



ARBORVITAE

SCHOOL OF TRADITIONAL HERBALISM

ArborVitae First Year Syllabus 2018-19

**This syllabus is subject to change.* Students will be notified of such changes ahead of time via email. Please refer to the student portal for readings, handouts, presentations, & important details for each class.

Wednesday, September 12

9-12:30: Introduction to Energetics: Flavors & the Elements - Claudia Keel

1:30-5: Introduction to Energetics and Actions - Richard Mandelbaum

Wednesday, September 19

9-5: Herbcraft: Introduction to Harvesting & Herbal Preparations - Claudia Keel

Saturday, September 22

9-5: Introduction to Botany & Plant Identification - Richard Mandelbaum

Sunday, September 23

9-5: Plant Walk Field Trip: Foraging & Feasting - Dina Falconi & Claudia Keel

Wednesday, September 26

9-5: Plant Walk Field Trip: NY Botanical Gardens - Richard Mandelbaum

Wednesday, October 3

9-2:30: Tincture Making - Richard Mandelbaum

2:30-5: TBD - Jacoby Ballard

Wednesday, October 10

9-12:30: Intro to Nutrition & Food is Medicine Part I - Claudia Keel

1:30-5: Digestive System Part I - Claudia Keel

Wednesday, October 17

9-5: Plant Walk Field Trip: Stokes State Forest, NJ - Richard Mandelbaum

Saturday, October 20

9-12:30: Female Reproductive System: Intro to Female Health Part I - Lena DeGloma

1:30-5: Plant Walk Field Trip: Central Park -I.D, Gathering & Use - Sam Perry

Sunday, October 21

9-12:30: Chinese Medicine & Energetics I - Richard Mandelbaum

1:30-5: Female Reproductive System: Intro to Female Health Part II - Lena DeGloma

Wednesday, October 24

9-5: Culture (is) Everything – Claudia Keel

Wednesday, October 31

9-12:30: Materia Medica – Richard Mandelbaum

1:30-5: Intro to Herbal Medicine Philosophies – Ola Obasi

Wednesday, November 7

9-12:30: History & Philosophy of Herbal Medicine I – Claudia Keel

1:30-5: Materia Medica – Claudia Keel

Saturday, November 10

9-12:30: Cutaneous System: Therapeutics & Herbs for Skin, Hair & Nails – Claudia Keel

1:30-5: Flower Essences: Expanding our Understanding of Healing Plants – Claudia Keel

Sunday, November 11

9-12:30: Cardiovascular System: Holistic Medical Approaches to Heart Health – Patrick Fratellone

1:30-5: Introduction to Traditional Greco-European Energetics & Tissue States – Claudia Keel

Wednesday, November 14

9-12:30: Tongue & Pulse & Holistic Assessment Practicum – Richard Mandelbaum

1:30-5: History and Philosophy of Herbal Medicine Part II – Richard Mandelbaum

Harvest & Thanksgiving Break 11/15/18 – 11/26/18

Wednesday, November 28

1:30-5: Introduction to Phytochemistry – Richard Mandelbaum

9-12:30: Introduction to Herbal Safety – Richard Mandelbaum

Wednesday, December 5

9-5: TBD – Phyllis Light

Saturday, December 8

9-5: Seasonal Health & Plant Medicine: Fall & Winter Tonics, Wild Foods & Therapeutics – Claudia Keel

Sunday, December 9

9-5: Traditional Greco-European Energetics & Tissue States – Matthew Wood

Tuesday, December 12: Winter Solstice Party

Wednesday, December 12

9-5: Student Presentations and Wrap-Up – Claudia Keel & Richard Mandelbaum

Year's End & Beginning Break 12/13/18 - 1/14/19

Wednesday, January 16

9-12:30: Immune and Lymphatic System Part I – Claudia Keel

1:30-5: Herbs in the Cycles of Life: Elder Health & Vitality – Claudia Keel

Wednesday, January 23

9-5: Plant Walk Field Trip: NY Botanical Gardens – Winter & Tropical Plants –
Claudia Keel & Richard Mandelbaum

