

Learning Goals and Core Competencies for the Clinical Mentoring Program
based on the *International Core Curriculum for Physician's Training in Anthroposophic Medicine*

Introduction	Foundation Year of Clinical Mentoring				Mentoring Years Two and Three		
Introduction to the 4-fold	The four classical elements ("earth", "water", "air", "warmth")	Assessment of the state of the patient's four fold nature	The development of the members of the human fourfold nature over a lifetime	Determining the patient's resources and areas in need of therapeutic intervention	Identifying appropriate medications and therapies	Planning and implementation of an individualized integrative therapy	Following up, evaluating and adjusting therapy
Introduction to the 3-fold	The tria principia ("salt", "sulfur" and "mercury")	The functional threefold nature of the human being	Polarities in the human constitution		Physical, mental and spiritual health	Principles of actions of anthroposophic medicines	Basic knowledge of anthroposophic medicine preparations and pharmaceutical production processes
7-fold	The seven life processes	Assessment of the state of the patient's seven life processes	Goethean observation as epistemological method	The doctor-patient relationship: comprehensive observation, communication and patient counseling, taking into account the patient's social context			
				Shared decision-making with patients and their relatives based on the concept of the human being as a spiritual and developing being			
Introduction to the spiritual dimension of the human being	The relationship between cosmos, earth and the human being	Knowledge of scientific foundations and research methods in Anthroposophic Medicine	Extended medical history, including the patient's biographical development	Anthroposophic path of medical-spiritual development (fundamentals, exercises, meditation)	Ability to study the founding texts of Anthroposophic Medicine	Knowledge of and competence in using the anthroposophic medical literature	Basic capacity in writing and presenting an anthroposophic medical case report

Please rate your own familiarity and comfort level with each element of the core curriculum, and write a number into each box:
0 = no knowledge, **1** = have heard basic descriptions, **2** = Have a basic understanding, **3** = have a working understanding