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## Editorial



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Head of the Medical Section



Dr med Karin Michael  
Head of the Medical Section



Adam Blanning MD  
Head of the Medical Section

Dear Readers,

We look back with gratitude on a rich anniversary year 2025, in which the centenary of Rudolf Steiner's death as well as the centenary of *Extending Practical Medicine* was commemorated all over the world. It was a year of fruitful, forward-looking activities and events in many different areas.

As an example of such a new, forward-looking impulse, we would like to report on the conference of the Pregnancy, Birth and Early Childhood Working Group (Care I), which took place in Spring Valley, USA, in August 2025:

The conference 'The Arc of Becoming' combined some very special elements that set important impulses for the future. The special features included:

- The conference was specifically designed with equal collaboration between education, obstetrics and medicine in mind. Indeed, all keynote lectures were given by representatives from different areas.
- Certain archetypes of the path of incarnation – such as that of birth – ran like a golden thread through the entire event, making it clear how we go through many births in the course of our lives and that studying the archetypal processes of the beginning of life, of preparation, of encounter, of crisis and of renewal can help us in many ways.
- Different professional groups have differing views, with a different focus and different experiences. This is both challenging and very stimulating! We see great potential for the future in the possibilities of such fruitful cooperation between different professional groups.
- The conference was the first international Care conference. We hope that such multi-professional conferences, aimed at the exchange and meeting urgent needs in the world, can take place in more places and on more continents!
- The meeting was not very large, with just under 70 professionals, but it brought together a group of people with great experience and commitment. It was impressive that the vast majority of participants could easily have been deployed as speakers or workshop leaders. It was therefore less of an instructional conference and more of a fruitful exchange.

For our international medical and educational collaboration, an image of meeting in the middle, in the present, in the realm of understanding, of the heart, emerged.

In this meeting space and in consideration of the professional differences, future joint work between different specialist areas appears to be helpful and more important than ever. This is because developmental conditions are increasingly challenging – living with a virtual parallel world and issues such as post-maturation, reflex integration, embodiment and sometimes also traumatic previous experiences require interdisciplinary treatment, including in the school setting, where the child spends a lot of developmental time.

## Highlights from the calendar of the Medical Section

In order to give a more concrete insight into life in the Medical Section in all its many facets, we want to present our report this year, too, in the form of a retrospective calendar.

### January

An **online conference** addressed the question 'Why is it difficult to teach about the etheric?', with lectures by Vesna Forštnerič Lesjak, co-head of the Natural Science Section, and Albert Schmidli, pharmacist.

The **IKAM retreat**, which takes place every year at the end of January, initially brought together all those responsible for the further development and accreditation of our training programmes in anthroposophic medicine and therapy. New formats are increasingly emerging, for which the *Benchmarks for Training in Anthroposophic Medicine* published in 2023 provide a good guideline. In the joint part of our meeting, we particularly addressed the spiritual deepening of our medicine and the development of better internal and external communication structures.

The **25th International Study Days for Anthroposophic Arts Therapies** focussed on the perception of heart forces in biography. The question was how to meet patients with their biographical challenges, disappointments, losses and threshold situations in such a way that new creative and empowering spaces are created.

The **Pharmaceutical Working Group** in January and the **Substance Group** in July and November are important meetings of pharmacists and physicians for a deeper understanding and for the care and development of our medicinal products. In this context, on the initiative of Andreas Arendt, a small '**Substance transformation' working group** also met for the first time which is wrestling with the esoteric deepening of the understanding of substance, currently using the example of the homoeopathisation process.

### February

The **IVAA retreat** in Brussels served to continue the work on the issue of public relations at international level. This annual meeting between the Section leadership and the IVAA team is an essential instrument for ensuring a common strategic direction and prioritisation of goals for anthroposophic medicine worldwide.

Our English-language online format **Grand Rounds** was continued and was devoted to the topic of 'How Anthroposophic Medicine Contributes to the Field of Integrative Oncology', with which we were once again able to address many participants worldwide.

### March

Warmth plays a central role in anthroposophic medicine. The **Research Congress 2025** was dedicated to their importance and the latest findings on this topic. Thermoregulation and warmth qualities not only have an effect on the immune system and most physical regulatory processes, but also on mental health.

April

At the annual meeting of the **Raphael Circle** at the Goetheanum, the question of how the Medical Section could be given greater support in its tasks was discussed with renewed intensity. What does the development of the mystery aspect of medicine need right now so that we can do justice to the urgent civilisational tasks?

A **Kolisko Conference** with Adam Blanning and more than 300 participants took place in Hawke's Bay, New Zealand; the topic discussed was 'Great Expectations: Meeting the Challenges of Expectations for Self, each Other and of Life'.

For the first time in several years – despite the most difficult conditions for anthroposophic medicine in Australia – a large **interprofessional conference** was organised in Melbourne: 'Bringing Healing Forces through Anthroposophic Medicine' with Marion Debus and Adam Blanning, which was devoted in particular to medical questions at the beginning and end of life. It is to be hoped that this will lead to continuing work on the relevant care topics in the long term.

Under the leadership of Adam Blanning, various very well-received **online formats** were developed this year. This is with the aim of ensuring that our global medical community grows ever closer together and that people in remote parts of the world can also participate regularly in Section life.

Thus, to mark the 100th anniversary of *Extending Practical Medicine*, the first of five English-language podcasts was released to explore certain topics from this book in greater depth. Further podcasts followed in May, June, August and September.

May

Following on from the research conference in March, another episode of **Grand Rounds** was devoted to the question 'What is the Special Role of Warmth in Healthcare and Healing?'.

The first of three **online events on the topic 'What can case histories teach us? 100 years of *Extending Practical Medicine*'** dealt with anxiety, pain and palpitations using the story of Case No. 1. The participants came from more than 50 countries and two time slots were available to enable worldwide participation.

June

A particularly festive event to celebrate the centenary of Rudolf Steiner's death was a **Whitsun Conference** organised jointly by all twelve Sections: 'The School of Spiritual Science and its Sections – Rudolf Steiner's spiritual impulses for a civilisation of the future'. The contributions and discussion groups centred around three questions: What are the central inspirations which Rudolf Steiner articulated for each section? What method, knowledge practices and understanding does each section contribute to the School of Spiritual Science? What is the contribution that each section offers the future of civilization?

In view of the highly complex tasks facing us today, it will be increasingly important for the sections to work together.

The *Pastoral Medicine Course* is the only course that Rudolf Steiner explicitly gave for the collaboration of two professional groups, with the prospect of thereby achieving a new level of healing. The **Pastoral Medicine Conference** also began this year with the etheric heart, in which the cosmos unites with the karma of the human being. How can the collaboration between physician and priest achieve a quality of healing that goes beyond purely physical healing? What is required of us 'so that what is disordered in karma is put in order'? How are understanding destiny and healing connected?

The second **online session 'What can case histories teach us?'** focussed on Case 2 and patterns of depression, fatigue and apathy.

July

A five-year cycle of the **International Postgraduate Medical Training (IPMT)** was completed in **Taiwan** with discussions on the health of the community and the aim to develop training that builds on the strengths of the therapeutic community that has developed over the last decade.

The IPMT in the **Philippines** was also completed this year. In addition to learning about specific therapeutic initiatives on this archipelago, which were presented, it was devoted to the question of how to deal with evil.

On a one-week trip to **Brazil organised by the Instituto Mahle**, Marion Debus visited numerous medical initiatives in which anthroposophic medicine is integrated into the SUS public health system or is made available free of charge to poorer sections of the population, and which are or have been supported by the Instituto Mahle. An impressive abundance of beneficial approaches, often at great personal sacrifice, could be experienced. Again and again, the burning question arose as to how in-depth work on the esoteric foundations of anthroposophic medicine and broad impact within the public health system could be kept in a fruitful balance.

August

The **conference 'The Arc of Becoming'** mentioned at the beginning took place in Spring Valley.

After going through certain preliminary stages in 2023 and 2024, the **Medical Section Summer School** took place for the first time at Emerson College in England. The goal of the one-week international study week (the participants came from Europe, Asia, Australia, North and South America) is to develop and promote specific esoteric work of the individual professional groups and the resulting community building in the multi-professional context of the Medical Section, as Rudolf Steiner was only able to do this for the medical profession and initially for nursing during his lifetime.

Each morning, a professional group (nursing, art therapy, psychotherapy and eurythmy therapy) reported on the development of their professional field, the inner 'mission', also in connection with paths of meditative deepening, and possible future developments. The contributions were discussed intensively in multi-professional small groups, which had a very community-building effect.

Artistic and Goethean exercises took place in the mornings and afternoons,

while the evenings were dedicated to in-depth work in small groups on the inner path of development of the individual participants.

The professionally oriented work in the morning and the evening activity focussed on the individual were intensive and full of impulses for the future, which will be further developed in 2026.

The working year at the Goetheanum began after the summer break with the **retreat of the Goetheanum Leadership**. It was very special to ponder the questions for the coming year at a meeting at the Goetheanum on this occasion, which was accompanied by some intensive encounters with co-workers, and where we were also able to experience the surroundings, especially the Goetheanum's magnificent park.

#### September

Our **International Annual Conference** was dedicated to the centenary of the book *Extending Practical Medicine*. The focus was on the question: What are healing powers and how do healing powers become powers of the future?

In the run-up to the annual conference, there was a meeting of all active **training initiatives in anthroposophic oncology** worldwide for the first time. The very wide-ranging content of the training programmes was shared and discussed, and the development of a generally applicable core curriculum is in progress. Once this has been completed, we will – alongside school doctors – be able to present the first international core curriculum for a specific medical speciality. It was particularly pleasing that the participants were able to get to know each other intensively and that new, transnational impulses for cooperation emerged.

A **'Teach the Teachers' (TTT) conference** ended a three-year cycle dealing with questions of destiny and freedom as well as the dynamic forming of judgement as a teaching tool. The TTT programmes in Dornach will be suspended for a year so that participants can take their insights and inspiration home with them and share them with colleagues on different continents.

#### October

The **International Conference on Therapeutic Speech and Drama Therapy** also pursued the question of the life forces in relation to language. How can we perceive, experience and apply the effects of the etheric? Children are increasingly struggling with language development, and more and more people are lacking vitality, as we can see from the worldwide increase in burnout and exhaustion.

In our work as school doctors, we are experiencing more and more problems with mental health, more and more emotional distress. How does this relate to the influence of screen media on children's development? 'Virtual worlds, embodiment and the psyche' was the topic of the **school doctors' conference**, and it became clear that we will continue to be preoccupied with the issues surrounding it.

A third webinar of the **Grand Rounds** also took place, focussing on PhD research in nursing: 'Anthroposophic Nursing's Contribution at 100 years – Current Doctoral Nursing Research'.

The third and final **online event on the case studies** from *Extending Practical Medicine* focused on cases 5 and 6 – questions around allergies and what it means to have a hypersensitive astral body were covered.

In October, a study week devoted primarily to the topic of palliative care was held in Colombia as a follow-up event to the IPMT concluded in 2024. It is very pleasing that the nursing elements in particular have found their way into a large hospital in Cali.

#### November

The second annual North American **Conference on Pastoral Medicine** was held in Toronto, Canada, and focused on the 'zero point' in rituals, biographies and potentiation.

#### December

At the **winter retreat of the Goetheanum Leadership** on the Mont Sainte Odile in Alsace in France, we addressed questions relating to the future of the School of Spiritual Science.

Adam Blanning visited Budapest to take part in a **special conference on child development and constitutional polarities** in the Hungarian capital.

A **second series of English-language podcasts** was released, emphasising the importance of 'Claiming Wholeness in Health and Education'. In total, series 1 and 2 were downloaded almost 6,000 times from 50 countries in 2025.

Marion Debus and Michaela Glöckler travelled to Boston for the **'100 Years Rudolf Steiner Conference'** at Harvard Divinity School at the invitation of Prof Dan McKanan and his team. For the first time, anthroposophy was comprehensively presented in all its facets in countless contributions from all over the world at the oldest American university. Medicine was represented by a contribution from Michaela Glöckler on the book *Extending Practical Medicine*. The gratifying prospect of future collaboration with Harvard Divinity School is also emerging. The year marking the centenary of Rudolf Steiner's death was thus brought to a fitting close in the global public arena.

### From the work of the Care groups of the Medical Section 2025

#### Care I - Pregnancy, birth and early childhood

This working group is now looking at the development of movement and cognition as well as phenomena of reflex integration in the child through the 'ocular orientation' of the thirteenth lecture from *The Foundations of Human Experience*. More and more children are still exhibiting neonatal reflexes at school age, which disrupt perception processing and learning. What conditions does early childhood need for a good connection with the body and senses?

