

CURRICULUM VITAE

Name: RAOUL COLIN GOLDBERG

Current Position: Integrated Medical Practitioner
Psychophonetic Counseling Practitioner
Waldorf School Medical Consultant
Writer
Speaker

Medical Education

1967 - 68 Witwatersrand Medical School, Johannesburg, RSA
1969 -70 Medical Science training in Embryology, Micro-Anatomy and Biochemistry
1970 - 73 Witwatersrand Medical School, Johannesburg, RSA
Completion of Batchelor of Medicine and Surgery degree

Post Grad Training

1974 – 75 Intern - Coronation Hospital Johannesburg, RSA
1976 – 77 Internal Medicine Residency in Clinical Therapeutic Institute Arlesheim Basle, Switzerland.
Training in Anthroposophically Integrated Medicine
1977 – 78 Lukas Cancer Clinic Arlesheim / Basle, Switzerland.
Training in Anthroposophically Integrated Cancer therapy
1978 – 79 Natural Science Research Institute Goetheanum Dornach / Basle Switzerland
Anthroposophical Medical Studies, Plant and Mineral Studies, Study and Training in Therapeutic Eurythmy, Art Therapy,
1979 – 80 Training in harvesting and pharmaceutical manufacture of Anthroposophical Medicines
1980 – 81 Internal Medical Residency in Paracelsus Clinic, Unterlengenhardt Germany
1981 – 82 Internal Psychiatric Residency in Friedrich Husemann Psychiatric Clinic, Wieneck / Freiburg, Germany
1992 – 93 Training in Acupuncture Professor de Gelder, Cape Town, RSA
1993 – 95 Training in Homeopathy Boiron Institute, Cape Town, RSA
2002 – 05 Diploma In Psychophonetic Counselling, Persephone College, Cape Town, RSA
2010-2012 Training in Functional Medicine. Institute of Functional Medicine US

Licences, Certification, Diplomas

1968 Batchelor of Medical Sciences University of Witwatersrand, RSA
1973 Licenced, Medical Practitioner, Republic of South Africa
1995 CEHD Diploma in Homeopathy, Licenced Practioner in Republic of South Africa
2005 Diploma In Psychophonetic Counselling, Persephone Institute Cape Town, RSA

2010 – 2012 Certificate in Functional Medicine, long distance training Institute
Functional Medicine, Santa Fe, USA

Professional Activities

Clinical Work

- 1983 – 2015 Family Practice in Cape Town South Africa and Medical Consultant for
Waldorf Schools in Western Cape, RSA
- 1983 – 1990 Medical Consultant to Camphill Villages in Kalbaskraal and Hermanus,
Western Cape, RSA
- 1996 – 2000 Complementary Homeopathic Clinic in Khayelitsha Township, Cape
Town, RSA

Initiatives

- 1990 Co – Founder of the Anthroposophical Medical Association of Southern
Africa (AMASA)
- 1991 Co-Founder of the South African Complementary Medical Association –
Special interest group of the South African Medical Association
- 2010 Co- Founder of South African Healing Villages -NGO to promote
sustainable, holistic and self empowered health

Professional Organisations

Memberships:

- 1974 to present Health Professions Council Board certified
- 1984 – 2004 South African Medical Association
- 1990 to present Anthroposophical Medical Association of Southern Africa
- 1996 to present Allied Health Professions Council Board certified
- 2006 to present International Association of Psychophonetics Practitioners
- 2010 to present Institute of Functional Medicine
- 1991 – 2000 South African Complementary Medical Association
- 2000 – present South African Society of Integrative Medicine

Key words and Areas of Interest:

Participatory Medicine and Healing
Intuitive Medicine,
Anthroposophical Medicine,
Integrative Medicine,
Homeopathic Medicine,
Functional Medicine,
Psychophonetic Counselling
Anthropos – the whole human being,
Human – Nature - Cosmic interconnectivity,
Body-Mind/Psyche-Spirit Continuum and Interconnections,
Psycho-Somatic Interface,
Child Health – healthy development and contemporary health disturbances,
Universal Child Genius,

Biography of Illness,
Blessing of Illness,
Addictive Behaviour,
Individualised Therapeutic Approaches – Herbal Remedies, Metal Therapy, Sound therapy, Movement therapy, Therapeutic Arts and Crafts
Participatory Awareness - Self Empowerment, Self Knowing, Self Transformation, Self Healing,

Summary of Medical and Clinical Activities

My striving throughout my medical training was to gain deep insight into the holistic nature of the human being as an integrated continuum of body, mind / soul and spirit. This I saw as the pre-requisite for an holistic approach to the *diagnosis* of ill health. To this end I sought to gain understanding from the holistic medical systems of Ayurvedic Medicine, Traditional Chinese Medicine and ultimately from Anthroposophical Medicine. Because the latter developed its ideas and viewpoint out of Western orthodox medicine, I chose to pursue my post graduate studies in the anthroposophical medical clinics and scientific institutes in Switzerland and Germany.

