



# ARBORVITAE

## SCHOOL OF TRADITIONAL HERBALISM

### SYLLABUS: 3RD YEAR ADVANCED PROGRAM IN HERBAL MEDICINE 2015-2016

*Please note that specific details of this syllabus may be subject to change as circumstances warrant.*

#### Primary Instructors:

Richard Mandelbaum RH  
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Claudia Keel  
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Phone: 917-723-2309

#### Additional Instructors:

***Note: subject to change; not all instructors teach all three levels***

7Song	[Kate Gilday - invited]
Leslie Alexander	K.P. Khalsa
Robin Rose Bennett	Katinka Locascio
Lata Chettri-Kennedy	[Chris Masterjohn - invited]
Bevin Clare	Anne McIntyre
Lena DeGloma	Susanna Raeven
Jonathan Edwards	Kristen Rae Stevens
Dina Falconi	Tammi Sweet
Margi Flint	Peeka Trenkle
Patrick Fratellone	Nathaniel Whitmore
Amy Galper	Matthew Wood

#### Prerequisites:

The third year program requires that a student has successfully completed either (1) the ArborVitae second year program or (2) a program or training or combination of programs/trainings sufficiently equivalent in hours and curriculum to the ArborVitae Second Year Program. It is understood that current herbal education takes many forms, both formal and informal, and ArborVitae is ready to work with any prospective student to determine her/his qualifications for potentially beginning in the third year. The first step is to complete the appropriate application process.

#### Objective:

The third year of this program will provide deeper and broader study of herbs and medicinal application, expanding the Materia Medica. Students will learn about specific conditions and multilayered approaches for working with them, in addition to advanced energetics and diagnostics, including pulse and tongue reading. They will study formulation and advanced medicinal preparations, while expanding on knowledge of nutrition and lifestyle for balanc-

ing energies. Students in the third year will consider advanced clinical applications and will see clients in the community clinic, supervised by core faculty.

### **Primary Texts (required):**

#### **Required Texts for Year 3**

Herbal Constituents, Lisa Ganora\_ (\$40\_– to be purchased from ArborVitae)

Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies, Stargrove, Treasure, and McKee (\$80-90)

Chinese Traditional Herbal Medicine Vol.I Diagnosis and Treatment, Michael and Lesley Tierra books (\$16)

Western Herbs According to Traditional Chinese Medicine: A Practitioner's Guide, Thomas Avery Garran, (\$32)

Botany for Gardeners: Third Edition, by Brian Capon, Timber Press; 3 edition, 2010, ISBN-10: 160469095X

**Strongly recommended:** Stars of the Meadow by David Dalton, Steiner Books (2006)

**Strongly recommended:** Bach Flower Remedies: Form and Function by Julian Barnard (2004)

### **Highly recommended:**

- Chinese Medical Herbology & Pharmacology, John and Tina Chen (\$110)
  - More affordable option: an older edition of Chinese Herbal Medicine: Materia Medica, Bensky and Gamble (\$30)
- Western Herbs in Chinese Medicine: Methodology and Materia Medica, Thomas Avery Garran (\$42)
- Tongue and pulse diagnosis resources
- Strongly recommended: Flower Essence Repertory: A Comprehensive Guide to North American and English Flower Essences for Emotional and Spiritual Well-Being by Patricia Kaminski and Richard Katz (June 1994)
- *There will be a list of additional recommended books provided to students.*

### **Required books from 2<sup>nd</sup> & 1<sup>st</sup> Years Used in 3<sup>rd</sup> Year as well:**

Students beginning in the third year of the program are also expected to have all texts from years one and two or equivalent texts. Questions about this should be directed toward Claudia Keel and Richard Mandelbaum.

#### **Required Texts for Year 2**

Herbal Medicine, Rudolf Weiss

Botanical Safety Handbook 2<sup>nd</sup> ed. (ed. Gardner & McGuffin) American Herbal Products Association 2012

**Botanical Medicine for Women's Health, 1e**, Aviva Romm et al., Churchill Livingstone; 2009

*Strongly recommended:* **Women, Hormones & the Menstrual Cycle: Herbal & Medical Solutions from Adolescence to Menopause**, Ruth Trickey (used, older edition okay)

Eclectic material medicas as reference texts (provided free as ebooks or pdfs):

**King's American Dispensatory**, (Felter, Lloyd

**Botany: Plants and Plant Form: An Illustrated Guide**, Hans Wohlmut and Lexanne Leach), MacPlatypus Productions, 2001 *(to be provided by ArborVitae as a pdf / ebook*

*Strongly recommended:* **Human Physiology- An Integrated Approach**, Silverthorn – any edition

### Required Texts for Year 1

**Medical Herbalism** (Hoffmann) Healing Arts Press, VT, 2003

**The Practice of Traditional Western Herbalism** (Wood) North Atlantic Books 2004

**The Web That Has No Weaver** (Kaptchuk) McGraw-Hill 1983 or 2000

**Herbal Therapy and Supplements: A Scientific and Traditional Approach** 2<sup>nd</sup> edition (Winston & Kuhn) Lippincott Williams & Wilkins; **note: not 1<sup>st</sup> edition!**

**Earthwise Herbals vol. 1 & 2** (Wood) North Atlantic Books, 2008, 2009

**Newcomb's Wildflower Guide** (Newcomb) Little, Brown, and Co., 1977

**The Tree Identification Book** (Symonds) William Morrow and Co., 1958

**The Shrub Identification Book** (Symonds) William Morrow and Co., 1963

**Making Plant Medicine** (Cech) Horizon Herbs, 2000

**Food is Medicine** (Caldecott) PhytoAlchemy, 2011

### Additional Readings:

- Additional articles and handouts for many of the classes will be provided to registered students free of charge in electronic form and occasionally in printed form.
- There are additional recommended texts (available on our website and to be provided to enrolled students).

