



Arlesheim Academy
for Anthroposophic Medicine

Foundation Studies

Fundamentals of Anthroposophic Medicine

one-year online-supported course for
healthcare professionals



Starts on: 14 March, 2026



Medical Section
at the Goetheanum



Klinik Arlesheim

Why enroll in Foundation Studies?

Learn to see the human being holistically. Apply 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. Practice mindfulness exercises and meditation. Help shape a humane medicine.

Foundation Studies provides a comprehensive introduction to the fundamentals of Anthroposophic Medicine. This one-year study programme systematically introduces the concepts, working methods and sample therapeutic options of Anthroposophic Medicine. Foundation Studies is conducted online and can be completed from anywhere. The programme offers live-streamed sessions, online study material for self-study, and mentored study groups. The content of the **live sessions** explores current developments and demonstrates the practical relevance of Anthroposophic Medicine. Between each live session, additional **study material modules** are made available on our online learning platform. **Study groups** (in-person or online) offer opportunities for regular exchange and are mentored by an experienced anthroposophical medical or therapeutic practitioner to guide participants on their learning journey.

Foundation Studies is conducted in **English**. Simultaneous translation in certain languages may be offered during the live sessions if enough participants request it. The teaching materials may also be provided in other relevant languages as needed. The study groups are held in the language preferred by the respective participants and offered in different time zones.

Foundation Studies is aimed at **healthcare professionals** wanting to explore the foundations of Anthroposophic Medicine or those wishing to refresh and deepen their knowledge or previous professional training: physicians, nurses, pharmacists, therapists, students and trainees. 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 and professional affiliation. For further details, please refer to

<https://en.akademie-arlesheim.ch/foundationstudies>.



Topics of the Modules:

Module 1: Basic Concepts in Anthroposophic Medicine

Module 2: Life and Organism

Module 3: Soul and Consciousness

Module 4: Spirit and Individuality

Module 5: Biographical Development, Constitution and Temperaments

Module 6: Health and Disease

Module 7: Foundations of Therapy

Dates and Topics of the Live Sessions:

1. Introduction: Rediscover the Human Being – 14 March, 2026

2. The Beginning of Life: Pregnancy, Birth and Childhood – 25 April, 2026

3. Challenges of Adulthood: Resilience and Burnout – 27 June, 2026

4. Supporting the Warmth: Immune System Development and Understanding Fever – 22 August, 2026

5. Compassion and Dignity: Facing the End of Life – 10 October, 2026

6. Perspectives on Health: Lifestyle and Nutrition – 28 November, 2026

7. Meeting Cancer: An Integrative Approach – 23 January, 2027

8. Discovering Anthroposophic Medicine in Practice: World Inspirations – 20 March, 2027

08:00 a.m. - 12:00 p.m. UTC (Coordinated Universal Time)

- part-time
- mentored regional and online study groups
- live sessions and an online learning platform for self-study

Register at:

<https://en.akademie-arlesheim.ch/foundationstudies>

Registration closes on 27 February, 2026



Course Management:

Judit Kedves und Katrin Oesteroth

Sponsorship:

Klinik Arlesheim in cooperation with the
Medical Section at the Goetheanum

Organisation and Implementation:

Arlesheim Academy for Anthroposophic Medicine
Pfeffingerweg 1
4144 Arlesheim, Switzerland

Contact:

Katrin Oesteroth
International Programmes Manager
info@arlesheim-academy.ch



Arlesheim Academy
for Anthroposophic Medicine

www.arlesheim-academy.ch