

## **BotanoLogos 2010 Herbal Studies Certification Program**

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**Program Director: Patricia Kyritsi Howell, RH (AHG)**

This innovative herb program, now in its 15<sup>th</sup> year, weaves experiential learning about healing herbs with developing a profound understanding of seasonal rhythms and the timeless elements of traditional healing.

Our program's purpose is to strengthen your innate ability to heal yourself and others, and to broaden your knowledge of herbs so that you will use them with confidence throughout your life.

The 2010 Certification Program begins in February and ends in November. Classes meet one weekend a month for ten months. Class times are Saturday from 10:00 AM to 6:00 PM and Sunday from 9:00 AM to 5:00 PM. The program combines lectures, field studies, hands-on workshops, case studies and lively discussions.

### **Topics Covered:**

- Principles of traditional healing systems (Five Phase Theory of Traditional Chinese Medicine).
- Medicinal properties of more than 60 herbs.
- How to make herbal tinctures, infused oils, teas and more.
- Herbs that heal specific body systems (cardiovascular, reproductive, etc.)
- Health assessment techniques.
- How to create herbal formulas to treat everyday health problems.
- Herbal strategies to improve your own health.
- How to use essential oils (aromatherapy).
- Basic field botany and plant identification.
- Ethical harvesting methods.

**2010 Program Dates:** February 27 & 28 , March 20 & 21, April 17 & 18, May 22 & 23, June 26 & 27, July 17 & 18 , August 21 & 22 , September 18 & 19, October 16 & 17, November 13 & 14, 2010.

**Program Location:** Classes are held at the Center on Warwoman in Clayton, Georgia. Clayton is in Rabun County, in the northeast corner of Georgia, approximately 100 miles northeast of Atlanta and 90 miles southwest of Asheville, North Carolina. Information about local accommodations is available in the Guide for Visitors to Rabun County on our website.

**Tuition:** \$2,200.00 (\$220.00 per weekend) if payment is made in full at the first class. A monthly payment plan is also available; tuition for students making payments is \$2,400. (\$240.00 per weekend). Please see Payment Plan Options (page 2). We accept Visa/MasterCard.

Limited work exchange or barter may be possible; see Trade and Barter Options (page 2). Tuition includes 140 hours of instruction, detailed class materials, herbs for the medicine making weekend, some medicine-making supplies, and membership in an on-line discussion group moderated by Patricia Kyritsi Howell. In addition to tuition costs, students may expect to spend about \$300.00 for books and supplies throughout the program.

**Registration:** All students must submit a Program Application (downloadable PDF available at our website) or by calling 706-746-5485), along with a non-refundable deposit of \$250.00. Deposits are not processed until the applicant has been accepted into the program. Full balance of tuition is due at the first class unless other arrangements have been made. See our Refunds and Cancellation Policy (page 6).

**Certification:** We award a “Certificate of Completion” to students who meet all program requirements. The certificate acknowledges that a student has successfully completed the Program and demonstrated proficiency in herbal therapeutics, basic field botany, energetic healing systems, medicine-making techniques and knowledge of the uses of sixty herbs. We do not confer any titles such as certified, registered or master herbalist. For more information, see Is This Program Right for You? (page 5).

**Payment Plan Options:** As a courtesy to our students, we offer the option of making tuition payments throughout the course. The cost of tuition for students participating in the payment plan is \$2,400.00. Payment plans may be customized to meet your budget and we are negotiable about the structure of your payments. **However, payments are only accepted on the first of the month and tuition must be paid in full by October 1, 2010.**

Possible payment plans include nine equal monthly payments of \$240 each or several larger payments throughout the program. We accept payment by check, debit or credit card (Visa and MasterCard.)

**To apply for the payment plan:** Send us an e-mail that lists proposed payment dates and the amount of each payment. As soon as we receive your proposal, we’ll be in touch to negotiate any changes, if needed. Once your payment proposal is finalized, you must submit an application along with a deposit of \$250.00. After your application is accepted, we’ll send you a promissory note outlining the terms of your payment agreement. Your signature on this legally binding document activates the payment plan. Payment plan agreements and all promissory notes must be finalized before the first class on February 27, 2010. Send payment plan proposals to [info@wildhealingherbs.com](mailto:info@wildhealingherbs.com). In the unfortunate event that you are unable to complete the program for any reason, the terms of your payment plan will remain in effect and payments must continue to be made as stated in the terms of your promissory note.

**When your payments begin:** You may begin to make tuition payments as soon as your application is accepted, or when the program begins in February. All tuition payments must be made in full by October 1, 2010.