#### Care II - Infectious diseases

This year's work focussed in particular on the maturation and regulatory disorders of the immune system in childhood and adolescence. An article on this topic by Georg Soldner and Markus Sommer will be published shortly on

Anthromedics. The healthy development of the immune system between defence and tolerance is influenced by many factors, from the intestinal microbiome via infectious diseases to the environment.

#### Care III - Mental illness

New articles have been published on the topics of psychotherapy, sleep, burn-out, art therapy and change in the Rubicon.

The Care III group has decided to focus on the global experience of burnout, with working groups looking specifically at the following questions:

- To what extent do anthroposophical and conventional research on burnout agree or overlap?
- How can we use anthroposophical findings to develop assessment tools for burnout?
- How can we develop programmes to promote resilience that can already be used during studies (at university level)?

#### Care IV - Oncology

Intensive work is being carried out on a multiprofessional prehabilitation concept for breast cancer in collaboration with Ulm University Hospital, which is to be implemented and scientifically evaluated at anthroposophical hospitals in the future.

#### Care V - Palliative medicine

The group is working on the special states of consciousness at the end of life and how these can be accompanied therapeutically. Aspects of ethical issues such as active assisted dying are also addressed.

#### Care VI - Age culture and geriatric medicine

The working group met regularly online and convened for an entire working weekend for the first time in July. In particular, current questions on dealing with dementia and the contribution of anthroposophical therapies to this disease are being addressed. In addition to a number of specialist articles on this topic, a book is to be prepared so that our many suggestions can have a broader impact.

#### Last but not least ...

We look back with great gratitude on 20 years of Stefan Langhammer's valuable work, in every respect, for the Medical Section. Together with Michaela Glöckler, he played a key role in the development of IPMTs worldwide, providing them with intensive support in terms of content, people and finance for two decades. He travelled to many places himself and his classes were highly regarded.

His engagement for the concerns of the Goetheanum in the working group 'Correct Calculation', which dealt with the intangible value of work, as well

as in the employee meeting, made him an important contact person for everyone.

Stefan's warm, harmonising nature was a mainstay for us far beyond finances, he was an important support for the Section team and a colleague whom we grew to love and to whom could turn with questions. A heartfelt thank you, dear Stefan!

With warm greetings



Adam Blanning MD    Dr med Marion Debus    Dr med Karin Michael

## Anthromedics - International website for anthroposophic medicine



Dagmar Brauer  
Research Associate, Managing  
Editor Anthromedics Dornach

### More topics, more content, more visibility

The Anthromedics specialist portal has been providing access to practical knowledge, therapy recommendations and study results from anthroposophic medicine (AM) for ten years. In 2016, the entire digitised articles of *Merkurstab* were put online and since then have been added in parallel to the print edition; In 2018, the contributions from the Care projects<sup>1</sup> and on the basic concepts of AM were added. Within the Basic Concepts section, a start was made on providing information on AM research, which is to be substantially expanded in 2026.<sup>2</sup>

While the 'Merkurstab online' section now contains over 8,000 searchable articles, the 'Practice Recommendations' and 'Basic Concepts' sections contain 625.<sup>3</sup> In the meantime, six articles are listed in the largest medical database PubMed® under the search term 'Anthromedics', which include Anthromedics as a scientific research source.<sup>4</sup>

Anthromedics offers specialised information on the holistic view and approach of our medical system and is a source for all therapeutic professions – medicine, pharmacy, nursing, body therapy, art therapy, eurythmy therapy, psychotherapy, midwifery and naturopaths.

In particular, the articles from the Care projects, which are available in the 'Practice Recommendations' section, promote an understanding of relevant clinical pictures and their treatment options and, where applicable, show the current study situation regarding the recommendations. The portal is therefore also a pool for students of the aforementioned professional groups – as well as for anyone interested in anthroposophic and integrative medicine in general.

Anthromedics had an average of 25,000 page views per month in 2025. Although this is a positive development since the portal was launched, it should be significantly stronger. We will therefore take further measures that will result in a better ranking and thus lead to improved findability on Google, for example, and also increase the attractiveness of the Care contributions by including more images.

1 English: <https://www.anthromedics.org/PRA-EN>, Spanish: <https://www.anthromedics.org/PRA-ES>

2 English: <https://www.anthromedics.org/BAS-0327-EN>, Spanish: <https://www.anthromedics.org/BAS-0327-ES>

3 Sum of all contributions in the three language versions (German: 226 + 11 Videos, English: 227 + 11 Videos, Spanish: 172)

4 See <https://pubmed.ncbi.nlm.nih.gov/?term=Anthromedics>

### A sample of results from the Care projects

The Care group of psychotherapists has produced a series of individual case studies on the topic of trauma-related disorders<sup>5</sup> and anxiety disorders<sup>6</sup>. Anyone who takes the time to study one or two of the practical cases will gain an impression of the fundamental endeavour of anthroposophic psychotherapy to meet people in practice in such a way that, above all, diagnostic labels are avoided. At the same time, they offer colleagues a variety of therapeutic suggestions.

This group meanwhile also works in a multiprofessional setting.

The 'Pregnancy, birth and early childhood' Care group published its work in book form in 2025,<sup>7</sup> nevertheless, future work results will be published online again.

The first short texts from the 'Age culture and geriatric medicine' Care group have now been added to Anthromedics. Here we find the basis for understanding, ways of dealing with and social appeals on the topics of 'Psycho-spiritual development and its significance in old age', 'Demographic change and tasks for future care orientation', 'Development in the third and fourth stages of life - the social I', 'Thinking feeling – psychosomatics in old age' and 'Concept of hygiogenesis and salutogenesis in older people – study results on the validation of the autonomic regulation questionnaire (AR) and the Internal Coherence Scale (ICS)'.<sup>8</sup> Further contributions from the fields of nursing, art therapy and the use of medicines are currently being edited and will be available soon.

In 2025, the Oncology Care group began publishing its therapy recommendations for the impaired warmth organism in cancer.<sup>9</sup> Others will follow.

### Anthromedics needs public relations

Ensuring the increased visibility of Anthromedics is not only a task for search engine optimisation (SEO measures), but also for public relations. The Medical Section uses its social media channels, as well as its website and the Goetheanum's editorial network, to draw attention to current Anthromedics articles through appropriately prepared communications. This achieves a large reach in the short term, which in the long term is intended to enable visibility through editorial strategies such as the use of other media formats (interviews, podcasts, application videos).

5 English: <https://www.anthromedics.org/PRA-0557-EN>, Spanish: <https://www.anthromedics.org/PRA-0557-ES>

6 English: <https://www.anthromedics.org/PRA-0553-EN>, Spanish: <https://www.anthromedics.org/PRA-0553-ES>

Karin Michael (Ed.): *Lebenskräfte stärken in Schwangerschaft, Geburt und früher Kindheit*, Basel 2025

8 English: <https://www.anthromedics.org/PRA-1054-EN>

9 English: <https://www.anthromedics.org/PRA-1032-EN>

We would be delighted if you would also place a link to Anthromedics on your practice or hospital website!

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## IPMT (International Postgraduate Medical Training)



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Head of the Medical Section

This past year marked a transition phase, as successful IPMT programmes in a variety of countries reached the end of their planned 5-year cycles. This had already begun in previous years, with cycles completed in Mexico in 2022, Romania in 2023, Thailand, Japan and Colombia in 2024, then Taiwan, Philippines, Slovakia in 2025, and India in early (January) 2026.

The powerful effect of this international training impulse resonates in many different regions, with the fruits seen through certified practitioners of medicine, nursing, and therapies, the creation of national therapeutic associations, and transition to closely connected, but independently organised training programmes.

As the individual needs of different countries have become ever clearer, the hitherto uniform style of training of the IPMTs has often been supplemented by more locally-based study and mentoring programmes.

Conversation among those organising training programmes worldwide also makes clear that the needs and expectations of learners have also changed over the last five years. Enrollment for many in-person training courses is down, with a much greater expectation for online meetings and training. This leads to a continual balancing, recognising that online meetings only offer a partial, if not sometimes splintered experience (since only relatively few of our twelve senses are really nourished during an online meeting).

On the other hand, in online meetings we are seeing the benefits of regular, collegial work, which would not otherwise be possible in many parts of the world due to great distances between people.

A group is exploring what can be gathered as 'best practice' as countries move more and more towards independently-organised training programmes. Training leaders from Colombia, Russia, Taiwan, Philippines and the US are meeting together to share experiences and identify priorities.

Current discussions include:

- How long should a training programme run? (General consensus: three years)
- What is the right mixture of in-person and online teaching?

- How to organise a training for a small country where people are geographically close, how to organise a training when participants are very spread out?
- How to include individual project work and case studies into training right from the beginning (as they are both required for certification)
- How to include diverse, experiential teaching activities to meet the needs of today's adult learners? (Including elements of the recent *Teach the Teachers* conferences)

We hope to carry these discussions further, as they meet the reality of training in so many different places.

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## Conference and event projects

In 2025, the Medical Section was once again able to organise many events.

As for many years, we started the year's programme in January with the anthroposophical arts therapies. The conference 'Listening to the Heart' focused on the etheric heart forces in the therapeutic encounter in the seven-year periods from age 21 to 42.

As in the previous year, the main lectures were recorded and reflected upon again in an online event in May with participants from around the world.

Also at the start of the year, a major online event took place, led by Adam Blanning, Albert Schmidli and Vesna Forštnerič. The event went out into the world in two units entitled 'What are the difficulties in the teaching of the etheric? We must enliven our thinking!' The many positive responses and the gratitude expressed by the participants led to the decision to continue offering such formats in 2026 as well.

At the end of February, the Research Conference examined the role and importance of warmth and thermoregulation for physical and mental health. What is the current state of research in this field, and what developments and open questions are pending?

The Pastoral Medicine Conference took place from 20 to 22 June. In the centenary year of Rudolf Steiner's death, attention turned to the question of how the esoteric collaboration between physicians and priests adds a new dimension to our understanding of healing. The conference also worked on the spiritual environment of the *Pastoral Medicine Course* through lectures on content and textual work.

The Teach the Teachers conference took place from 5 to 8 September in the run-up to the annual conference. The group of participants, comprising people from many different countries, explored questions of freedom and destiny through clinical cases and the biographical questions of patients.



François Bonhôte  
Conference and Event Projects



Sonja Burger  
Conference and Event Projects

Following this, participants from over 41 countries gathered at the Goetheanum for the annual international conference from 9 to 14 September.

The focus was on the book *Extending Practical Medicine*, on which Rudolf Steiner and Ita Wegman worked right up until the final days of Steiner's life. The conference topic was explored in numerous lectures and workshops, while various professional groups had also come together in the run-up to the annual conference to hold their own specialist conferences, in order to find their own detailed and specific approach to this year's topic.

From 15 to 18 October, colleagues in therapeutic speech and drama therapy were guests in the Schreinerisaal. The focus was on the question how the methods of therapeutic speech can strengthen life forces and help stabilise a person's inner orientation in order to counteract weakening and anxiety. These questions were explored in greater depth during lectures and workshops and discussed further in follow-up discussions.

The conference for school and nursery doctors marked the end of the 2025 conference year. The topic 'Virtual worlds, embodiment and psyche – Origin and overcoming of mental illness in the first and second septennium' was explored in depth through lectures, workshops and specific textual work, providing insights for everyday professional practice.

In addition to the events described above, the Conference Coordination, as sponsor, organised around 20 smaller conferences for partner organisations (e.g. the two units of the Halde Conference) as well as 30 working meetings of various specialist fields and initiatives at the Goetheanum.

The challenges involved in planning and organising events lie in the small details of every conference. Every detail, such as room planning and equipment, the documents required for translation, coordination with the Speisehaus restaurant and reception, as well as technical arrangements and other matters, is crucial to the success of an event. Every single aspect, no matter how minor, is important, and any lack of clarity can lead to a series of problems that affect the conferences.

We see it as our task to give every event the necessary calm by ensuring absolute clarity in the execution of every detail. In this calm, new things can emerge, and this leaves room for mental work.

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

### IKAM Office (Platform & Services)

The priority project to migrate all websites of the Medical Section, including its specialist areas (art therapies, body therapies, eurythmy therapy and the IFAT therapists' association), to the CRAFT content management system, administered by the Goetheanum, was almost fully implemented over the course of the year. The specialist area websites are now under the umbrella of the Section website (coordinated by Sonja Burger), which completed the migration to the new environment as the first step. We would like to thank Goetheanum IT for their helpful support in implementing this project, which spanned more than a year.

The strengthened measures in external communications, as well as the growth of our community's working groups, can also be seen in the figures. Thus, in 2025, we sent more than 440,000 emails in 188 mailings to our international movement. The statistics for the open rate, click-through rate and unsubscribe rate of the emails are on average consistently positive across the board. It is therefore clear that the frequency of our mailings and the content we offer strike the right balance and are of interest to our subscribers.

