

Handbook of Certification in

**Anthroposophic Homecare**

Issued by the International Forum for Anthroposophic Nursing  
(IFAN) of the Medical Section at the School of Spiritual  
Science, Goetheanum, Dornach, Switzerland

Version 1

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## 1. PREFACE

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Caring for children, for the sick and elderly, or for people with disabilities is a cultural task each of us can engage in within the scope of his or her possibilities, abilities and social responsibility. It is not a task reserved to nursing professionals and therapists. We all care for ourselves and each other. Without this care, culture would decline and we would lose our humanity.

One of the tasks of professional nursing is therefore to convey general and specific nursing skills to laypeople for use in Homecare. Those who see caregiving as a cultural task which promotes a healthy, environmentally aware, sustainable, value-based and dignified lifestyle can undergo the corresponding training and receive a certificate at the end of it.

This certificate does not authorize a layperson to practise nursing professionally; it rather certifies the individual has undergone training and acquired skills in particular areas of home care.

## 2. TRAINING COURSES IN ANTHROPOSOPHIC HOMECARE

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Training courses in Anthroposophic Homecare are available in various formats. Each training course requires accreditation by the International Forum for Anthroposophic Nursing (IFAN).

Training course modules can either be integrated in both Assistant Nursing Courses and Foundation Courses for Anthroposophic Nursing, or offered independently. Individual training routes are a possible alternative to these courses.

## 3. FORMAT AND CONTENT

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Training in Anthroposophic Homecare is open to

- a) care-giving relatives
- b) those interested in self-help
- c) volunteers

The scope and content of the training courses aim to promote the knowledge and skills needed in Homecare for personal use within the family, with relatives and neighbours. Their particular objective is to re-establish general Homecare knowledge as a cultural technique in society.

### 3.1 SPECIFIC ANTHROPOSOPHIC HOMECARE COURSES

Specific Anthroposophic Homecare courses aim to convey simple skills suitable in homecare, such as

- *Rhythmical Einreibungen* for children and adults
- Compresses and poultices for children and adults
- Home remedy kit
- Supporting an individual with fever

Specific Anthroposophic Homecare courses have no fixed duration. Attendants will receive a Certificate of Attendance. Attendance will not receive certifications.

### 3.2 FOUNDATION COURSES IN ANTHROPOSOPHIC HOMECARE

Foundation Courses in Anthroposophic Homecare include a minimum of 200 learning units. These units convey a selection of Anthroposophic Nursing skills suitable for lay use. At the beginning of the training, the course members formulate a mission statement that clearly and bindingly sets out their vision, tasks, social responsibility and the limitations of Anthroposophic Healthcare.

The training conveys particular practical skills in the fields of therapeutic washing, nutrition, Rhythmical Einreibungen, poultices and compresses, as well as insights into the inner attitude during Homecare, into how to communicate with patients, and into foundations of education, biography and partnership. An introduction to the anthroposophical understanding of the human being explains the deeper meaning of the practical skills and helps to develop a healing attitude. Depending on the individual target group and the legal requirements of their country, course providers will cover the following topics:

- The four elements, the four kingdoms of nature, the fourfold human organization
- Body-soul-spirit, functional threefoldness, thinking-feeling-will
- Polarity of inflammation and sclerosis, health and illness, illness pictures.
- Rhythmical Einreibungen according to Wegman / Hauschka
- Poultices and compresses
- Therapeutic washing, body care, mobilization, nutrition
- Biography work, communication and partnership
- Education of the child
- Elder care
- Self-care

### **3.3 ACCESS OF LAY PEOPLE TO FOUNDATION COURSES IN ANTHROPOSOPHIC NURSING**

Lay people who are admitted to Foundation Courses in Anthroposophic Nursing can qualify in “Anthroposophic Homecare” by adding a module on establishing the mission statement for Anthroposophic Homecare.

## **4. CERTIFICATION**

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The certificate is issued by the International Forum for Anthroposophic Nursing (IFAN). It confirms that the holder has successfully completed an accredited course in “Anthroposophic Homecare”

Certificate holders commit to the mission statement composed as part of their training and to ongoing training.