

**INTERNATIONAL CORE CURRICULUM
FOR FURTHER EDUCATION AND ADVANCED TRAINING
IN
ANTHROPOSOPHIC NATUROPATHY**



International Society of Anthroposophic Naturopathy ISAN
occupational group in the Medical Section Goetheanum
Medical Section of the School of Spiritual Science

© COPYRIGHT BY INTERNATIONAL SOCIETY OF ANTHROPOSOPHIC NATUROPATHY ISAN (2021).
ALL RIGHTS RESERVED. REPRODUCTION ONLY WITH THE PERMISSION OF THE AUTHOR.

Medical Section, School of Spiritual Science (Goetheanum)

P.O. Box

4143 Dornach

Switzerland

Phone: +41 61 706 42 90

Fax +41 61 706 42 91

www.isan-medsektion.net

Bank account:

Freie Gemeinschaftsbank

BIC FRGGCHB1XXX

IBAN CH56 0839 200 1567 7930 7

Company headquarters:

Goetheanum, Dornach, Kanton Solothurn.

The company is subject to Swiss association law, ZGB Art. 60 ff

www.medsektion-goetheanum.org

Head Office ISAN

Waldweg 11

29336 Nienhagen

Germany

Phone: +49 5085 95 60 105

office@isan-medsektion.net

www.isan-medsektion.net

INTERNATIONAL CORE CURRICULUM FOR FURTHER EDUCATION AND ADVANCED TRAINING IN ANTHROPOSOPHIC NATUROPATHY

Preamble

ANTHROPOSOPHIC NATUROPATHY takes its rational from the humanistic sciences¹ and enhances it with Goethean Phenomenology and Anthroposophy as laid down by Rudolf Steiner. Anthroposophy draws upon the holistic interaction of body, soul and spirit. Both, diagnosis as well as therapy, duly regard this interaction. Key objectives – in accordance with a country's legislation – are identification, healing or alleviation of disease, suffering, or bodily harm of human beings by Anthroposophic naturopaths, in particular by promoting personal initiative and self-healing powers. ANTHROPOSOPHIC NATUROPATHY fathoms man as a Being of constant progress, individually as well as socially.

ANTHROPOSOPHIC NATUROPATHY and, as such, ANTHROPOSOPHIC MEDICAL SCIENCE, evolved from the ideas and efforts of the physician Ita Wegman in collaboration with Rudolf Steiner. ANTHROPOSOPHIC NATUROPATHY, as being practised by Anthroposophic naturopaths, developed in line with medical science and, nowadays, is developed further through therapeutic practice and scientific research within the INTERNATIONAL SOCIETY OF ANTHROPOSOPHIC NATUROPATHY (ISAN).

Anthroposophic Naturopathy

ANTHROPOSOPHIC NATUROPATHY is an expansion of general naturopathy and such procedures and methods characteristic of naturopathy. Its expansion is based upon the practises and perceptions of Anthroposophy. The vocational course in ANTHROPOSOPHIC NATUROPATHY (AGAHP)[®], which necessitates prior general recognition as a naturopath, focuses towards an integration of such principles.

In context with the formulation of our international guiding principle, our professional ethos, and our qualification criteria, a general concept was devised and, thus, provides naturopaths a "roadmap", if they ask the question; *"How may I become an Anthroposophic naturopath?"*

Analogous to the individually crafted way to become a naturopath, also the advanced training to become an Anthroposophic naturopath may be shaped individually and might not be regimented in an identical manner. The profession of naturopathy, which allows for a unique way to reflect upon the distinct biographic particularities of a respective human being, clearly does not represent an occupation requiring formal training but is a licensed occupation.

According to this the advanced training for Anthroposophic naturopaths builds upon the existing field experience of registered naturopaths, the already existing knowledge and skills in alternative treatments, the biographic-karmic references, and especially upon the personal relationship towards and with Anthroposophy.

