Foundation Course in Anthroposophic Nursing  
& Anthroposophic Homecare Course  
integrated with  
Rhythmical Massage Therapy Training

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

• 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

INSTRUCTORS  
  
Karen Alderfer, RN, BSN, ANS, RE  
  
Janice Balaskas, RN, ANS, RES, RM

The **Foundation Course in Anthroposophic Nursing and Anthroposophic Home Care Course** 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 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 and well-being.

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

The Foundation Course in Antrhoposophic Nursing and Anthroposophic Homecare Course is open to Registered Nurses, other health care providers & all interested individuals.  
  
At the completion of each module, Registered Nurses receive a Certificate of Attendance in NAANA’s Foundation Course in Anthroposophic Nursing. Other healthcare providers receive a Certificate of Attendance in NAANA’s Anthroposophic Homecare Course.   
  
[CLICK HERE](https://anthroposophicnursing.org/resources/FC%20AN%20-%20RMT%20Announcement%20Feb%202022%20(1).docx" \t "_blank) for further details about the course, including Requirements for Certification as an Anthroposophic Nurse and accreditation with the International Forum For Anthroposophic Nursing (IFAN).

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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). Rhythmicalmassagetherapynorthamerica.org

The prerequisite for the Rhythmical Massage Therapy Training is the completion of 500 hours in an accredited therapeutic massage training, or licensure in a health care profession such as nursing, physiotherapy, medicine or other body oriented health care modality. Health care professionals and individuals currently pursuing certification in one of the above pre-requisites are welcome to inquire at [ANfoundationcourse@gmail.com](mailto:ANfoundationcourse@gmail.com" \t "_blank) and/or RMTAtraining@gmail.com.  
  
[CLICK HERE](https://anthroposophicnursing.org/resources/FC%20AN%20-%20RMT%20Announcement%20Feb%202022%20(1).docx" \t "_blank) for further details about the Rhythmical Massage Therapy Training.