

COLORADO
SCHOOL OF
CLINICAL
HERBALISM

**2022 through 2023
Certificate Program Catalog**



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2022 through 2024
Certificate Program Catalog
Catalog Volume 11 Number 1
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Colorado School of Clinical Herbalism
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Approved and Regulated by the Colorado Department of Higher Education,
Private Occupational School Board

The **Colorado School of Clinical Herbalism** (hereinafter referred to as CSCH) offers education in medical herbalism, clinical nutrition, basic physiology, field botany, herbal pharmacy, and other aspects of natural health. It is staffed with credentialed instructors.

The school is wholly owned by Wild Woman Management Inc., a Colorado corporation, dba Colorado School of Clinical Herbalism.

The school is located at 424 East Simpson St., Unit A, Lafayette, CO 80026. Our classrooms are furnished with standard classroom equipment, computers, white-boards, digital projectors, a reference library, and facilities for on-line research. Our clinical students have access to four consulting rooms, a standard office, and a fully stocked herbal and nutritional apothecary and lab with medicine-making equipment.

NOTE: Due to Federal regulations regarding international students, CSCH is not currently able to accept applicants who do not have a U.S. Social Security number.



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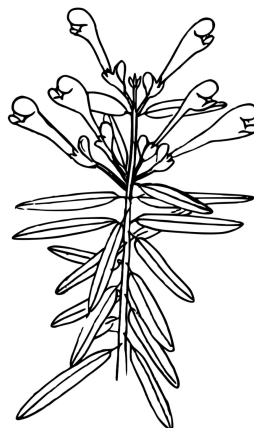


Mission

The mission of the Colorado School of Clinical Herbalism is to offer an outstanding, inclusive, accessible education in vitalism and herbalism with a result to help bring improved health to students, graduates, clients, and our society. Vitalism in healing is a clinical strategy based on the principle that Life, Nature, and the Spirit from which they arise are fully present in all the tissues of the body, and also in the psyche, the spiritual heart, and the soul: sustaining life and health, providing momentum for personal evolution on all levels and for the fulfillment of the highest purpose in social and spiritual life. Vitalist practitioners employ clinical strategies and methods which support this life force through encouragement of nourishment, digestion, rest, and appropriate activity; identification of purpose in personal life; connection with nature; an active spiritual life; identification and removal of obstacles to cure on all levels; and by avoidance of methods which suppress or distort the life force.

Statement from our Founder, Paul Bergner

I began my studies of Vitalism in 1973, and in forty years of practical clinical observation, and twelve years of training herbalists and nutritionists in a public clinic using 100% Vitalist methods, I am more convinced each year that Vitalism is the only approach that will prevent or treat the epidemic of chronic degenerative physical and mental disease and the chronic despair that plagues North America today. Much of contemporary alternative medicine has its roots in Vitalism, but the past several decades have seen the various alternative schools, with the exception of a few dedicated practitioners, abandon their Vitalist roots; and, under regulatory and social pressures, turn to materialistic ideas and practice. The NAIMH (now Colorado School of Clinical Herbalism) was founded to produce well-trained clinical practitioners, grounded in the basic principles of Vitalism. Our students gain the knowledge, practical experience, and confidence necessary to preserve this tradition and to develop it in the context of contemporary and future emerging health problems.



Core Faculty and Administration

Linda Reinhardt, CH, Co-Director

John Whiteman, MRP, Co-Director

Kat Mackinnon, CCH, CN, CBEF, RH(AHG) – Clinic Director, Teacher

Meghan Pivarnik, CCH, CFEP– Administration, Bach Flower Essence Program Director, Teacher

Samantha Grant, CH, CBEF, Fundamentals Day and Advanced Program Coordinator, Teacher

Anne Lelong, RD, MS, CCH – Nutrition Program Director, Teacher

Adrian Mintzmyer, CCH, Botanist, Clinic Coordinator, Teacher

Joshua Paquette, CH, Botanist – Botany Program Director, Teacher

Lisa Ganora, Herbalist, Pharmacognosy – Past Director, Teacher

Paul Bergner, CN, CH, Naturopath – Clinical Herbalism and Clinical Nutrition, Teacher

Tania Neubauer, ND, Herbalist – Clinical Herbalism, Clinical Nutrition, Teacher

Mary Barnes, RH, CN, Clinical Herbalism and Clinical Nutrition, Teacher

Guest Faculty

The following herbalists, practitioners, and teachers also lecture at CSCH:

Brigitte Mars, Herbalist, Author

Amber Graziano, CCH, CN, CBEF

Ben LeVine, CH

Akacia Pulaski, Ayurvedic Doctor

Cheri King, ND

Danielle Ryan, CCH, CN, CBEF

Melody Baum, CCH, CN, RN

Shane Schoolman, Mycologist

Sam Coffman, HMA/THP Director

Dana Hutchinson, MA, RH, BCMH, CTCMP

Jane Reagan, MEd, RDN, CEDRD

Faith Rogers, CCH, CN

Jessica Baker, LAc, RH (AHG)

Liz Faermark, CCH, CN

Program Overview

Certificate Programs and Courses Offered

<u>Fundamentals of Medical Herbalism</u> (Day and Evening tracks)	370 hours	p. 5
<u>Certificate in Advanced Herbalism</u> (Day and Evening tracks)	540 hours	p. 9
<u>Certificate in Clinical Herbalism</u>	475 hours	p. 14
<u>Certificate in Nutrition</u>	1000 hours	p. 16
<u>Bach Flower Essences Practitioner Certificate</u>	56 hours	p. 20
<u>Rocky Mountain Field Botany Certificate</u>	68 hours	p. 21
<u>Aromatherapy 100 Certificate</u>	124 hours	p. 23
<u>Clinical Skills Four-Day Intensive</u>	23 hours	p. 25
<u>Clinical Skills Five-Day Intensive</u>	30 hours	p. 26



Program Calendar for 2022-2023 and 2023-2024

<u>Programs Starting Calendar Year 2022-2023</u>
January 10, 2022 – August 31, 2022 Fundamentals of Medical Herbalism Certificate Program (Evening Track)
January 10, 2022 – July 6, 2022 Advanced Herbalism Certificate Program (Day Track)
April 13, 2022– September 28, 2022 Aromatherapy 100 Course
June 10, 2022 – Aug 19, 2022 Rocky Mountain Field Botany
August 8, 2022 – December 5, 2022 Fundamentals of Medical Herbalism Certificate Program (Day Track)
September 1, 2022– May 19, 2023 Clinical Herbalism Certificate Program
September 8, 2022 – May 11, 2023 Bach Flower Essences Certificate Program
September 17, 2022 – May 19, 2023 Nutrition Certificate Program
October 4, 2022 – August 8, 2023 Advanced Herbalism Certificate Program (Evening Track)
<u>Programs Starting Calendar Year 2023-2024</u>
January 9, 2023 – August 30, 2023 Fundamentals of Medical Herbalism Certificate Program (Evening track)
January 9, 2023 – July 5, 2023 Advanced Herbalism Certificate Program (Day Track)
April 12, 2023 – Sept 27, 2023 Aromatherapy 100 Course
June 9, 2023 – Aug, 18 2023 Rocky Mountain Field Botany Course
August 7, 2023 – December 4, 2023 Fundamentals of Medical Herbalism Certificate Program (Day track)
August 31, 2023 – May 18, 2024 Clinical Herbalism Certificate Program
September 7, 2023 – May 10, 2024 Bach Flower Essences Certificate Program
Sept 16, 2023 – April 16, 2024 (seminars); May 17, 2024(clinicals) Nutrition Certificate Program
October 3, 2023 – August 6, 2023 Advanced Herbalism Certificate Program (Evening Track)

Fundamentals of Medical Herbalism Certificate

370 Hours: Classroom, Lab, and Projects

Occupational Objective: To provide introductory level training in medical herbalism and clinical nutrition for students who intend to work in the herb or health food industries or pursue further advanced studies.

Program Costs

Tuition*	\$4,200
Books and materials**	\$ 250 (subject to cost change and non-refundable)
<u>Application Fee</u>	<u>\$ 50</u>
Total	\$4,500

*A deposit of \$600 is required for Fundamentals Evening.

*A deposit of \$700 for the Day Program.

** All required books are available at the school apothecary discounted for students. Discounted herbs and materials are also available for purchase in the fully stocked apothecary for use in class projects.

Prerequisite: High School diploma or equivalent.

There are Two Class Schedules Offered: Day Track or Evening Track:

Day Track: Mondays, Tuesdays, and Wednesdays, 10 am to 5 pm. Lunch break: 1-2 pm, and periodic 15 minute breaks throughout day.

Evening Track: Mondays and Wednesdays, 6pm-9 pm, and average of two Saturdays per month, 10 am to 5 pm, with a lunch break: 1-2 pm. Includes periodic Independent Study weeks. See Calendar on page 4 for dates.

Detailed schedules for each program are completed ~ 4-6 months before the start date and are provided upon request.

Note: Due to Federal regulations regarding international students, CSCH is not able to accept applicants who do not have a U.S. Social Security number.

