



Plant Medicine School Scotland

Prospectus 2022-2023

The Plant Medicine School Scotland Herbal

Training Courses Prospectus

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Introduction

The Apprenticeship in Community Herbal/Botanical Medicine (established 2008)

The Apprenticeship is a practical experiential course, focusing on working with plants as a traditional medicine in the community circle. *It is also the foundation training for those wishing to progress to the practitioner training programme.*

Sustainable medicine for the future, respecting and reconnecting with the natural world

It is a 2-year programme designed for those who wish to empower themselves to work with plant medicines for themselves, their community, and their environment.

The programme weaves together the art and science of herbalism, reclaiming old ways of healing and bringing these into the 21st century as a valuable form of healthcare.

The need to move into a more balanced relationship with the rest of nature and more sustainable ways of being is very apparent; the apprenticeship focuses on local indigenous and naturalised plants, those that grow around us. Some more exotic species are also studied since people and plants have been travelling the world for thousands of years. We will look at traditional systems of healing in the British Isles and Europe, whilst examining some energetic systems from other regions.

We incorporate many aspects of plant medicine - herbalism, aromatherapy, working with the plants as sentient healers, flower essences and more. We examine other aspects of the relationship between humans and plants – wild food and herbs in the diet, using plants for fibre, dyes, cosmetics, shelter, fuel, and other applications. We are passionate about developing sustainable herbal medicine, encouraging the promotion of biodiversity and the protection of our ecosystems, whilst helping to bring us back into remembering our place in the web of nature and into a healthy relationship with the Earth.

We include lifestyle, hydration, relaxation and breathing techniques, the language we use and much more. The emphasis is on practical, experiential knowledge that the student can apply in their own life. This will be backed up by the theoretical knowledge necessary to give an in depth understanding of plant medicine and its safe and respectful application.

Plant Medicine School Scotland (est. 2021)

The Plant Medicine School Scotland was set up in 2021 in response to growing demand for the apprenticeship and clinical training programmes. It is a collaboration between the Plant Medicine School in Hollyfort & Grass Roots Remedies Co-operative in Edinburgh & Glasgow.

Grass Roots Remedies Co-operative is a workers' cooperative whose central philosophy is that herbal medicine is the medicine of the people and should be accessible to everyone. We offer a series of practical courses and workshops, run the Wester Hailes Community Herbal Medicine Clinic, and the North Edinburgh Community Herbal Clinic, grow herbs across various plots & community gardens, and produce simple resources to enable folks to practice herbalism at home. For more information visit our website: www.grassrootsremedies.co.uk

Year 1 - Starting on The Plant Medicine Path

The first year helps you to learn about the plants, their healing properties, how to grow them, harvest them sustainably and make medicine from them and using direct perception to learn about our plant allies is a central theme to the course.

- How plants work: Botany, ecology, habitats, habitat restoration, sustainable use, the web of nature, chemistry, how plants make medicine, cultivation, and sustainable wild crafting.
- Herbal pharmacy: Plant constituents, processing and making therapeutic preparations.
- Materia medica: the holistic therapeutics of medicinal plants and their different forms (including infusions, tinctures, essential oils, aromatic waters, macerated oils, talcs, salts, smudge, incense, syrups, vinegars).

- Energetics and working with the plants to heal spiritually, mentally, emotionally, and physically
- History and philosophy – reference to the roots of healing; history of medicine and herbal medicine; reductionism, modernism, post modernism and the place of science; different approaches to science and consilience; traditional uses of plants by our ancestors and the Celtic tradition; comparison of core techniques and wisdom from different cultures, including an examination of what tends to be termed plant shamanism although this is a rather incorrect term; the sacred ordinary and plants as spiritual beings and healers
- Ethics - the healer's way: Rigorous self-examination; the ego and holism.

Year 2 - Deepening the Medicine

In the second year we focus on therapeutics, relating the medicine of herbs to the body systems.

