

## Integrative Health: Applied AnthroMedicine Training



**Venues:** Murtle Estate, Bieldside, Aberdeen, AB15 9EP  
Argent College, Vittoria Street, Birmingham B1 3PE

**Provider:** Camphill Wellbeing Trust

**Principal Tutors:** Dr Stefan Geider & Dr Aileen Primrose  
**Assistant Tutors:** Dr Simon van Lieshout & Barbara Plant

**Sponsors:** Weleda UK, Ruskin Mill Trust, Camphill Wellbeing Trust



### What is AnthroMedicine?

**AnthroMedicine** [aka anthroposophic medicine] is a person-centred extension of conventional medicine and related therapeutic approaches which considers the interplay of physical, psychological and individualised factors in the creation of health and illness. It offers specific therapeutic interventions, including natural-based medicines, to address illness, support health and build resilience. At the forefront of integrative medicine since the early 20<sup>th</sup> century, the system of AnthroMedicine extends and individualizes conventional medicine through a multi-disciplinary approach with shared concepts for diagnosis and therapeutic interventions. AnthroMedicine is currently practiced in over 60 countries worldwide.

For more information: <https://medsektion-goetheanum.org/en/anthroposophic-medicine/>

### Who can attend?

Following the successful pilot of our innovative Applied AnthroMedicine Training for doctors and nurses in 2017/2018, we are now opening the course to a **wider participant base**.

**Health professionals, social care professionals and therapists** looking to extend their practice with more effective therapeutic tools based on a new understanding of health and illness will find the course relevant.

Previous participants said:

*Meeting likeminded people, [learning the] principles and how they relate to my own practice was very useful. The initial medicines allow me to start straight away.*

*Can relate to our residents [care home]; happy to use more in my work place (and private life).*

### What will be covered?

The **6-module course** explores key AnthroMedicine principles and concepts in an accessible, practical way. Using an innovative systematic approach, participants will:

- learn a new way of looking at the individual in health and illness
- begin to prescribe [doctors only] and use anthromedicines with confidence
- plan effective individualised therapeutic interventions
- optimise lifestyle advice
- enhance multi-disciplinary working

The focus will be on applying this integrative approach to the challenges you face as a professional. How can you better understand your patients/clients, address their condition, support their health and build their resilience? And how can you maintain your own wellbeing while doing so?

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## How will it be delivered?

- **60 hours face-to-face teaching** across 6 modules
- **practice-based learning logs** to support and evidence progress between modules.

Using direct teaching, case study analysis, practical and experiential sessions, group work and feedback from learning logs, participants will be encouraged to apply learning to real life situations and to their day to day professional practice.

## Course programme & dates

The dates for the 6-module course starting in **August/September 2019** can be found in the attached course programme. The course runs from **09.00 – 17.00** each day. Participants will normally be required to **attend the same venue throughout** the 6 modules, except where prior arrangements are made or where unforeseen circumstances prevent attendance at a single module. For any proposed attendance at an alternative venue CWT must be notified in advance. Please note: content detail may be subject to change

## Course Price

The cost of the course is **£1200** [for 6 modules each 2 days].

This includes handouts, materials for practical sessions, certificate of attendance and refreshments. [Participant to provide own lunch]

A deposit of **£200** is required on booking to secure your place and **full payment** at least 2 weeks before the first module.

**Note:** Participants from our previous course who missed modules may attend individual modules on request. The cost for each 2-day module in this instance will be **£250**.

**Sponsored places:** Weleda UK are part-sponsoring 6 places. Please contact [admin@cwt.scot](mailto:admin@cwt.scot) for details and application form.

## To find out more about the sponsors

**Camphill Wellbeing Trust:** [www.camphillwellbeing.org.uk](http://www.camphillwellbeing.org.uk)  
**Ruskin Mill Trust:** [www.rmt.org](http://www.rmt.org)  
**Weleda UK:** [www.weleda.co.uk](http://www.weleda.co.uk)

## **Integrative Health: Applied AnthroMedicine Training**



### **About Camphill Wellbeing Trust**

Camphill Wellbeing Trust [CWT] is a centre in the UK providing the 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, animal] and manufactured to pharmaceutical standards
- External applications: localised massage, compresses, baths
- Therapies: e.g. eurythmy therapy, a type of movement therapy
- Lifestyle advice

Our trained AnthroHealth team has expertise in the following areas:

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

Offering AnthroHealth at its Aberdeen-based outpatient clinic plus self-catering accommodation, it receives referrals from throughout the UK and beyond. Its clinical lead is Dr Stefan Geider, an NHS GP with 24 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 health and social care professionals to help them effectively extend their own practice.