### Additional Costs:

- Students are responsible for their own travel costs to and from class, including days

when there are field trips both within the city (such as city parks, botanic gardens, etc.) as well as parks or other locations in the nearby region. In some cases this may include a small expense for gas and tolls (carpooling will be encouraged and facilitated).

- \$50 fee for Tri-State issued Student I.D.
- Teas and herbal food samples will be offered in a number of classes, but unless otherwise noted, meals during classes and field trips will be at students' expense. In general additional materials fees will not be charged for classes involving medicine or food preparation, except for unusual and limited circumstances in the case of costly materials.
- There may be additional fees for herb or food supplies for formulations that students may personally use or take home from classes.

### **Student Benefits:**

- Students will receive a valid student I.D. issued by the Tristate College of Acupuncture, which provides students with discounts wherever they are honored.
- All enrolled students will receive a student membership to United Plant Savers, which provide particular benefits and discounts.
- Students receive a discounted membership to the American Herbalists Guild, which provides many additional discounts and benefits.
- The school will explore other opportunities to provide additional student discounts for herb related events and vendors.

### **Sessions:**

The ArborVitae calendar is divided into two semesters roughly following the college calendar, i.e. a fall semester September-December, and a winter/spring semester January-May or early June.

Second Year Intermediate classes for the 2014-2015 year will be held weekly on Tuesdays from 9 am to 5 pm, plus one weekend a month. There will also be occasional (and optional) evening classes (usually Monday evenings and pre-weekend Friday evenings).

### **Weekdays: Tuesdays 9 - 5**

September 15, 22, 29	December 1, 8, 15	March 1, 8, 15, 22*, 29
October 6, 13, 20, 27	<i>[Holiday &amp; Semester break]</i>	April 5, 12 19
November 3, 10, 17	January 19, 26	<i>[Spring Break]</i>
<i>[Thanksgiving Break]</i>	February 2, 9, 16, 23	May 3, 10, 17

While these dates are firm, they are subject to change due to unforeseen circumstances such as adverse weather and teacher absence. Other dates may be added as well for additional, optional class hours.

### **Weekends: Saturdays & Sundays 9-5**

September 26 & 27	December 12 & 13	March 12 & 13
October 24 & 25	January 30 & 31	April 30 & May 1
November 21 & 22	February 20 & 21	May 14 & 15

### **Class Location(s):**

Most classes will meet in Room 1302 or 1303 at TSCA, 80 8<sup>th</sup> Ave, New York NY.

A portion of this course will be held in other venues and outdoors. Locations will include the High Line Park, New York Botanical Garden, Brooklyn Botanic Garden, Central Park, Prospect Park, Brooklyn Bridge Park and Community Gardens and natural areas in the region such as Turtle Pond Farm in Bethlehem CT, Kittatinny Valley State Park in New Jersey and Dina Falconi's permaculture gardens and homestead. There will be one overnight weekend in May 2016, to be held at Turtle Pond Farm in Bethlehem CT.

### **Community Classes on Monday Evenings & Special Programs**

ArborVitae will host community classes on Monday evenings, generally between once and three times per month. Occasionally they may also be offered on other days and times. These classes are open to the public and will cover a variety of topics, some but not all of which may be covered during the regular program. Throughout the year ArborVitae may also offer special programs or intensives. Neither these classes or programs will be required part of the program but they do offer an opportunity to delve deeper into a particular subject. They can be attended at an additional cost; *All enrolled ArborVitae students receive a 25% discount for community classes.*

**Note:** All community classes and special program will be posted on the ArborVitae website and notices will be sent to those who have signed up for the ArboVitae newsletter. **This is a different elist than those sent to program students.** If you are interested in keeping abreast of these classes we strongly recommend signing up for this list.

### **Extra Q & A Sessions**

In addition, ArborVitae students will be offered extra monthly sessions with faculty to review case histories and additional topics not covered in class, as well as review and clarification of topics that are part of the curriculum.

Sessions take place October through April, with two sessions per month (with the exception of December and January, in which there is one session per month). They are all scheduled in advance and in the syllabus below:

- Monday evening 6:30-9:00 PM (generally first Monday of the month); in the ArborVitae classroom
- Friday morning 9:30 AM- 12:00 PM (generally second Friday of the month), location TBD

The Q & A sessions are held together with the 1<sup>st</sup> & 2<sup>nd</sup> year students. Students should sign up for the Q&A ahead of time, so we can assign credit and allot space for all.

**Note:** Q&A sessions are not required but do count as program credit. They are not included in part time tuition, but part time students can sign up to come for an additional fee based on hours. They are an additional opportunity for interactive learning and can also count towards making up for missed classes in terms of required attendance.

### **Specializations and Extra Sessions, Seminars and Workshops**

During our third year program students will identify specializations that interest them. This

specialization will form the basis for independent study, as well as focused feedback from instructors.

## Curriculum Themes

During our third year program students will identify specializations that interest them. This specialization will form the basis for independent study, as well as focused feedback from instructors.

