

## WHAT IS ANTHROPOSOPHIC MEDICINE?

Anthroposophic medicine (AM) 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 visionary.

At the core of anthroposophic medicine 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 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 also considering sources of health: what gives humans resilience and strength, even in times of inner and 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 these websites:

[www.paam.net](http://www.paam.net)  
[www.medsektion-goetheanum.org/en](http://www.medsektion-goetheanum.org/en)  
[www.aamta.org](http://www.aamta.org)  
[www.rhythmicalmassagetherapy.org](http://www.rhythmicalmassagetherapy.org)

**PAAM TRAINING**  
27 Behind The Rocks Dr.  
Moab, UT 84532

**SPRING 2014**  
May 10th – May 17th

### INTERNATIONAL POSTGRADUATE MEDICAL TRAINING (IPMT)

### ANTHROPOSOPHIC NURSING CERTIFICATION COURSE

### RHYTHMICAL MASSAGE THERAPY TRAINING



On the campus of  
**RUDOLF STEINER COLLEGE**  
Fair Oaks, California



Presented by **THE MEDICAL SECTION**  
AT THE GOETHEANUM, Switzerland



**PAAM** Physicians' Association  
for Anthroposophic Medicine



**NAANA** North American  
Anthroposophic Nursing Association



**RMTA** Rhythmical Massage Therapy  
Association of North America

## THE IPMT

The International Postgraduate Medical Training (IPMT), led by international experts in the field, offers medical doctors, nurses and massage therapists a comprehensive introduction to anthroposophic insights, methods, and therapeutics for their own profession.

*Profession-specific study* takes up most of each day. *Shared activities* include eurythmy movement, evening sessions on inner development, illness and healing, and meals/breaks. Each of the three professions will explore from its own perspective:

- Understanding the human being in health and illness
- Integrating body, soul and spirit in diagnosis and therapy
- Meeting the patient therapeutically
- Knowing medicinal plants and nature's substances

### IPMT MEDICAL TRAINING (for physicians)

- ◆ Clinical Introduction Part 2
- ◆ Child Development and Childhood Health
- ◆ Women's Health Concerns
- ◆ Compresses and other External Applications
- ◆ Nutrition
- ◆ Renewal of Pharmacy

### FOUNDATION COURSE IN ANTHROPOSOPHIC NURSING and Continuing Education

- ◆ Foundations of Nursing Assessment
- ◆ Nursing Interventions and Gestures
- ◆ Rhythmical Einreibung
- ◆ External Applications

### RHYTHMICAL MASSAGE THERAPY TRAINING

- ◆ Rhythmical Massage Qualities of Touch
- ◆ Rhythmical Massage Therapy Applications
- ◆ Movement Exercises
- ◆ Artistic Explorations

### PLEASE CONTACT:

IPMT Medical Training: [www.paam.net/training](http://www.paam.net/training)  
email: [paamdrscourse@anthroposophy.org](mailto:paamdrscourse@anthroposophy.org)  
Anthroposophic Nursing Course: [www.aamta.org/nursing/](http://www.aamta.org/nursing/)  
email: [esustick@aamta.org](mailto:esustick@aamta.org)  
Rhythmical Massage Therapy Training:  
[www.rhythmicalmassagetherapy.org/training/](http://www.rhythmicalmassagetherapy.org/training/)  
email: [marliesschade@gmail.com](mailto:marliesschade@gmail.com)

## PRESENTERS



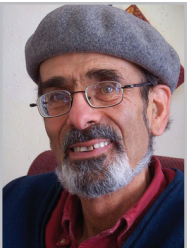
### MICHAELA GLÖCKLER, MD

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



### ADAM BLANNING, MD

directs the Denver Center for Anthroposophic Therapies. He teaches courses in early childhood therapeutic work, lectures widely on Waldorf education and child development, and directs the PAAM course in school doctoring. He is currently serving as AAMTA president.



### PHILIP INCAO, MD

practiced as a family doctor in Harlemville, NY and Denver, CO, for several decades and now practices in Crestone, CO. A founder and past president of PAAM, Dr. Incao is a much sought-after mentor and lecturer, and has contributed many articles on topics in Anthroposophic Medicine.