**Work Exchange/Barter Options:** We offer a limited number of work exchange and barter options each year and early application is recommended. The equivalent of \$700.00 is the maximum amount of tuition that may be waived through work exchange or barter. The remainder of your tuition balance is payable at the first class or through a payment plan. The dollar amount equivalent to any remaining work exchange hours or barter not completed by October 16, 2010 must be paid at that time.

There are two possible options for work-exchange.

**Option I:** Four work exchange sessions are scheduled during summer and early fall. Work-exchange students help with various tasks such as gardening, herb harvesting/medicine-making, canning, or whatever projects may be in need help at Patricia's home in Rabun County, Ga. More details available upon request.

**Option II:** If you have special skills that may interest us, send a detailed description of what you are proposing.

**Barter:** We only barter for things we genuinely want or need, and we're open to creative barter options. In the past we have bartered classes for such things as: hand-made clothing; vegetables; herbs; art work; gourmet meals; furniture; firewood; kefir; and nursery plants. Send a detailed description of what you have to barter and the value of each item. We'll get back to you to let you know if we are interested.

### 2010 Program Faculty:

**Patricia Kyritsi Howell, R. H. (A.H.G.)** is author of *Medicinal Plants of the Southern Appalachians* (2006) and director of the BotanoLogos School for Herbal Studies and the primary instructor of the Certification Program. In her classes, lectures and practice, she combines seventeen years as a practitioner, a solid background in the therapeutic use of herbs, and an in-depth knowledge of medicinal plants native to the Southern Appalachians.

Since 1995, she has been a professional member of the American Herbalists Guild. She advises the Atlanta Botanical Garden about medicinal herb programming, is the co-founder of the Georgia Herbalists Guild, and the president of the Georgia Mountain Foodways Alliance.

In addition to her work with native Appalachian plants, she also leads travel seminars on herbs and traditional foods on the Greek island of Crete. Patricia lives in Rabun County, Georgia (USA) and in Greece.

**Lorna Mauney-Brodek** is an herbalist with a global perspective on the role herbs play in healing. In her travels she has learned from plants in the Tuscan hills of Italy, the deserts of the southwest, and the Pyrenees Mountains in the Catalonia region of Spain, but the abundant herbs of the Southern Appalachian Mountains are her first love.

Lorna studied herbal medicine with Dottore Maurizio Gioli in the Arno River Valley, Tuscany, Italy, the late Michael Moore of the Southwest School for Botanical Medicine in Bisbee, Arizona, and Patricia Kyritsi Howell at the Botanologos School for Herbal Studies in north Georgia. In 2008 she completed the Clinical Internship Program at the Appalachian School for Holistic Herbalism in Asheville, NC.

Her extensive experience as a medicine maker includes managing the herbal apothecary at a busy clinic in Atlanta and the creation of her own line of herbal tincture compounds. She has been teaching at BotanoLogos since 2008. Lorna is currently in clinical practice in Atlanta where she is following her dream to offer affordable, holistic health care to her community.

## **BotanoLogos Herbal Studies Certification Program: 2010 Syllabus**

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### **February 27 & 28**

Introduction to basic concepts of energetic herbalism. The language of herbalism: herbal actions, taxonomy basics, medicinal preparations and more. Discussion of definitions of health and healing. Introduction to the *Materia Medica*.

### **March 20 & 21**

Introduction to Five-Phase Theory, Fundamental Substances and other energetic principles. *Materia Medica*.

### **April 17 & 18**

Hands-on medicine making workshop and demonstration with Lorna Mauney-Brodek.

### **May 22 & 23**

Introduction to aromatherapy: the clinical uses of essential oils. Introduction to field botany. Herb walk.

### **June 26 & 27**

Five-Phase Theory continued. The immune system. Herb walk. *Materia Medica*.

### **July 17 & 18**

Five-Phase Theory continued. Clinical skills: Introduction to health assessments. Body systems: digestive, respiratory. Herb walk. *Materia Medica*.

### **August 21 & 22**

Health assessment skills and practice. Body systems: nervous, cardiovascular, endocrine. The art of herbal formulation. Case study. *Materia Medica*.

### **September 18 & 19**

Body systems: muscular-skeletal, skin, urinary, male and female reproductive. Case studies. Formulation practice. Herb walk. *Materia Medica*.

### **October 16 & 17**

Skills for intake interviews. Case studies. Program review. *Materia Medica*.

### **November 13 & 14**

Review of the *Materia Medica*. Final exam and medicine show. Celebration! Herb quiz and medicine show.

Syllabus content subject to change.

## Is This Program Right for You?

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Deciding to enroll in a lengthy course of study requires careful consideration. Here is some more information about the program to help you in your decision making process. We are also available to speak with you by phone at 706-746-5485.