We are also seeing similarly encouraging growth in the development of our community. In 2025, our platform was enhanced by the addition of our largest working group to date, the Research Council, comprising over 100 international researchers. The number of members in our 80 working groups has thus risen to over 500.

In 2026, we would like to relaunch Viva Engage (formerly Yammer), the external community platform that was discontinued last year, in order to offer the anthroposophical medical movement, in all its diversity, an accessible platform for digital exchange based on user forums within a secure environment. Participation does not require a dedicated account with the Medical Section – all that is needed is a personal email address.

And finally, we will continue to explore the use of AI-supported processes. Particularly in technical support, these new possibilities are already proving to be a tangible support and a real time-saver. But even when dealing with documents and complex matters, entirely new approaches are emerging that go beyond the scope of everyday working life. Thus, documents and entire libraries are no longer merely static files, but also offer us the opportunity to interact with them directly.

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Mathias Hofmann  
IKAM Office /  
Project Management



## International Federation of Anthroposophic Medical Associations (IVAA)



Tido von Schoen-Angerer  
President of the IVAA

IVAA conducts advocacy and communication to a) promote the recognition and integration of anthroposophic medicine into health systems and b) improve healthcare so that it focuses on the whole person in their physical, mental, social and spiritual dimensions.

The members of IVAA are the national anthroposophic doctors associations in 35 countries, representing a total of more than 3000 anthroposophic doctors. The IVAA office is located in Brussels, Belgium.

### Advocacy at the European level

IVAA actively led EUROCAM advocacy on the EU pharmaceutical legislation revision, coordinating responses to proposals affecting homoeopathic and anthroposophic medicinal products.

Preliminary outcomes from the so called 'trilogue negotiations' (negotiations between the European Commission, the European Council and the European Parliament) indicate a possible retention of the 'medicinal' status of homoeopathic medicinal products for the coming years which would mean that a major threat to homoeopathic and anthroposophic medicinal products would have been averted.

On antimicrobial resistance (AMR), IVAA continued its advocacy and spoke at the European Commission's AMR One Health Network Meeting, calling for the inclusion of traditional, complementary and integrative medicine (TCIM) into national antimicrobial resistance action plans and research funding

On oncology, IVAA joined the leadership of the Society of Integrative Oncology (SIO) Europe and presented at its congress in Oxford. IVAA was active in initiating and fundraising for a cost-effectiveness literature review of integrative oncology, the OCEANic Review, scheduled for publication in early 2026 and important for advocacy with policy makers.

Under IVAA leadership, EUROCAM secured its first EU grant (Medview project) and first WHO grant (more information below).

IVAA was part of the EUROCAM delegation at the WHO EURO Regional Committee (the annual meeting of the Member States of the WHO European region). EUROCAM appointed its first youth delegate who delivered a speech to delegates.

IVAA's secretary general, Elisa Baldini, continued to be the chair of EUROCAM in 2025.

### Advocacy at the global level

At the global level, IVAA works primarily through the TCIH Coalition where IVAA continued to provide the Secretariat and the presidency.

The focus during the first half of the year was on passing the WHO Global Traditional Medicine Strategy 2025–2034 (the strategy concerns the entire field of TCIM). This included speaking with Member States and delivering statements at the WHO Executive Board in February and at the World Health Assembly in Geneva in May. The traditional medicine strategy was initially controversially discussed, and even opposed by the EU Member States, at the WHO Executive Board. Following further negotiations and some text modifications, in particular greater emphasis on evidence based medicine, the strategy was unanimously adopted by all present Member States at the World Health Assembly.

Key activities during the second half of the year included:

- An inclusive process to develop a Global Advocacy Roadmap on TCIM, through eight regional workshops, a global hybrid workshop, and a stakeholder survey. Over 700 stakeholders participated. The data will be analysed in 2026 to establish the Global Advocacy Roadmap.
- Meetings with ministries and government representative in India, Germany, Kenya, Ethiopia, Russia (BRICS Congress), and WHO AFRO.
- Presence with speakers and participation in the preparation of the 3rd World Congress on Traditional, Complementary and Integrative Medicine in Rio de Janeiro and 2nd WHO Global Summit on Traditional Medicine, New Delhi (for more details see below).
- Establishment of a consortium between three NGOs (Knowledge Ecology International, TCIH Coalition and IVAA) to develop a WHO Intellectual Property Framework for the Protection, Regulation, and Innovation of Traditional Medicine. The consortium is under contract with the WHO Global Traditional Medicine Center to deliver this framework until 2026.
- A consortium between EUROCAM, TCIH Coalition and IVAA to enhance partnerships, commitment and resources to support the implementation of the WHO Traditional Medicine Strategy. This was another WHO contract and it was successfully completed in 2025.

### Increasing the visibility of anthroposophic medicine

Anthroposophic medicine had high-level visibility at two major TCIM events:

- 3rd World Congress on Traditional, Complementary and Integrative Medicine in Rio de Janeiro, October 2025: several anthroposophic doctors, including IVAA board members gave presentations. Dr Ricardo Ghelman, anthroposophic paediatrician from Sao Paulo, was one of the congress' co-presidents and a key organiser. IVAA held a series of free, online advocacy training webinars as a run up to the congress.
- 2nd WHO Global Summit on Traditional Medicine, New Delhi, December 2025. The IVAA president was a member of the summit's steering committee: he and the vice-president were speakers at the summit. The WHO Benchmarks for Anthroposophic Medicine were prominently displayed as part of a permanent exhibition.

The summit was a high level political event which included the prime minister of India and various health ministers; however, government representatives from Western Europe and North America were absent.

IVAA maintained year-round external communications via its website, newsletters, and social media. Key publications included:

- IVAA statement on the adoption of the WHO Traditional Medicine Strategy 2025–2034.
- Feature on an award-winning clinical study on the Buteyko method in asthma.
- A brochure on anthroposophic body therapies, developed with the International Association for Anthroposophic Body Therapies.
- A case study on Centro Médico Antroposófico in Peru, documenting its development as a reference centre for integrative oncology.

Anthroposophic medicine, and anthroposophy more broadly, faced negative media in the German magazine *Der Spiegel* and in a documentary aired by Austrian national television. In both cases, IVAA coordinated with German and Austrian partners but the ‘crisis communication’ response has not yet been adequate.

### Communication and exchange within the anthroposophic medicine community

IVAA organised regularly coordination calls with European members and Latin American organisations (CIMA).

A training on leadership was provided for IVAA members (IVAA delegates present in Dornach in September).

Adam Blanning (Medical Section representative on the IVAA board) published an article related to the WHO in *Das Goetheanum* and held various discussion to explain IVAA’s international policy work.

#### *Coordination and contact*

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## International Research Coordination / Research Council

What challenges were there in 2025?

- Meetings: In 2025 the AM RC had four meetings: two in-person meetings and two online meetings.

- Strategy: The AM RC finalised the ‘Added value’ document (*What is the added value of AM and AM research for conventional medicine and Traditional, Complementary & Integrative Medicine?*) and the ‘AM Research Council strategy for the period 2025–2030’. A first concept of the work plan as an operationalisation of the strategy was written and sent to the AM RC members for feedback and confirmation.
- Databases: the (further) development of three databases was started:
  1. A database with all AM RC members and their institutes was finalised (the database is placed within the Medical Section).
  2. A database of ongoing and finalised AM research projects of all the AM researchers is under construction (the database is placed within the Medical Section).
  3. A database with all scientific publications on a library website is being built by the WHO (<https://tmgl.org/>). We, as AM, are asked to become a partner.
- Anthromedics – Research section: A renewal of the structure of the website was developed. Next steps regarding restructuring and updating depend on further funding.
- AM RC newsletter: The *AM RC Update* newsletter of the AM RC was developed and the first newsletter was distributed in the second half of 2025. The newsletter will be distributed every three months and contains information in the following categories:
  1. News from the AM research institutes
  2. Awards and prize ceremonies
  3. Conventional science in medicine relevant for AM
  4. Calendar of events
  5. International AM Research Congress at the Goetheanum
  6. Aspects of spiritual science and from the pioneers of modern anthroposophic medicine
  7. Project / group portrait
  8. People
  9. Market place
  10. Grant opportunities
  11. Training & job opportunities
  12. New publications
  13. Young researchers section
  14. Research communications
  15. Research training



Erik Baars  
 International Coordination of  
 Research/Research Council

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

Special events in 2025 were:

- The annual AM Research Congress 2025 in Dornach. The congress theme was ‘The role and importance of warmth and thermoregulation in somatic and mental health: status, updates and open questions’ (<https://goetheanum.ch/en/events/rc25>).

- The scientific posters sessions during the annual Medical Section conference.
- The 3rd World Congress on Traditional, Complementary and Integrative Medicine (TCIM) in Rio de Janeiro, where many AM researchers were participating in the organisation and/or presenting their research (<https://wctcim.cabsin.org.br/new/>).

What plans and projects are planned for the coming period?

- The AM Research Congress 2026 on 'Whole medical system research' with, for the first time, keynote speakers from conventional medicine and TCIM that is also open for non-AM participants (<https://medicalsection.goetheanum.ch/news/research-congress-2026>).
- AM RC newsletter: In 2026, three quarterly newsletters on AM research worldwide will be issued. Then the newsletter will be evaluated and a decision will be made as to whether to continue with it or not.
- Databases: The project database will be finalised and a small project group will assess whether or not we should join the WHO Traditional Medicine Global Library as an advisor or as the AM RC. After discussion, a decision will be made (<https://tmgl.org/>).
- Anthromedics – Research section: When there is sufficient funding the research section will be restructured and updated.
- Work plan of the AM RC strategy 2025–2030: The concept work plan describes nine impact goals for three ambitions of the AM RC strategy. Based on discussions with the AM RC members the work plan will be finalised and funding procedures will be started to acquire sufficient funding to be able to execute the described activities.

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## International Coordination of Anthroposophic Medical Training

In 2025, the focus of our work was on planning and organising two conferences held in conjunction with the international annual conference of the Medical Section: the interprofessional 'Teach the Teachers' (TTT) conference on the theme 'Freedom and Destiny: Exploring them through Clinical Cases and Biographical Questions', and the Trainer's Conference 2025 as an international forum for exchange for leaders of medical training programmes.

The TTT conference concluded its third cycle, which in previous years focused on the themes of reincarnation and karma, and this year, to conclude the

series, on freedom and destiny. Through joint work on texts, working with clinical and biographical questions, workshops on dynamic judgement-forming, and reflections on Rudolf Steiner's approach to freedom and destiny, a lively, experience-oriented exchange took place. Work in small groups played a central role in this. The participants found that the joint research into subject matter not only supported their teaching, but also served as a catalyst for personal development and community building.

In the course of preparing and holding the conference, it became increasingly clear that the needs of teachers and learners vary greatly – depending on the region, cultural context and individual circumstances. With the conclusion of this third TTT cycle in Dornach, the groundwork was therefore deliberately laid for a transition to formats with stronger regional roots, which are set to take place in various countries from 2026 onwards.

The next stage in the development of the Teach-the-Teachers work will therefore be less focused on a uniform model and more on a variety of approaches. Depending on the context, different issues may take centre stage:

- How can teaching be structured so that it does not consist mainly of lectures, but actively engages learners?
- How can habits of thought be broadened and new ways of thinking encouraged?
- How can teaching staff be supported in encouraging people to develop their own abilities and take responsibility?

The future TTT Impulse aims to enable spaces where encounters, experiences and joint research can give rise to new inspiration for teaching – with the aim of fostering trust, creativity and inner freedom in the classroom.

The 2025 Trainers' Conference made a further significant contribution. Reports from numerous countries painted a nuanced picture of the current training situation: alongside stable training venues, challenges also came to light, such as institutional closures, political conditions or declining student numbers.

Internationally, there is a clear trend towards shorter, more flexible and hybrid training formats. Online courses are particularly valued for teaching theory, mentoring and international networking, whilst the importance of in-person attendance, practical relevance and personal support was emphasised for basic training.

Mentoring programmes, masterclasses, clear training paths and transparent certification processes were identified as tasks for the future. The differentiated use of interprofessional approaches and digital tools also remains an important area for development.

With regard to the work of the Coordination in 2026, it is a key priority for me to continue to do my utmost to support networking, meaningful interprofessional coop-



Judit Kedves  
 International Coordination of  
 Anthroposophic Medical Training

Participants at the trainers'  
 conference 2025



eration and mutual learning – in the service of the vibrant further development of our teaching activities.

