



ARBORVITAE

SCHOOL OF TRADITIONAL HERBALISM

SYLLABUS: 3RD YEAR ADVANCED PROGRAM IN HERBAL MEDICINE 2016-2017

Primary Instructors:

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

COURSE OUTLINE

Please note that specific details of this course outline may be subject to change. Students will be notified in advance of any changes.

On-Line Course for Third Year:

Students will choose between the following:

- **On-Line Ayurveda Course with Anne McIntyre - part 2 (or part 1 if student did not take part 1 during Year 2)** The second more in depth part to the on line course students took in the second year will be offered by herbalist Anne McIntyre. Students must complete chapters 13-23 for part 2 (or chapters 1-11 for part 1). Due dates for each chapter are included in the syllabus.
- **Live Conference Call Student Case Review Forum with Leslie Alexander and Leslie Williams** Live Thursday evening forum for case discussion with two professional herbalists. Students must call into the live forums and present at least one case throughout the year.
- **Note:** Students can opt to take both on-line courses for an additional fee.

FALL SEMESTER

Tuesday September 13

10:00-11:30 Welcome

11:30-12:30, 1:30-2:30: **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.

2:45-5:00: **CLINICAL SKILLS: Counseling Techniques & the Art of Motivation with Claudia Keel**

Tuesday September 20

9:00-12:30 - **Ayurvedic Clinical Skills with Anne McIntyre**

Ayurvedic herbalist Anne McIntyre will delve into the Ayurvedic method of tongue and pulse diagnostics, the Ayurvedic intake, and case histories.

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; hand outs

Anne McIntyre- Begin On-line Ayurveda Lesson #1 / #13

Thursday September 22

7:00pm Leslie and Leslie Round Table #1

Saturday September 24

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 pastured 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 25

This class is taken together with second year students

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

We will continue our extensive ongoing botanical survey of the property at Turtle Pond. We will be making extensive use of Newcomb's Wildflower Guide, as well as Symond's Tree and Shrub Identification Books. Students should be prepared to be out for the day, bringing field guides, lunch and snacks, water, rain gear, etc. Students can also bring with them any other field guides they regularly use and or loupes/lenses.

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

Reading: Handouts

Tuesday September 27

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

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

Friday September 30

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

Tuesday October 4

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: MATERIA MEDICA with Claudia Keel

Anne McIntyre- On-line Ayurveda Lesson #1 / #13 DUE

Tuesday October 11

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. This first class will explore in depth basic plant chemistry, polarity and its relationship to medicine making, isomers, functional groups, and related topics.

Reading: Ganora pp. 1-72, handouts

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

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

Thursday October 13

Leslie and Leslie Round Table #2

Saturday October 15

9:00- 12:30 Advanced Digestive Therapeutics with Claudia Keel

1:30- 5:00 Vitamins A, D, and K: Strategies to Improve and Monitor Nutritional Status with Chris Masterjohn

This class is taken together with second year students

Sunday October 16

9:00- 12:30: Materia Medica with Richard Mandelbaum

1:30-5:00: CLINIC with Richard Mandelbaum

Tuesday October 18

9:00- 1:30 CASE REVIEW with Richard Mandelbaum (from CATA)

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.

Anne McIntyre - On-line Ayurveda Lesson #2 / #14 DUE

Tuesday October 25

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

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

Thursday October 27

Leslie and Leslie Round Table #3

Tuesday November 1

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

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

Anne McIntyre- On-line Ayurveda Lesson #3 / #15 DUE

Friday November 4

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

Tuesday November 8

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

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

Thursday November 10

Leslie and Leslie Round Table #4

Tuesday November 15

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 MATERIA MEDICA with Richard Mandelbaum

Over 40 additional medicinal plants and mushrooms are reviewed in depth with specific indications, including plants & fungi that grow in North America as well as medicinal herbs from other regions. The following components are covered for each herb: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and interactions.

Reading: For herbs to be covered review monographs provided and found in Hoffmann, Wood, Winston and Kuhn, Weiss, and Eclectic texts (King's and Ellingwood)

Anne McIntyre- On-line Ayurveda Lesson #4 / #16 DUE

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

Saturday November 19

9:00- 12:30: 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

1:30-5:00: EMOTIONAL & MENTAL HEALTH: Flower Essence Therapy & Energetics for Emotional States with Claudia Keel

Sunday November 20

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

We will spend the day with this community-based organization and members of the Mexican and Central American migrant community, sharing our knowledge and wisdom of medicinal plants. Part of the day may include student demonstrations of medicine making, herb walks, and clinical intake sessions.

Details of trip to be shared

Tuesday November 29

9:00- 12:30: AILMENTS: Advanced Therapeutics for Elder Health with Claudia Keel

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

Anne McIntyre- On-line Ayurveda Lesson #5 / #17 DUE

Friday December 2

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

Tuesday December 6

9:00- 12:30: 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, handouts

1:30-5:00 Digestive Health: Ulcers, H Pylori Overgrowth & with Claudia Keel

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.

Thursday December 8

Leslie and Leslie Round Table #8

Saturday December 10

This class is taken together with third year students

9:00-12:30 & 1:30-5:00 TBD Matthew Wood

Sunday December 11

9:00- 12:30: Materia Medica with Richard Mandelbaum

Over 40 additional medicinal plants and mushrooms are reviewed in depth with specific indications, including plants & fungi that grow in North America as well as medicinal herbs from other regions. The following components are covered for each herb: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and interactions.

