\\_id=173255](https://goetheanum.tv/programs/beruehrungsmedizin?category_id=173255)

6 <https://www.youtube.com/watch?v=xcy55g6L1Ws>

## Financial report 2023

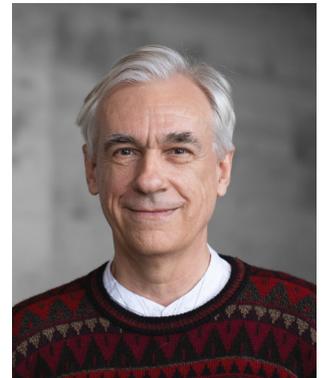
The past year 2023 was characterised by several personnel changes within the Medical Section. The most important change – the handover of the Section leadership – had no financial impact on the Section's budget, as the entire remuneration of the new leadership team corresponds to that of the old team. In parallel to the handover of the leadership, Rolf Heine stepped down from his role as IKAM coordinator, but will generously continue to coordinate the Nursing area. At the beginning of the year, Ariane Totzke reduced her full-time position in Public Relations to 50% in order to work in another position in the building with the 50% that became available. To compensate for this loss, Sonja Burger increased her 50% position to 70% and took over the management of our website in addition to the organisation of conferences. In October, Julia Demming joined us with a 25% position to further strengthen the PR area. These changes, as well as a continued challenging high sickness rate and the resulting daily sickness benefit payments, meant that personnel expenses remained a good kCHF 50 below the budgeted amount.

Although all conferences could be held as in-person events again for the first time since the coronavirus period, conference attendance and therefore also conference income fell well short of our expectations. As a result, the conference expenses could unfortunately not be covered by ticket sales – leaving a financing gap of kCHF 25. Without the support from foundations, the conference deficit would even be in excess of kCHF 50. Here we need to consider how we can organise the conference events in the future in such a way that they contribute to the Section budget and do not burden it.

In other areas, too, it became clear that we are currently in difficult financial waters: payments of contributions from associations and institutions fell by 45% – here too, probably because funds are becoming scarcer – and there was also a significant drop in income in the area of services. Furthermore, the IPMT closed this year with a deficit of kCHF 20, not least due to the cancellation of the event in China at short notice (see p. 9). And finally, for the first time, the eurythmy therapy training programme was also unable to fully offset the expenses incurred in 2023.

The fact that we were able to absorb a significant proportion of these losses is due not least to the commitment of our associated foundations, the newly established Circle of Friends and our partner enterprises. Grants from foundations located primarily in the EUR region increased by around kCHF 50 – despite the fact that the EUR depreciated significantly against the CHF compared to the previous year. Adjusted for exchange rate effects, the increase in foundation grants would be even higher by just under kCHF 10. We were particularly pleased to receive grants from friendly foundations shortly before the end of the year, which were awarded to us in recognition of our strained financial situation.

Our expectations linked to the founding of the Medical Section's Circle of Friends were far exceeded (see p. 48). More than 100 people spontaneously became involved and donated a total of kCHF 25, which we were still able to



*Stefan Langhammer*  
IPMT Coordination,  
Project/Financial Management

post in 2023 – very often combined with a donation pledge for the coming years. Although we did not receive any large donations (starting at kCHF 20) compared to previous years, we recorded a gratifying increase in individual donations compared to the previous year and the volume of donations expected in the budget. We would once again like to take this opportunity to express our very warm thanks!

It is thanks to these contributions that we escaped “with a black eye” at the end of the year. Although we did not achieve the budgeted target of only drawing a contribution of kCHF 120 from the GAS, we were not forced to report a deficit of twice the amount as in the previous year. We are not happy with a budget overrun of kCHF 55, but we are hopefully on track to achieve our budget target in 2024.

However, 2024 will be another financially challenging year for us. At the beginning of the year, Vital Speisehaus significantly increased the prices for conference catering in order to avoid having to close, which had a particular impact on the reduced conference tickets, student tickets and complimentary tickets, which were previously charged at a reduced catering price. As the Swiss franc has already appreciated against the euro in the past year, these additional costs cannot be fully refinanced by increasing ticket prices. It is not an easy challenge to find the right balance here in order to be able to organise our events at a cost-covering level on the one hand and to continue to offer them at an affordable price for interested participants on the other. We are nevertheless hopeful that the larger conferences in 2024 – the young medics’ conference, the pregnancy, birth and early childhood conference at the end of May and the annual conference in September – will provide an attractive programme that will be sufficiently popular.

