

of health: what gives humans resilience and strength even in times of inner or outer stress? What are our sources of self-regeneration and 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, all carried out by health professionals with specific training.

For more information on anthroposophic medicine and the IPMT, please see [www.paam.net](http://www.paam.net) and [www.medsektion-goetheanum.ch/lang/en/](http://www.medsektion-goetheanum.ch/lang/en/)



### Location

Institute of Noetic Sciences (IONS) Retreat Center

101 San Antonio Road,

Petaluma, CA 94952

707.775.3500

<http://www.noetic.org/retreat.cfm>

The IONS Retreat Center, situated 30 minutes north of the Golden Gate Bridge, provides us with beautiful, peaceful indoor and outdoor gathering spaces on 200 acres of live-oak woodlands and rolling hills with panoramic views. Delicious and healthy meals emphasize fresh, organic, local foods. We are housed on-campus in recently renovated, attractive rooms of single and double occupancy. San Francisco airport transfer and driving directions: [www.noetic.org/retreat/directions.cfm](http://www.noetic.org/retreat/directions.cfm)

Contact:

A.Landman MD; Carol O'Brien, administrator

[paamdrscourse@anthroposophy.org](mailto:paamdrscourse@anthroposophy.org)

734-930-9462 (PAAM)

[www.paam.net](http://www.paam.net)

## SCHEDULE

Friday, May 8 <sup>th</sup> , 2009	
3.00-6.00 pm	Registration
6.00 pm	Dinner
7.00-8:45 pm	Welcome and Introduction to theme - Dr. Michaela Glöckler
Saturday, May 9 <sup>th</sup> -Thursday May 14 <sup>th</sup> , 2009	
7.00-8.00 am	Breakfast
8.00-8.45 am	Eurythmy exercises
8.45-10.15 am	Interactive learning in small groups, with Goethean observation exercises
10.15-10.45 am	Coffee break
10.45-12.15 pm	<i>Study of Fundamentals of Therapy</i>
12.15-2.15 pm	Lunch break
2.15-3.30 pm	Anthroposophic medicine in practice Allergy and Autoimmune Problems (In- cao); Gastrointestinal Illnesses (Johnson); Back, and Shoulder (Takacs); Beginners' Group / Primary Care Problems (Land- man); Anthroposophic Nursing (Smith); Anthroposophic Pharmacy (Schmidli)
3.30-4.00 pm	Coffee break
4.00-5.15 pm	Anthroposophic Pharmacy (Schmidli); Anthroposophic Nursing (Smith)
5.15-7.00 pm	Dinner break (Dinner served 6pm)
7.00-7.45 pm	Review of the day
7.45-9.00 pm	Lecture, Dr.M.Glöckler: Healing power of self-knowledge and inner develop- ment. Thursday: Closing lecture and certificates.
Friday, May 15 <sup>th</sup> , 2009	
7:00-8:00 am	Breakfast
	Departure

Note: Program and faculty subject to change

# International Postgraduate Course in Anthroposophic Medicine

For Medical Doctors and Students

**May 8<sup>th</sup>-15<sup>th</sup>, 2009**  
**Petaluma, California**





## COURSE DESCRIPTION

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

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 back to their medical work.

### IPMT daily program includes:

- **Practical diagnosis and therapy:** allergy and autoimmune problems; gastrointestinal disease; spine and shoulder problems; and adult primary care.
- **Anthroposophic pharmacy:** reading the book of nature.
- **Inner development** methods for the physician, and their role in health and healing
- **Morning eurythmy movement.**
- **Nature observation:** small-group interactive study of the four states of matter, known to many healing traditions as earth, water, air, and fire. How can we observe nature in a manner suitable to what we are observing?

*2009 IPMT will feature a special Orientation to Anthroposophic Nursing, open to RN's, LPN's, NP's, and nursing students. Please contact us as early as possible, if you are interested! Minimum number of participants required: 10.*

We are most grateful for support from:  
Benefactor: Weleda USA  
Supporters: Wala GmbH, and Uriel Pharmacy.  
Donor: True Botanica

## PRESENTERS



**Michaela Glöckler, MD**, is the Head of the Medical Section at the Goetheanum in Dornach, Switzerland, since 1988. As an international lecturer and teacher, she travels worldwide to lead courses on anthroposophic medicine. Author of *A Guide to Child Health* and several other publications.



**Albert Schmidli** is responsible for new product development and doctors' training at Weleda-Switzerland. For the past 20 years, he has lectured on anthroposophic medicine and given medical seminars throughout Europe and the world.



**Alicia Landman-Reiner, MD**, practiced anthroposophic medicine in a primary care context for twenty years. She founded and directed the PAAM physicians' training, and directs the PAAM Mentoring Program. She is the United States organizer for the IPMT.



**Steven Johnson, DO**, has extensively incorporated anthroposophic and holistic therapies, inpatient and outpatient, for 12 years. He has been medical director for Camphill Special Needs programs, consulted for Waldorf schools, and taught in many trainings, including IPMT-India.



**Philip Incao, MD**, practiced anthroposophic medicine in a busy general practice for three decades. He is a sought-after lecturer and physician mentor. He has authored numerous articles, and is writing a book on anthroposophic medicine.



**Joan Smith, RN, RM**, has had extensive nursing experience at Park Attwood Clinic and Camphill centers in the UK. Her main focus and enthusiasm for the past two decades has been anthroposophic nurse training.



**Joan Takacs, DO**, has practiced physical medicine and rehabilitation in Portland, Oregon, for over 20 years. In 1989, she and her husband founded a multidisciplinary anthroposophic group practice. She taught manipulation at Kirksville Osteopathic College.

**Additional faculty includes Glenda Monasch, Therapeutic Eurythmist, and Stefan Langhammer, International Project Manager, IPMT.**

## WHAT IS ANTHROPOSOPHIC MEDICINE?

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 anthroposophic medicine is a method by which laws unique to living organisms, to the psyche, and to the spirit in the human being and in nature, may be understood and researched in an exact, 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. Anthroposophic medicine also represents 21st century medical thinking, which is now investigating not just pathogenesis, but sources

