The Community Herbalist Clinical Training Program

“Tell me and I forget. Teach me and I remember. Involve me and I learn”
Benjamin Franklin

Further your herbal education while offering a fantastic community service:

Announcing the opening of the Comox Valley Community Herbal Clinic

Staffed by senior students under the supervision of experienced health care professionals and offering herbal medicine and natural treatments by donation.

Designed for intermediate and advanced students of herbal medicine who want to take their learning from the books and classroom into the clinic and are ready to see patients under supervision and start creating formulas and learning how to run a clinic and dispensary.

The Community Herbalist Clinical Program is an opportunity for hands on and experiential learning in all the practical aspects of materia medica and of being a herbalist. It is a very special opportunity to study deeply and widely with a medical herbalist and naturopathic doctors to learn about growing, identifying, harvesting, drying, processing and using herbs.

Comprising one weekend a month, with one day of lectures and one day of seeing patients and discussing cases. Students will also be involved in processing and preparing herbal medicines for the dispensary and making up remedies for patients. There is assigned reading for each module and there are assignments to be completed.

Students who wish to, may embark upon completion of a ‘clinic handbook’ that records their progress in performing certain specific clinical skills, assessed and signed by the clinic supervisor every 50 hours, and that counts towards their possible future application for professional membership in various organizations that require such training. Completion of this exceeds the level 1 clinical program and is expected to take 2 – 3 years to complete.

Level one is built on a 10 month model but it is hoped / expected that students will continue afterwards to attend the on-going monthly Saturday community clinics so that service is not interrupted, even if they do not all go on to take further classes in the future.

Who is this program for?
The Community Herbalist Clinical Program is designed for people who

♣ are passionate about natural medicine
♣ are passionate about plants
♣ want to empower themselves with knowledge about self care
♣ want to be able to help their friends and family with simple, safe and effective home health care
♣ want to be a resource of health knowledge and skills in their community,
♣ want to rely less on the medical system
♣ want to know how to identify, grow, harvest and process their own herbal medicines and food
♣ want to learn how to make and dispense herbal remedies – storing herbs, stock control, making liniments, tinctures, oils and more

How is the program structured?

Level one: 10 weekends (2016): Friday 2 - 8 pm, Saturday 9.30 am – 5.30 pm
Level two: 10 weekends in 2017
13 hours per weekend / 130 contact hours per series

What will you learn?

Clinical assessment and practice
Seeing real patients, interviewing them and recording their case reports, understanding and prioritizing their concerns and formulating well-constructed herbal protocols. Practical clinical skills, examination techniques, health assessment tools, reading and understanding blood work, saliva, urine and buccal swab tests, record keeping and data collection.

Making and dispensing herbal medicines
Scheduled shifts in the dispensary will allow a practical understanding of the use of herbs for medicine – formulating and prescribing for specific ailments
Good manufacturing practices and quality assurance procedures in the harvesting, processing and manufacturing of herbal remedies
Gardening and growing herbs, harvesting and processing medicines.

Pharmacognosy (plant chemistry)
Knowing how the constituents of plants exert their therapeutic actions allows us to better understand how to use them in clinical practice and how to make the best medicine.
- overview of plant metabolism
- introduction to holistic phytochemistry – mucilage and polysaccharides, phenolics (tannins, salicylates, flavonoids, anthraquinones), bitters, volatile oils, saponins, alkaloids

Materia medica and clinical applications
The core of the program. Taught through detailed discussions, considering in detail how the herbs do their work and how to use them effectively and safely.
- clinical applications of herbs within body systems
- detailed review of one key, feature herb each month
- energetics and pharmacology of herbs
- formulating strategies and treatment planning
- dosing, contra-indications and safety concerns

What will you get?
130 contact hours with herbal and natural medicine specialists
Certificate of completion of hours – 70 hours total clinic hours and 60 hours of classroom and lecture style
Opportunity to compile a clinical skills portfolio for sign off by instructors on various skill sets
All of these are helpful when applying to professional associations for membership

Plus
Individualized coaching and tutoring
Assigned reading and study guide
Attendance at a once monthly herb study club, held the Thursday night before class
Access to the reference library for personal study
Reduced rates at other workshops and programs offered at Innisfree Farm in 2016

Classes will run
Friday 2 pm – 8 pm
Saturday 9.30 am – 5.30 pm

There will be a 1 hour meal break each day. Students may organize a potluck or bring their own food on Friday and are invited to have a catered lunch on Saturdays for $15 each, or bring their own.

