The Classical Herbalist 2 Year Course Curriculum

Module 01 Foundations of Classical Herbalism

with JulieAnn Nugent-Head
Course Access begins January 1, 2021

Self-Study *3 hours of reading material*

complete prior to February 26, 2021 London in person meeting

- The Nei Jing as Your Guide
- The First Materia Medica; The Shen Nong Ben Cao
- The Yin and Yang of Herbs
- The Changing Qualities of Herbs

Online Content *10 video hours*

complete prior to February 26, 2021 London in person meeting

- Introduction to Course
- Huang Di Nei Jing Flavor & Nature Theory
- Shen Nong Ben Cao: Herb Intensity & Clinical Application
- Yin and Yang of Herbs
- The 8 Functions of Qi
- Classical Chinese medicine diagnosis and treatment

Experiential Learning *18 in person hours*

London February 26-28, 2021

- Group tasting and discussion the five flavors of herbs
- Group tasting and discussion the four qi's
- Group tasting and discussion on intensity of flavors and natures
- The ten classifications of herb actions by Chen Cang Qi
- Wind as a pathogenic influence
- Introduction to herbs and formulas that release the exterior
- Introduction to herbs and formulas that dispel wind dampness
- Introduction to herbs and formulas that extinguish wind and stop tremors
- Lecture on herb sourcing and quality and herb types: raw herbs, tinctures & granular
- Outline of expectations and rubric for homework assignments 1-3

Module 02 Putting Theory into Practice

with JulieAnn Nugent-Head

Online Content *15 video hours*

complete prior to March 19 Q & A session

- Custom Formula, Classical Thinking
- Shanghan Lun Preface (Andrew)
- Overview of 6 Divisions (Andrew)
- Classical Strategies for Herb Combinations: the 18 incompatible herbs and 19 antagonistic herbs
- Brewing Methods
- Single Herbs Videos (herbs classified as substances that release the exterior, dispel wind dampness, extinguish wind and stop tremors)
- Case studies relating to treatment of wind

Self-Study *10 hours of reading material*

complete prior to April 23, 2021 Q & A session

- The Classical Herbalist Materia Medica (herbs relating to pertinent chapters)
- Benske introductory chapters
- Benske release exterior herbs & formulas
- Benske dispel wind-dampness herbs & formulas
- Benske extinguish wind and stop tremors herbs and formulas

Homework Assignment 01 *5 hours*

complete prior to May 21, 2021 in person lectures

Taste / experience 3 herbs from above chapters writing about their qualities following the homework rubric.

Monthly Online Q& A *8 hours*

live q&a recorded and available for online viewing following the event

March 19, 2021

April 23, 2021

Experiential Learning *18 in person hours*

London May 21-23 2021

- Discussion on homework assignments and presentation by participants
- Lecture on heat as a pathogen
- Tasting and discussion sweet cold herbs, cold bitter herbs
- Introduction to herbs and formulas that clear heat
- Introduction to herbs and formulas that drain downward
- introduction to herbs and formulas that transform phlegm
- Introduction to herbs and formulas that calm the spirit
- Case Studies

Module 03 Reinterpretation of Modern Medicas & Formulas

with JulieAnn Nugent-Head

Self-Study 3 hours of reading material

Complete by June 25, 2021 London in person meeting

- The Classical Herbalist Materia Medica (herbs relating to pertinent chapters)
- Benske herbs and formulas that clear heat
- Benske herbs that formulas that drain downward
- Benske herbs and formulas that transform phlegm & stop coughing
- Benske herbs and formulas that calm the spirit

Homework Assignment 02 *5 hours*

Complete by June 25, 2021 London in person meeting

Taste / experience 3 herbs from above chapters writing about their qualities following the homework rubric

Online Content *14 video hours*

Complete by July 9, 2021 Q & A

- Single Herbs Videos (herbs classified as substances that clear heat, relieve toxicity and relieve summer heat)
- Shanghan Lun Formula: explanation of formula makeup, modifications and clinical application

Experiential Learning *18 in person hours*

London June 25-27, 2021

- Discussion on homework assignments and presentation by participants
- Dryness as a pathogen; internal causes versus external causes
- Dampness as a pathogen, causes and cascade of events
- Tasting and discussion of herbs: thick quality versus light, aromatic versus bland
- Introduction to herbs and formulas that tonify blood
- Introduction to herbs and formulas that tonify yin
- Introduction to herbs and formulas that drain dampness
- Introduction to herbs and formulas that transform dampness
- Case studies

