Clinical Foundation Course
2017 – 2019
One 4-week module per year
“The highest task of education is to take command of one’s transcendental self, to be the I of one’s I. Our lack of complete insight into - and understanding of - others is thus not surprising: without perfect self-understanding one will never learn to truly understand others.”

Novalis

“Anthroposophy is a path of knowledge, to guide the Spiritual in the human being to the Spiritual in the universe.”

Rudolf Steiner

“Live as if you were to die tomorrow. Learn as if you were to live forever.”

Mahatma Gandhi
Welcome to the Eugen-Kolisko-Academy!

With the new international Clinical Foundation Course we wish to offer doctors and students from around the world a chance to deepen their faculties of perception, clinical thinking and therapy. Based on 30 years of experience in teaching, the Clinical Foundation Course strives to enable an artistic and scientific understanding of what we really are as human beings and how nature and our own inner resources can complement modern medicine in enabling health and development.

We look forward to hearing from you!

Dr. med. Armin Husemann
Prof. Dr. med. David Martin
The Medical Section is one of 11 specialist sections of the School of Spiritual Science at the Goetheanum in Dornach/Switzerland.

Its tasks comprize:

- Coordinating and supporting research and development of anthroposophic medicine and its different forms of therapy worldwide.
- Organisation of events about anthroposophic medicine.
- Provision and accreditation of training and advanced training.

Greetings from the Medical Section at the Goetheanum

After 15 years of International Postgraduate Medical Trainings (IPMT) in 26 countries there is an increasing need for opportunities to meet Anthroposophic Medicine under hospital conditions and for further learning. The Clinical Foundation Course offers a broad range of subjects and patient presentations from anthroposophic-integrative hospitals as well as a wonderful chance for further professional and personal development. We look forward to seeing you there!
The Eugen-Kolisko-Academy and the Filderkliník

The Eugen-Kolisko-Academy was developed by Armin Husemann out of the Ärzteseminar, founded in 1987 by Thomas McKeen and Jürgen Schurholz for the purpose of training doctors in Anthroposophic Medicine.

Over 500 doctors, coming from every continent, have since taken this training. In 2017 the Academy will inaugurate the International Clinical Foundation Course of Anthroposophic Medicine led by David Martin.

The Filderklinik is one of the three major anthroposophic Hospitals in Germany. As the regional hospital of the Filder region including Stuttgart Airport, it offers modern conventional medicine extended with anthroposophic and integrative Medicine. It caters for the general medical problems of the surrounding population as well as for special problems of patients from around the world. The medical services of the Filderklinik include Internal Medicine, Psychosomatic Medicine for adults, adolescents and families, Surgery, Gynecology and Obstetrics, Anesthesia, Intensive Care, Radiology and Pediatrics, as well as a large outpatient and emergency department. A large team of artistic, movement, music and social therapists, good food and friendly architecture make the hospital a very special place.
Anthroposophic Medicine (AM) is an integrative multimodal treatment system based on a holistic understanding of human being and nature and of disease and treatment. It builds on a concept of four levels of formative forces and on the model of a three-fold human constitution. Conventional medicine and modern scientific thinking is the necessary basis for AM, be it in individual practices or large hospitals. AM enriches the spectrum of medicines and medical possibilities with medicines derived from plants, minerals, and animals; art therapy, eurythmy therapy, and rhythmical massage; counseling; psychotherapy; and specific nursing techniques such as external embrocation (Einreibung). Anthroposophic healthcare is provided by medical doctors, therapists, and nurses. Personal inner work (such as meditation) is encouraged for both patients and providers. A Swiss Health-Technology Assessment Report and its recent update identified 265 clinical studies on the efficacy and effectiveness of anthroposophic medicine. The outcomes were described as significantly positive (in 253 out of 265 studies), finding no major risk and good tolerability. Economic analyses found a favorable cost structure. Patients report high satisfaction with anthroposophic healthcare.
Location of the Clinical Foundation Course

The location of the Eugen-Kolisko-Academy and the Filderklinik is between Stuttgart and Tübingen, close to the Stuttgart Airport.