*Herbal beginners are welcome.* If you have no previous knowledge of herbs, it may be helpful to do some reading of basic herb texts before the first class and during the first few months. After we review your application, we'll let you know if we think you would benefit from some outside reading. Or feel free to ask us for some book recommendations.

*Students who complete our program are from a variety of backgrounds.* Past students have included: stay-at-home moms and dads; artists; veterinarians; landscape designers; cooks; pharmacists; health food store owners; accountants; doctors; aspiring herbalists; nurses; and high school or college students. We welcome anyone who enjoys learning in a stimulating, creative and supportive environment. The course is designed to address the needs of herbal beginners as well as medical professionals. Whatever your background or previous experience with herbs, we are committed to providing you with the support you need to become a confident and effective herbalist.

*Yes, you will have homework* covering a wide scope of reading matter. Each month between classes, students are expected to devote between four and six hours to reading, study and medicine making activities. During the program, you'll receive a detailed list of homework assignments. The more time you devote to reading about individual herbs and applying the techniques you've learned, the more you will gain from the program.

*Basic anatomy and physiology classes are not part of the program.* Before enrolling, students are expected to have a basic understanding of the body and how it works. If you have never formally studied the human body, or you could use a refresher course, we can recommend some well-written books that will help you prepare for the program. Please contact us for study recommendations.

*Self-taught herbalists love this program.* If you have read a number of herb books over the years, you've probably noticed that the information presented by one author sometimes conflicts with what another writer says about how to use medicinal herbs. While we don't claim to be the keepers of the truth about herbal medicine, we will help you sort out various perspectives on how herbs are used for healing. And we'll help you develop your own elegant and effective way of practicing herbal healing.

*If you want to be a professional herbalist someday, this program is a good place to start.* Many people contact us about the program because they think they may want to pursue a career in herbal medicine. Completing this program does not qualify you to be a professional clinical herbalist, but it will give you a solid foundation in herbalism that will help you decide whether you want to pursue in-depth herbal studies. At the end of the program, we will be happy to discuss additional training options you might pursue to become a professional herbalist. Our former students who have enrolled in herbal degree programs report that the scope of the materials covered in this program gave them a clear advantage. The program is approved by the American Herbalists Guild. Successful completion of the program is an asset for graduates who are pursuing professional membership in the Guild.

*Our classrooms include the fields and forests of the mountains.* The best way to learn about herbs is to spend time with them. Fortunately, the mountains of Rabun County are lush with medicinal plants! We will spend some time outside almost every weekend of the program. During the growing season, moderate day hikes are regularly part of the curriculum. Students must be able to walk two miles on uneven ground at a steady pace, be prepared for seasonal climate variations and being outdoors in wet weather. Although summer temperatures in the mountains are cooler than those in most other parts of the Southeast, it can be quite hot here during July and August. Spring and autumn temperatures are often very cold. At all times of the year, we can count on plenty of rain, as this area of the country is a temperate rain forest.

*We can help you to create a payment plan that works for you.* If you sincerely want to attend the program but need to find a creative way to finance the program costs, please contact us. We offer a variety of options, including custom payment plans, automatic debit payments using your Visa or MasterCard, and work exchange or barter. Any special arrangements regarding payment options or non-cash payments must be arranged before the Program begins. The number of available work exchange and barter opportunities is limited. Please contact us as soon as possible to discuss availability and options.

**This program has received Continuing Education Approval from the American Herbalists Guild. Course hours may be included in applications for professional membership to the Guild.**

#### **BotanoLogos Refund and Cancellation Policy - Effective March 1, 2009**

**Deposit Refunds:** Deposits are non-refundable.

**Tuition Refunds:** Tuition payment in full is due at the first class unless other arrangements have been made. No tuition will be refunded after the first Program session. Even if a student is unable to complete the Program for any reason, after signing a promissory note payable to BotanoLogos, Inc., she/he will be liable for the full amount of tuition and finance charges.

**Cancellations:** Due to severe weather, it may be necessary to cancel a class. If this happens, we will contact you by 5:00 PM on the day before the class at the telephone number(s) you have provided on your registration application. In the unfortunate event that inclement weather is expected; please check our BotanoLogos voicemail after 5:00 PM the day before class as we will leave up-to-the-minute cancellation information (706-746-5485) Local weather forecasts are available on our website. Visit [www.wildhealingherbs.com](http://www.wildhealingherbs.com) and go to Guide for Visitors to Rabun County under Resources.

**Rescheduled Classes:** If we must reschedule a class, we'll do our best to find a time convenient for all enrolled students. However, we reserve the right to make the final choice of dates for all rescheduled classes. In the event that a student cannot attend a rescheduled class, no refunds will be given.