

A woman with dark curly hair and glasses, wearing a white lab coat, is working in a laboratory. She is pouring dried, purple and green herbs from a large brown glass jar into a white scale pan. The pan is placed on a white mechanical scale. In the background, there are shelves filled with many small brown glass bottles, some with white labels. A blender and other laboratory equipment are visible on a counter behind her. The overall setting is a well-organized laboratory or pharmacy.

SECTION FOUR
GRADUATE DEGREE PROGRAMS
Herbal Medicine Program

Come forth into
the light of things,
let nature be your
teacher.

—William
Wordsworth

About the Program

Program Notice

As a relatively new program that began in 2002, the Herbal Medicine program curriculum continues to evolve to better serve our students and to position our graduates for success. In the spring of 2010 the faculty will be undertaking a formal review of the program and there are revisions that are being considered to begin in fall 2010 that would supersede what is currently posted. Please contact the Office of Graduate Admissions and refer back to this online catalog to stay up to date on program revisions.

Overview

The Herbal Medicine program is a graduate program leading to a Master of Science degree in herbal medicine. Integrating modern scientific knowledge with traditional wisdom, the curriculum provides an understanding of varied health and wellness paradigms as well as the bio-psycho-social constructs that inform them. It engages nature as teacher, using natural rhythms of the living world to guide the model for client care and broader practices. The educational environment serves as a catalyst for meaningful change and empowers our graduates to serve as facilitators of change in others.

Students who have completed the program will possess a solid knowledge of the theory and practice of supporting health and wellness; be able to consult safely and communicate their competence effectively; and have a positive, knowledgeable understanding of the potential of herbs.

The program's main emphasis is clinical study, and all students are required to complete a set amount of clinical work. Students who choose not to focus primarily on clinical work may pursue a self-guided independent study project with approval from the director.

Program Goals

The Tai Sophia graduate in herbal medicine will:

- I. Be able to serve their clients:
 - A. Be able to gather and contextualize relevant information from the client in order to develop a plan for wellness.
 - i. Be able to accurately gather information regarding past and current health status while differentiating between phenomena and the client's interpretation of phenomena.
 - ii. Be able to synthesize the above information to assess constitutional or acquired strengths and weaknesses.
 - B. Be able to advise and educate effectively.
 - i. Be able to develop with the client a short-term and long-term wellness plan based on assessed constitution, evaluation of health inputs, and acquired strengths and weaknesses.
 - ii. Be able to adjust herbal, dietary, and lifestyle recommendations in response to the changing needs of the client.
 - iii. Be able to help the client become more self-aware and to better understand the relationship between his or her thoughts and behavior and sense of physical and mental well being.
2. Possess knowledge of traditional herbal systems as well as a contextual understanding of the principles and practice of modern Western herbalism:
 - A. Possess a comprehensive knowledge of biomedicine as it applies to herbal therapeutics.
 - B. Possess a comprehensive knowledge of health assessment appropriate to a wellness based practice.
 - C. Possess a comprehensive knowledge of materia medica appropriate to modern practice.
 - D. Possess a comprehensive knowledge of herbal pharmacology.
 - E. Possess a comprehensive knowledge of herbal preparation and formulation.
 - F. Possess a comprehensive knowledge of the varied roots of contemporary herbal practice with a focus on North American herbal-based medical movements of the late 18th century to early 20th century.
 - G. Possess a comprehensive knowledge of current and historical issues of quality, safety, and efficacy in herbal medicine.
 - H. Possess an understanding of the concepts and applications of toxicology, herb-drug interactions and contraindications as applies to safe practice.
 - I. Possess analytical skills needed for evaluating historical texts and their applicability to modern knowledge.
 - J. Possess a basic knowledge of other systems of herbal medicines from a global perspective.
 - K. Possess a basic knowledge of modern methodology and new avenues for herbal research.
 - L. Possess an introductory level of knowledge of plant identification and wildcrafting, as well as the impact of herbalism on the environment.
 - M. Possess an introductory level of knowledge of the concepts of medical anthropology and their application to contemporary Western herbalism.
3. Have the skills to establish and maintain an effective herbal practice:
 - A. Be able to assess and support clients within the context of a health and wellness paradigm.
 - B. Be able to navigate the current healthcare environment, empower clients to make informed choices and refer when appropriate.
 - C. Be competent in the basic business skills necessary to build and maintain an herbal practice.
 - D. Be familiar with the ethics, laws, and regulations regarding herbalism.
4. Be able to grow personally and professionally:
 - A. Be able to observe oneself: to assess and change one's responses to external and internal cues in order to have the greatest potential for growth, maturation, inspiration and wisdom.
 - iv. Be able to integrate the lessons of nature into a wellness plan that supports the client's movement through life.
 - v. Be able to achieve and maintain rapport with clients, listen attentively, and practice with compassion.

- B. Be able to hold oneself responsible for one's actions.
- C. Be able to exhibit a willingness to be a learner: ask for help when needed, listen receptively, and be open to receiving coaching.
- D. Be able to think critically as an aid to incorporating new ideas, theories, and methods into his or her practice.
- E. Be able to build partnerships with clients, teachers, medical professionals, and others in life.
- F. Be able to actively participate in the field of herbalism through writing, research, public speaking, and/or professional affiliation.