Fundamentals Program Description This is an intensive program and requires 12-16 hours of homework per week (Day track) or 4-6 hours per week (Evening track). The centerpiece of the program is the Integrative Herbalism sequence. This course integrates introductory classes in Anatomy and Physiology, Pathophysiology, Herbal *Materia Medica*, and Herbal Pharmacy labs into coherent and related areas of study. Students learn the physiology and pathology of cells, tissue types and organ systems; the actions and energetics of the *Materia Medica* that affect them; and related practical herbal pharmacy techniques: infusions, decoctions, tinctures/macerations, infused oils, salves, honey extractions, elixirs, and pastes.

Fundamentals Breakdown of Hours:

Integrative Herbalism: Pathophysiology, <i>Materia Medica</i> , and Pharmacy	144 hours
Introduction to Personal Nutrition	30 hours
Introduction to Botany and Plant Identification	33 hours
Introduction to Flower Essences	9 hours
Herbs of Commerce	12 hours
<i>Materia Medica</i> Independent Study	106 hours
Advanced <i>Materia Medica</i>	24 hours
Opening/Closing, Orientations, Exams	12 hours
Total	370 hours

Fundamentals Course Descriptions

Integrative Herbalism: 138 hours

- Introduction to Vitalist Sciences and Herbal Energetics: Vitalist history & therapeutics; Introduction to constitution/temperament; Western herbal energetics: temperature, moisture, degrees; stimulants, relaxants, tonic/astringents, diffusives, trophorestoratives– 9 hours
- The Cell and its Environment: cellular anatomy & physiology; cellular pathophysiology; mitochondrial energy production; extracellular fluid & histology; *Materia Medica*: nutritional herbs – 6 hours
- Nervous System: anatomy & physiology; pathophysiology; *Materia Medica*: stimulants, relaxants, nervines, trophorestoratives, *MM* lab – 12 hours
- Skin and Mucous Membranes: anatomy & physiology; pathophysiology; *Materia Medica*: vulneraries, demulcents, expectorants, tonics – 6 hours
- Cardiovascular System: anatomy & physiology; pathophysiology; *Materia Medica*: circulatory tonics, trophorestoratives, diaphoretics – 6 hours
- Respiratory System: anatomy & physiology; pathophysiology; *Materia Medica*: expectorants, relaxants, trophorestoratives, *MM* lab – 6 hours
- Digestive System: anatomy & physiology - absorption, assimilation; enzymes; pathophysiology; *Materia Medica*: bitters, carminatives, laxatives, anti-inflammatories, *MM* lab – 9 hours
- Musculoskeletal System: anatomy & physiology; pathophysiology; *Materia Medica*: relaxants, nutrients, antispasmodics – 6 hours
- Lymphatic System: anatomy & physiology; pathophysiology; *Materia Medica*: alterative and lymphatic herbs – 6 hours
- Immune System: anatomy & physiology; pathophysiology; *Materia Medica*: adaptogens, immune stimulants, immunomodulators – 9 hours
- The Liver: anatomy & physiology; pathophysiology; detoxification; *Materia Medica*: cholagogues, bitters, hepatoprotectant -6 hours
- Insulin resistance; anatomy & physiology; pathophysiology – 6 hours
- Endocrine System: anatomy & physiology; integrated endocrine function and regulators; female & male hormones – 12 hours
- Reproductive System: male and female anatomy & physiology; pathophysiology; *Materia Medica*: fertility herbs, emmenagogues, hemostatics, antispasmodics, nutritional tonics – 12 hours

- Urinary System: anatomy & physiology; pathophysiology; *Materia Medica*: diuretics, demulcents, disinfectants, tonics – 6 hours
- Introduction to Vitalist Herbal Formulation: evaluating & constructing the action formula; customizing the formula for constitutional considerations; balancing herbal energetics in formulas - 6 hours
- Integrative Herbal Pharmacy: decoctions & infusions lab; tinctures/macerations lab; infused oils & salves lab; honey extractions & pastes lab; formulation lab; includes pharmacy math – 15 hours
- Intro to Mycology: 3 hours
- Apothecary Skills: 3 hours

Introduction to Botany and Plant Identification: 33 hours

- The Language of Botany and Organoleptics – 6 hours
- Botany Field Practice: keying local medicinal herbs – 6 hours
- Botany Field Practice: local medicinal shrubs – 3 hours
- Botany Field Practice: local medicinal trees – 3 hours
- Botany Field Practice: plains/foothills/montane – 15 hours

Nutrition: 30 hours

- Introduction to Personal Nutrition – 3 hours
- Nutrition in Human History (nutritional anthropology) – 3 hours
- Proteins and Amino Acids – 3 hours
- Lipids (fatty acids, oils, cholesterol) – 3 hours
- Carbohydrates (sugars, polysaccharides, fiber) – 3 hours
- Vitamins I and II: Water-soluble and Oil-soluble – 6 hours
- Minerals I and II: Macrominerals and Trace Elements – 6 hours
- Special Supplements in Commerce – 3 hours

Introduction to Flower Essences: 9 hours

- Introduction to Flower Essences – 3 hours
- Bach Flower Essences *Materia Medica* I and II – 6 hours

Herbs of Commerce 15 hours

- The Herb Industry in North America – 3 hours
- Herbs of Commerce in North America – 9 hours
- Herbalism business Local – 3 hours

Advanced Materia Medica: 24 hours

- Physiomedicalist Actions and *Materia Medica* Differentials – 6 hours
- Humoral Actions and *Materia Medica* Differentials – 3 hours
- Mucous Membrane *Materia Medica* Differentials – 3 hours
- Digestive Tract *Materia Medica* Differentials – 3 hours
- Respiratory Tract *Materia Medica* Differentials – 3 hours
- Nervine and Sedative *Materia Medica* Differentials – 3 hours

Materia Medica Independent Study: Materia Medica Journal Students compile information from approved source books, and compose a reference guide to the use of 80-109 herbs from the CSCH curriculum. The Fundamentals faculty reviews, grades, and provides detailed feedback. 44 hours

Herbs-of-the-Week: Students also select one herb per week for nine weeks. Individually, the students consult research resources in the Vitalist tradition to learn historical uses and actions of the herb. The herb is prepared and taken in various forms and doses, and students journal and discuss the results of their experiences with their peers. The Fundamentals faculty reviews, grades, and provides detailed feedback. 28 hours.

Materia Medica Independent Study: Herb Farm Immersion and Field Study: Fundamental's students participate in an 18-hour plant immersion throughout the year at local farms to learn domestic herbal identification, cultivation, permaculture farming, harvesting, and processing techniques. The focus is on working with live herbs introduced in the CSCH curriculum. 18 hours.

Materia Medica Independent Study: Materia Medica Wild Plants ID Project and Cultivated Identification Project: In this Independent Study project, students prepare monograph-style pages on some of the most commonly used herbs in Western practice. These illustrated pages complement the *Materia Medica* Journal entries and Herb-of-the-Week reports. Material covered includes positive identification of the living plant: recognizing and illustrating major features; identifying different forms, such as the dried herbs available in commerce; organoleptics of the dried herbs and their extracts; macroscopic features and microscopy in plant identification; and preparation of a written summary of the student's experiences with positive identification and verification. 16 hours.

Independent Study weeks are scheduled periodically throughout the program and are specifically designated for completion of all of the Independent Study projects. Each project has specific due dates, and all projects must be completed and submitted before the end of the program.



Certificate in Advanced Herbalism

540 Hours: Classroom, Lab, and Projects

Occupational Objective: The program prepares the student with the skills necessary to earn income offering advice on herbal and nutritional approaches in a retail or private office setting.

Program Cost

Tuition *	\$6,200
Books and materials**	\$ 200 (subject to cost change and non-refundable)
Approx. Travel expense	\$ 100 (subject to cost change and non-refundable)
Total Program:	\$6,500

*A deposit of \$800 is due at time of enrollment.

** All required books are available at the school apothecary at discounted rates. Discounted herbs and materials are also available for purchase in the fully stocked apothecary for use in class projects.

***For students transferring into the Advanced Program, there are additional requirements and fees: A \$50 application fee is charged for transfer students, as well as a \$200 Admissions Exam Fee. (Please see *Catalog Addendum* on page 38).

Prerequisites: CSCH Fundamentals of Medical Herbalism program; or approved equivalent formal studies in herbalism and passage of the CSCH Advanced Herbalism Program Admissions Exam. See *Catalog Addendum* on p. 36 for details and fees.

Day Track: Mondays, Tuesdays, and Wednesdays, 10 am to 5 pm. Lunch break, 1 – 2 pm. See Calendar on page 4 for dates. There are breaks during the term, along with a camping field trip.*

Evening Track: Tuesdays and Thursdays, 6-9 pm, and an average of two Saturdays per month, 10 am to 5 pm, with a lunch break: 1-2 pm. Includes periodic Independent Study weeks and Holiday breaks. See Calendar on page 4 for dates. There are also two Sunday classes included in this program, along with a camping field trip.*

*Detailed schedules for each program are completed 4-6 months before the start date and are provided upon request by writing to Info@clinicalherbalism.com

Advanced Program Description

Courses are taught in integrated modules of closely related material. In a clinical setting, the herbalist must pull together material from basic anatomy and physiology, pathology, herbal *Materia Medica*, therapeutic strategies, clinical nutrition, pharmacology, and interview strategies; so each module in the program teaches these skills together, in an integrated way, as is appropriate for the focus area of the module. One module is completed before a more advanced one is begun. Emphasis is on application and expansion of material taught in the Fundamentals of Medical Herbalism program.

