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# NAANA News



NORTH AMERICAN ANTHROPOSOPHIC NURSES ASSOCIATION  
**NAANA**

## IPMT Foundation Course in Anthroposophic Nursing 2018

### Special points of interest:

- 6 new Anthroposophic Nurse Specialists graduated
- Membership is growing
- International meeting September 2018 in Switzerland
- Nurses Verse
- Nursing Emblem

Since 2009, nurses have gathered at the International Postgraduate Medical Training program in America to study, learn and grow in the understanding of Anthroposophic Nursing. This year saw the training move from the West Coast to the East and beautiful Chestnut Ridge New York. Twelve new nurses and caregivers joined together for a week of learning and sharing.

throughout the week.

Please consider joining Christoph, Susan and Laurie next year for another year of Foundation course training in beautiful Chestnut Ridge, New York.



IPMT 2018 Foundation Course Directors—Laurie Schmiesing, Christoph von Dach, Susan Moss  
Photo courtesy Valerie Cooksley

In addition, six Anthroposophic Nurse Specialists graduated. Congratulations to Teresa Ferrari, Kazu Kubota, Tina Galgon-Herr, Renate Varriale, Sue Clee and Antonia Olavarria Radrigan. There are now approximately 139 Anthroposophic Nurse Specialists world wide, emphasizing the importance of the work we do here to bring about nursing that honors body, soul and spirit of both nurse and client.

We also had the opportunity to honor and thank Elizabeth Sustick for her role as Director of the training program since its inception. Susan Moss and Laurie Schmiesing directed the Foundation Course this year and will continue the program in 2019 when the next new Anthroposophic Nurses will graduate.

We were also very lucky to have both Dr. Christoph von Dach and Rolf Heine as our lead instructors. Much was learned and new connections made

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IPMT 2018 participants—photo courtesy of Valerie Cooksley

**Editors’ note—Eira**

The height of summer is upon us, St. Johns Tide has allowed for the harvesting of hypericum, the fire works have gone off, and slowly the days are again becoming shorter, after a bountiful harvest of talent! The IPMT is successfully launched on the East Coast, and we are working hard to increase

our participation and membership. The website looks wonderful, and is continuing to be developed to enhance function for members and course participants.

I am grateful to all who have participated by sending me reports of meetings, courses, group studies and NAANA inspired activities.

**Wow! We are up to 6 pages! We learn so much from each other – and I love being in touch through the reading of everyone’s’ work.**

Please consider giving an update for our Winter 2018-19 newsletter by Dec. 20, 2018 and send to [ehheartt@yahoo.com](mailto:ehheartt@yahoo.com)

**Rocky Mountain Regional Anthroposophic Medical Weekend**

The first weekend in November of 2017, a multidisciplinary group of about 30 people met from Friday evening to Sunday afternoon in Denver, Colorado for the Rocky Mountain Regional Anthroposophic Medical weekend. We worked with Steiner’s first lecture of The Course for Young Doctors. The weekend included group discussions and hands on experience with the focus on Warmth and the Fluid Body. Small

groups allowed for the opportunity to experience a beeswax compress, a sounding bath, color light therapy and Rhythmical Massage downstroke to the back. Two anthroposophic nurses from the Denver area; Dona Totten and

**Tina Galgon-Herr presented and demonstrated the Sounding Bath, then the participants paired off and experienced the Sounding Bath. During the breaks two Anthroposophic nurses and 3 Rhythmical Massage Therapists offered Rhythmical Einreibung treatments or Rhythmical Massage Treatments.**



Who knew that the sounding bath could generate so much laundry?! Tina Herr at the Rocky Mountain Regional Weekend 2017.

