



# ARBORVITAE

## School of Traditional Herbalism

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### 2nd Year Syllabus 2019-2020

#### Objective:

The second year of this program will provide deeper and broader study of herbs and medicinal application, expanding the Materia Medica. Students will learn about specific conditions and multilayered approaches for working with them, in addition to advanced energetics and diagnostics, including pulse and tongue reading. They will study formulation and advanced medicinal preparations, while expanding on knowledge of nutrition and lifestyle for balancing energies. Students in the second year will begin to consider clinical applications.

#### Course Outline

*Please note that specific details of this course outline may be subject to change. Students will be notified of changes ahead of time via email. Please refer to the student portal for readings, handouts, presentations, and important details for each class.*

#### Fall Semester

##### Tuesday, September 10

9-12:30: The Art of the Intake Part I – Richard Mandelbaum

1:30-5: The Art of the Intake Part II – Claudia Keel

##### Tuesday, September 17

9-12:30: Inflammatory Bowel Disease: Nutrition, Herbs & Therapeutics Pt I  
– Claudia Keel

1:30-5: Depression & Anxiety: Holistic Therapeutics Pt I – Claudia Keel

##### Saturday, September 21

9-12:30: Working Across Difference – Avi-Rose

1:30-5: Advanced Protocols for the Skin – Claudia Keel

**Sunday, September 22**

(This class is taken together with third year students)

9-5: Plant Walk: Field Trip – Alley Pond Park in Queens – Richard Mandelbaum & Nathaniel Whitmore

**Tuesday, September 24**

(This class is taken together with third year students)

9-5: Plant Walk: Field Trip to Accord, NY – Dina Falconi and Claudia Keel

**Tuesday, October 1**

(Both classes are taken together with third year students)

9-12:30: Phytochemistry Pt I – Richard Mandelbaum

1:30-5: People & Plants: The Business and Clinical Practice of Herbalism – Ola Obasi

**Tuesday, October 8**

9-12:30: Urban Medicinal Plant Walk: Understanding the Landscape and Advanced Botany Topics – Sam Perry

1:30-5: Formulation Pt I - Richard Mandelbaum

**Tuesday, October 15**

(The morning class is taken together with third year students)

9-12:30: Phytochemistry Pt II – Richard Mandelbaum

1:30-5: Materia Medica – Claudia Keel

**Tuesday, October 22**

(The morning class is taken together with third year students)

9-12:30: Phytochemistry Pt III – Richard Mandelbaum

1:30-5: Materia Medica – Claudia Keel

**Saturday, October 26**

9-12:30: Materia Medica – Richard Mandelbaum

1:30-5: Infectious Diseases – Bevin Clare

**Sunday, October 27**

9-12:30: Botanicals & Aarythmias – Dr. Patrick Fratellone

1:30-5: Diabetes & Metabolic Syndrome: Holistic Therapeutics Pt I – Claudia Keel

**Tuesday, October 29**

9-12:30: Sleep: Holistic Therapeutics & Herbs – Claudia Keel

(The afternoon class is taken together with third year students)

1:30-5: Phytochemistry IV – Richard Mandelbaum

### Tuesday, November 5

9-12:30: Herbal Medicine and the Law – Richard Mandelbaum

1:30-5: Intermediate Herbal Safety and Dosing – Richard Mandelbaum

### Tuesday, November 12

(The morning class is taken together with third year students)

9-12:30: Phytochemistry V – Richard Mandelbaum

1:30-5: Case Review & Practicum – Claudia Keel

### Saturday, November 16

(The morning class is taken together with third year students)

9-12:30: Cancer & Herbs – Dr. Jody Noe

1:30-5: Diabetes & Metabolic Syndrome: Holistic Therapeutics Pt II – Richard Mandelbaum

### Sunday, November 17

9-12:30: Bone & Joint Ailments: Osteoporosis, Arthritis, Rheumatism Pt I – Claudia Keel

1:30-5: CBD & CBD Protocols – Dr. Jody Noe

### Tuesday, November 19

9-12:30: Women's Health & Herbal Therapeutics Part I – Lena DeGloma and Katinka Locascio

1:30-5: Women's Health & Herbal Therapeutics Part II – Lena DeGloma and Katinka Locascio

## **Harvest & Thanksgiving Break** 11/21/19 – 12/2/19

### Tuesday, December 3

(The morning class is taken together with third year students)

9-12:30: Clinical Work with Trans Clients – Avi-Rose & Vilde Chaya Fenster-Ehrlich  
1:30-5: Lyme Disease – Richard Mandelbaum

### Saturday, December 7

(This class is taken together with third year students)

9-5: Navigating Depression as a Tool for Transformation – Kat Maier

### Sunday, December 8

9-12:30: Depression & Anxiety: Holistic Therapeutics Part II – Richard Mandelbaum  
1:30-5: Case Review & Practicum – Richard Mandelbaum

