



# ARBORVITAE

School of Traditional Herbalism

## ArborVitae First Year Syllabus 2019-20

***\*This syllabus is subject to change. Students will be notified of such changes ahead of time via email. Please refer to the student portal for readings, handouts, presentations and important details for each class.***

### **Wednesday, September 11**

9-12:30: Introduction to Energetics: Flavors & the Elements - Claudia Keel

1:30-5: Our Original Medicine; Intro to Energetics and Actions - Richard Mandelbaum

### **Wednesday, September 18**

9-5: Introduction to Botany & Plant Identification - Richard Mandelbaum

### **Saturday, September 21**

9-5: Plant Walk Field Trip: Prospect Park –Richard Mandelbaum

### **Sunday, September 22**

9-5: Herbcraft: Introduction to Harvesting & Herbal Preparations - Claudia Keel

### **Wednesday, September 25**

9-5: Plant Walk Field Trip: Foraging & Feasting (in Accord, NY) - Dina Falconi & Claudia Keel

### **Wednesday, October 2**

9-12:30: Chinese Medicine and Energetics I – Richard Mandelbaum

1:30-5: Afro Diasporic Herbal Traditions – Ola Obasi

### **Wednesday, October 9**

9-12:30: Intro to Nutrition & Food is Medicine Part 1 - Claudia Keel

1:30-5: Digestive System Part 1 - Claudia Keel

### **Wednesday, October 16**

9-5: Culture (is) Everything – Claudia Keel

### **Wednesday, October 23**

10-5: Plant Walk Field Trip: NYBG, Bronx – Richard Mandelbaum

### **Saturday, October 26**

9-5pm: Female Reproductive System: Intro to Female Health – Lena DeGloma and Katinka Locascio

### **Sunday, October 27**

9-12:30: Plant Walk Field Trip: Central Park -I.D, Gathering & Use – Sam Perry  
1:30-5: Food as Medicine: Medicine Balls - Bevin Clare

### **Wednesday, October 30**

9-12:30: Endocrine System – Richard Mandelbaum  
1:30-5: Materia Medica – Richard Mandelbaum

### **Wednesday, November 6**

9-12:30: History & Philosophy of Herbal Medicine Part I – Claudia Keel  
1:30-5: Materia Medica – Claudia Keel

### **Wednesday, November 13**

9-1:30: Tincture Making – Richard Mandelbaum  
2:30-5: Chinese Medicine and Energetics Part II – Richard Mandelbaum

### **Saturday, November 16**

9-12:30: Cutaneous System: Therapeutics & Herbs for Skin, Hair & Nails – Claudia Keel  
1:30-5: Flower Essences: Expanding our Understanding of Healing Plants – Claudia Keel

### **Sunday, November 17**

9-12:30: Cardiovascular System: Holistic Medical Approaches to Heart Health – Patrick Fratellone  
1:30-5: Intro to Traditional Greco-European Energetics & Tissue States – Claudia Keel

### **Wednesday, November 20**

9-12:30: Introduction to Phytochemistry – Richard Mandelbaum  
1:30-5: History & Philosophy of Herbal Medicine Part II – Richard Mandelbaum

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

### **Wednesday, December 4**

- 9-12:30: Gender politics, trans experiences and introductory clinical considerations  
–Vilde Chaya Fenster-Ehrlich & Avi-Rose  
1:30-5: Herbs in the Cycle of Life: Elder Health & Vitality – Claudia Keel

### **Saturday, December 7**

- 9-5: Seasonal Health & Plant Medicine: Fall & Winter Tonics, Wild Foods & Therapeutics – Claudia Keel

### **Sunday, December 8**

- 9-5: Intro to Vitalism/Western Energetic Medicine – Kat Maier

## **Tuesday, December 10: Winter Solstice Party 5-10pm**

### **Wednesday, December 11**

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

## **Year's End & Beginning Break 12/12/19 - 1/13/20**

### **Wednesday, January 15**

- 9-12:30: Immune and Lymphatic System Part I – Claudia Keel  
1:30-5: Materia Medica: Herbs for Depressions & Anxiety – Claudia Keel

### **Wednesday, January 22**

- 9-12:30: Immune and Lymphatic System Part II – Richard Mandelbaum  
1:30-5: Intro to Herbal Safety – Richard Mandelbaum

