

Centre for Integrative Care

[< Centre for Integrative Care Homepage](#)

[Day Service](#)

[Inpatient Service](#)

[Groups and Classes](#)

Therapies

[Acupuncture](#)

[Allergy service](#)

[Anthroposophic Medicine](#)

[Art Therapy](#)

[Homeopathy](#)

[Mistletoe therapy](#)

[Mindfulness MBCT](#)

[Music Therapy](#)

Referrals

Centre for Integrative Care / Anthroposophic Medicine

Anthroposophic Medicine

This is an integrative medical approach which aims to stimulate the natural healing forces of the individual and to bring mind, body and spirit into balance. It starts with a conventional diagnosis but includes in its assessment of the patient the imbalances of the body and a psychological, mental and spiritual dimension. In particular, the practitioner works with the patient in a creative way with their life situation and illness, to appreciate the challenges of the illness and potential for growth and change. At the centre of this is an appreciation and valuing of the person in their complexity. It takes a holistic approach to health including looking at body and life rhythms such as movement, sleep and breathing.

Therapies may include homeopathy, plant and mineral-based medicines enhanced according to anthroposophic principles, and artistic therapies.

Referral can be made directly or in-house to Out-Patient clinic.