



Arlesheim Academy
for Anthroposophic Medicine

Foundation Studies

Fundamentals of Anthroposophic Medicine

one-year online-supported course for
healthcare professionals



Starts on: March 2, 2024

Why enroll in Foundation Studies?

Learn to see the human being holistically. Practice interprofessional collaboration. Discover soul-spiritual dimensions to health and illness. Explore the meaning of illness within the individual's developing biography. Experience artistic and therapeutic exercises for everyday life. Try out nursing external applications. Experience mindfulness exercises and meditation. Help shape a humane medicine.

Foundation Studies is a one-year study programme that systematically introduces the concepts, working methods and therapeutic options of Anthroposophic Medicine. Foundation Studies is conducted online and can be completed from anywhere. The learning content is spread across eight modules. Each module begins with a half-day live-streamed session. Between each Live Session, additional study material and supplementary lectures are made available on our online learning platform. Study groups (in-person or online) offer opportunities for regular exchange.

Foundation Studies is conducted in English. The teaching materials are also provided in German and other relevant languages. The study groups are held in the language preferred by the respective participants.



Foundation Studies is aimed at **healthcare professionals** wanting to explore and apply Anthroposophic Medicine or those wishing to refresh and deepen their knowledge or previous professional training: physicians, nurses, pharmacists, therapists, special education teachers, students, and trainees.

Participants are assigned to mentor-led, regionally based **study groups** after the registration process closes. Participants' regional proximity and language are taken into consideration for the creation of each study group. Groups of friends or professional teams can register together. Each group is guided by one or two experienced tutors. Study groups meet either in person or online, usually for an hour weekly.

Foundation Studies is offered to health professionals around the world with widely varying economic situations and income levels. To make the course affordable for all, **course fees** are based on the applicant's country, professional affiliation, and level of training. For further details, please refer to www.foundationstudies.org. For questions regarding exceptional provision or scholarships, please contact us directly.

Dates to reserve:

17 February 2024 – Pre-Launch Info Session (optional)

2 March 2024 – Live Session 1

20 April 2024 – Live Session 2

18 May 2024 – Live Session 3

29 June 2024 – Live Session 4

17 August 2024 – Live Session 5

21 September 2024 – Live Session 6

19 October 2024 – Live Session 7

23 November 2024 – Live Session 8 / graduation

- part-time
- mentored regional and online study groups
- live streams and digital learning platform for self-study

Register at:
www.foundationstudies.org

Registration closes on February 25, 2024.



Course Management:

Judit Kedves und Michelle Schmocker

Sponsorship:

Klinik Arlesheim in cooperation with the
Medical Section at the Goetheanum

Organisation and Implementation:

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www.arlesheim-academy.ch