

INTERNATIONAL COLLEGE OF HERBAL MEDICINE

**Units for Post Graduate Study in Herbal  
Medicine**

PROSPECTUS 2017/18

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## OUR CONCEPT

The International College of Herbal Medicine provides a flexible programme of continuing professional development and postgraduate study to enable long lasting connections, support, and contact with the global community of medical herbalists.

## OUR AIMS

The aim of providing this postgraduate study programme is to assist the qualified medical herbalist, naturopath and health professional to:

- improve their ability to take better care of patients/clients
- develop ongoing relationships with skilled clinical herbalists forming a global network
- participate in an educational programme that is innovative, challenging and personalised
- develop confidence and expertise in clinical practice
- increase their competency in clinical practice building on their prior training and experience
- improve their ability to communicate with other health professionals

## WHY IS THERE A NEED FOR THIS COURSE?

**Qualified practitioners need:**

- to continually improve their ability to provide better care for their patients/clients
- ongoing education in herbal medicine at the postgraduate level
- an active programme of continuing professional development to improve their knowledge base and clinical skills in an increasingly complex health environment
- to sort out 'fact' from 'fiction' in the herbal industry
- to be aware of the current clinical issues and controversies in herbal medicine globally and locally
- to be able to integrate their practice in a conventional health care setting (if desired)
- to access practitioners and leaders in the various aspects of herbal medicine practice globally

## **EDUCATIONAL GOALS**

### **During the course the student will:**

- study postgraduate Units of work on specific areas of Clinical Herbal Medicine
- have access to herbal and medical expertise for their own clients/patients
- have access to an online current library with abstracts, critical literature reviews, articles, patient educational handouts and other students' work
- communicate with other health professionals in the most condensed, efficient manner for clinical discussion and research

### **The goals will be achieved by:**

- offering a range of study Units designed to meet the needs of the practitioner after graduation
- access to the College library

Assessment will be through the project work associated with each Unit.

## **WHY IS THIS COURSE UNIQUE?**

This postgraduate unit study provides support for practitioners and qualified health professionals who wish to excel in their ability to help their patients/clients.

- all mentors and unit writers are active practitioners, authors, and researchers who have extensive practical and teaching experience
- the College has an international focus
- this course is an extension to any Clinical Herbal Medicine or Naturopathic programme

## **DIRECTORS AND MENTORS/Writers**

**ISLA BURGESS** MSc. Dip. PE; DipTchg; DipHerbMed; FNZAMH

### **Director and Mentor**

Isla is currently researching the development and application of a new methodology for the assessment of the qualities that plants possess. In 2009 she completed a MSc in Holistic Science through Schumacher College, Devon, England as she felt this would offer a deeper understanding of living in relationship with our world and in particular her relationship with the plant world.

An inspiring teacher, Isla has been an educator for the past 40 years, firstly as a teacher of Science and Biology and then as Director of the International College of Herbal Medicine (2000-2010) and Director of the Waikato Centre for Herbal Medicine, Waikato, New Zealand (1990-2000). She is also an experienced herbal medicine practitioner and has presented at conferences both in New Zealand, Australia, Canada and the United States.

More recently the description of 'Wild and Medicinal Plant Conservationist' aptly describes her concerns. She is the interim convener for the International Research Group for the Conservation of Medicinal Plants ([www.irgcmp.org](http://www.irgcmp.org)) and has appeared in two recent documentaries 'Earth Whisperers Paptuanuku' (New Zealand) and Numen (USA). She is the author of 'Weeds Heal. A Working Herbal'.

**NICKY BAILLIE** MBChB; Dip HerbMed; MNZAMH. Writer and Mentor

### **Medical Director**

Nicky graduated from Auckland Medical School, New Zealand in 1992 and completed her training at Whakatane Hospital. She is a General Practitioner and medical herbalist based at Bethlehem Medical Centre, Tauranga. She has a Diploma in Herbal Medicine from Waikato Centre for Herbal Studies, and now lectures there regularly. She has done original clinical research in herbal medicine and speaks regularly at medical conferences on herbal medicine both nationally and internationally.

**AMANDA MCQUADE CRAWFORD** BA; MNIMH. Writer

Amanda received her BA in Medieval History from Vassar College and a Diploma in Herbal Medicine from England - becoming a member of the National Institute of Medical Herbalists in 1986. She currently is in private practice in California.