It includes the following areas:

- The miracle of the human being and helping people re-balance their health on all levels
- How the human works in health and illness – a holistic view of anatomy, physiology and pathology; we investigate cultural aspects of disease and attitudes to different health problems, the symbolism and metaphysics of wellness and of disease
- Systems therapeutics and Materia medica, including herbs, aromatic waters, essential oils, nutrition, and lifestyle

- Traditional energetic approaches and cutting edge scientific discoveries
- Ancillary techniques such as breath work, body unwinding, visualization and much more

No-one enjoys dry and stuffy study. So, although this course covers some intensely complex and deep material (we are after all talking about some of the most complex beings on the face of the planet), it is hoped that it will be fun, amusing, demanding and enjoyable. Learning conducted this way sticks and embeds better! The study will be a journey and an adventure which may change your life and will definitely change some of your perceptions and perspectives. You will hopefully learn more about clarity and perception, experience how to bridge the scientific and spiritual approach and meet yourself through working with the plants. The study of the art and science of herbal medicine is a tradition that spans thousands of years, is continually evolving and can be guaranteed to provide stimulation for at least one lifetime; the more you learn, the more you find there is to learn and enjoy....

Please note that this is a foundation course, and that it does not qualify you to practice on the general public as a medical herbalist. For those wishing to take their studies further there is the option of progression to the Clinical Practitioner Training.

The Plant Medicine School Scotland may offer the two year Clinical Practitioner Training Programme in future years, though we have no specific starting date for this. Students who have completed the Community Apprenticeship and intend to continue their studies while it is unavailable in Scotland can enroll in another sister school's Clinical Training programme and complete their clinical hours in Scotland if they wish.

Course Leader and Founder

Nikki Darrell, - medical herbalist, botanist, aromatherapist. She is a practitioner, educationalist, writer, campaigner, grower. She has been working with plants for over 40 years.

Plant Medicine School Scotland

Grass Roots Remedies Cooperative lead the School in Scotland

Course Mentors - Scotland

Soraya Bishop

After reading Ecology & Conservation at The University of Edinburgh, Soraya spent 4 years as a community gardener in Wester Hailes & Craigmillar, Edinburgh growing food & foraging with folk. Now part of Grass Roots Remedies Co-op Soraya works with community groups in & around Edinburgh running courses & workshops. With a love of growing food & foraging for its ability to ground & connect us she has also studied her Diploma in Herbology, Permaculture Design Certificate, & has a love for birds, the hills, cooking & creating.

Ally Hurčíková

Ally is a Medical Herbalist (BSc Hons 2015), and Registered Herbalist with the American Herbalist Guild (AHG). She runs the **Wester Hailes Community Herbal Clinic**, and the **North Edinburgh Community Herbal Clinic**. where she loves supporting people's psycho-emotional health with plant medicine. Ally is a trained first responder and is interested in where plant medicine and emergency medicine can meet. She is a keen permaculturalist, social justice activist & urban homesteader who loves being still in wild places, and teaching her young children about plants.

Rhona Donaldson

Rhona has worked as a community gardener with The Health Agency in Wester Hailes since 2014. Working both in the therapeutic field and food growing, a natural next step was to follow her interest in medicinal uses of our native plants. With a degree in Ecology and the RHS certificate in Horticulture, Rhona has a particular interest in emotional and mental health having witnessed the transformational effect of connection with our natural environment. Outside of all this Rhona is a social justice activist with a love of pedalling the back roads of Scotland, climbing mountains, and ceilidh dancing.

Catriona Gibson

Catriona is a Medical Herbalist (BSc MNIMH) and foraging tutor (AoF), offering consultations, seasonal walks and workshops across Glasgow. Catriona is interested in herbal medicine as it brings together her experiences working with people with chronic health problems and her interest in nature connection. She sees working with people to make their own medicines, with locally available plants as a means of enhancing environmental sustainability.

