



Mistletoe Training Program Outline and FAQs
Oct 5, 2023

The Physicians' Association for Anthroposophic Medicine (PAAM) is proud to work directly with the Medical Section at the Goetheanum to offer the most current, comprehensive and practical training available in the field of mistletoe therapy. Our teaching is informed by decades of faculty experience gained in the best European clinics and some of the most innovative private practices and clinics in North America. We strive to cover all aspects of research and practical application, while offering a deep and mindful awareness of the background of Anthroposophic medicine, which continues to inform this therapeutic approach, and including emerging compliments from integrative and metabolic medicine.

While taking our courses in-person (when available) or online clearly provides the most informative way to interact professionally and learn, we also realize this isn't always possible. We have put together a combined introductory and advanced course with carefully selected talks from the past few years, available for purchase by state-licensed MDs, DOs, NDs, NPs, and PAs. Many participants like to have these recordings in addition to the in-person and live courses. When you enroll in the course, you are added to the Mistletoe Practitioner Circle on the Anthroposophic Medicine Mighty Network, a private circle of practitioners who have taken or are taking a PAAM mistletoe course. It is a place for asking questions and sharing experience, but the circle is not regularly moderated by faculty. [Go to this page to see more information about the combined course.](#)

Our most recent advanced in-person course was February 2023; the next one will likely be in 2025. We will offer an up-to-date introductory course online February 2-4, 2024.

Over the years we have observed many practitioners need and/or desire mentoring support as they handle more challenging patients while prescribing mistletoe in their own practices. For that reason, we created an organized Mistletoe Apprenticeship Program for practitioners who have completed a mistletoe training through PAAM to be able to receive direct mentoring support by way of 12 pre-scheduled group mentoring sessions that take place over the course of one year (6 90-minute online sessions in the spring; 6 90-minute online sessions in the fall). One cohort of 20 participants is formed annually; application is required. The application period for the 2024 cohort will open in Winter 2023. To receive announcements, please subscribe to the PAAM Training Education Calendar at the bottom of this page.

For practitioners needing just one or two general mentoring sessions, we can sometimes arrange such an open session once or twice a year, upon request, and in consideration of faculty schedules.

To help practitioners better understand where to begin in the program and what to expect, we have prepared this information sheet that includes answers to the more frequently asked questions, and a comparison between the currently offered courses and programs.

Please read on...

FAQ 1: Who can enroll in the mistletoe training program?

The Mistletoe Therapy & Integrative Oncology Training Program is designed for medical doctors (MDs), osteopathic doctors (DOs), naturopathic doctors who have graduated from an accredited naturopathic college (NDs), nurse practitioners (NPs), and physician assistants (PAs). The courses require a prior training of at least 1000 hours of biomedical classes (including anatomy, physiology, pathology, diagnostics, and therapy), as well as current state licensure to prescribe medicines. Photo documentation of current licensure may be requested. DVMS, please refer specifically to FAQ 8.

FAQ 2: Can nurses enroll in the mistletoe training program?

If a nurse is currently working directly under a licensed prescriber (as detailed above) who is currently enrolled or has already completed a mistletoe training course through PAAM, permission to enroll may be granted. To be considered, interested nurses must write to paam@anthroposophy.org with their name and credentials, along with the name and credentials of their supervising physician. Again, photo documentation of the physician's license to prescribe may be requested.

FAQ 3: Is it illegal to prescribe mistletoe?

It is not illegal to prescribe mistletoe. As is the case with many functional, metabolic, integrative and holistic therapies, you cannot make claims this is approved for any specific disease, nor can you sell it beyond ordering it for your active patients. Injections and IV's, like other such treatments, have to be given off label by the prescriber. Some forms of Mistletoe are available in this country and others can be ordered from Europe or Canada. Guidance on ordering is given within the course handouts. All handouts and recordings are for the private use of those registered and are not to be shared outside of the course unless otherwise explicitly indicated or permitted by the course faculty.

FAQ 4: How do I become "certified" in mistletoe therapy?

