

## HEART Program Directors

### Arlene Kamo

Arlene Kamo has a Specialized Honours BA in Psychology from the University of Guelph and an MA in Clinical Psychology from the University of Toronto.

A trained psycho-educational consultant, Arlene came across the Waldorf school movement early in her life's work, and since 1987 has taught more than two cycles from Grade One to Eight as well as Kindergarten and Parent and Child classes.

Arlene completed the Foundations in Anthroposophic Art and Biography Counselling with Arscura and received her Anthroposophic Art Therapy diploma from the Tobias School of Art in England.

She is a graduate of the first cycle of HEART offered through the Association of Healing Education (AHE) and is an Orton-Gillingham Associate. Arlene is a facilitator for the New Adult Learning Movement focusing on adult learning processes. This approach is central to the HEART program studies.

In addition to offering services as an outside evaluator for Waldorf schools, Arlene is currently on the faculty of the Trillium Waldorf School where she provides educational support for students through the Extra Lesson, anthroposophic art therapy, and tutoring as well as mentors teachers and facilitates parent/adult education courses.

### Marg Beard

Marg Beard has a BA in Geography from the University of Western Ontario, in addition to Royal Conservatory of Music Toronto and Council of Outdoor Educators of Ontario accreditation, and has been working with children for over 35 years.

During the past 30 years she has been bringing the principles of Waldorf education to her work as an outdoor educator, music teacher, Waldorf-inspired homeschooling parent, tutor, and remedial education practitioner.

Marg is a member of the mentoring team for RSCT's Foundations in Anthroposophy – Distance Option.

As a graduate of the first cycle of the HEART program offered by the Association of Healing Education (AHE), Marg has offered the Extra Lesson through her private practice, KALLIAS, to individuals, Waldorf-inspired alternative and public schools, and homeschooling groups.

In addition, Marg is currently practicing New Adult Learning (NAL) processes and developing NAL courses.

She is quite active offering Waldorf parenting, adult education, child development and Waldorf home education workshops. Marg has an active focus on early childhood.

## Donations Welcome

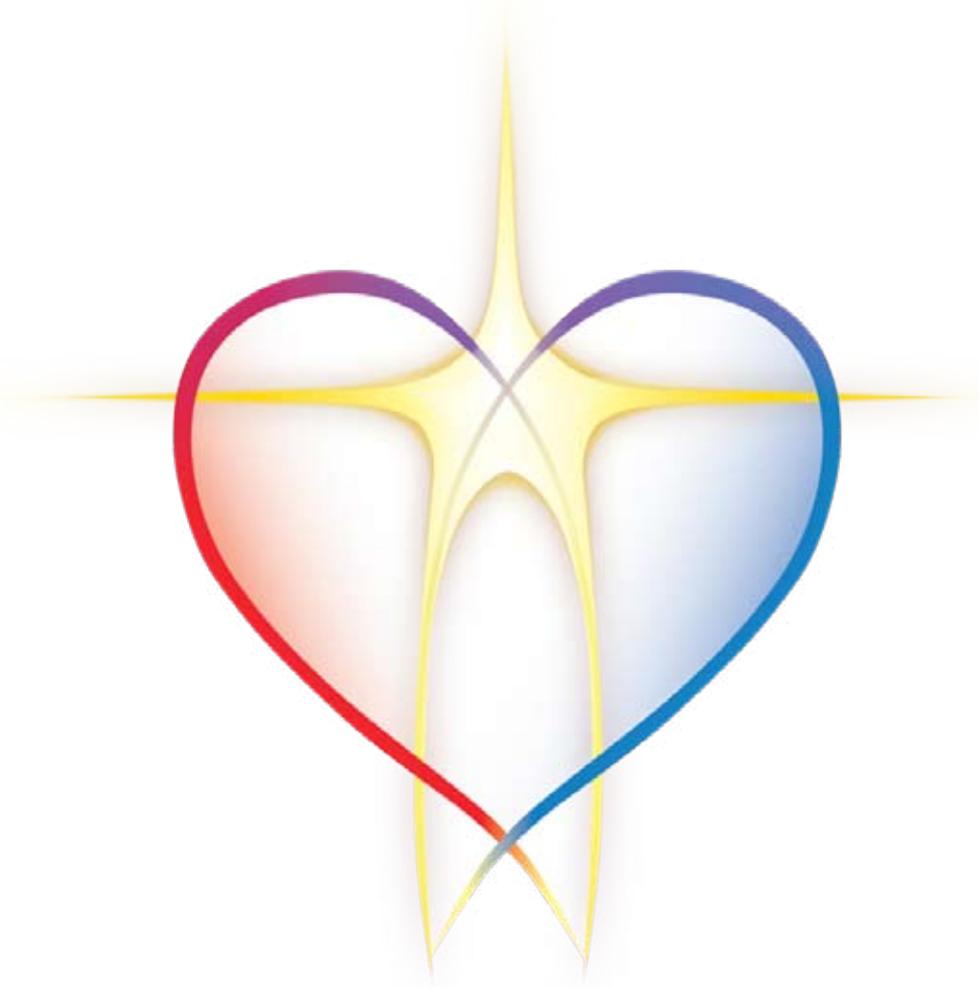
Donations to HEART Program scholarship fund will be gratefully accepted.



