



Herbal Therapeutics

Spring Syllabus 2024

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Mission & Learning Outcomes

The Herbal Therapeutics program is an online offering designed to provide students with the fundamentals for applied herbal therapeutics. Introductory level anatomy, physiology, pathophysiology, and materia medica content will be presented via a combination of self-study, pre-recorded content, and live lecture.

The prerequisite/corequisite for this course is the Foundations of Bioregional Herbalism program.

By the end of these two programs, students will have a better understanding of how the human body works and how to recognize the patterns of pathology. Students will have the knowledge to begin applying the western herbal framework to support their own health and to be stewards of their community. The Herbal Therapeutics program is not a clinical prep program.

The Northern Appalachia School is not accredited, and herbalism is not licensed in the United States. This program is not designed for students to be prepared to begin a professional herbal practice immediately upon completion. Further studies in advanced medical herbalism, nutrition, and clinical skills will be needed for students wishing to practice clinically, or enter into a clinical mentorship under the Northern Appalachia School. This program does provide many of the foundational skills needed to begin the process of becoming a Registered Herbalist (RH) with the American Herbalists Guild, which is the most well respected certifying body of clinical herbalism in the United States.

Certification & Grading

A Certificate of Herbal Therapeutics will be granted to those who complete the requirements. The certificate will include the number of study hours.

You will be required to complete all mandatory assignments, attain a minimum grade of 70% on all quizzes and exams, maintain a 90% attendance rate (see Attendance & Make-Ups for more information), and demonstrate a commitment to learning through assignments and class participation.

Standard point-system grading is used in the HT program. All grades will be available through google classroom.

Your average final grade will be calculated as follows: Quizzes & Exams $\frac{1}{3}$, Assignments $\frac{2}{3}$.

Program Structure

Note: This syllabus is subject to change at the discretion of the director & program instructors.

The hybrid program consists of 30 total live class time hours and approximately 144 hours of independent study.

Live online sessions will all be recorded for later review (see Attendance for more information). If sessions go past our designated time slot, students will not be required to stay for the remainder of the class.

Students may submit questions for the discussion section of the live sessions regarding lecture content, independent study, personal experiences and challenges, etc. Questions are welcome during the live lectures, however we have a limited number of lecture hours together each month, and so if there is not time to answer questions during the live session, you may email your questions directly to the director (or specific instructor if contact information is provided). There will be a private facebook group available for students and alumni to interact with each other. You may also post questions and conversations in the facebook group for group discussion outside of the live sessions.

Students are encouraged to spend as much time as they need with each assignment, but can expect to spend around 6 hours per week on homework.

Instructors

Lead Instructor:

Calyx Liddick Northern Appalachia School

Required & Recommended Reading

Required Texts

These are the texts required *in addition to* the required texts for the Foundations of Bioregional Herbalism program.

- *The Earthwise Herbal Repertory: The Definitive Practitioner's Guide* by Matthew Wood
- *The Concise Human Body Book: An Illustrated Guide to its Structure, Function, and Disorders* by DK
 - (From what I understand, the kindle version of this book is difficult to read. For a larger print hardcopy, you can purchase DK's "The Human Body Book," which is essentially the same book but the page numbers in assignments might not line up)
- *Medical Herbalism: The Science Principles and Practices Of Herbal Medicine* by David Hoffmann
- *Immune: A Journey into the Mysterious System that Keeps us Alive* by Philipp Dettmer
- *Inflamed* by Rupa Marya

Recommended Reading:

- *Herbal Medicine from the Heart of the Earth* by Sharol Tilgner
- *The Earthwise Herbal, Volume I and Volume II* by Matthew Wood
- *The Botanical Safety Handbook* by Zoey Gardner
- *Botanical Medicine for Women's Health* by Aviva Romm
- *Herbal Vade Mecum* by Gazmend Skenderi
- *Evolutionary Herbalism* by Sajah Popham
- *Western Herbs according to Traditional Chinese Medicine: A Practitioner's Guide* by Thomas Avery Garren
- *Energetic Herbalism* by Kat Maier

Course Calendar

Announcements, assignment reminders, quizzes, instructor feedback, and grades will be posted on the Google Classroom.

