



Graduate Enrichment Program in Anthroposophic Psychotherapy

Embark on an online journey with fellow anthroposophic
clinicians to discover new sources of therapeutic
intuition that vitalize psychological healing

For graduates of IFAPA programs & IPMTs

In-depth studies of psychological disorders

Deepening anthroposophic assessment and case conceptualization

Case study and case consultation

Sharing experience and research

Providing hours towards 1000-hour
certification in Anthroposophic Psychotherapy
in collaboration with IFAPA and the Medical
Section at the Goetheanum.

FREE Information Session

August 30, 2026

**NEW PROGRAM
STARTS
OCTOBER 9, 2026**



anthroposophicpsychology.org

Graduate Enrichment Program in Anthroposophic Psychotherapy

The Association for Anthroposophic Psychology of North America is pleased to announce a graduate enrichment program in **Anthroposophic Psychotherapy**. The program is designed for licensed clinicians who have already completed an IFAPA-approved program in anthroposophic psychology. It will offer deepening studies and case consultation opportunities. Modules are 2 ½ days in length (Friday evening through Sunday afternoon) and will take place **online**, except for Module 3, which is in person and is scheduled for Saturday through Monday. The program also includes Monday evening sessions twice per month. All sessions are in Eastern Time, in the English language.

Module 1 The Life of Feeling and Mood Disorders Online, October 9-11, 2026

Psychotherapy as work with the soul; exploration of the life of feeling; anthroposophic understanding of mood disorders including anxiety and depression; artistic and expressive therapeutic techniques; working with inner feeling landscapes; working with symbol and metaphor (imagination); therapy with clients experiencing mood disorders.

Module 2 Development and Crisis Online, February 5-7, 2027

Psychological disorders as problems in incarnation; differentiating therapy according to the development of the client; crises in development and possible therapeutic responses; child and family therapy overview; promoting harmonious interaction of the sheaths and the soul forces.

Module 3 Integrative Anthroposophic Psychotherapy In Person, April 3-5, 2027

Anthroposophic psychotherapy as truly integrative of body, soul, and spirit. Working somatically, including experiencing spacial dynamics and eurythmy exercises for mental health. Exploration of spatial orientation in connection with personality dynamics. Spiritual activity in anthroposophic psychotherapy. Using the night in case study work. Sharing our experiences and journeys as developing anthroposophic psychotherapists. In person at Kimberton, Pennsylvania, USA, with the option to participate afterwards in the 5-day AAP Foundation Seminar 5 April 7-11, 2027, which includes a workshop on the major organs and their psychological impact.

Module 4 Addiction and Addressing the Will in Psychotherapy Online, July 30-August 1, 2027

Working with the will in psychotherapy; impulse disorders; substance and behavioral addictions; eating disorders; the importance of strengthening access to the "I" in psychotherapeutic healing; the question of homework in psychotherapy; psychotherapy with those who struggle in harnessing their will.

Module 5 Trauma, Dissociation, and Post-Traumatic Growth Online, October 15-17, 2027

The phenomenology of evil, abuse and trauma; PTSD and hypervigilance; psychological dissociation and dissociation of the sheaths; life challenges as a path of initiation; national and generational group karma; the role of finding meaning in psychotherapeutic progress; working with trauma and dissociation in psychotherapy.

Module 6 Therapeutic Considerations of Spiritual Crisis and Initiation Online, February 4-6, 2028

Spiritual aspects of psychosis and crisis; revisiting organology and psychic phenomena; spiritual emergency; discernment and ethics in handling of spiritual experiences; the dark night of the soul; encountering the three beasts in the psychotherapeutic context; spiritual bypassing; working with spiritual beings in therapeutic work; working ethically in spiritual psychotherapy.

Module 7 Development as an Anthroposophic Psychotherapist Online, May 5-7, 2028

Review of principles of anthroposophic psychotherapy; integrating anthroposophic exercises and therapies in the healing process; developing an individual style as an anthroposophic psychotherapist; self-development as an anthroposophic psychotherapist; engaging in research and collaboration.

Monday Meetings Online, October 2026-July 2028

Biweekly online Monday evening (ET) sessions will include topics such as: goals in anthroposophic psychotherapy; ethics; deepening anthroposophical assessment and case formulation; integrative diagnosis; collaboration with other anthroposophic modalities; anthroposophic psychopharmacology; practitioner research and spiritual research; text study; case study and case consultation; final papers and oral presentations.

Please visit our webpage at anthroposophicpsychology.org for more information. Please apply by September, 2026.