

English Training In
**ANTHROPOSOPHIC
MEDICINE**

Based in the UK,
Open To Doctors Worldwide

Participant Handbook 2023 – 2025

Diploma in Anthroposophic Medicine &
International Certification as an Anthroposophic Physician

Part-Time Modular Course

Table of Contents

Table of Contents	2
Welcome	3
Introduction to Anthroposophic Medicine	3
About the Training	3
Who is it for?	3
What does it offer?	4
Delivery Methods	4
Course Structure	5
Teaching Schedule	6
Qualifications and Professional Advancement	7
1/ Diploma in Anthroposophic Medicine	7
2/ International Certification as an Anthroposophic Physician	7
Submission Deadlines.....	8
Final Examination for International Certification as an Anthroposophic Physician	8
Attendance	8
Learner Support and Guidance	8
Course Faculty	9
.....	9
Emerson College Student Support	9
Visiting Tutors.....	9
Onsite Resources	10
Online Resources	10
The Google Drive Portfolio	10
How To Apply	11
Entry Requirements.....	11
Payment of Course Fees	11
Refund and Cancellation	11
Obligations	12
Faculty Obligations	12
Assessment Policy*	12
Participant’s Obligations.....	12
Emerson College’s Liabilities.....	12
Annex 1	13
Guidelines for all Essays and written Case Histories.....	13
Themes for the First Written Essay Project*	13
Themes for the Second Written Essay Project*	13
Themes for the Third Written Essay Project*	13
Case Histories	13
Annex 2	15
Portfolio / Log of Training for Course Diploma and Certification as an Anthroposophic Physician	15
Annex 3	16
Reading List.....	16
Books we would strongly recommend you purchase and study:	16

The Participant Handbook provides important information to help you integrate into the learning community, develop your skills and achieve your goals. It is a valuable resource for your journey through the learning experience. For a complete list of all our policies and Procedures see the Emerson College web site at http://www.emerson.org.uk/images/Admin/Policies_Procedures.pdf

This Emerson College Course is validated and supported by the Medical Section of the School of Spiritual Science, Goetheanum, Dornach. The Training is working in cooperative partnership with the University of Witten/Herdecke, Department of Medical Theory, Integrative Medicine and Anthroposophic Medicine, Havelhohe Hospital, Berlin and is audited via the Anthroposophic Medical Association (UK).

Welcome

A warm welcome to the English Training in Anthroposophic Medicine (AM). This handbook contains practical and academic information about the programme and may serve as reference material throughout your training. You will find information on learning outcomes, resources, administrative procedures, and programme requirements. If any procedures or regulations change, you will be notified and provided with written, updated information. For your benefit, we recommend that you familiarise yourself with the information given here. Tutors and other staff are available to assist and answer any questions you might have about the training.

Introduction to 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. Anthroposophic Medicine builds on established scientific medicine and natural science using a Goethe-oriented phenomenology and the anthroposophic methods developed by Rudolf Steiner. This approach contributes to the fields of diagnosis, therapy, prevention, and public health. Within Anthroposophic Medicine, the human being is understood as continuously evolving, both as an individual and as a part of humanity. Fundamental goals are the healing of the patient, maintenance of health and prevention of disease, particularly by stimulating the patient's own activity and salutogenetic potential.

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.

The English Training In Anthroposophic Medicine is internationally accredited by the Medical Section at the Goetheanum and broadly follows the International Core Curriculum adopted by the International Conference of Boards of Anthroposophic Doctors Associations.

About the Training

The training's primary objective is to offer medical doctors a systematic pathway towards developing enhanced perspectives for their clinical practice that integrate the dynamics within human physiology, pathology, and therapy.

A holistic perspective is systematically built up, based primarily but not only on the insights of anthroposophical spiritual science. On the one hand, this is achieved through experience-based "hands-on" research, facilitated observation activities and lectures, beginning by exploring the four classical elements and their corresponding kingdoms of nature. On the other hand, it is based on self-reflective practices, engaging in meditative exercises and some guided textual studies.

In this way, the training aims to provide doctors with a basis for widening the scope of their practice of medicine within a broad range of specialities, based on integrating physical, functional, psychological, and spiritual considerations. It addresses both the diagnostic skills and therapeutic understanding needed for achieving this, thereby promoting a deeper understanding and critical appraisal of conventional approaches as well as developing the understanding for prescribing anthroposophic medicines and a range of related supportive therapies, e.g., eurythmy, art, rhythmical massage, and supportive counselling.

The training has a strong experiential character with some distance learning options for long-distance international participants. The training also involves written projects and home study.

Who is it for?

The course is primarily designed for qualified registered and licensed medical practitioners. It is also open to a small number of other practicing health care professionals.

What does it offer?

The training aims to develop the following competences*:

- empathetically establish a doctor-patient relationship based on dialogue, in which they perceive the patient as an individuality in his/her particular social environment
- consider current anthroposophic-medical knowledge and practice in diagnosis and therapy
- establish a differentiated evaluation of the bodily, vital, emotional, mental, and spiritual dimensions (also called the human fourfold nature below), considering the patient's biography and arriving at an individualized, multidimensional diagnosis
- based on the above, identify the patient's individual needs for therapeutic interventions
- design a therapy plan that appropriately takes into consideration the patient's bodily, vital, emotional, mental, and spiritual aspects, as well as his/her vital and spiritual resources
- include the intentions and preferences of the informed patient in diagnostic and therapeutic decision making, critically evaluating all unnecessary procedures and treatments which can weaken the patient's own activity and self-healing capacity
- consider the spiritual dimension of the human being in the treatment plan and where appropriate, possible, and requested, also discuss this with the patient
- treat the most common diseases encountered in general and specialist practice by means of or including anthroposophic medications and therapies. Communicate appropriately and collaborate effectively in a therapeutic team with colleagues, nurses, and therapists
- accompany, evaluate, and adapt the therapy to the course of the illness
- document the course of the anthroposophic medical treatment, including mental, emotional, and spiritual aspects
- reflect on one's own interventions and learn from them.
- develop a connection with nature and the cosmos, as well as with the substances constituting important anthroposophic medications
- independently pursue a path of medically related spiritual development
- explain the scientific foundations and research methods of Anthroposophic Medicine and independently access relevant anthroposophic medical literature

**Copied from the International Core Curriculum Adopted by the International Conference of Boards of Anthroposophic Doctors Associations Sept 2017*

Delivery Methods

Face-to-Face participation is encouraged throughout the course. For long-distance international participants who may not be able to travel for all nine modules, online participation for some of the modules is possible.