### **Saturday, January 25**

- 9-5: Respiratory System: Physiology of the Lungs – Tammi Sweet

### **Sunday, January 26**

- 9-12:30: Materia Medica: Herbs for the Heart – Claudia Keel  
1:30-5: Materia Medica – Richard Mandelbaum

### **Wednesday, January 29**

10-4:30: Plant Walk Field Trip: NYBG – Winter & Tropical Plants – Richard Mandelbaum & Claudia Keel

**Wednesday, February 5**

9-12:30: Traditional Chinese Medicine: Patterns of Disharmony I – Richard Mandelbaum

1:30-5: Cardiovascular System: Herbs, Diet & Lifestyle to Support the Heart & Circulation – Richard Mandelbaum

**Wednesday, February 12**

9-12:30: Growing Herbs – Susanna Raeven

1:30-5: Topical Plant Preparations – Susanna Raeven

**Wednesday, February 19**

9-12:30: Musculo-Skeletal System – Lena DeGloma & Katinka Locascio

1:30-5: Urinary System: Herbal Medicine for the Bladder & Kidneys Part I – Richard Mandelbaum

**Saturday, February 22**

9-12:30: Digestive System Part II – Claudia Keel

1:30-5: Elements and Energetics – Sam Perry

**Sunday, February 23**

9-12:30: Healing Strategies Amongst Indigenous Cultures – El Ha Gahn

1:30-5: Wise Woman Tradition – Robin Rose Bennett

**Wednesday, February 26**

9-12:30: Urinary System: Herbal Medicine for the Bladder & Kidneys Part II – Richard Mandelbaum

1:30-5: Tongue & Pulse Practicum / Materia Medica – Richard Mandelbaum

**Wednesday, March 4**

9-5: Seasonal Health & Plant Medicine Preparation: Spring & Summer Tonics, Wild Foods & Therapeutics – Claudia Keel

**Wednesday, March 11**

9-5: Practical Aromatherapy for Herbalists – Amy Galper

**Wednesday, March 18**

9-12:30: TBD – Patricia Kyritsi Howell

1:30-5: Herbs in the Cycles of Life: Birth, Infants & Toddlers – Sara Chana Silverstein

**Saturday, March 21**

9-5: Introduction to Ayurveda – Anne McIntyre

**Sunday, March 22**

9-12:30: Food as Medicine Part II – Claudia Keel

1:30-5: Holistic Assessment Practicum – Claudia Keel

**Wednesday, March 25**

9-12:30: Ayurvedic Approach to Digestion: Concepts of Agni/Ama/Detoxification – Anne McIntyre

1:30-5: Ayurvedic Tongue & Pulse – Anne McIntyre

**Wednesday, April 1**

9-12:30: Traditional Chinese Medicine Patterns of Disharmony Part II – Richard Mandelbaum

1:30-5: Materia Medica – Richard Mandelbaum

**Spring Break 4/2/20 – 4/14/20**

**Wednesday, April 15**

9-12:30: Male Reproductive Health – An all-inclusive class covering the penis, testicles, prostate, hormones, and accessory organs – 7Song

1:30-5: Ailments: Advanced First Aid – 7Song

**Saturday, April 18**

9-5: Herbal Dentistry: Getting to know the Mouth & Conducting a Sound Oral Intake – Leslie Alexander

**Sunday, April 19**

9-12:30: Language of Plants: Doctrine of Signatures & Five Element Theory – Nathaniel Whitmore

1:30-5: Herbs in the Cycles of Life: Children & Teenagers – Sara Chana Silverstein

**Wednesday, April 22**

9-12:30: Materia Medica – Claudia Keel

1:30-5: Materia Medica – Claudia Keel

**Wednesday, April 29**

9-5: Plant Walk Field Trip: Prospect Park – Claudia Keel & Richard Mandelbaum

**Wednesday, May 6**

9-12:30: Materia Medica – Richard Mandelbaum

1:30-5: Tongue & Pulse & Holistic Assessment Practicum / Materia Medica – Richard Mandelbaum

**Wednesday, May 13**

9-12:30: Plant Walk Field Trip: East Village Community Garden – Claudia Keel

1:30-5: Materia Medica – Claudia Keel

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

Camping Weekend at TBD!

**Graduation Day 5/19/20**

**Wednesday, May 20**

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

**Summer Break until mid-September 2020 to start  
Year 2 Happy Summer!**



**ARBORVITAE**  
School of Traditional Herbalism