



ARBOR VITAE

SCHOOL OF TRADITIONAL HERBALISM

2ND YEAR SYLLABUS 2018-2019

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 balancing energies. Students in the second year will begin to consider clinical applications.

COURSE OUTLINE

Please note that specific details of this course outline may be subject to change. Students will be notified of changes ahead of time via email. Please refer to the student portal for readings, handouts, presentations, and important details for each class.

FALL SEMESTER

Tuesday, September 11

9-12:30: The Art of the Intake Part I – Richard Mandelbaum

1:30-5: The Art of the Intake Part II – Claudia Keel

Tuesday, September 18

(This class is taken together with third year students)

9-5: Plant Walk Field Trip; Location TBD – Richard Mandelbaum & Nathaniel Whitmore

Saturday, September 22

(This class is taken together with third year students)

9-5: Plant Walk Field Trip; Accord, NY – Dina Falconi & Claudia Keel

Sunday, September 23

(Both classes are taken together with third year students)

9-12:30: Chronic Infection – Richard Mandelbaum

1:30-5: Mycology and Advanced Botany Topics Part I – Richard Mandelbaum

Tuesday, September 25

9-12:30: Inflammatory Bowel Disease: Nutrition, Herbs & Therapeutics Part I – Claudia Keel

1:30-5: Depression & Anxiety: Holistic Therapeutics Part I – Claudia Keel

Tuesday, October 2

9-12:30: Women's Health & Herbal Therapeutics Part I – Lena DeGloma
(The afternoon class is taken together with third year students)

1:30-5: TBD – Jacoby Ballard

Tuesday, October 9

9-12:30: Formulation I – Richard Mandelbaum

Lunch Q&A – Richard Mandelbaum

1:30-5: Urban Medicinal Plant Walk: Understanding the Landscape and Advanced Botany Topics – Sam Perry

Tuesday, October 16

9-12:30: Materia Medica – Claudia Keel

Lunch Q&A – Claudia Keel

1:30-5: Women's Health & Herbal Therapeutics Part II – Lena DeGloma

Saturday, October 20

(The morning class is taken together with third year students)

9-12:30: Respiratory Ailments – Richard Mandelbaum

1:30-5: Materia Medica – Richard Mandelbaum

Sunday, October 21

(The morning class is taken together with third year students)

9-12:30: Interpreting Bloodwork & TBD – Dr. Patrick Fratellone

1:30-5: Sleep: Holistic Therapeutics & Herbs – Claudia Keel

Tuesday, October 23

9-12:30: Materia Medica – Claudia Keel

1:30-5: Flower Essence Energetics – Claudia Keel

Tuesday, October 30

**9-12:30: Diabetes & Metabolic Syndrome: Holistic Therapeutics Part I –
Claudia Keel**

(The afternoon class is taken together with third year students)

1:30-5: TBD – Ola Obasi

Tuesday, November 6

9-12:30: Case Review & Practicum – Claudia Keel

(The afternoon class is taken together with third year students)

1:30-5: TBD – Karen Rose

Saturday, November 10

(The morning class is taken together with third year students)

9-12:30: TBD – Jody Noe

**1:30-5: Diabetes & Metabolic Syndrome: Holistic Therapeutics Part II –
Richard Mandelbaum**

Sunday, November 11

**9-12:30: Bone & Joint Ailments: Osteoporosis, Arthritis, Rheumatism Part
I – Claudia Keel**

1:30-5: TBD – Jody Noe

Tuesday, November 13

**9-12:30: Adrenal 'Fatigue' Syndrome: Therapeutics, Nutrition & Herbs –
Claudia Keel**

Lunch Q&A – Claudia Keel

1:30-5: Women's Health & Herbal Therapeutics Part III – Lena DeGloma

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

Tuesday, November 27

9-12:30: Herbal Medicine and the Law – Richard Mandelbaum

Lunch Q&A – Richard Mandelbaum

1:30-5: Intermediate Herbal Safety and Dosing – Richard Mandelbaum

Tuesday, December 4

9-12:30: Materia Medica – Richard Mandelbaum

(The afternoon class is taken together with third year students)

1:30-5: TBD – Phyllis Light

Thursday, December 6

Evening Conference Call Q&A – Claudia Keel

Saturday, December 8

(This class is taken together with third year students)

9-5: Case Intakes, Holistic Assessments, Tongue & Pulse – Matthew Wood

Sunday, December 9

9-12:30: Depression & Anxiety: Holistic Therapeutics – Richard Mandelbaum

1:30-5: Case Review & Practicum – Richard Mandelbaum

Tuesday, December 11

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

Winter Solstice Party – 12/11/18

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

SPRING SEMESTER

Tuesday, January 15

9-12:30: Bone & Joint Ailments: Osteoporosis, Arthritis, Rheumatism Part II – Richard Mandelbaum

