



## Newsletter of the Medical Section

Summer 2022

To summer's radiant heights  
The sun in shining majesty ascends;  
It takes my human feeling  
Into its own wide realms of space.  
Within my inner being stirs  
Presentiment which heralds dimly,  
You shall in future know:  
A godly being now has touched you.

Rudolf Steiner, Calendar of the Soul (Tenth Week)  
(Translation: Hans and Ruth Pusch)



*From left to right: Jan Vagedes gave summaries in English and Spanish on two days of the early years conference so that important content was also conveyed to people who could not travel to Dornach; a packed programme concluded at the early years conference in the evening with personal exchanges between participants enjoying the sunset on the terrace of the Goetheanum; the first official photo of the next Medical Section leaders from autumn 2023: Adam Blanning MD, Dr med Marion Debus and Dr med Karin Michael.*

Dear Co-workers  
and Friends of the Medical Section,

In the temperate latitudes, a breathing of soul and spirit takes place in the course of the year which is reflected in the meditations of the "Calendar of the Soul": in winter, the spiritual being of the human being awakens in its connection with the spiritual world. In summer – as described in the summer verse quoted above – feeling connects with the surroundings and the spiritual being of the macrocosm. Our I experiences the world as something opposite, experiences it as alien and also fails to develop sufficient awareness of the dependence of our own health on that of the earth. In pure perception, on the other hand, we can connect with the surroundings, fall asleep in them, we might say, and thus find our true being. The child

is still completely connected to the surroundings, which they then leave as they grow older and ultimately become an adult. The task of the human being is to consciously experience this "peripheral I", to follow the call for self-knowledge that can be sensed by the human being coming from the periphery, and thereby to become a human being more and more.

### **The Annual Conference 2022 "The heart around us"**

The topic of our annual conference, "The heart around us – The importance and meaning of therapeutic community", takes up this breathing process. The

heart, its relationships to the surroundings, the questions of therapeutic interaction and community building are the focus. As last year, the annual conference begins with several specialist conferences. They will be followed by a middle part of the conference addressing questions of spiritual development. The final event will be the large multi-professional conference, in which numerous workshops and lectures from different professional perspectives will address the topic of the heart and its connection with the surroundings. This year, too, we will have a eurythmy performance specially devised for this conference and will be able to meet each other in a terrace festival. We would like to invite everyone very warmly to this important conference at the Goetheanum and are very much looking forward to the encounters!

### **Early years conference "I feel good in your eyes"**

In mid-June, the early years conference organised by the Pedagogical and Medical Sections took place, which had to be postponed in 2020 and 2021 respectively due to the pandemic. Four hundred people from 21 countries were welcomed at the Goetheanum: midwives, gynaecologists and paediatricians, nurses, therapists as well as numerous early years teachers and people working in early intervention. The incarnation process of the child during pregnancy and their first three years of life was impressively described in concrete and comprehensive terms; twenty workshops allowed for deepening in many different ways. The current dangers of this period of life, e.g. digitalisation or prenatal diagnostics and how they can be handled in practice, were important topics. Interim reports from the conference by Dr Jan Vagedes in English and Spanish are available free of charge (see below under Notices for more details); the lectures given will be made available in Spanish, English and German in the media library subject to charge at a later date. The summery Goetheanum and its terrace offered ample opportunity for personal encounters – a great need at this time!

### **The new leadership of the Medical Section from September 2023**

In June, an important perspective opened up for the Medical Section. The task to lead it has been undertaken by Matthias Girke and Georg Soldner since 2016 and was agreed until September 2023. In order to find their successors, the Goetheanum Leadership appointed a nomination committee in accordance with an arrangement that has applied to all Sections since January 2022. Thomas Breitkreuz, Stefan Langhammer, Mónica Mennet-von Eiff and Sophia Wittchow

were nominated for this committee by IKAM and appointed for this task together with Matthias Girke (for the current Section Leadership), Justus Wittich and Peter Selg (for the Goetheanum Leadership). Various options were discussed in several meetings. In addition to professional suitability, the main criteria for appointment were an international outlook and multi-professionalism; the latter could not, however, be effectuated. On the part of the Goetheanum Leadership, there was the wish for female appointments as far as possible in order to increase the proportion of women there.