Within this framework further education has to be acquired in two core areas:

- in the field of general Anthroposophy, including world-studies and anthropology and the Anthroposophic schooling path (as part of advanced learning in Anthroposophy as well as through private study and evaluation of literature);
- in the area of Anthroposophic medicine, especially in respect of understanding the

¹ Humanistic Sciences in this sense may encompass Psychology, Pedagogics, Social- or Welfare Work, Anthropology, Psychoanalysis, Human Biology, Human Medicine, Nursing Science, Human Ethology, Sociobiology, Human Geography, Ethnology or Ethnography.

meaning of health and disease, the diagnosis of the essential members, plus the foundational Anthroposophic-therapeutic contingencies also of other professional groups. Such competence may be acquired from Anthroposophic medical institutions, which by now and in the greater part are open to naturopaths as well.

The vocational competence of Anthroposophic naturopaths especially is subject to:

- the proficiency to process one's own naturopathic methods by using the Anthroposophic path of knowledge;
- the proficiency to maintain a practice in accordance with the guiding principle and occupational profile of Anthroposophic naturopaths;
- the awareness towards and cultivation of one's own karmic healing impulse;
- the knowledge of the history of the Anthroposophic naturopaths, its position within the MEDICAL SECTION OF THE INTERNATIONAL SOCIETY OF ANTHROPOSOPHIC NATUROPATHY (ISAN) and all the other Anthroposophic medical occupational modalities, plus knowledge of the tasks of the respective regional associations.

Such competence reflects the core areas of Anthroposophic naturopaths as being perceived, maintained, and consistently enhanced since its inception by members of the INTERNATIONAL SOCIETY OF ANTHROPOSOPHIC NATUROPATHY (ISAN).

Tuition is conducted by ISAN-accredited and approved tutors, notably on the subjects of:

- occupational studies;
- the humanistic path of knowledge of the Anthroposophic naturopaths;
- the guiding principle or leitmotif of ANTHROPOSOPHIC NATUROPATHY;
- Goetheanism.

Maintenance, cultivation, and propagation of such core capabilities reflect the particular mission of ISAN.

The practice of ANTHROPOSOPHIC NATUROPATHY is regulated by the AGAHP as its professional association and in accordance with both, the INTERNATIONAL SOCIETY OF ANTHROPOSOPHIC NATUROPATHY (ISAN) as well as the MEDICAL SECTION AT THE GOETHEANUM, by means of jointly formulated certification procedures (on this point see "GUIDANCE TOWARDS THE ACCEPTANCE AS QUALIFIED NATUROPATH WITHIN THE AGAHP®²").

Accreditation by the professional association shall be the binding prerequisite to use the registered trademark: "ANTHROPOSOPHIC NATUROPATHY (AGAHP)®" as well as the demonination as: "ANTHROPOSOPHIC NATUROPATH (AGAHP)®".

The occupational profile of Anthroposophic naturopaths as drawn up by the AGAHP and approved in collaboration with both, the INTERNATIONAL SOCIETY OF ANTHROPOSOPHIC NATUROPATHY (ISAN) as well as IKAM, makes Anthroposophic naturopaths to operate within the INTERNATIONAL SOCIETY OF ANTHROPOSOPHIC NATUROPATHY (ISAN).

In order that, as far as possible, all active members may take advantage of the option for certification, the board has drafted an application form for certification respectively re-certification in ANTHROPOSOPHIC NATUROPATHY (AGAHP)®.

Eligibility Requirements

- A valid license to work as an integrative practitioner according to the legislation of the country of the applicant –

² ANTHROPOSOPHIC NATUROPATHY (AGAHP)® and ANTHROPOSOPHIC NATUROPATH (AGAHP)® are patent-protected by the GERMAN PATENT- AND TRADEMARK OFFICE (DEUTSCHES PATENT- UND MARKENAMT).

- or otherwise proven naturopathic proficiencies.
- An existing basic knowledge in regard to the Anthroposophic worldview and conception of the human being is desirable.