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## Vice President's message—Elizabeth Sustick



**A note of thanks to my colleagues;**

**With the completion and graduation of the ANS at IPMT 2018, I will be relinquishing the role of director of AN training in North America to the next generation of ANS'. Laurie Schmiesing and Susan Moss have worked along with me this past year in learning the multiplicity of tasks needed to bring about a professional training. I am immensely grateful to them for their generosity, courage and skills.**

**In 2009 Joan Smith from the UK was invited by the forward thinking of Alicia Landman-Reiner, MD, Director of Medical Training at the IPMT, to offer an orientation to Anthroposophic Nursing at the IPMT. The following year Alicia supported nursing further, making it possible to have Christoph von Dach join the faculty of IPMT and thus our training course began its journey toward accreditation.**

**Christoph has been a companion and friend to me these many years. With his charming wit and knowledgeable abilities, and**

**liberal Swiss chocolate treats, combined with the continued support of the physicians, we shared in the adventure and hard work of creating a standard of learning and experience that was sustainable and good.**

**All this activity led the way to the birth of NAANA who now carries this and other training opportunities. To those who shared this labor of love with me, students included, thank you for the unforgettable opportunity.**

**And thank you NAANA colleagues for the gift of the emblem which I hope will be part of our IPMT NAANA classroom display, alongside the originally designed medal by Dr. Steiner, gifted by Dr. Michaela Glockler at the rebirth of NAANA.**

**Now I take up teaching and planning future initiatives to enrich ourselves and those in our care.**

**Gratefully and heartfully,  
Elizabeth Sustick**



## Development Report—Laurie Schmiesing, Tina Herr, Teresa Ferrari

NAANA's Development Committee is up and under way. We will have our first annual giving campaign in 2018. Please consider making NAANA one of the organizations that you choose to support with a monetary gift this year. We hope to have funds to expand outreach and education because we know nursing with soul and spirit matters. We have the tools nurses need to care for their own and their client's spiritual needs. Research shows that nurses have interest in supporting

their clients.

We are still in the forming stages, working to develop our long-term goals as well as working with the Finance Committee to establish the groundwork policies and procedures to facilitate our fund raising mandate.

Our accomplishments thus far:

Published first Newsletter sent out to members in November

edited by Eira Klich-Heartt.

Initiated our first member-to-member campaign to get the word out about NAANA with a free webinar entitled: Conscious Nursing Care through the use of the Twelve Nursing Gestures. We had 45 subscribers to this first webinar. More are forthcoming, members are encouraged to participate or consider presenting!

Through these efforts our membership has increased to 50 members

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**Consider attending the international nurses IFAN meeting on September 11th and 12th 2018 at the Goetheanum! Please register per email until July, 17th 2018**  
[rolf.heine@posteo.de](mailto:rolf.heine@posteo.de)

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## RE and RES course Corte Madera 2018 – Anke Smeele, ANS, Teacher in RE



Demonstration of organ Einreibung at RES course Corte Madera 2018

In February of this year two courses in Rhythmical Einreibungen (RE) were held in The Green Mountain School in Corte Madera, San Francisco. This lovely setting, enhanced by the happy sounds of playing children on the venue, has been our home for these courses on the West Coast over the past 5 years.

In the first week five participants, coming from as far away as Vancouver, attended this year the Foundation Course (FC) Part 2. They learned about the RE for the Arms, the Sitting Back, the Chest and Abdomen;

Renate Lundberg offered eurythmy; and we continued learning about the oils and Anthroposophic nursing care related to the content of this course.

In the second week the Specialist Course (SC) Part 5 was held, a truly joyful gathering of nurses who have become a real peer group. These four participants have been on this path towards becoming a Specialist in the Rhythmical Einreibungen, attending courses and being in NAANA's mentoring program. In this week the group was introduced to the RE for the newborn and the growing child, as well as RE for pre- and post-natal care. Eurythmy with Renate