I was also inspired to understand the interconnections between the human being and earthly nature on the one hand, and between the human being and the cosmic solar systems on the other. I intuitively knew that the substances and energetic force fields derived from these natural and cosmic sources were the foundation for multi faceted and individualized *therapy*. I therefore embarked on a Goetheanistic and Anthroposophical orientated study of the mineral, plant and animal kingdom, as well as an Astrosophical study of the planets and constellatory stars, with special focus on the correspondences and interconnections to the human continuum. I have been engaged in this study ever since.

Once these correspondences were clear to me, the imperative to prepare these remedial substances in a form that could best be utilized by all aspects of the human continuum including his subtle bodies became of paramount importance. I therefore set about studying the *Bio-dynamic* approach to farming and herbal gardening which practices a scientific and holistic agricultural method of growing remedial plants in ways that enhances their therapeutic potential. I also learned to observe plants in nature and discovered those elements and prerequisites needed to harvest these plants optimally from their natural environment. In addition I followed the practices used to obtain mineral remedies from their natural mineral sources (silica, gold, iron), insect remedies such as the red ant (*formica rufa*) or the honey bee (*apis mel*), aqueous, amphibian and reptilian remedies such as ink fish, toad skin, snake venoms, as well as animal remedies such as embryonic stem cells (*disci*) and organ remedies. I spent quality time in the Weleda and Wala manufacturing laboratories learning to understand Anthroposophical pharmaceutical processes and to master some basic processes such as potentizing minute dose medicines and rhythmic processing. On returning to Cape Town, South Africa, I set up my own herbal gardens and processing laboratory and was able to manufacture my own rhythmically prepared remedies, a process which avoids the use of any preserving ingredients and which after 30 years are still fresh and potent. Currently I am still manufacturing and potentising by hand many of the remedial preparations that I dispense in my practice.

I was further intrigued by the value of the fine-, moving- and expressive arts and crafts in holistic healing and sought to gain experience in a wide variety of

therapeutic artistic and craft activities. I attended a wide variety of courses in painting, sculpture, metal work, wood work, eurythmy, Bothmer gymnastics and therapeutic dancing. I was inspired by the Ruskin Mill Educational Trust which has centres in Nailsworth / Gloucestershire, Stourbridge and Sheffield where socially and intellectually disadvantaged adolescents and young adults are offered an alternative education based on the healing value of the arts and crafts.

In the seven year period spent as a medical apprentice in central Europe, embracing a wide range of learning opportunities in the healing sciences and arts, I had the good fortune to work and learn from many doctors and scholars who had worked directly with Rudolf Steiner.

After returning to South Africa to ground my deepening and enrichment of my medicine experience in clinical practice, I chose to train myself further in *Nutritional Science, Acupuncture, Homeopathy, Psychotherapy and Functional Medicine*.

As of 2015 I have been practicing as an integrative family practitioner, in Cape Town for exactly 33 years.

Other Medical Training

- 1975 Homeopathic Diploma from Canyon School of Homeopathy
- 1976 3 month training in *Anthroposophical Medicine at Clinical and Therapeutic Institute* Arlesheim, Switzerland
- 1977-79 Training in *Anthroposophical Medicine* with Herbert Sieweke, Dornach, Switzerland
- 1980 -81 Training in *Anthroposophical Homeopathy* at Wala Medicinal laboratories, Eckwelden, bei Goppingen, Germany
- 1981-82 Advanced Training in *Anthroposophical Medicine* with Klaus Wilde Pforzheim, Germany
- 1976-82 Numerous Medical courses and conferences at the Goetheanum, Dornach , Clinical and Therapeutic Institute, Arlesheim, Lukas Clinic Arlesheim, Clinic Arlesheim, CH, Paracelsus Clinic, Unterlengenhardt, Husemann Psychiatric Clinic, Wiesnik WG
- 1991 First SACMA Medical Complementary Conference Robben Island. Cape Town, RSA

Training and Courses in the Healing Arts and Crafts.