In conclusion, warm thanks go to all colleagues who with great commitment are involved in training matters around the world. Their experience, their collaborative working and their willingness to innovate form a solid foundation for ensuring that training programmes in anthroposophic medicine can continue to be delivered to a high quality, effectively and with international connections.

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



Matthew Mirkin  
International Coordination of  
Young Impulses in Anthroposophic  
Medicine

This year, like last year, feels rather quiet in comparison to the prior three busy years we had of conference planning.

However, a new impulse has started which involves monthly weekend workshops focusing on doing eurythmy with Ursula Zimmermann and studying the *Fundamentals of Therapy* with Christina van Tellingen. These meetings take place in Dornach and in the German language.

Our online monthly text study on pastoral medicine has continued. It involves someone providing a summary of the lecture, a discussion and the formation of questions. These questions are then sent to an experienced elder who is invited the following month to talk with us. The course is actually read in between these monthly meetings either individually or in smaller groups.

In March of 2025, we had a gathering at the Goetheanum. We walked up to the Gempen, studied the twelfth chapter of *Philosophy of Freedom*, and spent a considerable amount of time working with the question of how we want to carry YIAM forward into the future. Ideas we had included putting more effort into inviting new people to our annual gatherings at the Dottenfelderhof, potentially organising a bigger gathering in 2027, creating a social media (Instagram) account to reach the next generation, continuing to build social substance and finding and striving towards a common goal in relation to anthroposophic medicine and its task in the world.

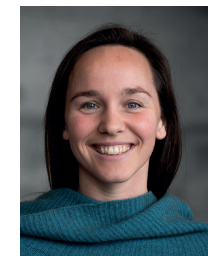
We are currently preparing our next annual gathering at the Dottenfelderhof which will take place from 30 April until 3 May 2026. Artificial Intelligence, the metal antimony and community building will be our focus. We also plan to do art work, speech, drama, singing, a text study, and of course have a bonfire. We hope to be able to double the amount of participants we usually have from fifteen to thirty by sharing the invitation in the anthroposophical hospitals and training programmes.

Finally, Tania Prince will be taking on the role of co-coordination of IFAN (International Forum of Anthroposophic Nursing) from September 2026 and step down from her role of representing YIAM in IKAM which Matthew Mirkin will continue to do on his own for the time being.

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Tania Prince  
International Coordination of  
Young Impulses in Anthroposophic  
Medicine

## International Coordination of Anthroposophic Medicines (IMKA)

The year 2025 was a year of farewells for IMKA. At Easter, the long-standing coordinator, Andreas Arendt, left the body as announced. His warm-hearted and diligent presence, his reliable and foresighted organisation and his fine sense of humour will be missed in our body's work. His tasks will be taken on by our new member Christoph Kaufmann.

The following physicians now work in the International Medicines Commission (IMKA) on a voluntary basis: Simone Hoffmann (D), Christoph Kaufmann (CH), Astrid Sterner (D), Henrik Szöke (HU) and the three heads of the Medical Section, Adam Blanning, Marion Debus and Karin Michael.

One of IMKA's ongoing activities is to hold regular discussions with the manufacturers of anthroposophic medicinal products to discuss research activities, cooperation potential and issues relating to the reliable supply of anthroposophic medicinal products. These discussions took place in 2025 with the companies Weleda and WALA, partly as visits, partly online and partly less formally at conferences and congresses. The economic challenges not only for manufacturers, but also for patients in 2025 were a recurring focus, as were manufacturers' efforts to ensure the reliable supply of medicines and to future-proof their product ranges.

Sadly, there will also be farewells when it comes to medicinal products. In an ambitious series of meetings, WALA's existing and future range of medicinal products was discussed. To this end, a wide range of specialist colleagues were invited to take part in the consultation rounds on their specialist fields. As is always the case in such discussions, important, also future potentials of anthroposophic medicines became apparent in the exchange. It is painful when these medicines are under-prescribed and therefore have to be disposed of. It is therefore all the more important to remain active and enthusiastic also in the international medical associations in imparting knowledge and passion for anthroposophic medicinal products.

*(Text Dr med. Simone Hoffmann)*

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Simone Hoffmann  
International Coordination of  
Anthroposophic Medicines/IMKA)

## International Coordination of Anthroposophic Pharmacy (IAAP)



Annette Greco  
International Coordination of  
Anthroposophic Pharmacy (IAAP)

### What challenges did you face in 2025?

In 2025, we were particularly occupied with the coordination and support of existing and new international training activities, as well as the changing needs in various countries regarding anthroposophic-pharmaceutical practice. Noteworthy are also individual nationally driven initiatives in the form of medical-pharmaceutical projects and activities, which continue to develop despite political challenges and can serve as examples for other IAAP members.

### What special events shaped the work in the coordination area?

As every year, the IAAP, together with the Medical Section, organised the working group meeting of 'Anthroposophic Pharmacy at the Goetheanum' in January 2025. More than 15 pharmacists, pharmaceutical professionals, and doctors participated. We worked intensively on pharmaceutical processes under the theme 'Biography of the Substance'.

The meeting also serves as the thematic kickoff for the pharmaceutical topics of the Medical Section's annual conference in September and the associated specialist conference for Medicine & Pharmacy. Together Dr Marion Debus, Friederike Tews and Annette Greco were responsible for the conception of the specialist conference – both in terms of content and structure. Around 140 people from various professional groups gathered at the Goetheanum on the topic 'How can substance and pharmaceutical processes influence the etheric forces in cases of Chronic Fatigue and Long Covid?'. The structure of the specialist conference, the topic, as well as the depth and diversity of the content, received positive feedback.

Parallel to the annual conference, the IAAP organised a meeting for its members to exchange news and current challenges worldwide. Representatives from Chile, Colombia, Italy, Brazil, Argentina, Germany, and Switzerland attended the invitation.



Friederike Tews  
International Coordination of  
Anthroposophic Pharmacy (IAAP)

### What news can be reported?

- IAAP Board and IKAM – personnel: In January 2025, Friederike Tews took over the role of coordinator for pharmacy in IKAM from Mónica Mennet-von Eiff. She will now represent pharmacy in the Medical Section together with Annette Greco. Mónica Mennet-von Eiff shaped this role for many years and gave pharmacy an interdisciplinary and international face. Friederike Tews steps into big 'shoes' and is already filling them in 2025 with her commitment and personal style.
- There was also movement in the IAAP Board in 2025: Christiaan Mol stepped down from his position on the board after more than 15 years. His political engagement, in particular, significantly shaped anthroposophic

pharmacy. At the same time, we are pleased to welcome Paula Mora (Argentina) and Friederike Tews (Germany and Switzerland) to the IAAP Board. This allows young and international impulses to be integrated into the board's work.

- Training/IPPT: In 2025, the training program in Eastern Europe was successfully completed. In South America, the modular training with over 40 participants was successfully continued in October in Brazil. The establishment of new initiatives worldwide, such as in Egypt, Eastern Europe, Spain, and the USA, is very encouraging.
- The number of certifications increased significantly in 2025, and applications for the certification process in 2026 have already been submitted.
- In 2025, we were also able to expand the IFEC (International Further Education Committee) working group in terms of personnel to better reflect internationality and handle inquiries about training, mentorship, certifications, and examinations more effectively. In addition to the two coordinators for pharmacy, country representatives from Brazil, Argentina, Germany, Switzerland, and Albert Schmidli as a globally active trainer are represented in the IFEC.
- The IAAP project to translate the book *Anthroposophic Pharmacy* into Spanish is on schedule both in terms of time and finances. By the end of 2025, 99% of all chapters had been written or revised. Over 80% of the book has already been translated.
- Anthroposophic Pharmaceutical Codex (APC): After the publication of version 5.1 in 2024, 2025 was marked by continuous work on the new version 2026. The focus was on developing new monographs for fermented manufacturing processes as well as revising the strategic orientation of the APC's IT landscape.

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

For the year 2026, the IAAP has planned various activities. Many of these arise from the continuation of initiatives started in 2025, particularly in the areas of training, certification, and the optimization of the homepage for these topics. Starting in 2026, a key focus will be on empowering new trainers. Additionally, efforts will continue on how synergies with other professional groups of the Medical Section can be developed. The kickoff for this will already take place in January at the IKAM retreat.

By the end of 2026, the Spanish translation of the book *Anthroposophic Pharmacy* is expected to be close to publication. Editing, printing, and approval, as well as preparation for the publication date, will continue to require significant resources in 2026.

In the 2nd quarter of 2026, the publication of the new edition 5.2 of the APC is planned.

And in 2026 as well, pharmaceutical contributions and workshops are to be offered at the medical annual conference: the content-related and organisational work for this had already begun at the end of 2025.



Hana Adamcová  
International Coordination of  
Eurythmy Therapy

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## International Coordination of Eurythmy Therapy

Our motto in 2025 was:

‘When you share, you are never alone in the world again.’

As we have been working with the original team – Hana, Katharina and Ingrid – again since September 2024, we can look back on an active year in 2025. In our almost weekly meetings and at the retreat in Krefeld in the summer, we were able to make constructive progress on the topics at hand and further develop key issues.

### Projects and priorities 2025

#### Specialised conferences and international cooperation

- At the Research Congress in February, Katharina Gerlach and Michele Polito presented the latest developments on the subject of warmth in eurythmy therapy contexts.
- The Vademecum project was further developed internationally, for the first time with a writing workshop as part of the specialist conference in Melbourne (Australia). Katharina Gerlach spent three days there working with colleagues locally, both on the Vademecum and on other issues in the eurythmy therapy context.
- In September 2025, we held the eurythmy therapy conference with around 70 participants – not only from Europe, but also from the USA, Brazil, Japan and many other countries.
- We provided intensive support for the launch of new training initiatives in Japan and Spain/Latin America and helped them on their way.
- Hana Adamcová visited colleagues in Finland and the Netherlands. The discussions with the respective board members took place both online and in person.
- The training initiative in St Petersburg was accredited and successfully completed.

#### Quality development and recognition

- Thanks to the strong commitment of Hana Adamcová within IFAT, intensive work was carried out on concepts for the dissemination and recognition of the AnthroMed® label.
- The first round of basic training in Dornach was evaluated in September in such a way that key questions could be taken to the next stage. The second

round, which has already begun, is already benefiting from the experiences of the first round. The project is making an important contribution to the establishment of eurythmy therapy in Switzerland.

- Although we would still like to see more certified further training courses, we have been able to implement the preparation of an international certification for further training in eurythmy therapy in gynaecology. The certification of the ophthalmic eurythmy therapy further training programme, which begins in 2026, will follow accordingly. We hope to be able to initiate additional further training in this area in order to further improve the quality of our day-to-day work.
- An in-depth dialogue with graduates of the Weber courses led to the drafting of a document in which the key points of a possible diploma were set out.

### Committee work and networking

The following is a list of the various online and in-person encounters that significantly characterise our work:

- IFAT board meetings: 12 times online, once in person.
- Regular collaboration with the boards of 17 professional eurythmy therapy associations and 30 country representatives (three times online, once in person per year).
- Weekly meetings of the eurythmy therapy IKAM team (1–3 hours).
- Training conference (permanent training courses, initiatives and guests): three online meetings as well as one four-day in-person meeting.

In addition, we endeavoured to maintain a good overview of and a solid economic basis for our activities:

- Preparation of a list of globally active colleagues, including their topics and specialisations.
- Maintaining financial contributions and donations from colleagues and professional associations to secure and further develop international eurythmy therapy work.
- Since August, we have also been working on the succession of the coordination leadership, as we will be stepping down as a team in September 2026 to make room for new, inspired forces and people.

### Documentation and communication

An important part of our work in 2025 consisted of developing and updating various documents. The international job description was modernised, the accreditation manual was streamlined, and the IHEAK working methods and the framework curriculum were reviewed and adapted.

Once again this year, we were able to send out an international eurythmy therapy newsletter summarising all our activities to colleagues worldwide.



Katharina Gerlach  
Co-Coordination of Eurythmy  
Therapy



Ingrid Hermansen  
Co-Coordination of Eurythmy  
Therapy

Our motto for the year 2026 is:

'You have to love the questions themselves.'

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## International Coordination of Anthroposophic Body Therapies (IAABT)



Elma Pressel  
International Coordination of  
Anthroposophic Body Therapies  
(IAABT)

### What were the challenges in 2025?

There are a number of fundamental challenges in our field that have persisted over the years

- Body therapy is very diverse in itself with the different professional groups, therapeutic methods and procedures that belong to it.
- Each individual method has special qualities and often very individual needs.
- In addition, the many groups – which tend to be small compared to other therapeutic professions – are not well funded; therapeutic professions are underpaid in most countries, which is reflected in the individual life plans of therapists, but also in the training programmes offered and the low level of participation in these.
- In the longer term, there is too little left over to finance the Coordination in the Medical Section, so that a large amount of additional support for the Coordination is necessary.
- Demographic change can be felt everywhere, so there is an increasing shortage of therapists as well as a lack of people who are structurally and politically committed to the interests of body therapies.
- The IAABT has been looking for successors to take over the association's work for years without success, while membership numbers are continuously falling.