Class Schedule:

Online lectures will take place on Zoom.

1	Saturday Jan 14, 2025 5-8:30PM ONLINE	<ul style="list-style-type: none">● Orientation● Approaching Therapeutics	
2	Tuesday Jan 28, 2025 5-8:30PM ONLINE	<ul style="list-style-type: none">● DIGESTIVE<ul style="list-style-type: none">○ Pathologies○ Materia Medica○ Case Studies	
3	Tuesday Feb 11, 2025 5-8:30PM ONLINE	<ul style="list-style-type: none">● SKIN<ul style="list-style-type: none">○ Pathologies○ Materia Medica○ Case Studies	
5	Tuesday Feb 25, 2025 5-8:30PM ONLINE	<ul style="list-style-type: none">● IMMUNE & LYMPHATIC<ul style="list-style-type: none">○ Pathologies○ Materia Medica○ Case Studies	
6	Tuesday Mar 11, 2025	<ul style="list-style-type: none">● RESPIRATORY<ul style="list-style-type: none">○ Pathologies○ Materia Medica○ Case Studies	

	<p>Tuesday</p> <p>Mar 25, 2025</p> <p>5-8:30PM</p> <p>ONLINE</p>	<p>BREAK</p>	
7	<p>Tuesday</p> <p>Apr 8, 2025</p> <p>5-8:30PM</p> <p>ONLINE</p>	<ul style="list-style-type: none"> ● CARDIOVASCULAR <ul style="list-style-type: none"> ○ Pathologies ○ Materia Medica ○ Case Studies 	
8	<p>Tuesday</p> <p>Apr 22, 2025</p> <p>5-8:30PM</p> <p>ONLINE</p>	<ul style="list-style-type: none"> ● HEPATIC <ul style="list-style-type: none"> ○ Pathologies ○ Materia Medica ○ Case Studies 	
	<p>Sunday</p> <p>May 4, 2025</p> <p>(tentative)</p> <p>10AM-5PM</p> <p>IN PERSON</p>	<p>OPTIONAL</p> <ul style="list-style-type: none"> ● Formulation, Dispensing, Tea/Tincture Blending ● Clinical Skills Practice ● Option to present community herbalism projects in person 	
9	<p>Tuesday</p> <p>May 6, 2025</p> <p>5-8:30PM</p> <p>ONLINE</p>	<ul style="list-style-type: none"> ● METABOLIC <ul style="list-style-type: none"> ○ Pathologies ○ Materia Medica ○ Case Studies 	
10	<p>Tuesday</p> <p>May 20, 2025</p> <p>5-8:30PM</p> <p>ONLINE</p>	<ul style="list-style-type: none"> ● NERVOUS <ul style="list-style-type: none"> ○ Pathologies ○ Materia Medica ○ Case Studies 	

	May 30, 2025 - Jun 1, 2025	Annual Student & Alumni Camping Trip	
11	Tuesday Jun 3, 2025 5-8:30PM ONLINE	<ul style="list-style-type: none"> ● MUSCULOSKELETAL <ul style="list-style-type: none"> ○ Pathologies ○ Materia Medica ○ Case Studies 	
12	Tuesday Jun 17, 2025 5-8:30PM ONLINE	<ul style="list-style-type: none"> ● URINARY <ul style="list-style-type: none"> ○ Pathologies ○ Materia Medica ○ Case Studies 	

Make Up Dates:

Online Make Up Date: Friday Feb 7, 2025 , Friday May 16, 2025 , Tuesday, May 27, 2025

Additional Content

Pre-Recorded Content, Documents, & Resources
<ul style="list-style-type: none"> ● Herbal First Aid
<ul style="list-style-type: none"> ● Flower Essences
<ul style="list-style-type: none"> ● Nutrition Essentials
<ul style="list-style-type: none"> ● Nature Cure
<ul style="list-style-type: none"> ● Fatigue & Adaptogens ● Detoxification & Alteratives

- Assessment Notes
- Body Systems for Herbalists E-Book

Attendance & Make-Up

90% attendance is required to receive your certificate.

