



NAANA North American Anthroposophic Nurses Association

Foundation Course in Anthroposophic Nursing

including training in
**Rhythmical Massage Therapy
& Anthroposophic Homecare**

**The Camphill School • 1784 Fairview Road
Glenmoore, Pennsylvania**

Module 1 • Monday, March 28 – Saturday, April 2, 2022

For Registered Nurses & Healthcare Providers

Module 1 • (6 days) Spring 2022 • Monday, Mar 28–Saturday, April 2

Module 2 • (6 days) Summer 2022 • Monday, July 25–Sat. July 30

Module 3 • (6 days) Spring 2023 • dates TBA

Module 4 • (6 days) Summer 2023 • dates TBA

The North American Anthroposophic Nurses Association

is organizing a unique opportunity for integrating training:

- **Foundation Course in Anthroposophic Nursing**
- **Anthroposophic Homecare Course**
- **Rhythmical Massage Therapy Training (modules 1–4, of 18 modules total)**

Questions? ANfoundationcourse@gmail.com

REGISTRATION IS NOW OPEN. anthroposophicnursing.org

This integrated training will be given in four six-day modules over two years in Glenmoore, Pennsylvania.

The content of the training and process of learning will address the fundamental principles of Anthroposophy, extending particularly to the Anthroposophic view of the human being in health and illness and support of processes of care and healing. This course provides an introduction to the three-fold, four-fold, seven-fold and twelve-fold dynamic relationships of the human being, and of their practical application in nursing care and therapeutic support. Equally important to the practical applications is the path of inner development of the nurse, therapist and caregiver that elevates how we think, feel and enact our work to its highest potential. This aspect will accompany all of the practical work.

In the training significant time is given to learning:

1. External applications of compresses and poultices, such as yarrow compresses to the liver and ginger compresses to the kidneys.
 2. Therapeutic baths such as footbaths, sounding washing, and oil dispersion baths.
 3. Rhythmical Einreibungen according to Wegman/Hauschka – a gentle application of therapeutic oils following the flow of body forms and processes that supports health and well-being.
 4. The Anthroposophic Nursing Process and the path of inner development of the nurse, therapist, and caregiver. This integrated training is open to all interested individuals to enroll.
- At the completion of each module, Registered Nurses receive a Certificate of Attendance in NAANA's Foundation Course in Anthroposophic Nursing.
 - Healthcare providers receive a Certificate of Attendance in NAANA's Homecare Course.

MORE QUESTIONS? Email us at ANfoundationcourse@gmail.com

Requirements for Certification as an Anthroposophic Nurse

- ◆ Current license as a Registered Nurse.
- ◆ Full attendance at the Foundation Course in Anthroposophic Nursing for two years.
 - ▶ Minimum in-class learning time = 200 Learning Units
 - ▶ Minimum independent self-study = 135 hours which includes
 - 80 hours of practical learning activities, including related theory & reflection
 - 35 hours of self-study & project work
- ◆ Completion of all course assignments including
 - ▶ Within the 80 hours of practical learning activities complete:
 - 30 Care Reports for Rhythmical Einreibung
 - 15 Care Reports for External Application
 - 1 day observation in an anthroposophical health care facility, such as a doctor's office, clinic or a Camphill facility.
 - Coaching, Job Shadowing, Internship Within the 35 hours of self-study & project work:
 - Learning Journals, Mentor Meetings, Observation Exercises, Group Work, Artistic Projects, etc.
 - Total independent self-study time averages 1.5 hours a week over the course of 2 years – with variations and flexibility for the individual student
- ◆ Mentoring with an Anthroposophic Nurse for the two years of the Foundation Course is included in the training. This is intended to support the nurse and non-nurse in self-study learning between modules. See NAANA's Mentoring Program on this website.
- ◆ Demonstration of a satisfactory level of knowledge and practical skills during the Foundation Course.
- ◆ Recommendation by the Mentor.

This Foundation Course in Anthroposophic Nursing will apply for accreditation by the International Forum for Anthroposophic Nursing (IFAN) in the Medical Section of the School of Spiritual Science at the Goetheanum in Dornach, Switzerland. IFAN represents national professional Anthroposophic Nursing associations worldwide and serves to support and acknowledge training programs in Anthroposophic Nursing. It guarantees the equivalence of training and further training programs of all institutions that are closely connected to the International Forum for Anthroposophic Nursing in the Medical Section at the Goetheanum, see anthronursing.care.

INSTRUCTOR



Karen Moyer Alderfer RN, BSN, ANS, RES

Karen received her RN degree in 1982 and began her nursing career in the Philadelphia area, providing homecare for 15 years. In 1999 she began her journey in Anthroposophic Medicine, working in a private medical practice and in Camphill Village in Kimberton Hills. Wanting to deepen her skills, she completed Foundation Courses in Rhythmical Einreibungen in 2002, and the Psychosophy Seminar in 2004. She went on to graduate as a Specialist in Rhythmical Einreibungen under Edelgard Grosse-Brachman and Fiona Sim in 2012. Karen broadened her nursing expertise to include Oil Dispersion Bath Therapy. Following her passion for holistic healing she completed a three-year training certification program at the PA Gestalt Center in 2012, continuing the development of those skills through on-going bi-weekly training sessions, and integrating the concepts into her daily work. Karen teaches eldercare at Camphill Village Kimberton Hills in addition to teaching RE Foundation and co-teaching the RES program. Karen is profoundly committed to the expansion of Anthroposophic Medicine in North America.



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INSTRUCTOR



Janice Balaskas RN, ANS, RES, RMT, NCTMB

Janice is a Registered Nurse since 1983. She worked 12 years in Medical-Surgical and Intensive Care hospital settings. Since 1996 Janice has worked in Anthroposophic Nursing and Rhythmical Massage Therapy. She completed training in Rhythmical Massage Therapy in 2001 in the USA and followed this with Rhythmical Einreibungen Foundation Courses in 2001 & 2002 and RE Specialists and Teacher trainings from 2010–2012. Janice is Anthroposophic Nurse Specialist, Rhythmical Einreibungen Specialist and Teacher and Oil Dispersion Bath Therapist. Her primary focus since 1996 is working with these modalities in Camphill Communities and private practice. Janice teaches Anthroposophic Nursing and Rhythmical Einreibungen Foundation Courses in a variety of settings.



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