

Overview of Advanced Prescriber's Training in Anthroposophic Naturopathy for Allied Health Prescribers.

For endorsement as an Anthroposophic Prescriber we expect all participants to have completed the Foundation Year as an Orientation into Anthroposophic Medicine plus a further three or four years of Prescriber's Seminars/Webinars, which brings the total to four / five years.

During this time we expect you to have undergone **80 hours of contact time** equivalent to 8 Prescriber's training blocks along with mentoring time in which you will present your case studies at a minimum of 10 hours in total. We suggest that you book one hour per month.

In the final year you will need to arrange for some **clinic supervision** with a minimum of twenty hours. The whole course will then carry a total contact time of 250 hours and then your final work will be a presentation of **three case studies**, which will be forwarded to ANG (Irmhild Kleinhenz as appointed Mentor for the Medical Section) for endorsement.

We are unable to bring specialized areas into this training but strongly recommend that you seek out some experience in Eurythmy, Speech, Projective Geometry, Anatomy, Architecture and Music.

In order for you to become proficient in referring to Anthroposophic therapies, we also suggest that you acquaint yourself with the recognized therapies such as Anthroposophic Nursing, Eurythmy therapy, Art therapy, Rhythmical massage, Music therapy, Speech therapy and Biographical/Pastoral counselling. These are elective subjects but are very important in building up networking and collegial relationships.

Course provider:

Irmhild Kleinhenz – accredited Fellow: Naturopathy, Homoeopathy, Herbal Medicine, Nutrition, and advanced post graduate Integrative Medicine.
Facilitator IPMT. School Health Consultant.

Contact: Irmhild Kleinhenz
PO Box 197, Urunga NSW 2455, Australia.
Telephone: 0444 551 381
Email: naturosophy@pm.me

CURRICULUM: Anthroposophic Prescriber's Training

It is expected that practitioner have undertaken an Introduction to Anthroposophic Medicine through courses on offer from the Medical Section.

These should have covered basic topics such as Salutogenesis, three-foldness, four-foldness, inflammation and sclerosis, hypersensitivity (hysteria) and neurasthenia, as well as a general overview of life phases and illnesses and human evolution. Practitioners seeking advanced Training need to be familiar with these concepts.

Proof of interstanding also requires some reading of basic texts.

APT 2: Substances: Introducing Anthroposophic Medicines – online Webinar 2023

- Minerals – deepening our understanding with Goethean observations
- Metals – the seven metals with their planetary influences and the vegetabilized-metal remedies
- Plant remedies – The Plant Families and their gestures
- Animal remedies – the destiny of animals and a comparison between Homoeopathic and Anthroposophic uses

APT 3: Nutrition: deeper insights into nutrition as a healing modality – online Webinar 2024

- Expanding nutritional research through spiritual science
- The physiology of nutrition and its purpose
- The role of the senses, rhythm, temperature, medicinal substances in nutrition
- Nutrition from plants and animals; Nutrition and the soul and spiritual life; the role of community building through nutrition.
- Milk
- Protein
- Fats
- Carbohydrates
- Minerals
- Global and Cultural aspects to nutrition
- Cosmic Nutrition

APT 4: Anamnesis, Diagnosis and Therapy – online Webinar 2025

- The anamnestic questions that Steiner gave and their purpose in diagnosis
- Fundamentals of Therapy Text Study
- Embryogenesis – understanding the basis of organ development,
- The effect of inherited and environmental influences
- The metamorphosis of the skeleton
- The concept of karma and a spiritual-scientific understanding of DNA.

