

WHAT IS ANTHROPO SOPHIC MEDICINE (AM)?

Anthroposophic medicine is a comprehensive integrative approach, practiced by fully trained physicians in hospitals and outpatient practices around the world. It was founded in the 1920's in Switzerland by Ita Wegman, MD and Rudolf Steiner, philosopher, scientist, and spiritual teacher.

At the core of AM is a contemplative method by which living organisms, the psyche, and the spirit may be understood and researched in a scientific way. Through this method there emerges an image of the whole human being in health and illness.

This pioneering form of integrative medicine is as modern as it is age-old. It draws upon the ancient knowledge that balance brings health, and imbalance leads to illness. AM also represents 21st century medical thinking, investigating not just pathogenesis, but sources of health: what gives humans resilience and strength even in times of inner or outer stress? What are our sources of self-healing?

Anthroposophic doctors may prescribe allopathic medicines, homeopathics, herbs and other remedies from nature transformed through unique pharmaceutical processes. They may refer patients for holistic nursing care, movement and art therapies, and massage therapy, carried out by health professionals with specific training.

For more information, please see www.paam.net & www.medsektion-goetheanum.org/en/



International Postgraduate Medical Training (IPMT) and

Anthroposophic Nursing Certification Course

May 4th-11th, 2012

**Rudolf Steiner College
Fair Oaks, California**

Presented by
**Physicians' Association for
Anthroposophic Medicine (PAAM)
and
the Medical Section at
the Goetheanum, Switzerland**



The Course

The International Postgraduate Medical Training (IPMT), led by international experts in the field, offers medical doctors a comprehensive introduction to anthroposophic medicine (AM).

Participants will explore: practical anthroposophic diagnosis and therapy, ways of strengthening diagnostic faculties, and inner development for physicians, bringing new vision as well as new therapies to their medical work.

IPMT Daily Program includes:

- Practical diagnosis and therapy:
- Primary care principles for newcomers
- Pain management
- Pediatrics
- Understanding medicinal plants and mineral medicines
- Path of inner development for the physician
- Eurythmy movement

Certification Course in Anthroposophic

Nursing: An approach to nursing that is full of life. Lectures, contemplation, hands-on practical treatments; eurythmy and evenings with larger group.

Contact: A. Landman MD (medical course) or
E. Sustick RN (nursing course)
paamdrscourse@anthroposophy.org
914-393-5605



Presenters



Michaela Glöckler, MD is Head of the Medical Section at the Goetheanum, Switzerland, international center for AM. She authored the bestselling *A Guide to Child Health*, other books and many articles. Dr. Glöckler created and directs the IPMT worldwide.



Glenda Monasch, TE co-directs Sound Circle Eurythmy School. She directs remedial services at Shining Mountain Waldorf School, and practices therapeutic eurythmy in Boulder, Colorado.



Albert Schmidli, Pharmacist, Waldorf teacher, and AM trainer, was for over 25 years responsible for new product development and physician training at Weleda, Switzerland. He travels worldwide teaching doctors about AM and medicines.



Elizabeth Sustick, RN, RMT has a longstanding private practice in Massachusetts. She teaches about anthroposophic nursing to doctors and nurses, and nurturing arts to teachers and parents. She founded programs for parent-toddler activity and child health at her Waldorf School.



Ursula Flatters, MD co-founded Vidarkliniken anthroposophic hospital in Sweden. She has extensive experience practicing and teaching in- and out-patient. She has been recognized in Sweden for leadership in integrative medicine.



Christoph von Dach, RN is director of nursing at the Lukas Klinik cancer hospital, Switzerland, and president of the Swiss Anthroposophic Nurses' Association. He is in a master's program in palliative care.



Adam Blanning, MD directs the Denver Center for Anthroposophic Therapies. He has served as faculty for NY Medical College and U Colorado School of Medicine, is Waldorf School doctor in Denver and Boulder, and hosts yearly western AM meetings.