On 13 June, Dr med Marion Debus (oncologist, Arlesheim/CH), Dr med Karin Michael (paediatrician, Herdecke/DE) and Adam Blanning MD (general practitioner, Denver/USA) presented themselves in person to the Goetheanum Leadership, which then on 14 June unanimously approved the appointment of the new Medical Section leaders, starting with the 2023 annual conference.

This represents a very fortuitous solution in many ways: Marion Debus is currently head of the oncology department of Klinik Arlesheim. She is already intensively involved in Section work, numerous training courses and IPMTs, and collaborates in the oncology-focused CARE areas. Karin Michael is a paediatrician and school doctor, she is currently head of the paediatric outpatient clinic at the Herdecke Community Hospital. In addition to her international teaching activities, she is co-author, together with Michaela Glöckler, of *A Waldorf Guide to Children's Health*. The work of CARE I on pregnancy, birth and early childhood – including issues related to special needs education – is close to her heart. Adam Blanning is a general practitioner in Denver/Colorado with his own practice; he has long been active in positions of responsibility in the American anthroposophic medical movement and in carrying out the American IPMTs. He collaborates in the multidisciplinary impulse "Teach the Teacher" and is a member of the international accreditation committee for anthroposophic medical training.

A more detailed introduction of the new team can be found below.

Successful work requires not only the qualification of the individual persons but also their fruitful collaboration. There is a very positive outlook here, both with regard to the collaboration in the Leadership team and in the council of the Goetheanum Leadership. Finding a new leadership is a decisive step in the biography of our Section. This has esoteric aspects as part of its destiny that fit into the larger stream of medicine fertilised by anthroposophy. Beyond that, it is about the social processes that link the Section Leadership with the numerous working contexts of the Medical Section. Through the process that has

now been completed, a good solution has been found from our perspective.

## Introduction of the three candidates

**Adam Blanning MD:** Adam Blanning MD was born in 1972 in Denver, Colorado/USA, where he attended Waldorf school. He studied at the University of Colorado, where he first completed a degree in English literature (with a year of exchange study in Regensburg, Germany), then four years of medical school and a three-year residency training in family medicine. He taught family medicine at New York Medical College and University of Colorado. Since 2003 he has had a private practice for Anthroposophic Medicine while also working as a school doctor. He served as president of the Anthroposophic Health Association for the US and Canada (2013–2022), currently directs the US anthroposophic physician training programs (since 2015) and sits on the international accreditation panel for anthroposophic physician's trainings (since 2017). Dr Blanning teaches nationally and internationally, with a special interest in supporting children. He is the author of *Understanding Deeper Developmental Needs: Holistic Approaches for Challenging Behaviors in Children*, which will soon appear in its Mandarin edition.

**Dr med Marion Debus:** Born 1968, Waldorf School in Stuttgart. After graduating from school, one year of special needs education training at the Camphill Rudolf Steiner Schools, Aberdeen/GB. Medical studies in Bochum, further training in internal medicine at the Öschelbronn Hospital near Pforzheim, the Princess of Wales Hospital, Bridgend/GB and at the Havelhöhe Community Hospital, Berlin. Specialisation in haematology/oncology at the Robert Bosch Hospital, Stuttgart. From 2005–2017 senior physician in the oncology department of the Havelhöhe Community Hospital, Berlin. Head of the oncology department at Klinik Arlesheim since 2017. Board member of the Society of Anthroposophic Physicians in Germany. Editorial member of *Merkurstab* and the *Vademecum of Anthroposophic Medicines*. Co-director of the Havelhöhe Medical Seminar, Berlin. Lecturing and teaching at home and abroad with a focus on anthroposophic oncology.

