



*The physician is only the servant of nature, not her master. Therefore, it behooves medicine to follow the will of nature.*

*-Paracelsus*



2010  
Course Catalog  
Family and Clinical Herbalist  
Training Programs

[www.vtherbcenter.org](http://www.vtherbcenter.org)

802.224.7100

250 Main Street, Suite 302, Montpelier VT 05602

# Support VCIH

*Help us grow green healthcare in the heart  
of our community!*

VCIH is a 501(c)3 nonprofit educational corporation dedicated to raising public consciousness about the use and benefits of herbal medicine, providing affordable clinical services, and training competent herbalists. You can help us in our mission by:

- Becoming a member (contact us for details)
- Sending a tax-deductible donation
- Growing medicinal plants for our apothecary
- Donating supplies such as bottles and jars, office supplies, computer equipment, etc...
- Helping to spread the word and publicize VCIH!

## Community Classes

We also provide community classes for the local area. Topics range widely, from herb walks to winter wellness, women's health, herbal preparations, and more! The community is also invited to take single classes from our Family Herbalist curriculum. Occasionally, we will also feature guest speakers in our downstairs conference center. If you're interested in a schedule of current events, please contact us or visit our website:

**[www.vtherbcenter.org](http://www.vtherbcenter.org)**

**802.224.7100**  
**250 Main Street, Suite 302**  
**Montpelier, VT 05602**

Vermont Center for Integrative Herbalism (VCIH) grew out of the Sage Mountain Free Herbal Clinic, a collaborative learning and practice experiment founded in 2001 and located for six years in Barre, Vermont. Today, VCIH is a 501(c)3 non-profit organization dedicated to providing our community with healthcare resources grounded in Nature. We offer free and sliding-scale herbal consultations through our community clinic, as well as affordable classes that empower individuals to take care of themselves and their families, whenever appropriate. We also provide comprehensive herbalist training programs, which include clinical experience gained through collaborative practice in the community clinic.

Our ability to provide free and low-cost services is supported by the tuition from our training programs and by contributions of time and resources from local practitioners, herb growers and product makers. To foster a self-sustaining model of community service, we also invite those we serve to help us continue our work—and gain new skills—by participating in the ongoing maintenance of the clinic, through such activities as making remedies and growing herbs for donation.



Our mission is to:

- educate and empower individuals to use traditional remedies as viable options in caring for themselves and their families;
- emphasize partnership with a clinical herbalist or other practitioner as an important adjunct to self-care;
- provide high-quality education for aspiring family and clinical herbalists;
- offer financially accessible health consultations to the community, creating an opportunity for collaborative practice among experienced herbalists, as well as a forum for education of clinical students;
- integrate and collaborate with other modalities and advance the role of the herbalist as an integral part of an effective healthcare model;
- renew deep connection with nature, encouraging a culture of ecological awareness, respect and interrelationship.

# Board of Directors

- Paul Alfarone, DVM
- Betsy Bancroft, RH(AHG)
- Catherine Cerulli \*
- Nancy Chickering, MD
- Amy Goodman-Kiefer \*
- Anne Jameson, MSNH
- Kris Kelly \*
- Anne-Marie Licari, RN
- Steve Marshall
- Carol Post
- Lori Stonehill

*\* Denotes a founding member of the Sage Mountain Free Herbal Clinic*

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*Thank you for your interest in deepening your relationship with the plants and helping us to serve our community. We look forward to welcoming you soon!*

# Our Location



Vermont Center for Integrative Herbalism (VCIH) is located in the 'Green Mountain Building' overlooking the city of Montpelier, Vermont. As the state capital of Vermont, Montpelier offers great bookstores, a well-stocked library, arts and opportunities for political activism. It's also home to the New England Culinary Institute.

Our space includes individual practitioner offices, a spacious classroom, waiting room/office area and apothecary. Here we offer not only our comprehensive curriculum, but also community education classes open to the public. The VCIH community clinics are held in this space as well as other locations in Central Vermont including City Market in Burlington. Outside the building we have both herb gardens and wild areas for herb walks. Our 'summer classroom' is sometimes the shade of a huge spruce tree on the lawn. We also conduct classes at a garden and strawbale laboratory three miles outside of town.

Central Vermont offers an incredible diversity of plant ecosystems including classic woodland medicinals such as goldenseal and ginseng. Recreation includes hiking, paddling, swimming, cycling, and all winter sports. Our curriculum takes advantage of the rich opportunities available in this beautiful area.