There is not currently a means of "certifying" in mistletoe therapy, as there is not an official institution or governing body to evaluate and oversee certifications, and there is not a standardized criteria for certification. Acknowledging that, we strive to provide the best training available in support of the best possible patient outcomes. We do offer *certificates of participation* for courses completed in real time (not for recorded courses) and we offer *certificates of training* for practitioners who successfully complete the Mistletoe Apprenticeship Program. All certificates are signed by PAAM and the Medical Section at the Goetheanum, who has reviewed our curriculum and approved that it meets the standards of European Mistletoe treatment provided in hospitals and clinics in Western Europe and is in alignment with available research and standards of practice. Many clinicians are using mistletoe inappropriately and it is a concerning problem. At this time the PAAM courses are the most comprehensive offering, and they are recognized by integrative mistletoe experts.

FAQ 5: Will I receive all the training, documents and forms I need to begin prescribing mistletoe right away?

We provide the most current, comprehensive and practical training available to both newcomers and more advanced practitioners. Our course materials include lecture slides, relevant research articles, and sample disclosures and forms that can be adapted by practitioners for use in their own clinics. It is our intention that the Fundamental Best Practices Course (aka: the introductory course) will provide practitioners with the basic foundational knowledge and resources they need to begin prescribing right away. Mistletoe therapy can become quite nuanced and complex though, especially as practitioners care for patients over the course of the illness. Adjustments in treatment are often necessary. For this reason, many practitioners choose to continue their training by enrolling in the combined course or by applying to the Mistletoe Apprenticeship Program.

Practitioners who take the PAAM training also receive many free or inexpensive materials to assist them in their practice such as: an extensive handout on common issues you might encounter in practice; formularies; ordering information; and information on supporting emergencies.

Further, if your interest in Anthroposophic medicine grows, there are discounts available to you as a participant in the mistletoe training program. We have many doctors who have gone on to attend our foundation Anthroposophic medical trainings offered by PAAM and it has been life changing. Anthroposophic medicine is a transformative path- personally, spiritually and practically. Most clinicians would say it brings humanity back into the art of medicine and extends their medical specialty to a level of insight, curiosity and wonder they had always hoped for when they decided to become a healer.

Read for yourself what our participants have had to say:

- *“Eye opening! So many new tools available to us. So dynamic! Personally, I really enjoyed all the perspectives and insights and anthroposophic pieces, which are new to me. I am even more curious the more I learn.”*
- *“With each new course/conference, I find new and inspiring ways to think about mistletoe and to bring it into my practice.”*
- *“I’ve had wonderful reminders to go more deeply into the art of our medicine. I’ve discovered my own patterns of dysfunction and how to support myself into balance.”*
- *“Love being around integrative, thoughtful colleagues! Fills me up. Clear guidelines for mistletoe use are courage building.”*
- *“It’s a wonderful course in so many ways. Well-rounded approach and amazing information backed by data. Anthroposophic medicine was a brand-new concept to me several months ago, but now is going to be incorporated into my practice.”*
- *“It is worth attending. The information is very applicable and the support from colleagues and other practitioners is very helpful.”*
- *“The diverse faculty do an incredible job to hold different perspectives to contribute to the same whole.”*
- *“Outstanding if you want to get a real sense for health, prevention and true growth regarding the whole human being.”*

FAQ 6: Which course/program is right for me?