A Choice of three of the following for research and assignment work:

- I. Gynaecology and Obstetrics – physiology of the menses, pathology and therapy of menstrual disorders, dysmenorrhoea, premenstrual syndrome, uterine myomas, ovarian cysts, PID, leukorrhoea, cervicitis, endocervical eversion, descensus, infertility, climacteric, pregnancy and childbirth.
- II. Paediatrics – infant nutrition and its disorders, rickets, fundamentals of infant and child therapy
- III. Teeth Development and dentition – the significance of the teeth in relationship to Fluorine forces, polarities of illnesses relating to the tooth decay, specific therapies for dental health (curative eurythmy, external applications, Waldorf education).
- IV. Child Health B (School Health Consultant specialization):
 - i. Incarnation and Developmental disorders: (Down's syndrome, Klinefelter's syndrome, Turner's syndrome, Global Developmental Delay, Cerebral Palsy)
 - ii. Hydrocephaly and Microcephaly
 - iii. Diffuse Cerebral damage and ADD / ADHD
 - iv. Disorders of the Astral Body and Tourette's syndrome
 - v. Disorders of the Ego organization and Autism
 - vi. Epilepsy
 - vii. Hysteric children
 - viii. Dyslexia
 - ix. Educational support and strategies
 - x. Further insights into the twelve senses
 - xi. Remedies
- V. Oncology - Cancer causes and treatment – organism and cell, organism and environment, mistletoe and therapies.
- VI. Dermatology – the threefold structure of the skin, polarity of skin diseases, therapy of skin diseases.
- VII. Eye diseases and refractive disorders – scleritis, conjunctivitis, diseases of the eyelid, keratitis, iritis, choroiditis, diseases of the retina, cataract, opacities of the vitreous body, glaucoma, refractive disorders.
- VIII. Diseases of the Spine and Joints – Rheumatology, osteoporosis, disc prolapse, arthritis and DJD.
- IX. Psychiatry – psychological development and pathology, the seven year cycles, the relation of physical organs to psychological disorders, the treatment and therapies for psychological disorders.
- X. Geriatrics (gerantosophy) – understanding the ageing process, treatment of aged related disorders, caring for the very frail and debilitated, disorientation and memory loss, nutritional considerations, allied therapies.

- XI. Palliative Care – the path to the Threshold, assisted dying considerations, comatose patients, the dying process, complications arising, medications and nursing care, Pastoral care.
- XII. Sleep disorders – the significance of sleep, dreaming, remedies and therapies for insomnia and other sleep disorders.
- XIII. Pain therapy – the nature of pain, nociceptive and neuropathic pain, threefold aspects of pain, analgesics, anti-phlogistic medications, prostaglandins and leukotrienes, local anaesthetics, external applications, practical considerations, arts therapies including music and curative eurythmy, counselling and a multimodal concept.
- XIV. Pastoral medicine – working together with the pastoral carer / priest, understanding the different tasks, counselling and biography work.
 - **Personal Spiritual Work for the prescribing practitioner** – meditations for the path of spiritual knowledge, ongoing studies of healing substances, maintaining contact with therapists and deepening your understanding of the therapeutic indications for each therapy, research into specific areas of interest, contributing to practitioner meetings, educating the public on health matters.
 - **Case Study Preparation for endorsement** – working on the format for case study presentation, understanding the essentials of diagnosis and therapeutic indications, anamnesis, designing a therapeutic treatment plan, follow up and assessment of outcomes for the patient.

Special presentations will be given on occasions on the following themes:

- **The Isenheimer Altar** and its relevance to Healing Inspirations.
- **The Goetheanum Windows** as a healing perspective of the colours and images.
- **The Goetheanum Sculpture of the Representative of Humanity.**

References:-

1. Fundamentals of Therapy, Steiner and Wegman
2. Anthroposophic Medicine lectures, Steiner
3. Internal Medicine, Matthias Girke
4. Paediatrics, Georg Soldner
5. "Healing Plants" and "The Secrets of Metals" - Wilhelm Pelikan,
6. "The Science and Art of Healing" - Ralph Twentyman,
7. "Portraits of Homoeopathic Medicines" - Catherine Coulter.
8. "Anthroposophic Medicine" – Volumes 1, 2 and 3 – Husemann & Wolff.
9. "Finding Remedies" – Volumes 1 and 2 – Heinz-Hartmut Vogel.
10. "The Plant between the Sun and Earth" – Olive Whicher and George Adams.
11. "Secrets of the Skeleton" – L F C Mees.