## Evaluations:

Evaluation of student performance and qualification for a certificate will be based on a combination of completion of reading and written assignments, cases, class presentations, in-class group work and fieldwork, and attendance and participation. Instructors also reserve the right to issue quizzes or exams. Students must attend each session and arrive on time. Students needing to arrive late or miss a class must inform the instructor beforehand and devise a plan to make up the missed class time. See ArborVitae Attendance Policy for more information.

## Assignments:

Throughout the course, students will be given reading assignments and asked to briefly reflect on them along with other assignments outlined in the student portal and in a supplemental document to this syllabus. ArborVitae may also initiate quizzes into the program to assess students' learning retention. Assignments are 'handed-in' by uploading them in the student portal of the website.

## Lunch and Food & Drink Notes:

- **Herbal teas** will often be provided during classes. Spring water ( hot and cold) is also provided. ArborVitae provides mugs, plates and cutlery (as we try to avoid disposables). *All students must wash the dining items they use and help generally with cleanup after class.*
- **Lunch times** for classroom days are generally for 1 hour and between 12:30 -1:30. However there will be exceptions, and as much as possible we have noted these in the syllabus.
  - Students are very welcome to bring lunches and eat in the classroom. Food can be stored for the day in the fridge and heated up on school hot plate or toaster oven. *Students are welcome to use school kitchen dining items but must wash them after use.*
- **Field trips generally require bagged lunches**, as there rarely is the opportunity to purchase lunch in the field. For some field trips (such as the visit to the Falconi homestead), lunch will be provided and there is no need to bring food unless one has special dietary needs
- **Potlucks:** Periodically will have potluck lunches as a way to spend time with visiting teaches and each other and to share good food. We list a number of these dates in the syllabus but they are subject change and new times may be added:

- We do encourage all students to participate but they are certainly not required
- Potlucks are also an excellent time to share therapeutic and herbal food and drinks (and for such foods, they will be recognized as part of one's assignment). ArborVitae parties are also potluck
- **Snacks:** There will be breaks in the morning and afternoon schedule for tea. Students are welcome to bring their own snacks for this time if inclined, and also to bring snacks to share if inclined. In some classes herbal and therapeutic foods will be prepared and tastes provided. Also when a student brings in their therapeutic and herbal food assignment small tastes may be provided to other students.
- **Special Diets:** Every effort will be made to address special diets & needs, but students should bring any foods they may particularly need that might not be available.
- **Alcohol Sensitivity:** *Please let us know if you are sensitive to alcohol.* There are classes that outline herb medicine preparations that include alcohol and tastes of alcohol tinctures will be an option in many classes. Special events such as parties may have alcohol available. ArborVitae will endeavor to make special arrangements if needed.

### **Wi-Fi Internet Connection:**

A Wi-Fi Internet connection is available in the ArborVitae classrooms and the password will be provided. However, personal use is restricted for class time. Please limit both texting and Internet use for breaks, lunch and personal emergencies.

### **Course Curriculum Topic: Botanical Materia Medica:**

Throughout the course materia medica (herbal medicines) will be covered in depth related to the topic at hand. In addition, in the third year curriculum will continue to focus on @ 50 plants holistically and in depth. The list of plants is supplemental to this syllabus.

### **Course Curriculum Topic: Clinics & Case Reviews:**

Regularly throughout the year students will meet with clients in a mentored clinic. Generally clinic times will be Tuesday mornings once a month and Sunday mornings once a month. Each clinic will be followed by a case reviews in the afternoon. ArborVitae will make every effort to regularly schedule clients for the clinic, however the ultimate responsibility for clients lies with the students. Students are advised to seek their own clients and if meeting with anyone privately to move them to the clinic. So doing will also ensure case review for the student. In the clinic students will work in pairs however only one person will be interviewing and responsible for the case. It is imperative that students arrive at least 15 minutes ahead of clinic time. Because of the costs ArborVitae incurs in renting additional clinic rooms. There will be a sliding scale fee for clients (\$15 - \$60), which is up to the client himself or herself to decide where they fall within that scale.

### **Course Curriculum - Other Topics:**

A number of third year curriculum topics include classes that support student specialization if the student chooses the topic and advance herbal practice in general. These are outlined

below. Other themes in curriculum topics are underlined in this Syllabus. They include advanced topics in: Clinical Skills, Holistic Assessment Techniques, Phytochemistry, Preparation of Plant Medicines, Herbal Therapeutics, Ailments, Formulations, Energetics of Traditional Western (Greek-European) Medicine, Energetics of Ayurveda (Traditional Indian Medicine), incl. tongue, pulse and practicums, Formulations, Flower Essence Therapy, and Field Trips. Some curriculum classes do not fall within general themes, but offer important aspects of the application.

**Course Curriculum - Applying Chinese Tradition to Western Herbs**

**Course Curriculum - Plants and the Mind: Flower Essences, Herbs and Food for Mental & Emotional Wellbeing**

**Course Curriculum - Advanced Botany**

**Course Curriculum - Advanced Digestive Health**

## COURSE OUTLINE

*Please note that specific details of this course outline may be subject to change.*

### On-Line Course for Third Year:

Students will choose between the following:

- **On-Line Ayurveda Course with Anne McIntyre - part 2 (to be confirmed)**  
The second more in depth part to the on line course students took in the second year will be offered by herbalist Anne McIntyre and specially designed for ArborVitae students. Details will be announced during the fall semester.
- **On-Line Student Case Review Forum with Leslie Alexander and Leslie Williams (to be confirmed)**  
Live Thursday evening forum for case discussion with two professional herbalists, once per month on a Thursday evening.