As a result, the income side of the budget for 2024 is a good kCHF 100 above the income for 2023, which also reflects the hope of likewise being able to record an increase on the grants side. The fact that the expected income from services was reduced again in the 2024 budget is due to the fact that no further income will be credited to the Medical Section for Matthias Girke’s activity on the Executive Council, whose emoluments were posted through the Medical Section.

We would like to express our heartfelt thanks for the appreciation of our work, which is so encouragingly reflected in the donations, but also in the wide range of advice and active support we receive! This continues to be the seedbed for our optimism and our commitment to anthroposophic medicine.

*Contact*

Stefan Langhammer, [stefan.langhammer@medsektion-goetheanum.ch](mailto:stefan.langhammer@medsektion-goetheanum.ch)

### Medical Section at the Goetheanum, Annual Accounts 2022 (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	404.450,00	15.350,00	17.070,00	10.030,00	4.910,00	6.300,00	458.110,00
International Coordination AM	114.350,00	116.740,00	16.320,00	17.680,00	3.330,00	980,00	269.400,00
Projects (Anthromedics, CARE)	144.740,00	8.790,00	13.430,00	5.600,00		2.180,00	174.740,00
Acad. staff & publications	27.960,00		210,00		6.050,00		34.220,00
Conferences	117.640,00	52.390,00	24.000,00	175.680,00	11.330,00	66.940,00	447.980,00
Training and further training	70.320,00	82.280,00	590,00	21.100,00	450,00	6.000,00	180.740,00
<b>Total</b>	<b>879.460,00</b>	<b>275.550,00</b>	<b>71.620,00</b>	<b>230.090,00</b>	<b>26.070,00</b>	<b>82.400,00</b>	<b>1.565.190,00</b>

Income (in CHF)	Sales / fees Conference fees, books, school fees	Services Fees, exhibition stands, certificates	Contributions			Total	
			Institutions and partners	Assoc./Inst. (regular payments)	Foundations		Donations
Med. Section general		66.000,00	161.520,00		5.370,00	62.000,00	294.890,00
International Coordination AM		21.980,00		107.770,00	92.080,00	37.070,00	258.900,00
Projects (Anthromedics, CARE)					152.050,00		152.050,00
Acad. staff & publications	11.490,00	2.260,00			1.960,00		15.710,00
Conferences	383.060,00	22.210,00			17.310,00	6.630,00	429.210,00
Training and further training	79.890,00	14.380,00			76.720,00	670,00	171.660,00
<b>Total</b>	<b>474.440,00</b>	<b>126.830,00</b>	<b>161.520,00</b>	<b>107.770,00</b>	<b>345.490,00</b>	<b>106.370,00</b>	<b>1.322.420,00</b>

GAS contribution 242.770,00

**1.565.190,00**

### 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
<b>Total</b>	<b>778.840,00</b>	<b>258.590,00</b>	<b>58.820,00</b>	<b>215.950,00</b>	<b>22.820,00</b>	<b>58.370,00</b>	<b>1.393.390,00</b>

Income (in CHF)	Sales / fees Conference fees, books, school fees	Services Fees, exhibition stands, certificates	Contributions			Total	
			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
<b>Total</b>	<b>379.080,00</b>	<b>80.520,00</b>	<b>195.660,00</b>	<b>59.410,00</b>	<b>394.140,00</b>	<b>109.040,00</b>	<b>1.217.850,00</b>

GAS contribution 175.540,00

**1.393.390,00**

### Medical Section at the Goetheanum, Budget 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	381.150,00	15.000,00	17.000,00	15.000,00	5.000,00	7.450,00	440.600,00
International Coordination AM	109.650,00	120.000,00	16.500,00	17.000,00	3.450,00	1.000,00	267.600,00
Projects (Anthromedics, CARE)	136.900,00	9.000,00	13.500,00	6.000,00		1.500,00	166.900,00
Acad. staff & publications	18.300,00				5.500,00		23.800,00
Conferences	122.100,00	48.000,00	24.000,00	161.000,00	11.500,00	65.000,00	431.600,00
Training and further training	62.600,00	83.000,00	500,00	20.900,00	500,00	6.000,00	173.500,00
<b>Total</b>	<b>830.700,00</b>	<b>275.000,00</b>	<b>71.500,00</b>	<b>219.900,00</b>	<b>25.950,00</b>	<b>80.950,00</b>	<b>1.504.000,00</b>