Objectives

Qualification to practice ANTHROPOSOPHIC NATUROPATHY (AGAHP)[®] according to the occupational profile of Anthroposophic naturopaths as well as in compliance with the international guiding principle of ANTHROPOSOPHIC NATUROPATHY (AGAHP)[®].

Forms of teaching

Classroom-training; lecturing; dialogue; mentoring.

Blended learning, i.e. extra-occupational training in form of attendance seminars and online seminars plus additional compulsory evening lectures, compulsory practical seminars and one compulsory mentoring.³

Tutors

Only such tutors participate in the advanced training who are experienced occupational practitioners and fully endorsed as tutors and mentors by the INTERNATIONAL SOCIETY OF ANTHROPOSOPHIC NATUROPATHY (ISAN).

Advanced training in ANTHROPOSOPHIC NATUROPATHY

After completion of the advanced training in ANTHROPOSOPHIC NATUROPATHY, naturopaths should be able to:

- develop an empathetic therapist-patient relationship based upon health dialogue, in which the patient is appreciated as a personality within his specific social environment;
- put into effect Anthroposophic naturopathic knowledge both, in theory as well as in practice in regard to diagnosis and therapy;
- recognise in a confident manner the physical, etheric, astral, and ego-organisation of a patient in the understanding of and according to the essential members in regard to the patients biography;
- create an individualised and multidimensional diagnosis of the essential members;
- understand, drawing upon the latter, the personal therapeutic need of a patient;
- work out a suitable therapy plan, which takes into consideration the physical, etheric, and astral aspects and resources of a patient;
- inform and educate the patient, to integrate patients wishes and opinions into the therapeutic decision, and to avoid any interference which might weaken the salutogenesis and resiliency of a patient;
- respect the mental and transpersonal dimension of human beings within the therapy plan;
- treat the clinical picture by means of Anthroposophic therapeutic medication and therapy, and to collaborate with colleagues, carers, and other therapists;
- attend to the disease-course, to assess it, and to adapt the therapy accordingly;
- document the course of the Anthroposophic naturopathic treatment in due

³ Mentoring refers to such a period, during which the naturopathic practitioner already practices naturopathy and at the same time participates in further education of ANTHROPOSOPHIC NATUROPATHY with the object of obtaining certification.

- consideration of bodily, emotive, mental, and spiritual aspects;
- reflect one's own handling and to be able to deal with errors;
- develop a relationship with nature and the cosmos and therein towards the primary concept of healing substances of important Anthroposophic medicaments;
- ensue an autonomous approach towards the Anthroposophic schooling path;
- explain the scientific principles and research methods of ANTHROPOSOPHIC NATUROPATHY.

Basic content of the advanced training for certification

Module I: Historical origins

- roots and historical origins of NATUROPATHY;
- history of the Anthroposophic-medical movement and of Anthroposophic naturopaths;
- status of the Anthroposophical naturopaths within the medical section;
- the professional code of conduct of Anthroposophic naturopaths depending on the jurisdiction of the respective countries;
- research methods of Anthroposophic naturopaths

Module II: Research methods of Anthroposophic naturopaths

- the international guiding principle of Anthroposophic naturopaths;
- the occupational profile of Anthroposophic naturopaths;
- use of naturopathic methods based upon the path of knowledge, *inter alia*:
 - fourfolded structure of the human being;
 - essential members diagnostics;
 - functional threefold structure of human beings;
 - seven-year-cycles and biography work;
 - eurythmy therapy, art-therapy; nursing therapies, rhythmical massage, and music therapy;
 - active principles of Anthroposophic medicaments.
- formulation of the methods of operation of ANTHROPOSOPHIC NATUROPATHY.