We are surrounded by a friendly blend of beautiful countryside and interesting towns and cities. The region offers a high density of culture and anthroposophic initiatives in all fields of life.
Description of the Clinical Foundation Course

The Clinical Foundation Course is an intensive seminar in Anthroposophic Medicine. It is designed for doctors and medical students who wish to deepen their knowledge and abilities in this field. Other professionals may also apply and may be admitted upon individual assessment. The Clinical Foundation Course offers a lecture every morning with Dr. med. Armin Husemann and/or Prof. Dr. med. David Martin, followed by in-depth case presentations from the Filderklinik and surrounding practices. Music and eurythmy therapy courses form a thread throughout the complete course to facilitate self-development and therapeutic skills. Guest speakers offer block courses on various disciplines and clinical specialties. Visits to other hospitals, pharmaceutical companies and special locations complement the courses.

**Dates**

**2017:** 14.5.2017 – 10.6.2017  
**2018:** 15.4.2018 – 12.5.2018  
**2019:** 19.5.2019 – 15.6.2019

For details see timetables from page 11 on
Recommended literature

**A Guide to Child Health: A Holistic Approach to Raising Healthy Children**
by Michaela Glöckler and Wolfgang Goebel
*ISBN: 978-0863159671*
Written for parents, a bestseller in Germany.

**Anthroposophic Medicine 2006**
by Gunver Kienle, Helmut Kiene, Hans-Ulrich Albonico
*ISBN: 978-3794524952*
Review of efficacy, costs, safety.

**Anthroposophy and Science**
by Peter Heusser
*ISBN: 978-3-631-67224-2*

**Individual Paediatrics: Physical, Emotional and Spiritual Aspects of Diagnosis and Counseling**
by Georg Soldner and Michael Stellmann
*ISBN: 978-1482207293*

**Fundamentals of Therapy**
by Rudolf Steiner and Ita Wegman
*ISBN: 978-1162594668*

**The harmony of the Human Body**
Armin Husemann
*ISBN: 978-0863153808*
Applies musical principles to gain insight into the structure and development of the human body.

**Human Hearing and the Reality of Music**
Armin Husemann
*ISBN: 978-1621480488*
Music is not simply something we hear. We experience it and love it; it is a primal human need.

**Functional Morphology: The Dynamic Wholeness of the Human Organism**
by Johannes Rohen and Cathy Sims-O'Neil
*ISBN: 978-0932776365*
Threefold, holistically detailed discussion of anatomy and physiology by an author of renowned medical anatomy texts.

**Vademecum of Anthroposophic Medicines**
CD format 1st English Ed. 2009.
Guide to many anthroposophic medicines. www.merkurstab.de/vademecum

**Internal Medicine**
by Dr. med. Matthias Girke
*ISBN: 978-3-928914-29-1*
Foundations and therapeutic concepts of anthroposophic medicine.

www.anthromedics.org offers over 6000 papers on AM.
Contents and aims of the Clinical Foundation Course

Basic concepts of anthroposophic medicine and their practical application include the two, three and four-fould view of the human being, salutogenesis and pathogenesis, inflammation and sclerosis, the large organs and their pathologies, approaches to understanding therapies, child development, biographical laws and questions as to the relationships between body, soul and spirit.

The scientific basis of anthroposophic medicine and the relationship between AM and conventional medicine will be addressed so that students understand that anthroposophy is based on science and welcomes all scientific observations. Students should become familiar with the concepts of circular evidence and know what forms of evidence can be relied upon in which situation. Knowing how to access and judge the quality of information is of paramount importance.

The art of anthroposophic medicine includes taking medical history, dealing in a scientifically founded way with fever and many acute and chronic illnesses, using basic anthroposophic medicines, knowing the limitations of anthroposophic medicine and understanding enough about eurythmy therapy, speech therapy, music therapy, rhythmical massage, art therapy etc. to be able to prescribe them and communicate with the therapist.