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

Cindy Verheul took over from Gudrun Rehberg and was familiarised with all the upcoming tasks and challenges of the Coordination of Body Therapy over the course of the year.

She was mainly responsible for initiating the specialist conference for anthroposophic body therapy, which was overwhelmingly well attended in September with around 80 participants.

In preparation, there was a public and free online conference every month dedicated to the topics of the specialist conference, usually held in two languages.

The digitalised accreditation process in body therapy, which is based on the *Benchmarks for Training in Anthroposophic Medicine*, is now well established and has led to pleasing results:

- Essere Ritmo APS in Italy: Accreditation of the further training programme in rhythmical massage therapy,
- SPMATI (Simeon Pressel Massage Asian Training Initiative) in Bangkok: Accreditation of the further training programme by the Medical Section.

Additional educational programmes worldwide are in progress and will be completed in 2026.

Digitalisation has made long-distance accreditation procedures considerably easier. The documents can also be archived long-term in the Medical Section in this way and are available for re-accreditation.

Under the leadership of the WACH (World Association of Chirophonetics), chirophonetics has applied for recognition as an anthroposophical therapy method in the Medical Section and is in a good process with the IKAM (International Coordination of Anthroposophic Medicine) recognition committee.

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

Cindy Verheul is increasingly familiarising herself as the new coordinator. In particular, she can contribute her wide range of experience from the field of research at Rotterdam University and Dresden International University as well as from her personal professional career as a physiotherapist, osteopath DO and massage therapist in rhythmical massage therapy.

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

- Consolidation of funding for the Coordination of Body Therapy.
- Finalisation and introduction of a new regulation for individual certification by the portfolio route.
- Development of a framework curriculum for lecturers in the fields and methods of anthroposophic body therapy.
- As lecturers require extensive skills in the area of practical instruction, a separate format is required for body therapy, which can be enhanced but not sufficiently fulfilled by the 'Teach The Teachers' programme.
- As part of the 2026 annual conference, Body Therapy will address the following question: How do we integrate Stephen Porges' polyvagal theory



Cindy Verheul  
Co-Coordination of Anthroposophic  
Body Therapies (IAABT)

with regard to trauma and resilience into our anthroposophical methods of body therapy?

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## International Coordination of Anthroposophic Arts Therapies (ICAAT)

### What challenges were there in 2025 ... and which remain for 2026?

As training and further training in art therapies are established on all five continents worldwide, the question of translations from German is a major challenge. On the one hand, it is not easy to find good translators who know the technical terms and can correct the texts translated with DeepL-Prof, and on the other hand, there is a lack of financial resources to at least partially compensate for this work.

For documents such as the 'Orientation Guide' or ICAAT flyers, there are additional costs for the layout, for which we have to submit separate applications.

The conference 'Arbeitstage für Anthroposophische Kunsttherapien' (Study Days for Anthroposophic Art Therapies) in January will be translated from German into English, Italian and French throughout, the online conference 'Painting & Modelling' will be held in English and Spanish, the atS speech therapy conference will be translated into English and Spanish, the newsletter into English – there would be a great need for Spanish and Italian here.

The challenge of obtaining donations and financial support for colleagues' travel expenses to Dornach and for lecturers, e.g. to Colombia or China, is great. At the same time, such meetings are a necessity in order to network the anthroposophic art therapies well worldwide and to carry out accreditations of training and further training in the context of the Medical Section.

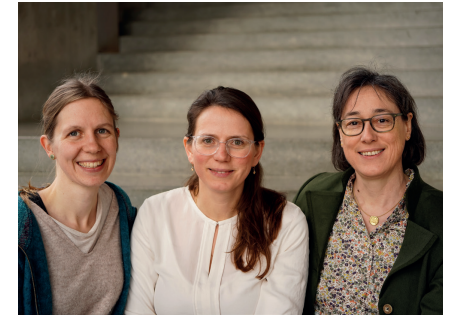
### Which particular events have characterised the work in the Coordination field?

The further networking of art therapies in North America and the new networking of colleagues in New Zealand / Australia and on a small scale in Italian-speaking Switzerland has fulfilled a strong need for visibility and collaboration.

The 'Orientation guide for prescribers' with the sample presentation of a total of 34 diagnoses has been finalised and translated into Italian and French

in addition to the German and English versions. It is currently available for download on the ICAAT website and is highly appreciated by both prescribers and specialist colleagues.

Instagram, Facebook and the like are diligently maintained by us. The clear response and our resulting visibility compensate for the many hours of work that go into this endeavour. The regular specialist newsletters that we send out also help our network to be aware of each other. People want to be part of this community and are increasingly coming to the annual conference in Dornach in January. In 2025, there were almost 200 participants!



*Linda Teipen, Esther Böttcher, Laura Piffaretti*

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

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

We coordinators have recently initiated the topic 'Is nature the therapy room of the future?' in order to engage in dialogue about this in the coming years. The launch was well received at the Medical Section's annual conference in September in the form of a successful flyer and a roll-up.

For the first time, an online symposium was held in English and Spanish for the fields of painting and modelling. Also for the first time, lectures from the January conference in Dornach were shown in co-operation with Goetheanum TV.

The collaboration with Goetheanum TV enables us to present anthroposophic art therapies to a wide audience. This is important so that graduates from the 27 training and further training programmes accredited by iARTE / Medical Section can enter an open field of work worldwide.

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

In co-operation with the professional associations (IFAT members), we would like to disseminate the AnthroMed® quality label even more and make it better known, both among therapists and patients.

In addition, we will now actively address and deepen the issue of the School work and the need for a 'working group in the spirit of Raphael' in our specialist areas. To the same extent that we strengthen the outward work into visibility, we want to lead the inner work into the deepening of spiritual science. May we succeed in achieving this balance!

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## International Federation of Anthroposophic Therapies (IFAT)

Our guiding principle in our work:

'It is certainly valuable if a person also has heart and not just thoughts. But the most valuable thing is when they have thoughts with heart.'

(Rudolf Steiner)

### Our work and goals

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

IFAT is a shareholder in AnthroMed® and EUROCAM and, up to and including 2025, also in ANME (more information on ANME below) and a signatory of the TCIH declaration 'The People's Declaration for Traditional, Complementary and Integrative Healthcare'.

### Board

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

### Membership status 2025

In 2025, IFAT had 29 full members and 7 associate members from the following countries: Australia / New Zealand, Austria, Belgium, Brazil, Czech Republic, Finland, France, Germany, Italy, Japan, Netherlands, North America, Norway, Russia, South Africa, Sweden, Switzerland, Thailand, United Kingdom.

New additions since 2024:

- ETANZA, Eurythmy Therapy, Australia / New Zealand,
- Sdružení pro antroposofickou medicínu z.s. Ječná, Association for Eurythmy Therapy and Art Therapists, Czech Republic / Prague,
- VRMS (Swiss Rhythmical Massage Therapy Association).

Resignations:

- A.I.A.T.A Italy, as the association was dissolved,
- IAABT will be dormant from mid-2026.

### Tasks and challenges

#### AnthroMed®

Last year, we had 19 associations that used the AnthroMed® quality label, in addition to 214 individual users from all associations combined. This is a good opportunity for therapists to gain visibility for anthroposophic medicine. At the same time, the label guarantees training accredited by the Medical Section.

Our focus last year was on the further development of the list of criteria. IFAT has endeavoured to define a 'therapeutic community' in discussions with the Section leadership and the shareholders of AnthroMed®.

Interdisciplinary cooperation for the benefit of patients is at the centre of this and has become part of the list of criteria for art therapists, eurythmy therapists and body therapists. In this context, we have put together a selection of further training courses and online events to support further training for AnthroMed® users with the main focus on building and maintaining collaboration in therapeutic communities.

#### EUROCAM

We have been looking for a delegate to represent IFAT at EUROCAM for two years now, as no one from the board is able to take on the tasks assigned there. Discussions have taken place with people, but unfortunately they have been unsuccessful. We are still looking for a representative and would be grateful for any suggestions from the IFAT membership. Travelling expenses / accommodation for participation in EUROCAM events in Brussels are paid by IFAT, a good knowledge of English is required.

#### ANME

IFAT will no longer be a member of ANME from 2026, but sees the opportunity to support specific projects through donations.

### Discussions and meetings with our members

A main focus of the discussions with our members was to clarify the membership in ANME.

ANME was highly critical of the TCIH declaration. This was the trigger for us to take a closer look at the goals and work of this organisation. For this reason, we met with Michaela Glöckler, who supported us with the membership fees in the early years, and with Nora Laubstein, the chair of ANME.

In conversation with Michaela Glöckler, we realised how important political work is for us. We want to keep up with current developments in anthroposophic medicine in order to stand up for our goals. However, the question



IFAT Board, back row: Herbert Langmair, Dieter Bigler, Laura Piffaretti; front row: Hana Adamcová, Elisabeth Körber, Elma Pressel

arose as to whether we felt represented at ANME, especially when it came to quality assurance.

What made our membership more difficult was that we had no representation there and therefore had little insight into its work. For this reason, Elma Pressel made herself available to investigate this for us and took part in meetings. Overall, we came to the conclusion that we felt better represented by EUROCAM, but wanted to continue supporting ANME's work by donating to individual projects instead of permanent membership.

Discussions with our members were also very important to us in this process, as they revealed important perspectives from the membership. This crystallised the importance of international work that does not just focus on Europe.

### Board meetings

The board met monthly in 2025, in this context we mainly worked on team building and AnthroMed® at an in-person retreat in Dornach in September 2025.

We dealt with the following topics: Member discussions, AnthroMed®, EUROCAM, webinars on community building, annual financial statements and budget, withdrawal from ANME, IFAT stand at the annual conference and retreat in Dornach in September 2025.

### Thank you

We would like to thank our members very warmly for their membership and for the lively dialogue. This enables us to know what concerns our associations and how we can best support them.

We look forward to further good collaboration in 2026.

Further information: <https://medicalsection.goetheanum.ch/ikam-ifat>

## International Coordination of Anthroposophic Psychotherapy (AP)

### Reflections on the past year: achievements and plans

'The truth of spiritual training can be summarised in the following short sentence: Every idea that does not rise to the level of an ideal kills a force in your soul; but every idea that rises to the level of an ideal creates life forces within you.'

(from Rudolf Steiner, *Knowledge of the Higher Worlds. How is it Achieved*)

### General line: Widening the carrying group of colleagues

A mainstream and esoteric, real-life oriented organisation like the international umbrella organisation of psychologists and psychotherapists IFAPA is confronted with a growing number of tasks, born out of challenges from within IKAM, but also born out of ideals as developed by IFAPA itself. However, if these ideals are not processed into the reality of clinical practice, it weakens the professional strength of the community.

For that reason we find ourselves at the crossroad of a great number of tasks, ideas and ideals, which are in themselves marvellous and promising, but for which we as a small governing board composed of 12 members are not equipped. So widening the active participation is urgently needed.

### Gratitude to the co-workers on the board of IFAPA

John Lees, Hartmut Horn, Natalia Gonzalez, Ellen Mozes, Miguel Falero, Vasuprada Kartic, Giovanna Bettini, Patricia Botelho, Zheni Nasi, Hanan Goldman, Kiranmayi Bapik and Henriette Dekkers.

With gratitude we look back upon the harvest of the past year, upon all the work done, with that deep sense of community and mutuality worldwide. We hope this year may bear fruits as well, cherishing the precious germs and seeds that have been planted.

As we enter our third septennial since the foundation in 2012, IFAPA will face new challenges for which we will need each other even more. May the community building hierarchies of the psychotherapeutic movement find our doors open, through which they can act upon our thoughts, our conscience and our deeds.

### Achievements from the last year(s)

What was achieved:

- An IFAPA website under the responsibility of Patricia Botelho, Brazil.
- A proper curriculum as a guideline for postgraduate training programmes, presented to the WHO.
- IFAPA standard guidelines for the recognition of postgraduate training programmes.
- An IFAPA code of ethics as a foundation for 'good practice'.
- A bi-annual conference to Train the Trainers.
- The annual specialist conference in the context of the annual conference of the Medical Section.
- High quality representation in IKAM by Giovanna Bettini and Hartmut Horn.
- Co-responsibility for the annual class conference for psychotherapists worldwide.



