



North American Anthroposophic Nurses Association

**Foundation Course in Anthroposophic Nursing**  
Integrated Training  
including  
**Rhythmical Massage Therapy Training**

The Camphill School, 1784 Fairview Road,  
Glenmoore, Pennsylvania

Module 1 \* Monday, March 28 – Saturday, April 2, 2022

**For Registered Nurses, Health Care Professionals &  
Non-Professionals**

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 Home Care Course**
- **Rhythmical Massage Therapy Training (modules 1-4, of 18 modules total)**

**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.
  - Non-nurses receive a Certificate of Attendance in NAANA's Home Care Course.

## 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

## **Rhythmical Massage Therapy as indicated by Dr. Ita Wegman**

Upon completion of the four-module integrated course offered by NAANA, licensed 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). With this transition, training will progress to deepening the fundamental principles outlined above and to further developing the practitioner's hands to embody the varied forms and qualities of Rhythmical Massage Therapy.

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.

The international standard for full training in Rhythmical Massage Therapy is 18 weeks of in-person training. All of the learning in this four-module integrated training is applicable to address the fundamental learning of a Rhythmical Massage Therapy training. Thus, this integrated training will serve as the first four weeks of an 18-week Rhythmical Massage Therapy training. The content and processes are outlined by the International Forum for Rhythmical Massage Therapy (IFRMT) in the Manual for Accreditation for Basic, Further, and Advanced Training Courses in Rhythmical Massage Therapy as indicated by Dr. Ita Wegman. The IFRMT is a member of the International Medical Section at the Goetheanum, Dornach, Switzerland.

For more information about the Rhythmical Massage Therapy Association of North America and this integrated training, see the website [rhythmicalmassagetherapynorthamerica.org](http://rhythmicalmassagetherapynorthamerica.org).

The RMTA of NA is a member of the Anthroposophic Health Association (AHA), the interdisciplinary association for anthroposophic therapies in North America, [anthroposophichealth.org](http://anthroposophichealth.org).

## 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, in which she is the current and founding Board President of the North American Anthroposophic Nurse's Association.



North American Anthroposophic Nurses Association

## 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.



North American Anthroposophic Nurses Association