**Dr med Karin Michael:** Karin Michael (born 1970) lives and works in Germany. She graduated from a specialist seminar for geriatric nursing before studying human medicine at Witten/Herdecke University alongside Anthroposophic Medicine. During her further training in paediatric and adolescent medicine, she worked at the Community Hospital in Herdecke, the DRK Children's Hospital in Siegen and the University Children's Hospital in Cologne. Since 2008, she has worked as a senior physician in the paediatric out-

patient clinic at Herdecke Community Hospital, and from 2014–2021 also as a school doctor at the Rudolf Steiner School in Bochum. In 2021, she founded the "von Tessin Centre for Health and Education" with Prof Dr Zdražil at the Freie Hochschule Stuttgart – Seminar for Waldorf Pedagogy. Karin Michael is married and the mother of two daughters.

With warm regards

Matthias Girke and Georg Soldner

## NOTICES

**Worldwide statement "The People's Declaration for Traditional, Complementary and Integrative Healthcare" launched:** a broad alliance of supporters – e.g. including the International Federation of Anthroposophic Medical Associations (IVAA) – invites citizens of all countries to add their signature for a person-centred and holistic approach to healthcare. For the goals, inspirations and call to action of the Declaration see the website <https://tcih.org/>. It can also be signed there directly!

**New training course in therapeutic speech in Bologna/IT:** The training course starts in September at the premises of the "Stella Maris" art therapy training centre. The initiator and course leader is Enrica dal Zio, supported by Dr Angelo Fierro, Carla Borri, Dr Angela Assenza and Dr Silvana Santoro. The content of the training includes the basics of artistic speech and the theoretical foundations, philosophy, medical and anthropological basics, education, special needs education, hygiene, anatomy and physiology, particular forms of illness, methods of therapeutic speech, applied therapy, treatment procedures, anamnestic and clinical criteria of case presentation, research criteria and professional practice. Details on the training process, hours and contact at <https://www.associazionestellamaris.it/>.

**Core messages as videos:** Dr Jan Vagedes, as a contributor, has summarised the core topics and messages of the international early years conference (15–18 June 2022) at the Goetheum in English and Spanish. Here you will find the 20- and 25-minute video recordings:

16.6. EN: <https://vimeo.com/720689132/da1571e309>

17.6. EN: <https://vimeo.com/721365405/40498e878d>

16.6. ES: <https://vimeo.com/721174120/9010960ee5>

17.6. ES: <https://vimeo.com/721430015/b271364c03>



## IN MEMORIAM



**Elke Frieling**, born 3 June 1939, died 23 April 2022, was a co-founder of art therapy at the Herdecke Community Hospital (GKH) and worked for many years as a social and art therapist at the GKH. In the volume *Therapeutisches Zeichnen und Malen* published in 2000, Elke Frieling, together with her working group, formulated a special approach in the contribution "Künstlerisch-Malerische Elemente und ihre Beziehung zur Menschenkunde". In addition, she was keen to deepen and explore the form of therapeutic form drawing that she had further developed as dynamic drawing. She taught this in later years, including in the part-time art therapy training at Alanus University in Alfter. Even after her retirement she continued to work on diagnostic picture observation through painting and published her therapeutically effective form drawings and form transformation processes in the book *Therapiewege im Formenzeichnen: Ein Beitrag zur Anthroposophischen Kunsttherapie*. These form processes are still highly valued in therapeutic practice today and continue to be an integral part of art therapy. We remember Elke Frieling with respect and gratitude. (From the obituary of the art therapy team at the GKH)

We hope she will continue to act now from the spiritual world and accompany her in our thoughts.



**Monika Folz**, born 25 Feb. 1957, crossed the threshold in Bern on 9 May 2022. Monika Folz graduated from the Eurythmy School in Nuremberg in 1988. From 2007 to 2008 she was on the council of the Swiss Eurythmy Therapy Association (HEBV-CH). Until the end she was also elected representative of HEBV-CH and an examination expert at the Swiss Organisation der Arbeitswelt Komplementär Therapie (OdA KT). In 2017/18, Monika Folz was responsible in the Medical Section for the eurythmy therapy field as its IKAM coordinator. We accompany her in our thoughts with warmth and gratitude.