Hartmut Horn  
International Coordination of  
Anthroposophic Psychotherapy  
(AP)



Giovanna Bettini  
International Coordination of  
Anthroposophic Psychotherapy  
(AP)

## Guidelines for the postgraduate training curricula and the WHO

We have been intensively involved in our professional contribution to the Medical Section's project on 'Anthroposophic Interdisciplinary Medicine', which has been implemented in the *Benchmarks for Training in Anthroposophic Medicine* and is recognised by the WHO. Zheni Nasi, Canada, has participated in a series of meetings on public relations.

For the integration of our requirements into all national training programmes, we constituted a group of colleagues from different national teaching bodies to create a framework aimed at meeting the criteria – for example, the requirement to write a research project. The United Kingdom and India have now managed to meet these requirements in their training programmes, in the other countries this work is ongoing.

## Awaiting the implementation of the results achieved in the Train the Trainers conferences

As a result of Train the Trainers 2023, we have been keen to elaborate some of the results and findings, like the results from the teaching of Diethard Tauschel, and from our research findings on the impact of two generations of neo-liberal global policy upon our health.

With enthusiasm the project was presented with a PPP in the board meeting and with the intention of bringing it down to earth, but then it was pushed aside by all the other business which IFAPA has to deal with and did not progress.

## Attendance at conferences on the Pastoral Medicine Course by psychotherapists

Although the contents of the Pastoral Medical Course are part of the content of our postgraduate training curricula, the wish to assist at the conferences on this subject has still not been feasible yet. One colleague from Belgium, Nele Heide, a class member, as such attended the Pastoral Medicine Conference in Dornach in 2025.

The impulse from Zheni Nasi to engage more psychotherapy colleagues in the conferences on Pastoral Medicine is pending. It is not self-evident that others than doctors and priests can attend.

## The recently founded and established Summer School at Emerson College, United Kingdom

In summer 2025, a new esoteric ideal was kindled in the summer course at Emerson College in memory of the new mysteries founded and established by Ita Wegman and Rudolf Steiner. A high esoteric ideal, which gave rise to a profound engagement in the four IFAPA representatives: the ideal of a Raphael Circle equalling the 'Easter Circle' for doctors.

This great ideal comes from the Medical Section to IFAPA, and again requires colleagues to work on it, with the danger of draining capacity from other currently running projects:

### The 'Postdoc' taskforce

A two-monthly meeting to evaluate and solve problems; a think-tank for new content in line with today's pathogenesis; discussing and aligning certification criteria; meeting new requirements from the Medical Section as there is the auditing training by the Medical Section. The task force has set up the IFAPA standard guidelines for recognition of postgraduate training programmes as mentioned above.

### The Care III task force and the challenges for publications and research

A two-monthly international and interdisciplinary meeting with the co-leader of the Medical Section Adam Blanning is taking place to contribute to publications for Anthromedics.org in three languages. The focus is on the topics of trauma, depression, dissociation, anxiety disorders and recently burnout (<https://www.anthromedics.org/PRA-1052-EN>).

Attention and action is currently needed for the creation of podcasts and brief contributions on social platforms like Instagram. Another pending problem is the financing of the CARE project in its totality.

### The Annual Conference task force

A two-monthly meeting to outline and implement the contributions for the hybrid specialist psychotherapy part in the context of the annual conference of the Medical Section. The task force is also responsible for carrying out the full project in Dornach in person.

### The 'Train the Trainers' task force

The bi-annual task force is one of the most complicated work fields, as it has not only to outline and implement the contributions, but it has to deal with the requirements of the venue in the UK and the financial complications worldwide of tariffs and money transfers.

### General line: Widening the carrying group of colleagues

We have to create groups of enthusiastic colleagues beyond the board, who support carrying future ideas and ideals into the concrete reality of psychotherapeutic practice, to develop tools for viewpoints, for assessment, for anthroposophical ways of healing and the like. This could be done in parallel to Care III, but without the limitations of the Anthromedics guidelines for authors.

As a further consequence of the quotation from Rudolf Steiner at the start of the report, we might say: If we develop ideas and ideals, which are not processed into the reality of clinical practice, it weakens the professional strength of the community immeasurably.

*(Text Henriette Dekkers)*

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## International Coordination of Anthroposophic Midwifery



Johanna Hüinig  
International Coordination of  
Anthroposophic Midwifery

In 2025, various activities took place worldwide within anthroposophical midwifery. In co-operation with WALA, regular meetings of a working group were held in Bad Boll. The meetings offer space for professional exchange, networking and practical discussion as well as further development of treatment approaches within anthroposophic midwifery work.

A special moment this year was in further training: In May, the final module of the third round of the German-language further training programme to become an anthroposophic midwife was held in Dornach. The 20 or so participants showed great interest, motivation and enthusiasm. There was very good feedback on the courses in rhythmical Einreibung offered for the first time as part of the further training programme. This further training course also led for the first time to qualification in accordance with the WHO benchmarks for the training of anthroposophic midwives.

There was also growing international interest in anthroposophical midwifery. Almost 20 midwives from South America are currently taking part in the Foundation Studies at the Arlesheim Academy. Many of them are interested in further international training in the field of anthroposophic midwifery.

A planned participation in the first South American anthroposophical nursing conference had to be cancelled at short notice due to cancellation by the organisers. In this context, professional dialogue took place with Casa Angela in Brazil; however, a planned visit could not be realised.

At a Care I conference in Spring Valley, New York, there was interdisciplinary collaboration between midwives, gynaecologists, early childhood educators and therapists on topics relating to pregnancy, birth and early childhood from an anthroposophical perspective, as well as further training, practice development and interdisciplinary exchange.

Another focus was on Egypt: during a visit to Sekem, the hospital there, which is currently under construction, was advised on the development of an obstetric service; in addition, seminars on natural childbirth were held with students and women's health counsellors.

Overall, these activities illustrate the increasing international networking as well as the growing interest in anthroposophical midwifery work in training and further training, practice development and interdisciplinary exchange.

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## International Coordination of Anthroposophic Naturopathy (ISAN)

### Goals for 2025

The International Society of Anthroposophic Naturopathy (ISAN) is a research society that operates in accordance with Swiss association law. It represents anthroposophical naturopathy within the General Anthroposophical Society as a 'group in a specialist field' as well as in the Medical Section at the Goetheanum and in IKAM. Membership of the General Anthroposophical Society is compulsory for members of ISAN.

In 2025, ISAN had significant objectives, particularly with regard to qualifications in anthroposophic naturopathy. This included clarification of the qualifications required for this healing method, which represents a valuable addition to general naturopathy. The foundations of anthroposophic naturopathy are based on the spiritual scientific practices and insights of anthroposophy. A corresponding qualification is required for a deeper examination and integration of these research and working methods into existing naturopathic procedures and methods.

### Special events

A central aspect of the objectives of anthroposophic naturopathy is to ensure a sound training that places high demands on prospective therapists. The 'International Core Curriculum for Further Education and Advanced Training in Anthroposophic Naturopathy' was designed in 2022 to optimise the quality of further and advanced training.

It offers a comprehensive framework for further and advanced training that enables naturopaths to familiarise themselves with the principles of anthroposophic naturopathy.

In Australia and Germany, various further and advanced training programmes have already been carried out that are tailored to the needs of naturopaths in accordance with the respective national regulations and laws. The close co-operation within the Medical Section at the Goetheanum had a significant influence on the quality of the training.

### News from the specialist area

- Through advanced training in anthroposophic naturopathy, participants can acquire the 'Anthroposophic Naturopathy (AGAHP)®' certificate for their skills and thus practise anthroposophic naturopathy (AGAHP)® in accordance with the provisions of national law. This increases both confidence in anthroposophic methods and patient safety.
- The 'Anthroposophic Naturopathy (AGAHP)®' quality label has been officially registered as a trademark since 2012.



Alexander Schadow  
International Coordination of  
Anthroposophic Naturopathy  
(ISAN)



Thilo Koch  
Co-coordination of Anthroposophic  
Naturopathy (ISAN)

- New virtual education programmes were introduced in 2024 and continued in 2025. Professional advanced training and certification are crucial for the future.
- A Naturopathic retreat and conference will take place in Australia, New South Wales, from 1 to 5 July 2026. Dr Michaela Glöckner will be giving a keynote speech there.
- An ISAN event will take place in August 2026 in collaboration with Helix-Or. The event will be held at the company headquarters in 72348 Rosenfeld, Germany.

## Outlook

Various online projects aimed at promoting anthroposophic naturopathy are planned for 2026. One example is a hybrid conference, which provides for the integration of various speakers with different expertise on various aspects of the topic. As part of the conference, integrative naturopathic research approaches are to be discussed from the perspective of anthroposophic naturopaths in various specialities.

The aim of the event is to present innovative methods and current research results in the field of anthroposophic naturopathy and thus make a contribution to the further development of this specialised field. An exchange between scientific research and practice is of significant relevance for the optimisation of patient treatment. In addition, the educational organisation is organising a series of public online workshops for those interested in specific topics of anthroposophic naturopathy.

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## International Forum for Anthroposophic Nursing (IFAN)

A trend of recent years also continued in 2025. In South America and Asia, anthroposophic nursing is flourishing in courses and foundations, whereas in Germany and Switzerland, the countries with the most experts, hospitals and the largest anthroposophic infrastructure, the number of participants in courses is dwindling. For the first time in 30 years, there is no longer a basic course in anthroposophic nursing in Germany. For some years now, anthroposophic nursing training programmes in Germany have predominantly been training colleagues from Africa, Asia or south-eastern Europe, whose linguistic and social conditions very rarely allow room and interest for the complex connections of anthroposophic medicine.

The growing networks of integrative nursing are a positive development in Germany. The exchange about external applications or the interest in researching complementary nursing methods is growing.

In recent years, a small number of colleagues have set up their own nursing practices. Clearly, the nursing profession is attractive if it offers greater scope for individual organisation, as is the case at Klinik Arlesheim with the Hospital@Home initiative, for example. We are also pleased to announce a new offering to familiarise oneself with anthroposophic nursing in the UK – ‘Freedom to Nurse’ – from Hannah Wallis.

In May, a small group from the International Forum was able to visit the Maison des Soins de Chaleur in St Chef in France. A wonderful initiative led by Sophie Martin with a lot of voluntary work for people who often cannot afford nursing treatment. This establishment also lives under precarious financial conditions. This unique establishment is to be wished financial relief from the bottom of one's heart.

In Brazil, an international conference on anthroposophic nursing took place for the first time in August at the University of Brasilia. It was organised by an anthroposophical nursing association founded just two years previously, which had already run a basic course and launched an expert course (led by Janaina Meirelles Sousa and Susana Martín).

Anthroposophical nursing in Latin America has been coordinated by Antonia Olavarria for several years. She has set up a basic course and an expert course in Chile, organised a basic course in Colombia and started a homecare training course for lay people in Mexico. She is also supporting the expert course in Brazil. Spain's connection with the South American continent is also very gratifying in this context. The collaboration between the Spanish and Chilean nursing associations resulted in the Spanish translation of the textbook *Anthroposophic Nursing Practice*.

The third homecare course was launched in Malaysia. Over 40 participants are taking part in the 200-hour training programme in four modules. Part of the course is the organisation of a public conference with over 200 participants on the topic of end-of-life care.

For the first time in eight years, a School meeting of nursing specialists took place again at the Goetheanum in September. The focus was on class lessons 17 to 19, followed by open School work on ‘understanding and caring for the I’. The collaboration between Michael and Raphael and the seven ‘I am’ words from the Gospel of John formed the framework for an important inner encounter in the community of nursing professionals.

Tania Prince, Hannah Wallis and Laurie Schmiesing were able to attend the Medical Section Summer School at Emerson College, England, in August, speak about the nature of nursing and to show the nursing stance in action from their perspectives. – Last but not least, we were concerned with the question of succession in the office of the international Coordination of Anthroposophic Nursing. Michaela Schnur, Tania Prince and Christoph von Dach will take over from Rolf Heine, who will step down in September 2026.

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Rolf Heine  
 International Forum for Anthroposophic Nursing (IFAN)

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



Gabriela Cimpeanu  
International Coordination of Age  
Culture and Elderly Care

In the year under review, work in the specialist area of age culture and elderly care was characterised by development questions in the field of tension between technical requirements and work relating to understanding of the human being. The increasing digitalisation of care in particular presented establishments with the task of dealing with the possible integration of artificial intelligence into documentation systems. The focus was on the question of the extent to which digital applications can support care work without compromising the quality of the relationship, the individual perception of the person and the responsibility of those involved. Various models were examined in an exchange and reflected on with regard to the specific conditions and organisational possibilities of the establishments.