Students may be withdrawn from the program or moved into auditing if absences or tardiness are excessive.

We cannot guarantee that in person classes will be recorded and may not be able to be made up. Up to 3 missed online classes may be made up. If you are absent for an online webinar and wish to make up the absence, you will be required to watch/listen to the recording and provide notes or complete a special assignment.

All class make-ups must be completed within 2 weeks of the scheduled class.

Google Classroom & Drive

Announcements, assignments, class powerpoints, recordings, and materials will be posted in google classroom and google drive.

Some of the materials posted to the classroom will redirect to Youtube. In order to access private youtube videos, the email address provided/linked to google classroom needs to be the same email address linked to your youtube account.

The google drive will contain a folder title “Documents & Resources” with several useful files. The Online Herbal Research Resources file is continually updated. Students may make suggestions for additions if they find a useful resource by emailing us.

Quizzes & Exams

Quizzes will be held every other week, to be posted on Friday at 5:00pm and due back by Tuesday at 5:00pm.

Online quizzes will not have a time limit, but students are asked to complete them in one session without the use of study aids. Students may not discuss the quiz with other students until the following class.

Study guides will be provided at least 2 days prior to the exams being posted. There will be a review of each exam at the beginning of the following class if needed.

Exams and quizzes constitute $\frac{1}{3}$ of your final grade. They may be made up or retaken with certain circumstances under the discretion of the director.

Assignments

Instructions for Submitting Assignments:

If you have questions or problems with any assignment or course materials please let us know immediately so we can help you keep on track. All late assignments automatically incur a 10% grade deduction unless you have communicated with the instructor. Late assignments may not receive instructor feedback and may delay grading. If you need an extension on an assignment, please contact us. We are generally pretty accommodating for when life circumstances arise, within reason to prevent students from falling behind. Assignments constitute $\frac{2}{3}$ of your final grade.

All assignments and detailed instructions for submission will be provided via Google Classroom. The following information is intended to give you an idea of what to expect during the course and is subject to change.

All assignments must be submitted directly via Google Classroom.

Assignments must be submitted as a *google doc* or *.docx* in the following format:

Last name_First name_Assignment name_Date

Please include any images in the body of the document.

Assignments shared with the group are noted in the assignment instructions. Students will be reviewing and commenting on each other's shared assignments.

Anatomy & Physiology assignments will include reading from the Northern Appalachia School *Body Systems for Herbalists E-Book*, readings from the required reading list (*The Earthwise Herbal Repertory*, *The Concise Human Body Book*, *Immune, and Inflamed*), as well as some optional video recommendations on Youtube.

Assignments Schedule

= Submission Required = Reading/Watching/Listening

Assignment	Due Date
Body Systems: Intro	Jan 14, 2025
Body Systems: Digestive	Jan 28, 2025
Constitutional Assessment	Feb 4, 2025
Body Systems: Skin	Feb 11, 2025
Watch: Herbal First Aid	Feb 11, 2025
Kitchen Herbalism	Feb 18, 2025
Body Systems: Respiratory & Mucous Membranes	Feb 25, 2025
Watch: Alteratives & Detoxification	Mar 11, 2025
Body Systems: Immune	Mar 11, 2025
Body Systems: Lymphatic	Mar 11, 2025
Watch: Nutrition Essentials	Mar 18, 2025
Effects of Dietary Change	Apr 1, 2025
Body Systems: Cardiovascular	Apr 8, 2025
Advanced Herbarium 1	Apr 15, 2025
Body Systems: Hepatic	Apr 22, 2025