For certain modules, face-to-face participation is almost essential and for others it is highly desirable, dependent upon the experiential nature of content. These are highlighted below along with the less experiential modules where face-to-face participation is 'desirable but optional'.

- Face To Face – Almost Essential - Module 1
- Face To Face – Highly Desirable - Modules 3, 7, 8, 9
- Face To Face – Desirable but Optional - 2, 4, 5, 6

International participants are encouraged to speak to the course leader in advance to identify how best to participate to ensure a rich learning experience. Mentoring may also be done online via Skype, Zoom or other programmes.

Course Structure

Dates and Venues	Themes and Elements of the Programme
<p>Module 1: Jan 28 – Feb 5, 2023</p> <p>Venue: Emerson College (Face-to-Face essential)</p>	<ul style="list-style-type: none"> • The Four Elements, Four Kingdoms of Nature, Four Organs, Qualitative Anatomy • Fundamental Aims of Anthroposophic Medicine & Research • Patient History Taking and examination with the aid of the Four Elements • Living Morphology and Projective Geometry • Spiritual Biography & Conditions for Spiritual Development
<p>Module 2: April 29 – May 6, 2023 (Starts on Sunday 30th)</p> <p>Venue: Emerson College (Face-to-Face desirable but optional for International Students)</p>	<ul style="list-style-type: none"> • Child and Personality Development, Keys to Resilience or Vulnerability; Biographical Studies – Marah Evans • Child Development & Feverish Infections -Paediatrician • Six Soul Exercises
<p>Module 3: July 1 – July 8, 2023 (Starts on Sunday 2nd)</p> <p>Venue: Emerson College (Face-to-Face highly desirable)</p>	<ul style="list-style-type: none"> • Tria Principia & 8 Metals & Plants • Medical Meditation from “Course to Young Doctors’ • Biography Work • Medicinal Plant Study
<p>Module 4: Oct 7 – Oct 14, 2023</p> <p>Venue: Emerson College (Face-to-Face desirable but optional for International Students)</p>	<ul style="list-style-type: none"> • Common Psychiatric Conditions Anxiety, Depression OCD Bipolar Schizophrenia • Clay Modelling Therapy, Anthroposophic remedies and their indications. • Art Therapy, Eurythmy Therapy, Anthroposophic Text Study
<p>Module 5: Jan 27 – Feb 3, 2023 (Starts Sunday 28th)</p> <p>Venue: Emerson College (Face-to-Face desirable but optional for International Students)</p>	<ul style="list-style-type: none"> • Mistletoe Plant Study Fever • Cancer & Viscum treatment
<p>Module 6: May, 2024</p> <p>Venue: Emerson College (Face-to-Face desirable but optional for International Students)</p>	<ul style="list-style-type: none"> • Plant Study • Obstetrics and Gynaecology Anthroposophic perspectives – Carmen Eppel • Anthroposophic Peadiatrics -with Dr Karen Michael • Eurythmy Therapy
<p>Module 7: Oct, 2024</p> <p>Venue: Havelhöhe Hospital – Berlin (Face-to-Face highly desirable)</p>	<ul style="list-style-type: none"> • Cancer II and Palliative care (Dr. Matthias Girke), Viscum and Fever Cardiology: Heart failure, Coronary heart disease, Hypertension (Dr. Matthias Girke) From the general practitioner’s practice • Pneumology: chronic obstructive pulmonary disease, asthma Gastroenterology External Treatments, • Meeting Patients
<p>Module 8: Dates TBC</p> <p>Venue: Klinik Arlesheim and Goetheanum Dornach, Switzerland (Face-to-Face highly desirable)</p>	<ul style="list-style-type: none"> • The School for Spiritual Science and the Medical Section, – Michael and Raphael Schools • Visit to the Group Statue, Visit Ita Wegman Institute • Rheumatology, Diabetology with Matthias Girke • Meeting Patients at Arlesheim Clinic with Dr. Marion Debus, (Face to Face Priority)
<p>Module 9: Dates TBC</p> <p>Venue: Trigonos Snowdonia UK (Face-to-Face highly desirable)</p>	<ul style="list-style-type: none"> • Medicinal Plant Study, • Endocrinology with Prof David Martin • Celtic Spirituality and Future Spirituality and Medicine, • Visit Penmaenmawr Druid Circle • Ita Wegman & Rudolf Steiner in the British Isles

Teaching Schedule

Example Programme:

	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					

**Please Note: This example is just an indication to provide an impression of the feel of the course. Timings may vary from module to module. Also, while most modules will be around six days in length and follow a similar rhythm to the example shown, the first module planned for Jan 2023 will be nine days.*

Students will receive a detailed timetable two weeks prior to the start of each module.

Qualifications and Professional Advancement

The training leads to the following Qualifications:

1/ Diploma in Anthroposophic Medicine

Participants who successfully complete the full Training will be awarded a Diploma in Anthroposophic Medicine. The requirements for the Diploma include:

Attendance: participants must have attended at least 8 of the 9 modules.

Independent Work/ Study: preparing and following up on contact time in the modules, as well as independent work on the content of the modules. Independent work is necessary to meet the requirements of the Training and it is expected.