Herbal Medicine—The People's Medicine

The Herbal Medicine program and Tai Sophia Institute do not promote or advocate licensure for herbalists in the United States. Rather, we advocate that all citizens be afforded the education, accessibility and freedom to make informed healthcare choices that they feel will best serve themselves and their families. Likewise, we advocate that all healthcare practitioners be given the opportunity to practice freely, so long as they represent their training and credentials to the public with absolute integrity.

The Herbal Clinic for All is a collaborative effort of faculty, staff, graduates and students to bring community herbalism to a population who typically would not be able to afford the cost of an herbal consultation and a personalized herbal preparation. This donation-based community herbal clinic offers the services of community herbalists one day a month at the Tai Sophia student clinic in Silver Spring, Maryland. For more information about the clinic please refer to our website www.tai.edu/HerbForAll.aspx

Admission Requirements

Academic Calendar

Degree Requirements

Applicants for admission to Tai Sophia Institute must submit:

- Official transcripts to verify completion of a baccalaureate (bachelor's) degree.
- Official transcripts of the highest degree earned beyond a baccalaureate.

If the degree, or required coursework, was not completed at a college or university recognized by a U.S. Department of Education accrediting body, copies of the institution's academic catalog may be required and course syllabi may be requested. International students please refer to the additional instructions outlined under the heading International Students in the General Admissions Process section of this catalog.

Health Requirements

- Current, documented tuberculosis skin test (PPD). If PPD is positive, a completed TB screening form (provided to students upon request).
- A completed "Hepatitis B Vaccination Form for Students" declining vaccination, stating prior vaccination, or indicating plan to receive vaccination. The form and a Hepatitis B Information Packet will be provided to students prior to the start of the program.

Prerequisites

A three semester credit course in Physiology is required prior to starting the Herbal Medicine program and must be completed with a minimum grade of "C-" or 70%. Options for completing this requirement include:

- An intensive three credit Physiology course completed through Tai Sophia Institute.

OR

- A three credit Physiology course or minimum six credit Anatomy & Physiology course levels I and II completed at another school and documented with an official transcript.

Additional Notes:

- A basic course in the study of herbs is highly recommended prior to starting the program.
- Courses in organic chemistry and cell biology are helpful if students wish to take additional classes to prepare for the program. For students who have previously completed a physiology course, a thorough review of the material is recommended.
- International students please refer to the additional instructions and requirements outlined under the heading International Students in the General Admissions Process section of this catalog.

Overview

Classes begin once yearly in September. The class days are specific to the year students begin; even-numbered years meet on Monday and Tuesday, while odd-numbered years meet on Thursday and Friday. **For the class starting in September 2010, the class days are Monday and Tuesday plus one weekend a month (Saturday and Sunday).** There are no weekend intensives in Level III of the program; however, an additional clinic day is scheduled each week. Reading week is scheduled midway through each trimester. During this week no classes will be held, giving students more time to reflect on their coursework. In addition to the class days, students will be expected to allocate 15 to 20 hours per week for outside study. The program also includes a maximum of two multi-day out-of-state field trips, as well as occasional off-campus classes and intensives in the region.

The course is a full-time program and is typically completed in 28 to 32 months, depending on the pace set for completion of Level III. The maximum amount of time allowed to complete the program is 60 months.

September 2010 Class

Level I

Trimester 1	09/07/10 – 12/18/10
Trimester 2	01/03/11 – 04/16/11
Trimester 3	04/25/11 – 08/06/11

Level II

Trimester 4	09/06/11 – 12/17/11
Trimester 5	01/03/12 – 04/14/12

Level III:

Trimester 6	04/23/12 – 08/04/12
Trimester 7	09/04/12 – 12/15/12
Trimester 8	01/02/13 – 04/13/13

Commencement	06/03/13
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Course of Study

Level I

Trimester 1 - September - December 2010

Number	Course Name	Credits
H501a	SOPHIA® Intensive	4.0
H505a	Materia Medica I	1.0
H507	Symposium	0
H508a	Herbal Preparations I	1.0
H509a	Applied Biomedicine in Herbal Therapeutics I	1.5
H532	Literature Research & Writing	1.5
H534a	People, Plants and Seasons I	1.5
H550	Clinical Foundations	1.0
H557a	Cultivating a Healing Presence I	1.0
Subtotal		12.5

Trimester 2 - January - April 2011

H505b	Materia Medica I	1.5
H508b	Herbal Preparations I	1.0
H509b	Applied Biomedicine in Herbal Therapeutics I	1.5
H533a	Medicinal Plants & Culture	1.5
H534b	People, Plants and Seasons I	0.5
H535a	Clinical Skills I	3.5
H554a	Herbal Pharmacology & Phytochemistry I	2.0
H557b	Cultivating a Healing Presence I	1.0
Subtotal		12.5

Trimester 3 - April - August 2011

H503	Field Trip	1.0
H505c	Materia Medica I	1.5
H508c	Herbal Preparations I	0.5
H509c	Applied Biomedicine in Herbal Therapeutics I	2.0
H533b	Medicinal Plants & Culture	1.0
H534c	People, Plants & Seasons I	1.0
H511	Nourishment I	1.0
H535b	Clinical Skills I	1.5
H554b	Herbal Pharmacology & Phytochemistry I	1.0
H557c	Cultivating a Healing Presence I	1.0
Subtotal		11.5

Level II

Trimester 4 - September - December 2011

H605a	Materia Medica II	2.0
H607	Fall Symposium REQUIRED	.75
H609a	Applied Biomedicine in Herbal Therapeutics II	2.0
H611a	Nourishment II	1.0
H634a	People, Plants and Seasons II	0.5
H635a	Clinical Skills II	3.0
H654	Herbal Pharmacology & Phytochemistry II	1.0
H656	Practice Management I	1.25
H657a	Cultivating a Healing Presence II	1.0
Subtotal		12.50

