



German Anthroposophic Naturopaths are organised in the professional association „AGAHP e.V.“. We in this paper submit a description of our sphere of activities which calls itself Anthroposophic Healing.

Anthroposophic Healing

The method:

Anthroposophic Healing is practised by Anthroposophic Naturopaths.

It is based on the view of man and nature as specified by the Anthroposophical Spiritual Science founded by Rudolf Steiner in the beginning of the 20th century, and which has its centre at the Goethenaum in Dornach/Switzerland.

Its principal items comprise:

A threefold organisation of man in reference to body, soul, and spirit (the “I”).

A fourfold organisation of man and nature in reference to its material-physical aspects, its living aspects, its feeling aspects, and its creative-spiritual aspects.

Anthroposophic Healing includes the realisation of a spiritual world, as well as the laws of karma and reincarnation of the individual “I”.

Being his “I”, man himself owns the creative aspect and, therefore, is able to create human culture and civilisation. Moreover, the “I” holds the potential to further develop itself by working upon its soul, its body, and the surrounding world (self-awareness).

Such inner development of man, or self-awareness, represents objective and disposition at the same time, because self-awareness is immanent to man since the onset of his creation.



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Arbeitsgemeinschaft
Anthroposophischer Heilpraktiker

Anthroposophical Spiritual Science maintains a spiritual training which allows for self-recognition of man as well as recognition of the natural and the spiritual world.

Self-recognition in turn is based on man's free will and the insights which he secures during his spiritual training. Such a "pupil of spiritual science" acquires the capability to shape himself

in accordance with his innate destination, as well as the capability to perform all his work correspondingly.

Anthroposophic Healing considers diseases to be disorders of the threefold and fourfold constitution of man which occur as a result of past behaviour being in contradiction to man's innate destination.

Anthroposophic Healing tries to enable a patient to again establish harmony towards his own archetype destination, thereby regulating a patient's state of health. The Anthroposophic Naturopath helps a patient to recognise himself and the purpose of his life, as well as to become able to live in accordance with his own insights and given experiences. The Anthroposophic Naturopath supports the self-determination and autonomy of a patient which is the so-called Salutogenetic Approach.

The methods of Anthroposophic Healing in order to achieve this objective are as follows:

- A diagnosis which attends to the three- and fourfold organisation of a patient as well as to the biographical and karmic aspects, including the patient's own intentions.
- Methods already known in Anthroposophic Therapy, e.g. applying Anthroposophic Remedies, Anthroposophic Art Therapy, Anthroposophic Counselling, Rhythmic Massage, Eurhythmia Therapy, Anthroposophic Psychotherapy, Anthroposophic Nutrition, and so on.
- Methods of traditional, alternative or complementary medicine with a holistic approach, e.g. Homoeopathy, Traditional Chinese Medicine, Reflexology, Osteopathy, Chiropractic, Naturopathy, Iridodiagnosis, Patho-Physiognomy, and



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Arbeitsgemeinschaft
Anthroposophischer Heilpraktiker

so on. The Anthroposophic Naturopath, who practices any of these methods, and in order to use these methods for Anthroposophic Healing, has the ability to explore them by means of Anthroposophical Spiritual Science.

- Permanent education of an Anthroposophic Naturopath on the basis of Anthroposophical Spiritual Science improve his capability to comprehend the human, natural, and spiritual world, as well as to act in harmony with its rules.

Practice and Availability of Anthroposophic Healing:

Anthroposophic Healing is mainly practised in Germany. In other European countries exist small groups (e.g. in Switzerland) or some singular practitioners who are not organised within an Anthroposophic Professional Group.

In Germany, Switzerland and some other European countries singular methods of Anthroposophic Healing are practised by naturopath's who are not organised as Anthroposophic Naturopath's.

In Germany exist about 50,000 naturopath's. More than 10,000 of them prescribe or apply Anthroposophic Remedies. An unknown number of them practice other singular Anthroposophic Methods.

About 30.000 naturopath's in Germany are organised within a professional association. The professional association for Anthroposophic Naturopath's in Germany is the AGAHP e.V. (Arbeitsgemeinschaft Anthroposophischer Heilpraktiker, i.e. Professional Association of Anthroposophic Naturopath's).

Recognition and Regulation of Anthroposophic Healing:

The AGAHP e.V. (Professional Association of Anthroposophic Naturopath's) is recognised as a member of the International Professional Group of Anthroposophic Naturopath's at



AGAHP e.V.
Arbeitsgemeinschaft
Anthroposophischer Heilpraktiker

the Medical Section of the Private University of Applied Sciences for Anthroposophic Spiritual Science Goetheanum/Dornach (CH).

The statutes of the AGAHP require:

- A member of the AGAHP has to be a German naturopath;
- In addition he has to be a member of the AAG (Anthroposophic Society with its headquarters at the Private University of Applied Sciences for Anthroposophic Spiritual Science Goetheanum/Dornach (CH));
- He has to accept the purpose of the AGAHP as it reads:
 - working for Anthroposophic Healing and contributing towards its development in accordance with the principles of Anthroposophical Spiritual Science;
 - practising Anthroposophic Healing;
 - accepting advanced training of the members by means of regular meetings; support of trainings by AGAHP-recognized teachers and of an AGAHP-recognized school.
 - the pursuit of these objectives in cooperation with the Head of the Medical Section of the Private University of Applied Sciences for Anthroposophic Spiritual Science Goetheanum/Dornach (CH).

To be a German naturopath means:

After successful completion of a training at a Heilpraktikerschule (Private Naturopathic Institute), one has to take a medical examination in front of the respective German federal state authority, the so-called Amtsärztlicher Gutachterausschuß, i.e. Official Medical



AGAHP e.V.
Arbeitsgemeinschaft
Anthroposophischer Heilpraktiker

Advisory Committee. Having passed, the examinee receives an accreditation issued by the Public Health Department. With it one is free to examine, diagnose, and treat, patients including practising within one's own medical practice. Establishment of a practice has to be notified to the Public Health Department.

To remain in conformity with current standards, the naturopath has the duty to take part in regular advance trainings.

The naturopath is subject to supervision by the Public Health Department.

Every naturopath may practise only those methods he has been trained for. In order to practice additional methods, he has to undergo further education, which are offered by professional associations and their recognised institutions, only. Such specialised further education typically lasts for at least three more years of learning and practising. Some professional associations also provide the possibility to take a certified examination (e.g. in Homoeopathy, Osteopathy, Focussing, Person-Centered-Psychotherapy).

The fees for consultation of a naturopath may be reimbursed partly or in full by respective private health insurances in Germany, depending on the contract.

To be a member of the AAG means:

Any member of the AAG has to declare that he considers the institution of the Private University of Applied Sciences for Anthroposophic Spiritual Science Goetheanum/Dornach (CH) as justified.

The AGAHP e.V. regulates training and qualification of Anthroposophic Naturopath's in cooperation with the Head of the Medical Section of the Private University of Applied Sciences for Anthroposophic Spiritual Science Goetheanum/Dornach (CH) in accordance with its statutes.