Sustainable Agriculture Conference, the American Herbalists Guild Symposium and was a part time instructor at the Tracker School. She's been a professional member of the American Herbalists Guild for over a decade and worked for many years in the herbal product industry as staff herbalist. Currently Betzy is the office manager of United Plant Savers, a non-profit native medicinal plant conservation organization, so she is very involved in the sustainable use of our herbal resources. Upon moving to Vermont, she began practicing with the Sage Mountain Free Herbal Clinic in Barre. Betzy has a deep and joyful connection with Nature. She loves to introduce students and clients to the plants' personalities, to help them discover them as friends and allies on their healing journey.

## **Anne Jameson MSNH, Administrator, Associate Faculty**

Anne has been a practicing herbalist for 10 years. She holds a Master of Science in Natural Health and certificates in Therapeutic Herbalism and Herbal Apothecary. She is an Ovate in the Green Mountain Druid Order and a long-time Wiccan and shaman. She has taught classes at the Hunger Mountain Co-op and in Virginia prior to moving to Vermont in 2004. Anne lives in Marshfield, near Goddard College, with her mother, three cats and a dog. Her land is dedicated to growing healing herbs and flowers, and as a sanctuary for all living things.

## **Guido Masé RH(AHG), Co-Director, Core Faculty**

Guido is a clinical herbalist, herbal educator, and garden steward specializing in holistic Western herbalism, though his approach is eclectic and draws upon many influences. He spent his childhood in Italy, in the central Alps and in a Renaissance town called Ferrara. After traveling the United States, he settled into central Vermont where he has been living since 1996. He is a founding member of the Sage Mountain Free Herbal Clinic, and began the Montpelier Free Herb Clinic and Grian Herbs, a local herbal extract company. He works clinically and teaches as a professional member of the American Herbalists Guild, and is a part of United Plant Savers and the American Botanical Council.

# Faculty and Staff

## **Larken Bunce MS, Co-Director, Core Faculty**

Larken is a practicing clinical herbalist, writer and educator. She has been joyfully working and playing with herbs since 1994, weaving traditional views of health and nature with scientific understandings of plants and people. Through her work, she explores our innate tendency towards health and the profound impact of synchronizing our lives with the rhythms of the natural world. Her practice and teaching draw wisdom from Western herbal medicine, Traditional Chinese Medicine, aromatherapy, mind-body sciences and whole foods nutrition. Larken holds a Master of Science in Herbal Medicine from the Tai Sophia Institute, as well as certificates in Zen Shiatsu and Swedish/Esalen Massage. In addition to her work with VCIH, Larken serves as core faculty in the Health Arts and Sciences program at Goddard College, and has developed curriculum and served as a research specialist for Plant Medicine, an international organization delivering evidence-based, clinically relevant information to professionals and the public.

## **Betsy Bancroft RH(AHG), Co-Director, Core Faculty**

Since Betsy was a child, she's understood that plants are medicinal and magical. In 1987 she began formal study at Herbal Therapeutics School of Botanical Medicine (now David Winston's Center for Herbal Studies) a comprehensive herbal medicine program. She went on to take two graduate level clinical courses as well, and for many years taught herbal pharmacy, field botany and other subjects there as an assistant instructor. She has also studied intensively with other respected herbalists, attended numerous herb conferences and continues her studies actively.

In addition Betsy has taught classes in herbal medicine, wild edible plants and the medicinal uses of food throughout the Northeast, including the NE Women's Herbal Conference, the Pennsylvania

# Herbal Training Programs

VCIH offers beginning herbal students a comprehensive 3-year **Clinical Herbalist** training program that prepares them for work in the community clinics and with their own personal clients. The first year of classes offers a thorough introduction to the herbal arts and sciences, and can be taken by itself as our **Family Herbalist** course. Those interested in developing clinical skills can then continue through Years 2 and 3. The full 3-year program provides a total of 1277 hours of instruction, including 300 hours which directly involve students in the clinical environment.

**Year 1: Foundations (300 hours)** ~ This year is a combination of hands-on apprenticeship and didactic time in the classroom, providing both direct experience with the plants and medicine-making and foundational knowledge in holistic physiology, energetic systems, and materia medica.

**Year 2: Therapeutics (578 hours)** ~ This year will focus on understanding system dysfunctions (both energetically and physiologically), developing critical thinking and clinical strategies, and grounding in the skills of a practitioner. This will include 6 months of observation in community clinic consultations.

**Year 3: Clinic (399 hours)** ~ This year brings the learning from the first two years to the clinical relationship. Primarily, the student will see clients, both those in the community clinics and those they recruit themselves. All sessions will be supervised. Students will develop a business plan for their future work as an herbalist, and practice sharing their knowledge with the community.