- 1977 Clinical and Therapeutic Institute Arlesheim 3month training in *Anthroposophical Medicine* and the *healing arts*, Arlesheim, CH
- 1976-77 Courses in *Eurythmy / Painting / Sculpture / Music therapy / Colour Therapy* - Arlesheim, Dornach, Switzerland
Hydrotherapy at Clinical Therapeutic Institute and the Lukas Klinik Arlesheim, Switzerland
- 1978 – 79 Training in *Goetheanistic Natural Sciences* at the Research Institute Goetheanum Dornach / Basle, Switzerland
6 week intensive training in *Therapeutic Eurythmy* with Daphe Niederhauser, Dornach, Switzerland
3 month intensive *speech training* with Dora Gutbrod, Dornach, Switzerland
6 month *flute training* with Hans Schmid, Dornach, Switzerland

- Studies and courses in Anthroposophical Architecture based on First Goetheanum , E Van Baravalle , Dornach, Switzerland
- 1988-90 Training in metalwork with H Scherlund at the Novalis Institute, Plumstead, Cape Town RSA
- Courses in Carpentry and Painting with Urs Hauptle at Syringa Centre, Plumstead, Cape Town RSA
- 2000 Introduction to metalwork in *Jewellery making*, Cape Town RSA
- 2009 Visit to Ruskin Mill, Nailsworth, Stourbridge, Sheffield, UK
- Introduction to a variety of crafts: glass engraving, glass blowing, copper work, iron forging, green woodwork, weaving, fisheries, leatherwork, forestry

Teaching and Speaking Opportunities

Workshops Seminars Lecture Presentations

- Feb 1987 Is Illness a Blessing or a Curse? Anthroposophical Society
Western Cape, RSA
- Feb 1990 New Ways in Medicine Summer School UCT, Cape
- Jan 1993 Complementary Medicine College of Medicine, Cape,
RSA
- Nov 1993 Anthroposophical Medicine Complementary Practitioners
Cape, RSA
- Nov 1993 Anthroposophical Medicine Academy of Family Practitioners
Cape, RSA
- April 1994 The Importance of Complementary Health in Primary Health Care
ANC Health Committee, Cape, RSA
- August 1994 Medicine – Understanding Nature’s languages Michael Oak Waldorf
School, Cape Town RSA
- Oct 1994 Experiencing Anthroposophical Medicine 3 day seminar for Integrated
Medical doctors - The Centre for Complementary Medicine, Cape
Town RSA
- May 1997 The Power of your Energised Work Force Holiday Inn Cape Town RSA
- Feb 1998 Blessings of Illness Adult Ed Program Michael Oak Cape Town
- Feb 1998 The Leaky Gut Syndrome Constantiaberg Mediclinic Doctors Forum
- May 1998 The Reclaiming and Protection of Childhood 3 talks Michael Oak
Adult Ed Programme, Cape Town RSA
- Feb 1999 What Makes a healthy Child ? Michael Oak Adult Ed Programme
Cape Town RSA
- March 1999 The Tenth Year of Life Michael Oak Parents Evening Cape Town
RSA
- May 1999 Towards a deep understanding of the Unborn Child Sophia Family
Centre Cape Town RSA
- May 2000 Medicine Today – Cure or Healing Michael Oak Adult Ed
Programme, Cape Town RSA
- June 2000 Therapeutic Eurythmy Eurythmy therapists , Cape Town RSA
- Oct 2001 The Healthy Child and Immunisation Sophia Family Centre,
Cape Town, RSA
- March 2001 The Developing Child Sophia Family Centre,
Cape Town, RSA
- March 2001 What Does the Nursery Child need to be Healthy? Michael Oak

Nursery School, Cape Town RSA

June 2001 Environmental Impact on the Young Child Michael Oak Nursery School, Cape Town RSA

March 2002 Quest for the Anthropos Beginning of a New Medicine UCT Medical School, Cape Town, RSA

Sept 2004 Anthroposophical Medical Seminar for Psychophonetic Training Persephone College, Cape Town, RSA

July-Oct 2005 In Search of a Humane Medicine x12 seminars UCT Medical School Cape Town RSA

Feb 2005 Anthroposophical Medicine Hermanus Therapeutic Centre, RSA

March 2005 Psychophonetics – Enhancing Diagnosis and Therapy in Clinical Practice Graduating Presentation, Persephone College, Cape Town, RSA