Another challenge is finding and qualifying managers. Some establishments have trained their own managers in various projects this year and reported positive effects both in their work and for the organisation as a whole. Individual organisations are dealing with this situation on a temporary basis by supporting each other, e.g. through the administrative management of several organisations with one chief executive.

The increasing openness of local initiatives for individual establishments to employees of other facilities should be emphasised. This made it possible for care staff to take part in conferences and training courses across all establishments, which strengthened professional exchange and networking.

The specialist conference for staff in elderly care at Haus Aja Textor-Goethe in Frankfurt was continued in 2025. The work on content-related questions such as: 'Right or wrong? – The search for a coherent decision' and 'Where do I get my strength from?' was deepened. These topics touched on key aspects of inner attitude, decision-making skills and self-care in working with the elderly.

Another symposium is planned for 2026 with the topic: 'There is strength in togetherness - the search for what does us good'.

This year, the Nikolaus Cusanus House in Stuttgart is enabling staff from other institutions to take part in further training courses in anthroposophical nursing that were previously only held internally.

The work of the Care VI 'Age Culture and Geriatric Medicine' group was continued intensively at several online meetings and a joint working weekend in Öschelbronn. Key topics relating to the age culture were identified and explored in greater depth. The first results of this joint work are available in the form of selected texts. These were published on the Anthromedics platform and contribute to a more in-depth understanding of the topic.

The Nikodemuswerk is a network and association that supports anthroposophical impulses in elderly care and aims to promote their further development. The board is made up of volunteers who work in positions of responsibility in their respective organisations or in other contexts.

In an endeavour to continuously develop in a future-oriented manner, the

possibility of employing a full-time person for the tasks of the board was discussed at the last members' meeting in Stuttgart. The aim is to be able to discuss common concerns – for example in the areas of contracts, quality questions and structural coordination – in a more binding and continuous manner in future. In this way cooperation within the network is to be strengthened in a sustainable manner.

### Coordination and contact

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## International Coordination of Anthroposophic Veterinary Medicine

The collaboration between veterinarians and eurythmists was continued in 2025: At the Agriculture Conference in February, the workshop 'Eurythmy therapy for bees' was again offered (which will also take place for the third time at the Section for Agriculture conference in February 2026), as was the workshop 'How to repay animals for their help – sacrifice?' at the annual conference of the Medical Section, where a veterinarian and a eurythmy therapist worked together in three steps to make the workshop participants aware of what they can do specifically for their pets or farm animals.

Christine van Draanen's new book was published at the end of December 2024: *Eurythmy for Bees – Animals, Mammals, Pets* with Sabrina Menestrina, Markus Steiner, Sarah Weber, Mailin Wölki as co-authors, a foreword by David Martin and an afterword by Johannes Wirz; a book that has been ordered worldwide.

In addition, two seminars were held in Germany as part of the 25th International Congress for Holistic Veterinary Medicine in Nuremberg: On the one hand, an 'Introduction to Anthroposophic Veterinary Medicine – Advanced Diagnosis in Anthroposophic Veterinary Medicine', in which the basics and possible therapies were explained using practical cases.

On the other hand, 'The importance of the virome in nature – the latest in microbiome research' was discussed.

The basis of the question was that modern genome sequencing reveals the complex world of viruses: far more than just pathogens, they are recognised as the primordial form of everything genetic and are integrated into all life processes without exception. As an integral part of the microbiome of all living organisms, they play a key role in their biocommunication. Viruses connect organisms genetically and functionally. For example, what do the cow's genes do in our brain?

In Argentina, Teresa Naomi Hein launched a training programme in October consisting of several modules, starting with an introduction to integrative,



Sabrina Menestrina  
International Coordination of  
Anthroposophic Veterinary  
Medicine

anthroposophic and functional medicine. The potential of integrative and complementary medicine for conventional medicine is taught in various units, taking anthroposophic medicine into account as a further instrument. The course is supported by the Asociación de Médicos Antroposóficos de Argentina and can be completed with a certification.

In Brazil, Claudia De Paula F. Costa has published the book *Mistletoe, Viscum Album in Small Animal Veterinary Medicine*. The author has again been invited to speak at the American Holistic Veterinary Medical Association (AHVMA) in the USA on intravenous Viscum album in conjunction with high dose intravenous vitamin C, to present some clinical cases and also to introduce Helleborus, basic concepts of anthroposophic medicine and some remedies that may be of interest to beginners in this field.

In Italy, people have been working with the twelve senses, the twelve animal classes, the zodiac and the twelve eurythmy gestures for years. This work was explained and recommended to all veterinarians in anthroposophic medicine worldwide for the twelve Holy Nights in December 2025.

On 21 December 1911, Rudolf Steiner said about the zodiac and the spiritual hierarchies, 'Once again, without science having really recognised this yet, these twelve Holy Nights stand there as if they had arisen from the wise and hidden depths of the human soul, as if they wanted to say: Experience the

Christmas festival in all its depth; but then immerse yourself in the most sacred secrets of the cosmos during the twelve Holy Nights!'

So between Christmas and Epiphany we can pass through the twelve Holy Nights and, starting from the region of Pisces, cross all the moods of the zodiac each night, accompanied by the twelve spiritual hierarchies.

In a later lecture to the teachers of the Waldorf School (GA 300) Rudolf Steiner spoke about the animal classes in the zodiac, and Karl König shows us an example of this in a sketch which we find in the English preface to his book *Animals* (see illustration p. 44).

This makes it interesting for all of us to study these animal classes in order to discover with great amazement why Rudolf Steiner located them at these points in the zodiac together with the human body parts, the twelve senses and the eurythmy gestures.

What do these animals tell us about the human being?

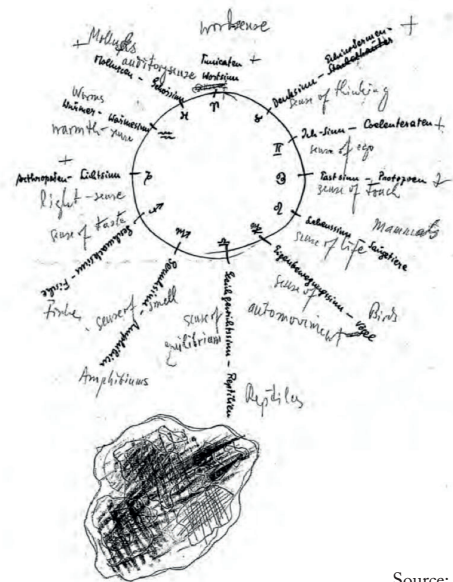
Veterinary medicine is the last speciality to be integrated into the Medical Section, and with it we now have all the necessary elements to begin this wonderful process of knowledge.

Veterinarians will meet again in 2026 after five years, at the second veterinary conference at the Goetheanum, which will take place as part of the international annual conference in Dornach in September, to tell each other about the progress they have made in these years. It is on the subject of the trauma of the animal – is it physical, psychological or spiritual?

Many people are looking for an anthroposophical veterinarian, and many colleagues who would like to continue their training in this direction meet regularly to deepen their knowledge of anthroposophical topics in Italy ([sabrina.menstrina@biodinamica.org](mailto:sabrina.menstrina@biodinamica.org)), in Germany (Markus Steiner, [fach-gruppe-anthroposophie@googlegroups.com](mailto:fach-gruppe-anthroposophie@googlegroups.com)), in Brazil (Ricardo Aranha, [ricaraha@gmail.com](mailto:ricaraha@gmail.com)) and in Argentina (Teresa Hein, [terevet87@gmail.com](mailto:terevet87@gmail.com)).

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A page from Karl König's notebook

Source: Karl König, *Animals. An Imaginative Zoology*, Edinburgh 2013, p. 15.

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

What challenges did we face in 2025?

The year 2025 was characterised by continued financial fragility for EFPAM.

Many national patient organisations work mainly on a voluntary basis and with limited resources, which also has an impact on the European umbrella organisation's ability to act. Ensuring continuity in coordination, communication and advocacy therefore remained a key challenge.

At the same time, political and social pressure on integrative, anthropos-



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

ophic and complementary medicine increased. This made it clear that the voice of patients must be structurally represented not only at European level, but increasingly also at international level.

### What special events shaped the work in 2025?

A key milestone in 2025 was the development of a multi-year strategy (EFPAM Roadmap 2025–2028). For the first time, this roadmap creates a clear framework for the mission, objectives, governance and step-by-step implementation of EFPAM's work.

A strategic reorganisation was also initiated in this context: EFPAM continues to see itself as a European federation, but is pursuing the development towards an international patient movement (IFPAM) in order to better support and network global processes.

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

At a sectoral level, 2025 was characterised by an intensification of European and international cooperation. Through EUROCAM, EFPAM participated in processes related to the WHO strategy on traditional and integrative medicine and in the discussion on the revision of EU pharmaceutical legislation, in particular to maintain a clear legal framework for homoeopathic and anthroposophic medicinal products.

Positive news also includes a revitalisation and expansion of the network: contacts with Scandinavian initiatives were resumed, a new patient association for anthroposophic and homoeopathic medicine was founded in Italy in December 2025, and the Czech Republic has been an official member of EFPAM since December 2024 and was actively involved in 2025.

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

In the coming period, the focus will be on implementing the Roadmap 2025–2028. The plan is to gradually establish stable Coordination structures, strengthen communication and visibility and develop a targeted fundraising strategy to secure the financial basis for the work.

In addition, EFPAM wants to intensify the exchange between national patient organisations and at the same time prepare the way from a European to an international federation (IFPAM).

An important joint milestone will be the annual general meeting (AGM), which will take place in Prague in November this year and will provide space for strategic decisions, exchange and further international networking.

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## Association of Anthroposophic Hospitals

The German and Swiss healthcare systems are among the most expensive in the world, with only average health parameters and life expectancy. Reforms of the healthcare systems in these countries are therefore necessary and welcome if patient needs and quality were at the centre. In Germany in particular, the hospital sector is moving away from quality in favour of quantity under the Hospital Future Act. Service groups for special diseases will be introduced, and hospitals will only be allowed to provide special services if they have previously provided large quantities of them, regardless of the quality of the services provided. This is intended to favour universities and tertiary hospitals, even though these are mostly publicly owned, have to be subsidised, and patient satisfaction is usually lower for them than for independent providers (denominational or non-profit providers).

This represents an extreme challenge for anthroposophical hospitals in Germany and Switzerland. The challenge for the next few years is to meet quality standards while maximising cost efficiency in order to avoid falling victim to the politically desired hospital decline. However, many services previously provided on an inpatient basis will also have to be provided on an outpatient basis in future (so-called hybrid DRGs). As a result, the length of stay in hospitals continues to fall and anthroposophic therapies can hardly be provided any longer in the acute medical field as a multimodal concept.

Specialised services such as palliative care units, geriatrics, pain medicine and psychosomatic medicine are increasingly becoming the core inpatient disciplines where anthroposophic medicine can still be provided. For this reason, anthroposophic acute hospitals must also explore new avenues for outpatient anthroposophic therapy services, which they are already doing in part by offering day clinics (development of day clinics in psychosomatics and psychiatry as well as geriatrics and now also in internal medicine and oncology).

A completely new form of care for a hospital was established in Switzerland by Klinik Arlesheim with the Hospital at Home (H@H) concept. Instead of the patient coming to the hospital, this concept involves the treatment team of nursing staff and doctors coming to the patient's private home, including modern cardiovascular, respiratory, etc. monitoring technology.

An initial evaluation of this form of treatment showed a very positive result through the patients treated in this way and also from the relatives surveyed, so that this concept is now to be rolled out in all cantons of Switzerland.

The Havelhöhe Community Hospital in Berlin is also planning to establish this innovative H@H concept as a pioneer in Germany.

The next three years will have to show how the hospitals can cope with the cost and transformation pressure or whether anthroposophical hospitals will continue to decline. It also remains to be seen how much of anthroposophical therapies can still be sensibly implemented given the very short lengths of stay of patients (1-3 days) in the hospitals.

The Hidamarie Clinic in Tokyo (Japan) for outpatient anthroposophic medicine was again successfully certified in accordance with AnthroMed® on



Harald Matthes  
Association of Anthroposophical Hospitals

17 December 2025. Despite the adverse political framework conditions, according to which, for example, anthroposophic medication must be applied for individually from the Japanese health ministry for each patient on a self-pay basis, it can continue to do good work.

The European aspiration for anthroposophic medicine to be practised as integrative medicine, where conventional and complementary medicine merge into 'best practice', is also forbidden in Japan. Doctors are not allowed to practise both medical systems at the same time in one consultation. The same doctors work anthroposophically at the Hidamarie Clinic and then conventionally with the same patients at the Soyokaze Clinic directly opposite.

During the AnthroMed® certification, however, it was gratifying to see the great commitment, enthusiasm and expertise with which anthroposophic medicine continues to be implemented in Japan.