We welcome students with prior training or self-study. You may submit documentation of prior learning for review in order to enter into Year 2 or 3 without completion of previous courses with VCIH.

# Year 1: Foundations / The Family Herbalist

## **Holistic Physiology** 40 hours

Specific analysis of the body systems, down to the tissue, cellular, and sub-cellular levels and including histology, coupled with an ongoing attention to integrating body systems into broader patterns of function (e.g. mechanisms for homeostasis; fluid and electrolyte regulation; exercise and the stress response; endocrine regulation). There will be a focus on nutrient and herbal metabolic pathways as the relevant systems are explored.

## **Exploring the Medicinal Landscape/Field Trip** 24 hours

Offers a chance to spend extended time interacting with plants in their own environments--including woodland, field, wetland, and bog--throughout the growing season. Each class will consist of a field trip to a local area rich in plant diversity where students can practice botany skills and become familiar with plants in the context of their ecological communities.

## **Observation, Intuition & Intention: Many Ways to Learn from Plants** 12 hours

Learning plants' personalities through all our senses: sight, taste, touch, smell, and inner listening or intuition. Through experiential exercises, students will learn to interpret how aspects of plants, such as habitat, form, and taste relate to their medicine. Teachings are based on the principle that personal connection with our materia medica is essential to understanding it from an energetic perspective.

## **Experiential Apprenticeship** 86 hours

An in-depth and personal approach to herbalism, conducted in the garden and surrounding woodlands, providing the student with practical grounding in the herbal arts. It will include: cultivation; ethical wild-harvesting; stewardship of native botanical populations; harvesting, drying and processing herbs; herbal preparations: teas, tinctures, salves, massage oils, lotions, hydrosols; introductory botany and plant identification; bioregional ecology and economics; sustainable living. Students will share their home preparations at the annual medicine show.

## **Housing**

VCIH does not provide housing for our students. The Montpelier area offers many rental opportunities for those relocating here. If you need rental information, please let us know and we will send you a list of local real estate sources. We do recommend strongly that students live within reasonable commuting distance so that they can participate not only in scheduled class time, but also in clinical observation opportunities and community events held throughout each week.

## **Transportation**

Public transportation is available to Barre, Burlington, and the Central Vermont Hospital. VCIH will help arrange car pools to and from field work and offsite clinic sessions and programs.

## **Accessibility**

The offices and downtown classroom spaces for VCIH are located on the third floor of the Green Mountain Building. Indoor and outdoor staircases make access convenient in all seasons, but there is no elevator. Additionally, many classes are held in the forests and gardens of Central Vermont. If accessibility is a concern, please contact us so we can discuss possible accommodations.



Please feel free to contact us at any time during the admissions process if you have questions or concerns at (802) 224-7100.

### **Tuition**

Year 1: \$2750  
Year 2: \$5500  
Year 3: \$4500

Tuition is due by the first day of classes for each year. Monthly payment plans are also available. VSAC grants are available for Vermont residents and will cover much of the tuition cost for each year. Please contact us for more information about either of these options.

Books and materials are not included in the cost of tuition. Costs for the first and third years are roughly \$300.00; costs for the second year are roughly \$500.00 (including expenses for field experience).

### **Refund Policy**

Deposits are non-refundable at any time. Any payments in addition to the deposit will be returned in full regardless of when notice is given prior to the beginning of class. Should a student choose to discontinue attending class, the remainder of the tuition can be prorated and applied to future VCIH programs for up to a year (excluding the deposit).

### **Course Cancellation**

In the unlikely event VCIH needs to cancel a program, students will receive notice 1 month in advance and will be issued a full refund for payments made.

### **Practical Botany for the Herbalist**

16 hours

An introductory primer on the basics of field botany and plant physiology. Students will learn the key system of plant ID and to apply the knowledge of plant families to herbal practice.

### **Energetic Systems**

40 hours

Includes an overview of energetic approaches to healing, pathology, and therapeutic substances around the world, as well as the history of Western herbalism as it relates to energetic systems. There will be a specific focus on the Galenic qualities of heat and moisture and an exploration the elements of air, fire, water and earth, plus the Quintessence and its relationship to the doctrine of Vitalism.

### **Materia Medica I**

44 hours

In-depth review of forty core botanical medicines, including: botany, harvesting, identification, preparation, dosage, indications and contraindications, phytopharmacology, energetics, historic and modern use, sustainable use, and relevant research. Students will research and prepare personal monographs.