April 2006 Psychophonetics: A New Methodology for Enhancing Diagnosis and Therapy in Clinical Medical Practice Research Thesis, Persephone Institute Cape Town, RSA

Feb 2006 *Understanding Children* Bridgehouse School, Franschoek RSA

March 2006 *Experiencing the Body Soul Spirit Continuum* AMASA National Conference, Cape RSA

April 2006 *The Migraine Syndrome*

April 2006 *Modern Childhood Illnesses as a sign of our times* African Kolisko Conference Cape Town RSA

Experiencing the Seven Planetary Processes
As a Diagnostic and Therapeutic Tool

Sept 2010 *Cranio- Sacral Therapy as an Art* Ray Lacy Art Exhibition, CT RSA

Aug 2006 *The Vulnerable Child Part 1* Kolisko Forum No 1, Cape Town RSA

Sept 2006 *Our Vulnerable Children* Syringa Child Seminar 1, CT RSA

Oct 2006 *The Vulnerable Child Part 1* Kolisko Forum No 2 CT RSA

Nov 2006 *Exploring Resilience* Syringa Child Seminar 2 CT RSA

Dec 2006 *Medical Seminar for Psychophonetic Graduates* Persephone College, Cape Town, RSA

Feb 2007 *Addiction Onslaught* Kolisko Forum No 3 CT RSA

March 2007 *From Need to Dependency to Addiction to Captivity in Children and Adolescence* Syringa Child Seminar , Cape Town RSA

May 2007 *The Role of the Human Double in Addiction* Kolisko Forum No 4 Cape Town RSA

October 2007 *Cyberspace - The Hidden Addiction* Kolisko Forum No 5 Cape Town RSA

Feb 2008 *Addiction to Violence* Kolisko Forum No 6 Cape Town RSA

May 2008 *Working with Reactions* Kolisko Forum No 7 Cape Town RSA

Aug 2007 *The Riddle of Incarnation* Kolisko Forum No 8 Cape Town RSA

Feb 2009 *Learning to Listen to the Child* Awaken to Child Health Seminar 1 Cape Town, RSA

March 2009 *Where do I come from?* Awaken to Child Health Seminar 2 Cape Town, RSA

April 2009 *The Journey of Childhood and Adolescence* Awaken to Child Health Seminar 3 Cape Town, RSA

May 2009 *The Heavenly Years – Birth to 3 Years* Awaken to Child Health Seminar 4 Cape Town, RSA

- May 2009 *We can all become knowers and healers of children* Kolisko Forum No 9
Cape Town, RSA
- May 2009 *Awakening to Child Health* An interactive Sunday talk to the
Anthroposophical Society Western Cape, RSA
- June 2009 *The Golden Years Birth to 7 years* Awaken to Child Health Seminar 5
Cape Town, RSA
- July 2009 *The Beautiful Years 7 to 14 years* Awaken to Child Health Seminar 6
Cape Town, RSA
- Aug 2009 *The Truthful Years 14 to 21 years* Awaken to Child Health Seminar 7
Cape Town, RSA
- Sept 2009 *Constitution Temperament Character* Awaken to Child Health Seminar 8
Cape Town, RSA
- Oct 2009 *Body Soul Spirit Continuum in Childhood and Adolescence* Awaken to
Child Health Seminar 9 Cape Town, RSA
- Oct 2009 *Workshop on Bullying* Kronendal Primary School, Cape Town RSA
- Oct 2009 *Awakening to Child Health* Presentation to Anthroposoph Society
Western Cape, RSA
- Nov 2009 *Awakening to the I* Awaken to Child Health Seminar 9 Plumstead, RSA
- Feb 2010 *Awakening to the Genius of Childhood – Reconnecting with the Child
within* Workshop in Stroud, UK
- March 2010 *Awakening to the Genius of Childhood* Workshops London, UK
- May 2010 *Developing Imaginative and Creative Ways of Understanding Childhood
and Adolescence* Syringa Child Seminar, Plumstead, RSA
- June 2010 *The Three Principle Birthing Processes* The Parent Circle Imhoff
Waldorf School, Cape Town RSA
- June 2010 *Awakening to Deep Knowing, Caring and Healing through conscious
human experience* Phakalane Centre for Ritual Living, Cape Town RSA
- Aug 2010 *Awakening to the Genius of Childhood* Oakhill School Workshop
Knysna, RSA
- Sept 2010 *Anthroposophical Medicine celebrates its 90th Birthday* Syringa Open Day
Cape Town, RSA
- April 2011 *Awakening to Deep Experience of Child Development in Health and
Illness* National Waldorf Teachers Conference Cape RSA
- May 2011 *Enhancing the Potential of your Child* Class 2 Parents talk Cape RSA
- July 2011 *The Golden Preschool Child* Syringa Child Seminar 1
Cape Town, RSA
- Aug 2011 *The Beautiful Primary School Child* Syringa Child Seminar 2
Cape Town, RSA
- Aug 2011 *The Youthful High School Child* Syringa Child Seminar 3
Cape Town, RSA
- Sept 2011 *Humanising Medicine* 3 Day Seminar, Stroud UK
'A New Approach to Integrative Medicine Participatory Medicine'
Public talk, Stroud UK
Seminar to Doctors, Integrative healers and Psychophonic Students
- 'An Imaginative Experience of the Major Organs Systems and their
relationship to the human constitution'* Day 1
- 'An Imaginative and Experiential Journey through the Incarnation of the I
from Birth to Adulthood'* Day 2

