



ARBORVITAE

SCHOOL OF TRADITIONAL HERBALISM

SYLLABUS: 2ND YEAR INTERMEDIATE 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 second year program requires that a student has successfully completed either (1) the ArborVitae first year program or (2) a program or training or combination of programs/trainings sufficiently equivalent in hours and curriculum to the ArborVitae First Year Foundational 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 second year. The first step is to complete the appropriate application process.

Objective:

The second 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 second year will begin to consider clinical applications.

Primary Texts (required):

Herbal Medicine, Rudolf Weis

Botanical Safety Handbook 2nd 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 bt ArborVitae as a pdf/ ebook*)

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

There will be a list of additional recommended books provided to students.

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

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 2nd edition (Winston & Kuhn) Lippincott Williams & Wilkins; **note: not 1st 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).
- 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.
- \$50 fee for Tri-State issued Student I.D.
- 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 2015-2016 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	[Holiday & Semester break]	April 5, 12 19
November 3, 10, 17	January 19, 26	[Spring Break]
[Thanksgiving Break]	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 8th 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 1st & 3rd 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.

Assignments:

Throughout the course, students will be given reading assignments and asked to briefly reflect on them. Students will also be asked to make and report on a number herbal preparations and therapeutic foods they learn of at home or to gain experience. Case reports are due monthly. Two brief in class herb presentations are required, along with a short paper or project that is due by May 10th. Assignments are 'handed-in' by uploading them in the student portal of the website. ArborVitae may also initiate quizzes into the program to assess students' learning retention. For a full outline of assignments please see the assignment page on the student portal

Evaluations:

Evaluation of student performance and qualification for a certificate will be based on a combination of completion of reading and written assignments, 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.

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 Topics: 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 second year curriculum will continue to focus on @ 50 plants holistically and in depth. The list of plants is supplemental to this syllabus.

Other Course Curriculum Topics:

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

COURSE OUTLINE

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

On-Line Course for Second Year:

Students will choose between the following:

- **On-Line Ayurveda Course with Anne McIntyre (to be confirmed)**
This on line course 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 third year students

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

11:00-12:30 & 1:30-2:30: Richard Mandelbaum

2:30-5:00: Claudia Keel

CLINICAL SKILLS: Putting it all Together: The Art of the Intake with Richard and Claudia

- Intake forms and the intake process
- Introduction to developing holistic and herbal protocols, formulation & dosing strategies
- Case review and/or in-class intake session.

Reading: Weiss Ch 1-3, handouts

Tuesday September 22

This class is taken together with third 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 third 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 27

This class is taken together with third 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: FORMULATION I with Richard Mandelbaum

Students learn to craft personalized herbal formulas for individuals and the principles of formulation. Students will be introduced to the triune system of formulation developed by William LeSassier and refined by subsequent herbalists. Additional topics covered include synergies and plant compatibility in formulation, compounding and the forms of herbal remedy most appropriate to a specific formula, dosing, and how phytochemistry affects herbal activity and formulation decision-making.

Reading: Weiss, Ch 1-3, Romm Ch 1-4

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

The understanding healing plants holistically as what can be called particular 'personalities', rather a compendium of uses is the basis of traditional herbalism. Today much misunderstanding stems from labeling a plant as a headache herb or a prostate herb or any number of one-sided actions. In this class we will consider thirty of the most commonly used medicinal plants and mushrooms in depth. As much as possible, we will taste preparations of the herbs and consider their energies from a number of vantage points. For each herb students will learn the following components: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and cautions.

Monday October 5

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

Tuesday October 6

9:00-12:30 AILMENTS: Holistic Approaches to Inflammatory Bowel Disease Part I with Claudia Keel

In this class we will go into depth about the etiology of inflammatory bowel diseases including IBS, Chron's, and ulcerative colitis, and discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations. We will review traditional energetics and Chinese patterns of disharmony. The class will include case review and/or in-class intake.

Reading: Weiss Ch 4 Digestive System

2-5: FIELD TRIP: BOTANY AND PLANT IDENTIFICATION Urban Medicinal Plant Walk with Robin Rose Bennett: Identification, Gathering, and Use

Note: This class will be held in Central Park. The class will meet at: Park entrance at 97th St. and Central Park West. Please plan to arrive by 1:45 (an extra ½ hr. is allotted for travel)

Food Note: A bagged lunch for a picnic in the park beforehand is recommended

Tuesday October 13

9:00-12:30: AILMENTS: Auto-Immune Disease I with Richard Mandelbaum

1:30-5:00: AILMENTS: Auto-Immune Disease II with Claudia Keel

This class will focus on some of the common auto-immune conditions and will include case review and/or an in-class intake. Conditions discussed will include lupus, MS, Rheumatoid Arthritis, Grave's disease, and Crohn's disease. We will review traditional energetics and Chinese patterns of disharmony and discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations.