Trimester 5 - January - April 2012

H603	Retreat in Preparation for Clinic	0.5
H605b	Materia Medica II	2.0
H608	Herbal Preparations II	1.0
H609b	Applied Biomedicine in Herbal Therapeutics II	2.0
H611b	Nourishment II	1.0
H635b	Clinical Skills II	3.25
H657b	Cultivating a Healing Presence II	1.0
Subtotal		10.75

Level III

Trimester 6 - April - August 2012

Full Clinical Study		
H708	Herbal Preparations III	1.0
H709a	Applied Biomedicine III: Case Assessment	3.0
H720a	Supervised Clinic	1.5
H721a	Supervised Core Groups	0.5
H735	Clinical Skills III	1.0
H753	Clinical Strategies III: Case Management	2.0
H757a	Cultivating a Healing Presence III	1.0
Subtotal		10.0

Partial Clinic and Independent Study Project

H753	Clinical Strategies III: Case Management	2.0
H708	Herbal Preparations III	1.0
H709a	Applied Biomedicine III: Case Assessment	3.0
H715a	Clinic for Independent Study (15 clients: 7-- 3x's + 5 partnered)	1.5
H721a	Supervised Core Groups	0.5
H740a	Independent Study Project	1.0
H757a	Cultivating a Healing Presence III	1.0
Subtotal		10.0

Trimester 7 - September - December 2012

Full Clinical Study		
H707	Symposium	.75
H711	Nourishment III	.75
H713	Clinical Round Table	1.75
H720b	Supervised Clinic	1.5
H721b	Supervised Core Groups	0.5
H735b	Clinical Skills III	1.0
H757b	Cultivating a Healing Presence III	1.0
H766	Practice Management II	1.5
Subtotal for Full Clinical Study		8.75

Partial Clinic and Independent Study Project

H707	Symposium	0.75
H740	Independent Study Project	2.25
H766	Practice Management II	1.5
Subtotal for Partial Clinic & Independent Study		4.50

Trimester 8 - January - April 2013

Full Clinical Study

H705	Materia Medica III	1.5
H720c	Supervised Clinic	1.5
H721c	Supervised Core Groups	0.5
H745	Volunteer Project	1.0
Subtotal for Full Clinical Study		4.50

Program Total Credits Full Clinical Study 83.00

Partial Clinic and Independent Study

H705	Materia Medica III	1.5
H740c	Independent Study Project	5.75
H745	Volunteer Project	1.0
Subtotal for Partial Clinic and Independent Study		8.25

Program Total Credits for Partial Clinic and Independent Study 82.50

Curriculum

Level I: Wellness

Level I focuses on biological, psychological and social wellness while encouraging the student to think critically about plants, research, and health. It lays a foundation for personal development as students proceed to take on the honored responsibilities of being a practitioner.

Level I consists of three trimesters, which make up the first year of study. The program begins with a two week intensive exploring the institutional values that underlie our vision of community and personal wellness. Following this intensive, students begin what will become their normal classroom schedule of two full days a week and one weekend per month.

Continuing Health Requirements

Throughout all program levels, students must comply with health-related requirements including bloodborne pathogen training prior to entering clinic. As an awareness and self care practice, students are also required to receive a minimum of three herbal consultations before the end of level I. For health requirements that need to be updated regularly, the update must be completed prior to or within the month of expiration, and documentation submitted to the administrative coordinator for Faculty Supervised Student Clinic office. Complete requirement details are included in Student Handbook.

Level II: Exploring Imbalance

Level II builds on the skills learned in Level I, exploring environmental inputs and endogenous processes that contribute to imbalances in health. Clinical strategies that engage the restorative role of herbs, nourishment and behavioral modification are emphasized.

Level II consists of two trimesters of study. Students enter Level II after successfully completing all requirements of Level I. The classroom schedule is the same as for Level I, including classes one weekend per month. Students continue to develop critical thinking skills while classes focus on the theoretical and real-world knowledge necessary for effective practice in the Level III student clinic. Students will begin interviewing clients in a classroom setting as their clinical observation experience progresses. Level II ends with a clinical transition retreat, which serves as a bridge from the more directed and instructive study of Level II to the more independent work of Level III.

Level III: Restoring Balance

Level III utilizes cases studies and a problem-based learning format, challenging students to apply their foundational education and fine tune their critical thinking skills. Working with their own clients in the school clinic, students develop their personal approach to consultations while receiving skilled guidance. The clinic provides students the opportunity to hone their skills in a supportive environment and to progress from extensive supervision at the beginning of Level III to clinical autonomy, with the confidence to practice alone, by graduation.

Level III consists of three trimesters of study. Students enter Level III after successfully completing all requirements of Level II. The schedule for the first two trimesters of Level III is comprised of 1.5 days per week in the classroom with two additional half days of clinic. The third and final trimester has no classroom study and is comprised solely of two half days of clinic and completion of research projects. There are no weekend classes in any of Level III.

Note: Students who wish to focus on something besides clinical work in Level III can instead, following approval from the director, complete a self-guided independent study and thesis. These students are still required to complete most classroom courses in Level III, as well as an abbreviated version of clinic, to ensure that their independent work is informed by clinical realities.