'The Pneumo-Psycho-Somatic Continuum, Foundation for Medical Psychophonetics And Participatory Medicine' Day3

- June 2012 *Launch of new Book - Addictive Behaviour in Children and Young Adults - The Struggle for Freedom* Cape Town Launch RSA
Book Launch Kalk Bay Book Shop, Cape RSA
- *'A Conscious Path to Overcoming Addiction in Children and Young adults – a Journey towards Self empowerment and Freedom'* River Club, Cape Town RSA
- *The addiction Pandemic in Children and Young Adults'*
- *the struggle for Freedom'* Cape Town Book Fair
Cape Town RSA

- *Addictions in Children and Young adults'*
- *'Awakening to Addictions in Children and Young Adults'* Syringa Workshop
Plumstead RSA
- Radio Interviews Voice of the Cape Zulfah Brown
- July 2012 *Overcoming Addictions: a conscious path to Health and Freedom* Namaste Hall , CIIS
California Institute for
Integral Studies. USA
Radio Interview on Addiction Book Radio 702 Redi Thlandi
Fine Music Radio Gorry Taylor

Aug 2012 *Participatory Medicine* - Seminar for Palliative
Medicine Fellows at UCSF USA

October 2012 *Overcoming Addictive Behaviour - A Path to Freedom* Seminar Rudolf Steiner College Sacramento USA

October 2012 *Overcoming Addictive Behaviour - A Path to Freedom* Seminar Rudolf Steiner School Seminar for Teachers San Francisco USA

October 2013 *Understanding the Child through Participatory Awareness* Stellenbosch Waldorf School

April 2014 3 Knysna Seminars: *Understanding, averting and Overcoming cancer / Participatory Medicine: An Interactive approach to empowering practitioner and Patient in the Diagnosis and Treatment of Illness / Overcoming Addictive Thinking and Behaviour - A Path to Inner Freedom*

Aug – Sept 2014 Esalen Workshops Big Sur California USA

- 5 day workshop *Overcoming Addictive Thinking and Behaviour - A Path to Inner Freedom*

- 2 day workshop *Overcoming Self Restriction through
Conscious and Creative Self Expression*

Sept 2014 *Participatory Medicine and Therapy* - Seminar in
Vancouver Canada

Feb 2015 *Participatory Medicine Training Module 1* - Wilderness
Cape

March 2015 *Participatory Medicine Training Module 1* – Cape
Town

May 2015 *Participatory Medicine Training Module 2* - Wilderness
Cape

May 2015 *Participatory Medicine Training Second Module 1* –
Cape Town

June 2015 *Participatory Medicine Training Module 2* – Cape
Town

September 2015 *Participatory Medicine Training Module 3* – Cape
Town

Topics Presented at Medical Seminars

1. *General Introduction to Anthroposophical Medicine*
2. *The Three Fold Human Being*
3. *The Four Fold Human Being*
4. *The Seven Fold Human Being*
5. *The Incarnation and Development of the Child*
6. *Spiritual embryology*

7. *Psycho-Somatic Connections in Health*
8. *Pneumo-Psycho-Somatic Connections in Pathology and Therapy*
9. *The Four Primary Organ Systems*
10. *Participatory Medicine,*
11. *Elements of Integrated Medicine,*
12. *Psychophonetics*
13. *The Anthropos – the whole human being,*
14. *Human – Nature - Cosmic interconnectivity,*
15. *Body-Mind/Soul-Spirit Continuum and Interconnections,*
16. *The Psycho-Somatic Interface,*
17. *Seven Planetary Processes,*
18. *Child Health – healthy development and contemporary health disturbances,*
19. *Universal Child Genius,*
20. *Biography of Illness,*
21. *Blessing of Illness,*