Alicia Landman-Reiner, MD practiced AM primary care for twenty years. She directs training at PAAM, organizes the USA IPMT, consults at Waldorf Schools and has a part-time practice.



Mark Kamsler, MD board certified pediatrician, has practiced AM in Wisconsin for many years and lectures widely. He has been school physician for several Waldorf Schools, and is a co-founder of True Botanica (anthroposophic supplements/remedies).

Also teaching:

Ricardo Bartelme, MD

David Gershan, MD

Lynn Madsen, MD

Rosemary Rau-Levine, MD

Location

Rudolf Steiner College's thirteen-acre campus, just outside Sacramento, California, offers quiet places for contemplation, a biodynamic garden with many medicinal plants, a bookstore, a beautiful hall for movement, ample classrooms, delicious healthy cuisine, and hiking and biking along the adjacent American River Parkway. There is some housing on-campus (all with shared baths) and in nearby homes, and hotel accommodations. For details see our registration form and www.steinercollege.edu/housing

We are grateful to:
Benefactor: Weleda North America
Sponsor: Wala GmbH
Supporters: True Botanica, Uriel Pharmacy



Schedule

Friday, May 4th, 2012

3:00-6:00 pm	Registration
4:00-5:30 pm	Newcomers' Intro (optional)
6:00 pm	Supper
7:15-9:00 pm	Welcome and Introduction to the Theme

Saturday, May 5th to Thursday, May 10th, 2012

7:15 am	Breakfast
8:15-9:00 am	Eurythmy
9:15-10:30 am	Small group interactive learning, observation exercises Anthroposophic Nursing
10:30 am	Coffee/Tea break
11:00-12:15 pm	Small Group Study of <i>Fundamentals of Therapy</i> Chap.13 Anthroposophic Nursing
12:30 pm	Lunch
2:00-3:30 pm	Intro to Holistic Pharmacy (Schmidli, Sa, Sun) Art Therapy (Rau-Levine, Sa, Sun) Substances and Light (Schmidli, Mo-Th) Therapeutic Eurythmy (Monasch, Mo-Th) Anthroposophic Nursing (von Dach, Sustick)
3:30 pm	Coffee/Tea break
4:00-5:30 pm	Intro to Clinical Anthroposophic Medicine (Blanning) Pain Management (Flatters) Children's constitutions, challenging behaviors, etc. (Kamsler) Anthroposophic Nursing (von Dach, Sustick)
6:00 pm	Supper
7:15-7:45 pm	Announcements, Review of the Day
7:45-9:00 pm	M. Glöckler: Healing Power of Self-knowledge and Inner Development

Friday, May 11th, 2012

7:15 am	Breakfast and Departure
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Note: Program and faculty subject to change

CONFERENCE FEE DETAILS:

* **PAAM, AAMTA, and CAMA members:** email, US-mail, or fax us documentation of current membership: copy of cancelled check, copy of letter of thanks for membership renewal, or note from the association confirming you are a current member. PAAM 2012 membership required. AAMTA 7/1/2011–6/30/2012 membership required.

PAAM (Physicians' Assn. for Anthroposophic Medicine) is open to MD's, DO's; NP's, and PA's as associate members. For membership appln: www.paam.net or paam@anthroposophy.org

CAMA (Canadian Assn. For Anthroposophic Medicine): pegasustherapeutics@yahoo.ca

AAMTA (Assn. for Anthroposophic Medicine and Therapies in America) open to all health professionals, apply at www.anthroposophicmedicine.net

** **Student and Resident Discounts** are open to full-time students and residents of accredited trainings in allopathic or naturopathic medicine, and nursing. Limited number: please apply early. You contribute as part of the work-study program.

*****Work-Study Program:** A number of discounts of \$200 are available. Email describing your need, reason for attending, and professional status, to Dr. Landman for medical track, and E. Sustick RN for nursing track: paamdrscourse@anthroposophy.org **Scholarships are made possible by generous donations from Weleda, Wala, Uriel, and True Botanica.**

Families and partners/spouses: please contact us regarding meal plans.