3 Essays: The essay shows the trainee's ability to understand and reflect on the fundamental elements of AM.

Personal experience of Eurythmy Therapy and Art Therapy: participants are expected to undertake personal courses of eurythmy therapy and anthroposophic art therapy of at least 10 hours each.

2/ International Certification as an Anthroposophic Physician

Physicians successfully completing the full Training, including the written essays, personal experience of Eurythmy Therapy and Art Therapy and two years of clinical mentorship and writing 3 adequate Case Histories, would have fulfilled the relevant criteria for Certification as an Anthroposophic Physician.

The Certification as an Anthroposophic Physician is a total of approximately 1400 learning hours which includes:

Contact Time (630 hours): Attending of course teaching and participation in the modules.

Independent Work/ Study (250 hours): Independent study is needed including further reading on the topics of the modules to meet the requirements of the Training.

3 Essays (150 hours): Participants are expected to complete 3 Essays to demonstrate their ability to understand and reflect on the fundamental elements of Anthroposophic Medicine.

Mentored Practice Hours (250 hours):

Medically Qualified participants looking to achieve the Certification as an anthroposophic physician need to engage with **clinical mentors*** at least monthly over a 2-year period.

Participants will need to be prescribing anthroposophic medicines and / or anthroposophic therapies in their own practice (or in an anthroposophic hospital or clinic) and engage with their mentor to reflect on their clinical work and on their preparation of three written case histories which they are required to submit.

The mentored practice hours are apportioned as follows:

- 200 hours of treating patients, including preparation, follow up, research, etc., with the work documented in the portfolio.
- A further 50 hours of direct contact with the mentor, in the form of Individual mentor contact (in person, by telephone, email)- ward rounds (the AM proportion, while working at a hospital)- Discussion of inpatient/outpatient cases (among physicians and interprofessionally)- Attendance in a physician's practice- Case seminars (supervised patient-oriented small group work)- Patient-oriented peer discussions (AM council) - Patient-oriented discussion in a forum of AM experts

The mentor attests to the 200 hours of independent work and 50 hours of contact time with his/her signature.

Any certified anthroposophic physician can serve as a mentor. Where possible the clinical mentors should be in the participant's country of residence. Participants may also want to engage mentors whose specialism reflects their own field of interest or specialty.

**While the faculty will endeavour to support participants to find a suitable clinical mentor, participants are responsible for cultivating the contact and any additional payment required.*

3 Case Histories (100 hours) Each case study is individual, and this can also be reflected in the way that it is portrayed. The three case studies should show that the participant is familiar with the fundamentals of Anthroposophic Medicine and can independently make a diagnosis in the sense of Anthroposophic Medicine, develop a therapy and evaluate the course of the illness.

Personal Experience of Art Therapy and Eurythmy Therapy (20 hours) It is a requirement of both the Course Diploma and the awarding of the International Certification as an Anthroposophic Physician by this training, that participants undertake personal courses of eurythmy therapy and anthroposophic art therapy of at least 10 hours each. These need to be arranged and paid for by the participants themselves. Faculty can advise. They are not covered by the Emerson tuition fees.

Total Hours: 1400 hours

Submission Deadlines

It is important that learners respect the given deadlines for submission of programme work and essays. Late submission may lead to a failure of the Assessment/Assignment. Extenuating circumstances will be taken into consideration if learners apply to the faculty for an extension at least two weeks prior to the deadline.

Please see Annex 1 for Guidelines for all Essays and written Case Histories

Final Examination for International Certification as an Anthroposophic Physician

The final competencies of the participant are assessed on the basis of the three submitted case histories and a one-hour oral examination involving discussion of the participants written projects and case histories. This final examination takes place following two years of clinical mentorship. This will include the participant's reflections on his or her initial practice experience as a trainee anthroposophic physician.

Attendance

Attendance will be monitored throughout the training and used in the overall assessment at the end of the course. An attendance level below 8 out of 9 is considered insufficient to meet the programme requirements. Participants will normally be offered the opportunity to attend missed sessions in the following course.

Learner Support and Guidance

The support system for learners on the training is a combination of peer and tutor support. Each participant will be allocated a member of the faculty as their personal tutor should support be required between modules. The Personal Tutor can be contacted by phone, email or online (via Skype, Zoom or other relevant programmes). Informal peer-to-peer support is encouraged through small group work.

Course Faculty



Dr Michael Evans was a co-founder of Park Attwood Clinic and an NHS GP based at St Luke's Medical Centre, Stroud, for 25 years. He now has a small private practice at the centre. He has been teaching in the Philippines, India and China and at Emerson College leads the "English Training in Anthroposophic Medicine based in the UK, open to Doctors Worldwide". He has a particular interest in experiential adult learning.



Dr James Dyson was a co-founder of Park Attwood Clinic where he practiced in general medicine and mental health care from 1979 to 2003. He completed a master's degree in Psychosynthesis Psychology in 2013. He has extensive experience as a doctor and psychologist in many Steiner Waldorf Schools and adult centres for social therapy. He is a regular contributor to anthroposophic medical and psychological trainings internationally and his first book is due to be published by Steiner Books (USA) by 2022.



Dr Matthias Girke is the Leader of the Medical Section at the Goetheanum. Co-founder of the Anthroposophic District General Hospital 'Havelhohe' in Berlin. Consultant General Internal Physician. Specialist in Rheumatology, Diabetology, Endocrinology and Palliative Care. Author of the text book 'Internal Medicine'.



Anna Hubbard studied with Vera Taberner at the Fox Elms Training in the late 1980's graduating as an Anthroposophical Artistic Therapist. She worked for many years at Wynstones Steiner School and a number of Camphill Communities. Anna initiated and ran the Arts Foundation Course in Stroud for 12 years. She taught drawing and art at Hibernia College while maintaining a private practice in Stroud.