Publications

Articles

1. *Anthroposophical Medicine* CME Journal Jan 1992 Vol 10, No 1
2. *Enhancing your Child's Potential* South African Journal of Natural Medicine Issue 3 2001
3. *Fever a Gift for Health* South African Journal of Natural Medicine Issue 4 2001
4. *Infectious Childhood Illness* South African Journal of Natural Medicine Issue 5 2001
5. *Immunisation Should I vaccinate my Child* South African Journal of Natural Medicine Issue 6 2001
6. *Understanding the Allergic Child* South African Journal of Natural Medicine Issue 7 2002
7. *Mommy , Where do I come From?* South African Journal of Natural Medicine Issue 8 2002
8. *Caesarian Section, Is the rising incidence a cause for concern?* South African Journal of Natural Medicine Issue 9 2003
9. *Protecting the Heavenly Years of Childhood* South African Journal of Natural Medicine Issue 10 2003
10. *The Three Births of Childhood* South African Journal of Natural Medicine Issue 11 2003
11. *Creative Nutrition for Healthy Children Part 1* South African Journal of Natural Medicine Issue 12 2004
12. *Creative Nutrition for Healthy Children Part 2* South African Journal of Natural Medicine Issue 13 2004
13. *The Psychosomatic Connection in Childhood:* South African Journal of Natural Medicine Issue 14 2004
14. *Awakening to Attention Deficit Disorder* South African Journal of Natural Medicine Issue 15 2004
15. *The Challenge of Stress in Childhood* : South African Journal of Natural Medicine Issue 16 2005
16. *Communicating with Stressed Children* South African Journal of Natural Medicine Issue 18 June 2005

17. *Highly Sensitive Children* South African Journal of Natural Medicine Issue 19 2005
18. *The Autistic Spectrum Disorder Part 1* South African Journal of Natural Medicine Issue 20, 2005.
19. *The Autistic Spectrum Disorder Part 2* South African Journal of Natural Medicine Issue 21, 2006
20. *Depressed Children , Shall we hear their Cry?* South African Journal of Natural Medicine Issue 22 2006
21. *Eating Disorders in Children* South African Journal of Natural Medicine Issue 23 2006
22. *Modern Childhood Illnesses as a Sign of our Times* South African Journal of Natural Medicine Issue 26 2006
23. *Addictive Behaviour in Children Part 1: A Pandemic in our Times* South African Journal of Natural Medicine Issue 28 2007
24. *Addictive Behaviour in Children Part 2: Food and Sanctioned Substance Abuse in Children* South African Journal of Natural Medicine Issue 29 2007
25. *Addictive Behaviour in Children Part 3: Illicit Substance Abuse in Children and Adolescents* South African Journal of Natural Medicine Issue 30 2007
26. *Addictive Behaviour in Children Part 4: Entertainment Abuse in Children and Adolescents* South African Journal of Natural Medicine Issue 32 2007
27. *Addictive Behaviour in Children Part 5: Electronic Dependency in Children and Adolescents* South African Journal of Natural Medicine Issue 33 2007
28. *Addictive Behaviour in Children Part 6: Shades of Addiction to Violence in Children and Adolescents* South African Journal of Natural Medicine Issue 34 Feb 2008
29. *Addictive Behavior in Children Part 7: Sexually Addictive Behaviour in Children and Adolescence:* South African Journal of natural Medicine Issue 35 2008
30. *Participatory Medicine* South African Journal of natural Medicine
31. *A Participatory Approach to Cancer therapy* South African Journal of natural Medicine
32. *A New Light on Cancer Treatment* South African Journal of natural Medicine
33. *Cancer the Mystery Illness of our Times* South African Journal of natural Medicine Issue 110 2014
34. *The Place of Chemotherapy in an Integrative Cancer Treatment Programme* November 2014
35. *Finding the Inner Physician and healing Oneself* South African Journal of natural Medicine Issue 110 2014
36. *Our Partners in Healing* South African Journal of natural Medicine Issue 2015
37. *Our Partners in Illness* South African Journal of natural Medicine Issue 2015
38. *We are partners in health* South African Journal of natural Medicine Issue 2015
39. *The Mind Body Partnership* South African Journal of natural Medicine Issue 2015