Course/Program	Level of Learning	Date/Format	Certificate Offered	Ongoing Support	Cost
Fundamental Best Practices of Mistletoe Therapy and Integrative Oncology	Introductory	Feb 2-4, 2024 Twelve online live sessions with full faculty. All sessions will be recorded and posted to the course on our Mighty Network. Recordings will remain available for the foreseeable future. Includes materials.	If participants attend and engage in at least 11 of the 12 sessions during the live course, they will receive a certificate of participation.	Registered participants will be added to the Mistletoe Practitioner Circle on our Mighty Network. Attendance may qualify for application to the Apprenticeship Program.	\$700-\$775
Combined Course in Mistletoe Therapy and Integrative Oncology	Introductory and Advanced	Available as an “on-demand” purchase within our Mighty Network. All sessions have been previously recorded. Includes over 22 lectures, plus materials.	No certificate is currently offered for the recorded course.	Registered participants will be added to the Mistletoe Practitioner Circle on our Mighty Network. Attendance may qualify for application to the Apprenticeship Program.	\$1000-\$1200
Mistletoe Apprenticeship Program	Advanced. Requires attendance of at least one previous course, as well as application to the program. Participants must be currently seeing patients, as submission of a case report is necessary to complete the program.	The program spans one year, Apr to Nov, and includes a total of 12 online group mentoring sessions, as well as opportunities for optional, in-person weekend workshops and/or clinic visits.	If participants attend and engage in at least 80% of the live sessions during the mentoring year and fulfill the case submission requirement, they may be eligible to receive a certificate of training at the end of the program.	Each of the 12 group mentoring sessions is led by at least two faculty members. The cohort is capped at 20 to allow ample time for questions and discussion. Faculty provides direct and extensive feedback on case reports. Sessions are recorded and posted to the Mighty Network and mentees are encouraged to also join the Mistletoe Practitioner Circle.	\$900

FAQ 7: How do I get listed on the online mistletoe provider directories?

Historically it has been difficult for our small faculty to assess practitioner proficiency thoroughly enough to responsibly represent qualified practitioners in an online directory after they have completed a course. There is a wide range of how practitioners apply what they have learned, and there is also a wide range of what practitioners deem to be a fair cost to pass on to patients. For these reasons PAAM has not so far created an online directory solely for mistletoe-trained practitioners. The Mistletoe Apprenticeship Program was created, in part, to permit faculty the opportunity to better inform, understand, and assess the skills and approach of participants. Upon graduation of the first cohort in Fall 2023, the question of an online directory hosted by PAAM will be taken back up.

Since our first course in June 2019, we have worked closely with [Believe Big](#), an independent non-profit devoted to providing support to cancer patients and connecting them with trained mistletoe practitioners. Believe Big has their own Practitioner Referral List, and their own vetting process, which includes, but is not limited to, completion of a mistletoe training course through PAAM. The final decision regarding inclusion on the Believe Big Practitioner Referral List rests within their organization.

Also, several Mistletoe practitioners have taken the intensive metabolic medicine training and learned some very basic aspects of mistletoe. Most practitioners who want to use this therapy effectively, however, find they need to take our course.

FAQ 8: Are the mistletoe courses/programs suitable for licensed veterinarians?

The mistletoe courses and programs offered by PAAM are specific to human patients. Having said that, a good number of veterinarians have chosen to take a mistletoe course through PAAM because there is not currently an equivalent training available specific to veterinary practice. Feedback from veterinarians who have taken a course through PAAM have indicated the course was helpful and adaptable to their own practice. Licensed veterinarians are welcome to enroll in the mistletoe courses offered by PAAM, but the Mistletoe Apprenticeship Program is not practical for veterinarians. Over the years we have compiled a modest list of veterinarians who are mistletoe-trained, and we strive to connect them with each other, if possible, so the learning and collaboration amidst colleagues can continue after the training experience with PAAM has concluded. The Mistletoe Practitioner Circle on the Anthroposophic Medicine Mighty Network may also be a good place to connect and correspond with other DVMs who have taken the course.

FAQ 9: Where do I go for more information, including topic lists for the courses?

Visit <https://anthroposophicmedicine.org/mistletoe-course> for details and topic lists for all of the currently available courses. There's also more information there on our faculty, as well as details about the Mistletoe Apprenticeship Program. The most reliable way to ensure you receive announcements is to subscribe to the PAAM Training Education Calendar at the bottom of this webpage: <https://anthroposophicmedicine.org/anthroposophic-medical-training>.

Please visit this page on the PAAM website for additional free resources and links to further information: <https://anthroposophicmedicine.org/mistletoe>. If you have additional questions, please write to us at paam@anthroposophy.org.