1:30-5: Flower Essence Materia Medica & Selection – Claudia Keel

Tuesday, January 22

9-12:30: Materia Medica – Claudia Keel

Lunch Q&A – Claudia Keel

1:30-5: Case Review & Practicum – Claudia Keel

Saturday, January 26

9-12:30: Sinus Health – Sezelle Haddon

1:30-5: Allergies: Holistic Therapeutics Part I – Richard Mandelbaum

Saturday, January 27

9-5: Physiology of Inflammation and Pain – Tammi Sweet

Tuesday, January 29

9-12:30: Case Review & Practicum – Richard Mandelbaum

(The afternoon class is taken together with third year students)

1:30-5: Male Health Part I – Richard Mandelbaum

After class Q&A – Richard Mandelbaum

Monday, February 4

Evening Conference Call Q&A – Claudia Keel

Tuesday, February 5

9-12:30: Allergies: Holistic Therapeutics Part II – Claudia Keel

Lunch Q&A – Claudia Keel

1:30-5: Materia Medica – Claudia Keel

Tuesday, February 12

9-12:30: Formulation II – Richard Mandelbaum

Lunch Q&A – Richard Mandelbaum

1:30-5: Case Review & Practicum – Richard Mandelbaum

Tuesday, February 19

9-12:30: Advanced Protocols for the Skin – Claudia Keel

1:30-5: Women Health & Herbal Therapeutics Part IV – Lena DeGloma

Saturday, February 23

(The morning class is taken together with third year students)

9-12:30: Ayurveda & the Mind – Anne McIntyre

1:30-5: Ayurveda & the Mind Part II – Anne McIntyre

Sunday, February 24

(The morning class is taken together with third year students)

9-12:30: Male Health Part II – Richard Mandelbaum

1:30-5: Percolations & Advanced Tincture Making Review – Avi Rosenthalis & Richard Mandelbaum

Tuesday, February 26

9-12:30: Ayurvedic Consultations – Anne McIntyre

(The afternoon class is taken together with third year students)

1:30-5: Energetic Assessment: Tongue & Pulse – Anne McIntyre

Tuesday, March 5

9-12:30: Fertility, Conception & Pregnancy: Holistic Therapeutics – Claudia Keel

1:30-5: Case Review & Practicum – Claudia Keel

Tuesday, March 12

9-12:30: Lyme Disease – Richard Mandelbaum

Lunch Q&A – Claudia Keel

1:30-5: The Materia Medica of Medicine Making – Claudia Keel

Saturday, March 16

(The morning class is taken together with third year students)

9-12:30: Mycology & Advanced Botany Topics Part II – Richard Mandelbaum

1:30-5: Materia Medica – Richard Mandelbaum

Sunday, March 17

**9-5: Dental Health and Case Review for the Intermediate Herbalist –
Leslie Alexander**

Tuesday, March 19

9-12:30: Case Review & Practicum – Claudia Keel

1:30-5: Nutritional Therapeutics – Claudia Keel

After class Q&A – Richard Mandelbaum

Tuesday, March 26

(This class is taken together with third year students)

9-5: TBD – Kathleen Maier

Tuesday, April 2

9-12:30: Materia Medica – Richard Mandelbaum

1:30-5: Case Review & Practicum – Richard Mandelbaum

Tuesday, April 9

9-12:30: Clinic – Claudia Keel & Richard Mandelbaum

1:30-5: Clinic Case Review – Claudia Keel & Richard Mandelbaum

Saturday, April 13

**9-12:30: Inflammatory Bowel Syndrome: Nutrition, Herbs & Therapeutics
Part II – Claudia Keel**

1:30-5: First Aid – 7Song

Sunday, April 14

9-12:30: Materia Medica – Claudia Keel

1:30-5: TBD – Bevin Claire

Tuesday, April 16

9-12:30: Auto-Immune Disease: Holistic Therapeutics Part I – Claudia Keel
1:30-5: Auto-Immune Disease: Holistic Therapeutics Part II – Richard
Mandelbaum

Spring Break
4/17/19 – 4/29/19

Tuesday, April 30

(This class is taken together with third year students)

9-5: Plant Walk Field Trip, Location TBD – Nathaniel Whitmore & Richard
Mandelbaum

Tuesday, May 7

9-12:30: Materia Medica – Richard Mandelbaum

1:30-5: Business of Herbalism Part I – Richard Mandelbaum

Tuesday, May 14

9-12:30: Business of Herbalism Part II – Claudia Keel

1:30-5: Case Review & Practicum – Richard Mandelbaum

Saturday, May 18 & Sunday, May 19

Camping Weekend at TBD

Tuesday, May 21

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

Graduation Day – 5/21/19