Published Books

1. *Awakening to Child Health: Holistic Child* Hawthorn Press, Stoud 2009

- | | |
|---|---------------------------------|
| <i>And Adolescent Development Part 1</i> | 2 nd edition 2010 |
| 2. <i>Addictive Behaviour in Children and Young Adults - The Struggle for Freedom</i> | Floris Books, Edinburgh
2012 |

Prospective Books

1. *PATH - Participatory Awareness for Transformational Healing - A Foundation for an Intuitive and Integrative approach to medicine and Healing Medicine* [In writing]
2. *Awakening to Child Health Part 2 - Contemporary Health Disturbances in Childhood and Adolescence*
3. *Awakening to Child Health Part 3 - Contemporary Therapeutic Approaches To Health Disturbances in Childhood and Adolescence*

Summary and development of thinking in respect of my literary and teaching activities

Because my father was a free thinker, a medical doctor and a writer with an avid love of literature, I grew up in a world surrounded by books and progressive ideas. As long as I can remember the world of soul and spirit has been a reality for me. I can remember as a child living intensely in my feeling experience, creating my own inner secret world of soul reality. The mind – body connection was likewise very real for me; for instance I could bring on a tummyache when I did not wish to go to school. During my medical student years, I explored my soul spiritual nature in many different ways and was profoundly frustrated that the training was based on a materialistic understanding of the human being. It seemed to me that the real human being was ignored completely and intuitively I was missing the tuition and skills that could access the whole person. This spurred my interest to find such connections. I searched for this philosophically and spiritually through the Eastern Traditions but had to acknowledge that my roots were in the Western Judeo-Christian paradigm. Finding Anthroposophical Spiritual Science as a newly qualified medical doctor, and the medical system that evolved out of it, was like coming home. The descriptions given of the body soul spirit continuum as well as the connections to nature and the cosmos, immediately concurred with my intuitive experience, and I could with passion embark on a seven year apprentice journey gathering information, knowledge and experience from many doctors, scientists, teachers, artists, farmers and artisans engaged in anthroposophical endeavours. I learned the method of Goetheanistic observation and Steiner's methodological approach to spiritual training through such writings as *Philosophy of Spiritual Activity, Knowledge of the Higher Worlds and its Attainment* and *An Outline of Esoteric Training*.

In my first 10 years of clinical practice in Cape Town, I was assimilating the knowledge I had acquired and was applying it to clinical practice. The many opportunities for talks and presentations presented the information as I had learned from other authors and speakers.

In the second ten years of practice I began to become disillusioned with describing this extended knowledge of life through the words and formulations of others, adding to the world wide information overload and began to search for my own way of communicating this knowledge. I acknowledged spiritual research as the source of this wisdom but realised that everyone had the capacity to find their own validation of

the original research through their own experience. I began to look for ways to get in touch with my own field of experience, for instance, experiencing kinaesthetically the flow of water or the power of fire.

This development of original experience began in earnest at the beginning of my ten year cycle of practice in 2002, when I was introduced to the Psychophonetic Counselling work of Yehuda Tagar. The in-depth training in this modality provided the tools I was lacking to deepen experience, open up new frontiers of knowledge and acquire enhanced skills in diagnosing and treating illness.

At the same time there was growing in me an awareness of the profound importance of healthy child development for future life, that the foundations for physical, mental and emotional health, are laid down in the first ten to twelve years. This inspired me to do whatever I could to promote, protect and nurture the health of children in the widest possible way. I dedicated a good part of my professional medical work to treating children and advising parents of their optimal care. I joined the Alliance for Childhood. I also took up the daunting task of writing about children. I found I could only do this in an authentic way by exploring within myself the journey of my own childhood and adolescent experience. This took place mainly during my Psychophonetics Counselling training, where I discovered that the whole of my childhood and adolescence was present in my unconscious inner life, layered like annual rings in a tree and that it was possible to consciously access this hidden life story. From these personal experiences and from my work as a psychophonetic practitioner, I realised that these past experiences lie hidden within every person because we all have been there before, and that with the right interest and proper training we can bring at least some of these experiences to conscious memory. It is not only the content of the past that we can vividly recall, sometimes in great detail, but also the inner personal feelings of what it is to be a three year old, a ten year old or a fifteen year old child.