Income (in CHF)	Sales / fees Conference fees, books, school fees	Services Fees, exhibition stands, certificates	Institutions and partners	Contributions			Total
				Assoc./Inst. (regular payments)	Foundations	Donations	
Med.Section general		66.000,00	230.000,00			60.000,00	356.000,00
International Coordination AM		21.000,00		110.000,00	95.000,00	35.000,00	261.000,00
Projects (Anthromedics, CARE)					153.000,00		153.000,00
Acad. staff & publications	10.000,00	2.500,00					12.500,00
Conferences	380.000,00	21.500,00			18.500,00	8.000,00	428.000,00
Training and further training	79.500,00	14.000,00			80.000,00		173.500,00
<b>Total</b>	<b>469.500,00</b>	<b>125.000,00</b>	<b>230.000,00</b>	<b>110.000,00</b>	<b>346.500,00</b>	<b>103.000,00</b>	<b>1.384.000,00</b>

GAS contribution 120.000,00

**1.504.000,00**

### 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
<b>Total</b>	<b>830.300,00</b>	<b>200.500,00</b>	<b>61.500,00</b>	<b>235.000,00</b>	<b>21.200,00</b>	<b>71.500,00</b>	<b>1.420.000,00</b>

Income (in CHF)	Sales / fees Conference fees, books, school fees	Services Fees, exhibition stands, certificates	Institutions and partners	Contributions			Total
				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
<b>Total</b>	<b>420.000,00</b>	<b>40.000,00</b>	<b>270.000,00</b>	<b>65.000,00</b>	<b>391.000,00</b>	<b>114.000,00</b>	<b>1.300.000,00</b>

GAS contribution 120.000,00

**1.420.000,00**

## Selected publications 2023

Falvey, Mirela, Selg, Peter: *Ita Wegman and the Clinical-Therapeutic Institute. A Photographic Documentation.* DE/EN, Dornach 2023.

Girke, Matthias: *Meditative Erkenntniswege in der Heilkunst. Anleitungen Rudolf Steiners zur Vertiefung der therapeutischen Arbeit,* Dornach 2023.

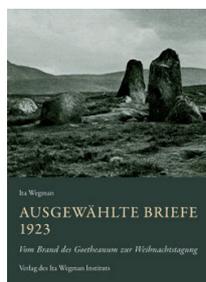
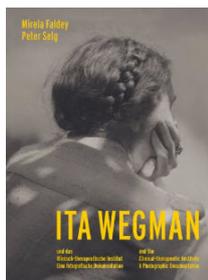
Glöckler, Michaela: *Virtuelle und spirituelle Wirklichkeiten. Virtual and spiritual Realities,* Stuttgart 2023.

Glöckler, Michaela: *Gesunde Entwicklung von Kindern und Jugendlichen im digitalen Zeitalter. Ein Weckruf,* Esslingen 2023.

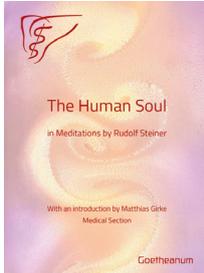
Prasanna, Lakshmi, Kokinos, Michael: *Autismus: Begegne mir, so wie ich bin. Ein Beitrag zu einem pädagogisch-sensorischen und ernährungswissenschaftlichen Ansatz für Autismus im Kindesalter,* Dornach 2023.

Sommer, Markus, Sommer-Solheim, Anne, Lieberknecht, Karl-Hermann: *Plastisch-Therapeutisches Gestalten. Theorie und Praxis einer Anthroposophischen Kunsttherapie,* Berlin 2023.

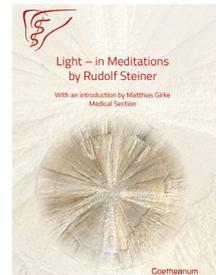
Wegman, Ita: *Ausgewählte Briefe 1923. Vom Brand des Goetheanum zur Weihnachtstagung.* Edited by Peter Selg, Arlesheim 2023.