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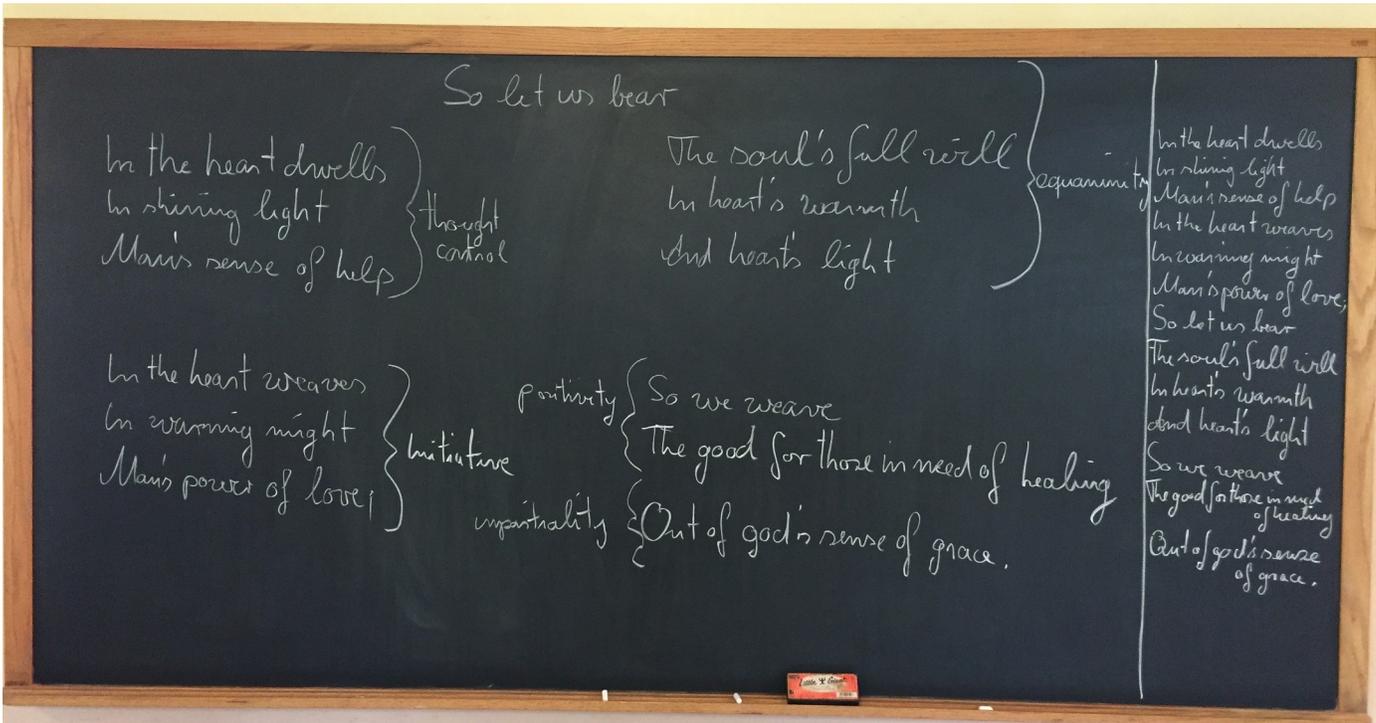
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Lundberg, and clay modeling with Ken Smith, enhanced the learning process. During the course the Organs, the Pentagram treatment, and the Whole Body Einreibung were reviewed.

A highlight was the combined day with both the Part 2 and the Part 5 group! In the morning the Specialist group was able to share their knowledge with those in the FC, an inspiring event. And in the afternoon we had Carmen Hering, DO come and talk with both groups about anthroposophic inspired embryology.

As a NAANA Board member, and teacher in the RE, I want to express my gratitude to those who have made it possible for these courses to happen on the West Coast in such a rich way, especially Teresa Ferrari who is our contact and tireless advocate for

### Nurses Verse



Nurses Verse—worked on at IPMT 2018, photo courtesy Valerie Cooksley

### CALICO RES Nurses & Embryology

In February the west coast RES nurses that hail from California & Colorado, hence the name, CALICO Nurses, spent 5 days studying the RE for the newborn, small child, pregnancy and post-partum. As part of these studies we spent an afternoon with Carmen Hering, DO on our first day together working with aspects of Embryology and on our last day we worked with Ken Smith, BACWTT Director for sculptural exploration of the morphological forms of the embryo.

My impressions from this course are still swimming delightfully in my expanding consciousness as Carmen offered us quite a cosmic picture of the growing embryo. Among many things, we learned about the 3-fold in the embryo with the amniotic fluid as the Rhythmic System and that this cosmic pulsing fluid is also drawn inside to become Cerebrospinal Fluid. Ken brought us full circle from Carmen's work and opened our minds to the grand mystery of conception. We looked at the ova as a connection to cosmic memory through our grandmothers as the ova that cre-

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ANS Graduates 2018—along with Christoph von Dach, Elizabeth Sustick and Rolf Heine

Photo courtesy of Valerie Cooksley

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ates each of us was inside our grandmother's body when she was pregnant with our mother, and the sperm which is made new each day as the connection with the present moment of earth existence. Ken brought in some incredible photographs of the growing fetus and we were also able to see how each organ shows itself as beginning to grow, then disappears for a time before reappearing with a changed form, one that relates to the earlier one and can be sculpted as a morphological sequence. But exactly where this organ disappeared to seems to be something that only Spiritual Science can help us have an explanation for.