Course Descriptions

The following courses are listed numerically, not in the order in which they are presented.

Level I: Wellness

HRB 501

School of Philosophy and Healing in Action® (SOPHIA®)

Intensive Course

4.00 Semester Credits

Based on the cycles of nature, this opening intensive introduces the philosophical underpinnings of the Institute. The course focuses on exploring the rhythms of nature, life skills and language.

HRB 503

Field Trip

1.00 Semester Credit

This field trip to Equinox Botanicals and the United Plant Saver's plant sanctuary in Ohio immerses students in one of our nation's richest forests. Students learn conservation, plant identification, ethical harvesting, processing of collected plant material and appreciation of the natural world

HRB 505

Materia Medica I

4.00 Semester Credits

Students are introduced to the framework of materia medica, the study of the properties, uses and administration of individual herbs. Skilled clinicians will discuss their experience, as the class begins a comprehensive review of approximately 150 herbs. The class focuses on developing the skills necessary for students to research and critically appraise traditional and modern evidence. Students begin development of an authoritative herbal monograph that will be completed in Level III.

HRB 507

Fall Symposium

0.00 Semester Credit

Students attend presentations on emerging concepts in biosciences and other health-related fields. This two-day symposium is conducted by a number of researchers from around the world who are engaged in this work. Faculty, alumni, and the wider community also attend. Students are required to attend four days out of the six symposium days offered over three fall trimesters.

HRB 508

Herbal Preparations I

2.50 Semester Credits

This is primarily a 'hands on' course that provides the basic skills required in order to manufacture effective medicinal herb products for oral and topical applications. Students develop an understanding of the advantages and limitations of each preparation with respect to the phytochemistry of herbal constituents, plus the legal requirements for herbal preparations under the FDA Code of Good Manufacturing Practices. There is also an emphasis on the quality of herbal products in the marketplace, and of learning the necessary skills to evaluate their identity and purity.

HRB 509

Applied Biomedicine in Herbal Therapeutics I

5.00 Semester Credits

In this course students will learn the physiological theory supporting the practice of competent, safe and effective herbal medicine within the context of a wellness model. Students will become familiar with foundational physiological processes, such as communication pathways and mechanisms of protection and defense. They will also explore the physiology underlying the body's rhythms and the impact of factors such as exercise, emotion, diet and social interaction on health.

HRB 511

Nourishment I

1.00 Semester Credit

This class focuses on the role of food in maintaining optimal wellness. Students are introduced to the importance of macronutrients in human health. Issues relating to the metabolism of fats, proteins and carbohydrates will be addressed. Students will also begin to assess their own food intake.

HRB 530

Fundamentals of Herbal Medicine: Past to Present & Soil to Clinic

3.00 Semester Credits

(Graduate certificate only)

This survey course begins by looking at the history and use of herbal medicine around the world. The course continues with a more focused look at the history of herbal medicine in the United States, up to and including current practices and regulations. The second section of this course familiarizes the student with the fundamental areas of study relevant to medicinal plants, providing an overview of field botany, harvesting and drying, herbal preparations (pharmacy), phytochemistry, phytopharmacology and materia medica.

HRB 532

Literature Research and Writing

1.50 Semester Credits

In this course students will learn to write papers that demonstrate lucid, original thought, with correct formatting and proper use of citations. Students also will learn how to review and interpret scientific research papers and literature for application throughout the Herbal Medicine program. An orientation to the library and its resources will be included in this course.

HRB 533

Medicinal Plants and Culture

2.50 Semester Credits

Over two trimesters, students are introduced to the interaction of people and plants from both an anthropological and historical angle which inform the contemporary practice of herbal medicine. During the first trimester the focus is on global traditions of people and plants and their relationship to systems and cultures applied in contemporary Western herbal medicine. The second trimester allows students to delve deeper into the historical North American herbal movements, including the Eclectic, Physiomedical, and Thomsonian traditions. Core classic texts of the 19th and 20th century American settler traditions are discussed, and students interpret these texts.

HRB 534

People, Plants and Seasons I

3.00 Semester Credits

Interacting directly with plants throughout the seasons, students will gain practical knowledge in plant identification, field and classical botany, harvesting plants, and traditional insights into the annual cycle. There will be regular walks in Jim Duke's garden, as well as frequent field trips to nearby habitats.

HRB 535

Clinical Skills I

5.00 Semester Credits

This course develops the theoretical framework and practical skills needed to conduct a wellness assessment and design a strategy to support wellness. Using a model of assessing and supporting foundational health inputs and processes, we examine health through many facets to better understand the unique individual. Through the use of herbs, nutrition and lifestyle modification we support health and wellness. This course builds essential and practical clinical skills through interactive teaching methods and experiences. Emphasis is placed on using natural rhythms of the living world and an integrated model of physiology as guides for utilizing herbs and other interventions wisely. The role of the practitioner as educator and self care guide is explored as an important part of effective clinical work.

HRB 550

Clinical Foundations

1.00 Semester Credit

Examining the principles and practices of modern herbal medicine, this course provides a contextual understanding of the herbalist as healthcare provider. Foundational concepts of wellness and sickness are discussed as well as an overview of the interventions utilized by herbal practitioners. The course introduces a bio-psycho-social model of assessment and an integrated approach to supporting clients.