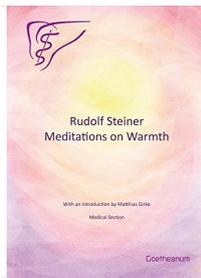
## Publications of the Medical Section (selection)



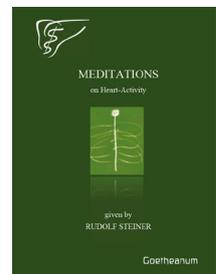
*Human Soul in Meditations by Rudolf Steiner.* With an introduction by Matthias Girke. Medical Section at the Goetheanum 2019.



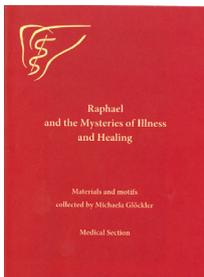
*Light – in Meditations by Rudolf Steiner.* With an introduction by Matthias Girke. Medical Section at the Goetheanum, 2018.



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



*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 Matthias Girke*  
Section Head to Sept. 2023  
[matthias.girke@medsektion-goetheanum.ch](mailto:matthias.girke@medsektion-goetheanum.ch)



*Georg Soldner*  
Deputy Section Head to Sept. 2023  
[georg.soldner@medsektion-goetheanum.ch](mailto:georg.soldner@medsektion-goetheanum.ch)



*Stefan Langhammer*  
IPMT, Project/Finance Management  
[stefan.langhammer@medsektion-goetheanum.ch](mailto:stefan.langhammer@medsektion-goetheanum.ch)  
Tel. +41 61 706 43 70



*François Bonhôte*  
Event Management  
[francois.bonhote@medsektion-goetheanum.ch](mailto:francois.bonhote@medsektion-goetheanum.ch)  
Tel. +41 61 706 44 76



*Sonja Burger*  
Event Management  
[sonja.burger@medsektion-goetheanum.ch](mailto:sonja.burger@medsektion-goetheanum.ch)  
Tel. +41 61 706 44 93



*Dagmar Brauer*  
Research Associate  
[dagmar.brauer@medsektion-goetheanum.ch](mailto:dagmar.brauer@medsektion-goetheanum.ch)  
Tel. +41 61 706 44 24



*Rolf Heine*  
IKAM Coordination to Oct. 2023  
[rolf.heine@medsektion-goetheanum.ch](mailto:rolf.heine@medsektion-goetheanum.ch)



*Mathias Hofmann*  
IKAM, Project Management  
[mathias.hofmann@medsektion-goetheanum.ch](mailto:mathias.hofmann@medsektion-goetheanum.ch)  
Tel. +41 61 706 42 93



*Claudia Holtermann MA*  
Secretariat  
[info@medsektion-goetheanum.ch](mailto:info@medsektion-goetheanum.ch)  
Tel. +41 61 706 44 75



*Birgit Schweizer*  
Commercial Officer  
[birgit.schweizer@medsektion-goetheanum.ch](mailto:birgit.schweizer@medsektion-goetheanum.ch)  
Tel. +41 61 706 43 70



*Ariane Totzke MA.*  
Public Relations  
[ariane.totzke@medsektion-goetheanum.ch](mailto:ariane.totzke@medsektion-goetheanum.ch)  
Tel. +41 61 706 44 83



*Julia Demming*  
Public Relations since Oct. 2023  
[julia.demming@medsektion-goetheanum.ch](mailto:julia.demming@medsektion-goetheanum.ch)  
Tel.: +41 61 706 44 83

## The leadership of the Medical Section since September 2023



*Dr med Marion Debus*  
Section Leadership since  
September 2023  
[marion.debus@  
medsektion-goetheanum.ch](mailto:marion.debus@medsektion-goetheanum.ch)  
Tel. +41 61 706 42 90



*Dr med Karin Michael*  
Section Leadership since  
September 2023  
[karin.michael@  
medsektion-goetheanum.ch](mailto:karin.michael@medsektion-goetheanum.ch)  
Tel. +41 61 706 42 90



*Adam Blanning MD*  
Section Leadership since  
September 2023  
[adam.blanning@  
medsektion-goetheanum.ch](mailto:adam.blanning@medsektion-goetheanum.ch)  
Tel. +41 61 706 42 90

## A 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. 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.

Please feel free to use the [donation form](#) on the Medical Section's website to support us financially or to do so by bank transfer to one of the accounts listed on the back of this annual report (reference "Freundeskreis").

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

Cover: Shutterstock / melitas

Photos: Medical Section,  
private (p. 8, 9, 16, 19, 24, 29, 32, 35, 40, 41),  
VAOAS (p. 20)