



NAANA North American Anthroposophic Nurses Association

## Foundation Course in Anthroposophic Nursing

Sunday April 3– Sunday April 10, 2022 in Watsonville, California

### **NURSES AND HEALTH CARE PROVIDERS WELCOME**

For Registered Nurses and Health Care professionals interested in developing skills and tools to care for the Whole Person – Body, Soul, and Spirit!

We will come together at the beautiful [Mount Madonna Retreat Center in Watsonville, California \(40 minutes from the San Jose International Airport, located in a redwood forest\)](#).

We will meet in parallel with the training for medical doctors Anthroposophic Medical Training – New Paradigms for Truly Holistic Care and share classes in eurythmy, pharmacy, and evening lectures.

**The Foundation Course in Anthroposophic Nursing** is designed to provide the learner with a background on the basic understanding of caring offered through Anthroposophic Nursing. The learner will receive both didactic and practical content in order to be able to provide nursing and self-care with the understanding of the human being as having a body, soul, and spirit. Content will include learning about the four-fold human being, the threefold human being, the 7 life processes, the 12 nursing gestures, the 12 senses, the four temperaments, warmth, rhythm balance of polarities, home care measures, rhythmical einreibung (rhythmic oil application), and other specialty topics such as palliative care, cancer care, plant study and the nursing process including practical observations of the human being that give an objective as well as a subjective picture of the client body, soul and spirit. Nurses will learn and practice rhythmic einreibung, a rhythmical oil application as well as hands-on experience with home/self-care measures such as plant-based compresses, hydrotherapy such as foot bath, and plant-based inhalation. This content and these processes are central to learning and practicing Anthroposophic Nursing as well as for those providing home care.

## Content includes:

- Four-Fold Nature of Human Being
- Three-Fold Nature of Human Being
- 4 Temperaments
- 7 Life Processes
- 7 Learning Processes
- 12 Senses
- 12 Nursing Gestures
- Eurythmy (harmonious movements and gestures to spoken words)
- Nurse's Meditation
- Caring for the child and adult at home
- Implications for Palliative and Cancer care out of Anthroposophic Understanding
- External Applications: oil cloths, tea compresses, rhythmic oil application
- Therapeutic washing including foot baths
- Plant Study—didactic and experiential
- Self-Development

Equally important to the practical applications is the path of inner development of the nurse 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.

Our goal is that, by the end of the course, nurses will feel comfortable assessing body, soul, and spirit. It is also our goal that, by the end of the course, nurses will feel they have the necessary knowledge to provide care individualized to their patients on all of these levels. They will have the tools to provide this care through assessment, conscious choice in regards to their mood and gesture with the client, and ways to implement through touch, warmth, and rhythm. We will offer both didactic and experiential learning throughout the course to achieve this goal.

Health professionals and caregivers will gain an understanding of the expanded view of the Human Being Anthroposophic Nursing offers as well as ways to promote wellness and self-development.

**This training is for those wanting to base their nursing care on a model of the whole person: body, soul, and spirit.**

*At the completion of each module, attendees receive a Certificate of Attendance.*

**The complete Foundation Course in Anthroposophic Nursing** leading to certification for registered nurses will be held over the course of 2 years with week-long intensives: **April 3–10, 2022** and **April 22–29, 2023**. Long weekend immersion experiences are planned for Fall 2022 and 2023. Webinars will take place prior to the week-long training: the first in March 2022 (date TBA) and the second in April 2023.

There will be a graduation event either via webinar or in-person in the spring of 2023 TBD.

### **Certification as an Anthroposophic Nurse requires:**

- ◆ Current license as a Registered Nurse.
  
- ◆ Full attendance at the Foundation Course in Anthroposophic Nursing for two years including in-person and online.
  - ▶ 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
    - Please note over the 2 years this averages 2 reports a month
    - One 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, written papers
  - 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
- ◆ Costs for 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 [anthroposophicnursing.org](http://anthroposophicnursing.org)
  - ◆ 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.

Anthroposophic Nursing is based on a holistic view of the human being, his/her social and natural environments, and the spiritual dimension of existence. Since 1923 numerous concepts have been developed that demonstrate the nursing needs of the human being in health and sickness and their social and cultural implications. Working with these concepts has led to an approach to nursing that is filled with life and values and treats patients as dignified human beings. This kind of nursing requires skills that are conveyed in training courses. Private study and professional practice accompany the process of lifelong learning and of professional and personal development.



## INSTRUCTORS



**Laurie Schmiesing, RN, MSN, ANS, RES** has been studying Anthroposophic Nursing since 2009. She became a Anthroposophic Nurse Specialist in 2017 and since that time has brought her background as a nurse educator to Anthroposophic Nursing. She has a wellness practice in San Jose, CA and gives talks on matters related to body, soul and spirit. She has also completed the Anthroposophic Counselling Course and was an associate in that program. She sees the importance of bridging Anthroposophic nursing with other integrative and holistic models of care and has presented several times for the American Holistic Nurses Association at their annual conference. She co-authored a paper entitled: *Illuminating Nursing's Value: The 12 Anthroposophic Nursing Gestures* published in the Journal of Holistic Nursing.



**Elizabeth Sustick, RN, ANS, RES, RMT** is an Anthroposophic Nurse Specialist committed to the Caregiving profession since 1967. She is president of the North American Anthroposophic Nurses Association and teaches Anthroposophic Nursing in North America, and internationally.

She is a former Early Childhood teacher, parent, and now grandparent at The Hartsbrook School in Hadley, MA. Since 1978, founder and co-owner of Paul and Elizabeth's Natural Foods Restaurant, in Northampton Massachusetts.