TUITION PAYMENT: (includes meal plan. See housing information above)

- **By check:** Conference fee payable to PAAM.
- **Mail:** Carol O'Brien, 20 Carlisle Road, Chestnut Ridge, NY 10977
- **By credit card:** www.paam.net; or register by mail and pay via www.PayPal.com Use our identifier: paamdrscourse@anthroposophy.org
- **Fax registration:** 866-334-0243
- **Email registration:** paamdrscourse@anthroposophy.org

Thank you! From all who are teaching and planning this course, we look forward to seeing you May 4th
–Alicia Landman MD, Elizabeth Sustick RN, and Carol O'Brien, Administrator
paamdrscourse@anthroposophy.org 914-393-5605 Fax 866-334-0243

Program and faculty subject to change.

Cancellation Policy: Participants' cancellation requests must be received in writing (emailed and received, or postmarked) before March 30th for a full refund, less a \$50 administrative fee. Cancellation requests received in writing before April 20th will receive a 50% refund. Cancellation requests after that date will not be eligible for a refund, but another person may be substituted, for a \$50 administrative fee. Telephone cancellations cannot be honored. Email cancellations will be promptly acknowledged by return email; until then, you cannot assume they have been received.



IPMT-PAAM REGISTRATION FORM

May 4th-11th, 2012 Rudolf Steiner College, Fair Oaks, California

Please register at www.paam.net or by using this paper form, whichever is more convenient.

Please enter your information as you wish it to appear on our contact list.

Name _____ Profession / Degree _____

Address _____ City _____

State _____ Country (if not USA) _____

Zip _____ Email Address _____

Phone _____

• We would like to include your name, address, phone, and email in our contact list, distributed to participants. Please check here to give us permission:

• If you are new to the IPMT, how did you hear about us? _____

COURSE PARTICIPATION: This course is designed for licensed prescribers: **MD's, DO's, ND's, NP's, PA's** and such students. Other licensed health professionals are welcome, understanding that course content is geared to prescribers. Nursing course: certification track for **RN's; non-RN's** please contact us.

MOBILITY, HEARING, AND OTHER NEEDS: Please inform us as soon as possible, so we may best adapt.

VENUE: RSC's lovely campus offers biodynamic gardens, ample classrooms, delicious cuisine, a fine bookstore, and efficient airport access. Wireless connections in common room. See www.steinercollege.edu for details. Fly in to Sacramento airport. Ground transport, driving directions, and other practical details will be sent upon registration.

HOUSING: To sign up for dorm and local housing use the PAAM form at www.steinercollege.edu/housing. Such housing is first-come, first-served and is a separate fee paid directly to RSC. For hotel accommodations contact Hamid Kazemi at the Holiday Inn Rancho Cordova (916-635-4040) and request the RSC rate of \$79.90 (includes taxes). Shuttle to and from the conference is provided.

RIDE SHARING: Please include me in an April email list of all who want to share ground transport.

MEALS/DIETARY: Meals at RSC are included in tuition. Cuisine is fresh, seasonal, often local/organic, with vegetarian options at every meal. Mid-morning and light afternoon snack are included.

CHECK HERE: Regular Diet (fish/poultry/vegetarian option at every meal) Most meals are gluten-free; some have dairy. Vegetarian (including eggs) Vegan

CONFERENCE FEES: INCLUDE TUITION, ALL MEALS/SNACKS, MATERIALS/HANDOUTS. HOUSING IS PAID SEPARATELY. SEE "HOUSING" ABOVE.

PARTICIPANT	EARLY REGISTRATION <i>postmarked by Monday, March 12th</i>	REGULAR REGISTRATION <i>postmarked as of Tuesday, March 13th</i>
Current AAMTA/PAAM/CAMA Members* (enclose documentation of current membership with	\$1015*	\$1115*