Advanced Breakdown of Hours:

Fundamentals of Vitalist Medicine	51 hours
Vitalist Therapeutics for Acute Symptoms	51 hours
Clinical Nutrition in the Vitalist Paradigm	45 hours
Toxicity and Detoxification	12 hours
Roots of Chronic Disease I: Nutrition, Digestion, and Immunity	42 hours
Roots of Chronic Disease II: Insulin Resistance Syndrome	12 hours
Reproduction and Vitalist Therapeutics	24 hours
Safety, Side Effects and Contraindications	36 hours
Flower Essences: Bach and Beyond	18 hours
Nature Observation and Field Trip	36 hours
Interview Skills	30 hours
Case Analysis	30 hours
Professional Practicum	20 hours
<i>Materia Medica</i> Independent Study	90 hours
Advanced Herbal Pharmacy	36 hours
Orientation/Exams	7 hours
Total	540 hours

Advanced Course Descriptions

Fundamentals of Vitalist Medicine

Students learn the philosophical and historical aspects of medical Vitalism, including applications in Western and Asian systems of medicine, as well as methods of clinical assessment in these systems. Included are the history and principles of Thomsonian, Physio-Medicalist, Eclectic, Hydropathic, and early Naturopathic medicine; the physiology of nutrition, digestion, exercise, and rest as it relates to Vitalism; an overview of the Vitalist underpinnings of Traditional Chinese, Ayurvedic, and Greek-Arabic (Unani) medicine; practice at Vitalist assessment techniques from these systems; and an in-depth study of Vitalist concepts of herbal actions and formulation.

Vitalist Therapeutics for Acute Symptoms

Students learn the pathophysiology of and therapeutics for 40 common conditions, using clinical nutrition, medical herbalism, hydrotherapy, and other strategies in the Vitalist paradigm. Conditions covered include upper, middle, and lower gastrointestinal tract conditions; blood purifiers, alteratives, and the 'bad blood' syndrome; the skin; catarrh, mucous membrane, and lymphatic conditions; coughs, eyes, and ears; fatigue, depression, anxiety, and insomnia; fever and pain; bladder and kidney conditions; menses and fertility; pregnancy and breast health.

Clinical Nutrition in the Vitalist Paradigm

Students study aspects of nutrition focusing on clinical applications for contemporary health problems. Beginning with a review of nutritional anthropology (as it relates to modern practice), students learn assessment techniques for nutritional status and develop clinical strategies. Students engage in the activities they will later ask their clients to perform, such as keeping a diet journal, performing self-assessment for nutrient deficiencies, investigating food intolerances, and making dietary changes.

Toxicity and Detoxification

Students will learn the nature of metabolic and exogenous toxins; common pathologies of the liver, digestive, and hepatic portal systems; and nutritional and herbal and dietary regimens to support natural detoxification and recovery from addictions.

Roots of Chronic Disease I: Nutrition, Digestion, and Immunity

Beginning with nutrition and digestion – the roots of the physiological tree – the student learns the pathophysiology of digestion and related immune disorders; along with Vitalist therapeutics for digestion and leaky gut syndrome, inflammation, allergy and food intolerance, chronic infections, degenerative disorders, and autoimmune conditions.

Roots of Chronic Disease II: Insulin Resistance Syndrome

The pathology of insulin resistance is the common root of such modern diseases as hypertension, obesity, atherosclerosis, heart disease, type II diabetes, and cancers of the breast, prostate, and colon. Students will learn the pathophysiology of insulin resistance, along with nutritional, herbal, and other natural therapeutics to address the root causes of the syndrome and support healthy blood sugar balance.

Reproduction and Vitalist Therapeutics

Students will learn pathophysiology and natural therapeutics (including clinical nutrition, medical herbalism, and lifestyle factors) for normalizing the male and female reproductive systems. Basic hormonal patterns of female complaints are covered first, followed by the specific pathologies of such conditions such as PMS, menstrual cramps, excessive or deficient menstrual bleeding, uterine fibroids, ovarian cysts, infertility, and polycystic ovarian syndrome (PCOS). Herbal, nutritional, and lifestyle therapeutics are offered for each condition. Finally, the pathophysiology of the male reproductive system is covered, including infertility, impotence, and benign prostatic hypertrophy (BPH), with Vitalist therapeutics and nutritional support.

Safety, Side Effects, and Contraindications

This unit covers the important topics of botanical toxicology and side effects; the pharmacology and side effects of common drug categories; and potential drug-herb interactions. The course includes an overview of plant constituent chemistry, with an emphasis on considerations of safety; the side effects of common medicinal plants and essential oils; an introduction to medical and herbal pharmacology; potential drug-herb interactions; interview skills for safety; and finally, safety for children and elders.

Flower Essences:

The student will study differentials of flower essences, and will also participate in a day-long field trip to make essences from local flowers.

Nature Observation and Field Trip:

Students will learn methods and skills of observation and awareness in Nature to enhance clinical observation of clients; and methods of meditation/reflection in a natural setting for insight and revitalization. We will also explore the plant life in several diverse ecosystems of the Great Plains, the Foothills and Front Range, and the High Rockies.

Interview Skills:

Introduction to Clinical Skills. Students are introduced to the methods of basic medical interviewing and gain in-depth practice. Methods will include the conventional OPQRST interview, as well as constitutional assessment from traditional systems. As a final project, under the guidance of CSCH Clinical Faculty, students will collectively complete three intakes and assessments for practice clients, evaluate patterns, participate in a Round Table, and design and deliver protocols and herbal formulations.

Case Analysis:

Case Analysis studies include methods to analyze a client intake for pathological patterns in the Vitalist paradigm, with special attention to safety and referral skills; and to develop a Vitalist therapeutic plan. The majority of the class hours are spent analyzing anonymized client cases from faculty experience and the CSCH clinic.

Professional Practicum

The practicum is designed to provide students with first-hand experience observing a professional herbalist or related practitioner at work. Students will select a professional herbalist or medical practitioner in the field of their chosen professional aspiration, and observe them or otherwise participate with them in a professional setting. A faculty advisor will approve the student proposal, be available for feedback and guidance during the process, and evaluate the final report.

Materia Medica Independent Study:

Students will learn in-depth traditional and contemporary Vitalist uses of 21 herbs, experience their clinical actions and effects, and practice pairing and formulation with the herbs. Students select one herb to experience an average of every two weeks. They journal their experiences and use research resources to compile historical uses. They devise formulas using the herb in combination with others for a diversity of hypothetical client presentations. Finally, students review and comment on the journals of two of their peers. Faculty advisors review all of their work and offer suggestions.

Advanced Herbal Pharmacy

In the first part of this unit, students learn the history and theory of percolation as both an historical and practical method of making professional-quality herbal extracts, including details of solubility for the constituents of major herbs. Using methods developed and documented by pharmacists of the Physio-Medicalist and Eclectic traditions, and updated for modern production, the student practices doing accurate calculations for percentages and extraction ratios; prepares and performs percolations; and learns how to measure yield and recovery. In addition, students will study and re-create classic herbal and topical formulas from the Physio-Medicalist and Eclectic traditions. Includes lecture and lab.

The second week of this unit is devoted to Formulation Labs, where students analyze a variety of client scenarios; design and debate herbal formulas based on energetics, clinical actions, compatibilities, corrigents, and safety indications; and create those formulas (infusions, decoctions, tinctures, oils/salves, honeys, etc.) for in-class evaluation, critique, and modification. Students are required to turn in detailed recipes with parts, dosages, durations, and instructions for preparation. Recipes are collected, reviewed, and approved as part of the CSCH Formula Compendium.



Certificate in Clinical Herbalism

475 Hours: Classroom, Practicum, and Thesis

Occupational Objective: This program prepares the graduate to develop a practice in clinical herbalism and nutrition.

Program Costs

Tuition*	\$ 5,950
Capstone Project/Thesis Fee	\$ 300
Books and materials	\$ 200
<u>Application Fee</u>	<u>\$ 150</u>
Total	\$ 6,600

*A deposit of \$800.00 is required at time of enrollment

Prerequisites: Advanced Herbalism program or equivalent formal advanced studies in herbalism, nutrition, interview skills, and clinical safety; and High School Diploma or equivalent.

Class Schedule: Students are required to share a 4-hour shift per week in the CSCH clinic (Clinic Shift) for 30 weeks during the term. See Calendar on page 4 for dates. Regular class time (Round Table) is Thursday evenings: 1pm-4pm twice per month, and 1pm-7pm twice per month. There is a one-week break approximately every six weeks during the term.