**Tuesday, December 10**

**9-5: Student Presentations and Wrap-Up – Richard Mandelbaum & Claudia Keel**

**Winter Solstice Party – 12/10/18**

**Year's End & Beginning Break 12/11/19 – 1/13/20**

**Spring Semester**

**Tuesday, January 14**

**9-12:30: Materia Medica – Claudia Keel**

**1:30-5: Case Review & Practicum – Claudia Keel**

**Tuesday, January 21**

**9-12:30: Materia Medica – Richard Mandelbaum**

**1:30-5: Flower Essence Materia Medica & Selection – Claudia Keel**

**Saturday, January 25**

**9-12:30: Sinus Health – Sezelle Haddon**

**1:30-5: Allergies: Holistic Therapeutics Part I – Richard Mandelbaum**

**Saturday, January 26**

**9-5: Physiology of Inflammation and Pain – Tammi Sweet**

**Tuesday, January 28**

**9-12:30: Case Review & Practicum – Richard Mandelbaum**

**1:30-5: Flower Essence Selection Options & Uses – Claudia Keel**

**Tuesday, February 4**

**9-12:30: Allergies: Holistic Therapeutics Part II – Claudia Keel**

**1:30-5: Materia Medica – Claudia Keel**

**Tuesday, February 11**

**9-12:30: Formulation II – Richard Mandelbaum**

**1:30-5: Case Review & Practicum – Richard Mandelbaum**

**Tuesday, February 18**

**9-12:30: TBD – Sam Perry**

**1:30-5: Materia Medica – Claudia Keel**

### **Saturday, February 22**

(The morning class is taken together with third year students)

**9-12:30: TBD** – El Ha Gahn

**1:30-5: Adrenal '*Fatigue*' Syndrome –Therapeutics, Nutrition & Herbs** – Claudia Keel

### **Sunday, February 23**

**9-12:30: Materia Medica** – Richard Mandelbaum

**1:30-5: Percolations & Advanced Tincture Making Review** – Avi-Rose & Richard Mandelbaum

### **Tuesday, February 25**

**9-12:30: Women's Health & Herbal Therapeutics Part III** – Lena DeGloma and Katinka Locascio

**1:30-5: Women's Health & Herbal Therapeutics Part IV** – Lena DeGloma and Katinka Locascio

### **Tuesday, March 3**

**9-12:30: Fertility, Conception & Pregnancy: Holistic Therapeutics** – Claudia Keel

**1:30-5: Case Review & Practicum** – Claudia Keel

### **Tuesday, March 10**

**9-12:30: Bone & Joint Ailments: Osteoporosis, Arthritis, Rheumatism Part II** – Richard Mandelbaum

**1:30-5: The Materia Medica of Medicine Making** – Claudia Keel

### **Tuesday, March 17**

(The morning class is taken together with third year students)

**9-12:30: TBD** – Patricia Kyritsi Howell

**1:30-5: Nutritional Therapeutics** – Claudia Keel

### **Saturday, March 21**

**9-12:30: Case Review & Practicum** – Claudia Keel

**1:30-5: Materia Medica** – Richard Mandelbaum

### **Sunday, March 22**

(The morning class is taken together with third year students)

**9-12:30: TBD** – Anne McIntyre

**1:30-5: Ayurvedic Consultations** – Anne McIntyre

**Tuesday, March 24**

9-12:30: Ayurveda and Women's Health – Anne McIntyre (The afternoon class is taken together with third year students) 1:30-5: TBD - Anne McIntyre

**Tuesday, March 31**

(The morning class is taken together with third year students) 9-12:30: TBD – Karen Rose  
1:30-5: Case Review & Practicum – Richard Mandelbaum

**Spring Break 4/2/19 – 4/13/19**

**Tuesday, April 14**

9-5: Advanced Botany: Field Trip – 7Song

**Saturday, April 18**

9-12:30: Inflammatory Bowel Syndrome: Nutrition, Herbs & Therapeutics Part II – Claudia Keel  
1:30-5: Flower Essence Energetics – Claudia Keel

**Sunday, April 19**

9-5: Dental Health and Case Review for the Intermediate Herbalist – Leslie Alexander

**Tuesday, April 21**

9-12:30: Auto-Immune Disease: Holistic Therapeutics Part I – Claudia Keel  
1:30-5: Auto-Immune Disease: Holistic Therapeutics Part II – Richard Mandelbaum

**Tuesday, April 28**

9-12:30: Clinic: Location TBD – Claudia Keel and Richard Mandelbaum  
1:30-5: Case Review - Claudia Keel and Richard Mandelbaum

**Tuesday, May 5**

9-12:30: Materia Medica – Richard Mandelbaum  
1:30-5: Business of Herbalism Part I – Claudia Keel

**Tuesday, May 12**

9-12:30: Business of Herbalism Part II – Richard Mandelbaum  
1:30-5: Case Review & Practicum – Richard Mandelbaum

**Saturday, May 16 & Sunday, May 17**

Camping Weekend at TBD

Tuesday, May 19

9-5: Wrap-Up Day – Claudia Keel & Richard  
Mandelbaum

**Graduation Day – 5/19/20**

**Summer Break until mid- September 2020 to start  
Year 3 Happy Summer!**