Reading: handouts, Weiss pp.257-267, review notes on immune system

Friday October 16

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

Tuesday October 20

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

The understanding healing plants holistically as what can be called particular 'personalities', rather a compendium of uses is the basis of traditional herbalism. Today much misunderstanding stems from labeling a plant as a headache herb or a prostate herb or any number of one-sided actions. In this class we will consider thirty of the most commonly used medicinal plants and mushrooms in depth. As much as possible, we will taste preparations of the herbs and consider their energies from a number of vantage points. For each herb students will learn the following components: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and cautions.

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: CASE REVIEW AND PRACTICUM (and/or in-class intake) with Claudia Keel

Saturday October 24

9:00-12:30: CLINICAL SKILLS: Honing Professional Clinical Skills and Conducting Intakes with Bevin Clare

full class description pending

Reading: handouts

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

This afternoon class is taken together with third 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 & 1:30-5:00 BOTANY: Introduction to Mycology and Advanced Botany Topics with Richard Mandelbaum

The focus of the class will be on introducing basic concepts of mycology and mushroom identification, and on honing our identification skills and delving more deeply into advanced topics such as the Arco-Tertiary Disjunction, Phyllotaxis and the Golden Mean, and time permitting, Plant Families.

Note: Class may meet outside for the second half of the day.

Reading:

Handouts: Slides; Plant Form: Fibonacci; Schooley: Fungi Basidiomycetes
Wohlmuth pp.65-85 Plant Family Profiles

Tuesday October 27

9:00-12:30 AILMENTS: Holistic Approaches to Sleep, Depression, and Anxiety part I with Claudia Keel

In this class we will go into depth about sleep, sleep quality, differing forms of insomnia including Traditional Chinese patterns. We will also differentiate between differing forms of anxiety, depression, and stress and specific indications for herbal remedies for each. For each pattern or condition we will discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations. The class will include case review and/or in-class intake.

Reading: Weiss Ch 11, Nervous System, Handouts

1:30-5:00: DIAGNOSTICS AND FORMULATIONS with Richard Mandelbaum

Students learn to craft personalized herbal formulas for individuals and the principles of formulation. Students will be introduced to the triune system of formulation developed by William LeSassier and refined by subsequent herbalists. Additional topics covered include synergies and plant compatibility in formulation, compounding and the forms of herbal remedy most appropriate to a specific formula, dosing, and how phytochemistry affects herbal activity and formulation decision-making.

Monday November 2

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

Tuesday November 3

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

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

The understanding healing plants holistically as what can be called particular 'personalities', rather a compendium of uses is the basis of traditional herbalism. Today much misunder-

standing stems from labeling a plant as a headache herb or a prostate herb or any number of one-sided actions. In this class we will consider thirty of the most commonly used medicinal plants and mushrooms in depth. As much as possible, we will taste preparations of the herbs and consider their energies from a number of vantage points. For each herb students will learn the following components: Latin name, common name, botanical information, herbal actions, energetics, system affinities, current and historical uses, specific indications, and herbal toxicity, safety, and cautions.

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)

Tuesday November 10

9:00-10:00 Open Q&A session with Claudia

10:00 -1:00 AILMENTS: Healing the Womb from Trauma using the Medicine of Plants, Ritual and Community with Karen Rose

In this class we will explore the physical and emotional/spiritual ramifications of womb trauma, with a specific focus on sexual trauma, abortion and c-section. We will discuss the physical and ancestral connections of the womb, the herbs that will bring harmony emotionally and physically, and the role of community and ritual as medicine.

Reading: handouts

Note: Lunch will be ½ hour later this day

2:00-5:00: CASE REVIEW AND PRACTICUM with Claudia Keel

Friday November 13

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

Tuesday November 17

9:00-12:30 AILMENTS: Holistic Approaches to Diabetes and Metabolic Syndrome Part I with Claudia Keel

1:30-5:00 AILMENTS: Holistic Approaches to Diabetes and Metabolic Syndrome Part II with Richard Mandelbaum

In this class we will go into depth about the etiology of metabolic syndrome and related conditions (diabetes, hypertension, and heart disease), and discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations. We will review traditional energetics and Chinese patterns of disharmony. The class will include case review and/or in-class intake.