Fees:

The fees are £1,675 per year in Scotland - this is higher than other Plant Medicine School programmes to allow for our additional cost of hiring a venue for the intensives.

The fees cover access to online material including videos, lectures, and notes; mentoring; zoom webinars; venue hire for the in-person intensives and all materials used in these classes. It includes a vegan lunch for each study day and refreshments.

The course fees are paid as follows:

- An initial non-refundable deposit of £250 to secure your place
- Then you can opt to pay the remaining balance in either 1, 3 or 5 instalments. If you pay in 3 or 5 instalments, an extra £25 is added onto each instalment.

Additional Costs for Students:

- Herb supplies to work with at home: approximately £85 if bought from the school. This is around 50 dried herbs and 6 essential oils, which we pass onto you at cost. You are welcome to source your own herbs if you prefer. You will need these to complete the course and participate in webinars.
- Travel to the Autumn & Summer intensives: these will be at a central Scotland location, confirmed prior to the course starting.
- Accommodation at the intensives: options will include: finding your own accommodation; travelling in from home each day or you may choose to stay at the venue and camp . It will cost approximately £10 per night if you stay at the venue.
- Books: you may wish to purchase additional books for the course, in Year 1 there is no compulsory reading and in Year 2 there are 2 compulsory texts.
- Equipment: in order to make your own medicines at home, you may want to purchase some additional equipment. The equipment you may wish to buy is listed in Appendix 2 of the Student Information Pack.

Course Format

The online studies for the apprenticeship consist of:

- the filmed lectures and practical sessions (filmed in a class setting) plus course notes to ensure that all the materials presented in class are covered.
- There are regular Zoom Webinars to allow students to interact with the tutors and each other.
- Students are supported by a mentor who gives a minimum of 10 hours mentoring per year to help them complete assignments and engage with the studies.

The student undertakes assignments and has these assessed by their tutor mentor. In addition, they are able to discuss any areas where they need extra assistance with their tutor. All tutors have plenty of experience at this level of herbal practice. Students can opt to undertake just the first year or both years of the apprenticeship and some people may wish to take a gap between the first and second years.

At the start of the course and the end of the course we will gather for some intensive in person sessions where we will revisit the course material and have opportunities to embark on practical elements of herbal medicine together such as remedy making, plant walks & tea tastings.

The Two Intensives:

In Year 1, there are 2 three-day intensives, and in Year 2 there is a 2 day intensive in the Autumn and then a 4 day intensive in the Summer. These are held in October/November and the second in May/June.

Certification

Only students who have undertaken the two years, attended the zoom webinars and two intensives (or provided documented evidence that they have acquired similar training in their locality) and submitted the assignments will be awarded a certificate of completion. The certificate enables graduates of the apprenticeship to become Associate Members of the Irish Register of Herbalists (IRH).

Students wishing to become full clinical practitioners can then undertake a further 3 years clinical training and study to allow them to take the final clinical exam. The Plant Medicine School Scotland may increase our offering to include the three year Clinical Practitioner Training Programme in future years, though we have no specific starting date for this yet. Students who have completed the Community Apprenticeship and intend to continue their studies before it is available in Scotland can enroll in another sister school's Clinical Training Programme and arrange to complete their clinical hours in Scotland if they wish.

Undertaking the Apprenticeship and Clinical Training Programme, completing all course assignments and requirements and passing the final clinical exam gives a sufficient level of training (complying with the EHTPA and IRH core curricula) to enable graduates to apply for full membership of the IRH and also the Association of Master Herbalists (AMH). The School is continuing to work with other professional organisations to enable students to join them.

Course Ethos and Aim

Our aim is to provide experiential, enjoyable online training to support your at-home learning. Our teachers and tutors are well experienced in their fields. We pride ourselves in providing a blend of scientific and traditional training with an emphasis on using local plant medicines sustainably. Our training gives students a knowledge of the plant from field to pharmacy and a

blend of clinical and energetic approaches to the people and the medicines that the plants provide. We have a strong interest in community, in sustainability and traditional knowledge and wisdom so these are woven through the course material and teaching approaches.