Saturday, January 26

9-5: Respiratory System: Physiology of the Lungs – Tammi Sweet

Sunday, January 27

9-12:30: Materia Medica: Herbs for the Heart – Claudia Keel

1:30-5: Materia Medica – Richard Mandelbaum

Wednesday, January 30

9-12:30: Immune and Lymphatic System Part II – Richard Mandelbaum

1:30-5: Chinese Medicine and Energetics Part II – Richard Mandelbaum

Wednesday, February 06

9-12:30: Endocrine System – Richard Mandelbaum

1:30-5: Musculo-Skeletal System – Lena DeGloma

Wednesday, February 13

9-12:30: Chinese Traditional Medicine Patterns of Disharmony Pt I – Richard Mandelbaum

1:30-5: Cardiovascular System: Herbs, Diet & Lifestyle to Support the Heart & Circulation – Richard Mandelbaum

Wednesday, February 20

9-12:30: Growing Herbs – Susanna Raeven

1:30-5: Topical Plant Preparations – Susanna Raeven

Saturday, February 23

9-5: Seasonal Health & Plant Medicine Preparation: Spring & Summer Tonics, Wild Foods & Therapeutics – Claudia Keel

Sunday, February 24

9-5: Introduction to Ayurveda – Anne McIntyre

Wednesday, February 27

9-5: Ayurvedic Tongue & Pulse – Anne McIntyre

Wednesday, March 6

9-5: Practical Aromatherapy for Herbalists – Amy Galper

Wednesday, March 13

9-5: Urinary System: Herbal Medicine for the Bladder & Kidneys – Richard Mandelbaum

Saturday, March 16

9-5: Herbal Dentistry: Getting to Know the Mouth & Conducting a Sound Oral Intake – Leslie Alexander

Sunday, March 17

9-12:30: Food as Medicine Pt II – Claudia Keel

1:30-5: Holistic Assessment Practicum – Claudia Keel

Wednesday, March 20

9-12:30: Digestive System Pt II – Claudia Keel

1:30-5: Materia Medica – Claudia Keel

Wednesday, March 27

9-5: TBD – Kathleen Maier

Wednesday, April 3

9-12:30: Traditional Chinese Medicine Patterns of Disharmony Pt 2 – Richard Mandelbaum

1:30-5: Materia Medica – Richard Mandelbaum

Wednesday, April 10

9-12:30: Male Reproductive System – 7Song

1:30-5: Holistic Assessment Practicum – Richard Mandelbaum

Saturday, April 13

9-12:30: Language of Plants: Doctrine of Signatures & Five Element Theory – Nathaniel Whitmore

1:30-5: Food as Medicine: Medicine Balls – Bevin Claire

Saturday, April 14

9-12:30: Herbs in the Cycles of Life: Birth, Infants & Toddlers – Bevin Claire

1:30-5: Herbs in the Cycles of Life: Children & Teenagers – Dr. Sara Chana Silverstein

Wednesday, April 17

9-12:30: Materia Medica – Richard Mandelbaum

1:30-5: Materia Medica – Claudia Keel

Spring Break 4/18/19 – 4/29/19

Wednesday, May 1

9-5: Plant Walk Field Trip: Prospect Park – Claudia Keel & Richard Mandelbaum

Wednesday, May 8

9-12:30: Tongue & Pulse & Holistic Assessment Practicum – Richard Mandelbaum

1:30-5: Herb Shop Herbalism – Lata Chettri-Kennedy & Cherie Boiko

Wednesday, May 15

9-12:30: Plant Walk Field Trip: East Village Community Garden – Claudia Keel

1:30-5: Materia Medica – Claudia Keel

Saturday & Sunday, May 18 & 19

Camping Weekend at TBD!

Graduation Day 5/21/19

Wednesday, May 22

9-5: Wrap-Up Day – Claudia Keel & Richard Mandelbaum

**Summer Break till mid-September 2019 to start year 2
Happy Summer!**