Using the methodologies of Psychophonetics, Psychosophy, Goetheanistic Observation and Steiner's Spiritual Science, the past decade has been used to actively access and research my own body mind/soul spirit continuum, thereby enabling an authentic communication about such matters with others.

It was this experience that has enabled me to write my first book on the journey of the child to adulthood and the second book about the challenges that face children who become dependant on some agency for their security or well being. It was the primary intention of the first book to awaken the reader to an experience of their own childhood nature and spirit, and in the second to an experience of addiction that lies within us all. This experience will enable the reader both to listen to and understand children with an awakened heart, finding the right means to care for them, but also to learn to understand oneself with compassion and to look after oneself in the most effective way possible.

This approach to empowering people to find their own fountainhead of knowledge within themselves, has inspired me to develop a method of teaching and coaching which I call *Participatory Awareness*. This has as its *fundamental reality the following dynamics* which are at the core of every human interaction and which everyone can experience for themselves:

In every encounter with the world, we connect ourselves simultaneously with something outside and with something inside and discover that what is outside is at the same time inside. We reach out to an object – a child, a flower, our own body -, we perceive it and cognise it, we may feel it and then express it in some way: we see a sad child, recognize who it is, feel into his sadness and reach out to pick him up and

comfort him. We meet the child outside, but we can only do this because simultaneously we create inside a mental picture of the child, an emotive feeling a cognitive understanding and a willful response. The object outside in the present moment may also invoke inside the past and the future: the child outside may evoke a remembering of the child of this age or a remembering of sadness; I reach back into the past. It may also activate a wish to do something or be something for the child; I reach forward into the future.

Through our experience of the world, we unite and become one with the world.

Furthermore, it utilises consciously the four psychological agencies or activities that enable all human experience. In normal waking consciousness, we experience the world in only four ways: All interactions and all learning takes place through our cognitive functions of *thinking*, remembering and visualizing, our *sensing* and *perceiving* functions, our *feeling* or *emotive* responses and our *expressive, intuitive* and *will based* actions.

When we become conscious of these four basic functions of experience, we can sharpen and strengthen these capacities and lay the foundations to become a knower of life. We can become a real expert in any field of life and at the same time we discover ourselves. We begin to open up and liberate the vast potential that lies hidden within and achieve thereby deep and lasting fulfillment. These self empowering tools can be taught to all who seek to deepen their experience of life and wish to empower themselves to become active carers of self and the world.

I have become convinced that one cannot serve world in a healthy way until one has learned to serve oneself properly. This requires getting to know oneself, both the light side as well as the dark. One discovers that this will empower one to get to know the whole of humanity. For experiencing the human psyche is experiencing the whole of mankind and the written into the human life body is the memory of mankind. Only through understanding and caring compassionately for oneself, will one know intuitively how to care for others.

Writing and researching the theme of addictions in children and adolescents, it soon became apparent that this is a book as much about adults as it is about children and adolescents. Furthermore it is a book as much about our own habitual dependant behaviour patterns as it is about others out there with addictive behaviours. For the nature of dependency is a universal reality and if we look within we shall all find various degrees of addictive behaviour.

It has also become clear to me that addictive behaviour is perhaps the most important cause of all chronic illnesses. For if one follows the biography of every individual afflicted with an illness, one will always find a pattern of addictive behaviour which creates a particular long acting psychological activity. The close connection and the continuous impact this activity has on the functioning body, will inevitably create dysfunction in one or other system, leading eventually to the signs and symptoms of illness. I believe the addictive behaviour patterns, which include prejudices, dogmas, fundamentalism, preconceptions, egoistic self righteousness etc, is a highly influential factor in the socio – political – economic – scientific and environmental arenas. This insight has propelled me to try to gain deeper insight into the psycho-somatic connection in illness because of its profoundly important public health issues.

At the same time the medical issue is one that concerns both the health practitioner and the patient or client. Their interaction is a given in every medical, health or psychological encounter. More and more patients and clients are looking for a more holistic and humane way of getting well and are actively participating in their

diagnostic and healing process. More and more doctors are looking for ways to enhance their diagnosis and therapy by integrating a wide spectrum of medical options and improving their patient skills. They are wanting to bring the heart and soul back into medicine. The concept of *Participatory Medicine* has become my latest interest and research theme. The conscious interactive process taking place between practitioner and patient, within the client's self as well as within the practitioner's self, can enhance diagnosis and therapy to a great degree and provide the foundation for an intuitive, integrative and holistic medicine. This is a work in which I am currently engaged and which hopefully will be completed by the end of 2015.

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