



Plant Medicine School Scotland

Prospectus 2021-2022

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Introduction

The Plant Medicine School has now taken over the running of the Veriditas Hibernica Herbal Apprenticeship and the Colaiste Luibheanna Clinical Training Programme to bring them under one umbrella.

We have also been developing the courses to enable students to undertake some of their studies online.

Our apprenticeship is into its 12th year of running and the clinical training programme has just had its 5th intake of students and has been running for 8 years.

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 from 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, support student herbalists with their clinical hours, grow herbs in the the Blackford Glen Medicine Garden, and produce simple resources to enable folks to practice herbalism at home. For more information visit our website:

www.grassrootsremedies.co.uk

The 2 Year Apprenticeship in Community Herbal and Botanical Medicine

The Apprenticeship is a practical and experiential course, focusing on growing and working with plants as a traditional form of medicine in the community circle.

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

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

The programme seeks to enable people to reclaim the old ways of healing and bring these into the 21st century as a valuable part of our healthcare. At the same time, it seeks to weave together the art and science of herbalism as it has evolved to the present time and to incorporate the best of these approaches.

Humankind is starting to see the need to move into a more balanced relationship with the rest of nature and to stand up to the necessity of moving into more sustainable practices; the apprenticeship focuses on local indigenous and naturalised plants, those that grow around us, and how they can provide us with medicine, food and other needs. Some more exotic species will also be included. We will look at our own traditional systems of healing, whilst examining some energetic systems from other regions.

The programme aims to be holistic in its approach by incorporating all aspects of plant medicine –botanical medicine, herbalism, aromatherapy, working with the plants as sentient healers, sacred work with the plants, flower essences and more. As well as learning about plants as medicines we examine other aspects of the relationship between humans and plants– wild food, herbs in the diet, using plants for fibre, dyes, cosmetics, shelter, fuel and other applications. Such a focus is in line with developing a sustainable system of herbal medicine, encouraging the promotion of biodiversity and the protection of our ecosystem, whilst helping

to bring us back into remembering our place in the web of nature and into a healthy relationship with the Earth.

We take a holistic view of medicine by incorporating lifestyle, hydration, relaxation and breathing techniques, the language we use and much more. As with any apprenticeship the emphasis will be on practical, experiential knowledge that the student can apply in their own life. However, this will be backed up by the theoretical knowledge necessary to give an in-depth understanding of plant medicine and to ensure safe and respectful application of plant medicines.

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. It includes the study of botany, Materia medica, herbal pharmacy, the constituents of plants, making herbal medicines, growing herbs, history and philosophy of herbal medicine and energetics. Sacred plant medicine – using direct perception to learn about our plant allies-is a central theme to the course.

- History and philosophy – the roots of healing; history of medicine and herbal medicine; reductionism, modernism, postmodernism and the place of science; different approaches to science and consilience; traditional uses of plants by 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.
- 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 (e.g. infusions, tinctures, essential oils, aromatic waters, macerated oils, talc's, salts, smudge, incense, syrups, vinegars).
- Energetics and working with the plants to heal spiritually, mentally, emotionally and physically

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:

Herbal therapeutics through aromatherapy, aromatic waters, nutrition, wild food, the application of herbs in the forms learned about in year one. Using botanical medicine to help people re-balance their health on all levels. How the human body 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 of disease; traditional energetic approaches; the metaphysics of the body and Gaian physiology and anatomy. We also explore ancillary techniques such as breath work, body unwinding, visualization and much more.

- The miracle of the human body
- Pathology and the symbolism of disease
- Systems therapeutics and Materia medica

- Therapeutics for the systems, including herbs, aromatherapy, nutrition and ancillary
- Nutrition and lifestyle

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 intends to increase our offering to include the two 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 complete their clinical hours in Scotland if they wish.

Course Leader and Founder

Nikki Darrell, - **Nikki Darrell**

M.B.S, B.Sc.(Hons), Dip. Phyt, M.I.R.H, M.I.FA, Nikki is a botanist, medical herbalist and aromatherapist who has spent many years researching and working with plants and their connection with people. She has a BSc (Hons) in Horticulture and Plant Science from

Nottingham University; after graduating she spent 5 years as a research scientist researching into phytochemistry and plant tissue culture. She then studied massage, aromatherapy, reflexology, and fitness instruction as a way of paying her way through herbal school. In 1999 she graduated with a diploma in Herbal Medicine from the School of Phytotherapy. In 2008 she completed a MBS in Social and Co-operative Enterprise with her minor thesis researching the potential for co-operatives to help develop a Medicinal and Aromatic Plant industry in Ireland. She works as a practitioner of herbal medicine, aromatherapy and aromatic medicine. She has lectured for various 3rd level institutions, and runs short introductory courses about herbs and their uses, as well as walks and talks on wild food and medicine. She has set up a 2 year Apprenticeship course in Herbal and Botanical Medicine for people who wish to learn community herbalism. She is the founder of Veriditas Hibernica, a not-for-profit organization devoted to helping people reconnect with nature and plant medicine (www.veriditashibernica.org). She designed the Practitioner Training Programme and is the course consultant for this.