Self and society: As doctors and therapists we have power. Power requires wisdom if it is to be used for the good of all. Therefore it is necessary that we think very clearly about our relationship to our patients, to society and to money on a micro and macro level. Such thinking can lead to contemplation, meditation and the wish to engage in one’s own inner path. Further, we need to become acquainted with important skills and concepts regarding our own time and self-management in order to prevent ourselves and our staff from burnout. We also need to know something about the rights and limitations of anthroposophic medicine, who is responsible for what, how we can contribute to a healthy and solid development of medicine in general and AM in particular, and what successful models of practice exist.
**Lecturers**

**Marco Bindelli**
Choir director, head of the Youth Seminar, Stuttgart

**Dr. med. Thomas Breitkreuz**
Senior Consultant at the Paracelsus Krankenhaus, IVAA, Hufelandgesellschaft, Eurocam

**Philipp Busche**
Internist, Gastroenterology Senior physician at the clinic Arlesheim, Switzerland

**Doris Dorfmeister-Popp**
Music therapist at the Filderklinitik, also lecturing musictherapy to students and others, built up music therapy for chronical psychiatric patients

**Dr. Ruth Dörfel**
Senior physician at the department of gynecology and obstetrics, specialization in Obstetrics at the Filderklinitik

**Dr. James Dyson**
Co-founder of the Park Attwood Clinic, faculty member of the Medical Section on Mental Health

**Dr. med. Matthias Girke**
Internist, Endocrinology, Diabetology, former head doctor in the internal medicine department at Havelhöhe hospital, Berlin, future head of the medical section at the Goetheanum, Dornach, Switzerland

**Dr. med. Michaela Glöckler**
Practice as child- and school doctor. Since 1988 head of the Medical Section at the Goetheanum, School of Spiritual Science, Dornach, Switzerland

**Dr. Andreas Goyert**
Specialist in internal medicine at the Filderklinitik

**Jamie Harvie P.E.**
Executive Director of the Institute for a Sustainable Future; Engineer, systems thinker, food systems and ecological health innovator.

**Rolf Heine**
Male nurse, Head of the International Forum for Anthroposophic Nursing

**Prof. Dr. med. Peter Heusser**
Gerhard Kienle Chair for Medical Theory, Integrative and Anthroposophic Medicine, University of Witten-Hardecke

**Prof. Dr. med. Roman Huber**
Head of the University Centre for Complementary Medicine, University Freiburg i. Breisgau
Lecturers

Dr. med. Armin Husemann
General physician, Director of Eugen Kolisko Academy

Miriam Kaiml
Music therapist at the Filderklinik

Boris Krause
Specialist in psychiatry, psychotherapy and psychosomatic medicine. Lead Physician of Psychosomatic Department Filderklinik

Dr. med. Markus Krüger
Lead physician of the Pediatrics Department of the Filderklinik

Sylvia van Ledden
Eurythmy therapist at the Filderklinik

Dr. phil. Serge Maintier
Speech therapist, artist and researcher

Prof. Dr. med. David Martin
Specialist for Pediatric and Adolescent Medicine, endocrinologist, diabetologist, oncologist and hematologist, senior consultant at the Filderklinik, Adjunct Professor of Pediatrics at the Tübingen University, Director of the Clinical Foundation Course

Hélène Martin
Co-Founder of Rhythmical Massage Trainings in England, China and Taiwan, practice in Colmar, France

Prof. Dr. Harald Matthes
Head of the Gemeinschaftskrankenhaus and Forschungsinstute Havelhöhe, Hufelandgesellschaft, Professor of Anthroposophic and Integrative Medicine at the Humbold University, Charité, Berlin

Dr. med. Harald Merckens
Internist, gastroenterology, Lead Physician of the internal department at the Filderklinik, board member of the Eugen-Kolisko-Academy

Pirkko Ollilainen
Eurythmy therapist at the Filderklinik
Lecturers

Dr. med. Maurice Orange
Speciality Doctor of Oncology, Clinical Lead Oncological Day Centre, Klinik Arlesheim, Switzerland

Dr. med. Till Reckert
Pediatrician in a joint practice in Reutlingen. Deputy Chairman of the Baden-Württemberg State Professional Association of Paediatricians (BVKJ) and state press secretary

Dr. med. Karl-Heinz Ruckgaber
Head of Child and adolescent psychiatrist and at the Filderklinik, own practice and Head Physician of the Gutenhalde Social Therapy Institute.