Professor Dr Med 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. He has recently created an app called 'Warming Up To Fever' for the German Health Authorities.

Visiting Tutors

- **Albert Schmidli** - Pharmaceutical Chemist
- **Dr. Carmen Eppel** - Obstetrician and Gynaecologist
- **Dr. Christian Grah** - Medical Staff, Havelhohe Hospital
- Dr. Christian Scheffer
- Dr. Georg Soldner - Paediatrician
- **Dr. Jan Feldmann** - Medical Staff, Havelhohe Hospital
- Dr. Karin Michael - Paediatrician
- **Dr. M Wispler** - Medical Staff, Havelhohe Hospital
- Dr Marion Debus - Oncologist
- Dr. Simon van Lieshout - GP
- **Dr. Thomas Beitzkreuz** - Consultant General Physician
- Fiona Sim - Nurse
- **Katherine Beavan** - Eurythmy Therapist
- **Marah Evans** - Counsellor and Art Therapist
- **Prof. Dr. Harald Matthes** - Medical Staff, Havelhohe Hospital
- Prof. Dr. Peter Heusser
- **Prof. Dr. Peter Selg** - Ita Wegman Institute
- Susanna Fuller - Nurse

Emerson College Student Support

Chiara Carones: Education Manager/Registrar
Tel: 01342 827 771

Email: registrar@emerson.org.uk

Yvette Dellsperger: Student Mentor

Email: yvette.dellsperger@emerson.org.uk

Ellie Kidson: Communications Manager

Email: publicity@emerson.org.uk

Onsite Resources

The programme will be delivered at Emerson College, Havelhohe Hospital, Clinic Arlesheim and the Goetheanum Switzerland. The classrooms have ample seating capacity and space for artistic activities and practical workshops. Further meeting rooms are available for small group work if necessary. Tutors and participants will have access to blackboards, flipcharts and projection equipment and equipment such as, art materials and laboratory equipment for demonstrating anthroposophic pharmacy, will also be provided.



The first six modules will take place at Emerson College. Emerson College sits within a 22 acre Botanic Garden with beautiful ponds, lawns and flower beds, a vegetable garden, an apple orchard and a wood full of blue bells in spring. The experience that greets people is deeply connected to the earth, to the College's roots in anthroposophy and to the contributions of many people over the years.

Online Resources

All participants will be invited to join our Emerson College World Community which is our online student portal for the course. Our student portal is a closed (invitation only) network (provided by Mighty Networks) available for Emerson Students and other community members. It acts as an online campus with the focus being about building community as well as running courses. Even though much of the online interaction will be run on Zoom, it is through our student portal that participants can meet, chat and stay in touch with one another outside of class time. As participants and tutors of English Training In Anthroposophic Medicine, we have our own closed group within the bigger community. This means that only members of the course can see the course content and course discussions in addition to being part of the wider community. Within the course, participants will be able to enjoy:

- Easy access to all Zoom links for the course
- In-lesson discussions
- Group chats with the group as a whole
- Being able to message one another
- Choosing their own notification settings to receive tailored updates
- Accessing the course via their mobile by downloading the Mighty Networks App

All participants will be sent joining instructions for the platform once you have been enrolled. We warmly recommend all participants to make sure that they are able to access the platform before the course begins.

The Google Drive Portfolio

Each participant will be given access to a personal folder in Google Drive that will be shared with the Course Faculty and Emerson Education Manager.

Participants may wish to keep a record of all their work, in particular participants can write a short note to show they have met the specific learning outcomes and upload photographs of relevant pages of their journal and artwork related to particular modules and learning outcomes in the personal Student's Google Shared Folder.

How To Apply

To apply, please visit www.emerson.org.uk/anthroposophic-medicine and click 'Apply Now'. Fill out the online application form and upload the documents listed above in the 'Supporting Documents' section. To complete your application, you will need to prepare the following documents:

- A copy or a scan of the information page of your passport (the one with your picture on it)
- A copy of your medical degree and/or registration as a doctor in your country (or for other health care professionals: your health professional qualification certificate and/or registration)
- A concise personal statement to include information on your background and motivation to take part in the programme
- A completed health statement available to download here: [Health Statement](#)

Entry Requirements

Applicants must be able to provide documentation of relevant qualifications and professional registration:

- Medical Students should provide documentation of their enrolment in medical school
- Physicians should provide proof of medical qualifications and registration as a doctor in their country
- Other health care professionals should provide proof of health professional qualification certificate and/or registration as a practitioner in their country

Applicants are expected to have a good level of spoken and written English to enable them to:

- understand the lectures and instructions given in English
- understand and contribute to the small group discussions
- write essays in English and effectively convey the meaning of what they want to say

The course also requires an intermediate level of digital literacy. Participants will be expected to be able to:

- provide written essays in Microsoft Word or as a PDF
- use Zoom for online lessons
- be able to navigate in their web browser to share files and access the Emerson Student Portal. *

**An induction on how to use the Emerson Portal and file sharing will be offered. However, participants are responsible for ensuring that they have the minimum digital skills and knowledge required by the course.*

Payment of Course Fees

A non-refundable deposit of £500 is required on accepting a place on the course and is deducted from full course fee of £6800. The remainder of the fees is payable prior to the start of the training unless an individual written payment plan has been agreed with the registrar prior to commencement. Missed modules cannot be refunded.

Refund and Cancellation

A) If you cancel the course booking within 14 calendar days of receiving your acceptance confirmation, any payment made will be refunded in full, up until two months prior to the start of the course; thereafter there are no refunds. Special consideration will be given in cases of illness confirmed by medical evidence. See point B if you apply within 14 days of course start. Cancellations received after the 14-day cancellation period and earlier than two months before the start date of the course will receive a refund of any fees paid minus the Deposit. Thereafter there are no refunds. There are no refunds for missed days or modules. You must make your cancellation in writing.