Clinic Attendance	120 hours
Case Review (Round Table)	240 hours
Thesis in <i>Materia Medica</i>	55 hours
Teaching Practicum	12 hours
Client Education	18 hours
<u>Practice Management Practicum</u>	<u>30 hours</u>
Total	475 hours

Clinical Herbalism Course Descriptions

Clinical Practice

Students gain practical experience interviewing clients one-on-one in the CSCH clinic consulting rooms. Students attend shifts in the public clinic totaling 120 hours: 4 hours per week for 30 weeks.

Case Review

Case review expands the practical clinical skills of interviewing, case analysis, referring, and developing therapeutics including Vitalist practices, Western herbalism, and clinical nutrition. Student clinicians see clients for intakes and follow-ups, research and write up their cases, and attend a weekly case-review session / Round Table in which their own cases and those of their clinical colleagues are reviewed and discussed by two or more practicing professional herbalists and/or nutritionists (three hours per week for 30 weeks). In addition, all cases are reviewed and commented upon by senior faculty and all of the student's peers in the program, via an anonymous and secure online process.

Thesis in Materia Medica

Student clinicians select one medicinal herb and/or related clinical condition of their choice, and research all aspects including phytochemical constituents, pathophysiology, clinical trials, traditional and ethnobotanical use in Western herbalism and in modern medicine, etc. Student clinicians also make and consume multiple preparations of the herb, in the form of powders and various extracts (infusions, tinctures, oils, etc.). A section of the thesis reports their personal experience with the pharmacy of the herb, while other sections report on the research topics listed above. Students also prepare and present an academic poster-board showcasing their thesis research. A faculty advisor reviews the work at the levels of proposal, outline, first draft, final submission, and presentation. Theses are read, commented on, and graded by faculty.

Teaching Practicum

During the Clinical Herbalism program, with faculty supervision, student clinicians are required to develop, market, and teach a public class on a topic of their choice which is relevant to the practice of contemporary Western herbalism. At the completion of the course, students submit a reflection paper/final report on their teaching and marketing processes.

Client Education

Student clinicians research, design, write, document, and publish client handouts on four topics of their choice which are relevant to the practice of contemporary Western clinical herbalism. Educational materials are shared among all student clinicians and provide a pool of readily-available information materials for distribution to CSCH clients. The materials may also be used to construct blog articles, articles for submission to print, or other marketing materials.

Practice Management

Student clinicians attend fifteen two-hour sessions, each including one hour of lecture and one hour of practicum, in which they learn business and apothecary skills relevant to the management of a practice in contemporary Western clinical herbalism and nutrition. They perform regular clinic management functions including scheduling, maintaining files and educational materials, clinic marketing, and pharmacy inventory. The Practice Management sessions are taught and directly supervised by the Clinic Director and/or the onsite Clinic Manager or other guest faculty specialists.



Certificate in Nutrition

1000 Hours: Classroom, Lab, Thesis/Project

Occupational Objective: This program prepares the student with the skills necessary to earn income offering consultations on diet, nutrition, and supplementation in a retail or private office setting. *It is specifically designed to integrate the training of the professional clinical herbalist with that of a clinical nutritionist.*

Program Costs

Tuition	\$ 1,800
Books and materials	<u>\$ 150</u>
Total	\$ 1,950*

Prerequisites: High School diploma or equivalent for all programs. Certificate in Fundamentals and Advanced Medical Herbalism.*

*For students who have previously transferred into the Advanced Herbalism Program from another school, there are **additional requirements and fees**. Please see the *Catalog Addendum* on p. 36 for details.

Note:. The additional hours/courses in the Nutrition Program are taken and paid for during the Fundamentals, Advanced, and Clinical Programs.

Class Schedule: Classes are held from 10 am-5 pm, Sat & Sun, on one weekend per month, with a one-hour lunch break each day. See Calendar on page 4 for the term. Detailed schedules for each program are completed approximately four months before the start date.

Nutrition Courses

Students enrolled in the Nutrition Certificate program alone may take the courses as they are taught. Students with simultaneous enrollment in the Fundamentals, Advanced, and Clinical Herbalism certificate courses may transfer their courses from those programs for credit in the nutrition program.

Integrative Herbalism	See Fundamentals Program
Introduction to Nutrition	See Fundamentals Program
Fundamentals of Vitalist Medicine	See Advanced Herbalism Program
Vitalist Therapeutics for Acute Symptoms	See Advanced Herbalism Program
Clinical Nutrition in the Vitalist Paradigm	See Advanced Herbalism Program
Toxicity and Detoxification	See Advanced Herbalism Program
Nutrition, Digestion, Immunity	See Advanced Herbalism Program
Insulin Resistance Syndrome	See Advanced Herbalism Program
Vitalist Therapeutics	See Advanced Herbalism Program
Safety, Side Effects, and Contraindications	See Advanced Herbalism Program
Interview Skills	See Advanced Herbalism Program
Case Analysis	See Advanced Herbalism Program
Clinical Practice	See Clinical Herbalism Program
Case Review	See Clinical Herbalism Program
Client Education	See Clinical Herbalism Program
Practice Management	See Clinical Herbalism Program
Constitutional Effects of Food	See description below
Food and Mood	See description below
Nutrition Through the Life Cycle	See description below
Nutrition, Physical Activity, and Disease	See description below
Nutritional Physio-Chemistry	See description below
Optimal Weight and the Eating Disorders	See description below
Phytochemical and Other Specialized Supplements	See description below
Scientific Methodology in the Nutritionist's Office	See description below
Nutrition Thesis	See description below

Nutrition Course Descriptions

Constitutional Effects of Food

Foods affect us on many levels other than physiologically. The effects of the flavors – salty, sour, bitter, sweet, pungent, and astringent – as well as the heating and cooling, moistening and drying aspects of foods (food energetics) will be explored, touching on Asian, Ayurvedic and Unani Tibb frameworks. Constitutional weaknesses and methods of working with them to enhance health will be introduced.

Food and Mood

Students will learn how nutrition affects brain neurotransmitters, energy metabolism, hormonal stability, blood sugar stability, and enzyme manufacture, which in turn affect mood states. This class explores how disturbances of these functions can contribute to depression, bipolar disorder, anxiety, and addictive disorders.

Nutrition, Physical Activity, and Disease

The increased macro- and micro-nutrition necessary for optimal performance of the athlete and non-athlete who is engaging in sports or increased physical activity will be discussed, along with dietary patterns and therapeutics. The role of physical activity and nutrition on disease states will be included, with an emphasis on prevention and wellness.

Nutritional Physio-Chemistry

This course introduces the student to the physiological chemistry principles necessary to understand how nutrients affect pathways in the body. The focus is on physiology, more so than the typical biochemistry class, so as to be of more immediate usefulness to the student of nutrition. We will examine the chemical processes within the body that utilize nutrients and energy from foods, while learning how vitamins and minerals are integral components of the process. Biochemical metabolism of carbohydrates, proteins and fats, ATP production through the Krebs cycle and electron transport chain, and the hormonal blood sugar balancing systems of insulin/glucagon/gluconeogenesis will be included.

Nutrition Thesis

Students have the opportunity to research one area of interest in-depth. They may focus on a particular nutrient, or on a particular condition or aspect of health. A review of the literature will be an integral component of their work. They will work under the supervision of a faculty advisor who will review their work periodically throughout the process. Students will present a poster project on their research and a written paper.

Nutrition Through the Life Cycle

This course discusses the varied nutrient needs due to physiologic and metabolic differences encountered during infancy, childhood, adolescence, pregnancy and lactation, and the advanced years. Lifestyle patterns and nutritional therapeutics to support optimal health and vitality at any age will be incorporated.

Optimal Weight and Eating Disorders

Weight management is of primary importance to millions in this country, and many pursue weight-loss goals while sacrificing their personal health. The significance of food intolerance and insulin resistance to weight loss will be discussed, along with the importance of focusing on metabolic and cardiovascular health for weight management. Eating disorders are on the rise throughout the United States and their effects are devastating to patients and families. This course also introduces the student to the symptomology of eating disorders, and presents counseling techniques useful for working with clients who present with the criteria of eating disorders, eating issues, and weight management. 'Health at every size' principles are introduced as a Vitalist alternative to focusing on weight loss.

Phytochemicals and Other Specialized Supplements

Research is exploding in the field of biologically active compounds that have important effects on the body for the maintenance of optimal health and recovery from disease processes. This course explores the flavonoids, carotenoids, sulfur donors, tocotrienols, alpha-lipoic acid, and other compounds from foods and nutritional supplements. Metabolic effects, sources, and potential therapeutic uses are included.

Scientific Methodology in the Nutritionists Office

What does the nutritionist do when a client presents them with a handful of test results from their primary care practitioner? What tests are most useful in understanding nutritional and physiologic status? How do the medications clients are taking affect nutrient status, appetite, and digestive function? How does the nutrition practitioner verify or disprove a claim made by nutritional product manufacturers? This course explores these questions and provides a framework through which to examine and interpret scientific literature.

Students will learn the basic meaning of the most common laboratory tests and how to refer clients to – and discuss results with – a primary care physician who is trained to interpret lab results. They will also learn how to interpret the meaning and relative significance of information obtained from several different scientific studies.