HRB 554

Herbal Pharmacology & Phytochemistry I

3.00 Semester Credits

This course introduces students to the fundamental principles of pharmacology, toxicology and drug interactions, and their application to the clinical use of herbal medicines. This unique version of pharmacology emphasizes less conventional aspects of pharmacology, including the concepts of synergy and hormesis, as well as herbal classifications based on taste and temperament. In addition, students learn the fundamental elements of phytochemistry or plant chemistry. Understanding phytochemistry has important implications in both the therapeutic use of herbs and in herbal pharmacy/preparation techniques.

HRB 557

Cultivating a Healing Presence I

3.00 Semester Credits

This course continues to build on the philosophical underpinnings of health and wellbeing first explored in the SOPHIA Intensive HRB 501. By observing their own ways of being, doing, and speaking, students begin to embody the practices that guide them in becoming a powerful healing presence and catalyst for change in others.

Level II:

Exploring Imbalance

HRB 603

Retreat

0.50 Semester Credit

This retreat concludes the second level of study and acknowledges the student's rite of passage from the primarily academic portion of the program to the delivery of client care within the Faculty-Supervised Clinic. In both structured and free time students are encouraged to reflect on the knowledge they have gained, what it means to be a healing presence for others and how they see their own role as a practitioner. It is an opportunity for the students to continue developing as a cohesive group who will support one another through their clinical phase.

HRB 604

Frequently used Herbs: Understanding for the Health Professional

3.00 Semester Credits

(Graduate certificate only)

Applying the knowledge developed in previous coursework, this course investigates approximately thirty of the most frequently used herbal medicines and related supplements. Each herb will be discussed from the ethnobotanical perspective as well as the modern phytotherapeutic perspective, providing a contextual understanding of usage by the general public. Available in vivo, ex vivo and in vitro data will also be reviewed to evaluate the therapeutic activity of the covered herbs. Topics such as quality control, pharmacology, traditional use, clinical trials, dosage range, interactions and safety parameters will provide an overview of the covered herbs. In addition to addressing the most commonly used medicinal plants, the course will provide the student with the skills to effectively research herbs not covered in the class.

HRB 605

Materia Medica II

4.00 Semester Credits

This course is a continuation of Level I (HRB 505), with a focus on the more subtle aspects of clinical application. Independent learning is provided through student project work. Based on both the historical record and modern research, students develop their skills in matching herbs to specific clinical patterns. Students continue development of an authoritative herbal monograph that will be completed in Level III.

HRB 607

Fall Symposium

0.75 Semester Credit

This is the annual symposium held each fall. Attendance is required for four days out of six symposium days offered over three fall trimesters. (See description for HRB 507)

HRB 608**Herbal Preparations II****1.00 Semester Credit**

This course expands the skills and methods of herbal preparation in HRB 508, while shifting the focus to clinical application of herbal medicines.

HRB 609**Applied Biomedicine in Herbal Therapeutics II****4.00 Semester Credits**

In this course, students will begin to understand the impact of genetics, various environmental inputs, and disruptions of the body's rhythms on the development of illness and disease. Emphasis will again be placed on critical thinking and a bio-psycho-social context for understanding pathophysiological processes.

HRB 611**Nourishment II****2.00 Semester Credits**

This class provides a general survey of important nutrition-related issues, including cultural and genetic factors that affect dietary practices and needs. The course includes a survey of the roles of vitamins and minerals in human health. Students learn strategies for working with clients, including tools for dietary assessment and practical approaches for encouraging self-awareness and change.

HRB 618**Herbs for Home Use: Living in Harmony with the Seasons****3.00 Semester Credits****(Graduate certificate only)**

This course looks in depth at approximately thirty herbs that are most appropriate for self-care and use in the home. Taking a seasonal approach, the course will cover herbs such as ginger for winter use and hibiscus for the summer. Each herb will be discussed in terms of quality assessment, traditional use and modern research perspectives. Time will be spent tasting each herb and discussing incorporation into beverages and foods. Traditional herbal formulation will also be covered with a focus on creating seasonal blends.

HRB 632**Herbal Medicine: Issues in Quality, Safety and Efficacy****3.00 Semester Credits****(Graduate certificate only)**

Standards of quality, safety and efficacy are of paramount importance in all fields of healthcare. The phytochemical complexity and natural variation of medicinal plants provides unique challenges in developing and applying these standards in the field of herbal medicine. This course provides a research framework for understanding the key issues in herbal quality, safety and efficacy. In addition the student will gain practical tools for evaluating the reliability of herbal products.

HRB 634**People, Plants and Seasons II****0.50 Semester Credit**

A continuation of HRB 534

HRB 635**Clinical Skills II****6.25 Semester Hours**

In the continuation of Clinical Skills I, students refine the skills and techniques of the clinician in order to integrate the concept of illness and disease into their client assessment and support strategies. Students develop an understanding of common imbalances in the body, examined through the lens of wellness and bio-psycho-social integration. Further emphasis is placed on integrating short-term and long-term strategies to more fully support the client. Additional skills such as refined client interview techniques, specific assessment tools, skills for understanding conventional medical reports, and recognizing clinical 'red flags' are developed. Faculty and students continue to conduct in-class interviews and students begin formal observation in the Herbal Medicine Student Clinic.

HRB 654**Herbal Pharmacology & Phytochemistry II****1.0 Semester Credit**

A continuation of Herbal Pharmacology and Phytochemistry from Level I, this course completes the survey of common phytochemicals and emphasizes the important role an integrative understanding of pharmacology and phytochemistry plays in both the therapeutic use of herbs and in herbal pharmacy/preparation techniques.

