

American College of Anthroposophic Medicine
Physicians' Association for Anthroposophic Medicine

Certification Criteria
effective October 1, 2018

ACAM welcomes applications for certification in Anthroposophic Medicine from all United States licensed physicians (MD and DO), Nurse Practitioners and Physician Assistants, as well as all Canadian licensed physicians (MD)*.

The requirements for certification mirror the "International Core Curriculum of Anthroposophic Physicians' Trainings" as adopted by the International Conference of the Boards of Anthroposophic Doctors' Associations.

For those who began training prior to October 1, 2018, a five-year transitional period has been designated, during which you may request to be certified under the older certification criteria†. This transition period will expire on September 30th, 2023.

The certification **application must be complete** when submitted and include:

- application form
- application fee of \$300, check made payable to PAAM
- photo of applicant
- copy of the applicant's medical diploma
- copy of valid state or Canadian medical license
- documentation of contact hours, independent work, mentored practice hours, and project work (as outlined in the application portfolio)
- three clinical cases
- two letters of recommendation

ALL REQUIRED DOCUMENTS MUST BE SUBMITTED TOGETHER IN ORDER TO BE CONSIDERED‡. Applications may be submitted in paper form or electronically. A certificate or letter can be attached to the application when it is not possible to obtain a written signature (such as with distance mentoring or a webinar case discussion group), *but the title and dates of the activity should still be listed in the portfolio.*

Upon receipt of the completed application, the board may request additional information and clarification as needed. The applicant will be contacted in order to schedule an examination date within 90 days of receipt of the completed application. The applicant will be notified of ACAM's decision within 30 days of examination. If certification is not granted, the board will provide feedback to the applicant, including recommendations for additional study or training. Once certification is awarded, the applicant will receive a certificate in Anthroposophic Medicine from the Medical Section of the Goetheanum. Upon being awarded certification, applicants can describe themselves as licensed medical practitioners according to their training (MD, DO, NP, PA) certified in Anthroposophic Medicine.

* for information about the certification process for naturopathic doctors, visit <https://span.wildapricot.org>

† see Appendix A for the optional certification requirements for those who began their training before Oct. 1, 2018

‡ one notable exception is the letters of recommendation, which may be submitted directly by the author for confidentiality. *However, it is the sole responsibility of the applicant to ensure the letters are submitted.*

Criteria for Certification in Anthroposophic Medicine:

1. The applicant shall be licensed to practice medicine as an MD, DO, NP or PA within the United States, or licensed as an MD in Canada. *The applicant shall provide a copy of their diploma and current state license with the application.*
2. The applicant shall be of high moral and ethical standards and be in good standing in the general medical and anthroposophic communities.
3. The applicant shall be committed to the ongoing development of the knowledge and practice of Anthroposophic Medicine.
4. The applicant shall give evidence of 1000 total hours of educational study and training in the basics of anthroposophy and Anthroposophic Medicine according to the following categories:
 - a) **Contact Time (Total of 250 hours):** this is accomplished through participation in accredited courses and modules within the framework of PAAM's training programs which fulfill the core curriculum for Anthroposophic Medicine, and which offer a certificate of attendance and/or completion.
 - Each IPMT intensive week currently offers 2500+ minutes of workshop and classroom time per session, providing approximately 55 contact hours each year. The 250 hours can be met through five years of IPMT attendance, or a combination of IPMT attendance plus participation in other webinar courses or accredited workshops.
 - b) **Independent Work (250 hours):**

Documentation of independent study is accomplished through the use of the training "Portfolio." This is built on the understanding that as part of any training program participants dedicate, on average, at least one hour to preparatory reading, review of materials, and/or time exploring other resources for each hour of "contact time" teaching.

 - Within your portfolio folder keep a log of the materials and subjects you have studied. Specific dates and hours of study *do not* need to be recorded for this section, just a list of topics and materials (e.g. keep a list of resources you have worked with, like: "Oncology chapter in Girke's anthroposophic textbook, 'Internal Medicine,' pages xx-yy," or, "first five lecture of Steiner's 'Course for Young Doctors,'" etc.).
 - c) **Mentored Practice Hours (250 hours, corresponding to 50 credit hours of direct mentoring activities):** These hours are built on the expectation that there are at least four hours of patient work and study for every hour of mentored teaching. The current PAAM individual mentoring program is based on a first year of 18 hours (1080 minutes) and second year of 20 hours (1200 minutes). This satisfies the 50-hour requirement. Participation in group mentoring or group case discussion courses, listening to an expert panel, or shadowing a certified physician in his/her practice are also considered mentoring activities, with variable amounts of credit hours awarded.
 - d) **Project Work (150 hours):**

This is generally a written work.