The quality inspection for anthroposophic medicine established by the anthroposophical hospital association with the creation of an inspection catalogue for the hospitals was also to be extended to other medical professions by establishing an AnthroMed® quality label.

To this end, a company (AnthroMed® gGmbH) was founded in 2010, in which the nursing association, art therapies, eurythmy therapy, manual therapies, registered doctors and pharmacists were to become co-partners in order to promote the AnthroMed® brand as a quality label with corresponding certifications.

The aspiration for a quality label for the various medical-anthroposophical professions must now be considered a failure, as, apart from the hospital association, there were only a few certifications in art therapy, eurythmy therapy and manual therapies, so that this year AnthroMed® gGmbH was dissolved and in future the various professional associations will decide independently on quality labels and their requirements.

However, the anthroposophical hospital association remains committed to the AnthroMed® quality label and will continue to promote this on its own initiative.

The question of the next generation of doctors, nurses and therapists for anthroposophic medicine, which has already been a topic of discussion in recent years, has become even more acute for the hospital association, as anthroposophic medicine, like homoeopathy, continues to be frequently defamed in public and is now also being fought against in political parties that were supporters of complementary and integrative medicine just a few years ago. This negative trend is increasingly leading to a reluctance on the part of the younger generation to engage with anthroposophic medicine. This can only be countered by public relations work, where anthroposophic medicine presents itself positively and effectively and can thus change the mindset again.

With all these challenges for the anthroposophic hospitals, we hope for reforms in the respective healthcare systems that strengthen the framework conditions for patient-centred and healing medicine again, such as the glimmer of hope of the TCIH (Traditional, Complementary and Integrative Healthcare) working group of the WHO, which calls for the integration of

TCIH into the respective existing healthcare systems of the countries for all healthcare systems.

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## International Coordination of Public Relations

In the area of public relations, the launch of the new Section website stands out in 2025: After extensive planning and preparation, the Medical Section's online presence is now modelled on the Goetheanum and other Sections' websites in terms of form and design, which makes the affiliation clear and the appearance uniform. The contents are visually appealing and clearly organised.

With the new 'In Focus' heading at the bottom of the homepage, the Section is using the opportunity to publish articles and contributions that relate to current socially and politically relevant topics. In 2025, these included, for example, articles on the effects of mobile phone radiation on the human organism or the complex negotiations on the WHO pandemic agreement and the WHO strategy for traditional, complementary and integrative medicine.

In the podcast section, the Medical Section has increasingly produced content in English in order to convey the anthroposophical and therapeutic content of Rudolf Steiner's texts to a wide audience in an understandable and entertaining way: in the podcast series 'Extending the Art of Healing Through Anthroposophy', Section head Adam Blanning talks to host Laura Scappaticci about topics such as the nature of the healing effect or achieving inner wholeness. Further episodes are planned for 2026.

The social media channels Instagram and Facebook were professionally maintained and fed in 2025 by Xue Li (January to November) and Nicolás Prestifilippo (from November), which enabled the reach of more than 18,000 followers on Facebook and more than 4,000 on Instagram to be kept stable.

Specialised information on anthroposophic medicine was also made available to a wide audience through media releases from Dagmar Brauer's pen, such as a study that provides evidence of the positive effects of whole-body hyperthermia in long Covid.

Having worked in the Section's public relations and communications department since October 2023, I took a break for a few months in 2025 as part of maternity leave and resumed my work in November.

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Julia Demming  
Coordination of Public Relations

## Financial report and HR matters 2025



Eckart Grundmann  
Project/Financial Management

The year 2025 was – once again – characterised by staff changes. After working for the Medical Section for over 20 years, Stefan Langhammer retired in the spring.

As the person responsible for finances, Stefan ensured with great prudence and inner calm that the necessary financial resources were available at the right time for the many tasks of the Section. This often required imagination and perseverance. He also linked the Section's finances well with those of the Foundation for Anthroposophic Medicine, which enabled him to ensure greater stability in the background.

I started working in the Section in May as Stefan's successor. Over the past 20 years, I have been responsible for projects at various research institutes and have therefore also learnt about the financial processes.

In February, Carol Brousseau ended her work for the Section. Since the summer of 2024, she had been sorting through the financial records from the past decades, organising them and disposing of many of them. A warm thank you for this.

In order to be able to continue our public relations work during Julia Demming's maternity leave, Xue Li, who normally works in communications at the Goetheanum, supported us from March to October last year. With numerous contributions, especially on social media, she put the Section's work out into the world and publicised our events. Since November 2025, this work has been shared by Julia Demming, who rejoined us with a smaller workload after her break, and Nicolás Prestifilippo.

The flow of finances within an organism is always a picture of the processes and activities. And so it was a pleasure for me to see that the conferences at the Goetheanum, for example, are largely self-supporting. However, this is subject to the proviso that the Section leadership's intensive work for the conferences is not taken into account, but is covered by the Section's base amount. It can be seen here that it is often questions of judgement that determine whether a section is financially balanced or not. It is very important to me to allocate the respective expenses and income transparently and clearly to the units to which they belong.

From a financial perspective (!), the IKAM coordination fields are a challenge. The intensive workload is offset by only a very small contribution from the respective specialist areas, meaning that over kCHF 100 has to be raised annually from the Section's general funds or applied for from the foundations. This raises the question of how we can better demonstrate the value of work 'at grassroots level'. The financial situation of many people working in the medical professions is becoming increasingly difficult, so we have to look for new ways to put the coordination on a secure footing in the long term.

We are pleased to report that the Section's expenditure in 2025 was around kCHF 73 below budget, with conferences in particular incurring lower costs due to a decline in the number of participants. Other costs remained largely

constant. Changes in individual items compared to the previous year are mainly due to reallocations.

In terms of income, we are seeing a decline in ticket sales for conferences and training courses. The grants from our partners and institutions are largely stable.

The various anthroposophical foundations continue to make a significant contribution to financing our work. Almost a third of our budget is covered by these grants. In 2025, a large, long-term subsidy for the Care projects expired. However, thanks to the intensive efforts of the Section leadership, a donation was secured to make up the shortfall.

We are seeing a very positive development in the Circle of Friends of the Medical Section. Even though the number of people who support us is only increasing slowly, the amount of donations is rising every year. The Circle of Friends was thus able to contribute over kCHF 70 to the basic financing of the Section's work. For more information on the Circle of Friends, see p. 58.

Due to the diverse inflows into the Section – some of which require a considerable amount of work – we were able to break even in 2025. We do not foresee any major changes for 2026. We will continue to cultivate and intensify our relationships with our partners in many areas and are once again budgeting for a balanced result.

We would like to take this opportunity to thank all the people who value and support our work, either individually or through institutions. This attentiveness significantly carries the work of the people in the Medical Section.

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Expenditures in CHF	Annual accounts 2024	Budget 2025	Annual accounts 2025	Budget 2026
<b>Human Resources</b>	<b>818.420</b>	<b>799.000</b>	<b>771.865</b>	<b>807.350</b>
Medical Section general	409.020	376.500	398.271	395.617
International Coordination AM	109.980	110.500	70.603	108.989
Projects (Anthromedics, CARE)	142.220	147.000	176.771	172.128
Acad. staff & publications	14.910	15.500	10.219	10.218
Conferences	114.350	113.000	103.690	120.398
Training and further training	27.940	36.500	12.311	
<b>Fees</b>	<b>205.440</b>	<b>193.500</b>	<b>178.616</b>	<b>222.250</b>
Medical Section general	14.530	14.500	21.691	10.000
International Coordination AM	106.010	108.000	106.528	142.400
Projects (Anthromedics, CARE)	4.490	5.000	10.535	5.000
Acad. staff & publications	210		7.000	200
Conferences	59.840	45.000	32.862	44.650
Training and further training	20.360	21.000		20.000
<b>Office/IT</b>	<b>58.340</b>	<b>58.000</b>	<b>53.804</b>	<b>55.000</b>
Medical Section general	15.450	15.000	9.866	22.300
International Coordination AM	9.200	9.500	10.262	12.850
Projects (Anthromedics, CARE)	6.030	12.500	5.877	6.200
Conferences	27.660	21.000	27.799	13.650
<b>Travel</b>	<b>272.130</b>	<b>210.500</b>	<b>193.161</b>	<b>188.650</b>
Medical Section general	9.770	10.000	5.463	6.000
International Coordination AM	6.150	8.000	13.572	13.850
Projects (Anthromedics, CARE)	5.580	7.000	8.928	5.600
Acad. staff & publications	370			400
Conferences	227.780	165.000	156.731	162.800
Training and further training	22.480	20.500	8.467	
<b>Others (incl. rents and acquisitions)</b>	<b>94.070</b>	<b>76.500</b>	<b>66.474</b>	<b>57.050</b>
Medical Section general	6.910	9.000	12.940	1.700
International Coordination AM	13.790	9.000	4.903	2.200
Projects (Anthromedics, CARE)	100			
Acad. staff & publications	5.760	4.000	8	
Conferences	66.520	53.500	48.623	53.150
Training and further training	990	1.000		
<b>Total Expenditures</b>	<b>1.448.400</b>	<b>1.337.500</b>	<b>1.263.920</b>	<b>1.342.592</b>

Income in CHF	Annual account 2024	Budget 2025	Annual account 2025	Budget 2026
<b>Sales / fees</b>	<b>473.210</b>	<b>367.000</b>	<b>332.493</b>	<b>363.800</b>
Acad. staff & publications	10.210	10.500	6.487	9.800
Conferences	446.100	339.500	326.006	354.000
Training and further training	16.900	17.000		
<b>Services</b>	<b>36.710</b>	<b>38.000</b>	<b>38.232</b>	<b>19.000</b>
Medical Section general	26.600	27.000	1.083	
International Coordination AM			17.752	10.000
Acad. staff & publications	1.220	1.000	672	
Conferences	8.890	10.000	18.725	9.000
<b>Contributions</b>	<b>721.650</b>	<b>832.500</b>	<b>793.195</b>	<b>827.500</b>
<b>Institutions and partners (total)</b>	<b>189.570</b>	<b>338.000</b>	<b>326.512</b>	<b>295.000</b>
Medical Section general			278.268	250.000
International Coordination AM			21.159	30.000
Conferences			15.498	15.000
Training and further training			11.587	
<b>Associations</b>	<b>42.460</b>	<b>50.000</b>		
<b>Foundations (total)</b>	<b>368.250</b>	<b>323.500</b>	<b>344.408</b>	<b>395.000</b>
Medical Section general			4.997	100.000
International Coordination AM			68.714	70.000
Projects (Anthromedics, CARE)			202.111	200.000
Conferences			25.915	25.000
Training and further training			42.671	
<b>Donations (total)</b>	<b>121.370</b>	<b>121.000</b>	<b>122.275</b>	<b>137.500</b>
Medical Section general			83.872	100.000
International Coordination AM			31.159	30.000
Acad. staff & publications			106	1.000
Conferences			7.138	6.500
<b>subtotal</b>	<b>1.231.570</b>	<b>1.237.500</b>	<b>1.163.920</b>	<b>1.210.300</b>
GAS contribution	121.170	100.000	100.000	120.000
FAM deficit equalisation	95.660			
<b>total income</b>	<b>1.448.400</b>	<b>1.337.500</b>	<b>1.263.920</b>	<b>1.342.592</b>
<b>result</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

## Circle of Friends of the Medical Section



The Circle of Friends of the Medical Section was founded in 2023 to provide financial support for the Section's activities. In addition to grants from foundations and other institutions and income from conferences, donations from people involved in anthroposophic medicine are an important pillar of our work. As unrestricted donations, they give us a base on the one hand and the flexibility to easily realise projects on a day-to-day basis on the other.

The Circle of Friends has grown every year since it was founded in 2023. Last year, around 150 people supported the Section with a one-off or regular donation. The donation total rose to over kCHF 70 in 2025. We are delighted to see that our work for anthroposophic

medicine is appreciated and supported worldwide.

You can receive a donation receipt for donations from Germany and Switzerland. Please use one of the accounts listed on the back of this annual report for donations (also to be found at <https://medicalsection.goetheanum.ch/donate>). You are welcome to contact us for donations in other currencies.

For transfers by credit card, Paypal, Google or Apple Pay (availability depends on country) please use the following form: [donate.raisenow.io/pbysz](https://donate.raisenow.io/pbysz) or the QR code.



With warm regards  
Eckart Grundmann and the Leadership of the Medical Section

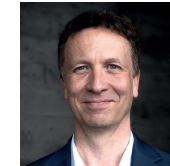
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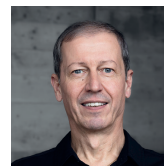
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BIC RAIFCH22

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