HRB 655**Herbs and Wellness: Promoting Self-care****3.00 Semester Credits****(Graduate certificate only)**

This course will focus on the integration of herbs into daily life. Particular emphasis will be placed on utilizing herbs in cooking and as a way to enhance nourishment. Other areas covered will include identifying and utilizing local weeds as well as cultivating garden herbs. Building on skills learned in "Fundamentals of Herbal Medicine," techniques for drying, storage and the transformation of herbs into various preparations for home use will be further developed.

HRB 656**Practice Management****1.25 Semester Credits**

Coursework introduces students to the importance of practicing safely, ethically and legally as clinical herbalists. This course will explore the issues of legality a practicing herbalist in the United States will encounter. An orientation and understanding of medical ethics and their application in the clinic will be covered in depth. This course will also address common concerns of herbal safety prominent in medicine today, educating students on the methods for seeking information on these topics, and for addressing the concerns of other healthcare providers. Students also receive practical skills in promotion and record-keeping in order to build and maintain their practice in the Herbal Student Clinic.

HRB 657**Cultivating a Healing Presence II****2.00 Semester Credits**

Students develop a wide range of interpersonal skills that allow them to tend to others when life shows up as out of balance. Theory and skills include maintaining the observer state, sharpening the senses and the effective use of language and conversation (word as herb).

Level III: Restoring Balance

HRB 705

Materia Medica III

1.50 Semester Credits

Level III material medica is self-directed study involving completion of the herbal monograph begun in HRB 505 and HRB 605. Final monographs are expected to demonstrate critical thinking skills developed throughout the program and represent a thorough review of the relevant primary literature.

HRB 707

Fall Symposium

0.75 Semester Credit

This is the annual symposium held each fall. Attendance is required for four days out of six symposium days offered over three fall trimesters (See description for HRB 507).

HRB 708

Herbal Preparations III

1.00 Semester Credit

Utilizing a case study format, this course addresses issues of personalized herbal formulations and preparations for clients. Practical issues such as expense and client adherence are addressed.

HRB 709

Applied Biomedicine III: Case Assessment

3.00 Semester Credits

Students apply the bio-psycho-social assessment model developed in HRB 509, HRB 609 in a problem-based learning format. Case studies are used to help students examine and assess the health status of individual clients.

HRB 711

Nourishment III

0.75 Semester Credit

Students will focus on the appropriate use of nutritional supplements in clinical practice. Therapeutic protocols and strategies for researching and/or recommending these supplements will be discussed. Not required for self-guided independent study students.

HRB 713

Clinical Roundtable

1.75 Credit Hours

Students present their active clinical case files for faculty and peer review. Focus is placed on reviewing the critical thinking involved in health assessment as well as the rationale for herbal, dietary, and lifestyle recommendations.

Not required for self-guided independent study students.

HRB 715

**Faculty Supervised Clinic for
Independent Study**

1.50 Semester Credits

This course is a shortened version of HRB 720. It is designed to meet the needs of students who plan to pursue the self-guided independent study and thesis rather than the full clinical study. In this version the student is the primary practitioner for 15 supervised visits and the secondary practitioner for 5 others.

HRB 720

**Faculty Supervised Clinic for
Full Clinical Study**

4.50 Semester Credits

Faculty supervised student clinic is designed to allow students to develop the clinical skills necessary to practice herbal medicine safely, effectively and competently. The clinic provides students with a supportive environment that builds the confidence and proficiency to begin independent practice upon graduation. This course is designed to cultivate growth in all areas of clinical herbalism effectively serving as a culmination of all aspects of their training from material medica, to assessment, to the application of healing presence. Students are evaluated individually to maximize opportunities for growth and to allow each student to reach his or her potential as an herbal clinician.

HRB 721

Faculty Supervised Core Group

1.50 Semester Credits for Full Clinic Study;

.50 Semester Credit for Partial Clinic and Independent Study

Weekly pre-clinic meetings give students a chance to present relevant case histories and receive feedback from experienced supervisors and fellow student herbalists in an open and supportive environment. Student clinicians will have the opportunity to exchange ideas around client care and further develop critical thinking skills.

HRB 735

Clinical Skill III

2.00 Semester Credits

This course is designed to cover more advanced topics clinical herbal medicine through drawing on the training in Clinical Skills I and II, and integrating the experience of the student's clinical practice in the student clinic.

HRB 740

Independent Study/Thesis

9.00 Semester Credits for Partial Clinic and Independent Study

For students in the self-guided independent study, this course allows for independent study and/or internship directed toward the student's career and thesis development. A 15,000 to 20,000-word master's thesis of substantial depth is required for completion of the program. Research topics can include, but are not limited to, a literature review, an ethnobotanical investigation, or a production thesis.

HRB 745

Volunteer Project

1.00 Semester Credit

In this course, the student will creatively design one or more projects of service related to herbal medicine. Completing volunteer hours provides an opportunity to refine networking and communication skills, and reinforces the concepts of community, service and cooperation that are central to our work at Tai Sophia.

HRB 753

Clinical Strategies: Case Management

2.00 Semester Credits

Working with the cases studies from HRB 709, students apply knowledge learned in HRB 505, HRB 605, HRB 535 and HRB 635 to develop herbal, dietary and behavioral recommendations. Emphasis is placed on developing personalized strategies appropriate to the individual client's needs.

