



NORTH AMERICAN ANTHROPOSOPHIC NURSES ASSOCIATION
NAANA

Foundation Course in Anthroposophic Nursing

Includes Anthroposophic Homecare

Meets the Prerequisites for further training in Rhythmical Massage

Sunrise Ranch, Loveland, Colorado

Tuition is 975.00 for the third 6 day module,

For Information about this training contact: ANfoundationcourse@gmail.com

North American Anthroposophic Nurses Association (NAANA) * anthroposophicnursing.org			
AN FC	For Registered Nurses, Health Care Professionals & Caregivers	Module 1 – April 29 – May 6, 2023 Module 2 - Tentative October 4- 8 2023 Module 3 – Spring 2024 Module 4 – Fall 2024	Janice Balaskas, RN, ANS, RES, RM Laurie Schmiesing, RN, MSN, ANS, RES

The Foundation Course in Anthroposophic Nursing is given in four modules over two years in Loveland, Colorado. 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.

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. Visit IFAN at: <https://anthronursing.care/en/>

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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.

Rhythmical Massage Therapy Training

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

Inquire at ANfoundationcourse@gmail.com and/or RMTAtraining@gmail.com.

rhythmicalmassagetherapynorthamerica.org