### **Food as Medicine**

20 hours

An exploration of whole-food nutrition as our first medicine and the role of specific foods in our materia medica. Students will learn a variety of techniques for preparations that are both therapeutic and practical, and discuss the major components of a balanced and healing diet. The coursework balances theoretical and practical instruction and reviews current topics in nutrition.

### **Introduction to Plant Chemistry, Herbal Actions**

14 hours

An overview of traditional botanical actions and their connection to our modern concept of basic plant constituents. This class will serve as a basis for understanding the therapeutic activity of plants in the human physiology, and will rely on practical exercises to ground its theoretical framework.

### **First Aid**

4 hours

Review of the most important herbs and techniques for handling common and non-life-threatening injury and trauma. Students will learn how to prepare a basic first aid kit including oils, salves, disinfectants, homeopathic preparations, and flower essences and how to apply its components.

**Year 1 Total: 300 hours**

## Year 2: Therapeutics

### Pathophysiology

120 hours

Review of imbalances in the human physiology from an herbalist's perspective. Lectures will explore disease states within the context of the health of the whole being. Focus will be on conditions relevant to herbal practice, and how to recognize when referral is necessary. Particular emphasis will be placed on balancing a modern biochemical understanding of pathology (microscopic – tissue level and macroscopic – organ level) with more traditional perspectives (energetics and traditional tissue states). Students will research and present information on conditions of their choice.

### Herbal Therapeutics/ Considerations for Special Populations I

120 hours

An overview of practical strategies for addressing pathologies in the human system using herbal preparations, nutritional approaches, and lifestyle suggestions. The class will not only review generally accepted standards of herbal practice for specific conditions, but also explain how to tailor herbal formulas to individual constitutions, assess dosage and formulation requirements, and make recommendations for particular populations (such as children, elders, and pregnant women).

### Herbal Preparations

20 hours

Review of basic herbal pharmacy (tinctures and extracts, teas, hydrosols, powders, salves, oils, homeopathic preparations, flower essences, compresses and poultices) and exploration of more advanced techniques for herbal preparations (percolations, emulsions and creams, gels, hydrotherapy, elixirs, syrups, cordials, boluses and suppositories, candies and cough drops, oxymels, medicinal baths and steams). Students will craft and present their preparations at the annual medicine show.

### Pharmacology & Formulation

22 hours

An understanding of the synergy and relationship between plant actions and constituents, including a deeper exploration of plant chemistry. Students will learn to craft a safe, effective, and well-balanced formula from the materia medica, drawing on formulation theories from various herbal traditions.

## Admission Information

Our programs begin in late January each year. The final application deadline for our 2010 programs is November 1st, 2009. Admission decisions will be made by November 15th. Any applications received after November 1st will be added to our waiting list and considered for admission as space allows.

Qualified applicants for our extended training programs (Family Herbalist & Clinical Herbalist) are those individuals who are prepared for and committed to the personal and academic journey that intensive study in healing work entails. We welcome students with prior training or self-study. You may submit documentation of prior learning and experience for review in order to enter into Year 2 or 3 without completion of previous courses with VCIH.

### Non-Discrimination Policy

In the spirit of Nature's diversity, all individuals, regardless of race, color, religious or spiritual belief, cultural background, sexual orientation, gender identification, or relationship to any individual member of VCIH are eligible for admission to our programs and for services in our clinic.

### Admission Procedure

Please fill out the Application for Admission accompanying this catalog. Include a deposit of \$250.00 to secure your place in the program; if no deposit is included, we can not hold your space. The \$250.00 deposit is nonrefundable upon your acceptance into the program and will be applied to your tuition. In the event that you are not accepted, your deposit will be refunded to you in full.

Once an application is received, we will contact you to schedule a formal admissions interview. We strongly recommend that students visit VCIH in person, but the interview can also be conducted via phone if necessary.

### **Skills for Complementary Professionals in the Western Medical Paradigm**

30 hours

Introduction to some basic diagnostic tools used by the Western medical system: lab results, imaging, histology. Students will practice reviewing and understanding the information many clients bring with them to consultations, and learn how to effectively and confidentially communicate with conventional practitioners. The course will familiarize students with the purpose of tools such as the stethoscope, blood pressure cuff, glucometer, and urine dips.

### **Materia Medica III**

54 hours

Continued review of fifty additional botanical medicines, including: botany, harvesting, identification, preparation, dosage, indications and contraindications, phytopharmacology, energetics, historic and modern use, sustainable use, and relevant research. Students will research and prepare personal monographs.