The RE for the newborn and small child is called Warming or Cosmic Breathing. Our time with Carmen and Ken was well spent as an introduction to what lives behind this new RE form. I am hopeful that we can continue our work with each of these fine teachers as we explore continuing education post completion of our RES studies.

Teresa Ferrari, ANS, RES student



**RE course Corte Madera 2018**

**Working on touch**



**Sculpture with Ken at RES course**



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The North American Anthroposophic Nurses Association is a professional organization working out of indications given by Ita Wegman and Rudolf Steiner in the framework of anthroposophic medicine. It strives to give individualized personalized care, seeing the individual as part of nature, the cosmos and spirit. The organization belongs to the international organization of nurses, IFAN, under the Medical Section in Dornach, Switzerland.

## Webinar coming—mark the date!

### Introduction to Anthroposophic Nursing

**September 13, 2018, 4:00-5:00 PDT, 7:00-8:00 EST**

**This webinar will provide an overview of Anthroposophic nursing including the understanding of the human being body, soul and spirit, common aspects of Anthroposophic Nursing care such as external applications, rhythmic oil application and the Twelve Nursing Gestures. Information on Training Opportunities will also be provided.**

**Please invite any nurses you know to attend this free webinar.**

**Registration available at [www.anthroposophicnursing.org](http://www.anthroposophicnursing.org)**

Caring through warmth and rhythm.

**We're on the Web:**

**[https://  
anthroposophicnursing.org/](https://anthroposophicnursing.org/)**

## A Nurse Needed at Hilltop House—Advertisement

**The Fellowship Community in Chestnut Ridge, New York, is an intergenerational community centered around an anthroposophic-inspired, skilled geriatric nursing facility. On 80 acres of biodynamic farmland, woods and fields, many independent members over the age of 65 live side by side with coworkers and their**

**families. The community includes a medical office and many craft workshops, as well as being the home of the Otto Specht School and two Green Meadow Waldorf School kindergartens.**

**The landscape of medicine and care is changing. We are looking for a full or near full-time RN or nurse practitioner who is interested in working with others, and who brings leadership to guide our geriatric care into the future. This position is a combination of both clinical and administrative skills. Ideally such a person would have the following skills:**

**Ability to perform basic skilled nursing and anthroposophic external application procedures**

**Ability to work cooperatively with our coworkers, who provide the majority of hands-on care**

**Ability to raise the level of service to our members by educating coworkers and staff and developing a geriatric care program**

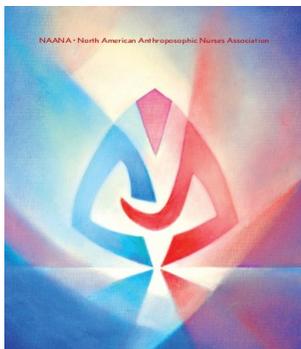
**Organizing and administrative skills to integrate Medicare and state compliance while creatively maintaining a holistic and humanistic approach to care; including working with EMR reporting, organizing tracking systems for basic services such as medication reconciliations, immunization and quality of care services.**

**Interest in working cooperatively within a community-based environment which presents unique individual growth opportunities, clinical creativity and administrative challenges**

**Ability to establish a compassionate environment by providing support for elderly members and their families**

**Salary and benefits are commensurate with experience. A resume and two references are required.**

**Please contact Nancy Leopold, RN, at [nanleopold@gmail.com](mailto:nanleopold@gmail.com) or 845.422.2404**



**IPMT now on the East Coast—mark your calendars for 2019 now!**

Send short articles to [anthonursing@gmail.com](mailto:anthonursing@gmail.com) for our next newsletter as soon as you can, perhaps for a Winter edition? Deadline Dec 20, 2018 for Fall/Winter 2019 editions.