B) If you apply within 14 days of course start, any cancellation within 14 days of acceptance confirmation (provided that there has been no attendance or access to resources) will be entitled to a full refund, in line with Consumer Protection Legislation.

C) If you have had a payment plan agreed by the course registrar, the above cancellation policy applies. Should you leave prior to the end of the course, you agree to pay the balance of the full fees immediately.

If you cancel within 14 days of application submission any payment made will be refunded in full. If the course has started within this 14-day notice period, you may be liable for those days attended. You must make your cancellation in writing. For a copy of our Cancellation Form, please see our web site at <http://www.emerson.org.uk/student-resources>.

Obligations

Faculty Obligations

The Faculty of the English Training in Anthroposophic Medicine will provide you with the tuition and learning support associated with your programme, subject to these conditions, with reasonable care and skill. The faculty will make all reasonable efforts to deliver your programme as described in the brochure. However, the Faculty must manage its resources efficiently and shall be entitled:

- to alter the timetable, location, number of classes and method of delivery of your programme, provided such alterations are reasonable.
- to make reasonable variations to the content and syllabus of your programme.
- to discontinue your programme (for example, because a key member of the faculty is unwell or leaves the programme).
- not to provide your programme, or to combine it with others if the faculty reasonably considers this to be necessary (for example, because too few learners apply to join the programme for it to be viable).

In the unlikely event that the English Training in Anthroposophic Medicine discontinues or does not provide your programme or changes it significantly before it begins:

- the English Training in Anthroposophic Medicine will tell you at the earliest possible opportunity.
- you will be entitled to withdraw your application by telling the Faculty of the English Training in Anthroposophic Medicine in writing.
- Emerson College will make an appropriate refund of tuition fees and deposits you have paid.

Assessment Policy*

Emerson College aims to ensure that:

- the assessment methodology is valid, reliable and does not disadvantage or advantage any group of learners or individuals.
- the assessment procedure is open, fair and free from bias and adheres to national standards.
- there is accurate and detailed recording of assessment decisions.

To achieve this, the College will:

- ensure that learners are provided with assignments that are fit for purpose, to enable them to produce appropriate evidence for assessment.
- ensure that assessment decisions are impartial, valid and reliable.
- develop assessment procedures that will minimise the opportunity for malpractice.
- maintain accurate and detailed records of assessment decisions.
- maintain a robust and rigorous internal verification procedure.
- monitor standards verifier reports and undertake any remedial action required.
- provide resources to ensure that assessment can be performed accurately and appropriately.

**This policy will be reviewed every year by Emerson College.*

Participant's Obligations

You must comply with your obligations under these conditions and, in accordance with any reasonable instructions issued to you from time to time by or on behalf of the English Training in Anthroposophic Medicine. Learners are required to:

- attend all seminars which include experiential studies, inner path small group work, artistic work, eurythmy
- lectures, tutorials, assessments and other activities subject to absence for medical or other agreed reasons.
- submit by required deadlines essays and other assignments required for your programme, subject to exceptional circumstances such as illness.
- reach the level of academic and English Training in Anthroposophic Medicine Faculty attainment required for your programme.
- behave appropriately while on the premises.
- be adequately prepared for any activity which you are required to undertake as part of your programme outside the English Training in Anthroposophic Medicine Faculty, at all times conducting yourself in a proper manner.
- comply with any professional standards applicable to your programme.
- abide by any special conditions relating to your programme set out in the brochure, or otherwise notified to you by the English Training in Anthroposophic Medicine Faculty.
- provide the English Training in Anthroposophic Medicine Faculty with an emergency contact name and notify your tutors of any changes to the information that you have submitted an application or enrolment; for example, if you change your address.

Emerson College's Liabilities

Emerson College cannot accept responsibility, and expressly excludes liability, for:

- any loss or damage to your property, including damage to any motor vehicle or cycle, while on premises, unless caused by the negligence of the staff.
- any personal injury, or fatality, suffered by you, unless caused by the negligence of the staff.

Annex 1.

Guidelines for all Essays and written Case Histories

The presentation of three satisfactory essays of 2500 words each is a requirement for the award of a Diploma in Anthroposophic Medicine and / or the training's Certification as an Anthroposophic Physician

In your essays we would encourage participants to:

- i) draw on the phenomena observed and experiences during relevant sessions of the course,
- ii) draw on any additional reading and references around the subjects,
- iii) illustrate their application to understanding a patient,
- iv) describe your personal reflections on and your relationship to these themes. Artistic content of a visual or poetic nature is welcome but not mandatory.

The essay should be typed, double spaced, saved as a PDF or Word Document and submitted to the Course Faculty via email. The first page should include the title of the essay, your name and the word count in the top right-hand corner. The word count should be 2500 words plus or minus 10%. Referencing should be included, with a list of references on the back page.

Themes for the First Written Essay Project*

In the first module, the medical topics covered include; the four elements, the four kingdoms of nature as an expression of the four members of the human being and "the four organs". These are the themes for the first essay; an integration of the "Four-Foldnesses" covered in the course.

****To be submitted by or on the first day of the second module.***

Themes for the Second Written Essay Project*

The themes for the second essay project is a choice of the following themes; -

- 1) Study of one or two anthroposophic medical substances. Artistic content would be helpful for the medicinal plant / substance theme.
- 2) A comparison in which two psychiatric conditions are contrasted from an anthroposophic perspective.
- 3) A comparison in which two organic conditions are contrasted from an anthroposophic perspective.

****To be submitted by or on the first day of the seventh module.***

Themes for the Third Written Essay Project*

Participants can choose a theme that particularly interests them, related to Anthroposophic Medicine or they may choose one of the themes for the second project they did not take up previously.

****To be submitted by or on the first day of the 8th Module.***

Case Histories

The presentation of three Case Histories is a requirement for the Certification as an Anthroposophic Physician.