### **Community Teaching Practicum**

10 hours

Provides the student with the opportunity to hone their ability to effectively share information with the general public. As health educators, an extension of the work of herbalists is sharing our knowledge in community settings. This course requires students to prepare and teach workshops on basic herbal topics. Students will be given support and instruction in teaching methods appropriate to community health education. Student workshops will be offered free of charge as part of the service mission of VCIH.

**Year 3 Total: 399**



### **Applied Energetics/**

### **Traditional Constitutional Assessments**

45 hours

Continued exploration of the ideas introduced in *Energetic Systems* (year 1), including detailed review of the models presented by Traditional Chinese Medicine, Ayurveda and Sheldon (ectomorph, endomorph, mesomorph). Practical instruction will include tongue, pulse, face and body assessment techniques from a variety of perspectives. Students will be expected to document a minimum number of individual practice assessments.

### **Practitioner Skills**

45 hours

Training in the basic skills of a clinical practitioner. Practical instruction will include the intake form and process, record keeping, documentation of assessment and therapeutic protocol, and scheduling. Experience-based classes will teach how to develop rapport with clients and work within their worldview while maintaining professional boundaries and a heart-centered practice.

### **Ethics / Legal Considerations**

12 hours

An exploration of the ethical and moral considerations relevant to the healthcare field, and specifically to health educators such as herbalists. The class will discuss the legal status of herbalism as a therapeutic modality and emphasize concepts such as confidentiality, informed consent, scope, and professionalism.

### **Materia Medica II**

55 hours

Continued review of forty additional botanical medicines, including: botany, harvesting, identification, preparation, dosage, indications and contraindications, phytopharmacology, energetics, historic and modern use, sustainable use, and relevant research. Students will research and prepare personal monographs.

### **Herbal Safety**

10 hours

Covers the safety concerns relevant to using herbs with specific populations, such as pregnant and nursing women, children, and elders, as well as those with particular health conditions. Students will also be given the tools to critically examine the claims for herb-drug interactions commonly found in the media and to evaluate their relevance to clinical work. An understanding of the physiological basis for interactions and an ability to assess the likelihood of an interaction will equip the student for safe and responsible practice.

## Research Skills

10 hours

An overview of research, collection, and citation skills needed for ongoing study and development, continuing education credits, and journal publication. Students will explore Internet and print resources, prepare short articles on personal research reviews, and practice skills essential to the research component of other classes.

## Nutrition & Supplementation

35 hours

A holistic exploration of nutrition, including energetic quality of foods, nutrient bioavailability, whole food sources of nutrients, phytonutrients, understanding diet theories and how to create a balanced diet. This class will give students a good understanding of how supplements can be useful adjuncts to an herbal protocol.

## Intro to Clinic/Observation & Roundtable

60 hours

Observing clinical herbalists at work in the community clinics and their private practices, including on-location clinics. The course will include ongoing case review and roundtable discussion, and students will participate in research and protocol formulation for ongoing cases.

## Field Experience

24 hours

Group journey to a location of particular botanical and herbal interest (3-5 days). This immersion will give everyone an opportunity to practice, alone and as a group, the skills of ecology, field botany, wild-harvesting, direct plant communication, and field medicine learned in their first 18 months of school. Students will create a presentation based on their experiences for the rest of the VCIH community.



**Year 2 Total: 578**

# Year 3: Clinic

## Herbal Therapeutics/

### Considerations for Special Populations II

50 hours

An overview of practical strategies for addressing pathologies in the human system using herbal preparations, nutritional approaches, and lifestyle suggestions. The class will not only review generally accepted standards of herbal practice for specific conditions, but also explain how to tailor herbal formulas to individual constitutions, assess dosage and formulation requirements, and make recommendations for particular populations (such as cancer, autoimmune conditions, and specific chronic illnesses).

## Supervised Clinical Practicum

150 hours

The opportunity for students to gain practical clinical experience. Clinical exposure includes active participation in evaluation and formulation of protocols for clients of the community clinics while working in partnership with a member of the core faculty. Concurrently, students will recruit their own clients from the community and carry out consultations with direct supervision by faculty. Students will gain additional experience by shadowing their peers through out the year.

## Clinical Roundtable

90 hours

Weekly review and discussion of open cases.

## Business Development

15 hours

Introduces the student to the variety of professional opportunities available to herbalists, as well as to the tools necessary for cultivating a successful business in the field. Students will identify their vision and mission for their future work, understand their personal gifts and challenges in maintaining a practice, and ultimately develop a business plan to implement after completion of the program. In addition, students will develop promotional materials for themselves, which they will use to build their student practice. The intention of this course is to provide students with the business confidence needed to support themselves upon completion of the program.