

American College of Anthroposophic Medicine

CASE GUIDELINES AND RESOURCES

Case History Guidelines:

- Please present 3 patient cases from clinical practice in which anthroposophic medical prescriptions or therapeutic recommendations were made that led to a positive treatment outcome. Sequential visits or phone consultation with follow-up should provide documentation of a positive clinical response.
- Use a standard written case presentation format, similar to a grand rounds report, with chief complaint, relevant patient history, pertinent exam findings, diagnostic studies, treatment, follow-up care, and clinical outcome. Protect patient identity by omitting name, date of birth, or other specific identifiers.
- Include an anthroposophic interpretation of the patient's clinical presentation and diagnostic findings. For example, you may choose to discuss a threefold or fourfold approach to diagnosis and treatment, or demonstrate awareness of the temperaments, cycles of life, organ types, or other examples of some of the many ways anthroposophic medicine contributes to deepening the diagnostic and treatment rationale.
- Discuss the anthroposophic medicines and therapies used and why they are indicated in each case. Perhaps initial treatment was not successful and additional or modified treatment was needed to reach the desired outcome. Discuss what you learned by this or how clinical response evolved.
- Include references to anthroposophic literature to support your diagnosis and treatment (see below for suggestions). References may be footnoted in the text and listed in a bibliography at the end of each case.
- Choose cases that you have managed independently in clinical practice, without mentoring support. Make it clear that you are using anthroposophic concepts you have learned to apply to clinical situations and demonstrate your thinking process to show that you are handling anthroposophic concepts independently.
- Optional: Discuss how else you might have handled the case, or therapies you might have used if you had had a particular therapist in your community, for example.

Literature Resources:

(This is a partial list only and is not a mandatory list to be referenced in each case)

- Rudolf Steiner, particularly the "Course for Young Doctors", "Introducing Anthroposophical Medicine" (referred to as the First Medical Course), "Anthroposophical Spiritual Science and Medical Therapy: The Second Medical Course", "Curative Eurythmy", "Education for Special Needs"
- Steiner/Wegman, "Fundamentals of Therapy"
- Victor Bott, "Spiritual Medicine and the Art of Healing"
- Husemann/Wolff, "The Anthroposophic Approach to Medicine" Volumes 1-3
- Girke, Internal Medicine: Foundations and therapeutic concepts of Anthroposophic Medicine
- Soldner/ Stellman, "Individual Pediatrics"
- Pelikan, "Healing Plants"
- Vademecum, the electronic CD
- Vogel, "Finding Remedies"
- Michael Evans, "Anthroposophic Medicine: Healing for Body, Soul and Spirit"
- Rohen, "Functional Morphology"

Sample Cases:

Several sample case histories are available in PDF format and can be received via email. Please contact the ACAM secretary by phone or email at (503) 234-1531 or joantakacs@gmail.com