Amanda is a well known international public speaker and author.

She has more than 20 years experience in clinical herbal medicine and is a founding member of the American Herbalists Guild and the founder of the National College of Phytotherapy in New Mexico. She serves on numerous professional advisory boards and scientific review panels including The American Herbal Pharmacopeia and is the author of The Herbal Menopause Book and Herbal Remedies for Women. Amanda co-wrote 'Understanding the Craft of Herbal Medicine'.

**ASSUNTA HUNTER** ND; MWH; MNHAA. Writer

Assunta completed a Masters degree in Woman's Health from Melbourne University and has done advanced academic research on women's health. Since 1989 Assunta has practiced in a women's health clinic and lectured to naturopathic and herbal medicine students. She has written the course on research methodology for complementary medicine for Southern Cross University's naturopathic degree programme and currently lectures extensively to health care professionals on herbal medicine. She has published many papers on herbal medicine and is an active member of herbal and naturopathic professional associations and a member of the Complementary Medicines Consultative Forum, an Australian federal government committee giving advice on complementary medicine - and it all started in a herb garden! Assunta wrote the 'Therapeutics Issues in Women's Health 1'.

**KEVIN SPELMAN PhD.** AHG. Researcher

Kevin Spelman is an eclectic herbalist, clinician, writer and medical researcher trained in biomedical sciences, Ayurvedic medicine, and western herbal medicine. He is currently on the faculty at Tai Sophia Institute, Southwest College of Naturopathic Medicine, Scherer's Institute of Natural Healing and is a frequent guest lecture at the National College of Naturopathic Medicine. As an international researcher, Kevin studied nutrient levels in young women in West Africa and worked with children in Central America. He has practiced clinical herbal medicine for over a decade and has continually cultivated the growth of professional and competent clinical herbalism by being a founding board and faculty member of the first bachelors of science in botanical medicine in the US and more recently contributed to the first Master's degree in the clinical use of botanical medicine in the United States.

Mr. Spelman also serves on the board of both the Botanical Medicine Academy and the council of the American Herbalist Guild. Kevin wrote the 'Therapeutic Issues in Men's Health'.

**CAROL BURGESS** B. Hort. Sci; Dip Herb Medicine (Hons); MNZAMH; Dip TEAFL.

Carol graduated from Lincoln College with a Bachelor of Horticultural Science and worked for several years in the Horticultural industry. Carol has a TEAFL Diploma and for many years taught English to second language learners, before embarking on the study of Herbal Medicine. Carol studied under Isla Burgess at Waikato Centre for Herbal Studies in Cambridge and had the privilege of spending many hours working and learning in the herb garden at the College. Carol has been in part-time private practice as a Medical Herbalist since her graduation in 2002 and is a member of the New Zealand Association of Medical Herbalists. She taught Materia medica at Well Park College of Natural Therapies in 2003.

Outside of work, Carol enjoys spending time in her organic herb garden, getting out on her mountain bike & sharing time with family and friends.

***Carol tutors Materia Medica, Understanding the Craft of Herbal Medicine*****ELIGIBILITY FOR ENROLMENT****Any person who is a professional member of the**

- New Zealand Association of Medical Herbalists (NZAMH)
- National Herbalists Association of Australia (NHAA)

- National Institute of Medical Herbalists (NIMH)
- American Herbalists Guild Registered Herbalist(AHG - RH)
- European Herbal Practitioners Association (EHPA)

**Other Health Professionals will be considered under the following guidelines:**

- Doctors of Medicine – Pre-requisite Units may be required unless prior study in phytotherapy meets admission standards requiring demonstration of equivalent knowledge and skills.
- Naturopaths and Homeopaths will be accepted directly if they are professional members of the above organisations, otherwise they will be required to complete the pre-requisite course
- Midwives and nurses holding a current registration will be required to complete the pre-requisite course

The College will consider other applications on an individual basis. All students will need to have studied undergraduate courses in health sciences and herbal medicine. The postgraduate course does not include undergraduate subjects with the exception of the pre-requisite Units.

## **ACCREDITATION and CONTINUING EDUCATION HOURS**

A certificate of study hours is available on request for each unit .

## **UNIT DESCRIPTIONS and COURSE OUTLINE**

The Post Graduate course offers 4 Units of work. Over the years these are the units most popular. These include the first of a Power Point Series by Dr Nicky Baillie.