Each case study is individual, and this can also be reflected in the way that it is portrayed. The aim is to highlight key diagnostic and therapeutic points rather than be a complete log of events. It is recommended to write around one paragraph on your understanding of each medicinal substance prescribed. They should each be a minimum of 3000 words and a maximum of 4000 words.

It may be helpful to work on this with your mentor, or for senior colleagues a co-mentor. Case histories should clearly describe the process of the therapeutic interaction and include the following:

- Conventional diagnosis
- History, physical description and examination findings where appropriate.
- An experiential description of your meeting with the patient and his or her illness.
- Relevant biographical aspects of the patient
- Your anthroposophical diagnosis / working hypothesis of the underlying condition.
- Your therapeutic aims
- Medicines prescribed and your relationship / understanding / experiential picture of them.
- If you have prescribed therapies such as massage, eurythmy or art therapy, it would be good to either say something about what you hoped the patient could gain and include feedback from the therapist and patient.
- Outcome and follow up.
- Personal reflections on the above.

Case Histories should be typed, double spaced, saved as a PDF or Word Document and submitted to the Course Faculty via email. The first page should include your name, word count and an indication that this is one of the three case histories submitted for Certification as an Anthroposophic Physician.

Annex 2.

Portfolio / Log of Training for Course Diploma and Certification as an Anthroposophic Physician

Participant Name:	
<p>Personal Experience of Non-medicinal therapies Please give details of personal courses of eurhythm therapy and anthroposophic art therapy. (These need to be arranged and paid for by participants themselves. Faculty can advise. They are not covered by the tuition fees) The minimum expectation is 10 hours of personal eurhythm therapy and 10 hours of personal art therapy.</p>	
<p>Eurhythm Therapy</p> <ul style="list-style-type: none"> • Number of sessions • Over what time period • Name and Contact details of Eurhythm Therapist <p>Please also provide signed documentation from therapist</p>	
<p>Anthroposophic Art Therapy</p> <ul style="list-style-type: none"> • Number of sessions • Over what time period • Name and Contact details of Art Therapist <p>Please also provide signed documentation from therapist</p>	
<p>First Written Essay Project In the first module, the medical topics covered include: the four elements, the four kingdoms of nature as an expression of the four members of the human being and “the four organs”. These are the themes for the first essay; an integration of the “Four-Foldnesses” covered in the course.</p> <p>Date submitted..... by or on the first day of the second module. Date received feedback of satisfactory completion.....</p>	
<p>Second Written Essay Project</p> <p>1) Study of one or two anthroposophic medical substances. Artistic content would be helpful for the medicinal plant / substance theme. 2) A comparison in which two psychiatric conditions are contrasted from an anthroposophic perspective. 3) A comparison in which two organic conditions are contrasted from an anthroposophic perspective.</p> <p>Date submitted..... (It should be submitted by or on the first day of the 7th module.) Date received feedback of satisfactory completion.....</p>	
<p>Third Written Essay Project Participants can choose a theme that particularly interests them, related to Anthroposophic Medicine or they may choose one of the themes for the second project they did not take up previously.</p> <p>Date submitted..... by or on the first day of the 8th Module Date received feedback of satisfactory completion.....</p>	
Certification as an Anthroposophic Physician - Additional Requirements:	
<p>Clinical Mentor Details: Name of Clinical Mentor..... Address..... Tel number..... E mail.....</p>	<p>Date of first mentoring session..... Date of final mentoring session..... Frequency and duration and format of mentoring sessions: (One-to-one or in groups):</p>
<p>If appropriate, give details of any professional experience in anthroposophic practices or clinics. Please give details of the position or placement and its duration with dates. Activities and level of responsibility:</p>	
<p>Three case histories submitted Date submitted..... Date received feedback of satisfactory completion..... Final Oral Examination - Date.....</p>	

Annex 3.

Reading List

In this training no preparatory reading is needed, but after each module it is worth revising your notes and reading related literature to consolidate and expand on your learning.

The first list are books we would strongly recommend you purchase and study. The second more extensive list is suggested for those wanting to study certain aspects of the course in more detail. There is no expectation for you to purchase these.

Books we would strongly recommend you purchase and study:

- Guus van der Bie, Guus and Machteld Huber Foundations of Anthroposophical Medicine: A Training Manual Floris Books, Edinburgh
- Blanning, Adam, MD. Understanding Deeper Developmental Needs. Holistic approaches for challenging behaviors in children. Steiner Books 2017.
- Evans, Michael, MB ChB and Iain Rodger: Anthroposophical Medicine. Treating Body, Soul and Spirit. 3rd ed., Floris Books, Edinburgh 2017.
- Girke, Matthias MD: Internal Medicine. Foundations and Therapeutic Concepts of Anthroposophic Medicine. Salumed, Berlin 2016.
- Glöckler Michaela MD, Wolfgang Goebel MD, Karin Michael MD: A Waldorf Guide to Children's Health. Illnesses, Symptoms, Treatments, and Therapies. Floris Books 2019.
- Holtzapfel, Walter MD: The Human Organs. Floris Books, 2013
- Heusser, Peter MD: Anthroposophy and Science. An Introduction. Peter Lang, Frankfurt am Main 2016. If Steiner
- Soldner, Georg MD and Hermann Michael Stellmann MD: Individual Paediatrics. Physical, Emotional and Spiritual Aspects of Diagnosis and Counselling. Wissenschaftliche Verlagsgesellschaft, Stuttgart 2014.
- Steiner, Rudolf and Ita Wegman MD: Fundamentals of Therapy: An Extension of the Art of Healing through Spiritual-Scientific Knowledge. Mercury Press, Spring Valley 1999 (vol. GA 27). (Also published as Extending Practical Medicine. Rudolf Steiner Press)
- Steiner, Rudolf: Invisible Man Within Us: The Pathology Underlying Therapy, Mercury Press, Spring Valley 1987 (vol. GA 221).
- Steiner, Rudolf: Course for Young Doctors. 3rd rev. printing, Mercury Press, Spring Valley 1997. (vol. GA 316). (Including three lectures entitled The Bridge between Universal Spirituality and the Bodily Constitution (1921), the latter also available separately.)
- Steiner, Rudolf: How to Know Higher Worlds – the Modern Path of Initiation. Anthroposophic Press, Hudson, USA 1994 (vol. GA 10).
- Vademecum of Anthroposophic Medicines Society of Anthroposophic Physicians in Germany (GAÄD), Medical Section at the Goetheanum (eds.): 3rd English ed. Munich 2017; www.merkurstab.de
- Vademecum of Anthroposophic - Best practices for mistletoe use in cancer care Medicines Society of Anthroposophic Physicians in Germany (GAÄD), 3rd English ed. Munich 2017; www.merkurstab.de

