



The Clinical Foundation Course, 1st module 14th May – 9th June 2017

A day in the life of the Eugen-Kolisko Academy: A Novice Perspective

I enter into the Filderklinik with new eyes and ready to 'be astonished'. In our learning space, in the beautiful land of Southern Germany, I'm surrounded by artists who happen to also be clinicians. I look around and listen to some of the most brilliant minds, warmest hearts and creative souls practicing medicine today. Not only are my colleagues experts in the complexities of the physical human body and its processes, but they embody the art of medicine in every lecture, class, case study and question.

I'm reporting from the Eugen-Kolisko Academy that operates out of the Filderklinik, a fully integrative hospital in Filderstadt, a suburb of Stuttgart. What they offer here is state-of-the-art and unlike anything that exists around the world. Patients not only get conventional, integrative and anthroposophical medicine and treatment, but they spend time to heal fully, mind, body, soul and spirit.

Knowing very little about anthroposophy before last year, I read as many books as I could. I have been following Rudolf Steiner after learning about Waldorf education, but the depth of knowledge and richness of experiences at the academy could not be anticipated. Dr. med. Armin Husemann is one of the most inspirational and humble doctors I have ever met. He takes such an intricate and creative approach to his lectures, it feels like I'm watching an artist construct his masterpiece before my eyes. His heart for teaching medical professionals beats strongly, as he embodies anthroposophy in each lesson and word. Univ.-Prof. Dr. med. David Martin, the initiator and director of this course, is the doctor every child wants as his pediatrician. He's a genius. He sits and participates in every single lecture and can synthesize the most complex topic, simplify it into a few words, while translating, thinking about his patients, his family and probably solving global warming all at the same time. David's youthful spirit mixed with his passion for learning and teaching

is encouraging and gives me hope that all doctors can get back to practicing and living in this way. Both Husemann and Martin are kind, generous and fall into the 'givers' of the world. Dr. phil. Serge Maintier, world renowned Speech Artist and therapist, is a superstar. The way he infused life into speech therapy was transformational. Who knew there was a set of speech techniques that could be used for heart disease and anemia? Hearing Miao, a Taiwanese physician, talk about how her left finger paresthesia were healed and Priscila's 'cold bones' were warmed after a simple vocal technique, I was convinced he was magic. All of the instructors have been great thus far. Learning eurythmy is very new to me and having Pirkko as our teacher is truly a treat. She's animated and passionate about her specialty and delivers the practical aspect of eurythmy through experience. Then there is Petra, the mother of our coop and also a 'giver'. She is lovely, warm and truly the glue of our program. Not only does she perform the administrative tasks of the academy, but also runs an NGO with her husband.

It's been a challenge for me to follow along, comprehend, digest and move onto the next life-changing concept, but I'm keeping up. I have a theory that this program exhausts our physical and ethereal bodies so that our astral and ego can shine through and we're able to absorb and grasp the concepts on a different level. At least it feels that way to me. But though I am spent after receiving this very rich information, I wouldn't change a thing.

It is most definitely the people in this program, teachers, students and patients who make it a unique and inspiring experience. The Filderlinik and what it models is the topping on the cake. This experience illustrates what is possible in our own corner of the world. The program has been a launching pad for so many ideas within this inaugural group of colleagues. I believe it has inspired them to move forward, continue the momentum and live into the possibility of making their dreams come true. Community and collaboration is crucial on this journey and we embody that as a group. But I may be biased, as I try to build community at every turn of my life.

I trust many will return home with a piece of the holy grail to make their dreams come to fruition and restore meaning into medicine and patient care. That's what I tell myself and what I plan to do. Anthroposophic Medicine is the perfect marriage, a truly complementary practice bridging the solid science and the spiritual aspects of whole health and wellness. I look forward to finding ways to bring this back to the U.S. through teaching others and in my everyday. And with that I will return the next two years to gain more knowledge, more experience and more community to continue our journey for healing the healthcare systems of the world.

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