Prof. Dr. med. Dipl. Biol. Christoph Schempp
Specialist in skin and venereal diseases in Freiburg, head of the research center “skinitial” at the university clinic Freiburg

Dr. med. Silke Schwarz
Kindergarten and school doctor, doctor for anthroposophic medicine (GAÄD), head of the medical and educational consultancy KINDgerecht

Prof. Dr. med. Peter Selg
Specialist in Child and Adolescent Psychiatry, Head of the Ita Wegman Institute, Arlesheim, Author

Georg Soldner
Specialist for Pediatric and Adolescent Medicine, Munich, Director of the Academy Anthroposophic medicine at the Society of Anthroposophic Physicians in Germany (GAÄD), future Deputy Head of the Medical Section at the Goetheanum, Dornach, Switzerland

Dr. med. Tobias Sprenger
With a team of physicians, healers and alternative practitioners he is the medical lead of the holistic treatment center VillaVita, which is devoted to salutogenesis.

Stephan Strauß
Consultant for Psychiatry and Psychotherapy at the Filderklinik

Dr. med. Jan Vagedes
Specialist in Pediatrics, Founder and Research Director of ARCIM Researche Institute at the Filderklinik

Evelyn Warnet
Eurythmy Therapy Ambulance at the Filderklinik, therapy in kindergarten and old people's home, teaching in adult education institutes

Valentin Wember PhD
Studied philosophy, literature, music and science of education in Hamburg, Berlin and Stuttgart. State-certified Waldorf teacher, teacher trainer (USA, Switzerland, Korea and Germany) and organization development consultant for schools and businesses.
Accommodation and costs

**Method of payment**
In January of the perspective course year you will receive an invoice about the seminar fee. Please, transfer the annual fee at the latest by 15th of February to our German account.

**Instalments**
The fee can be paid in instalments. Further concessions e.g. for students and special arrangements are negotiable. Please contact Prof. Dr. med. David Martin (info@kolisko-academy.org)

**Lunch**
Lunch will be available from the buffet at the reduced Filderklinik employee rate between 2,00 Euro and 5,00 Euro (depending on your choice of dishes).

**Assistance**
We will be glad to assist you in finding a place to live. Bed and breakfast can be arranged at a friendly rate (approximately 30 – 90 Euro / night) but is not included. Families in the surrounding area have offered to accommodate participants. Please contact Petra Drammeh (info@kolisko-academy.org)

**Bank account:**
Eugen-Kolisko-Akademies e.V. Filderstadt
Kreissparkasse Esslingen
IBAN: DE41 6115 0020 0008 2669 01
BIC: ESSLDE66XXX

The students are responsible for traveling organization and costs.

The Clinical Foundation Course costs are higher than the income generated by the participation fees. If you are in position to contribute the “real-costs-fee” of 4,000 Euro / year or make any other contribution we would be very grateful.

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**Participation fee**
**for doctors**
1,500 Euro / year

**Participation fee**
**for students**
900 Euro / year

The following fees cover 4 weeks of tuition per year including all excursions in the program.
Scholarships

Depending on need there will be partial scholarships available. However, since we will be attracting students from all over the world, including students from third world countries our possibilities to offer financial aid will be limited.

If you need financial support to be able to take part in the Clinical Foundation Course, please include this request in your application with a detailed description of your financial situation. Please state clearly which parts of the costs you can carry and for which parts you would need a loan or scholarship.

You are also encouraged to seek financial support from your local institutions.

Accreditation

Conventional accreditation
International accreditation will be solicited from the European Accreditation Council for Continuing Medical Education (EACCME) to provide CME for medical specialists. The EACCME is an institution of the European Union of Medical Specialists (UEMS), therefore its credits are recognized by the Deutsche Ärztegesellschaft. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity. Through an agreement between the European Union of Medical Specialists and the American Medical Association, physicians may convert EACCME credits to an equivalent number of AMA PRA Category 1 Credits™.