Plant Medicine School Scotland

Grass Roots Remedies Cooperative lead the School in Scotland

Course Mentors

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 talking to her wee son 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 summer immersion course.

The fees cover access to online material including videos, lectures and notes; mentoring; zoom class tutorials; venue hire for the immersion course classes 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: after an initial non-refundable payment of £250 to secure your place, you can opt to pay the 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. You are welcome to source your own herbs if you prefer.
- Travel to the 6-day intensive: this will be at a central Scotland location, confirmed prior to the course starting
- Accommodation at the 6-day intensive: options will include: finding your own accommodation; travelling in from home each day or you may choose to stay at the venue, potentially in either shared bunk-rooms or camping . 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 3 compulsory texts.
- Equipment: in order to make your own medicines at home, you may want to purchase some additional equipment, The equipment you will need is listed in Appendix 2 of the Student Information Pack.

Course Format

After the online studies are complete we will all gather for a six day immersive summer school. This allows people in other countries, those working at weekends or those with care commitments to undertake some of the studies online and at times that suit them whilst keeping pace with the year's study.

There are regular Zoom tutorials 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 (with the option of gaining extra hours if needed) to help them complete assignments and engage with the studies.

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. Additional films and materials are also included that specifically address the needs of distant learners.

There are regular tutorial Zoom meet ups to support the online material.

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 undertaken the apprenticeship and 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 it is acceptable to take a gap between the first and second years.

Certification

Only students who have undertaken the two years, attended the immersion schools (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.

Students wishing to become full clinical practitioners can then undertake a further 2 years clinical training and study to allow them to take the final clinical exam. The Plant Medicine School Scotland intends to increase our offering to include the two 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 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 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 training in an apprenticeship model. 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.

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 includes a fair degree of self-directed study 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, or students of the NIMH Heartwood Foundation Course, it is possible to go into Year 2 using this as PEL, though there will be some gaps in the curriculum as the two courses are not equivalent.

In this case, students who have started in Year 2 will have 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 prioritise Year 2 spaces in the following order:

Students who have completed PMSS Year 1 with us

Students who have done both Wild Things Year 1 and 2 with us

Students who have done Wild Things Year 1 only with us

& finally students who have done courses from other schools

Previous students who have completed Grass Roots Remedies Co-operative's Wild Things Courses in Edinburgh are eligible to go straight into Year 2 of the Plant Medicine School Scotland Community Apprenticeship. Similarly, contact us if you feel you have relevant Previous Experiential Learning (PEL) from other courses or life experience.

Course dates

The Apprenticeship courses run from October to June each year with gaps for Christmas and Easter

If you decide to study the Clinical training programme in Ireland or Scotland, 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 allowing students to attend a wide range of them.

Course Structure

The first stage is structured as a two-year foundation apprenticeship leading to a certificate in community herbal medicine. The first year contains 10 modules plus study of about 70 plants. The second year contains 11 modules and a further 70 plants are introduced. In Scotland, Grass Roots Remedies will be offering the second year beginning October 2022

For those who decide they wish to become clinical herbalist practitioners there is a second tier two-year Clinical Practitioner Training programme, incorporating self-directed study, lectures and supervised clinic training. The information about this is laid out below. The Plant Medicine School Scotland intends to increase our offering to include the two 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 complete their clinical hours in Scotland if they wish.

Only those completing the two tiers 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.

The School also runs CPD courses open to graduates of the School's Diploma and from other trainings. Some lectures and seminars are open to individuals looking for bridging training to allow them to be grandparented into the IRH.

The training is designed to be experiential, incorporating a lot of practical work and hands-on learning in conjunction with lectures, classes, demonstrations and self-directed study. The core emphasis of the course is an in-depth knowledge of the plants and how to use them for health, food and medicine alongside developing a good knowledge of the human condition both energetically and clinically. Field work, pharmacy practice and clinical work form a large part of the training. The ethos of the practice taught is sustainable holistic community based herbal practice.

Over the last year we have developed the school material to allow studies to continue during restrictions to movement and mixing during COVID-19.

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 - Blended Upload and 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.; this means one can study at one's own convenience and one is not tied to specific viewing times. About 10 days after access is given there is a zoom tutorial to allow discussions and to do some learning exercise; attendance at these tutorials (held from 7.30-9pm) 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

Access to Virtual Workshop 1; October – Zoom meet up 1; 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.

Herbs: Achillea millefolium, Allium sativum, Arctium lappa, Avena sativa, Calendula officinalis, Matricaria recutita, Crataegus laevigata, Foeniculum vulgare, Glycyrrhiza glabra, Lavandula officinalis, Mentha sp., Rosa damascena, Rosmarinus officinalis, Salvia officinalis, Sambucus nigra, Taraxacum officinale, Thymus vulgaris, Valeriana officinalis, Zingiber officinale, Kalanchoe pinnata

Access to Virtual Workshop 2; November/December - Zoom meet up 2; December

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.