 - *Guideline for the total length: 4500 words, or 8-10 pages single-spaced in the form of 1-3 papers (or an equivalent).*
 - *The project can also be a publication.*
 - *The topic is related to Anthroposophic Medicine and the trainee's current continuing medical education (CME).*

- *The paper shows the trainee’s ability to independently work with the fundamental elements of AM. Examples of what it can contain are:*
 - *An elaboration of specific case work*
 - *A characterization of a disease pattern*
 - *A characterization of a medication or non-medicinal therapy*
- *It can also consist of one or several papers published during the CME period.*

A portion of the projects can also be fulfilled through activities like webinar teaching, such as offering a presentation on a specific medicinal plant as part of the “Healing Plants” webinar series.

Documentation for this section of the portfolio does not need to include specific hours, but does need to include a list of textbooks, articles, journals, or anthroposophic lectures you worked with.

e) **Three Case Studies Preparation (100 hours):** Each case study should be an independent examination and consideration of the processes of illness and healing. The three case studies should show that you are familiar with the fundamentals of Anthroposophic Medicine and can independently make a diagnosis, develop a therapy and evaluate the course of the illness. It should include information about the following aspects:

- *Medical history and current findings*
- *Diagnoses, including an anthroposophic description of the patient’s illness process, through the lens of:*
 - *A fourfold diagnosis of the members of the human being, and/or*
 - *functional threefold nature of the illness (possibly with references)*
- *A description of the need for healing (fourfold/threefold perspective) including an explanation of the relationship between the diagnoses and the selected therapies (e.g. a description of a few aspects of the medicine chosen—possibly with references)*
- *The treatment and the course of the illness (with an evaluation of efficacy, if known)*
- *Possible prognosis*

It is recommended that a list of references also be included with each case study.

f) **Examination:** The examination is centered around discussion of at least one of the three cases that have been prepared—this is an opportunity to synthesize your insights and perspectives and share them with colleagues. This will generally last about sixty minutes and needs to be done with at least two members of the ACAM board, or other designated physicians.

Appendix:

Optional Certification Criteria for those who started their training **before Oct. 1, 2018**

(differences from the current criteria are indicated with *italics*):

1. The applicant shall be licensed to practice medicine as an MD, DO, NP or PA within the United States, or licensed as an MD in Canada. The applicant shall provide a copy of their diploma and current state license with the application.
2. The applicant shall be of high moral and ethical standards and be in good standing in the general medical and anthroposophic communities.
3. The applicant shall be committed to the ongoing development of the knowledge and practice of Anthroposophic Medicine.
4. *The applicant shall give evidence of educational study and training in the basics of anthroposophy and Anthroposophic Medicine (such as participation in the five year IPMT course), or one year's full-time training, or an equivalent experience. Exceptions to this requirement may be made at the Board's discretion. [The 1000-hour curriculum requirement does not apply]*
5. *The applicant shall give evidence of at least two years of anthroposophic clinical training in one of the following ways: in the applicant's own practice under a recognized mentor, at an anthroposophic clinic or hospital, or at an established anthroposophic medical practice. Recognized mentorship means the mentorship of an anthroposophic physician who already has a certificate from ACAM or from the Medical Section at the Goetheanum. This clinical training may be done concurrently with the educational training. Exceptions may be made at the Board's discretion. [A required minimum number of mentoring hours is not defined]*
6. The applicant shall submit *two* written case reports from clinical practice in which Anthroposophic Medicine was used successfully. Each case shall discuss the principles of Anthroposophic Medicine relevant to the patient presentation and therapies used, as well as demonstrate a working knowledge of the fundamentals.
7. The applicant shall submit two letters of recommendation from mentors or teachers who have worked closely with the applicant, at least one of whom is a physician certified in Anthroposophic Medicine.
8. The board will review the application, request additional information and clarification as needed, and contact the applicant with their decision within 90 days of receipt of the completed application. In some instances, the board may request a conversation to discuss the cases. If certification is not granted, the board will provide feedback to the applicant, including recommendations for additional study or training. Once certification is awarded, the applicant will receive a certificate in Anthroposophic Medicine from the Medical Section of the Goetheanum. Upon being awarded certification, applicants can describe themselves as licensed medical practitioners according to their training (MD, DO, NP, PA) certified in Anthroposophic Medicine.

Criteria developed by the Board of the American College of Anthroposophic Medicine, revised and approved October 2018.