Some course participants may need to complete the pre-requisite course (refer Eligibility for Enrolment) or demonstrate equivalent knowledge and skills.

## **PREREQUISITE UNITS**

### ***Materia Medica***

This Unit will include 20 detailed herb profiles with a clinical therapeutic focus, a clinical appraisal of a further 20 herbs and a therapeutic comment on a further 60-70 herbs. Students will use and expand on some of the herb profiles given, use a selection of herbal medicines provided by the College and submit evaluation reports.

Educational Objectives: At the end of this study paper the student will have a working knowledge of 40 commonly prescribed herbs and be familiar with the



main therapeutic uses of those herbs, contraindications, safety, dosing and interactions. They will also be actively involved in prescribing 10 of the herbs studied.

### ***Understanding the Craft of Herbal Medicine* and Individual Prescribing (60 hours)**

Detailed information on therapeutic actions, pharmacology, formulas and dosing in herbal medicine. This Unit will cover both the traditional view of therapeutic actions of herbs and the rationale from a scientific perspective. Basic herbal pharmacology, individualising formulas, approaches to dosing and methods of dispensing are also included. Current Issues of Sustainability and Quality Herbal Medicine and Research into Plants as sentient and aware life forms are discussed.

**At the end of this unit you should** be able to prescribe individual formulas and dose appropriately and be more aware of the issues facing the use of Herbs as Medicine in the 21<sup>st</sup> Century.

## **Course General Units**

### **Therapeutic Issues in Women's Health 1**

Recent approaches to treating women with Fibroids, Endometriosis, Androgenic Hirsutism and PCOD. Recent research e.g. on insulin, essential fatty acids and growth hormone, and clinical experience adds much to our treatment of women with these conditions. This Unit gives current thinking on approaches to treatment and expected clinical outcomes.

Educational Objectives: At the end of this Unit the learner will have a better knowledge base from which they can prescribe individually for people with these conditions.

### **The Special Case of Pregnancy**

In depth guidelines for pregnancy and childbirth. Through case studies the use of herbs safely during pregnancy and childbirth will be covered including an examination of recent claims of potential problems.

Educational Objectives: At the end of this Unit the student will have an increased knowledge base to be able to prescribe herbs during pregnancy and childbirth.

### **Therapeutic Issues in Women's Health 2**

The Menopause Experience. A practical clinical appraisal of the use of herbal medicine to treat the symptoms of menopause including the treatment of hot flushes, use of phytoestrogens, the soy debate, 'natural' progesterone cream and the current use of HRT.

Educational Objectives: At the end of this Unit the student will be able to give informed advice to women going through menopause.

## Extra

### **Therapeutic Issues in Men's Health**

Herbal medicine can be very effective for the treatment of sexual dysfunction, benign prostatic hyperplasia, and other male reproductive health conditions.

This is an additional reading for those students enrolling in the previous 3 units.

### **Challenges in Clinical Practice – Working with people with Cancer.**

A unit including Extensive notes, a Power point presentation and case study approach.

This unit will develop and hone both knowledge and skills in working with people with cancer. Living with cancer presents challenges at all levels – physical, mental/emotional, social and spiritual. Each person has an individual journey, but there are many common threads. These include:

- Decisions around treatment options, including combining conventional and complementary treatments.
- Choices around maintaining optimal health long term, from the myriad of advice, products and information available.
- If the cancer does progress, a journey around death and dying.

The support of an attuned, informed natural health practitioner can make a huge difference. Each of these areas will be explored during the unit:

- Combining complementary and conventional cancer treatments. These include surgery, chemotherapy, radiotherapy and hormone modulating medications. How do we work with these people safely and effectively? How can we support, and possibly even enhance, the effectiveness of these conventional treatments? How can we improve communication with oncologists and other specialists? How can we finetune our approaches to help people to get the best of both worlds?
- Developing programmes to encourage optimal health longer term for people living with cancer. Which approach for which people??
- The dying time. How do we best support people with cancer in the process of dying. Where do herbal and nutritional therapies fit in? What else can we offer?

Case studies which demonstrate some of the more difficult or challenging areas of cancer management will be presented, with opportunities to apply the principles of truly integrative cancer care.