**Note:** Students can opt to take both on-line courses for an additional fee.

## FALL SEMESTER

### Tuesday September 15

**This introduction is taken together with second year students**

9:00-11:00: Introduction and Overview of the Year with Richard and Claudia

11:00-12:30 & 1:30-2:30: CLINICAL SKILLS: Counseling Techniques & the Art of Motivation with Claudia Keel

2:30-5:00 The Microbiome and Human Health with Richard Mandelbaum

The Microbiome is receiving much-deserved attention in medical research and clinical applications. Lagging behind in consciousness is what I refer to as the Macrobiome. Together we will review the scientific literature on the links between our health as individuals and the integrity and biodiversity of the greater ecosystems in which we live, and end by discussing practical ways herbalists can incorporate this information into protocols for their clients.

### Tuesday September 22

**This class is taken together with second year students**

9:00-12:30 & 1:30-5: AYURVEDA: Ayurveda and the Mind with Anne McIntyre

*Full description pending*

### Saturday September 26

**This class is taken together with second year students**

FIELD TRIP: Dina Falconi's Garden, Kitchen & Apothecary:

Advanced Wild Foods and Medicines with Dina Falconi and Claudia Keel

*Full description pending*

**Note:** This class will be held in Accord, NY. ArborVitae will help to arrange carpools but a bus can be taken to Rosendale. Students should schedule for a longer than usual day to allot for travel time.

**Food Note:** A wild food and local, organic lunch will be offered and included. The meal will largely be vegetarian (which will include pastured eggs from Dina's homestead and local organic raw and cultured dairy and cheese) A bone broth from pas-

tured local chickens will be included as well. There is no need to bring a bagged lunch unless one has special diet needs. **Please bring your own plate and cutlery for the day.** (Drink cups/ mugs will be provided.)

### **Sunday September 27**

**This class is taken together with second year students**

**FIELD TRIP: BOTANY AND PLANT IDENTIFICATION with Richard Mandelbaum and Nathaniel Whitmore**

**Note: This class will be held at Turtle Pond Farm, Bethlehem Connecticut**

**Reading: hand outs**

### **Tuesday September 29**

**9:00-12:30: CLINIC with Claudia Keel**

**1:30-5:00 CASE REVIEW with Claudia Keel**

### **Monday October 5**

**6:30-9:00 PM Extra Q & A session**

### **Tuesday October 6**

**9:00-12:30 PHYTOCHEMISTRY I with Richard Mandelbaum**

An understanding of plant constituents and chemistry can deepen our awareness of how herbs interact with the human body, and what pharmacological effects they can have. Phytochemistry can also inform our considerations of safety when working with clients, as well as what types of preparations will be most therapeutically active. In this two-part class we will review the most common categories of constituents naturally occurring in plants, and how they combine and inter-relate when used in whole-plant preparations.

**Reading: Ganora pp. 1-72, hand outs**

**1:30-5:00 APPLYING CHINESE TRADITION TO WESTERN HERBS: materia medica and corresponding tongue and pulse diagnostics with Richard Mandelbaum**

The system of energetics, diagnostics, and traditional physiology developed in China can be integrated into practice alongside other theoretical frameworks. Likewise, a student of Chinese traditional medicine should feel confident to apply the theory to herbs not historically originating in China. This series of classes will build upon the work of Thomas Avery Garran and deepen our comprehension of Chinese traditional medicine by applying it to herbs typically considered “Western” or non-Chinese. Examination and discussion of the herbs will also allow for a contextual review of energetics and diagnostics.

**Reading: Garran pp.1-27, hand outs**

### **Tuesday October 13**

**9:00-12:30 EMOTIONAL & MENTAL HEALTH: Nutrition, Herbs, Flower Essences & Therapeutics for Anxiety & Depression, with Claudia Keel**

Anxiety and depression are often an underlying influence or an obstacle to wellness for many that come to a herbalist. While herbalists are not trained psychotherapists (nor should we practice as such), there are a host of supportive remedies in food, herbs and flower essences

that are very effective in helping bring a person into greater emotional balance. We will consider general protocols for constitutions, energetics and therapeutics. As time allows, we will also consider grief and 'complicated grief', along with cases as examples.

**1:30-5:00 p.m. AILMENTS: The Emotional and Mental Aspects of Lyme Disease; Advanced Lyme Protocols with Richard Mandelbaum**

Any practitioner who has worked with Lyme knows that it is a multi-faceted condition that is highly individualized in its manifestations. In this class we will address emotional and mental patterns specific to chronic or Late Stage Disseminated Lyme, and how these interact with physical symptoms of disease. We will discuss assessing and identifying patterns (diagnostics), materia medica and protocols, and will present case histories to illustrate the points made.

**Reading**: review notes from previous classes about Lyme and Lyme protocols

**Friday October 16**

9:30 AM -12:00 PM Extra Q & A session #1

**Tuesday October 20**

9:00-12:30: CLINIC with Richard Mandelbaum

1:30-5:00: CASE REVIEW with Richard Mandelbaum

**Saturday October 24**

9:00-12:30 PHYTOCHEMISTRY II with Richard Mandelbaum

An understanding of plant constituents and chemistry can deepen our awareness of how herbs interact with the human body, and what pharmacological effects they can have. Phytochemistry can also inform our considerations of safety when working with clients, as well as what types of preparations will be most therapeutically active. In this two-part class we will review the most common categories of constituents naturally occurring in plants, and how they combine and inter-relate when used in whole-plant preparations.

