

Community Herbalism Intensive Syllabus 2015

| DATES | MONDAY 2:00-8:00 | TUESDAY 10:30-4:30 | WEDNESDAY 2:00-8:00 |
|-----------------------|---|--|---|
| May 18-20 | Welcome & Introductions | Wildcrafting Tools <i>Field Walk</i> | Overview of Body Systems |
| May 25-27 | Botanical Preparations Tinctures Clinical Skills | Botany and Phylogeny I <i>Field Walk</i> | Constitutional Evaluation Ayurveda |
| June 1-3 | Gardening Medicinals Sean Dembrosky | Botany and Phylogeny II First Aid I Overview and Basics | First Aid II Rainbow Gathering Field Station |
| June 8-10 | Digestive System Anatomy and Physiology | Plant Identification <i>Field Walk</i> | Digestive System Treatment Strategies |
| June 15-17 | Botanical Preparations First Aid III | Plant Identification <i>Field Walk</i> | First Aid IV First Aid Checklist |
| June 22-23 | Wildcrafting Skills First Aid V | First Aid VI Role Playing | No Classes |
| June 29-July 7 | Rainbow Gathering | | |
| July 8-12 | Field trip-around Rainbow Gathering | | |
| July 13-15 | No classes this week | | |
| July 20-23 | Plants of the Adirondacks Formulation | <i>Field Walk</i> | Nervous System Anatomy and Physiology |
| July 26-Aug 2 | Field Trip-Adirondacks (and Student Presentations) | | |
| Aug 3-5 | Nervous system Physiology and Treatment Strategies | <i>Field Walk</i> | Nervous System Herbal Medicine for Mental Health |
| August 10-12 | Clinical Skills II | Field Trip Healing Spirits Farm | Medicinal Plants |
| August 18-24 | Field Trip-Equinox Botanicals-S. Ohio | | |
| August 24-26 | No Classes | Student Presentations Male Reproductive System Treatment Strategies | Student Presentations Male Reproductive System Prostate Remedies |
| August 31-Sept 2 | Student Presentations Urinary System Anatomy & Physiology Student Clinic | <i>Field Walk</i> | Student Presentations Urinary System Treatment Strategies Student Clinic |
| September 7-9 | Clinical Skills Medicinal Plants | Trans Health Angel Putney | Plant Walk Nakita Werier 10:30-4:30 |

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|----------------|--|---|---|
| Sept 14-16 | No Classes this week | | |
| Sept 21-23 | Field Walk Harvesting Practices Cali Searles | Plant Walk Akiva Silver | Respiratory System Anatomy and Physiology |
| Sept 28-30 | Respiratory System Treatment Strategies | <i>Field Walk</i> | Medicinal Plants |
| October 5-7 | Cardiovascular System Anatomy & Physiology | Plant Identification Test | Cardiovascular System Treatment Strategies |
| October 10-11 | Student Presentations at the Ithaca Free Clinic 10-4 each day | | |
| October 12-14 | Student Presentation Reviews | <i>Field Walk</i> | Female Reproductive System Meredith Carpenter |
| October 19-21 | Female Reproductive System Meredith Carpenter | <i>Field Walk</i> | Clinical Skills Medicinal Plants |
| October 26-28 | Immune System I Overview | <i>Field Walk</i> | Immune System II Innate and Adaptive |
| November 2-4 | Immune System III Treatment Strategies | <i>Field Walk</i> | The Hepatic System |
| November 9-11 | Headaches Treatment Strategies | <i>Field Walk</i> Winter Plant Identification | Medicinal Plants |
| November 16-18 | Clinical Skills Medicinal Plants | Clinical Skills Medicinal Plants | Medicinal Plants Class Party |

Please Note

- The first 1½ hours on Monday are question and answer time
- The first 1½ hours on Wednesday (after July 20) are student clinic
- **Green Headings** are class field trips, and special events
- *Field Walks* are excursions around Ithaca to study plants and other aspects of the natural world
- **No classes** July 13-15 and September 14-16 and a few other travel dates
- **Blue headings** are guest teachers