



Medical Section at
the Goetheanum

Research Congress

“The scientific status and future of the
therapies in Anthroposophic Medicine”

Where do we stand? What are the barriers and opportunities for the further development and implementation of the therapies in anthroposophic medicine (AM) and for AM therapy research? How do we connect to current developments? What must and can we do in the next 10 years?

An AM research congress on evidence, relevant developments in AM, conventional medicine and Traditional, Complementary & Integrative Healthcare (TCIH), research communities and research agendas development for the future

March 8-10, 2024
at the Goetheanum Schreinerei

Dornach, December 2023

Dear colleagues, professionals, students and researchers from all medical professions,

We hereby invite you all to the 2024 Anthroposophic Medicine Research Congress.

At the beginning of the 20th century, new and innovative anthroposophic therapies were developed: art therapies, body-oriented therapies, external applications, eurythmy therapy, anthroposophic psychotherapy and anthroposophic pharmacotherapy. Since then, the anthroposophic therapies have been implemented, educated, studied and further developed in clinical practices all around the world for somatic and psychological/psychiatric indications, for patients of all ages. And, according to the clinical experiences from patients, therapists and doctors, they often appear to be of (great) benefit. However, at the beginning of the 21st century, the situation for the therapies in anthroposophic medicine (AM) is becoming increasingly challenging, due to scientific, societal, and healthcare developments.

First of all, the development of Evidence-Based Medicine that started in the nineties of the 20th century has (had) large impact. Due to the increasing important role of science in medicine and society, the access to and acceptance of the AM therapies is challenged by the need for a highly complex and expensive evaluation according to present standards. In medicine itself (e.g., inclusion of treatments in formal guidelines), and on the political level, decisions are often based on (high quality) scientific information (e.g., healthcare funding and regulation of medicines). Citizens/patients increasingly have access to scientific data and science-based recommendations for prevention and treatment that enable well-informed decision-making as part of health- and disease related self-management and shared decision-making. Therefore, prevention and treatment strategies need to be evidence-based. Based on results of clinical studies that provide high-quality evidence of safety and (cost-)effectiveness for specific indications, prevention and treatment strategies are accepted in medicine and society, and reimbursed by insurance companies. Due to an overall lack of high-quality evidence in combination with formal demands/needs for evidence, AM therapies are currently in many countries threatened (e.g., no reimbursement from insurance companies, no formal acceptance).

A second important development is that, at the beginning of the 20th century, there were major differences between conventional medicine and AM. 100 years later, within conventional medicine, there is increasing attention for traditionally AM specific themes, such as: health/resilience promotion, person-centeredness, holistic, multidisciplinary approach in nursing, physiotherapy, art therapy, psychotherapy, pharmaceutical

treatment, etcetera. And these themes are also addressed by the emerging global field of Integrative Medicine (IM)/Traditional, Complementary, Integrative Healthcare (TCIH), with several whole medical systems (e.g., Ayurveda, traditional Chinese medicine).

Thirdly, there is in several countries a reduction of AM doctors that refer their patients to AM therapies. In order to have non-AM doctors referring to AM therapists, there needs to be science-based information on AM therapies.

And last but not least, there are several important developments AM can contribute to, like Green mental healthcare; TCIH strategies for antimicrobial resistance (AMR) reduction, and prevention and treatment of infections; and non-pharmacological treatment of pain.

Against this background, the AM Research Congress 2024 theme is "The scientific status and future of the therapies in anthroposophic medicine". Central questions that guide the program are:

- What are AM-relevant developments in medicine, society, and research?
- What is the specific value of AM therapies in comparison to current developments regarding prevention and treatment in conventional medicine and TCIH? What do the AM therapies have to offer to these developments?

Where do we stand with the AM therapies research? What are barriers and opportunities for (implementation of) AM therapies and AM therapy research? Which short-term and long-term research goals do we have? What must and can we do in the next 10 years?

For the preparatory group

Prof. Dr. Erik W. Baars

Friday, March 8

Relevant Developments for Anthroposophic Medicine Therapies Research

- 15.00 **Opening of the congress**
Welcome by Prof. Dr. Erik Baars and Dr. med. Karin Michael
- 15.05 **Research strategies for AM Therapies: why, how and when?**
Prof. Dr. Erik Baars
- 15.10 **The founding of a national scientific society for AM in Germany**
Prof. Dr. med. Friedrich Edelhäuser
PD Dr. med. Friedemann Schad
- 15.15 **A methodological and ethical framework for the evaluation of non-pharmacological interventions (NPIs): results from a French study using a participatory consensus approach**
Prof. Dr. Gregory Ninot
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16.00 *Coffee Break*

- 16.30 **Non-pharmacological and complementary interventions in Integrative Healthcare (TCIH) and Nursing from an educational perspective – results from the INES project**
Anita Lunde, MSc
- 17.15 **Q&A with the speakers**
- 17.30 **Small groups and plenum on research related questions of the participants 1**
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18.30 *Dinner Break*

