



English Training in Anthroposophic Medicine

Based in the UK
Open to Doctors Worldwide

A PART TIME TRAINING WITH NINE ONE WEEK
MODULES OVER THREE YEARS, A STRONGLY EXPERIENTIAL
CHARACTER, DISTANCE LEARNING AND WRITTEN PROJECTS

Based at Emerson College, Sussex, England with individual modules
at the University Hospital Witten/Herdecke, Havelhohe
Hospital, Berlin, Arlesheim Clinic and the Goetheanum, Switzerland
and Trigonos Centre, North Wales

FOR DOCTORS AND MEDICAL STUDENTS

New ways of observing and
researching nature, medicinal
plants, human anatomy
and physiology

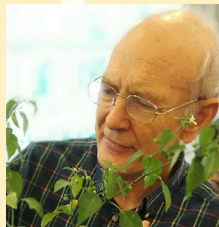
Practical experience of meeting
patients and developing new
understanding that encompasses their
body, soul and spirit

Exploring Spiritual Practices and
Meditative Work that supports the
ethical and spiritual development
of the Physician

Personal Experiences of Art Therapy,
Eurythmy Therapy, Rhythmical
Massage and other Body Therapies



Faculty



Dr. Michael Evans, Course Leader

Certified Anthroposophic Physician who worked as an NHS GP for 26 years and now sees patients privately. He led the International Postgraduate Medical Training in the Philippines and is a faculty member of the UK Mental Health Seminar.



Dr. James Dyson

Formally a certified Anthroposophic Physician and accredited teacher of psychosomatics. He acts as consultant in a number of Waldorf Schools and is a faculty member of the UK Mental Health Seminar and the Anthroposophic Psychology Training in the USA.



Dr. Matthias Girke

Leader of the Medical Section at the Goetheanum. Consultant General Internal Physician at Havelhohe Hospital Berlin which he co-founded.



Anna Hubbard

Therapeutic Arts Practitioner and former tutor at the Hibernia School of Artistic Therapy. Anna guides the artistic activity in the training.



Prof. Dr. David Martin

Professor of Paediatrics at Tübingen University and Professor of Medical Theory, Integrative Medicine and Anthroposophic Medicine at Witten Herdecke University. He worked for 5 years as a consultant paediatrician at the Filderlinik where he still sees patients.

Anthroposophic Medicine

Many patients as well as physicians are in search of an integrative approach to medicine that embraces the whole person, in their mental and spiritual being as well as in bodily aspects. To this end, anthroposophic medicine was founded in 1920 by Dr. Rudolf Steiner and Dr. Med. Ita Wegman. Today this School of Medicine is alive in practices, therapeutic centres and anthroposophic hospitals throughout the world. It is taught in international training courses and is researched* in university departments with associated professorial chairs.

UK & Internationally based Training in Anthroposophic Medicine in English

The Medical Section of the School of Spiritual Science at the Goetheanum, Switzerland is working with the English Training in Anthroposophic Medicine, to offer a UK and internationally based training in anthroposophic medicine in English for doctors and medical students world-wide.

*<https://medsektion-goetheanum.org/en/research/>

Visiting Specialist Faculty

Albert Schmidli
Pharmaceutical Chemist

Dr Marion Debus
Oncologist

Dr. Simon van Lieshout
GP

Dr. Karin Michael
Pediatrician

Dr. Georg Soldner
Pediatrician

Dr. Thomas Beitzkreuz
Consultant General Physician

Dr. Jana Vorbachova
Obstetrician and Gynaecologist

Marah Evans
Counsellor and Art Therapist

Katherine Beavan
Eurythmy Therapist

Dr. Jan Feldmann
Dr. Christian Grah
Dr. M Wispler
Prof. Dr. Harald Matthes
Medical Staff, Havelhohe Hospital

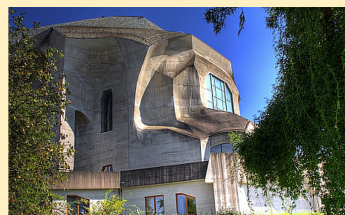
Prof. Dr. Peter Selg
Ita Wegman Institute

