

**AHE's Educational Support Training Program ~ Cycle 14**  
[www.healingeducation.org](http://www.healingeducation.org)

**The 14th cycle of AHE's Educational Support Program began in October 2024 in Lexington, MA. Applications are still being considered through June 2024. Apply on our website.**

- ❑ Do you wonder about the connection between attention skills, self-regulation and classroom behaviors, and wish you had specific tools to support children?
- ❑ Are you wanting to deepen your understanding of today's children to meet their developmental movement needs ?
- ❑ Join the Association for a Healing Education's training for one, two or all three years to learn how to support children's physical, emotional and cognitive development.
- ❑ **Year 1** can be taken as a stand alone year for class teachers, early childhood, educational support and subject teachers. Content focuses on activities and management practices addressing developmental needs of children in regular classrooms, including early childhood.



Internationally renowned trainer **Stephanie Johnson**, a Waldorf parent and author of *Baby Bare: A Bottoms Up Approach to Growing Strong Brains and Bodies*, returns as a guest teacher for three modules in April, July and October 2025. Participants from our previous sessions with Stephanie have said:

***“Stephanie Johnson was amazing. Loved our time with her; she is a great presenter and her information is applicable.”“It was great to do this work; it brought me strong foundations.”***

**Specific dates with Stephanie Johnson :**

*April 25/26, 2025    July 11/12, 2025    Oct. 11/12, 2025*

*The Baby Bare Level 1 training modules can be taken alone, apart from the AHE training cohort. CEU's are given for those needing professional certification hours.*

**OUR EDUCATIONAL SUPPORT TRAINING** is a major resource in Waldorf education and other educational and therapeutic settings. Since 1990, we have served teachers to meet the children in the times we live in. Some modules can be taken alone as professional development courses.

- ❑ **YEAR 1:** October 10-13, 2024 / April 24-27, 2025 and July 7-17, 2025
- ❑ **YEAR 2:** October 9-12, 2025 / April 23-26, 2026 and July 6-17, 2026
- ❑ **YEAR 3:** October 8-11, 2026 / April 22-25, 2027 and July 5-16, 2027

**LOCATION for IN-PERSON MODULES:** Lexington, Massachusetts  
Supplemental online check-ins occur 5 times during the school year.  
Core faculty are Elyce Perico, M.A.Ed., and Connie Helms, M.Ed., Co-directors.

**WHO ARE THE COURSE PARTICIPANTS?** Class teachers, teachers in early childhood programs or subject teachers in a Waldorf school; or teachers and therapists who work in a variety of child development settings. Some attendees become certified specialists in Educational Support in a Waldorf setting or in private practice, or they wish to enhance their knowledge in the classroom. Our work includes helping colleagues and parents to better serve children.

**REQUIREMENTS:** We require that people have taken a Foundation Study course in Anthroposophy or are willing to embark on such a study either formally or with an approved mentor. See [www.centerforanthroposophy.org](http://www.centerforanthroposophy.org) for information about their course *Explorations*. A formal training in Waldorf education is ideal to have but not required. A teaching or therapeutic background working with children is ideal.

**TUITION: \$2,500 per year, for each of three years.**

**Tuition payments are due October 1<sup>st</sup> and March 1<sup>st</sup>**

Payments are made by check, Venmo, PayPal or credit card. A non-refundable application fee of \$60 payable to AHE is due with the application. Discounts are offered to schools sending 3 or more people. Limited scholarship is available. If scholarship is awarded, the award amount is deducted from the March payment. *(Our program does not qualify for federal student aid.)*

**HOUSING:** local B and B's, hotels and limited local housing within the community.

**MEALS:** morning snack/tea/coffee, then tea/coffee mid-afternoon are provided. Lunch options and a farm market are very close by. There is access to a refrigerator but not to a kitchen for cooking or heating foods.

### **CONTENT**

Themes throughout the training include sharpening our observation skills, learning some causes of challenging behaviors, bringing games and activities to strengthen the developmental path, and pedagogy to help children overcome obstacles in order to reach their full potential. Alongside content in Waldorf Education from Dr. Rudolf Steiner and Dr. Karl König, we will experience the **Extra Lesson**, created by Waldorf teacher Audrey McAllen. Her work, based on her study of key lectures from Rudolf Steiner, gives a deep exploration of why children struggle to be at home in their body, and how we can help them in classroom, group and individual settings. These concepts are complemented by current neurological research on the developing child's body/brain connection.

### **ARTISTIC OFFERINGS**

*Creative Speech* with **Debbie Spitulnik**

*Eurythmy* with **Polly Saltet**

*Singing, Painting, Pastel Drawing and Form Drawing* with various faculty

**Year 1 focus:** Child Development, Educational Support, Classroom Applications  
This year is available as a stand alone option for classroom teachers. Guest teachers include **Gerry LoDolce** in person and **Dr. Adam Blanning** online.

**Year 2 focus:** The Extra Lesson, Learning Styles, Assessment and Observation.  
Required this year is a visit to a practicing Educational Support teacher to observe professional work in the field. Check-in calls with a mentor are part of Year 2.

**Year 3 focus:** Deepening Inner Development and Therapeutic Aspects of Curative Education, enhanced by Curative Education lecturer, **Becky Rutherford**. Year 3 includes a case study and practicum. An AHE mentor visits your school or setting for a two day observation of your work as you screen children for developmental milestones and bring activities to individuals and classes.

**HOMEWORK:** Assigned homework includes readings, practice of Extra Lesson and other exercises, child observation, activities for developing one's inner life, journaling, form drawing and brief write-ups of readings, observations and self reflection. Readings are from Anthroposophy, Rudolf Steiner, the Extra Lesson, other books by Audrey McAllen, and mainstream books with relevant topics. Webinars are also utilized. Regular attendance and completion of requirements results in certification from AHE as a trained Educational Support professional. Most sessions are recorded in videos for personal use.