HRB 757**Cultivating a Healing Presence****2.00 Semester Credits for Full Clinic Study; 1****.00 Semester Credit for Partial Clinic and Independent Study**

The work of this course reflects the student's movement into the clinical phase of the program. Skills include aligning client and practitioner expectations, exploring the meaning of symptoms, and designing practices that will help the client restore balance and wellness.

HRB 766**Practice Management****1.50 Semester Credits**

Students will receive a practical approach to managing a small business or clinical practice. Focus is placed on promotional skills, financial strategies, and the application of ethical considerations in matters of business.

Faculty Biographies

Program Director

James Snow, RH (AHG)

James Snow is the director of the Herbal Medicine program at Tai Sophia Institute and a professional member of the American Herbalist Guild. He has been working in the field of herbal medicine since 1986, completing the herbal residency program at the Southwest School of Botanical Medicine in 1991. Before moving to Maryland in 2002, he was the primary clinical instructor at the California School of Herbal Studies. Snow has been in private clinical practice since 1994, blending traditional herbal wisdom with modern research perspectives. He has a strong belief in integrative healing, having worked in consort with physicians at the Santa Rosa Medical Group and Sonoma County Indian Health Services. His favorite experience as a teacher is helping students learn to think for themselves.

Core Faculty

Tom Balles, L.Ac. (U.K.), M.Ac., Dipl.Ac. (NCCAOM)

Tom Balles has been a practicing acupuncturist for the past 25 years. He received a Licentiate in Acupuncture from the College of Traditional Chinese Acupuncture (U.K.) and a master's degree in Acupuncture from Tai Sophia Institute. He is the author of *Dancing with the Ten Thousand Things: Ways to Become a Powerful Healing Presence* and "Cultivating Healing Presence Chart." Tom teaches in each of the graduate degree programs at Tai Sophia. His work focuses on how our ways of being, doing, and speaking influence each other and are the essential ingredients in creating lasting change.

Bevin Clare, M.S., RH (AHG)

Bevin Clare is the Clinical Division chair of the Herbal Medicine program. She is a clinical herbalist and nutritionist with a deep love of plants. Bevin holds a M.S. in Infectious Disease from the London School of Hygiene and Tropical Medicine, with her thesis research conducted at the NIA (National Institute on Aging) at the National Institutes of Health, and a B.S. in ethnobotany from Lesley University. Bevin has studied herbal medicine around the world and blends her knowledge of traditional uses of plants with modern science and contemporary healthcare strategies. Bevin also serves on the faculty of the Massachusetts College of Pharmacy, is on the board of directors of United Plant Savers, is codirector of the Herbal Clinic for All, and lectures nationally. Bevin is a professional member of the American Herbalists Guild and has served on their governing council since 2002.

Dianne M. Connelly, Ph.D., M.Ac., Dipl.Ac. (NCCAOM)

Chancellor and cofounder of the Institute, Dianne Connelly has been a practitioner of traditional acupuncture since 1972, receiving her master's qualification from the College of Traditional Acupuncture (UK) in 1979. She obtained a Ph.D. in cross-cultural medicine from Union Graduate School in 1975, an M.A. from New York University School of Education in 1970, and her B.A. from Le Moyne College in 1967. An international lecturer (she lectures regularly in Italy and Germany), she is the author of *Traditional Acupuncture: The Law of the Five Elements* and *All Sickness is Home Sickness*, and coauthor of *Alive and Awake: Wisdom for Kids*. She is the mother of Blaize, Jade, and Caeli, as well as grandmother to Tamar, Lennox, and Rianna.

Robert M. Duggan, M.A., M.Ac. (UK), Dipl.Ac. (NCCAOM)

Robert (Bob) Duggan, president and co-founder of Tai Sophia Institute, has practiced traditional acupuncture since 1972. He holds a master's degree in human relations and community studies from New York University, as well as a master's in moral theology from St. Joseph's Seminary, and received his master's certification in acupuncture from the College of Traditional Chinese Acupuncture (UK). A national leader in the development of the acupuncture profession and the emerging healing arts community, he has served as a commissioner of the Accreditation Commission for Acupuncture and Oriental Medicine, on the board of trustees of the Horizon Foundation (a community wellness foundation in Howard County, Maryland, which, in 2008, honored him with its annual Leadership Award), and a panelist at meetings sponsored by the National Institutes of Health and the White House Commission on Complementary and Alternative Medicine. Bob lectures throughout the United States and abroad, and is author of *Common Sense for the Healing Arts*.

Camille Freeman, M.S., LDN, (RH) AHG

A core faculty member, Camille received her bachelor's degree from Rice University in 2000 and completed an apprenticeship in herbal studies with Desert Woman Botanicals in Gila, New Mexico, in 2001. She received her master's in herbal medicine from the Tai Sophia Institute in 2004, and is a professional member of the American Herbalists Guild. She is certified as a nutrition specialist through the American College of Nutrition, and is a licensed nutritionist in the State of Maryland. In 2007, Camille completed an M.S. in physiology and biophysics from Georgetown University. Her primary clinical focus lies in reproductive health and endocrinology. Camille is passionate about promoting sustainability in healthcare and helping women of all ages deepen their understanding of the body's many cycles.