Photo: © Verlag Freies Geistesleben

**Professor Dr Johannes W Rohen**, born 18 September 1921, world-famous anatomist and anthroposophist, died on 26 May 2022 in his 100th year. JW Rohen undertook pioneering work on the anatomy of the eyes and in the field of glaucoma surgery, among other things. For his glaucoma research

he was the only non-American to receive the highly endowed Alcon Research Prize twice. His *Photographic Atlas of Anatomy* has been translated into 22 languages. The textbooks on functional anatomy, histology and embryology, which have also been translated multiple times, are based on the idea of the threefold structure of the human organism. Even at the age of over 90, the emeritus professor of anatomy at the University of Erlangen still gave his much-attended introductory lectures on anatomy. Rohen built up a unique anatomical collection in the anatomical institute of the University of Erlangen, which also provides an insight into Rudolf Steiner's important impulses in Introducing Anthroposophical Medicine. He was intensively involved with anthroposophy for 80 years and in 2000 published *Functional Morphology: The Dynamic Wholeness of the Human Organism* (English translation published 2007) as a fundamental work in the field of the anthroposophical study of the human being. At the age of 90 he became an honorary member of the Society of Anthroposophic Physicians in Germany (GAÄD). Johannes Rohen uniquely combined the highest expertise in basic medical research, innovative therapy-oriented practical research and world-class research and teaching inspired by spiritual science.



**Dr med Christoph Tautz**, born 8 September 1942, died 10 June 2022, first came to the Herdecke Community Hospital in 1970 as a 28-year-old physician to help build up the hospital. In 1978, he then permanently moved to Herdecke with his family, which had grown to four children by that

time. Together with Wolfgang Goebel, he shaped the face of his department for 30 years. His anthroposophical medical outlook was essentially learned from Herbert Sieweke and in his encounter with Gerhard Kienle. His actions were guided by respect for the individuality of the sick child, but also by the desire to understand their social environment and especially that of their family. As a paediatric oncologist, he as a person lived to build bridges between conventional "mainstream medicine" and an extension through Anthroposophic Medicine, but also publicly represented this in the specialist society. He was thus the pioneer of integrative paediatric oncology in Germany, the centre of which today continues to be the Herdecke Community Hospital. We will keep him in our thoughts as a member of the paediatric department and of the community hospital. (From the obituary of Prof Dr Alfred Längler)

We join those thoughts in deep gratitude.

## RESEARCH

Kuderer S, Vagedes K, Szöke H, Kohl M, Joos S, Gündling PW, Vagedes J. *Do ginger footbaths improve symptoms of insomnia more than footbaths with warm water only? – A randomized controlled study.* Complementary Therapies in Medicine 2022;67:102834. Open access DOI: <https://doi.org/10.1016/j.ctim.2022.102834>.

Olin A, Acevedo N, Lakshmikanth T, Chen Y, Johansson C, Alm J, Scheynius A, Brodin P. *Longitudinal analyses of development of the immune system during the first five years of life in relation to lifestyle.* Allergy 2022;77(5):1583-1595. DOI: <https://doi.org/10.1111/all.15232>.

Seifert G, Blakeslee SB, Calaminus G, Kandil FI, Barth A, Bernig T, Classen CF, Corbacioglu S, Föll J, Gottschling S, Gruhn B, Vom Hoff-Heise C, Lode HN, Martin D, Nathrath M, Neunhoeffler F, Pekrun A, Wulff B, Zuzak T, Henze G, Längler A. *Integrative medicine during the intensive phase of chemotherapy in pediatric oncology in Germany: a randomized controlled trial with 5-year follow up.* BMC Cancer 2022;22(1):652. Open access DOI: <https://doi.org/10.1186/s12885-022-09703-0>.

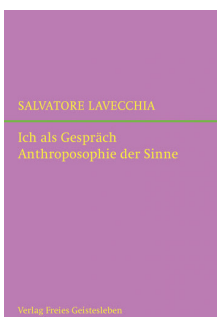
## RECOMMENDED LITERATURE



Mathias Maurer, Karin Michael, Tomáš Zdražil (eds): *Wege zu einer nachhaltigen Gesundheit*, Dornach 2022.