We are a nature centred enterprise and educational establishment and as such we focus on environmentally and ecologically sustainable medicines.

We focus on participatory education practices which enable students to mature into self-directed practitioners of their area of work whether it be as a grower, medicine maker and formulator, educationalist teaching workshops, creative artist or clinical practitioner.

Nurturing the individual towards becoming a fully realised member of the community, recognising that community is essential for success and therefore fostering egalitarian and peaceful communication and collaboration is core to our training.

How Many Hours A Week Will I Need to Study?

You need to allow about 15 hours minimum a week to get the most out of the first year but this includes experiential work such as making preparations, going for walks to meet up with the plants and tending plants in your garden and so forth. The course is centred around self-directed study & practical home experimentation and therefore you will need to organise your study time and notes carefully.

Course requirements, who can sign up for the course?

The course is open to anyone with basic skills in reading, writing and speaking English since all the course material is written in this language. Prospective Students are able to go directly into Year 2 if they can demonstrate relevant Prior Experiential Learning (PEL) which covers the curriculum for Year 1.

For previous Grass Roots Remedies Co-operative graduates of the Wild Things: A Year of Wild Food & Medicine Course (Year 2), it is possible to go into Year 2 of the Apprenticeship using this as PEL, though there will be some gaps in the curriculum as the two courses are not equivalent.

Students who have started their studies in Year 2 will be given access to the Year 1 materials, and will have to catch up on material from Year 1 in their own time, to be able to demonstrate by the end of the Apprenticeship that they have covered the curriculum for both years. Gaps can also be filled in through workshops and personal learning outside of the course, though this has to be recorded and demonstrated to your mentor.

Please note also that we can only accept students into Year 2 when there is space available for them. We will prioritise continuing 1st Year students moving into Year 2.

Feel free to contact us if you feel you have relevant Previous Experiential Learning (PEL) from other courses or life experience and are interested in starting in Year 2.

Course dates

The Apprenticeship courses run from October to June each year with gaps for Christmas and Easter. The two intensives run in October/November and May/June.

If you decide to study the Clinical Training Programme in Ireland or England, this commences in September rather than October and some training clinics are held over the summer period to allow students to get the required 500 hours of supervised clinical training. A significant number of training clinics are now held virtually on Zoom.

Course Structure

The Community Apprenticeship is structured as a two-year foundation course leading to a certificate in community herbal medicine. The first & second years each contain 6 Workshops broken down into smaller Modules plus study of about 80 plants each year.

For those who wish to become herbal practitioners there is a further three-year Practitioner Training programme, incorporating self-directed study, lectures, and supervised clinic training.

The Plant Medicine School Scotland may offer the three year Clinical Training Programme in future years, though we have no specific starting date for this yet. Students who have completed the Community Apprenticeship and intend to continue their studies while it is unavailable in Scotland can enroll in another sister school's Clinical Training Programme and arrange to complete their clinical hours in Scotland if they wish.

Only those completing both the Community Apprenticeship & Clinical Training Programme have fulfilled the core curriculum requirements for entry to the Irish Register of Herbalists (IRH), the Professional Organisation that accredits the training. Students who can demonstrate sufficient PEL may be accepted onto the Clinical Training Programme from routes other than the Plant Medicine School Apprenticeship.

How Do I Book Onto the Course?

To enrol in the course contact us at scotland@theplantmedicineschool.com and request an application form.

Schedules of Study

Year 1 Starting on The Plant Medicine Path – Online Video Access and Zoom Webinar dates

*Access to online materials is spread over 6 workshops to facilitate progressive studies at a manageable pace and **you will continue to have online access for the course duration and for the year after your course completion.** About 10 days after access is given to a Workshop there is a Zoom Webinar for follow up discussions; attendance at these Webinars (held from 7.00-9pm) is essential learning. The times below give a broad idea of the access dates but a detailed schedule will be provided when you apply for the course.*

Personal development and growth will be explored with the students as the course progresses.