Module 04 Reinterpretation of Modern Medicas & Formulas continued

with JulieAnn Nugent-Head

Self-Study *3 hours of reading material*

complete by August 20, 2021 Q & A

- The Classical Herbalist Materia Medica (herbs relating to pertinent chapters)
- Benske herbs and formulas that tonfiy blood
- Benske herbs and formulas that tonify yin
- Benske herbs and formulas that drain dampness
- Benske herbs and formulas that transform dampness

Online Content *16 video hours*

Complete by September 17, 2021 Q&A

- Inspecting Sun Si Miao's perspective & formulae in the Qian Jin Yi Fang
- The Four Greats of the Jin & Yuan Dynasties & their treatment methods
- Wen Bing Theory development and formulas
- Changes in perspectives and organization of major Materia Medica
- History of the last 100 years leading to modern application of TCM
- Modern application of herbs

Homework Assignment 03 5 hours

complete by September 17, 2021 Q & A

• Taste / experience 3 herbs from above chapters writing about their qualities following the homework rubric

Monthly Online Q& A 8 hours

live q&a recorded and available the following week

August 20, 2021

September 17, 2021:

Experiential Learning *18 in person hours*

London October 1-3, 2021

- Lecture on cold as a pathogenic influence
- Group tasting and discussion hot / warm acrid herbs, hot / warm sweet herbs
- Introduction to herbs and formulas that tonify yang
- Introduction to herbs and formulas that warm the interior and expel cold
- Case studies presented
- Outlining expectations for case study homework assignments

Monthly Online Q& A *12 hours*

live q&a recorded and available the following week

November 19, 2021

December 10, 2021
January 14, 2022

Homework Assignment 04 5 hours

due by January 14, 2022 Q & A

- Case Study 01 ; developing a 5-10 herb formula following homework rubric

Module 05: The Practical Herbalist: Classical Herbs in Daily Practice

with Andrew Nugent-Head

Online Content *10 video hours*

complete prior to February 25, 2022 London in person lectures

- What is a classical herbalist
- What is a practical herbalist
- Herbalism in perspective
- Practical herbalism videos

Self-Study 3 hours of reading material

complete prior to February 25, 2022 in person lectures

- The Practical Herbalist articles

In Person Lectures

London February 25-27, 2022

- Discussion on regulating the qi and regulating the blood
- Discussion on stabilizing, consolidating and gathering qi
- Off-label use of herbs
- Using what you have instead of turning to herbs 'you need'
- Extreme dosage
- Removing fear

Monthly Online Live Q& A 8 hours

live q&a recorded and available the following week

March 18, 2022

April 22, 2022

Module 06: Branching Out: Hand Soaks, Foot Soaks, Liniments, Powders, Pills & other Applications of Herbal Medicine

with Andrew Nugent-Head

Online Content *5 video hours*

complete prior to May 20, 2022

- How to make a salve, alcohol liniment
- How to make a hand or foot soak
- How to prescribe soaks

Self-Study

complete prior to May 20, 2022

Benske herbs for topical application

In Person Lectures 18 hours

London May 20-22, 2022

- Introduction to substances for topical application
- Outlining homework rubric for assignments 5 & 6

Homework Assignment 05 5 hours

complete by June 24, 2022 Q & A

Find and experience 5 different topical herbal preparations, research ingredients write about experience and formula makeup following homework rubric

Homework Assignment 06 5 hours

complete by August 19, 2022

Create 2 topical medicines following rubric. One must not be alcohol based.

Homework Assignment 07 5 hours

due by November 4, 2022 Q & A

• Case Study *02*

Monthly Online Live Q& A 16 hours

live q&a recorded and available the following week

June 24, 2022

August 19, 2022

September 30, 2022

November 4, 2022

CLASSICAL HERBALIST COURSE COMPLETION:

"Classical Herbalist Certification" granted to attendees with regular attendance at in person lectures, completion of all course videos and passing grades on written assignments.

CLINICAL HERBALIST COURSE COMPLETION:

"Clinical Herbalist Certification" granted to attendees who successfully complete all Classical Herbalist Training materials and an additional 80 hours of clinical training. Clinical training hours to be completed at the Alternative Clinic in Asheville, NC under senior practitioners JulieAnn and Andrew Nugent-Head.