



## PAAM Training Newsletter & Educational Calendar

January 2019—Happy New Year!

Thank you for being part of the Anthroposophic Medical Community!

Here are key things to know:

- Save \$150 on the annual training week (IPMT) if you register by February 22, *don't miss the special courses on women's health, anthroposophic pharmacy, and an advanced practice workshop on threefold and fourfold patient assessment*
- New course coming this June on Cancer Care and Mistletoe use!

Plus, a calendar of events and new resources for your practice...

### Announcements:

Get best pricing on the [2019 IPMT – Register before February 22, 2019](#)

**PAAM Friends** – The first issue of the free PAAM Friends Newsletter is nearly ready and should be reaching email inboxes in early February. The PAAM Friends Newsletter is intended to be brief, but rich in information that will be helpful to patients and their families. Please sign up to receive the PAAM Friends Newsletter and share the connection with your patients and friends:

<https://paam.wildapricot.org/PAAM-Friends>

## Upcoming Educational Events:

### FEBRUARY:

#### **Learning the Language of Healing Plants, year 3—a peer-teaching course:**

Session six of the seven-session PAAM Training distance learning offering for 2018-19.

February 7, 2019, 8:30pm EST/5:30pm PST

**Grapevines** (*Vitis vinifera*) and **Bryophyllum** (“Mother of Thousands”)

#### **Graduation Ceremony of the Therapeutic Eurythmy Training in North America**

February 21, 2019, at 7:30pm, in Fountain Hall, at the Camphill Village USA in Copake, NY

PAAM members and others interested have been warmly invited by ATHENA to attend. For more information, please write to Maria Helland-Hansen at [mariahellandhansen@sbcglobal.net](mailto:mariahellandhansen@sbcglobal.net).

### MARCH:

#### **Classic Case Studies in Anthroposophic Medicine:**

Session seven of the series for 2018-19.

March 7, 2019, 8:30pm EST/5:30pm PST

**“Migrainous Conditions in Menopause,” Case Nine from *Fundamentals of Therapy***

Sessions are recorded and made available to those registered.

Registration is open at <https://paam.wildapricot.org/event-3012679>

*\*Registration enrolls participants in the entire seven-session series; you need only register once to participate in some or all of the seven sessions.*

### APRIL:

#### **Pre-IPMT Workshop presented by ATHENA – Women’s Health: Experiencing the Approach and Potential of Eurythmy Therapy**

April 27, 2019, 9:00am to 4:30pm, at Eurythmy Spring Valley, in Chestnut Ridge, NY

Registration deadline is April 20, 2019. Contact Mary Ruud at [livingartseurythmy@gmail.com](mailto:livingartseurythmy@gmail.com) or Dale Robinson at [dale1022@sbcglobal.net](mailto:dale1022@sbcglobal.net).

#### **Introductory One Day Workshop to Anthroposophic Medicine**

April 27, 2019, 9:00am to 5:00pm, in Chestnut Ridge, NY

A special day of presentation, observation, case study and conversation, offered for those who are new to the practice of Anthroposophic Medicine. The Introductory Workshop is open to medical students, residents, fellows and other practicing physicians, including those who are in their first or second year of IPMT training.

Details and registration are available at <https://paam.wildapricot.org/event-3082189>

## International Postgraduate Medical Training (IPMT) 2019

April 27-May 4, 2019 in Chestnut Ridge, NY

Medical focus on anthroposophic pharmacy, women's health, and the threefold dynamics of the healing process. Nursing focus on assessing body, soul and spirit, external applications and warmth and rhythm to support wellness.

Special guest faculty: Albert Schmidli, PharmD, Carmen Eppel, MD and Andrea Rentea, MD



Albert Schmidli, Pharm, is an Anthroposophic Pharmacist, Waldorf teacher and a trainer in Anthroposophic Medicine.

For over 25 years he was responsible for new product development and physician training at Weleda, Switzerland. He continues to travel worldwide, teaching health professionals about AM and medicines and is a beloved and much sought-after teacher.

[See the course description for his 2019 IPMT workshop here.](#)

[Registration for the 2019 IPMT is now open.](#)

Early registration ends February 22, 2019!

CME and CNE units will be available.

### Update on CME credits offered during the IPMT week for 2019, a completely new process:

PAAM, in cooperation with The Institute for Medical Studies (IMS), will be offering a totally new type of CME program, which will be worth up to 20 CME credits. The purpose of the new CME activity will be to provide you with a concrete strategy for improving patient outcomes in chronic disease.