"We very much welcome the approach that teachers and paediatricians in the von Tessin Centre for Health and Education should look together at the needs of children, develop interdisciplinary concepts

and show ways in which schools can contribute to the health of our children and young people. We send the centre our good wishes that it develops well and, for all of us, that a variety of health-promoting activities are developed there – so that many school reports may go on to say that the children have developed ever fresher, healthier forces." (Verlag am Goetheanum)



Salvatore Lavecchia: *Ich als Gespräch. Anthroposophie der Sinne*, Stuttgart 2022. "Salvatore Lavecchia shows that the original intention of the human sense organism is to enable the understanding encounter with other I-beings. In such an encounter the I proves to be a spiritual sphere of warmth and light." (Verlag Freies Geistesleben)

## EVENTS & DATES

**28 July:** Start of new further training course in anthroposophically extended physiotherapy. In seven modules, relevant work approaches for the work of the physiotherapist are developed on the basis of Anthroposophic Medicine. Information at [www.anthropophysio.org/Fortbildung/](http://www.anthropophysio.org/Fortbildung/).

**30 July–6 August:** XIXth International Training block of the International Postgraduate Medical Training (IPMT) "The seven life processes" in St Petersburg/RU. For more information see <https://ipmt.medsektion-goetheanum.org/en/courses>.

**13 August:** Online yearly cycle of Anthroposophic Arts Therapies "Art & Medicine – Tria Principia. Are we speaking the same language?" (2nd module). Programme and registration at <https://medsektion-goetheanum.org/en/events-and-conferences>.

**14–21 August:** All Africa Anthroposophic Training, Nabinonya Resort Beach, Uganda. Increasing awareness of anthroposophic spiritual science to enable more people in Africa to improve their performance in education, agriculture, business, and medicine. Information: <https://bit.ly/3xHHQsJ>.

**2–4 Sept:** Viscum therapy training seminars "For understanding the Viscum spirit.." In St Petersburg/RU. With Dr Hartmut Ramm (CH) and others. Please contact Dr Koshechkin for more information: [denis.koshechkin@medsektion-ikam.org](mailto:denis.koshechkin@medsektion-ikam.org).

**5 Sept–2 Oct:** Goetheanum online course – 28 days of anthroposophy: international studies and colloquia at a fixed time for 1.25 hrs per day via Zoom and 20 minutes daily each of eurythmy, art and short contributions by video. Studies including in German/English/Spanish and Portuguese as well as French. Language of communication in the colloquia is English. Information and registration at <https://studium.goetheanum.ch/en/online-studies>.

**13–18 September:** International annual conference of the Medical Section "The heart around us. The importance and meaning of the therapeutic community". Programme and registration at: <https://www.goetheanum.org/en/the-heart-around-us>.

**From October:** Three-year interdisciplinary training in Anthroposophic Medicine for physicians, pharmacists, dentists and veterinarians in Roncegno/IT. Information and programme at <https://www.corsoformazione.it/>.

**5–9 October:** International conference of the Anthroposophic Council for Inclusive Social Development "On the Quest for Health. Vulnerability, Love and Balance". This year, the focus will be on the interprofessional spheres of contact with medicine, nursing and

therapeutic services. Central will be the awareness of the connection between all our abilities and activities in order to be able to build a resilient and healthy world community. For further information and to register visit [www.inclusivesocial.org](http://www.inclusivesocial.org).

**22–25 October:** International further training for school and kindergarten doctors "I and You – Encounter, relationships, security and inner strength as cornerstones of salutogenesis". Goetheanum, Dornach/CH. Programme and registration at <https://www.goetheanum.org/en/further-training-for-school-doctors-2022>.

**28–29 October:** Arlesheim Mistletoe and Cancer Study Days in Arlesheim/CH. Prepared by Theresia

Knittel, Jonathan Neisecke, Dr Annina Pfäffli, Dr Johannes Weinzirl. Further information: shortly at <https://www.studientag.ch/>.

**SAVE THE DATE: From 28 January 2023:** English Training in Anthroposophic Medicine. In person and with the opportunity to participate by video. Information and registration at <https://emerson.org.uk/course/anthroposophic-medicine/> or <http://www.anthroposophic-drs-training.org/>.

#### Our calendar of events

<https://medsektion-goetheanum.org/en/events-and-conferences/>