



## **Applied AnthroMedicine Training**

Venue: **Camphill Medical Practice**, Murtle Estate, Bielside, Aberdeen, AB15 9EP

### **About CWT**

Camphill Wellbeing Trust [CWT] is a centre in the UK providing an AnthroHealth (anthroposophic medicine) approach to address illness, build resilience and support wellbeing.

Our multidisciplinary AnthroHealth team work with patients to create individualised therapeutic programmes using:

- AnthroMedicines: based on natural substances [plant, mineral, metal and animal] and manufactured to pharmaceutical standards
- External applications: localised massage, compresses, baths
- Therapies: such as eurythmy therapy, a type of movement therapy

Our trained AnthroHealth team has particular expertise in the following areas:

- learning disabilities, including autism and ADHD
- children and young people's health e.g. behavioural problems, sleep difficulties
- chronic conditions e.g. allergies, ME, stress
- mistletoe therapy

Offering AnthroHealth at its Aberdeen based outpatient clinic plus self-catering accommodation where required, it receives referrals from throughout the UK and beyond. Its clinical lead is Dr Stefan Geider, an NHS GP with 21 years' experience in the UK, who trained initially in Witten Herdeke, Germany.

The team is passionate about improving access to AnthroHealth Services for patients and committed to sharing its experience and expertise with medical and nursing care professionals in a practice-based way.

For more information, please visit: [www.camphillwellbeing.org.uk](http://www.camphillwellbeing.org.uk)

## About the Training

This modular training is our latest development to support and train nursing and medical professionals in practice-based AnthroMedicine. Our teaching is focused on the patient, the problems they bring us and how best we can help them with the AnthroHealth approach as part of an integrated approach.

The Applied AnthroMedicine Training modules are suitable for medical students, doctors and nurses.

The training will offer a new style of teaching AnthroHealth principles and practice. It will be practically orientated with a mix of taught and experiential content.

Its objectives include:

- Introduction and development of the concept of constitutions along with their practical relevance to health, illness and prescribing.
- equipping participants to use a selected range of AnthroMedicines for a range of conditions.

The dates for the remaining **year one modules** are now confirmed, please see attached.

For those who missed module one, but wish to attend further modules, there will be a chance to catch up on the main taught concepts on Friday 21st April 2017.

Some accommodation is available and can be reserved in advance on a first come, first served basis. Plenty of other accommodation is available in the local area.

## Course Price

The cost of each module (2 days): **£175; for any one day £90** includes handouts, materials for practical sessions, certificate of attendance and refreshments.

The Course Programme runs from 9.00am – 5.00pm.

## Applied AnthroHealth Training Dates: 2016-2018

Module	Dates	Topics
<b>Module 1 Pilot</b>	3-4 December 2016	<b>Three type concept &amp; common infections</b> <ul style="list-style-type: none"> <li>• 3 types concept in illness and health</li> <li>• 3 functional systems intro</li> <li>• 4 elements of human intro</li> <li>• Type remedies</li> <li>• Remedies for common infections</li> <li>• External application methods</li> </ul>
<b>Module 2</b>	<b>22-23 April 2017</b>  Note: For those who did not attend Module 1, <b>Friday 21 April</b> afternoon/eve recap of Module 1 concepts if required	<b>Nerve Sense system &amp; related conditions</b> <ul style="list-style-type: none"> <li>• Deepening understanding of nerve -sense type               <ul style="list-style-type: none"> <li>➤ NS type in health and illness</li> <li>➤ Distinguishing morphology</li> <li>➤ Differentiation of nerve and sense types</li> </ul> </li> <li>• AnthroHealth approach to nerve-sense system conditions, including:               <ul style="list-style-type: none"> <li>➤ Parkinsons, dementia</li> <li>➤ Burnout</li> <li>➤ Skin conditions: eczema, psoriasis</li> </ul> </li> </ul>
<b>Module 3</b>	<b>1 – 2 July 2017</b>	<b>Metabolic Limb system &amp; related conditions</b> <ul style="list-style-type: none"> <li>• Deepening understanding of metabolic-limb type               <ul style="list-style-type: none"> <li>➤ ML type in health and illness</li> <li>➤ Distinguishing morphology</li> <li>➤ Differentiation of metabolic and limb types</li> </ul> </li> <li>• AnthroHealth approach to metabolic-limb system conditions, including:               <ul style="list-style-type: none"> <li>➤ Digestive disorders</li> <li>➤ Obesity</li> <li>➤ Arthritic conditions</li> <li>➤ Muscular disorders</li> </ul> </li> </ul>
<b>Module 4</b>	<b>7-8 October 2017</b>	<b>Rhythmic System &amp; related conditions</b> <ul style="list-style-type: none"> <li>• Deepening understanding of rhythmic type               <ul style="list-style-type: none"> <li>➤ R type in health and illness</li> <li>➤ Distinguishing morphology</li> <li>➤ Differentiation of rhythmic types</li> </ul> </li> <li>• AnthroHealth approach to rhythmic system conditions, including:               <ul style="list-style-type: none"> <li>➤ Cardio-vascular problems</li> <li>➤ Respiratory conditions</li> </ul> </li> </ul>

<b>Module</b>	<b>Dates</b>	<b>Topics</b>
<b>Module 5</b>	<b>20-21 January 2018</b>	<b>Phases of life 1: Childhood &amp; Adolescence</b> <ul style="list-style-type: none"> <li>• Expression of 3 types in children &amp; adolescents</li> <li>• Remedies for common childhood and adolescent problems based on 3 types concept</li> </ul>
<b>Module 6</b>	<b>Dates TBC ?March 2018</b>	<b>Phases of life 2 : Adulthood and elder years</b> <ul style="list-style-type: none"> <li>• Expression of 3 types in elder years</li> <li>• Remedies for specific elder year issues based on 3 types concept</li> <li>• AnthroHealth approach to end of life care</li> </ul>