For more information, please visit: [www.camphillwellbeing.org.uk](http://www.camphillwellbeing.org.uk) or contact [admin@cwt.scot](mailto:admin@cwt.scot)

<b>Integrative Health: Applied AnthroMedicine Training</b>			
<b>Module</b>	<b>Dates 2019 - 2020</b>		<b>Topics</b>
<b>Module 1</b>	<b>Aberdeen</b>	<b>Birmingham</b>	<b>Introduction to key AnthroMedicine concepts</b> <b>Integrative approaches to common infections</b> <ul style="list-style-type: none"> <li>• 3 -system, 4-element introduction</li> <li>• 3 -type concept in illness and health</li> <li>• Integrative approach for each type, with key anthromedicines</li> <li>• Specific anthromedicines for common infections</li> <li>• External application methods</li> </ul>
	<b>31<sup>st</sup> August &amp; 1<sup>st</sup> September 2019</b>	<b>7<sup>th</sup> &amp; 8<sup>th</sup> September 2019</b>	
<b>Module 2</b>	<b>Aberdeen</b>	<b>Birmingham</b>	<b>Nerve Sense system &amp; related conditions</b> <ul style="list-style-type: none"> <li>• Deepening understanding of nerve-sense [NS] 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>• AnthroMedicine approach to nerve-sense system conditions, including: <ul style="list-style-type: none"> <li>➤ Parkinson's, dementia, autistic spectrum disorder</li> <li>➤ Burnout</li> <li>➤ Skin conditions: eczema, psoriasis</li> </ul> </li> </ul>
	<b>5<sup>th</sup> &amp; 6<sup>th</sup> October 2019</b>	<b>12<sup>th</sup> &amp; 13<sup>th</sup> October 2019</b>	
<b>Module 3</b>	<b>Aberdeen</b>	<b>Birmingham</b>	<b>Metabolic Limb system &amp; related conditions</b> <ul style="list-style-type: none"> <li>• Deepening understanding of metabolic-limb [ML]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>• AnthroMedicine 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>9<sup>th</sup> &amp; 10<sup>th</sup> November 2019</b>	<b>16<sup>th</sup> &amp; 17<sup>th</sup> November 2019</b>	
<b>Module 4</b>	<b>Aberdeen</b>	<b>Birmingham</b>	<b>Rhythmic System &amp; related conditions</b> <ul style="list-style-type: none"> <li>• Deepening understanding of rhythmic (heart-lung) type <ul style="list-style-type: none"> <li>➤ HL type in health and illness</li> <li>➤ Distinguishing morphology</li> <li>➤ Differentiation of rhythmic types</li> </ul> </li> <li>• AnthroMedicine 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>11<sup>th</sup> &amp; 12<sup>th</sup> January 2020</b>	<b>18<sup>th</sup> &amp; 19<sup>th</sup> January 2020</b>	

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<b>Module</b>	<b>Dates 2019 - 2020</b>		<b>Topics</b>
<b>Module 5</b>	<b>Aberdeen</b>	<b>Birmingham</b>	<b>Phases of life 1: Childhood &amp; Adolescence</b> <b>Building health &amp; resilience</b> <ul style="list-style-type: none"> <li>• Expression of 3 types in children &amp; adolescents</li> <li>• AnthroMedicine approach for common childhood and adolescent problems based on 3 type concept</li> </ul>
	<b>15<sup>th</sup> &amp; 16<sup>th</sup> February 2020</b>	<b>22<sup>nd</sup> &amp; 23<sup>rd</sup> February 2020</b>	
<b>Module 6</b>	<b>Aberdeen</b>	<b>Birmingham</b>	<b>Phases of life 2: Adulthood and elder years</b> <b>Adapting to life challenges &amp; changes</b> <ul style="list-style-type: none"> <li>• Expression of 3 types in adulthood &amp; elder years</li> <li>• AnthroMedicine approach for specific adult &amp; elder year issues based on 3 type concept</li> <li>• AnthroHealth approach to end of life care</li> </ul>
	<b>21<sup>st</sup> &amp; 22<sup>nd</sup> March 2020</b>	<b>28<sup>th</sup> &amp; 29<sup>th</sup> March 2020</b>	