More extensive list is suggested for those wanting to study certain aspects of the course in more detail. There is no expectation for you to purchase these.

- Alexander, Walter: Hearts and Minds. Reclaiming the Soul in Science and Medicine. Lindisfarne Books, 2019
- Bosse, Dankmar: The Mutual Evolution of Earth and Humanity – Sketch of Geology and Paleontology of the Living Earth. Steiner Books (USA), 2019
- Bott, Victor MD: An Introduction to Anthroposophic Medicine – Extending the Art of Healing. Sophia Books, Rudolf Steiner Press, 2004
- Colquhoun, Margaret, PhD, and Axel Ewald: New Eyes for Plants. Hawthorn Press, 2011
- Dejean-von Stryk and Dietrich von Bonin: Therapeutic Speech. Floris Books, 2005
- Dekkers, Ad: A Psychology of Human Dignity. Steiner Books (USA), 2015.
- Furst, Branko MD: The Heart and Circulation. An Integrative Model. 2nd ed. Springer, New York 2020.
- Gloeckler, Michaela, (Ed), Raphael and the Mysteries of Healing. Medical Section at the Goetheanum.
- Gloeckler, Michaela MD, Stefan Langhammer MD and Christof Wiechert: Education – Health for Life: Education and Medicine working Together for Healthy Development. Floris Books 2018 (?)
- Gloeckler, Michaela MD, Medicine at the Threshold of a New Consciousness. Temple Lodge Press, 1997.
- Holdridge, Craig PhD: Thinking like a Plant. Steiner Books (USA), 2013
- Husemann, Armin MD, Form, Life and Consciousness, An Introduction to Anthroposophic Medicine and Study of the Human Being. Steiner Books 2019.
- Koop, Olaf MD: If the Organs Could Speak. Temple Lodge Press, 2011 (?)
- Haas, Harald. Self-Doubt. Depression, Anxiety Disorders, Panic, and Fear. Threshold Experiences, Crises of the Soul and Healing on

the Anthroposophical Path. Rudolf Steiner Press 2018.

