

Rhythmical Einreibungen **An Application of Therapeutic Qualities of Touch**

Rhythmical Einreibungen is an Anthroposophic Nursing treatment that weaves together the polar principles of form and life to support health. The forms of the hand movements are guided by the structure and function of each body part. Archetypal form principles of straight line and circle enhance these movements. Imbuing each movement with the qualities of rhythm, breathing and warmth unites the forms with the realm of life. Gently and fluidly the hand movements glide over the body supporting inner harmony and a sense of well-being.

Rhythmical Einreibungen addresses directly the etheric and physical bodies of the human being; bringing renewal of the etheric body's inherent well-spring of life forces and supporting it's enlivening of the physical body. The higher members of the individual also respond to this treatment, renewing their interest to work through the bodily organization in a harmonious way. Overall the effect is to support both unconscious life processes and consciousness. It is recognized that the patient receives the gift of Rhythmical Einreibungen and inwardly works with it in a way unique to individual needs. The gentleness of the approach allows for this individual inner effect. Rhythmical Einreibungen is a treatment in itself, and at the same time enhances receptivity to the therapeutic substances applied via the skin during the treatment.

*“Our hands serve the Rhythmical Einreibungen, by way of practicing
real human touch, using the substances in a specific way,
and bearing witness to the rhythms of the world.” Herman Glaser*

Rhythmical Einreibungen is applicable to support wellness and to support individuals through a variety of illness conditions. It supports rhythmic life processes of sleeping and waking, breathing, circulation, digestion and elimination. It promotes relaxation, relief of pain, life forces, tissue healing, and awareness of one's center and boundaries. Rhythmical Einreibungen can be given to support health needs for individuals with developmental disabilities, in pregnancy, for infants, children, the elderly, and for individuals approaching death.

Rhythmical Einreibungen is one of the three cardinal Anthroposophic Nursing treatments. The other areas of Anthroposophic Nursing treatment are External Applications such as compresses, poultices and oil cloths, and Therapeutic Baths such as footbaths, Nutritional Baths, Oil Dispersion Baths as well as others.

Rhythmical Einreibungen was first developed by Dr. Ita Wegman in the 1920's in the Arlesheim Klinik, an Anthroposophic medical clinic she founded in Arlesheim, Switzerland. She collaborated extensively with Dr. Margarethe Hauschka in furthering the treatment. Originally this treatment was given as a means to enhance the application of therapeutic substances to the body. Since this time Rhythmical Einreibungen has been highly refined through the dedicated work of Anthroposophic Nurses. It is taught and used in many countries around the world.

Rhythmical Einreibungen is taught by Anthroposophic Nurses in accordance with the “Handbook for the Certification of Specialists in Rhythmical Einreibungen According To Wegman/Hauschka”.

This Handbook is issued from the International Forum for Anthroposophic Nursing (IFAN), in Dornach, Switzerland. It is available via the “Quality in Anthroposophic Nursing” (QAN) website.

Rhythmical Einreibungen Foundation Course – Level 1
Foundation Courses Are Open To All Individuals

Course	Theory	Practical
RE Part 1 Five day course	Adult Learning Process RE Quality Criteria ~ Relaxed Hands Posture & Positioning Guidelines & Orientation Lines Counter-Movement On-Going Awareness Rhythm & Warmth	Sitting Back, Calf, Knee, Thigh, Foot
RE Part 2 Five day course	Adult Learning Process Review RE Part 1 QC Rest Period Polarities of ~ Arms & Legs Levity & Gravity	Lying Back, Chest, Abdomen & Arm
RE Part 3 Five day course	Adult Learning Process Review RE Part 1 & 2 QC Select Illness Pictures	Whole Body Einreibungen Lemniscate Back Asthma Back

Participants Receive A Certificate Of Completion At The Close Of Each Course

NAANA & IFAN Certification Is Awarded To Registered Nurses Only
Upon Fulfillment Of All Level 1 Foundation Course Requirements

A final WBE Examination & 30 Treatment Reports documenting
practical work outside of the training course time are required for
Foundation Course Certification.

This Training Overview may evolve at the discretion of the faculty.
Pregnant women may not be worked on in a training setting.