## UNIT MENTORS

### ISLA BURGESS

Therapeutic Issues in Women's Health 1 written by Assunta Hunter  
Therapeutic Issues in Women's Health 2 Menopause  
The Special Case of Pregnancy written by Aviva Romm

### NICKY BAILLIE

Challenges in Clinical Practice – Working with people with Cancer.

### CAROL BURGESS

Understanding the Craft of Herbal Medicine written by Amanda McQuade  
Crawford and Isla Burgess  
Materia medica written by Dr Nicky Baillie

## EDUCATIONAL CREDIT HOURS

Each Unit will require a minimum of 5 hours study time per week over 8 weeks.

Allow more for the 'Challenges in Clinical Practice'.

## TIMETABLE

The General Units are now available from March through May and August through November.

The Challenges in Clinical Practice is available at two starting times each year. See website or contact the college for details.

## ENROLMENT PROCEDURE

Enrolment can best be done through the web site of the International College of Herbal Medicine at [www.HerbCollege.com](http://www.HerbCollege.com); click on HOW TO ENROL from the menu bar. Prospective students are requested to familiarize themselves with the curriculum, mentors, and web site of the College, and follow these steps on line.

- 1) Read Eligibility for Enrolment and Course Outline
- 2) Read Payment Options
- 3) Read the Policies and Procedures
- 4) Read Terms and Conditions of Enrolment
- 5) Complete the Enrolment Questionnaire and Agreement.

Students will receive confirmation of their application by e-mail together with a 'Getting Started' attachment.

## **ENROLMENT OPTIONS**

A student is able to begin the general units at any time. The Challenges in Clinical Practice is available twice a year. Please check the website for details.

### **Course enrolment**

#### **INDIVIDUAL UNIT STUDY**

A student may apply to study for individual Units. A certificate with hours will be issued for each successfully completed Unit on request.

#### **PRE-REQUISITE UNITS**

If required, a student is able to study Materia Medica and Understanding the Craft of Herbal Medicine alongside the units.

## **COURSE FEES AND PAYMENT OPTION**

### **NOTE ON SECURITY**

When students log on to the College CAMPUS through [www.HerbCollege.com](http://www.HerbCollege.com) a closed padlock in the grey status bar at the bottom of your browser will appear. This means the CAMPUS application is protected by one of the highest levels of security available on the Internet - all of the student areas are now strongly encrypted (128-bit encryption) to prevent unauthorised access. This is in addition to the username/password security already in place. ENROLMENT applications are protected by a digital certificate which guarantees that your records will only go to icohm's web server. You can check the certificate information by double-clicking on the padlock in the status bar (Internet Explorer) or the "Security" button in the Netscape menu bar.

### **PAYMENT**

Fees can be paid via Paypal, personal Cheque, Bank Draft, or Cashier's Cheque in the currency of the student's residency. Please allow 5- 10 days for clearance for other than New Zealand cheques.

### **FEES**

#### **INDIVIDUAL UNITS (US, AUS, CAN, NZ) \$540.00**

Payable on enrolment.

#### **PRE-REQUISITE COURSE FEES (US, AUS, CAN, NZ)**

Materia Medica \$600.00

Payable on Enrolment.

Understanding the Craft of Herbal Medicine \$540.00

Payable on Enrolment.

## **POLICIES AND PROCEDURES**

### **WHAT YOU CAN EXPECT FROM THE INTERNATIONAL COLLEGE OF HERBAL MEDICINE**

The College will to the best of its ability:

- maintain high standards in the provision of postgraduate education by ensuring that the mentors/writers are experts in their field and the course work suited to the postgraduate student.
- ensure that the student is supported in their study through the interactive nature of the programme
- provide the best security cover possible through the latest Internet Technologies
- ensure that student details are confidential as part of the best security possible
- promote humane, environmentally safe and ecologically sound practices

It is not the intention of the College to:

- pass on its mailing list
- be aligned with or promote any proprietary products.

The student is requested to:

- not reproduce course work for any purpose other than for personal use as it is the property of the College
- complete the Units in the time allocated, if due to illness or other emergency, a request for deferment may be made to the College together with an appropriate certificate, and the course continued the next time it is offered. A fee will be required to cover this
- complete project work for each Unit by the requested date. If this is not possible then assessment would be made the next time the course is offered for a small fee
- show respect towards other students, their opinions and practice
- **TREAT ALL CASE STUDY MATERIAL AS CONFIDENTIAL AND NOT TO DISCUSS THESE OUTSIDE OF COLLEGE MEMBERSHIP**

### **COURSE DESIGN**

The programme is designed to enter it at any time.