Focus on: Primary constituents (carbohydrates, lipids, amino acids)

**Reading**: Ganora pp. 73-132

**This afternoon class is taken together with second year students**

**1:30-5:00: Atopic Conditions with Bevin Clare**

Atopic conditions include the trio of allergies, asthma, and eczema and can be traced to a common root which can get out of balance in today's world. Explore these roots, how we support a healthy balance, and how these conditions manifest. Continue by exploring several case studies to gain understanding of the therapeutic, formulation, and practical considerations when working with these conditions.

**Reading**: handouts

**Sunday October 25**

9:00- 12:30: CLINIC with Claudia Keel

1:30-5:00 CASE REVIEW with Bevin Clare

**Tuesday October 27**

9:00-12:30: PHYTOCHEMISTRY III with Richard Mandelbaum

An understanding of plant constituents and chemistry can deepen our awareness of how herbs interact with the human body, and what pharmacological effects they can have. Phytochemistry can also inform our considerations of safety when working with clients, as well as what types of preparations will be most therapeutically active. In this two-part class we will review the most common categories of constituents naturally occurring in plants, and how they combine and inter-relate when used in whole-plant preparations.

Focus on: Phenolic compounds, Terpenoids, Alkaloids

**Reading:** Ganora pp. 133-168

1:30-5:00: AILMENTS: Herbs and Food for Elder Health (Mental Health / Brain Health) and Menopause with Claudia Keel

**Monday November 2**

6:30-9:00 PM Extra Q & A session

**Tuesday November 3**

9:00-12:30: PLANTS & THE MIND: Flower Essences, Herbs and Nutrition for Relationships with Claudia Keel

We all seek health but usually most of all we seek healthy happy relationships - to love and be loved. Increasingly clinicians and scientific studies are confirming what many of us intuitively sense - that unhealthy relationships are negatively impact our physical health and not addressing them in our lives is a major obstacle to recovering from physical ailments as well as our contentment. This class is not about arriving at perfectly evolved relationships, but an introduction to plants, essences and nutrition that can help along the way - and the dynamics and patterns they reveal. We will consider specific indications and energetics -- and also that elusive class of actions, aphrodisiacs, which when considered energetically are not so elusive, nor solely about sex, but supportive helps along the way.

1:30-5:00: STUDENT PRESENTATIONS or Digestive Cases with Claudia Keel

Four half hour student presentations on specialization topics

**Tuesday November 10**

9:00-12:30 CLINIC with Richard Mandelbaum

1:30-5:00 CASE REVIEW with Richard Mandelbaum

**November 13**

9:30-12:00 PM Extra Q & A session

### **Tuesday November 17**

#### **9:00-12:30: AILMENTS: Herbs and Diet for Menopause with Richard Mandelbaum**

Perimenopause and menopause represent a profound but natural shift in a woman's endocrine function that has too often been "medicalized" by conventional physicians. Most women go through menopause with few or no problems, but for a significant number of women, symptoms such as hot flashes, loss of memory and concentration, and anxiety can severely impact their quality of life. As women grow older, concerns over cardiovascular health and adequate bone density also come into the foreground. Studies have confirmed the real health risks of hormone replacement therapy to treat these imbalances.

Thankfully there are many options. In this presentation we'll discuss dietary and lifestyle choices, as well as herbal remedies with a proven track record for making the transition of menopause more pleasant, as well as methods for maximizing bone health, maintaining optimal cognitive function, and minimizing the risk for heart disease.

**Reading:** Trickey excerpts, hand outs

#### **1:30-5:00: MATERIA MEDICA with Claudia**

### **Saturday November 21**

#### **9:00-12:30 APPLYING CHINESE TRADITION TO WESTERN HERBS: materia medica and corresponding tongue and pulse diagnostics with Richard Mandelbaum**

The system of energetics, diagnostics, and traditional physiology developed in China can be integrated into practice alongside other theoretical frameworks. Likewise, a student of Chinese traditional medicine should feel confident to apply the theory to herbs not historically originating in China. This series of classes will build upon the work of Thomas Avery Garran and deepen our comprehension of Chinese traditional medicine by applying it to herbs typically considered "Western" or non-Chinese. Examination and discussion of the herbs will also allow for a contextual review of energetics and diagnostics.

**Reading:** Garran: read the introductory sections for each chapter: pp 30-31, pp.58-59, p.110, p.119, p.130, p.140, pp.144-145, pp.153-154, pp.165, pp.168-169, p.185, p.191, p.212 (feel free to read the individual monographs as well)

- Mandelbaum\_Western\_Herbs\_Chinese\_theory
- Mandelbaum-\_Common\_Patterns\_of\_Disharmony
- Review patterns as described in Tierra
- Review hand outs from other Chinese medicine classes

#### **1:30-5:00: MATERIA MEDICA with Claudia Keel**

### **Sunday November 22**

#### **9:00-12:30 CLINIC with Richard Mandelbaum**

#### **1:30-5:00 CASE REVIEW with Richard Mandelbaum**

**Note: TENTATIVE COMMUNITY CLINIC DAY / FIELD TRIP**

**–THANKSGIVING BREAK - NO CLASS TUESDAY 11/24–  
HAPPY THANKSGIVING!**

**Tuesday December 1**

9:00-12:30 CLINIC with Claudia Keel

1:30-5:00 CASE REVIEW with Claudia Keel

**Monday December 7**

6:30-9:00 PM Extra Q & A session

**Tuesday December 8**

**The morning class is taken together with second year students**

9:00-12:30 PLANT PREPARATIONS: The Materia Medica of Medicine Making with Claudia Keel

The materials we use to extract and make medicine all have their own properties which contribute to the qualities extracting and bio-availability of our medicines. In this class we will consider energetics of many types of menstruums: water, vinegar, honey, sugars, salt, oils and fats, smoke and various types of alcohols along with the properties of the tools we use to make medicine including ourselves.

