

NSLS HERBAL INTENSIVE

2016-2017

INSTRUCTORS INFORMATION

	Email	Office Location & Hours
Stephany Hoffelt BA HAS	stephany@naturallysimple.org	850-Page Street, Iowa City, IA By Appointment
Phone 319-512-2422	Skype stephany.r.hoffelt	<u>Schoology Course</u> 589488669 Access Code will be e-mailed upon first payment

GENERAL INFORMATION

SCHEDULE

The class runs from October 1st to May 30th.

This course will utilize the Schoology platform to deliver course materials, assignments and assessments.

Monday - A new module will be released which includes reading materials, a PowerPoint lecture and some asynchronous assignments.

Wednesday- Students are encouraged, but not required, to attend an evening potluck here at my home. Families welcome.

Thursday - There will be a real-time class discussion based on these materials, that you can access via the Internet. I expect that you will have read them prior to the discussion so that we can move forward during these sessions. Plan on about 1.5 hours.

Saturday - There will be one monthly Saturday Workshop at the Naturally Simple Classroom. This class runs from 10 a.m. to 5 p.m. I will provide lunch, snacks and beverages.

Exams will be posted once a month. They will be mostly short answer and essay, so you will have a window of days they will be open. There will be a comprehensive final in May.

EXPECTATIONS AND GOALS

I feel like doing as much of the work in an asynchronous class room as possible sets up adult learners for success. That being said, there will be due dates on asynchronous class discussions

and assignments in order to keep the whole group moving forward. I do not assess assignments turned in after due dates.

You will be required to participate in 80% of class discussions to pass this course.

You will be required to attend all eight Saturday sessions unless prior arrangements have been made. There will be hands-on projects that you will be required to complete at the workshops. The materials for these projects is covered in the cost of the course.

You will be required to maintain an electronic portfolio containing your Material Medica research and your self-care practices to be turned in for an assessment once a month.

There will be a final project which includes a presentation at our Herb Day event due at the end of the course.

There will be monthly exams as well as a comprehensive final. Students must achieve 80% cumulatively on everything to graduate the course, but I do allow you to throw out your lowest score on the monthly exams.

Please be serious about engaging in this level of in-depth study. Once you have paid for a spot, I do not issue refunds, although you can roll the payment to the next session. I reserve the right not to have sessions, yearly.

Benefits:

Two of the Saturday Workshops will be open to the public for the purposes of giving students experience presenting and organizing herbal events. Vending opportunities will be available.

Successful students will be given transcripts detailing their educational contact hours suitable for turning in to the AHG.

Successful students will be invited to attend monthly healer's circles where we anonymously discuss cases and other work.

Successful students may be given the opportunity to attend conferences with me for free or a reduced price.

I am working on making it easier to transfer work to Goddard as APL and I will be writing referrals for successful graduates which will make them eligible for a \$1000 grant the college offers.

The Course Schedule is loosely outlined below however I reserve the right to make changes.

COURSE SCHEDULE

Month	Healing Focus	Science Focus	Anatomy and Physiology
October	History of Plant Medicine Social, Ecological and Spiritual Determinants of Health. Self-care for Herbalists	Effective Scientific Research Writing Monographs Medical Terminology	Anatomy of a Cell Immune/Lymph System and Herbs
November	Herbal Energetics and Modalities Partnering with Clients	Intro to Phytochemistry and Biochemistry	Integumentary System and Herbs Mucosal Membranes and Herbs
December	Legal Issues Surrounding Herbal Practice Planning an Office or Clinic Dreams and Health	Understanding Sleep Neurotransmission Systems	Nervous System and Herbs Respiratory System and Herbs
January	Bitter Herbs and Wellness Herbal Formulation	Nutrition	Gastrointestinal System and Herbs
February	Blood Building and Wellness Ecological Design and Your Wellness Garden	Gastrointestinal System and Herbs	Cardiovascular/Blood Systems and Herbs
March	Intake and Record Keeping The Breath of Life and Wellness	Plant Ecology	The Endocrine System and Herbs
April	Developing a Wellness Plan based on Your Intake Writing a Case Study	Botany and Plant Identification Organoleptic Evaluation	The Musculoskeletal/Fascia System and Herbs
May.	Tissue Affinity Herbal Safety in Pregnancy, Pediatrics and Lactation.	Disposition Pathways Metabolism of Herbs Herb- Drug Interactions	Reproductive System Embryology

SATURDAY WORKSHOP DATES

October 8 th 10 a.m. - 5 p.m.	Root Medicines and Botanical ID Immunology - Immune System Support
November 5 th 10 a.m. - 5 p.m.	Microbiology Common Infectious Disease
December 3 rd 10 a.m. - 5 p.m.	Holiday Open House - 2-5 p.m.
January 7 th 10 a.m. - 5 p.m.	Preparations and Hydroethanolic Extracts 201- Beyond Folk Methodology
February 4 th 10 a.m. - 5 p.m.	Ethical Wildcrafting and Herbal Harvesting, Seed Starting, Botanical ID,
March 4 th 10 a.m. - 5 p.m.	Seed Starting, Botanical ID
April 1 st 10 a.m. - 5 p.m.	External Preparations for Avascular Areas, Botanical ID
May 6 th - 10 a.m. - 5 p.m.	Herb Day Event Students will be required to help plan and present at this event.

COURSE MATERIALS

REQUIRED MATERIALS

- This course will utilize the Schoology platform to deliver course materials, assessments, course announcements and for group discussion. This is a free platform, but you will want to establish an account using the course login information above. Please record your password for safekeeping. The instructors have no way of re-setting your password.
- There are templates to download in the Schoology folder that you will need for turning in homework and putting together your virtual binder for me to review. It is like a portfolio.
- Free Zotero Account
- A Google account will be necessary to access class discussions via Google Hangout.

REQUIRED TEXTS

Gardner, Zoë, and Michael McGuffin. 2013. *American Herbal Products Association's Botanical Safety Handbook, Second Edition*. Boca Raton, FL: CRC Press.

Pengelly, Andrew. 2004. *The Constituents of Medicinal Plants: An Introduction to the Chemistry and Therapeutics of Herbal Medicine*. 2nd ed. Crow's Nest, Australia: Allen & Unwin.

mcdonald, jim. [foundational herbcraft...actions & energetics in western herbalism](#)
available at Herbcraft.org