Bach Flower Essences Practitioner Certificate

56 Hours: Classroom and Clinic

Occupational Objective: This program prepares the graduate to offer consultations on Flower Essences in a retail or clinical setting.

Program Costs

Tuition	\$ 1,250 (for graduates of Advanced Herbalism)
Books and materials	\$ <u>150</u> (subject to cost change and non-refundable)
Total	\$ 1,400*

Prerequisites: High School diploma or equivalent, **and a certificate from Fundamentals and Advanced Medical Herbalism from CSCH***

* For students who transferred into the Advanced Herbalism Program from another school, there are **additional requirements and fees**. Please see the *Catalog Addendum* on p. 39 for details.

Class Schedule: The classroom portion of the program is completed during enrollment in the Fundamentals and Advanced Programs. Students must pass a clinical flower essence entrance exam in order to submit cases to the Flower Essence Round Table. Clinical cases in which flower essences have been recommended will be reviewed by peers and faculty mentors who are qualified in flower essence therapy. Students attend Thursday afternoon flower essence Round Table sessions once per month for 8 months for case discussion. Additionally, there is an ongoing “Flower Essence of the Week” assignment similar to the “Herb of the Week” assignment in Advanced, where students share, review, and comment on each other’s explorations and experiences with the essences.

Detailed schedules for each program are completed ~ 4-6 months before the start date and are provided upon request.

Bach Flower Essences Courses

Introduction to the Bach Flower Essences	3 hours
<i>Materia Medica</i> Categories of the Flower Essences	6 hours
Bach Remedy Differentials	6 hours
The Basic Health Interview	6 hours
The Bach Flower Interview	3 hours
Case Studies	6 hours
Flower Essence Field Trip	6 hours
<u>Clinical Practice</u>	<u>20 hours</u>
Total	56 hours



Rocky Mountain Field Botany Certificate

68 Hours: Classroom and Lab

Occupational Objective: This course prepares the student to work in an entry level position in the field of botanical identification and wildcrafting.

Course Costs

Tuition*	\$ 1,250
Books and materials	\$ 200 (subject to cost change and non-refundable)
<u>Application Fee</u>	<u>\$ 50</u>
Total	\$ 1,500

*A deposit of \$400 is required with enrollment

Prerequisites: High School diploma or equivalent

Class Schedule:

Classes meet on Fridays in the late spring and summer, with two weekend (F, Sat, Sun) field trips. Classes will be conducted mainly outdoors, on private lands at various altitudes and in a variety of local ecosystems. This course includes a total of 11.5 lecture hours and 56.5 lab hours (mainly practical work with the plants themselves, keying, wild-crafting, harvesting, medicine-making, and independent plant identification projects).

The Rocky Mountain Field Botany course is designed to provide a thorough introduction to field botany, positive plant identification, wild-crafting ethics, and sustainable harvesting and preservation techniques for the beginning to intermediate student. The main focus is hands-on experience, along with a variety of lecture formats and labs.

Rocky Mountain Field Botany Classes

• Introduction to botany: terminology and plant anatomy	3 hours
• Introduction to the botanical keying method of plant I.D.	3 hours
• Introduction to plant family characteristics and I.D.	3 hours
• Botanical dissection lab	3 hours
• Keying lab 1	3 hours
• Wildcrafting ethics and legal considerations	3 hours
• Harvesting techniques and medicine-making lab 1	3 hours
• Keying lab 2	3 hours
• Harvesting techniques and medicine-making lab 2	3 hours
• Keying lab 3	3 hours
• Harvesting techniques and medicine-making lab 3	3 hours
• Keying lab 4	3 hours
• Harvesting techniques and medicine-making lab 4	3 hours
• Botanical ecology and plant communities	3 hours
• Advanced keying techniques	3 hours
• Advanced harvesting techniques	3 hours
• Advanced medicine-making methods and practice	3 hours
• Collaborative botany exercises	3 hours
• Independent study project (keying assignments)	14 hours
Total	68 hours

Detailed schedule is available upon request.



Certificate in Aromatherapy

124 Hours: Classroom, Lab, and Independent Study Projects

Occupational Objective: This course prepares the student to work in an entry level position in the field of Aromatherapy and Essential Oils.

Course Costs

Tuition*	\$ 1,300
Books and materials	\$ 150 (subject to cost change and non-refundable)
Application Fee	\$ 50
Total	\$ 1,500

*A deposit of \$300 is required with enrollment

Prerequisites: High School diploma or equivalent.

Class Schedule:

Classes meet Tuesday evenings, 6-9 pm, over a span of 23 weeks, with two 6-hour workshops/labs, one Saturday in June, and one Saturday in July. There are two individual weeks within the course that are devoted to guided and graded Independent Case Study Projects, as well as guided independent study on Research Review, Home Play, and Creative Projects. This course includes a total of 60 lecture hours and 64 lab hours.

The Aromatherapy 100 course is designed to provide an introduction to the basic arts and sciences of aromatherapy and essential oils for the beginning to intermediate student, in the context of Vitalist herbalism. The course includes both classroom lectures and hands-on experience, along with a variety of lecture formats and labs. Students will learn the history and chemistry of essential oils, EO *Materia Medica*, blending / formulation, product creation, and clinical skills for the practicing aromatherapist. The course also includes a basic introduction to the anatomy, physiology, and pathophysiology of the relevant body systems as they are affected by essential oils. Aromatherapy 100 qualifies as a NAHA Level 1 Aromatherapy Course, and prepares the student for further study in the field. Its unique focus on understanding aromatherapy in the context of Western herbalism and Vitalist health practices will enhance the education of both aromatherapists and herbalists as well as other holistic health care practitioners. Environmental sensitivity and sustainability (e.g., regenerative cultivation of essential oil-bearing plants and avoiding use of threatened or endangered species) are key considerations in the *Materia Medica* chosen for our curriculum.

Aromatherapy Classes

• History of Aromatics; Intro to EOs; EO Safety; EO <i>Materia Medica</i>	3 hours
• Independent Study: Essential Oil of the Month Projects	20 hours
• Comparison of Botanical Therapeutics; EO <i>Materia Medica</i>	3 hours
• Overview of Pharmacokinetics, EO Safety; EO <i>Materia Medica</i>	3 hours
• EO Sourcing and Sustainability; Botany of EO-bearing trees; EO <i>Materia Medica</i>	3 hours
• EO Sourcing and Sustainability; Botany of EO-bearing Plants; EO <i>Materia Medica</i>	3 hours
• The Olfactory system; Memory and Brain Function EO <i>Materia Medica</i>	3 hours
• The Respiratory & Nervous systems; EO <i>Materia Medica</i> ;	3 hours
• Immune system; PNI; Holism in Aromatherapy	3 hours
• Mid-term exam	3 hours
• The Integumentary system; EO <i>Materia Medica</i> ; Carrier Oils	3 hours
• The Circulatory and Lymphatic systems; EO <i>Materia Medica</i> ;	3 hours
• Musculoskeletal system and Reproductive System; EO <i>Materia Medica</i> ;	3 hours
• Urinary & Digestive systems: EO <i>Materia Medica</i>	3 hours
• Endocrine system; EO <i>Materia Medica</i> ; Intro to Chemistry	3 hours
• Foundations of Organic Chemistry: Functional Groups and Constituents	3 hours
• Chemistry of Essential Oils; Analytical Techniques; Research Skills	3 hours
• Applied Aromatherapy; Consultation Skills; Ethics; EO Blending	3 hours
• Blending 1 and Applied Aromatherapy II; Carrier Oils	3 hours
• Applied Aromatherapy; Consultation skills Lab	3 hours
• Workshop: Carrier Oils; EO Blending; Applied Aromatherapy	6 hours
• Workshop: Hydrosols; Distillation Processes; Subtle Aromatherapy	6 hours
• Presentations: Creative Projects and Research Review	3 hours
• Business Skills; Marketing and Claims; Final Exam	3 hours
• Independent Study: Case Studies	10 hours
• Independent Study: Research Review	2 hours
• Independent Study: Creative Project	2 hours
• Independent Study: Home Play	15 hours

Total 124 hours

Detailed schedule is available upon request.

Clinical Skills Four-Day Intensive Certificate

23 Hours: Classroom

Occupational Objective: This seminar provides skills, which would supplement a larger body of education and experience to prepare the student for, or advance them in, the practice of clinical herbalism and nutrition.

Program Costs

Tuition*	\$550
Books and Materials	\$ 50 (subject to change, non-refundable)
<u>Application Fee</u>	<u>\$ 50</u>
Total	\$650

*Full Tuition is due with enrollment.

Travel expenses to the seminar and meals are not included in the above tuition.

Prerequisites: 100 classroom hours of previous studies in herbalism, or equivalent experience as a practitioner.

Seminar Description

The student works in both lecture and collaborative clinical formats to further their clinical skills, including interview skills, case management, and herbal formulation.



Clinical Skills Five-Day Intensive Certificate

30 Hours: Classroom

Occupational Objective: This seminar provides skills that will supplement a larger body of education and experience to prepare the student for, or advance them in, the practice of clinical herbalism and nutrition.