Rhythmical Einreibungen Specialist Course – Level 2
Specialist Courses Are For Registered Nurses Only

Course	Theory	Practical
RE Part 4 Organ & Pentagram Course Five day course	Planets, Organs & Metals Pentagram Treatment Review Adult Learning Process RE Quality Criteria	RE of the Spleen, Liver, Heart, Kidneys, Bladder Pentagram Treatment
RE Part 5 Pregnancy & Early Childhood Five day course	Embryology Human Development Birth – 21 Therapeutic Substances	RE in Pregnancy, Infants & Children Review Organ RE Spleen, Liver, Heart, Kidneys, Bladder Pentagram Treatment
RE Part 6 Specialty Areas Final Course Five day course	Human Development 21 – 64 + RE Considerations in Elderly, Palliative Care & Dying, Psychiatry, Developmental Disabilities, Cancer, Specific Illnesses, Post-op & Pre-op Therapeutic Substances Research Methodology	RE Review May Include ~ Part Einreibung WBE Organs Pentagram Pregnancy & Babies Required WBE Examination

Participants Receive A Certificate Of Completion At The Close Of Each Course

NAANA & IFAN Certification Is Awarded To Registered Nurses
Upon Fulfillment Of All Level 2 Specialist Course Requirements

Additional practical and self-study assignments are requirements for
Rhythmical Einreibungen Specialist Certification.

This Training Overview may evolve at the discretion of the faculty.
Pregnant women may not be worked on in a training setting.

Rhythmical Einreibungen Foundation Course Certifications In North America

Nurse	Location	Contact Information
Susan Clee	Kimberton, PA	00suec@gmail.com
Kazuko Kubota	Val-Morin, Québec, Canada	kazuko.kubota@maisonemmanuel.org
Jane Lemon Moore	Phoenixville, PA	jlemmonmoore@gmail.com
Susan Moss	Akron, OH	smmichant@yahoo.com

Rhythmical Einreibungen Specialists in North America

Nurse	Location	Contact Information
Karen Alderfer	Kimberton, PA	alderferkm@verizon.net
Judith Brockway-Aventuro	Spring Valley, NY	judithbrockway@gmail.com
Janice Balaskas	Glenmoore, PA	janicerosebalaskas@gmail.com
Anke Smeele	Copake, NY	anke@camphillvillage.com
Elizabeth Sustick	Northampton, MA	esustick@gmail.com

Rhythmical Einreibungen Teachers In North America

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 America Anthroposophic Nurse's Association

(NAANA).

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Judith Brockway-Aventuro, RN, BSN, ANS, RES

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Janice Balaskas, RN, ANS, RES, RMT, NCTMB

Janice is a Registered Nurse since 1983; she worked in hospital critical care settings for 12 years. Since 1996 she has worked in Anthroposophic Nursing and Rhythmical Massage Therapy. Janice completed her training in Rhythmical Massage Therapy in 2001 in the USA. She 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 private practice and in Camphill Communities. Janice teaches Anthroposophic Nursing and Rhythmical Einreibungen Foundation Courses in Asia, and is an Assistant Tutor in the Rhythmical Massage Therapy Training in England. Janice teaches courses in Curative Education in the Camphill Academy at Camphill Special School in the USA. In 2004 she graduated from the Psychosophy Seminar, and has since been a leader in creating educational opportunities for understanding the human soul; she is a Board Member of the Association for Anthroposophic Psychology. Janice is a long-term student of Astrosophy.

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Anke Smeele, RN, BSN, ANS, RES

Anke Smeele is a Registered Nurse since 1979. She specialized in Pediatrics, Community Nursing and Home Care, and has lived and worked in Camphill communities since 1982. Anke has practiced Anthroposophic Nursing in the Netherlands, England, Switzerland, and the USA. Anke completed her training for Rhythmical Massage in the Hauschka Schule in Bad Boll, Germany, in 1984 with Irmgard Marbach. She graduated from the Birch Tree Center for Holistic Nursing in 2006, and is currently Board Certified in Holistic Nursing. Anke studied Anthroposophic Nursing in Clinic Arlesheim (Switzerland), and with Joan Smith (UK). She graduated as Specialist in Rhythmical Einreibungen under Edelgard Grosse-Brauchman and Fiona Sim. She is a Specialist in Anthroposophic Nursing (ANS), and Rhythmical Einreibungen (RES). Anke teaches Einreibungen in the Foundation course and Specialist training for Anthroposophic Nurses at the American IPMT. She also teaches Rhythmical Einreibungen in various US locations and in Canada. Anke is teaching in the Social Therapy Training in the Camphill Academy at Camphill Village Copake, USA Ltd.

Anke is a founding and current Board Member of the Anthroposophic Nursing Association (NAANA). She is chair for the Education Committee, creating opportunities for training and further development for those interested in Anthroposophic nursing. Anke has closely worked together with the International Forum for Anthroposophic Nursing (IFAN) in Dornach, Switzerland, in auditing several courses offered by NAANA, leading to accreditation of these courses.