Dates
1. March 11 / 12
2. April 8 / 9
3. May 13 / 14
4. June 10 / 11
5. July 8 / 9
6. August 12 / 13
7. September 16 / 17
8. October 7 / 8
9. November 11 / 12
10. December 9 / 10

January & February 2017 - no classes
Clinic is closed in January and re-opens in February
Level 2 advanced program commences March 2017
Weekend one  
**March 11 / 12**

Clinic preparation – mandatory attendance before entering clinic

Friday:  
1 pm  
Meet and greet – tea and snacks
Introduction to the course - expectations and requirements
How the clinic will work

2 pm  
Interview techniques and record keeping
HIPPAA, record keeping, abbreviations & acronyms
Selection criteria and building formulas
Physiological enhancement / pathological process
Normalizers and effectors
Causal chain of disease

Saturday 9.30 am – 5.30 pm  
Dr. Prescott / Dr Luterbach
Interview techniques and record keeping – practicum
Review and practice of physical exam procedures
Blood pressure
Vital signs
Cardiovascular, respiratory, digestive, musculoskeletal and nervous system assessments
Basic blood work
Saliva, urine, buccal swab testing

Weekend two  
**April 8 / 9**

Friday 2 – 8 pm  
Dispensary procedures

Saturday 9.30 am – 5.30 pm  
Morning  
seeing patients

Afternoon
Discussing cases and making remedies and protocols
Selection criteria and planning formulas
Practice doing physical exams

Weekend three  
**May 13 / 14**

Friday 2 – 8 pm  
Review of phyto-chemistry and pharmacology – how herbs work and what constituents do

Saturday 9.30 am – 5.30 pm  
Morning  
seeing patients

Afternoon
Discussing cases and making remedies and protocols
Selection criteria and planning formulas
Practice doing physical exams

Weekend four  
**June 10 / 11**

Friday 2 – 8 pm  
Chanchal
Humoral medicine and the constitutional approach – energetics in western herbal medicine
Garden walk

Saturday 9.30 am – 5.30 pm  
Morning  
seeing patients

Afternoon
Discussing cases and making remedies and protocols
Selection criteria and planning formulas
Practice doing physical exams

Weekend five  
**July 8 / 9**

Friday 2 – 8 pm  
Managing inflammation – salicylates, resins, volatile oils, essential fatty acids, saponins

Saturday 9.30 am – 5.30 pm  
Morning  
seeing patients

Afternoon
Discussing cases and making remedies and protocols
Selection criteria and planning formulas
Practice doing physical exams

Weekend six  
**August 12 / 13**

Friday 2 – 8 pm  
Field trip and outdoor botany class

Saturday 9.30 am – 5.30 pm  
Morning  
seeing patients

Afternoon
Discussing cases and making remedies and protocols
Selection criteria and planning formulas
Practice doing physical exams

Weekend seven  
**September 16 / 17**

Friday 2 - 8 pm  
Alkaloids – the strongest herbs

Saturday 9.30 am – 5.30 pm  
Morning  
seeing patients

Afternoon
Discussing cases and making remedies and protocols
Selection criteria and planning formulas
Practice doing physical exams

Weekend eight  
**October 7 / 8**

Friday 2 – 8 pm  
Pain management with herbs

Saturday 9.30 am – 5.30 pm  
Morning  
seeing patients

Afternoon
Discussing cases and making remedies and protocols
Selection criteria and planning formulas
Practice doing physical exams

Weekend nine  
**November 11 / 12**

Friday 2 – 8 pm  
Toxicology and dosing with botanicals
Herb / drug interactions

Saturday 9.30 am – 5.30 pm  
Morning  
seeing patients

Afternoon
Discussing cases and making remedies and protocols
Selection criteria and planning formulas
Practice doing physical exams

Weekend ten  
**December 9 / 10**

Friday 2 - 8 pm  
Class presentations: case report from each student with monographs and herbal recommendations
Last class Q & A
Closing ceremony

Saturday 9.30 am – 5.30 pm  
Morning  
seeing patients

Afternoon
Discussing cases and making remedies and protocols
Selection criteria and planning formulas
Practice doing physical exams
Outline of topics for level two - 2017 to be confirmed

Research and learning guidelines
Pediatrics and geriatrics - dosing, safety, special needs
Women’s health, Men’s health
Thyroid health, Diabetes and blood sugar
Mental health: depression, mania, OCD, schizophrenia, brain injury
Cardio-active glycosides and heart health with herbs
Detox and bowel health with herbs
Cancer biomechanics and rational therapeutics