Program Costs

Tuition	\$650
Books and Materials	\$ 50 (subject to change, non-refundable)
<u>Application Fee</u>	<u>\$ 50</u>
Total	\$750

*Full Tuition is due with enrollment.

Travel expenses and meals are not included in the above tuition.

Prerequisites: 100 classroom hours of previous studies in herbalism, or equivalent experience as a practitioner.

Seminar Description

The student will work in both lecture and collaborative clinical formats to further their clinical skills, including interview, self-knowledge, case management, and herbal formulation.



School Policies

Entrance Requirements

The Colorado School of Clinical Herbalism does not discriminate based on disability, race, age, creed, color, sex, sexual orientation, transgender status, marital status, national origin, or ancestry.

Prospective students must have a High School diploma or equivalency diploma to be accepted for enrollment. If applicants are beyond the age of compulsory school attendance in Colorado and do not possess a diploma or equivalency diploma, they may complete an ability to benefit test approved by the Colorado Department of Higher Education. The school does not administer the test, but will provide information on availability when requested.

For specific prerequisites for the various programs, see the detailed descriptions under each program listing. For students transferring into our Advanced Herbalism program from another school, see the *Catalog Addendum* on page 42 for requirements and fees.

Acceptance into programs is not guaranteed by completion of the program that precedes it in sequence. The school may consider factors such as attendance record, timeliness of assignments, behavior, quality of competing applicants, etc.

Postponement of Start Date

Postponement of a starting date, whether at the request of the school or the student, requires a written agreement signed by the student and the school. The agreement must set forth:

- a. whether the postponement is for the convenience of the school or the student, and;
- b. the deadline for the new start date, beyond which the start date will not be postponed.

If the course is not commenced, or the student fails to attend by the new start date set forth in the agreement, the student will be entitled to an appropriate refund of prepaid tuition and fees within 30 days of the deadline in accordance with the school's refund policy and all applicable laws and Rules concerning the Private Occupational Education Act of 1981.

Previous Credits and Transfer Credits

Credits for previous training, experience, or education from another institution will be evaluated on a case-by-case basis. CSCH does not guarantee transferability of our credits to any other institution unless there is a written agreement with another institution. See *Catalog Addendum* on p. 47 for specific entrance requirements and fees.

Enrollment

Prospective students may enroll at any time until the first day of a program. Late enrollments will be accepted only one week into a program, or one day into a seminar, depending on the length of the course, and at the discretion of CSCH.

Attendance Requirements

Students are expected to arrive on time for class with proper materials. An overall attendance rate of at least 90% is required to pass a course, program, or stand-alone program. The student may be put on probation, with written notice, if attendance requirements are not being met during a course. Instructors may request your withdrawal from a course or program if absences or tardiness are excessive. Classes may, at the school's discretion, be made up by listening to recordings, if they are available, or by completion of a special assignment. There is a two-week time limit for making up classes in this manner. The school may, at its discretion, waive the above requirements if the student has a compelling personal situation. Arriving late 10 minutes or more for three classes is the equivalent of one full 3-hour class, which may, at the school's discretion, be made up with a special assignment. Students who are unable to continue classes for medical reasons or severe personal problems will be required to discuss the situation with the coordinator and the directors of the school. There are no fees due to absence. Proper documentation will be required to substantiate a student's withdrawal.

Incomplete Assignments

All homework assignments must be completed in order to earn a grade in a course, and a late fee may be required at the school's discretion for any homework received after the due date. Due dates and late fees will be described at the time of the assignment.

Students who do not complete all the courses within a program may be required to make up the course/s or their equivalent in order to earn the program certificate.

If incompletes in any courses are not resolved within 7 days of the end of any program, a certificate will not be awarded for that program. At the school's discretion, a reinstatement fee of \$150 may be required in order to turn in late assignments or to make up missed classes more than 7 days after the end of a program, in addition to any late fees for the assignment. Late thesis assignments will have a reading fee of \$50. Make-up hours for completion of any program may be available, at the school's discretion, for a fee of \$25-\$50/hour.

Enrolled students who fail to complete a program, but do complete individual courses within the program that are also approved stand-alone courses, will receive standalone seminar certificates for the courses they have completed.

School Closures and Holidays

When an unexpected closure occurs due to extraordinary conditions such as inclement weather, students will be notified as soon as possible by phone and/or radio, and/or TV that provides closure information as a public service. Classes are not held on the following holidays:

Juneteenth	Labor Day
New Year's Eve	Martin Luther King Day
New Year's Day	Thanksgiving & the following Friday
Memorial Day	Christmas Eve
Independence Day	Christmas Day

Clinic Program

Faculty in the clinic program supervises cases through a process of reviewing the written cases. For this reason, timely submission of case write-ups is essential. A student who is late in submitting a case for review may be placed on probation for a period up to the remaining length of the program. Client record keeping according to the protocols of the clinic is essential for legal, ethical, and practical reasons, and students in the clinic must complete all required paperwork before leaving the grounds after a visit. Violations of this policy are serious and may lead to probation, and with continued non-compliance, dismissal from the program.

Client confidentiality is of utmost importance, and nothing whatsoever heard in a client interview may be repeated outside of the room to anyone, except during case review sessions in which the client's name remains anonymous. Case review write-ups should not contain geographical or occupational identifiers of clients unless directly related to health issues in the case. Violations of this rule are very serious, and may result in probation or immediate dismissal from the program.

Being late for a client appointment in the clinic is also a serious offense, and the student may be placed on probation for a period up to the remaining length of the program. Three violations of the above requirements are grounds for dismissal from the Clinic program.

Progress Policy

Program students must maintain a passing grade average, based on homework, quizzes, and final exams in the courses completed. Those who do not may be placed on probation for a time specified by the school at the time the probation is instituted. During the probation period students must raise their grade average to passing or higher.

Grading System

90-100	High-Pass (HP) – Excellent
80-89	Pass (P) – Average
70-79	Low-Pass (LP) – Below Average
> 70	Fail (F) – Unsatisfactory
C	Complete – Ungraded Assignment
I	Incomplete

Progress Reports and Grades

Program students will receive periodic progress reports. Grades on homework, theses, quizzes, and exams will be reported to students via email and/or in person by faculty. Students enrolled in short-term courses will be issued grades at the end of the course.

Conduct Policy

All students are expected to act maturely and are required to respect other students and faculty members. Possession of weapons, illegal drugs, and alcohol of any kind are not allowed at any time on school property or on school field trips or camping trips. Sexual contact between faculty and staff with students is not permitted. Any violation of school policies may result in permanent dismissal from school of the faculty member, staff member and/or student.

Dismissal

Any student may be dismissed for violations of rules and regulations of the school, as set forth in school publications. A student also may be withdrawn from classes if he or she does not prepare sufficiently, neglects assignments, or makes unsatisfactory progress. The Director, after consultation with all parties involved, makes the final decision.

The Director may temporarily suspend a student whose conduct is disruptive or unacceptable to the academic setting. After appropriate counseling, students who demonstrate a genuine desire to learn and conform to school standards of conduct may be allowed to resume attendance. The Director will review each case and decide upon re-admittance.

Student Grievance Procedure

Complaints may be filed by a student or guardian at any time online with the Division of Private Occupational Schools (DPOS) within two years from the student's last date of attendance or at anytime prior to the commencement of training at <http://higherred.colorado.gov/dpos> or 303-862-3001. We highly encourage students to bring complaints to the attention of the school Directors in order to seek resolution.

Refund Policy

Students not accepted to the school and students who cancel this contract by notifying the school within three (3) business days are entitled to a full refund of all tuition and fees paid. Students who withdraw after three (3) business days, but before commencement of classes, are entitled to a full refund of all tuition and fees paid except the maximum cancellation charge of \$150.00 or 25% of the contract price, whichever is less. In the case of students withdrawing after commencement of classes, the school will retain a cancellation charge plus a percentage of tuition and fees, which is based on the percentage of contact hours as described in the table below. The refund is based on the last date of recorded attendance.

A Student Terminating Training ...	Is Entitled to a Refund of:
Within first 10% of the program	90% less cancellation charge
After 10% but within first 25% of program	75% less cancellation charge
After 25% but within first 50% of program	50% less cancellation charge
After 50% but within first 75% of program	25% less cancellation charge
After 75% of program (if paid in full, cancellation charge is not applicable)	NO REFUND

The student may cancel the contract (Enrollment Agreement) at any time prior to midnight of the third business day after signing the contract. All refunds will be made within 30 days from the date of termination. The official date of termination or withdrawal of a student shall be determined in the following manner:

- a. the date on which the school receives notice of the student’s intention to discontinue the training program; or
- b. the date on which the student violates published school policy, which provides for termination.

- c. should a student fail to return from an excused leave of absence, the effective date of termination for a student on an extended leave of absence or a leave of absence is the earlier of the date the school determines the student is not returning or the day following the expected return date. The student will receive a full refund of tuition and fees paid if the school discontinues a course/program within a period of time a student could have reasonably completed it, except that this provision shall not apply in the event the school ceases operation. The policy for granting credit for previous training shall not impact the refund policy.