Access to Virtual Workshop 1 & Zoom Webinar October

- We introduce the basic forms of herbal medicines (teas, infusions, decoctions, syrups, tinctures, infused oils, vinegars, creams and ointments etc).
- There will be an overview of about 20 herbs.
- We start to examine nonlinear approaches to science and to learning about our plant allies.
- We will explore the history of herbal medicine and of science and start to explore the healer's path.
- We also introduce sacred plant medicine journeying.

Access to Virtual Workshop 2 & Zoom Webinar November

- How plants work; botany or the anatomy and physiology of plants, taxonomy or the name of plants and their families; the place of plants in the ecosystem; their role in creating, feeding and sustaining life; plants and people.
- Herb profiles.
- Understanding atoms (basic chemistry), capturing sunlight (photosynthesis), making molecules, how plants make their therapeutic compounds.
- Organoleptics; identifying constituents by taste and smell.
- Sprouting seeds for nutritional benefits.

Access to Virtual Workshop 3 & Zoom Webinar January

- Herbal pharmacy, making medicines and understanding plant constituents;
- Hygiene and Good Manufacturing Practice, including the place of intention.
- Macerated oils cold and hot methods; Creams and ointments, plaisters, talcs and salts, vinegars, syrups and tinctures, capsules and powders.
- Blending creams and essential oils –the concepts of blending; carrier oils and aromatic waters.

Access to Virtual Workshop 4 & Zoom Webinar February

- Energetics and philosophy, plant spirit medicine, Galen's 4 temperaments and 4 qualities, Chakras, TCM energetics and the 5 elements;
- Comparisons of 3 systems of energetics; similarities and differences.
- Developing a new energetic paradigm.
- Flower essences, Smudge, incense and aromatics - making preparations

Access to Virtual Workshop 5 & Zoom Webinar March

- Growing and tending
- Cultivation and plant recognition (revises some botany)
- Field growing, growing under cover, wild crafting,
- Sowing seeds, suitable soil types and habitats, cuttings etc.
- Trees and tree essences.
- Revisiting the healing path

Access to Virtual Workshop 6 & Zoom Webinar May

- Harvesting, drying and processing
- Gathering herbs sustainably – seed saving, wild crafting responsibly.
- Processing; revises some of the preparations from weekend 3.
- Producing therapeutic foods – devising recipes for optimum nutrition.

Materia medica

Herbs Studied in Year 1:

Achillea millefolium, Aesculus hippocastanum, Ajuga reptans, Alchemilla vulgaris, Allium sativum, Angelica archangelica, Arctium lappa, Artemisia, Avena sativa, Betula spp, Calendula officinalis, Chamaenerion angustifolium, Cinnamomum verum, Citrus species, Corylus avellana, Crataegus laevigata, Dianthus caryophyllus, Eucalyptus species, Eugenia caryophyllus, Euphrasia officinalis, Fagus sylvatica, Filipendula ulmaria, Foeniculum vulgare, Galium aparine/odoratum, Geranium robertianum, Glycyrrhiza glabra, Hamamelis virginiana, Inula helenium, Juniperus communis, Kalanchoe pinnata, Lavandula officinalis, Linum usitatissimum, Levisticum officinale, Malus domestica, Matricaria recutita, Medicago sativa, Melissa officinalis, Mentha spp., Origanum vulgare, Pelargonium species, Pinus sylvestris, Plantago lanceolata/major/psyllium, Primulas, Quercus robur, Ribes nigrum, Rosa damascena, Rosmarinus officinalis, Rubus idaeus, Rumex crispus/obtusifolius, Salvia officinalis, Salix spp., Sambucus nigra, Stachys betonica, Stellaria media, Symphytum officinale, Taraxacum officinale,

Thymus vulgaris, *Tilia spp.*, *Trifolium pratense*, *Urtica dioica*, *Vaccinium myrtillus*, *Valeriana officinalis*, *Verbena officinalis*, *Violas*, *Zingiber officinale*

The study of the materia medica will be distributed over the year and there may be some variation and additions to the plants listed above; students are encouraged to examine the physical, mental, emotional and holistic properties of the plant; focus is on local, indigenous and naturalized plants and those that can be easily grown in Scotland. Some more exotic species will be included where relevant.