Advanced Herbarium Commenting 1	Apr 22, 2025
Community Herbalism Project (Group Assignment)	May 4, 2025
Body Systems: Metabolic	May 6, 2025
Therapeutics Handout	May 13, 2025
Body Systems: Nervous	May 20, 2025
Watch: Adaptogens & Stress	May 20, 2025
Nature Cure Practices	May 27, 2025
Body Systems: Musculoskeletal	Jun 3, 2025
Advanced Herbarium 2	Jun 10, 2025
Body Systems: Urinary	Jun 17, 2025
Herbarium Commenting 2	Jun 17, 2025
Pathology Deep Dive	Jun 24, 2025
Body Systems: Repro	No deadline
Watch: Flower Essences	No deadline

Payments & Refunds

A non-refundable deposit of 20% of your total tuition is required to hold your place in the program.

The full cost of the Herbal Therapeutics program is \$1,400*

Register for the Herbal Therapeutics program by September 1st, 2024 and receive \$100 off your tuition.

An optional comprehensive naturopathic intake & follow-up is available to students at sliding scale pricing during the course.

There is approximately \$120 worth of required texts for the course if all purchased new and in print (some are available on Kindle for less). The cost of herbs and required texts are not included in the price of the program.

*It is a priority to us to make this program financially accessible, and so we ask students to balance personal financial ability with reciprocity. We understand finances can be a complex issue, therefore during the interview process we will discuss financial factors and try to find a payment option that is accessible.

- Full and partial scholarships are available to racialized people (BIPOC)
- Sliding scale tuition rates are available to all students and are based on household income
- 10% discount is applied for all in-person cash payments

You may opt to pay in full before the program commences, or pay in four installments after deposit. These installments are due January 1, and February 1, March 1, and April 1. A late fee of 15% of the payment is incurred for late payments.

Payments may be made by check, venmo, or cash.

If you choose to withdraw from the program, you may request a pro-rated refund (minus deposit) as follows:

- Before program commencement: 100% refund
- By January 15: 50% of remainder
- After February 15: refund not available

If you need to withdraw from the program, please notify us as soon as possible. Your refund amount will be processed based on the date of notification of withdrawal. We cannot provide backdated refunds. In the case of program cancellation, your deposit will be returned.

Policies

At Northern Appalachia School, we embrace our students' differences in age, color, ethnicity, disability, family or marital status, gender expression, religion, sexual orientation, socio-economic status, veteran status, and other characteristics that make our students unique. It is part of our mission to create an environment and a mindset

that is not only inclusive, but actively works against systemic racism, colonization, and bigotry. We expect all students and faculty members to embody this work and act in a way that is respectful and inclusive of the diversity of all our students. Any student that exhibits discrimination or hateful speech may be dismissed from the program without refund.

All students are expected to demonstrate respect, mindfulness, and responsibility for the plants and the landscapes with which we will be interacting.

COVID-19 Policy: We ask that students respect the wellbeing of other students and facilitators in regards to your activities both in class and outside of class. Please do not come to class if you are feeling unwell, have tested positive for COVID-19, or have been exposed to someone who has. If a student comes to class knowingly ill or exposed the student may be subject to dismissal.

If an instructor is ill or is exposed to illness, class may be rescheduled, class topics may be swapped, or portions of the class may be offered online that day with in-person portions taught on a subsequent Saturday.

Masks and vaccination are not required. Students are encouraged to bring a mask to class, and are welcome to wear one if they wish.

COVID policy is subject to change depending on the current climate of the pandemic. In the case of an upsurge, we reserve the right to instate a mask policy.

We will do what we can to keep students safe and healthy while maintaining the continuity of the program.

Communication & Student Support

Students are encouraged to ask questions and seek out guidance from the instructor as needed. One-on-one communication must be within reason. Questions related to a student's health will be limited to what is applicable to the program, beyond that we ask that students schedule a consultation.

If you have questions or problems with any assignment, quiz, etc. please let us know immediately so we can help you keep on track.

We encourage students to interact with and support each other as well through

the facebook group, and to make local connections in the herbal community whenever possible.

We welcome feedback and ideas about how to improve the program! Students will be asked to fill out program evaluations, but you are also welcome to email concerns or suggestions at any time.