### MARK KAMSLER, MD

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



### ALICIA LANDMAN-REINER, MD

practiced AM primary care for twenty years. She organizes the US IPMT, directs PAAM training, consults at Waldorf schools and teaches internationally.



### GLEND A MONASCH, TE

co-directs Sound Circle Eurythmy Training School. She teaches at Shining Mountain Waldorf School, and practices therapeutic eurythmy in Boulder, Colorado.



### ANDREA RENTE A, MD

has been a family practitioner, concentrating on women's health and pediatrics, for over 30 years. She is a Waldorf school consultant, and has studied AM extensively in Europe. She is a board member of the American College of Anthroposophic Medicine, and a co-founder and board member of True Botanica.



### ALBERT SCHMIDL I, PHARM

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



### ELIZABETH SUSTICK, RN

is an Anthroposophic Nurse Specialist in private practice in Massachusetts. She directs the IFAN certified Foundation Course in Anthroposophic Nursing (AN), is a Board member of AAMTA and a founding board member of NAANA.



### CHRISTOPH VON DACH, GN, MSC

is Director of Nursing at the Lukas Klinik in Arlesheim, Switzerland. He is an Anthroposophic Nurse Specialist with a master's degree in palliative care.

#### Also teaching:

**PAUL KALNINS, ND** Assistant Professor, National College of Natural Medicine, Portland, OR & **ANKE SMEELE, RN** Anthroposophic Nurse Specialist, NAANA Board, Camphill Community

## LOCATION

Rudolf Steiner College's thirteen-acre campus, just outside Sacramento, California, offers quiet places for contemplation, biodynamic gardens with many medicinal plants, a bookstore, beautiful movement space, ample classrooms, delicious healthy cuisine, and hiking and biking along the adjacent American River Parkway. Access from Sacramento Airport.

There is limited housing on-campus (with shared baths), and ample hotel accommodations with campus shuttle provided. For details see our registration form and [www.steinercollege.edu/housing](http://www.steinercollege.edu/housing).

### WE ARE GRATEFUL TO:

**Sponsors:** WALA GmbH, Weleda North America, and FACT

**Supporters:** True Botanica Foundation and Uriel Pharmacy



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## IPMT SCHEDULE

### Saturday, May 10, 2014

3:00 – 6:00 pm IPMT REGISTRATION (Medical, Nursing)

6:00 pm • SUPPER

7:15 – 9:00 pm Welcome & Introduction to Theme

### Sunday, May 11 – Friday, May 16, 2014

7:15 am • BREAKFAST

8:15 – 9 am Eurythmy (ALL participants)

9:15 – 10:30 am • Small Group Interactive Learning, Observation Exercises (Medical)

• Nursing Course (Nursing)

• Rhythmical Massage Therapy Course (RMT)

10:30 am • Coffee/Tea break

11:00 – 12:15 pm • Small Group Study, "Fundamentals of Therapy" (Medical)

• Nursing Course (Nursing)

• Rhythmical Massage Therapy Course (RMT)

12:30 pm • LUNCH

2:00 – 3:30 pm • Renewal of Pharmacy (Medical, Nursing)

• Compresses, External Therapies (Medical)

• Nutrition (Medical)

• Nursing Course (Nursing)

• Rhythmical Massage Therapy Course (RMT)

3:30 pm • Coffee/Tea break

4:00 – 5:30 pm • Clinical Introduction (Medical)

• Child Development, Child Health (Medical)

• Women's Health Concerns (Medical)

• Nursing Course (Nursing)

• Rhythmical Massage Therapy Course (RMT)

6:00 pm • SUPPER

7:15 – 8:30 pm Healing Power of Self-Knowledge and Inner Development (ALL participants)

8:30 pm Celebratory Conclusion with Certificates

### Saturday, May 17, 2014

7:15 am • BREAKFAST and departure

For further details of Medical, Nursing, and Rhythmical Massage Therapy tracks, see websites and registration materials. Complete Nursing Schedule is listed on the website.