Reading: handouts, Weiss pp. 275-278

Saturday November 21

9:00-12:30, 1:30-3:30 AILMENTS: Advanced First Aid with 7Song

Herbal medicines can help a wide variety of first aid situations including infections, wounds and trauma. In this advanced herbal first aid class we will go beyond the basics on how herb-

alists can use their skills and medicines in these conditions.

3:30-5:00 AILMENTS: Herbal Medicine for Headaches with 7Song

Reading: handouts

Sunday November 22

9:00-12:30 & 1:30-5:00 AILMENTS: Physiology of Inflammation and Pain with Tammi Sweet

Advanced Physiology of Inflammation: Inflammation is the primary defense in the body and is a major cause/contributing factor to almost all illness, disease and pain. This class will take an in-depth look at the entire process from the biochemistry within the cell to manual techniques for both increasing and decreasing inflammation, herbs used in various stages, and finally a larger look at an anti-inflammatory lifestyle. The information will help therapists make informed decisions concerning when and if alteration of the inflammatory process is needed. We will look at how and why inflammation is beneficial, when it is not beneficial and finally we will discuss an anti-inflammatory lifestyle.

The Physiology Pathway for Pain and the Correlating Herbs: What better way to assist healing from acute or chronic pain, than to have a deeper understanding of the mechanism and benefit of pain? We will explore the pain pathway from the origin at the source, to the recognition in the brain. We will also discuss self-care, the myriad of methods to interrupt the chronic pain pathway, and how each works. Indications and contraindications will also be shared.

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

Tuesday December 1

AILMENTS: Fibromyalgia and Musculo-Skeletal Health with K.P. Khalsa

In this advanced class, KP Khalsa will cover a wide variety of joint and structural tissue pathologies. Khalsa is an expert on Fibromyalgia, and has concentrated much of his clinical career on studying and treating it. He has written a textbook on the subject. He will cover Western, Ayurvedic and Chinese approaches to joint conditions, including clinical pictures, remedies, preparation and doses, from a practical and real-world perspective. The class will include osteoarthritis, inflammatory (rheumatoid, etc.) arthritis, fibromyalgia and traumatic joint pain. This class will cover the full spectrum of factors involved in these complex syndromes and their relationship to other diseases. Discussion will include herbal medicine and dietary therapies as well as well proven topical treatments (ointments, herbal oils, and poultices).

Reading: handouts, review Hoffmann chapter 19: The Musculoskeletal System.

Monday December 7

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

Tuesday December 8

This class is taken together with third 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 NUTRITIONAL THERAPEUTICS I with Claudia Keel

Macro-nutrients, vitamin, mineral and other food constituents will be covered along with indications and ailments caused by deficiencies. This will include the use of food and supplements for specific diets such as to promote wellness in the case of GI ailments, food sensitivities, and other diseases. Traditional and therapeutic herb and food preparations for particular ailments will be covered as well.

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 Intermediate HERBAL SAFETY AND DOSING with Richard Mandelbaum

In this class we will build on our knowledge of phytochemistry, herbal constituents, and whole plant poly-pharmacy focusing on safety considerations in a clinical setting. We will also present the books, websites, and other resources that are most reliable and accurate.

We will focus on:

- Herb-drug interactions

- Safety during pregnancy and lactation
- Safe dosing

Reading: review Hoffmann's Chapter 10 on Toxicity and Safety.

-Aviva Romm, Chapter 4 Section on Botanical Medicine Safety, pp.75-94

-Botanical Safety Handbook Appendices 2, 3, and 4, pp. 971-995

-Jonathan Treasure, Treading on the Tiger's Tail: Interactions Between Herbs and Anti-cancer Drugs as an additional resource.