Anthroposophic accreditation
The Clinical Foundation Course is a recognized structured training course, leading to the certificate anthroposophic medicine (GAÄD) and Medical Section at the Goetheanum. (In Germany, Anthroposophic physicians can add the "Anthroposophic Medicine (GAÄD)" certification to their title and practice address if they have in addition to their conventional medical education and training qualified in anthroposophic medicine. Requirements and training paths are described in the recognition order for anthroposophic doctors. After participation in structured training courses, mentored practice time, the presentation of three self-treated patient histories and a successful recognition conversation, the certificate "Anthroposophic Medicine GAÄD" is awarded with the International certificate of the medical section at the Goetheanum.)
Application

Requirements
The Clinical Foundation Course is intended for doctors and medical students. Exceptions can be made for other medical professions on demand.

Language knowledge
You will need to be able to read and understand the course texts in English and to clearly follow and understand the discussions in the courses and seminars. In the course of your studies it would be expected that you could also take an active part in discussions as well. On the traditional language proficiency scales a level of at least B2 would be expected.

We may consider offering a simultaneous translation into Spanish if we have many applicants who only speak Spanish.

How to apply?
For Application please fill in the online application form on the Eugen-Kolisko-Academy Website (www.kolisko-academy.org), or send an Email to Petra Drammeh (info@kolisko-academy.org).

Please attach the following documents:
✓ chronological curriculum vitae
✓ letter stating your motivation for applying to the Clinical Foundation Course
✓ certified copies of degrees and diplomas in English
✓ photo

Please note: Depending on the country, it may be necessary to get a visa beforehand in your own country. Under some circumstances it may take several months to arrange this. We can write a letter of invitation if needed.
Cooperation partners

Medical Section at the Goetheanum
www.medsektion-goetheanum.org

German Physicians Society of Anthroposophic Medicine (Gesellschaft Anthroposophische Ärzte Deutschland, GAÄD)
www.gaed.de

ARCIM - Academic Research in Anthroposophic Medicine
www.arcim-institute.de

The British Postgraduate Training in Anthroposophic Medicine
www.anthroposophic-drs-training.org

Physician’s Association for Anthroposophic Medicine (USA)
www.paam.net

Campus A, Stuttgart
www.campusa.de

AnthroMed
www.anthromed.de

Verband Anthroposophischer Kliniken e.V.
www.anthro-kliniken.de

SEKEM
www.sekem.com

Chair of Theory of Medicine, Integrative and Anthroposophic Medicine
University of Witten/Herdecke
www.uni-wh.de

University of Tübingen
www.uni-tuebingen.de

Teaching Hospitals:
Filderklinik
www.filderklinik.de

Öschelbronn
www.klinik-oeschelbronn.de

Paracelsus Unterlengenhart
www.paracelsus-stiftung.de

Klinik Arlesheim
www.klinik-arlesheim.ch

Teaching practices

Producers of Anthroposophic Medicinal Products:
Wala, Weleda, Abnoba, Birkan AG

YIRABAH Gambia e.V.
www.yirabah-gambia.org
Quotes from students about the Kolisko Academy courses.

“It was so much more than anthroposophy and medicine in theory - I could experience it, live it. It was extremely motivating for the future.”

“It was very valuable to experience that there are ways of learning through which you can learn a lot and thereby be enlivened in such a way that what you learn reaches deeper layers of your being.”

“I am returning to my university exam preparation with renewed strength and enthusiasm”

“There are courses that enrich the rest of your life, where you meet people with whom you feel connected and share the same enthusiasm for becoming more human and a better doctor.”

“Man, know thyself - this course taught me how to approach this delphic maxim in a way that involves both heart and brain.”
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70794 Filderstadt
Germany

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Fax: 0049/711/77 74 85
Internet: www.kolisko-academy.org
Email: info@kolisko-academy.org

Organizer:
Eugen-Kolisko-Akademie e.V.
Director: Dr. med. Armin Husemann
Director of the Clinical Foundation Course: Prof. Dr. med. David Martin
Course coordinator: Petra Drammeh
Board members: Dr. med. Armin Husemann, Dr. med. René Madeleyn,
Dr. med. Harald Merckens

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