Late Tuition Payments

The school may charge a reasonable late fee for tuition payments received after the contracted due date. Current late fees are noted on Enrollment Agreements.

Placement Assistance

CSCH does not offer employment placement assistance to graduates. We make no guarantee, expressed or implied, of future employment. Current law prohibits any school from guaranteeing job placement as an inducement to enroll students.

Core Faculty and Administration Biographies



Kat Mackinnon, CCH, CN, CBF, RH (AHG) Kat is Director of the Clinic program at CSCH. Kat also teaches A&P, Pathophysiology, Medicine making, Vitalism, and Materia Medica in the Fundamentals, Advanced, and Botany programs. (do you get a feeling there's nothing she can't teach?!!!) Having previously studied forestry at Northern Arizona University, the plants, animals, and incredible harsh beauty of the Southwest are great loves of her life. Between teaching at conferences and working at CSCH, she spends her time wildcrafting, making herbal products, running in the mountains, and gardening in the lowlands. Her other interests include art, primitive/ancestral skills (she studied with Tom Brown), and generally nerding-out on the diversity of life in the natural world. Kat also has her own clinical practice and runs Meet the Green, through which she teaches classes on herbalism and primitive skills.



Adrian Mintzmyer, CCH, CN, Botanist Adrian divides his time between being Clinic Coordinator, leading Botany classes, and crafting lectures for our Fundamentals and Advanced programs. He lectures on human anatomy, physiology, pathology, and materia medica. Adrian thinks of teaching as performance art, and incorporates song, dance, and mnemonic teaching techniques into many classes to improve student retention of material. When he isn't working at CSCH, his energy is spent running his business, Mountain Herbalism, where he sees clients and leads workshops on the wild medicinal and edible plants of the Rocky Mountains. As a white person of German, Czechoslovakian, Scott-Irish and English ancestry, Adrian is working to better understand and address the forces of racism, colonization, and capitalism that impact the health of our communities. He believes that the deepest healing can come from building reciprocal relationships with land.



Meghan Pivarnik, CCH, CBF Meghan is the Director of the CSCH Flower Essence program and administrative coordinator for the Clinic program. With a background in education, writing, and editing, Meghan wears many hats (and scarves) at CSCH! She came to study at CSCH in 2015, and we never let her leave! She immediately started supporting staff after graduating and quickly moved into Student Coordination and coaching. She assisted the Clinic Program and continued to be a mentor to our budding clinical herbalists. Meghan has written articles for the Herbal Academy, as well as CSCH and other local publications. Her love for Flower Essences and expertise in student administration led Meghan to follow her new path of Directing our Flower Essence Program. She owns and operates her own clinical practice, red fawkes apothecary, where she holds space for clients to find their most vital selves.



Joshua Paquette, CH, Field Botanist Joshua holds Certification in Advanced Herbalism from the North American Institute of Medical Herbalism. His time with Howie Brounstein and Steven Yeager at the Columbine School of Botanical Studies enlivened his passion for plant identification, ecology, and wildcrafting ethics. Joshua finds that immersion into the wild places of the world coupled with in-depth observation often brings a magic, inspiration, and empowerment to people's lives. Joshua is the Director the Field Botany program and teaches nutrition classes.



Lisa Ganora, Herbalist, Pharmacognosy Lisa's bulk of teaching is in the Advanced programs with classes such as Constituents, Physiomedicalism, Vitalism in History, Toxins and Physiology, and Roots of Chronic Disease classes.

Lisa began studying herbs in the Wise Woman Tradition back in 1986 and fell profoundly in love with medicinal plants and natural healing. In 1997 Lisa decided to study botany, chemistry, and health sciences at the University of North Carolina, Asheville, and graduated with highest honors and several awards. Lisa combines a deep understanding of traditional, Vitalist herbalism with a scientifically integrated and holistic approach to natural healing. Lisa has served as an Adjunct Professor of Pharmacognosy at the Southwest College of Naturopathic Medicine in Tempe, Arizona, and has lectured at numerous schools and conferences around the U.S. She is the author of *Herbal Constituents*, the standard textbook of phytochemistry for herbalists and medicine makers, and it is available through the school website!



Paul Bergner, CCH, CN Paul serves as a primary case reviewer in the CSCH Clinical Herbalism program and teaches in the Advanced, Clinic, and Nutrition programs, as well as intensives. He founded and directed the Clinical Herbalism program at the Rocky Mountain Center for Botanical Studies. Paul has studied and practiced natural medicine since 1973, with formal studies in naturopathy, medical herbalism, clinical nutrition, traditional Chinese medicine, Ayurvedic medicine, flower essences, yoga therapy, and bodywork, including undergraduate studies in pre-medicine and psychology, and 50 semester hours of doctoral level medical studies at National College of Naturopathic Medicine. He has edited the Medical Herbalism journal since its founding in 1989, and has written seven books on medical herbalism, nutrition, Chinese medicine, ethnobotany, and Naturopathic medicine. Paul taught nutrition for seven years as adjunct faculty at Naropa University. Paul continues to teach at NAIMH in Portland, Oregon and around the world.



Tania Neubauer, ND, Clinical Herbalist Tania is a teacher and primary case reviewer in our Clinical Herbalism program. She completed programs of study with Michael Moore, Karyn Sanders, and the Pacific School of Herbal Medicine. Tania completed her N.D. degree at the National College of Naturopathic Medicine in 2006. After graduation, she practiced primary care medicine in a rural Nicaraguan hospital through a collaboration with Natural Doctors International, a nonprofit organization that works to provide global health. Tania currently practices as a primary care family physician in Salem, OR.



Mary W. Barnes RH (AHG), CCH, CN, CBFE Mary has practiced Vitalist clinical herbalism since the year 2000, working as a wellness provider and teacher. She works in the Clinical Herbalism program, serving as a Round Table facilitator and primary case reviewer. Mary was Director of the CSCH Clinic program. Mary practices through her business, Silver Spirit Herbs and Nutrition, and is a talented botanical illustrator.



Anne Lelong, RD, MS, CCH Anne teaches nutrition in the Fundamentals and Advanced Programs. She attended U.C. Davis and Yale in pursuit of registration as a dietitian prior to coming to Colorado to augment her nutritional skills by studying Clinical Herbalism at The Rocky Mountain Center for Botanical Studies. Anne has been teaching since she started at the NAIMH with Paul Bergner. Anne also taught at Healing Spirits Massage School, Seven Bowls School of Nourishment and Healing, and Naropa University, while she still enjoys her private practice in Boulder. She also pursued her MS in Functional Nutrition.

Anne enjoys hiking, backpacking, and riding tandem bikes with her husband.



Samantha Grant, CCH, CN, CBFE Sam is the Program Coordinator for the Fundamentals Day and Advanced Day Herbalism Programs. Before graduating from the CSCH Clinic Program, Sam received her BS in Exercise Science from Northern Arizona University where she developed a deep love for the desert and the unique ecotone that Flagstaff offers to the southwest region. A compassionate learner and a gifted communicator, Sam facilitates the student experience with passion, proficiency, and herbal wisdom from the first day of orientation in Fundamentals to the graduation celebration in the Advanced

Program. When she is not at her full-time commitment at CSCH, Sam supports clients in her private practice with holistic health and flower essence consultations through her business, Full Moon Medicinals. Some of her interests are gardening, reading, camping, hiking, and medicine-making.



Johnnie Heider-Kuhn Johnnie is the Program Coordinator for the Advanced Evening Program. He is a Certified Clinical Herbalist, Kambô Practitioner, and Holistic Nutritionist. Johnnie affirms that planet care and people care are inextricably linked, and by renewing our relationship with the Earth, our wellness improves. Along with his husband, he spent four years running Herb'n Soil Farm & Wellness - a small-scale experiment in urban agriculture in Lakewood, CO with a focus on heirloom vegetables, cut flowers, and medicinal herbs. While completing his herbalism training in Boulder from 2016-2018, he worked as a community herbalist in the diverse East Colfax neighborhood in Denver while also growing herbs for a local herbal products company. He also spent 3 years manufacturing herbal extracts on a commercial scale.

Johnnie holds a certificate in Permaculture Design and acquired his Bachelor's of Art from Whitworth University in Counseling Psychology and Fine Art in 2010, providing him with skills to create dynamic long-term strategies for his clients, while holding compassionate space during each session.



John Whiteman and Lindy Reinhardt, Co-Directors

John and Lindy's mission is to continue the strong heritage in vitalism and herbalism at CSCH, and to carry on the traditions of Paul Bergner and Lisa Ganora. They believe the strength of CSCH lies in its experienced, spirited, and knowledgeable faculty and staff. As Co-Directors, they share a passion for learning and respect for all. They feel fortunate to have the opportunity to lead, listen, and grow. Lindy holds her bachelor's in marketing, her associates in Interior Design, her herbalism advanced certificate from CSCH, and is a self-taught short-order cook, baker, and medicine maker. John's Master Degree is in Urban Planning. He is a successful entrepreneur, practices permaculture, and is a musician. They own a small farm where they grow a variety of medicinal plants, raise their border collie, adopted horses, alpacas, and burros, along with raising Finn Sheep.

