

HERBAL MEDICINE CERTIFICATE

385 Hours

Blending traditional herbalism with current scientific research, the Herbal Medicine Certificate is uniquely designed to provide comprehensive and rigorous training to those seeking a career in Herbalism. Unique to this program is the integration of field, laboratory and clinical settings, preparing herbalists to enter a diverse number of career paths. Students have the rare opportunity to experience herbal medicine in such a hands on environment from designing and implementing an herbal garden, harvesting an herbal garden, medicine making and finally working with clients in a clinical setting. This robust program exposes students to all facets of herbalism. Sustainability and safety are emphasized throughout the program.

| <u>Courses</u> | <u>Hours</u> |
|--------------------------|--------------|
| *Spring Semester: | |
| Herbalism Foundations I | 30 |
| Herbalism Foundations II | 30 |
| Structures & Functions I | 60 |
| Applied Herbalism I | 30 |
| Herbal Preparations I | 30 |
| Summer Semester: | |
| Applied Herbalism II | 30 |
| Herbal Preparations II | 30 |
| Herbal Clinic I | 20 |
| Fall Semester: | |
| Integrated Wellness | 30 |
| Herbal Clinic II | 20 |
| Case Study | 15 |
| Clinical Herbalism | 60 |
| TOTAL HOURS | 385 |

Additional Requirements:

- 1) Completion of 15 case studies
- 2) Submit a 5-10 page research paper on an approved herbal topic
- 3) Successful passing of the final exam
- 4) CPR/First Aid certification by the end of the program
- 5) Liability insurance obtained prior to Clinic

***Upon completion of the spring semester, students will be able to effectively act as a family and/or community herbalist.**

Applied Herbalism I:

Organic gardening and botany will be covered in this class as we create plans for a medicinal garden. Soil, seed selection and composting basics will be covered. There is a **fieldwork** portion of this class with **MANDATORY rain or shine** attendance.

Applied Herbalism II:

This course includes harvesting and ethically wildcrafting medicinal herbs with focuses on plant identification, proper drying and storage, and sustainability. Field trips are a mandatory and integral part of this course during all weather conditions.

Case Study:

During scheduled hours throughout the course, students will meet with the instructor individually via email or phone to discuss progress.

Clinical Herbalism:

Prerequisite: HFI&II, HPI, Case Study Completion - Professional topics such as law and ethics, business opportunities, insurance and liability will be discussed. Career paths will also be highlighted and one case study will be presented by each student to fulfill graduation requirements.

Herbal Clinic I&II:

Prerequisite: HFI&II, HPI - *LIABILITY INSURANCE MUST BE OBTAINED PRIOR TO CLINIC.* Students will work directly with clients by consulting and developing plans that meet the client's needs in a group setting.

Herbal Preparations I:

In this hands-on laboratory course, we will explore various medicine making techniques and discuss basic formulation, the role of essential oils, carrier oils and safety. Topical preparations including balms, salves, infused oils, compresses, fomentations and poultices will be prepared. Students will also create an herbal first aid kit upon completion.

Herbal Preparations II:

Prerequisite: HFI - In this laboratory course, we will deepen our medicinal making skill set by including advanced formulation, menstruum varieties and herbal selections. Infusions, decoctions, tinctures, syrups, vinegars, glycerites and oxymels will be created with safe practices emphasized.

Herbalism Foundations I:

This course will cover the history of herbal medicine with respect to Western and Eastern systems. Basic botany and organic chemistry will also be covered as well as research methodologies. Case studies will be introduced and Materia Medica of 40 botanicals will be studied.

Herbalism Foundations II:

Prerequisite: HFI - A continuation of Herbalism Foundations I, the student will be introduced to Ayurvedic and Eastern approaches to herbalism. Traditional Chinese Medical Theory and Ayurveda Tridosha Theory will be covered as well as pulse, tongue and constitutional assessments. Materia Medica of 45 botanicals.

Integrated Wellness:

This course will introduce the role of integrated wellness therapies including diet and nutrition, minerals, vitamins, as well as mindfulness and breathing techniques as it relates to the herbal student.

Structures & Functions I:

This course is designed to increase the student's knowledge base in applied human anatomy. This course focuses on the various organ systems of the body individually and studies how they work together to achieve and maintain homeostasis. Students will learn through classroom and online lectures.