1:30-5:00: PHYTOCHEMISTRY IV with Richard Mandelbaum

An understanding of plant constituents and chemistry can deepen our awareness of how herbs interact with the human body, and what pharmacological effects they can have. Phytochemistry can also inform our considerations of safety when working with clients, as well as what types of preparations will be most therapeutically active. In this two-part class we will review the most common categories of constituents naturally occurring in plants, and how they combine and inter-relate when used in whole-plant preparations.

Focus on: Phenolic compounds, Terpenoids

**Reading**: Ganora pp. 107-168

**Saturday December 12**

**This class is taken together with third year students**

9:00-12:30 & 1:30-5:00 CASE INTAKES, HOLISTIC ASSESSMENT, PULSE AND TONGUE EVALUATION, and Dosing with Matthew Wood

This class begins with the outline of an intake: (1) entry complaint ("how can we help you"), (2) history, cause, and origin (if known), (3) biomedical diagnosis, (4) holistic evaluations, (5) "what do you think the problem is?" (6) symptoms ("what does it feel like? what were the original symptoms? how do they differ from the present?"), (7) holistic analysis: tongue, pulse, complexion, constitution (vata, pitta, kapha), (8) analysis. The above order can be rearranged. Important vs. unimportant symptoms.

Next we study the logic of holistic intake: (1) energetics (hot/cold, tense/relaxed, dry/damp,

excess/deficiency),(2) organs and tissues originating the problem, (3) direction of symptoms (in, out, up, down, thin, thick, etc.),(4) specific indications (something that indicates a specific condition or remedy), (5) constitution (vata, pitta, kapha) original and pathological.

Introduction to evaluation from the face, colors, lines, tongue, pulse.

Discussion of doing: homeopathy, herbalism, flower essences; small, medium, and large herbal doses. Internal and external treatments.

**Reading:** handouts

**Food Note - Potluck:** Students are encouraged to bring a dish for a potluck lunch.

### **Sunday December 13**

9:00-12:30 **CLINIC** with Claudia Keel

1:30-5:00 **CASE REVIEW** with Claudia Keel

### **Tuesday December 15**

9:00-12:30: **STUDENT PRESENTATIONS**

1:30-5:00: **Third Year Professional Program 1st Semester Wrap-up**

We will weave together the threads of the first semester's classes to help form a comprehensive whole and answer questions and discuss the new year's classes coming up.

### **Monday December 21**

## **7 – 11 PM: END OF YEAR SOLSTICE CELEBRATION!**

We will celebrate the season together, sharing of herbal foods and drinks!

**-- WINTER BREAK - NO CLASSES 12/22/15 - 1/20/16 --  
HAPPY NEW YEAR!**

## **WINTER / SPRING SEMESTER**

### **Tuesday January 19**

9:00-12:30 **MATERIA MEDICA AND FLOWER ESSENCES** with Claudia Keel

1:30-5:00 **MATERIA MEDICA** with Richard Mandelbaum

### **Friday January 22**

9:30 AM-12:00 PM Extra Q & A session

### **Tuesday January 26**

9:00-12:30 **CLINIC** with Claudia Keel

1:30-5:00 CASE REVIEW with Claudia Keel

**Saturday January 30**

**This morning class is taken together with second year students**

9:00-12:30: MEDICINE MAKING: Percolations with Avi Rosenthalis and Advanced Tincture Making Review with Richard Mandelbaum

1:30-5:00: Materia Medica with Richard Mandelbaum

**Sunday January 31**

9:00-12:30 CLINIC with Richard Mandelbaum

1:30-5:00 CASE REVIEW with Richard Mandelbaum

**Tuesday February 2**

9:00-12:30: EMOTIONAL & MENTAL HEALTH: Flower Essences, Herbs and Nutrition for Trauma with Claudia Keel

1:30-5:00: Topic TBD with Richard Mandelbaum

**Monday February 8**

6:30-9:00 PM Extra Q & A session

**Tuesday February 9**

9:00-12:30: MATERIA MEDICA with Claudia Keel

1:30-5:00: Meridian Diagnosis with Nathaniel Whitmore

Meridian diagnosis is central to many herbal and healing traditions, particularly of the Far East, utilizing touch, visual observation, and symptom assessment. This class will introduce the general pathways of the meridians, a few important diagnostic points of each meridian, and some fundamentals of meridian theory. We will also work hands-on to learn point location and techniques for palpating the meridians and points. Additionally, we will discuss how this form of diagnosis informs selection of herbal medicines.