1:30-5:00 Advanced Topical HERBAL PREPARATIONS & FORMULATIONS with Dina Falconi (to be confirmed)

Tuesday December 15

9:00-12:30: CASE REVIEW AND ASSESSMENT PRACTICUM / Student Presentations

1:30-5:00: Second 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 - 1/18/16 --
HAPPY NEW YEAR!**

WINTER / SPRING SEMESTER

Tuesday January 19

9:00-12:30 & 1:30-5:00: AILMENTS: Herbs and Cancer with Jody Noe

In this class we will introduce the vast and complex topic of cancer. We will present the current state of knowledge regarding etiology of cancer with a focus on most common types such as breast, prostate, colon, and skin. We will also review traditional energetics and Traditional Chinese patterns corresponding to these conditions. For each pattern or condition we will discuss holistic protocols and how conventional treatments interplay with holistic approaches. We will discuss diet and nutrition, lifestyle, and herbal formulations. The class will include case review and/or in-class intake.

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

Reading: Weiss Chapter 13 Herbal Medicine in the Treatment of Cancer; review Hoffman on Cancer pp 456-460; additional hand outs and readings

Friday January 22

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

Tuesday January 26

9:00-12:30: BOTANICAL MATERIA MEDICA with Richard Mandelbaum

Over 60 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 focus in the 2nd year will include their effect on specific imbalances and patterns. Students will continue to build their own materia medica based on their studies. 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: RESEARCH AND EVALUATION SKILLS with Karen Vaughan

This class will introduce the student to how to read, understand, and critically analyze published studies, articles regarding herbal remedies. We will also address how to identify and evaluate resources needed to address specific clients' needs when working on a case.

Reading: Jonathan Treasure's "Medline & The Mainstream Manufacture of Misinformation" pp.53-62: http://greatesthits.jonathantreasure.com/herbological_ebook.pdf; Karen Vaughan's links

Saturday January 30

This morning class is taken together with third 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 Claudia Keel

Sunday January 31

9 - 12:30 & 1:30 – 5: Women's Health & Herbal Therapeutics: Understanding and Treating Imbalances of the Reproductive Years with Katinka Locasio and Lena DeGloma An in-depth look at female reproductive hormones. This class will explore different lenses thru which to view common imbalances, including a biomedical take and a tissue states and energetic approach. We will discuss the etiology of reproductive hormonal and uterine imbalance including PMS, dysmenorrhea, amenorrhea, PCOS, dysfunctional uterine bleeding, endometriosis, and unexplained infertility. In addition we will cover topics surrounding sexual and vaginal health including STI's. For each condition we will discuss holistic protocols including nutrition, lifestyle, and herbal formulations.

Reading: handouts, Weiss Ch 12 Gynecological Conditions; Romm Ch 5 (pg.122-184), Ch 7, Ch 8 (pg. 256-282); excerpts from Ruth Trickey's Women, Hormones, and the Menstrual Cycle Ch10 & Ch18

Tuesday February 2

9:00-12:30 AILMENTS: Allergies I with Richard Mandelbaum

In this class we will go into depth about the etiology of allergy including hayfever and seasonal allergies, and food allergies. We will review traditional energetics and Chinese patterns of disharmony corresponding to allergic states, and discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations. The class will include case review and/or in-class intake.

Reading: review immune system notes from previous classes

1:30-5:00: FLOWER ESSENCES & ENERGETICS with Claudia Keel

Monday February 8

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

Tuesday February 9

9:00-12:30: BOTANICAL MATERIA MEDICA with Richard Mandelbaum

Over 60 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 focus in the 2nd year will include their effect on specific imbalances and patterns. Students will continue to build their own materia medica based on their studies. 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 AILMENTS: Lyme Disease with Richard Mandelbaum and Claudia Keel

Reading: hand outs, articles provided

Tuesday February 16

9:00-12:30: HOLISTIC ASSESSMENT AND CASE REVIEW with Richard Mandelbaum

1:30-5:00: AILMENTS: Parkinson's and Neural Diseases with Karen Vaughan

In this class we will look at problems affecting the brain and nerves, focusing specifically on MS, Parkinson's disease and autism. We will look at diet, lifestyle and a neurological materia medica.

Reading: Weiss Chapter 11 Nervous System, Karen's links

Friday February 19

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

Saturday February 20

9:00-12:30 AILMENTS: Chronic Infection with Richard Mandelbaum

We will consider holistic protocols including herbal formulas and dietary modifications to

address chronic infection such as Hepatitis C, Lyme, HIV, etc. with a focus on the infectious aspects of the conditions. Note that these conditions may be explored in more depth in other classes or separate workshops.