- Holdridge, Craig PhD: A question of Genes – Understanding Life in Context, Floris Books, 1996
- Husemann, Armin MD: The Harmony of the Human Body Musical Principles in Human Physiology. Floris Books, 1994
- Husemann, Armin MD: Human Hearing and the Reality of Music. Steiner Books (USA), 2013.
- Kienle, Gunver S. MD., Helmut Kiene MD, Hans-Ulrich Albonico: Anthroposophic Medicine. Effectiveness, Utility, Costs, Safety. Schattauer, Stuttgart 2006.
- Koenig, Karl MD: Nutrition from Earth and Cosmos. Floris Books, 2015.
- Kirchner-Bockholt, Margarete MD and Eric: Rudolf Steiner’s Mission and Ita Wegman. Steiner Press (UK), 2016.
- Kipp, Friedrich: Childhood and Human Evolution. Adonis Press, 2005.
- Längler, Alfred, Patrick J. MD, Mansky, Georg Seifert (eds.): Integrative Pediatric Oncology. Springer, Heidelberg 2013.
- Lievegoed, Bernard MD: Man on the Threshold, Hawthorne Press, 1985.
- Lievegoed, Bernard MD: Phases. Steiner Press
- Marti, Ernst MD: The Etheric – Broadening Science through Anthroposophy. Vols. I and II. Temple Lodge (UK) 2015(?)
- Prasanna, Lakshmi; Kokinos, Michael. Autism: Meet Me Who I Am. A Contribution toward an Educational, Sensory, and Nutritional Approach to Childhood Autism that Supports Families and Ignites the Child’s Deeper Wish to Connect to People and the World. Steiner Books 2018.
- Prokofiev, Sergei O. Relating to Rudolf Steiner and the Mystery of the Foundation Stone. Temple Lodge, 2008
- Schramm, Henning M. Dr med Vet. : The Healing Power of Planetary Metals, 2014
- Selg, Peter MD: Ita Wegman and Karl Koenig – Letters and Documents. Floris Books, 2008
- Selg, Peter MD: Seeing Christ in Sickness and in Healing. Floris Books, 2008
- Selg, Peter MD: The Mystery of the Heart – The Sacramental Physiology of the Heart in Aristotle, Thomas Aquinas and Rudolf Steiner. Steiner Books (USA), 2012.
- Selg, Peter MD: The Essence of Waldorf Education. Steiner Books (USA), 2019.
- Selg, Peter MD: Spiritual Resistance – Ita Wegman 1933-35. Steiner Books (USA), 2014.
- Selg, Peter MD: The Michael School – and the School of Spiritual Science. Steiner Books (USA), 2016.
- Selg, Peter MD: The Child as a Sense Organ – An Anthroposophical Understanding of the Imitation Process. Steiner Books (USA), 2017.
- Selg, Peter: Very, very many more titles both of general anthroposophical and of medical relevance.
- Sommer, Markus MD: Healing Plants. Herbal Remedies from Traditional to Anthroposophical Medicine. Floris Books, Edinburgh 2014.
- Soesman, Albert: Our Twelve Senses, Hawthorn Press, 1990 (and a more recent expanded edition.)
- Steiner, Rudolf: Intuitive Thinking as a Spiritual Path - a Philosophy of Freedom. Anthroposophic Press, Hudson 1995 (vol. GA 4). (Also published under the title The Philosophy of Freedom and The Philosophy of Spiritual Activity, Rudolf Steiner Press.)
- Steiner, Rudolf: Esoteric Science. Anthroposophic Press, Hudson, USA 1972 (vol. GA 13).
- Steiner, Rudolf: Disease, Karma and Healing – Spiritual scientific Enquiries into the Nature of the Human Being. Rudolf Steiner Press (UK) 2013
- Steiner, Rudolf: Illness and Therapy – Spiritual Scientific Aspects of Healing. Rudolf Steiner Press (UK), 2013
- Steiner, Rudolf: Physiology of Healing – Treatment, Therapy and Hygiene. Rudolf Steiner Press (UK), 2013
- Steiner, Rudolf: Understanding Healing. Rudolf Steiner Press (UK), 2013
- Steiner, Rudolf, The Healing Process, Foundations of Anthroposophical Medicine Volume 8, Anthroposophic Press, USA, 2000
- Steiner, Rudolf: The Foundations of Human Experience (formerly Study of Man, Rudolf Steiner Press, UK). Anthroposophic Press (USA), 1996
- Steiner, Rudolf: Manifestations of Karma. Rudolf Steiner Press, London 2011 (vol. GA 120).
- Steiner, Rudolf: Eurythmy Therapy. Rudolf Steiner Press, London 2009 (vol. GA 315).
- Steiner, Rudolf: Education for Special Needs. (Formally Curative Education, 1924). Rudolf Steiner Press, London 2015 (vol. GA 317).
- Steiner, Rudolf: Broken Vessels (Formerly The Pastoral Medical Course, Sept., 1924). The Spiritual Structure of Human Frailty. Anthroposophic Press, Great Barrington 2003 (vol. GA 318).
- Steiner, Rudolf: The Agriculture Course. Rudolf Steiner Press UK), 2004.
- Steiner, Rudolf: Psychoanalysis and Spiritual Psychology, Anthroposophic Press (USA) 1990.
- Steiner, Rudolf: Health and Illness Vol. 1, Lectures to the Workmen. Anthroposophic Press (USA), 1984.
- Treichler, Rudolf MD: Soulways - Developmental Crises and Illnesses of the Soul. Hawthorn Press, 1996.
- Tresemer, David PhD Ed., William Bento PhD et al: The Counselor. . . as if soul and spirit mattered. Steiner Books (USA), 2015.
- Tresemer, David PhD Ed.: Slow Counseling Emphasize the Healing Power of Relationships, Lindisfarne Books (USA), 2017
- Twentyman, Ralph MB Ch B: The Science and Art of Healing. Floris Books 1995 (?)
- Wegman, Ita: Esoteric Studies. The Michael Impulse. Temple Lodge, 1993.
- Wegman, Ita: The Mysteries. Temple Lodge, 1993.

- Weihs, Thomas MD, Embriogenesis in Myth and Science. Floris Books, 1986.
- Whitcher, Olive, Projective Geometry – Creative Polarities in Space and Time. Rudolf Steiner Press (UK) Original 1971, many reprints.
- Whitcher, Olive, and George Adams: The Plant between Sun and Earth. Rudolf Steiner Press (UK). Original 1960's, many reprints.
- Woodward, Bob, and Dr.(med) Marga Hogenboom: Autism – a Holistic Approach. Floris Books, 2000.
- Wolff, Otto MD and Friedrich Husemann (ed.): The Anthroposophical Approach to Medicine, vol. 2 and 3 (vol. 2 out of print, vol. 3 publ. 2005, Anthroposophic Press, Hudson, USA).
- Zajonc, Arthur PhD, Meditation as Contemplative Enquiry. Lindisfarn Books, (USA) 2009
- Zeylmans van Emmichoven MD, F.W.:The Anthroposophical Understanding of the Human Soul. Anthroposophic Press, Hudson, USA 1982).
- Zeylmans van Emmichoven MD The Foundation Stone Rudolf Steiner Press. 1957 and later editions

Research in Anthroposophic Medicine – all Reviews: <https://medsektion-goetheanum.org/forschung/>

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Hamre HJ, Glockmann A, Heckenbach K, Matthes H. Use and safety of anthroposophic medicinal products: an analysis of 44,662 patients from the EvaMed Pharmacovigilance Network. Drugs - Real World Outcomes 2017; 4(4): 199-213. <https://doi.org/10.1007/s40801-017-0118-5>.

Hamre HJ, Kiene H, Ziegler R, Tröger W, Meinecke C, Schnürer C, Vögler H, Glockmann A, Kienle GS. Overview of the publications from the anthroposophic medicine outcomes study (AMOS): a whole system evaluation study. Global Adv Health Med 2014;3(1):54-70. DOI: <https://doi.org/10.7453/gahmj.2013.010>.

Kienle GS, Ben-Arye E, Berger B, Cuadrado Nahum C, Falkenberg T, Kapócs G, Kiene H, Martin D, Wolf U, Szöke H. Contributing to Global Health: Development of a Consensus-Based Whole Systems Research Strategy for Anthroposophic Medicine. Evidence-Based Complementary and Alternative Medicine 2019; Article ID 3706143. DOI: <https://doi.org/10.1155/2019/3706143>.

Kienle GS, Albonico HU, Baars E, Hamre HJ, Zimmermann P, Kiene H. Anthroposophic medicine: an integrative medical system originating in Europe. Glob Adv Health Med 2013; 2(6): 2013. <https://doi.org/10.7453/gahmj.2012.087>.