Addendum to Catalog – Transferring Rules, Fees, and Testing into the Advanced Herbalism Program

To qualify for admission into the Advanced Herbalism Program, all students must provide documentation of previous studies, and must be able to pass our Advanced Herbalism Entrance Exam which consists of more than 300 questions from the Fundamentals of Medical Herbalism program at CSCH.

CSCH differs from other herbal schools by focusing on Vitalist therapeutics and nutrition as the foundation of our studies in Western medical herbalism. Students who are interested in joining the Advanced Program are required to complete equivalent studies in basic physiology and pathophysiology, Western herbal energetics and actions, *Materia Medica*, botany, beginning formulation, Vitalist therapeutics, and Vitalist nutrition. (See the description of the Fundamentals of Medical Herbalism Program in our Catalog for details.)

If the applicant has completed equivalent studies in an approved herbal or other holistic medical program that includes botanical medicine, they may attempt the Advanced Herbalism Entrance Exam which consists of 350 questions. Complete study guides are provided.

If the applicant lacks studies in Nutrition, they can make up for this by studying the 33 hours of CSCH Fundamentals Nutrition curriculum before attempting the Entrance Exam. Contact Admissions Coordinator for tuition information and requirements.

If the applicant lacks studies in Flower Essences, they can make up for this by studying the 9 hours of CSCH Fundamentals Flower Essences curriculum before attempting the Entrance Exam. Contact Admissions Coordinator for tuition information and requirements.

Advanced applicants who have not formally studied botany/plant identification with keying can make up for this by completing the 33 hours of Fundamentals Field Botany classes at CSCH by attending the classes with the Fundamentals Students or by completing equivalent studies through CSCH or local botany programs. Contact Admissions Coordinator for tuition information and requirements.

CSCH provides a study guide for the Advanced Herbalism Entrance Exam:

- The exam covers Vitalism; basic biochemistry and physiology of cells, tissues, and body systems; basic pathophysiology; basic Vitalist nutrition; basic Flower Essences; Western *Materia Medica* (herbs covered are listed in the Fundamentals syllabus we provide) with Western herbal energetics and actions; basic medicine-making skills; and botany (plant identification terminology and Latin names); vitalist nutrition (including nutritional anthropology, macro nutrients, micronutrients, supplements, and insulin resistance; flower essences (including Bach flower essences).

Procedure for all students applying to the Advanced Herbalism Program

1. Contact the admissions coordinator at apply@clinicalherbalism.com. Pay the \$50 fee to receive the study guides for the three exams.
2. After reviewing the study guides and feeling your knowledge is sufficient, pay the \$300 fee to receive the entrance exam. After completing the exam with a 75% or higher, go to step 3. If after completing the exam and receiving a score of less than 75%, go to step 7.
3. Complete your Application for the Advanced Herbalism Program
4. Complete your Interview with the CSCH Director on or before **November 1**.
 - Applicants are provided with the CSCH Notes on the Vitalism classes, as this material is specific to our program. This material should be studied before the exam is attempted.
 - The timed exam is administered online. 75% is the minimum required to pass.
 - The exam is 8 hours to complete the exam. (Allows for 2 hours of breaks and 6 hours of exam time.)
 - CSCH will provide guidance in the exam-taking process.
 - You will be informed of your grade within three days of taking the exam.
 - The exam must be passed before the student completes their enrollment in the Advanced Herbalism Program. The exam should be finished by **November 26**.
 - Applicants will be notified by **December 1** of their status. If class is filled with CSCH Fundamentals graduates at that time, applicants will be put on a waiting list.
 - Providing that the exam is passed, and there are seats remaining in the class, the student should sign their Enrollment Agreement by **December 4**, and make their deposit for the Advanced Herbalism Program.
 - If the applicant applies and completes the exam later than **December 4**, they will still be considered only if there are open seats remaining in the class.
5. The fee for access to the Vitalist notes, comprehensive study guide, and administration of the entrance exam is \$300.
6. If the student does not pass the exam with a 75% or higher grade, they will be invited to enroll in the next Fundamentals of Medical Herbalism class. \$150 of the exam fee will be credited toward that program when the student registers.

Addendum to Catalog –

Transferring Rules, Fees, and Testing into Nutrition and Flower Essences:

Students intending to pursue the second-year Clinic Program with a nutrition certificate

All Transfer Students who hold a Certificate in Advanced Herbalism and are applying to the second-year Certificate in Nutrition, are required to either provide documentation of equivalent previous formal studies in Western holistic nutrition and to pass the Fundamentals Nutrition Exam, OR to test out of the Fundamentals Nutrition and Insulin Resistance classes as follows:

- Introduction to Personal Nutrition – 3 hours
- Nutrition in Human History (nutritional anthropology) – 3 hours
- Proteins and Amino Acids – 3 hours
- Lipids (fatty acids, oils, cholesterol) – 3 hours
- Carbohydrates (sugars, polysaccharides, fiber) – 3 hours
- Vitamins I and II: Water-soluble and Oil-soluble – 6 hours
- Minerals I and II: Macrominerals and Trace Elements – 6 hours
- Special Supplements in Commerce – 3 hours
- Insulin Resistance – 3 hours

Procedure for Nutrition Certificate:

For students with No previous formal studies in holistic / Vitalist nutrition:

Obtain the in-house text (the “Notes”) for the ten Nutrition classes and Insulin Resistance class taught in the Fundamentals Program. Study these notes before attempting the exam.

Obtain recordings of the ten Nutrition classes and the Insulin Resistance class. We provide these via a Dropbox or Google Drive link. Listen to the recordings and take notes before attempting the exam.

The fee for the Notes and recordings is \$300; the fee for the Study Guide and Exam is \$100. The total for those without previous formal documented studies in holistic nutrition is \$400.

For students with Previous documented formal studies in holistic/Vitalist nutrition: You may attempt the Fundamentals Nutrition Exam without having to obtain the notes and recordings.

The fee for this exam and Study Guide alone is \$100 (for those already holding an approved certificate in holistic nutrition studies).

A detailed study guide will be provided.

Take the online Fundamentals Nutrition Exam. You must pass this exam with a grade of at least 75%.

- The deadline for completing the Fundamentals Nutrition Exam is **September 1**.

Students Intending to pursue the Bach Flower Essences Certificate 2nd Year Program

All Transfer Students who hold a Certificate in Advanced Herbalism and are applying to the second-year Certificate in Bach Flower Essences, are required to either provide documentation of equivalent previous formal studies in Flower Essences and to pass the Bach Flower Essences Exam, OR to test out of the Flower Essences classes as follows:

- Introduction to Bach Flower Essences – 3 hours
- Bach Flower Essences *Materia Medica I* – 3 hours
- Bach Flower Essences *Materia Medica II* – 3 hours

Procedure for Bach Flower Essences Certificate:

For students **with no** previous formal studies in Flower Essences:

Obtain the in-house text (the “Notes”) for the three Flower Essences classes taught in the Fundamentals Program. Study these notes before attempting the exam.

Obtain recordings of the three Flower Essences classes. We provide these via a DropBox or Google Drive link. Listen to the recordings and take notes before attempting the exam.

The fee for the Notes and recordings is \$100; the fee for the Study Guide and Exam is \$100. The total for those without previous formal documented studies in Flower Essences is \$200.

For students **with** previous documented formal studies in Flower Essences:

You may attempt the exam without having to obtain the notes and recordings.

The fee for the Bach Flower Essences Exam and Study Guide alone is \$100 (for those already holding a certificate in Flower Essences studies).

A detailed study guide will be provided.

Take the online Fundamentals Bach Flower Essences Exam. You must pass this exam with a grade of at least 75%.

The deadline for completing the Fundamentals Bach Flower Essences Exam is **August 1** to enroll for the Bach Flower Essences Program.

Fee Schedule for Transfer Applicants to CSCH Advanced Herbalism Program

Advanced Herbalism Program applicants who are ...	Take and Pass Advanced Herbalism Entrance Exam?	Need to obtain Fundamentals Nutrition Notes & Recordings?	Need to take Fundamentals Nutrition Exam?	Need to obtain Fundamentals Flower Essences Notes & Recordings?	Need to take Fundamentals Flower Essences Exam?	Total Fees
Pursuing CSCH Advanced Herbalism Certificate Only	Yes - \$200	No	No	No	No	\$200
Pursuing CSCH Nutrition Certificate, without previous studies in Nutrition	Yes - \$200	Yes - \$300	Yes - \$100	No	No	\$600
Pursuing CSCH Nutrition Certificate, with a certificate in holistic nutrition	Yes - \$200	No	Yes - \$100	No	No	\$300
Pursuing CSCH 2 nd -year Bach Flower Essences Certificate, without previous formal studies in	Yes - \$200	No	No	Yes - \$100	Yes - \$100	\$400
Pursuing CSCH 2 nd -year Bach Flower Essences Certificate, with a certificate in Flower Essences	Yes - \$200	No	No	No	Yes - \$100	\$300