Reading: handouts

1:30 – 5:00: Amazonian Medicinal Plants with Susanna Raeven

Susanna Raeven, from Raven Crest Botanicals, will share her knowledge about the healing powers and energetic properties of Amazonian plant medicine. Chuchuwasi, bobinsana, piri-piri, and cat's claw are just a few of the plant spirit teachers we will explore. These plants are not only widely used for their medicinal properties in the traditional Amazonian art of healing. They are also often part of a traditional "dieta", a solitary time in the jungle during which different plants are consumed for physical, emotional and spiritual healing powers. We will get to taste plant preparations, inhale the scent of traditional smudges and plant perfumes, and listen to icaros - traditional plant spirit healing songs.

Sunday February 21

9:00-12:30 AILMENTS: Allergies II with Claudia Keel

In this class we will go into depth about the etiology of allergy including hayfever and seasonal allergies, and food allergies. We will review traditional energetics and Chinese patterns of disharmony corresponding to allergic states, and discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations. The class will include case review and/or in-class intake.

1:30-5:00 AILMENTS: Sinus Health with Sezelle Haddon

Reading: Sezelle's book chapter:

<http://www.niaid.nih.gov/topics/immunesystem/Pages/immuneCells.aspx>

Tuesday February 23

9:00-12:30: THE BUSINESS OF HERBALISM with Claudia Keel and Richard Mandelbaum

Students will be introduced to various ways herbalist manage their businesses and also begin to learn the basic skills needed to build an herbal practice as a small business, including:

- Record keeping
- Legal issues
- Business management

Reading: Romm pp.93-94, handouts

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

Over 60 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 focus in the 2nd year will include their effect on specific imbalances and patterns. Students will continue to build their own materia medica based on their studies. 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)

Tuesday March 1

9:00-12:30 HERBAL MEDICINE AND THE LAW I with Richard Mandelbaum

Students will gain an accurate understanding of the legal framework surrounding herbal medicine in the United States. We will place our discussion of the current day within the historical context of 19th and early 20th century legal and political challenges faced by Eclectic and other practitioners, and will cover three key areas: the rights and restrictions of herbalists (1) as unlicensed practitioners, (2) as educators, and (3) as small-scale manufacturers or home medicine makers. Within this framework we will discuss the First Amendment and freedom of speech, state laws governing medical practice, relevant aspects of DSHEA (Dietary Supplement Health and Education Act) including website language and product claims and descriptions, and Good Manufacturing Practices, along with the various roles of federal and state agencies including FDA, FTC, and state medical boards.

Reading: hand outs, resource list, AHG Legal and Regulatory FAQ page

1:30-5:00 AILMENTS: Holistic Approaches to Inflammatory Bowel Disease with Claudia Keel Part 2

In this class we will go into depth about the etiology of inflammatory bowel disease including IBS, Chron's, and ulcerative colitis, and discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations. We will review traditional energetics and Chinese patterns of disharmony. The class will include case review and/or in-class intake.

Reading: Weiss Ch 4 Digestive System

Monday March 7

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

Tuesday March 8

9:00-12:30: CASE REVIEW and BOTANICAL MATERIA MEDICA with Claudia Keel

1:30-5:00 AILMENTS: Heart Health for the Intermediate Herbalist with Patrick Fratellone

In this class we will review modern scientific etiology and traditional approaches to more advanced cardiovascular health, including hypertension, hyperlipidemia, valvular heart disease and congestive heart failure and arrhythmias. We will review cases and present formulations and development of protocols including botanicals used in each of these areas. Focus will be on:

1. Atherosclerotic Heart Disease
2. Valvular Heart Disease
3. Arrhythmias
4. Hyperlipidemia

Reading: handouts, Weiss Ch 5 Cardiovascular System

Saturday March 12

This class is taken together with third year students

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

gi Flint

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

Sunday March 13

9:00-12:30: Clinical Topic TBD with Margi Flint

1:30-5:00: Formulations Continued with Richard Mandelbaum

Students learn to craft personalized herbal formulas for individuals and the principles of formulation. Students will be introduced to the triune system of formulation developed by William LeSassier and refined by subsequent herbalists. Additional topics covered include synergies and plant compatibility in formulation, compounding and the forms of herbal remedy most appropriate to a specific formula, dosing, and how phytochemistry affects herbal activity and formulation decision-making.