Module III: Formulation of the methods of ANTHROPOSOPHIC NATUROPATHY

- significance and research of karmic impulses within the biography;
- prospects of tangible individual acquirement of knowledge and skills within the framework of ANTHROPOSOPHIC NATUROPATHY;
- deployment of naturopathic methods on the basis of the new mysteries founded by Rudolf Steiner;
- spiritual schooling path of Anthroposophic naturopaths;
- the individualisation and formalisation of applied methods in line of the guiding principle of Anthroposophic naturopaths;
- my therapeutic concept – methods inside therapies – case studies.

Further training modules for intensification

Once the advanced training certification course has been completed successfully, further advanced training modules exist which enhance knowledge and skills of Anthroposophic Naturopathy, covering themes as e.g.:

Anthroposophic Anthropology

- fourfolded structure;
- development of the essential member in course of the biography;
- threefold structure and the interrelation between the three- and fourfolded structure;
- polarities within human constitution;
- spiritual dimensions of man.

Nature, Cosmos, and the Human Being

- rocks (minerals, metals), flora, and fauna;
- Goetheanism as cognitive science;
- the four classic elements (earth, water, ether, and fire);
- *tria principia* (salt, sulphur, mercury);
- the seven life processes;
- relationship between cosmos, earth, and the human being.

Salutogenesis and Pathogenesis

- physical, mental, and spiritual health;
- central pathophysiological processes:
 - acute and chronic inflammations; allergies and autoimmune disorders;
 - degenerative and oncological disorders;
 - disorders from early on and life with disabilities;
- a broadened Anthroposophic understanding of the central organs and systems:
 - the cardiovascular system;
 - the upper and lower respiratory tracts;
 - the gastrointestinal tract;
 - the liver and gallbladder system;
 - the urogenital tract;
 - the endocrine system;
 - the nerve-sensory system;
 - the immune system;
 - the locomotor system (spine and limbs, fascia);
- therapeutic principles by way of example of frequent diseases;
- psychiatric diseases and disorders.

Methods of Anthroposophic Medicine

- extended anamnesis in due consideration of a patient's biographical development; diagnosis of the essential members; diagnosis of a patient's seven life processes;

- evaluation of a patient's individual healing requirements in due consideration of his resources;
- selection of appropriate pharmaceutical and non-pharmaceutical therapy;
- planning and implementation of an individualised integrative therapy;
- follow-up, review, and adjustment of therapy during the treatment;
- competence to compose and present an Anthroposophic-therapeutical case report.

Therapies within ANTHROPOSOPHIC NATUROPATHY

- active principles of Anthroposophic pharmaceuticals;
- basic knowledge of use and production of Anthroposophic pharmaceuticals;
- external applications and Anthroposophic body therapies;
- knowledge of and fundamental experience in applying Anthroposophic therapies like eurythmy therapy and art-therapy;
- therapist-patient communication.

Social, ethical, and spiritual development

- the Anthroposophic-naturopathic schooling path (basic principles, practice, mediation);
- therapist-patient relationship: comprehensive examination, communication and in-depth interview, bearing in mind a patient's social context;
- mutual decision-making with patients as well as with their relatives based upon the concept of the human being as spiritually evolving entity;
- subject-specific and interdisciplinary collaboration;

Research and Science

- knowledge of the basic principles of scientific work as well as research methods of ANTHROPOSOPHIC NATUROPATHY;
- competence to study fundamental texts of ANTHROPOSOPHIC NATUROPATHY;
- acquaintance with Anthroposophical naturopathic literature based upon aforementioned studies;
- project work:
 - written composition about specific cases;
 - typological presentation of diseases;
 - presentation of a pharmaceutical or non-pharmaceutical therapy;
 - the project work may also comprise a single or several articles which had been published during the advanced training term;
 - as a matter of principle, such project work should be finalised within the advanced training term or shortly thereafter and then being submitted to the management;
- submittance of a case report;
- each case report is different and allows for reflection according to its way of documentation; in general, the case report should demonstrate that participants are conversant with the basics of ANTHROPOSOPHIC NATUROPATHY.