Prof. Dr. Peter Heusser
Prof. Dr. Friedrich Edelhäuser
Dr. Christian Scheffer
Dr. Bettina Berger
Dr. Silke Schwarz
Prof. Dr. Arndt Büsing
*Medical Teachers at Herdecke /
Witten University*

What the Training offers Medicine

The training offers participants experience - based learning processes that lead to an extended understanding of the human being, both in health and illness, and in their relationship to nature. It provides a deeper understanding of common medical conditions. The treatments introduced include anthroposophic medicines and their pharmaceutical production. In addition, the training also introduces participants to art therapy, eurythmy therapy, body therapies and nursing procedures through direct experience. These non-medical treatments can intensify therapeutic responses to illness. Biographical aspects and insights from psychotherapy and counselling are also considered in developing an understanding of disease processes.

Equally important is the ethical and spiritual development of the physician which is introduced. This includes spiritual exercises and meditative practices that can aid such development.



Goetheanum, Switzerland
Havelhohe Hospital, Germany
Herdecke University Hospital, Germany



*Is there a place
for the Spirit in
Medicine and
Science?* June
2018 conference at
The University of
Westminster

Topics Covered

1. **Emerson College** The Four Elements, Four Kingdoms of Nature, Qualitative Anatomy, Four Organs, Patient Study, Fundament Aims of Anthroposophic Medicine & Research, Spiritual Biography & Conditions for Spiritual Development.
2. **Emerson College** Anthroposophic Pharmacy, the Alchemical Threefold Principle, Threefoldness in Health and Disease, Patient Study, Living Morphology and Projective Geometry, Six Soul Exercises, Meditative Work from the '*Course for Young Doctors*'.
3. **University Hospital Witten/ Herdeke** with Prof. David Martin; Infectious Diseases and Treatment, Role of Fever, Patient Study, Paediatrics, Eurythmy Therapy, Goetheanism in Medicine, External Treatments, Anthroposophic Text Study.
4. **Emerson College** Child and Personality Development, Resilience or Vulnerability, Mental Health – Depression, Anxiety, OCD, Eurythmy Therapy, Metals and Planets, Biography Work.
5. **Emerson College** Mental Health – Psychosis, Clay Modeling Therapy, Cancer & Mistletoe Treatment, Art Therapy Eurythmy Therapy, Medicinal Plant Study, Practical Prescribing, Text Study.
6. **Havelhohe Hospital, Berlin** with Dr Matthias Girke; Cancer II and Palliative Care, Cardiology, Heart Failure, Coronary Heart Disease, Hypertension, Respiratory Medicine, COPD, Asthma, Gastroenterology, External Treatments, Meeting Patients.
7. **Emerson College** Obstetrics and Gynaecology, Anthroposophic Paediatrics, Cardiology, Hypertension and Sepsis.
8. **Arlesheim Clinic & Goetheanum, Switzerland** with Dr Matthias Girke; Rheumatology, Endocrinology, Diabetology, Weleda, Ita Wegman Institute, School of Spiritual Science & The Medical Section.
9. **Trigonos Centre, North Wales** with Prof David Martin; Allergy & Autoimmune Disease, Medicinal Plant Study, Celtic Spirituality and Medicine, Ita Wegman & Rudolf Steiner in the British Isles.

Venues & Course Structure

The training is designed as nine, one-week modules with additional written projects. There are mentored self-study and distant learning seminars between the modules, with additional distance mentoring for participants' own medical work. The written work includes several essays based on themes of the training. In addition, three written case histories are required, in order to gain International Certification as an Anthroposophic Physician.

Most modules take place at Emerson College, England, situated fifteen miles by road from London's International Gatwick Airport. Located in an area of natural beauty, within immediate walking access to an organic medicinal herb garden and biodynamic horticulture and farm. This internationally renowned college and research centre also provides on-site residential accommodation for course participants.