Reading: hand outs and notes from previous classes

Tuesday March 15

9:00-12:30 ASSESSMENTS: Respiratory Ailments for the Intermediate Herbalist with Richard Mandelbaum

In this class we will discuss the etiology of respiratory ailments including Chronic Obstructive Pulmonary Disease, asthma, and chronic bronchitis. We will also review traditional energetics and Traditional Chinese patterns corresponding to these conditions. For each pattern or condition we will discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations. The class will include case review and/or in-class intake.

Reading: Weiss Ch 6 Respiratory System, review Hoffmann and notes

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

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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)

Friday March 18

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

Tuesday March 22

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

Over 60 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 focus in the 2nd year will include their effect on specific imbalances and patterns. Students will continue to build their own materia medica based on their stud-

ies. 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: ASSESSMENT: Interpreting Blood Work with Patrick Fratellone

Tuesday March 29

9:00-12:30 AILMENTS: Arthritis, Rheumatism and Osteoporosis / Bone Health pt 1 with Richard Mandelbaum

1:30-5:00 AILMENTS: Arthritis, Rheumatism and Osteoporosis / Bone Health pt 2 with Claudia Keel

In this class we will discuss the etiology of arthritis including osteoarthritis, Rheumatoid arthritis, gout, and bursitis, as well as bone health and osteoporosis. We will also review traditional energetics and Traditional Chinese patterns corresponding to these conditions. For each pattern or condition we will discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations. The class will include case review and/or in-class intake.

Reading: Weiss Ch 9; review Hoffmann Ch 19; Romm pp.505-512

Monday April 4

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

Tuesday April 5

9:00-12:30 Materia Medica or Case Review TBD with Claudia Keel

The afternoon class is taken together with third year students

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

Tuesday April 12

9:00-12:00 AILMENTS: Men's Health with Richard Mandelbaum Part 1

In this class we will touch on some of the more common reproductive health challenges that men can face, weaving in traditional Chinese perspectives on these conditions as well as the modern medical perspective. Throughout the webinar he will present and discuss foods, herbs, and lifestyle approaches to support men's health.

- How to understand male sexual physiology and why and how things can go wrong
- How emotional and mental health interweave with physical reproductive function
- Which herbal and dietary choices they can make to address issues of prostate health, sexual function and libido, and male menopause (andropause)

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 third year students

Friday April 15, Saturday April 14, Sunday April 16

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 CASE REVIEW AND ASSESSMENT PRACTICUM with Claudia Keel

1:30-5:00 AILMENTS: Advanced Protocols for the Skin with Claudia Keel

In this class we will discuss the etiology of skin disease including acne, eczema, and psoriasis. We will also review traditional energetics and Traditional Chinese patterns corresponding to these conditions. For each pattern or condition we will discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations. The class will include case review and/or in-class intake.

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

Reading: Weiss Ch 14 Skin Diseases, review Hoffmann, notes from previous classes

SPRING BREAK – NO CLASS Tuesday April 26

Happy Spring!

Saturday April 30

This class is taken together with third year students

FIELD TRIP: Intermediate 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

9:00-12:30: & 1:30-5:00: Dental Health and Case Review for the Intermediate Herbalist with Leslie Alexander

Reading: handouts

Tuesday May 3

The morning class is taken together with third 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 AILMENTS: Holistic Approaches to Sleep, Depression, and Anxiety Part II with Richard Mandelbaum

In this class we will go into depth about sleep, sleep quality, differing forms of insomnia including Traditional Chinese patterns. We will also differentiate between differing forms of anxiety, depression, and stress and specific indications for herbal remedies for each. For each pattern or condition we will discuss holistic protocols including diet and nutrition, lifestyle, and herbal formulations. The class will include case review and/or in-class intake.

Reading: Weiss Chapter 11 Nervous System, review Hoffmann and notes from previous classes

Tuesday May 10

9:00-12:30: & 1:30-5:00: Art of the Intake with Richard Mandelbaum and Claudia Keel

We will spend the day conducting supervised intakes on fellow students and potentially invited guests, to put into practice some of the skills learned throughout the year.

Saturday May 14 and Sunday May 15

This weekend is held together with 1st & 3rd 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

9:00-11:00 BOTANY: Fibonacci, the Golden Mean, and Plant Growth and Form with Richard Mandelbaum

Professional Program Wrap-up and Celebration with Richard and Claudia

We will weave together the threads of the year's classes to help form a comprehensive whole.

Legal and other issues for those moving on to year three or considering it

Thursday May 19

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.