The CME activity will include multiple components, culminating in a Practice Improvement (PI) component. The activity will begin with pre-conference reading of journal articles, for which you will be asked to take notes in a "Clinical Pearls Notebook". Then, during the IPMT week, we will offer six 30-minute sessions at the end of each afternoon. Those sessions will be dedicated to discussing the articles and developing a list of ideas to improve outcomes for patients with chronic disease. This will be done through small group discussion, including a "participant fueled/led consensus process"—i.e. a brainstorming and consensus process wherein participants will actively share ideas gained through their contemplation of patient care concepts and ideas gained through the discussion process. At the end of the week we will work to come up with a list of strategies that can be brought back to our own practices, where we will work to implement these ideas directly into patient care.

Three follow-up live webinar discussion sessions will be offered (June, August, and November), to review and refine the clinical strategies, and to also support you with the process of implementing and measuring the success of your PI effort.

While completion of the entire CME activity will earn participants up to 20 CME credits, participants may also choose to complete a lesser portion of the activity and earn partial credit. Further details on specifics of the CME activity will be provided to IPMT registrants.

We look forward to the implementation of this new type of CME activity, which offers us the opportunity to bring elements of the group wisdom gathered during these consensus sessions into our own daily practice with patients.

Questions? Email Adam at [adamblanning@hotmail.com](mailto:adamblanning@hotmail.com)

## **JUNE:**

**Best Practices Mistletoe Course** – A course offering research, case studies and practical hands-on information regarding cancer care and the use of mistletoe

June 21-22, 2019 in Baltimore, Maryland

More information and registration available soon at [www.AnthroposophicMedicine.org](http://www.AnthroposophicMedicine.org)

Taught by: Steven Johnson, DO, Peter Hinderberger, MD, and special guest Marion Debus, MD

This will be a best practices course, certified to meet European standards by Klinik Arlesheim in Switzerland and the Medical Section for Anthroposophical Medicine, and provided by some of the most experienced and knowledgeable allopathic and naturopathic clinicians in the field. The course will review research, case studies and practical hands-on information and training in European mistletoe techniques including intravenous applications. The course will also include adjunctive roles of mistletoe with conventional, naturopathic, functional and holistic medicine, and will teach the fundamental principles that have led to successful outcomes throughout the world. All participants should leave capable of understanding, administering and integrating most aspects and dimensions of this therapy. An online group-mentoring component will be offered after the course.

Please understand, mistletoe is not FDA-approved for treatment of any disease at this time, although a major clinical trial is occurring nearby at John Hopkins.

Course enrollment is open to licensed MDs, DOs, NDs, NPs and PAs.

## **SAVE THE DATE(S):**

**IPMT 2020** – May 2-9, 2020 in Chestnut Ridge, New York

**International Congress on Integrative Medicine & Health** – April 28-May 1, 2020 in Cleveland, Ohio

## **NEW RESOURCES FOR YOU and YOUR PRACTICE:**

**Anthromedics:** Anthromedics, the “up to date”-like AM portal that has been under development now for some years, went live on Oct. 20! It is still a work in progress, with about two new articles added per week, but already offers helpful resources and guidelines for things like palliative care, treatment of acute inflammations, etc. This is a great resource to share with anyone who wants to know more about Anthroposophic Medicine. Please take a look at [www.anthromedics.org](http://www.anthromedics.org)

**Recordings of Prof. Dr. Peter Heusser’s Public Lectures** at the “Bridging Natural Science and Spiritual Science” conference in Spring Valley, November 2018. Available through the Natural Science Section of the Anthroposophical Society in America by [clicking here](#).

**Introductory Materials for Learning Anthroposophic Medicine** – Sharing about AM with colleagues and students is easy:

- Use an introductory brochure to begin or deepen conversation. Write to us at [paamdrscourse@anthroposophy.org](mailto:paamdrscourse@anthroposophy.org) to request copies of our recently-printed trifold brochure.
- Share links to the free resources available within the Five Aspects (the five bulleted, underlined links listed in the gray box at the top of the home page) at [www.AnthroposophicMedicine.org](http://www.AnthroposophicMedicine.org).
- Give a presentation or talk or host a study group. PAAM has a printed more-in-depth Introductory Handbook available upon request. PAAM also has an “Introduction to Anthroposophic Medicine” PowerPoint available upon request. Write to [paamdrscourse@anthroposophy.org](mailto:paamdrscourse@anthroposophy.org).
- Personally invite colleagues and students to take part in a [PAAM Distance Learning webinar](#), or to attend [the IPMT](#). There is a one-day Introductory Workshop for both [medical practitioners and students](#), and [for nurses](#).