In addition, three modules take place in specialist departments within anthroposophic hospitals in Germany and Switzerland and at the Goetheanum. These include the University Hospital of Witten / Herdecke, Havelhohe Hospital in Berlin and Clinic Arlesheim in Switzerland founded by Dr Ita Wegman. The two anthroposophic German hospitals have all the specialties associated with University and General Hospitals and many of the specialist clinicians will be involved in teaching these modules. In the final year, a module is planned at the Goetheanum, Switzerland, the World Centre for Anthroposophy and the Medical Section of the School of Spiritual Science.

The final module is planned to take place at Trigonos, Snowdonia, North Wales. This is close to Penmeanmawr, a druid stone circle where Dr Ita Wegman had conversations with Rudolf Steiner, which were seminal to the development of Anthroposophic Medicine and the General Anthroposophical Society.

Trigonos Centre, North Wales



International Certification as an Anthroposophic Physician – Qualification

Participants successfully completing this training programme, including associated mentored medical work, will meet the Medical Section's International Criteria for Certification as an Anthroposophic Physician.

Example of a Programme for the Initial Module at Emerson College

9th - 15th February 2020



	Sun	Mon	Tue	Wed	Thur	Fri	Sat
9.00		Echo					
9.30		Observational Phenomenology on the Four Elements		Patient History - Taking Dr Matthias Girke	Anatomic Expression of Life and Soul	Observational Exercise Animal & Human	Is the Heart a Pump? Dr Matthias Girke
11.00		Coffee					
11.30		Observational Phenomenology on the Four Elements		Patient Therapeutic Needs	Organ Observation	Clay modelling Animal & Human	Review of Learning and Projects
12.45	Lunch						Lunch and End
1.15	Rest, Walk or Meet Faculty						
2.15	Introductions	Observational Phenomenology on the Four Elements		Organ Observation		Animal & Human continued	
3.30	Tea						
4.00	Mission of Anthroposophic Medicine Dr M Girke & Dr J Dyson		Artistic Work	Organ Observation			
5.30	Course Structure and Methods, Written Projects & Webinars		Phenomenology of Life	Organ Physiology		Research in Anthroposophic Medicine Prof David Martin	
6.15	Supper						
7.30	Inner Path Small Group Work – “Spiritual Biography”			Inner Path Small Group Work – “Conditions for Spiritual Development”			
8.45 - 9.00	Gathering and End						

The programme for this initial module emphasises the building of an understanding of the fundamental principles of Anthroposophic Medicine and uses experiential learning methods for participants to discover these principles themselves. Latter modules have a different character, emphasising the presentation of specific medical conditions and their treatment by experienced medical specialists who are able to make transparent the basis of their insights, drawn from conventional research, spiritual science and clinical experience.

Contact & Enquiries

For queries about the course itself, you are welcome to correspond with the course leader Dr. Michael Evans at michaelrevans@btinternet.com or arrange a telephone or SKYPE call. Mobile and texts (00 +44) 7768 497 560.

Registration

Doctors and Medical Students can apply by completing a registration form and sending it to registrar@emerson.co.uk. The form can be downloaded from the Emerson website www.emerson.org.uk/anthroposophic-medicine or obtained from the registrar at Emerson College.

Costs and Payment

A deposit of £500 is required to be paid to Emerson College within 2 weeks of receiving a letter of acceptance. The remainder of the full course fees of £6,300 is required before commencing the training. In case of need, arrangements for spreading payment can be discussed with the registrar at Emerson. Concessions for the course fees could be available for medical students. Arrangements and payment for board and lodgings at Emerson College should be made separately on the website www.emerson.org.uk/calendar under the date of the start date of the module concerned.

Further Details

For further details see the following websites: www.emerson.org.uk/anthroposophic-medicine www.anthroposophic-drs-training.org and www.medsektion-goetheanum.org/en/training/medicine/great-britain/ For research in Anthroposophic Medicine: www.medsektion-goetheanum.org/en/research/