Herbs: Citrus, Eugenia caryophyllum, Cinnamomum verum, Tilia sp., Stachys betonica, Eucalyptus, Urtica dioica, Filipendula ulmaria, Euphrasia officinalis, Malus domestica, Juniperus communis, Medicago sativa

Access to Virtual Workshop 3; January/February - Zoom meet up 3; February

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.

Herbs: Symphytum officinale, Ulmus fulva, Origanum vulgare, Inula helenium, Rumex crispus, Hamamelis virginiana, Rubus idaeus, Plantago lanceolata/major/psyllium

Access to Virtual Workshop 4, March - Zoom meet up 4, April

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

Herbs: Trifolium pratense, Boswellia serrata, Commiphora molmol, Angelica archangelica, Artemisias, Pinus sylvestris

Access to Virtual Workshop 5, April - Zoom meet up 5, May

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

Herbs: Verbena officinalis, Primulas, Linum usitatissimum, Alchemilla vulgaris, Violas, Galium aparine, Stellaria media, Quercus robur, Salix sp., Aesculus hippocastanum, Fagus sylvatica, Betula sp, Corylus avellana

Access to Virtual Workshop 6, May/June - Zoom meet up 6, June

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

The study of the materia medica will be distributed over the 6 weekends and there may be some variation and additions to the plants listed above; we will 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. Personal development and growth will be explored with the students as the course progresses. 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

Year 2 will be available at Plant Medicine School Scotland starting in October 2022. Students who have completed Year 1 or can demonstrate relevant PEL (Prior Experiential Learning) can

go straight into Year 2. This includes completion of Grass Roots Remedies' Year 1 of Wild Things: A Year of Wild Food & Medicine.

At each weekend, 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 at each weekend. 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, October – Zoom meet up 1, 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

Allium Sativum, Arctium lappa, Echinacea Sp., Fumaria Officinalis, Galium Aparine, Berberis Sp., Gentiana lutea, Erythreac Centaurea, Prunella Vulgaris, Eleutherococcus Senticosus, Ocimum sanctum, Rhodiola rosea, Schisandra, Withania somniferum

- 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, November - Zoom meet up 2, 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

Tropaeolum majus, Fagopyrum esculentum, Beta vulgaris, Passiflora incarnata, Olea europaea, Leonurus cardiaca, Theobroma cacao, Vaccinium myrtillus, Piper nigrum, Capsicum minimum, Armoracia rusticana

Access to Virtual Workshop 3, January - Zoom meet up 3, 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 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

Hypericum perforatum, Scutellaria lateriflora, Aloe vera, Aloysia triphylla, Camellia sinensis, Coffea arabica, Centella asiatica, Humulus lupulus, Lactuca virosa

Access to Virtual Workshop 4, February – Zoom meet up 4, March

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

Curcuma longa, Menyanthes trifoliata, Viburnum opulus, Cetraria islandica, Chondrus crispus, Pulmonaria officinalis, Asclepias tuberosa, Hyssopus officinalis, Glechoma hederacea, Hedera helix, Verbascum thapsus, Tussilago farfara, Marrubium vulgare, Prunus serotina

Access to Virtual Workshop 5, April – Zoom meet up 5, 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

Ocimum basilicum, Cynara scolymus, Elettaria cardamomum, Coriandrum sativum, Pimpinella anisum, Anethum graveolens, Carum carvi, Parietaria diffusa, Barosma betulina, Asparagus officinalis

Access to Virtual Workshop 6, May - Zoom meet up 6, June

- 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

Tanacetum parthenium, Borago officinalis, Fucus vesiculosus, Lycopus, Brassica sp., Vitex agnus castus, Cimicifuga racemosa

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.

The Practitioner Training Programme in Western Herbalism

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 complete clinical hours with Grass Roots Remedies or other practitioners in Scotland or their local area.

The Plant Medicine School Scotland intends to 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 5 four-day lecture blocks; two covering clinical examination skills, clinical medicine and differential diagnosis; the third and fourth covering therapeutics for specialist areas.

These blocks are now becoming available as online learning supplemented by essential experiential face to face learning and also zoom tutorial sessions.

The lectures are also available to practitioners of herbal medicine as CPD so students often get the opportunity to meet practitioners who are participating in these days which provides valuable networking.

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 in order to formulate a diagnosis and treatment plan. Students will be expected to include relevant elements of their PEL training such as nutrition, pathophysiology, materia medica with the information delivered in the lecture blocks.

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 coordinator. 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 coordinator.

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 in order to sit the final exam. It should be possible to offer some tutorial assistance with the self-directed learning. 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.

Fees for Clinical Training:

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

Expected cost of training: €3500.00, 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 around €1800 for the requisite 500 hours over 62 days since the majority of practitioners charge €30.00 for an 8-hour day for observation and participation in student clinics. At present all clinics are being run virtually due to restrictions; most of these are two-hour sessions and the guide charge for these is €12.00 per session

Clinical Training

For more information on the Clinical Training element of the Plant Medicine School, go to www.theplantmedicineschool.com. The Plant Medicine School in Scotland anticipates offering this at some point in the future.

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