**Tuesday February 16**

9:00-12:30 CLINIC with Claudia Keel

1:30-5:00 CASE REVIEW with Claudia Keel

**Friday February 19**

9:30-12:00 AM Extra Q & A session

**Saturday February 20**

9:00-12:30: MATERIA MEDICA with Claudia Keel

1:30-5:00: EMOTIONAL & MENTAL HEALTH: Flower Essences, Herbs and Nutrition for Infants, Children, Teens and Parents with Claudia Keel

**Sunday February 21**

9:00-12:30 CLINIC with Richard Mandelbaum

1:30-5:00 CASE REVIEW with Richard Mandelbaum

**Note: TENTATIVE COMMUNITY CLINIC DAY / FIELD TRIP**

**Tuesday February 23**

9:00-12:30: AILMENTS: Injuries and Linaments with Nathaniel Whitmore

This class will cover some particulars of one of the most common health problems (injuries) and one of the primary methods of administering herbs (topically). There are many herbal considerations for acute and long term treatment of injuries, mostly revolving around reducing the effects of trauma, regulating the blood, reducing pain, and healing damaged tissue. We will discuss herb selection, preparation and use of liniments, along with use of poultices, washes, and other herbal preparations.

1:30-5:00: MATERIA MEDICA with Claudia Keel

**Tuesday March 1**

9:00-12:30 MATERIA MEDICA with Claudia Keel

1:30-5:00 APPLYING CHINESE TRADITION TO WESTERN HERBS: materia medica and corresponding tongue and pulse diagnostics with Richard Mandelbaum

The system of energetics, diagnostics, and traditional physiology developed in China can be integrated into practice alongside other theoretical frameworks. Likewise, a student of Chinese traditional medicine should feel confident to apply the theory to herbs not historically originating in China. This series of classes will build upon the work of Thomas Avery Garran and deepen our comprehension of Chinese traditional medicine by applying it to herbs typically considered "Western" or non-Chinese. Examination and discussion of the herbs will also allow for a contextual review of energetics and diagnostics.

**Reading:** Garran pp.1-27, hand outs

**Monday March 7**

9:30am-12:00pm Extra Q & A session

**Tuesday March 8**

9:00-12:30 CLINIC with Richard Mandelbaum

1:30-5:00 CASE REVIEW with Richard Mandelbaum

**TENTATIVE COMMUNITY CLINIC DAY / FIELD TRIP**

**Saturday March 12**

**This class is taken together with second year students**

9:00-12:30 & 1:30-5:00: HOLISTIC ASSESSMENT: Reading the Face and Topic TBD with Margi Flint

Food Note - Potluck: Students are encouraged to bring a dish for a potluck lunch.

**Sunday March 13**

9:00-12:30: Clinic with Claudia Keel

1:30-5:00: CASE REVIEW with Margi Flint

**Tuesday March 15**

9:00-12:30 Materia Medica with Claudia Keel

1:30-5:00 Topic TBD with Claudia Keel

**Friday March 18**

9:30 AM-12:00 PM Extra Q & A session

**Tuesday March 22**

9:00-12:30 APPLYING CHINESE TRADITION TO WESTERN HERBS: materia medica and corresponding tongue and pulse diagnostics with Richard Mandelbaum

The system of energetics, diagnostics, and traditional physiology developed in China can be integrated into practice alongside other theoretical frameworks. Likewise, a student of Chinese traditional medicine should feel confident to apply the theory to herbs not historically originating in China. This series of classes will build upon the work of Thomas Avery Garran and deepen our comprehension of Chinese traditional medicine by applying it to herbs typically considered “Western” or non-Chinese. Examination and discussion of the herbs will also allow for a contextual review of energetics and diagnostics.

Reading: Garran pp.1-27, hand outs

1:30-5:00 MATERIA MEDICA with Claudia Keel

**Tuesday March 29**

9:00-12:30 Emotional & Mental Health: Flower Essences, Herbs and Nutrition for “The Staff & Stuff of Life” with Claudia Keel

In this class we will consider a myriad of ways in which essences, herbs and foods can support the path of our lives such as adapting to change, self esteem, mental function and learning, vocation, manifestation and a general sense of well being

1:30-5:00 PHYTOCHEMISTRY V with Richard Mandelbaum

An understanding of plant constituents and chemistry can deepen our awareness of how herbs interact with the human body, and what pharmacological effects they can have. Phytochemistry can also inform our considerations of safety when working with clients, as well as

what types of preparations will be most therapeutically active. In this two-part class we will review the most common categories of constituents naturally occurring in plants, and how they combine and inter-relate when used in whole-plant preparations.

Focus on: alkaloids

**Reading:** Ganora pp. 154-169, hand outs

**Sunday April 3 – ADDED DAY (instead of May 1)**

**9:00-5:00 Community Clinic in NJ at CATA with Richard Mandelbaum**

*Details of trip to be sent in an email*

**Monday April 4**

**6:30-9:00 PM Extra Q & A session**

**Tuesday April 5**

**9:00-12:30 Making a Living as an Herbalist with Bevin Clare**

*Full description pending*

**The afternoon class is taken together with second year students**

**1:30-5:00 Advanced Digestive Therapeutics: An Energetic Approach with Bevin Clare**

**Monday April 11 – Make-Up Class (for 2/20/16)**

**12:30-4:00 Digestive Health: Ulcers, H Pylori Overgrowth & with Claudia Keel (& visiting teacher Anne McIntyre)**

A number of ailments today are associated with Helicobacter Pylori overgrowth (most often considered an infection) in the stomach, notably stomach ulcers, but also GERD and rosacea. We will consider the beneficial role H pylori has in a healthy stomach, the conditions that can cause its unhealthy overgrowth and herbs, foods and other remedies that excel in both healing ulcers and re-establishing healthy stomach acid and health.