Reading: For herbs to be covered review monographs provided and found in Hoffmann, Wood, Winston and Kuhn, Weiss, and Eclectic texts (King's and Ellingwood)

1:30-5:00: CLINIC with Claudia Keel

Tuesday December 13

9:00- 12:30 CASE REVIEW with Claudia Keel

1:30-5:00: **Third Year 9:00- 12:30 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.

Anne McIntyre- On-line Ayurveda Lessons #6 / #18 DUE

END OF YEAR CELEBRATION: DATE TO BE ANNOUNCED.

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

---- WINTER BREAK - NO CLASSES 12/15/16 - 1/16/17----
HAPPY NEW YEAR!

WINTER / SPRING SEMESTER

Tuesday January 17

9:00-12:30 CLINIC with Richard Mandelbaum

1:30-5:00 CASE REVIEW Richard Mandelbaum

Monday January 23

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

Tuesday January 24

9:00- 5:00 ENDOCRINOLOGY FOR HERBALISTS with Jody Noe

Thursday January 26

Leslie and Leslie Round Table #6

Saturday January 28

This class is taken together with second year students

9:00- 5:00 TBD with Karyn Sanders

Sunday January 29

9:00- 12:00 TBD with Karyn Sanders

1:30-5:00: CLINIC with Claudia Keel

Tuesday January 31

9:00-12:30 CASE REVIEW with Bevin Clare

1:30-5:00 APPLYING CHINESE TRADITION TO WESTERN HERBS I : 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, handouts

Anne McIntyre- On-line Ayurveda Lesson #7 / #19 DUE

Friday February 3

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

Tuesday February 7

9:00-12:30 **APPLYING CHINESE TRADITION TO WESTERN HERBS II: 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, handouts

1:30- 5:00: **Materia Medica** with Claudia Keel

Thursday February 9

Leslie and Leslie Round Table #7

Tuesday February 14

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

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

Anne McIntyre- On-line Ayurveda Lesson #8 / #20 DUE

Monday February 20

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

Tuesday February 21

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

1:30-5:00 APPLYING CHINESE TRADITION TO WESTERN HERBS III: 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, handouts

Thursday February 23

Leslie and Leslie Round Table #8

Saturday February 25

9:00-5:00 TBD with KP Khalsa

This class is taken together with second year students

Sunday February 26

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

1:30 -5:00 CLINIC with Claudia Keel

Tuesday February 28

9:00-12:30 CASE REVIEW with Claudia Keel

1:30-5:00 APPLYING CHINESE TRADITION TO WESTERN HERBS IV: 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, handouts

Anne McIntyre- On-line Ayurveda Lesson #9 / #21 DUE

Friday March 3

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

Tuesday March 7

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

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

Over 40 additional medicinal plants and mushrooms are reviewed in depth with specific indications, including plants & fungi that grow in North America as well as medicinal herbs from other regions. The following components are covered for each herb: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and interactions.

Reading: For herbs to be covered review monographs provided and found in Hoffmann, Wood, Winston and Kuhn, Weiss, and Eclectic texts (King's and Ellingwood)

Thursday March 9

Leslie and Leslie Round Table #9

Tuesday March 14

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

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

Anne McIntyre- On-line Ayurveda Lesson #10 / #22 DUE

Monday March 20

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

Tuesday March 21

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 female hormonal imbalances focusing on hyperprolactinemia, PCOS, and endometriosis.

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

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

Thursday March 23

Leslie and Leslie Round Table #10

Saturday March 25

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 March 26

9:00-12:30: TBD with Cathy Skipper

1:30- 5:00 CLINIC with Richard Mandelbaum

Tuesday March 28

9:00-12:30 CASE REVIEW with Richard Mandelbaum

1:30-5:00 Flower Essence Therapy Therapeutics with Claudia Keel

Anne McIntyre- On-line Ayurveda Lesson #11 / #23 DUE

Friday March 31

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

Tuesday April 4

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

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

Monday April 17

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

Tuesday April 18

9:00-12:30 AYURVEDA TBD : with Anne McIntyre

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

Saturday April 22

This class is taken together with second year students

FIELD TRIP: TURTLE POND with Richard Mandelbaum and Nathaniel Whitmore

We will continue our extensive ongoing botanical survey of the property at Turtle Pond. We will be making extensive use of Newcomb's Wildflower Guide, as well as Symond's Tree and Shrub Identification Books. Students should be prepared to be out for the day, bringing field guides, lunch and snacks, water, rain gear, etc. Students can also bring with them any other field guides they regularly use and or loupes/lenses.

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

Reading: Handouts

Sunday April 23

Community Clinic in NJ at CATA with Richard Mandelbaum

We will spend the day with this community-based organization and members of the Mexican and Central American migrant community, sharing our knowledge and wisdom of medicinal plants. Part of the day may include student demonstrations of medicine making, herb walks, and clinical intake sessions.

Details of trip to be shared

Tuesday April 25

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 MATERIA MEDICA with Claudia Keel

Thursday April 27

Leslie and Leslie Round Table #11

Tuesday May 2

9:00-12:30: TBD

1:30 - 5:00: AILMENTS: Injuries and Liniments 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.

Tuesday May 9

9:00 - 12:30 FIELD TRIP: PROSPECT PARK with Richard Mandelbaum

1:30 -5:00: 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.

Thursday May 11

Leslie and Leslie Round Table #12

Tuesday May 16

9:00-12:30 FLOWER ESSENCES AND THE MIND with Claudia Keel

1:30- 5:00: 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, handouts

Saturday May 20 and Sunday May 21

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

ArborVitae Weekend, location TBD

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

9:00-5:00 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

End of Year Graduation and Party – date TBD

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