

HERBALISM CERTIFICATE PROGRAM SYLLABUS

1. Interactive Classroom Education (200 hours)

- a. Classes meet every Thursday from 6-9 p.m.
 - i. In-depth study of over 75 individual herbs
 1. Taste and experience
 2. Learn historical importance and folklore
 3. Plant energetics and their uses
 - ii. Learn techniques to make herbal preparations and remedies
 - iii. Strong focus on systems of the human body
- b. One consecutive Saturday and Sunday each month 9-4 p.m.
 - i. Gardening and Horticulture techniques
 - ii. Harvesting fresh herbs from on-site garden
 - iii. Garden walks and hiking in the beautiful Rocky Mountains
 - iv. Plant identification and Botany
 - v. Herbal preparations and techniques using fresh plants
 - vi. Cooking with herbs
 - vii. Discussion

2. Extra-curricular Activities/Homework (100 hours)

- a. Assignments
 - i. Recommended Reading/Literature
 - ii. Case Studies
 - iii. At home herbal preparations
 - iv. Final project Preparation

b. Optional Activities

- i. Journaling
- ii. Additional reading/research
- iii. Additional monographs
- iv. At home herbal preparations
- v. Denver Medicinal Plant Society meetings
- vi. Podcasts, lectures and events relating to herbalism
- vii. Adult Education Classes at Denver Botanic Gardens relating to herbalism
- viii. Gardening
- ix. Other approved activities

3. Work opportunity/Volunteering (50 hours)

- a. Internship at local apothecary
- b. Denver Botanic Gardens Volunteer Program
- c. Community based volunteering related to herbalism, gardening or horticulture



HERBALISM CERTIFICATE COURSE LIST AND DATES

Recommending Texts for the Certificate Program

*The Herbal Medicine-Maker's Handbook:
A Home Manual* by James Green
Medical Herbalism by David Hoffmann

Medicinal Plants of the Mountain West
by Michael Moore
Botany in a Day by Thomas J. Elpel

4/18 Introduction to Herbalism	8/8 Herbs for Reproductive System Health: Female
4/25 and 5/2 Infusions and Nutritive Herbs Part One and Two	8/15 Herbal Allies for Optimal Vitality
5/4-5 Making Infusions and Gardening in Colorado	8/17 Creating Flower Essence
5/9 Tincture and Cordial Making	8/18 Skin Spa
5/16 Your Constitution and Why It Matters	8/22 Herbs for Muscular/Skeletal Health
5/23 and 5/30 Beautiful Skin Using Herbs	8/29 Herbs for the Respiratory System: Tonics, Expectorants, Antispasmodics, Cold/Flu
6/1-2 Salve and Hydrosol-Making	9/5 Herbs for the Immune System
6/6 Internal Skin Remedies Using Herbs	9/12 Herbs for Children
6/13 Mead-Making and Herbal Brews	9/19 Nervines: Part 1 Calming the Nervous System with Nervine Herbs
6/20 Herbal Allies for the Digestive System	9/21-22 Herbal First Aid/Hiking
6/27 Herbal Allies for the Liver	9/26 Nervines: Part 2
6/29 Food: Recipes for Healing and Healthy Living	10/3 Aromatherapy
6/30 Plant Identification	10/10 Formulating with Herbs
7/11 Herbal Remedies for the Circulatory System	10/12 Garden Harvest and Roots
7/18 Herbal Remedies for the Lymphatic System	10/13 Herbal Lotion Making and Spirit Herbal Remedies
7/25 Herbs for Reproductive System Health: Male	10/17 Herbal Remedies for Pets
7/27-28 Hiking and Wildcrafting/Making Herbal Remedies	10/24 Final Project Presentation and end Celebration