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## Healing Education and Remedial Training The HEART Program



**Rudolf Steiner Centre Toronto**

## The HEART Program

Over the past decades, teachers have met increasing numbers of children who are struggling to meet their developmental stages due to sensory, emotional, and educational challenges both at home and at school.

With remedial support, these students often progress quickly once their underlying needs are met. Without this help, students can carry long-standing difficulties into their adult lives.

The goal of the HEART program is to strengthen, support, and train educators dedicated to helping students work through their challenges.

HEART is a graduate level, professional development program that provides teachers, therapists and educational specialists with knowledge and practical skills to work in a healing manner with children facing developmental, social/emotional, and learning challenges.

HEART is based on Rudolf Steiner's anthroposophical picture of the human being, Waldorf child development and educational methodologies, and the adult development of the educator.

It develops capacities to observe with understanding, assess with depth of knowledge, and remediate with effective practical technique.



## The Extra Lesson – An Introduction

Central to this work are Steiner's own indications for remedial education, as well as the depth of research conducted by those who have carried these indications over many years of practical work, such as the foundational research of Audrey E. McAllen, author of The Extra Lesson. McAllen developed an assessment and remediation program using movement, drawing and painting exercises to help children with difficulties in writing, reading and arithmetic.

### Course Content and Structure

The HEART program has been designed to accommodate busy lives and consists of three parts. Program start dates are flexible and students can work through the program at their own pace within certain time parameters.

Parts 1, 2, and 3 each consist of 30 one-hour mentored sessions plus 6-8 hours of homework per session (readings/artistic and movement activities/journal work). The curriculum content has been grouped into modules of study. Part 3 will have the addition of case studies and research, group webinars, practicum (40 hours), and on-site mentoring, observation and evaluation with an accredited Extra Lesson practitioner.

**Curriculum outline can be viewed at [www.rsct.ca](http://www.rsct.ca)**

### Prerequisites

- Training in Waldorf education with experience working in early childhood OR the grades

OR

- Public school teacher training

OR

- Therapeutic or medical training

AND

- Foundation Studies in Anthroposophy
- Minimum of 2 years of experience working with children
- Post-secondary education accreditation
- Internet access

**Please see website ([www.rsct.ca](http://www.rsct.ca)) for HEART Application and Tuition Information**



### Qualifications and Certification

Upon satisfactory completion of all course work, including all assignments and written work, and a successful practicum experience, graduates of the course will be presented with a certificate of completion from Rudolf Steiner Centre Toronto.

This certificate verifies you have trained as an Extra Lesson Educational Support Teacher, both to provide Learning Support in Steiner/Waldorf classroom settings, and to work one-on-one with individuals, to assess learning needs and to remediate those needs through educational therapies, as laid out in the body of work known as the Extra Lesson.

The Certificate of Completion of the HEART Program issued by RSCT carries the approval and authority of the Association of Waldorf Schools of North America.

### HEART/Extra Lesson – Graduate Auditing Option

The Auditing Option offers certified Extra Lesson practitioners the opportunity to deepen their studies, further their research and reinvigorate their work. All Part 1 and Part 2 modules are offered as auditing options.

**Please see website ([www.rsct.ca](http://www.rsct.ca)) for HEART Auditing Option Application, Program Modules, and Fees.**