



## **ANTHROPOSOPHIC MEDICINE**

*Celebrating 100 years and the new WHO training benchmarks*

Anthroposophic Medicine (AM) has recently celebrated its 100-year anniversary! Punctuating this centennial event is the publication of the international AM training benchmarks by the World Health Organization (WHO) (<https://apps.who.int/iris/handle/10665/366645>). The AM benchmarks describe the minimum training requirements to practice any AM discipline, including medicine, nursing, midwifery, pharmacy, psychotherapy, dentistry, eurythmy therapy, artistic therapies, and body therapies. These training guidelines were written by dedicated AM clinicians and are a great validation of the work of Rudolf Steiner and Ita Wegman, MD and the world-wide medical movement they began 100 years ago. The WHO benchmarks for training in AM are part of a series of benchmarks published for traditional, complementary and integrative medicine (TCI), which includes ayurveda, traditional Chinese medicine, osteopathy, naturopathy, Nuad Thai, tui na, and Unani medicine. The aim of this series is to provide a useful reference for policy-makers, healthcare providers, educators and the general public as part of an international effort to integrate, as appropriate, traditional and complimentary medical services into national health systems. We hope this recognition will increase public awareness and access to AM and Anthroposophic medicinal products (AMPs) and further support developments in areas such as research, clinic facilities, nursing care, medicines and therapies.

It is humbling to consider the century-long legacy of Anthroposophic medicine. The first hospital, Klinik Arlesheim, founded in 1921 by Dr. Wegman, introduced a truly holistic model of integrative health care, bringing together nature-derived medicines, specialized nursing care, and artistic therapies. Since that time, AM has been integrated in 24 hospitals across Europe and multiple clinics around the world (<https://www.ivaa.info/anthroposophic-medicine/care-settings/>). There are now doctors, nurses and therapists in 65 countries, numerous AMPs manufacturers, and therapeutic training programs around the globe. To date, over two hundred research studies, including prospective randomized controlled trials, have been published.

In addition, AM has made unique contributions in the treatment of cancer through the use of mistletoe extracts. Anthroposophic preparations of mistletoe are widely used in Europe in integrative cancer treatment and can offer individualized and comprehensive care. Many randomized controlled trials have shown effectiveness (<https://medsektion-goetheanum.org/en/research/investigating-clinical-fields/cancer-disease-mistletoe-treatment>). Here in the U.S., interest in mistletoe treatment is gaining momentum among patients, physicians and researchers. As a result, physician trainings and manufacturing facilities have expanded in order to meet this growing demand.

It is remarkable what the international Anthroposophic medical community has achieved in a relatively short time. Despite immense challenges from an increasingly materialistic and technology-driven medical system, AM continues to grow, both here in the U.S. and globally. Through its individualized, spiritual and scientific approach to healthcare, AM brings something unique that can never be achieved with artificial intelligence and data sets alone. As a whole, the Anthroposophic medical movement has shown itself to be made up of an extremely dedicated group of individuals who have accomplished far more than our numbers would suggest. Together with our fellow Anthroposophic organizations, who are also recognizing centennial anniversaries, *this is truly worth celebrating!*

As we look toward the future, this is a time for hope, but also a time to look forward with sobriety, a strong heart and willful resolve to improve our current state of healthcare. It is only through the co-working of clinicians, therapists, researchers, administrators, educators, and patients that we can create the human-centered medical community we are striving for. For this, it is essential that we work together. We hope the publication of the AM training benchmarks will support dialogue with those who want to extend the art and science of medicine. Together, we can facilitate a more individualized and pluralistic healthcare system, where the mysteries of health and illness and the integration of body, soul and spirit are recognized.

Thank you for your support and we welcome those who want to co-work with us for a better future! To contact us, learn more about AM, or to join our mailing list, please visit us at <https://anthroposophicmedicine.org/>

## References

For physicians interested in training

<https://anthroposophicmedicine.org/anthroposophic-medical-training>

For patients interested in health newsletters and resources

<https://foundationforhealthcreation.org/>

For an overview of AM

Article:

*Anthroposophic Medicine: An Integrative Medical System*

*Originating in Europe*

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3865373/>)

3 minute video:

*Anthroposophic Medical Professions | WHO benchmarks for Training in*

*Anthroposophic Medicine*

<https://www.youtube.com/watch?v=ARUm3wGzcNw&t=1s>

To read the WHO benchmarks for training in AM

<https://apps.who.int/iris/handle/10665/366645>

Articles and resources on basic concepts and practice of AM

[www.anthromedics.org/](http://www.anthromedics.org/)

For physician resources

Physicians' Association for Anthroposophic Medicine

<https://anthroposophicmedicine.org/>

For Anthroposophic nursing and therapies

Anthroposophic Health Association

<https://www.anthrohealth.org/>