**   
Foundation Course in Anthroposophic Nursing   
Anthroposophic Homecare Course   
  
Glenmoore, Pennsylvania  
  
Tuition is $900. for each 6 day module  
Early registration discount of $75. for module 1 is June 1, 2022  
NAANA membership discount of $75. will be applied for members**

**For Information about this training contact:** **[ANfoundationcourse@gmail.com](mailto:ANfoundationcourse@gmail.com)**

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| **North American Anthroposophic Nurses Association  (NAANA) \* anthroposophicnursing.org** | | | |
| AN FC   Homecare Course  RMT Training | For  Registered Nurses,  Health Care Professionals  & Caregivers | **Module 1** – 6 days Monday July 25 - Saturday July 30, 2022  **Module 2** – 6 days  Spring 2023  **Module 3** – 6 days Summer 2023  **Module 4** – 6 days Spring 2024 | Karen Alderfer, RN, BSN, ANS, RES   Janice Balaskas, RN, ANS, RES, RMT |
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The Foundation Course in Anthroposophic Nursing is given in four six-day modules over two years in Glenmoore, Pennsylvania.  The training 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. The training includes:   
1) External Applications of compresses & poultices.

2) Therapeutic baths

3) Rhythmical Einreibungen according to Wegman/Hauschka – a gentle application of therapeutic oils working with the flow of body forms & processes to support health & well-being.

4) The Anthroposophic Nursing Process as a path of inner development of the nurse, therapist & caregiver.

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The training includes:   
1) External Applications of compresses & poultices.

2) Therapeutic baths such as footbaths, sounding washing & oil dispersion baths.

3) Rhythmical Einreibungen according to Wegman/Hauschka – a gentle application of therapeutic oils working with the flow of body forms & processes to support health & well-being.

4) The Anthroposophic Nursing Process as a path of inner development of the nurse, therapist & caregiver.  
  
This Foundation Course in Anthroposophic Nursing 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.  Other Health Care Professionals and Caregivers receive a Certificate of Attendance in NAANA’s Anthroposophic Homecare Course.

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](https://www.medsektion-goetheanum.org/en/training/nursing/), see anthronursing.care.  
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Certification as an Anthroposophic Nurse requires:

* 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 mentored 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 Einreibungen representing experience with patients of various ages, health conditions and health needs, as well as various types of treatment.
* 15 Care Reports for External Application representing experience with patients of various ages, health conditions and health needs, as well as various types of treatment.
* 1 day observation in an anthroposophic health care facility, such as a doctor’s office, clinic, anthroposophic hospital or with a school nurse or anthroposophic therapist at a Waldorf School or Camphill Community
* Mentoring Meetings with documentation
* Learning Journal – a personal reflective journal of process and learning throughout the years including questions and insights
* Job Shadowing or Internship (optional)
  + Within the 35 hours of self-study & project work:
* 1 Plant Study including Goethean Observation and drawing or artistic rendering of plant – required
* Final Paper on topic related to Anthroposophic Nursing – 3 pages or group project on an AN topic – required
* Observation Exercises or additional plant studies – optional
* Group Work – self-study in person or online ideas include reading a chapter in the textbook or other book and discuss meeting monthly or as desired – optional
* Artistic Work – artistic representations related to the course content. i.e. drawing of plants, the RE movements, or specific muscles, writing a poem, etc. – optional
* Total independent self-study time averages 1.5 hours a week the over the course of 2 years – with variations & 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.

**Rhythmical Massage Therapy Training**

**The Camphill School, 1784 Fairview Road, Glenmoore, Pennsylvania  
  
Tuition To Be Determined**

**For Information about this integrated training contact:**   
[**RMTAtraining@gmail.com**](mailto:info@rhythmicalmassagetherapynorthamerica.org)

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| **Rhythmical Massage Therapy Association of North America (RMTA of NA) \* rhythmicalmassagetherapynorthamerica.org** | | |
| For  Health Care Professionals | **Module 5**  Spring 2024 \* 6 days training **Module 6**  Summer 2024 \* 12 days training **Module 7**  Spring 2025 \* 12 days training **Module 8**  Summer 2025 \* 12 days training **Module 9**  Spring 2026 \* 12 days training **Module 10**  Summer 2026 \* 12 days training | Janice Balaskas,  RN, ANS, RES, RMT  Marei Blitz, PT, RMT  Aoine Landweer-Cooke,  MT, RMT |

Upon completion of the four-module Foundation Course in Anthroposophic Nursing offered by NAANA, health care professionals have the option to continue training in Rhythmical Massage Therapy through the Rhythmical Massage Therapy Association of North America (RMTA of NA).

## Rhythmical Massage Therapy as indicated by Dr. Ita Wegman, is a therapeutic massage based on the teaching of Ita Wegman, MD and Margaretha Hauschka, MD, and Rudolf Steiner, Ph.D.  Through their collaboration, the conventional methods of therapeutic massage were extended to include the spiritual-scientific processes of study of the human being and the world, collectively known as anthroposophy.  This anthroposophic approach to massage encompasses multiple perspectives that address the human being as a being of body, soul, and spirit.

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| **Rhythmical Massage Therapy \* Training Overview** | |
| **Anthroposophic Health Care:**   * Embryology * **Four-Fold Studies:** Elements, Ethers, Kingdoms of Nature, Four-Fold Human Being * **Three-Fold Studies:** Three-Fold Plant, Tria Principia, Functional Systems of the Human Being (Nerve-Sense System, Rhythmic System, Metabolic-Limb System), Soul Forces (Thinking, Feeling, Willing) * **Seven-Fold Studies:** * Life Processes,  Learning Processes, Planets,  Organ Systems, Metals * **Twelve Fold Studies:** Senses, World Views, Constellations * **Polarities in Health & Illness:**  Anabolism & Catabolism, Inflammation & Sclerosis | **Observation:**   * Phenomenological Observations * Tactile Explorations * Goethean Observation   **Intervention:**   * + Developing Illness Pictures   + Developing Treatment Plans   + Therapeutic Plants & Substances   + Working in a Multi-Disciplinary Team   **Inner Development:**   * Exercises in Inner Development * Art & Eurythmy   **Self-Study Assignment:**   * To Be Determined |
| **Practical Learning:**   * Effleurage/Gliding & Variations * Petrissage/Kneading & Variations * Counter-Circles & Variations * Warming Circles & Variations * Lemniscates & Variations * Frictions * Pine Tree * Organ Treatments: Liver, Spleen, Heart, Kidney, Bladder * Rhythmical Einreibungen * Pentagram Treatment | **Treatment Sequences:**   * The Face * Basic Back * Neck Diversion * Asthma * Arms Up * Arms Down * The Hand * Sciatica * Abdomen * The Hip * The Knee * Legs Prone * Legs Supine * Calves Breathing & Calves Down * The Foot |