- 20.00 **Recovering in Green: How can we take care of the earth if we do not take care of each other and how can we take care of each other as we do not take care of the earth?**
Astrid van Zon, MSc
- 20.45 **Q&A with the speakers**
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21.15 *End*

Saturday, March 9

Anthroposophic Therapy Research: Status and Future

09.00 **Eurythmy – Vitalizing Exercises**

09.30 **The scientific status of Anthroposophic Arts Therapies**

Dr. Annemarie Abbing, PhD

10.00 **The scientific status of Anthroposophic Body-oriented and external Therapies**

Nicole Weerts, MSc

10.30 *Coffee Break*

11.00 **The scientific status of Eurythmy Therapy**

Dr. Katharina Gerlach

11.30 **The scientific status of Anthroposophic Psychotherapy**

Dr. John Lees, PhD

12.00 **Q&A with the speakers**

12.30 *Lunch Break*

Workshops

14.15 **In-depth Workshops Round 1**

15.15 **In-depth Workshops Round 2**

16.15 *Coffee Break*

16.45 **Oncology research: real world evidence, actual status and perspectives**

PD Dr. med. Friedemann Schad

17.30 **Small groups and plenum on research related questions of the participants 2**

18.30 *Dinner Break*

19.45 **The scientific status of Anthroposophic Pharmacotherapy & the need for high quality evidence to support the medicines**

Prof. Dr. Stephan Baumgartner (fundamental research homeopathic dilutions)

Prof. Dr. Erik Baars (therapeutic actions and clinical research anthroposophic medicinal products (AMPs))

Dr. Herman van Wietmarschen (development of monographs for AMPs)

- 20.45 **Discussion on need for high quality evidence for AMPs and AM Therapies, research strategies and central questions like:**
- *How does an anthroposophic-human-scientific 'Bild' emerge in the study design?*
 - *Real world evidence/ Real world data/ Use of register data: what are opportunities for cooperation and networking & what must and can we do in the next 10 years?*
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21.30 *End*

List of Workshops

Saturday, 14.15–16.15 (two rounds)

Round A (14.15-15.15)

AM therapy research:

1. Connecting clinical practice with research on AM therapies (follow-up discussion on the plenary lectures) for all AM therapies (Dr. Annemarie Abbing, PhD)
2. Speed dating: young researchers and research groups/ researchers and funding agencies (Prof. Dr. med. David Martin)
3. Young researchers workshop Bachelor, Master and PhD projects (Beate Stock-Schroer, PhD)

Fundamental research:

4. Working principles/ therapeutic actions of AM therapies (Prof. Dr. Erik Baars)
5. Spiritual perspectives on anthroposophic therapies; what did Rudolf Steiner intend with them? (Dr. med. Karin Michael and Prof. Dr. med. Friedrich Edelhäuser)
6. Methodologies for AM research (Dr. med. Johannes Weinzirl)

Round B (15.15-16.15)

Indications (what do AM therapies have to offer and how do we connect to current developments?):

7. Green mental healthcare (Astrid van Zon, MSc)
8. Infectious diseases and AMR (CARE-2 group) (Dr. habil. assoc. Henrik Szőke)
9. Chronic diseases (Dr. phil. Bettina Berger)

Anthroposophic medicinal products:

10. Status of preclinical and clinical research on homeopathic preparations (Prof. Dr. Stephan Baumgartner)
11. Follow-up on the introduction and discussion Saturday evening (Prof. Dr. Erik Baars)
12. Principles of chronobiology and therapeutic applications - with a focus on oncology and sleep medicine (PD Dr. med. Matthias Kröz)

Sunday, March 10

Anthroposophic Medicine Spiritual Science Research

08.30 **Eurythmy – vitalizing exercises**

Dr. Katharina Gerlach

Parallel sessions Anthroposophic Medicine research (4 sessions of 15 min) (oral presentations)

09.00 **1st Round**

10.00 Coffee Break

10.30 **2nd Round**

11.30 **Plenary discussion with questions and mentimeter**

1. What did we learn from the congress that is important for the future research on Anthroposophic Medicine Therapies?
 2. Where do we stand with Anthroposophic Medicine Therapies research?
 3. Which questions do we have to answer in the next 5 and 10 years?
 4. How can we collaborate within and outside of AM?
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13.00 End

General Information

Translation

Conference language is English.

Conference fee

Regular price: 350,- CHF (lunch included)

Reduced price: 230,- CHF (lunch included)

*Support price: 350,- CHF plus x CHF

*Makes it possible to support conference participants from poorer/remote countries.

Dinner is optional and may be booked separately at a price of 28 CHF each.

Registration

Online registration will soon be possible at <https://goetheanum.ch/en/events>

If you have any questions about registration, please contact the colleagues at the Goetheanum reception: Tel +41 61 706 44 44 / tickets@goetheanum.org

Donations to support the Research Conference (*not to be used for remittance of the conference fee*):

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