Simon Mills, M.A., FNIMH, MCPP

Founder, past program director, and a core faculty member of the Herbal Medicine program, Simon Mills has practiced as a medical herbalist since 1977. He holds a degree in medical sciences from Cambridge University, and also completed the four-year professional training provided by the National Institute of Medical Herbalists (UK). In 1987 he cofounded the Centre for Complementary Health Studies at the University of Exeter. In 1996 he was appointed by the Prince of Wales to chair the regulatory working group in the Prince's Foundation for Integrated Medicine. Since 1997 Mills has been secretary of the European Scientific Cooperative on Phytotherapy, the major European body working to ensure quality, safety, and efficacy for herbal medicinal products in collaboration with European medicines regulators. In 2000 he became special adviser to the House of Lords Select Committee on Complementary and Alternative Medicine. In 2005 he was appointed a professional member of the new Herbal Medicines Advisory Committee charged with advising the government of the United Kingdom. He now heads up Plant Medicine CIC, a social enterprise company based in the UK to provide highest quality information on herbal medicine through an open-access website on www.plant-medicine.com.

Andrew Pengelly, Ph.D., RH (AHG), FNHAA

Dr. Andrew Pengelly serves Tai Sophia in several roles. He is a core faculty member, director and manager of the herbal dispensary, and lead clinical researcher. He completed professional training programs in botanical medicine, naturopathy, and homeopathy in 1983 at the Southern Cross Herbal School (Australia), and obtained his bachelor's degree from the University of New England in 1997, and a Ph.D. in food science from the University of Newcastle in 2009. During this period, he practiced as a clinical herbalist, lectured widely in Australia, New Zealand, and the United States and was nominated a fellow of the National Herbalists Association of Australia. In 2002, he initiated a research project into the ethnopharmacology of Australian indigenous plants, submitting a doctoral thesis on the topic in 2008. Andrew has a deep love of nature and plants and how they have been utilized in traditional medicines around the world.

Kevin Spelman, Ph.D., RH (AHG), MCPP

Kevin Spelman is a research scientist and core faculty at the Tai Sophia Institute. Past work has included molecular biology and proteomics research to investigate the activity of medicinal plants, as well as international research that has included the analysis of nutrient levels in women of early childbearing age in West Africa, working with children with neurological disorders in Central America and malaria research at the University of Paris and Le Muséum national d'Histoire naturelle, Paris. Dr. Spelman has also practiced an eclectic blend of clinical herbal medicine for fifteen years, drawing on the medical sciences and Ayurvedic medicine. Over the last decade he has provided higher education on botanical medicine to healthcare professionals and research scientists and held a number of faculty positions at various institutions. Dr. Spelman was a founding faculty member of the first Bachelors of Science degree in botanical medicine in the U.S. and most recently of the first Masters of Science degree in clinical herbal medicine in the U.S. He is also a member of the prestigious College of Practitioners of Phytotherapy in the United Kingdom.

Distinguished Lecturer

James A. "Jim" Duke, Ph.D.

As an economic botanist with a Ph.D. in botany from the University of North Carolina, Jim Duke had a 32-year career with the United States Department of Agriculture. Today, in his Green Farmacy Garden, he serves as distinguished lecturer in the Master of Science in Herbal Medicine program. He continues to compile data on medicinal plants and to update several of his 30 published books. Fluent in Spanish, Dr. Duke leads ethnobotanical trips with Tai Sophia Institute to ecologically rich areas of the world. Dr. Duke is a Phi Eta Sigma and Phi Beta Kappa graduate of University of North Carolina (Chapel Hill), where he was elected distinguished alumnus some 50 years after his degree was conferred.

Commonly Asked Questions

What is the difference between the Master of Science in Herbal Medicine program and the Chinese Herb Certificate program?

The Herbal Medicine degree program is a graduate program centered primarily on Western herbalism. It is open to students who meet the prerequisites of having a bachelor's degree, three credits of physiology, and a number of health requirements, as outlined in the Herbal Medicine admissions section (page 54). For information about the Chinese Herb Certificate program, please contact the Office of Graduate Admissions.

What do graduates gain from completing this program?

Natural products sales continue to grow in the U.S. and are now reported by the Natural Products Association to be in excess of 85 billion dollars (2006). These significant numbers suggest that the public is looking for ways to support their own health. Millions of people rely on the media for information about herbal products and nutritional supplements. Our graduates serve the public by providing a deeper understanding of herbal medicine, one that honors traditional wisdom and modern research while recognizing individual differences, as well as the need to support the entire person- body, mind and spirit. Graduates with a Master of Science degree in herbal medicine are well-trained in these areas and are skilled in teaching people about self-care.

Currently, the American Herbalists Guild, a well established organization in the United States for practicing clinical herbalists, has just over 200 professional members. It is clear there is a great national need for herbalists in this country. Graduates of the Herbal Medicine program are helping to fill this need by working as professional practitioners, consultants and educators. As of June of 2008, 52 students have graduated from the Herbal Medicine program. With a pioneering spirit, these graduates have joined integrative medical clinics, community wellness centers or have established private clinical practices. Alumni have found jobs teaching at universities, in community colleges and herbal schools. Others have been recruited to work for premier herbal companies providing education to health professionals. Two graduates have used this program as a foundation for their PhD work in the field of Nursing and in Public Health.

Mostly importantly our graduates are living their passion. Our graduates work to make a difference in the health of the individual, helping people to make informed self care choices about herbs, nourishment and ways of being. They are engaged in deep listening and conversations about how to support one another and create ease in our world community. They are embracing a truly satisfying way of life that honors the plants and people who share this planet.

Do students work while attending the program?

The Herbal Medicine program is considered a full time program. Classes are scheduled two days a week and one weekend a month, with the expectation of 15-20 hours per week of outside study. If students must work, the faculty suggests that students limit working hours to 16 hours per week or less.