We are constantly evolving the course and adding more plants to meet so there may be some variation in the herbs studied from those listed above.

Year Two - Deepening the Medicine

In each Workshop, new herbs will be introduced for the system being studied; herbs from the first year with relevance will also be revised. Formulations and prescriptions for conditions relating to the system under discussion will be made up. There will be opportunities to practice consultation skills and work with the ancillary techniques that are introduced. As well as looking at disease processes, there will also be an examination of the symbolism of diseases, of cultural aspects of disease, of energetic approaches and of developing new energetic paradigms

Access to Virtual Workshop 1 & Zoom Webinar October

- Introducing the Miracle of The Human Body, Our Community of Cells. Similarities in Anatomy and Physiology of Animals, Plants And Gaia.
- Introducing Disease Processes and The Symbolism of Disease

- Therapeutics
- Herbs for The Whole Body Including Adaptogens And Alteratives. Introduction of New Herbs and Revision of Herbs from Year 1
- Making Preparations for Whole Body Treatments – Massage Blends, Bath Blends, Herb Ball for Hot Herb Massage.
- Consultation Skills and Personal Development
- Body Dialoguing; The Inner Child; The Multiple Personality Concept.
- Consultation Skills; Questioning; Incorporating Energetic Principles; Sensory Acuity as A Way Of Enhancing Consultation And Of Understanding The Therapeutics Of Our Plant Allies

Access to Virtual Workshop 2 & Zoom Webinar November

- The Heart of the matter and circulation; the heart as an endocrine organ; the heart as a brain; the heart as an organ of perception; heart entrainment; the circulation as a communication system within the body.
- Lymphatic/immune system – defence and waste disposal
- Visualisations

Access to Virtual Workshop 3 & Zoom Webinar January

The skin

- Our largest organ, our boundary between the external and the internal environment
- Dry skin brushing

The nervous system and special senses:

- The Reticular Activating System (RAS), the Triune brain and Peripheral Nervous System
- Our 4 brains, plus the possibility of others
- Sensory acuity in the consultation process and in accessing information about the herbs
- Olfaction
- Visualization and relaxation techniques
- Stress management

Access to Virtual Workshop 4 & Zoom Webinar February

Muscles and bones - stretching, yawning and reaching out

- Psychological and physical holding patterns
- Myofascial unwinding techniques.
- The ancestors

The Respiratory System

- Oxygen, the primary nutrient

- The lungs and grief
- Learned breathing habits and breathing exercises to establish healthy breathing patterns

Access to Virtual Workshop 5 & Zoom Webinar April

Digestion and the digestive system

- The Gut brain
- Wild food
- Healthy gut flora
- Fasting and much more besides

The Urinary System

- The kidneys as an endocrine organ
- The culture of fear (the primary emotion associated with the kidneys)
- Hydration

Access to Virtual Workshop 6 & Zoom Webinar April

- The Endocrine system, another mode of internal and external communication and the wider hormonal system

- Reproduction, Pregnancy, the cycles of birth, life, death and rebirth

Herbs Studied in Year 2:

Aloe vera, Aloysia triphylla, Anethum graveolens, Armoracia rusticana, Asclepias tuberosa, Asparagus officinalis, Astragalus membranaceus, Azadirachta indica, Beta vulgaris, Berberis spp., Brassica spp., Borago officinalis, Camellia sinensis, Capsicum minimum, Carum carvi, Centella asiatica, Cetraria islandica, Chondrus crispus, Cimicifuga racemosa, Codonopsis pilosa, Coffea arabica, Coriandrum sativum, Curcuma longa, Cynara scolymus, Echinacea spp., Elettaria cardamomum, Eleutherococcus senticosus, Erythrea centaurea, Fagopyrum esculentum, Fucus vesiculosus, Fumaria officinalis, Gentiana lutea, Glechoma hederacea, Hedera helix, Humulus lupulus, Hypericum perforatum, Hyssopus officinalis, Lactuca virosa, Leonurus cardiaca, Lycopus europaeus, Marrubium vulgare, Menyanthes trifoliata, Ocimum basilicum, Ocimum sanctum, Olea europaea, Parietaria diffusa, Passiflora incarnata, Pimpinella anisum, Piper nigrum, Prunella vulgaris, Prunus serotina, Pulmonaria officinalis, Rhodiola rosea, Schisandra chinensis, Scutellaria lateriflora, Tanacetum parthenium, Theobroma cacao, Tropaeolum majus, Tussilago farfara, Verbascum thapsus, Viburnum opulus, Vitex agnus-castus, Withania somniferum

On completion of the two-year foundation apprenticeship with students can progress to The Clinical Practitioner Training Programme.

If planning to progress to the CPTP students can complete 100 hours of observation in the training clinics by arrangement with the course coordinator. This requires agreeing to the Practitioner Code of Ethics.

The Practitioner Training Programme in Western Herbalism (established 2010)

The objective of the Programme is to provide a bridging training for students to become practitioners of Western Herbal Medicine and to be able to join a professional organization such as the Irish Register of Herbalists. Students completing their Practitioner training with the Plant Medicine School in other parts of the UK and Ireland, can arrange to complete clinical hours with Grass Roots Remedies Co-operative (where available) or other practitioners in Scotland or their local area.

The Plant Medicine School Scotland may offer the Practitioner Training Programme in future years but has no current start date set for this yet.

Course structure and layout

The training programme consists of three elements:

Lecture/ Seminar blocks

There are 2 five-day lecture blocks face to face; nine online lecture days in specific areas of therapeutics; 12 two hour tutorials on Zoom on systems therapeutics plus additional lectures and tutorials held face to face.

Self-directed study

This element follows a carefully designed study plan to guide students through the topics. This will be assessed by continuous assessment consisting of a study portfolio and some long essays. Assessments are designed to allow the student to display the ability to weave together the different strands of their learning to formulate a diagnosis and treatment plan. Students will be expected to include relevant elements of their prior learning with the information delivered in the lecture blocks, tutorials, course notes, and teaching days.

Clinical observation and practice

500 hours of clinical training will be required. 100 hours of this will be clinical observation. The remaining 400 hours can be split between the training clinics set up in various locations in Ireland and the UK; of the 400 hours some may be completed with individual herbal practitioners once this has been discussed with the course tutors. Various practitioners are offering supervised hours and enrolled students will be put in touch with these. Students may also negotiate to undertake hours with other practitioners with the agreement of the course tutors, where the selected practitioners have 5 years clinical experience and recognised training.

Final Clinical Practitioner Examination

Once these three elements of the training are completed students will be eligible to sit their final clinical practitioner examination. The successful completion of this will enable them to become practitioners. It must be emphasised that whilst every assistance will be offered to students to complete the training there will be a need for students to be able to undertake a disciplined approach to the self-directed element of the course and to ensuring that they get full

clinical hours etc. to sit the final exam. If a student fails the final practical examination they will be able to re-sit; however, the cost of re-examination is not included in the course fee.

Expected Cost of Clinical Training:

The Course fees for clinical training years are not set in Scotland yet. In Ireland, the expected costs are as follows:

€3750.00, including final clinical exam but not including clinical observation and practice training. This is to allow students flexibility in where they obtain their clinical training. It is estimated that it would cost each student somewhere between €1800-€2400 for the requisite 500 hours over 62 days since most practitioners charge €30.00 for an 8-hour day. At present clinics being run virtually are mostly two-hour sessions and the guide charge for these is €10.00 per session.