In the second part of this class we will consider a case and unusual skin presentations and their possible connection to nutritional deficiencies. We will also have a student presentation related to digestive health.

*Class will meet in El Sol community garden if weather is permits or at 1 Union Square West suite 309*

**Tuesday April 12**

**9:00-12:30 AYURVEDA: Integrating ‘Western’ Herbs into Ayurveda & Ayurveda Herbs into ‘Western’ Herbal Practice with Anne McIntyre**

This class will include cases and a case interview in class to illustrate consultation and Ayurveda assessment techniques

**1:30-5:00 AYURVEDA: Women’s Health: Traditional Ayurveda Energetics and Treatment with Anne McIntyre**

This class will consider balanced and imbalanced presentations of women’s reproductive health from the perspective of doshas from puberty to menopause

**The afternoon class is taken together with second year students**

**Friday April 15, Saturday April 14, Sunday April 16**

**9:30 AM-12:00 PM Extra Q & A session :**

*Richard & Claudia will offer impromptu Q & A Friday Saturday and Sunday at ArborVitae booth at the Green Festival. Free tickets are available for all Arborvitae students*

**Tuesday April 19**

**9:00-12:30 AILMENTS: Hormonal Modulation with Richard Mandelbaum**

During this class we will present etiology and holistic (herbal dietary, lifestyle) protocols for more advanced hormonal imbalances focusing on hyperprolactinemia, PCOS, and endometriosis.

**Reading:** Romm pp. 175-185, 225-235

**1:30-5:00 MATERIA MEDICA with Richard Mandelbaum**

**SPRING BREAK – NO CLASS Tuesday April 26**

**Happy Spring!**

**Saturday April 30**

**This class is taken together with second year students**

**FIELD TRIP: BOTANY, PLANT IDENTIFICATION, AND MYCOLOGY for Herbalists with Richard Mandelbaum and Nathaniel Whitmore**

The focus of the class will be on honing our identification skills and delving more deeply into the details of the various plant organs and parts (leaf, stem, root, flower, and fruit) and proper harvesting techniques. We will also keep on the lookout for fall mushrooms to discover and discuss and will review basic features of mushrooms and mycology.

**Note** This class will be held at: Turtle Pond Farm, Bethlehem, Connecticut

**Please schedule for a long day.**

**And also note:** Students should be prepared to be out for the day, bringing lunch and snacks, water, sunscreen, rain gear, etc. Students can also bring with them any field guides they regularly use and or loupes/lenses.

**Reading:** Review: Wohlmuth, notes; bring program required field guides

**Sunday May 1 – CLASS CANCELLED**

Field Trip to CATA on April 3 replaces this class.

**Tuesday May 3**

**The morning class is taken together with second year students**

**9:00-12:30: Tree Bud Medicine with Cathy Skipper**

This is a vast topic, very old and yet very new at the same time. The object of this class is to

dance around the subject a little to give you an idea of what it entails and hopefully spark an enthusiasm or at least a desire to go a little further. I can't remember how I first came about medicines made from tree buds but I do know for sure that right from the beginning they drew me in, I wanted to know more, how to make them, how to use them...they intrigued me and still do. They also acted as a doorway into the huge and magical world of trees as healers. To begin with, the name 'gemmotherapy' often confuses people as it is often mistaken for therapy using crystals and stones; this is easy to understand as the root of the word "gemma" has several meanings in Latin, 'precious stone', 'bud' and the resin that is obtained from incising pine tree trunks. The similarity between precious stones and buds is easily seen when one starts working with tree buds. One of the aspects of this medicine that I love is that it forces me out into the forest and hills before the end of winter, a close relationship of feeling and observation is necessary in order to 'capture' the moment when the buds are 'just right' for medicine making.

**1:30-5:00 Topic TBD with Claudia Keel:**

**EMOTIONAL & MENTAL HEALTH: or DIGESTIVE HEALTH Topic TBD with Claudia Keel**

**Tuesday May 10**

**CLINIC with Claudia and Richard**

**CASE REVIEW with Claudia and Richard**

**Saturday May 14 and Sunday May 15**

**This weekend is held together with first & second year students (but with separate classes)**

**Weekend at Turtle Pond Farm, Bethlehem CT**

**Richard Mandelbaum, Claudia Keel, Jody Noe, Nathaniel Whitmore**

This full weekend is exclusively for students registered in ArborVitae's certificate program. We will spend all day Saturday and Sunday upstate, with camping and indoor options for sleeping arrangements.

We will focus on:

- Botany, Mycology, and Gathering
- Plant Attunement and Flower Essences
- Energetics: Native American Plant Spirit Traditions
- Putting it All Together: Assessing Patterns and Working with People

**NOTE: While ArborVitae will provide food and drink for the weekend, the majority of the food will be potluck and all students will be asked to bring a 1-2 dishes or drinks. Potlucks are an excellent time to share therapeutic and herbal food and drinks (and for such foods, they will be recognized as part of one's assignment). ArborVitae will provide a sign-up so the food and drink can be coordinated. Every effort will be made to address special diets & needs, but students should bring any foods they may particularly need that might not be available.**

**Tuesday May 17**

**1:30-5:00 Professional Program Wrap-up and Celebration with Richard and Claudia**

We will weave together the threads of the three years classes to help form a comprehensive whole and celebrate each other and each other accomplishments

**Tuesday May 17**

**End of Year Graduation and Party**

We will celebrate the year together and each other's accomplishments, sharing herbal foods and drinks! Family and friends are welcome.