### **ASSESSMENT**

Assessment for the Diploma will be made on the project work associated with each Unit, the research paper, and requested work for the Clinical Discussion Group. The student will receive one of the following:

- CP - Complete pass
- PP - Partial Pass - Unit requirements are incomplete
- RU - The Unit or project work needs to be repeated

### **WITHDRAWAL FROM OR POSTPONEMENT OF STUDY**

Once a student begins the study (Unit or Course) for which they have enrolled there will be no refund. If the student has a valid reason for withdrawing from the course they must do so IN WRITING three weeks before beginning their study. 75% of the remaining Course fees will be refunded. If the student has a valid reason for postponement of their study, they need to apply to the College IN WRITING and may be granted up to one years leave.

### **CROSS CREDITS**

Not Available

### **REPEAT STUDY POLICY**

If a student wishes to repeat a paper or the project they will need to do so the following year. Unit fee \$350.00 (plus GST if applicable) Project fee \$50.00 (plus GST if app)

### **APPEALS**

The College operates on the following appeals procedure; Firstly contact the College and explain what the problem is and it may be resolved easily. If that is not sufficient then a time to talk with the Director will be arranged. If necessary then other Directors and Associate Directors will be contacted and a resolve decided on which will be final.

### **CHANGES TO COURSE STRUCTURE**

The course curriculum will develop and respond to the changing needs of the medical herbalist and health practitioner. The College reserves the right to alter the content, mentors and fees of any course or Unit.

Students will be informed by E-mail of any changes. If there are insufficient numbers for any Unit the College reserves the right to cancel or postpone that Unit in consultation with the mentor for that Unit.

### **TERMS AND CONDITIONS OF ENROLMENT**

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The International College of Herbal Medicine, its logo, the course content are all subject to copy write.

By Enrolling in the International College of Herbal Medicine you hereby confirm and agree that you automatically accept the terms and conditions set out below as the Terms and Conditions of your enrolment. This is a legal agreement between you, the student and the College.

1. That you will not reproduce in any manner or for any purpose the information written or otherwise which constitutes the content of the courses. You may download and copy all material for your personal use.  
The College and/or its mentors own all course material.
2. That you will not pass on any names or E-mail addresses or E-mails to any other person or group.
3. That you do not use the Clinical Discussion Group or the College to advertise any proprietary products, goods or services.
4. That you will complete the Units in the time allocated (if due to illness or other emergency , a request for deferment may be made to the College together with an appropriate certificate, and the course continued the next time it is offered.) A fee will be required to cover this.
5. That you complete project work for each Unit by the requested date. If this is not possible then assessment would be made the next time the course is offered for a small fee.
6. That you show respect towards other students, their opinions, practice and privacy
7. That you treat all case study material as confidential and not to discuss these outside of College membership
8. That you accept the statements made under 'Policies and Procedures' in regard to; Assessment, Withdrawal Procedures, Repeat Study Policy, Appeals and Changes
9. That you will not engage in 'spamming' or any other activity that could result in system overload or system crash
10. That the College reserves the right to refuse enrolment to an applicant without necessarily giving reasons for doing so.
11. That the College maintains high standards in the provision of postgraduate education by ensuring that the mentors are experts in their field and the course work suited to the postgraduate student
12. That the College provides the best Internet security possible
13. That the College ensures that student details are confidential as part of the best security possible
14. That the College promotes humane, environmentally safe and ecologically sound practices

15. That the College will not be responsible for anything beyond its control which may affect the operation of the agreement

16. That this agreement be construed in accordance with the laws of New Zealand

**NOTICE OF DISCLAIMER TO ALL STUDENTS AND VISITORS TO THE WEBSITE OF THE INTERNATIONAL COLLEGE OF HERBAL MEDICINE**

The International College of Herbal Medicine confirms and declares that at no time and under no circumstance, will the College or anyone connected with the College, accept responsibility or be held responsible for, any claim or damage from action carried out, or from advice given by any student or ex-student whether directions given in the course are carried out or not.

**ENROLMENT**

For further information and enrolment form visit our web site

[www.HerbCollege.com](http://www.HerbCollege.com)

click on HOW TO ENROL or email us at [admin@HerbCollege.com](mailto:admin@HerbCollege.com)