Clinical Training

For more information on the Clinical Training element of the Plant Medicine School, go to www.theplantmedicineschool.com.

Appendix I

Core Curriculum fulfilment by the Apprenticeship and Practitioner Training Programme

Core Curriculum Required areas of study

Human Sciences - 250 hours

Year 2, 24 hours of lectures (4 hours per weekend workshop) and 100 hours of home study with mandatory texts

Year 3, 20 hours of lectures (1-hour review at each therapeutics system lecture day, 10 hours during clinic examinations lecture days) and 90 hours' home study with mandatory texts.

Assessment by completion of Anatomy and Physiology colouring book and also integrated into clinical medicine and therapeutics written assignments. Also, by class discussion.

Nutrition - 80 hours

Years 1-4, Class practical's 53 hours, Years 1-3, 50 hours home study

Clinical Sciences - 350 hours

Year 2, 24 hours (4 hours per weekend workshop).

Year 3, 80 hours (2 no. 32 hours lecture blocks on Clinical Sciences and additional hours in the other lecture blocks by system)

Year 4, 80 hours' tutorial sessions incorporated into clinical training

Home study Years 2-4, 200 hours

Structured home study of mandatory texts

Plant Chemistry and Pharmacology - 80 hours

Lectures and class practical Year 1 - 8 hours, Year 2 - 12 hours

Home study Years 1-4, 20 hours per year (80)

Assessment by class discussion groups and pharmacy/pharmacology journal

Pharmacognosy and dispensing 80 hours

Lectures and practical sessions

Year 1 - 8 hours

Year 2 - 20 hours

Year 3 - 20 hours

Home study Years 2 to 4 - 30 hours per year, 120.

Assessment by students being able to demonstrate the ability to dispense correctly and by class discussion regarding areas such as sourcing, labelling, stock taking and so on

Practitioner development and ethics 40 hours

Year 1, 8 hours' lectures

Year 2, 8 hours' lectures

Year 3, 8 hours' lectures

Assessment Years 1-4 reflective journal and case study completion 200 hours

Practitioner research - 80 hours

Years 1-4 Lectures 12 hours each year.

Home study - 50 hours per year, 150 hours.

The specific herbal tradition 1150 hours

Year 1 - 64 hours' lectures

Year 2 - 96 hours Lectures

Year 3 - 200 hours' lectures

Home study - 600 hours

Field work 50 hours

Practical sessions

Year 1 - 12 hours – practical sessions

Year 2 - 20 hours – practical sessions

Year 3 - 20 hours – practical sessions

Year 4 - 20 hours – practical sessions

Home study - 150 hours – practical sessions

Clinical practice 500

Year 2 - 24 hours supervised clinic and practical

80 hours home study (writing up case studies, formulating cases and possible treatment strategies for discussion in class)

Year 3 and 4 - 500 hours Supervised clinics and 300 hours home study (writing up case, reflective journaling)

Clinical observation and practice 500 hours of clinical training are required. 100 hours of this will be clinical observation. The remaining 400 hours can be split between the training clinics set up in various locations; of the 400 hours 150 may be completed with individual herbal practitioners once this has been discussed with the course coordinator. Various practitioners of sufficient experience and training are offering supervised hours and enrolled students will be put in touch with these. Students may also negotiate to undertake hours with other practitioners with the agreement of the course coordinator.

Total Hours

Class hours 890, home study, 2140, exceeding required study hours 2560

Appendices 2 & 3

contain further information about the Clinical Training Years which Plant Medicine School Scotland are not currently offering. We have therefore left these out to avoid confusion. For more information about the Clinical Training please contact

nikki@theplantmedicineschool.com or visit www.theplantmedicineschool.com