

The Classical Herbalist

108 hours of in-person lectures	150+ hours of online lectures	52 hours of zoom Q & A sessions	70 hours of clinical immersion (optional)
---------------------------------------	-------------------------------------	---------------------------------------	--

Language

English

Assessment

Online quizzes, case study and experiential homework evaluations

Classical Herbalist Certificate or Clinical Herbalist Diploma

Issued by the Association for Traditional Studies

Introduction:

Students and practitioners of Chinese medicine may wonder how the great doctors of the past created formulas that remain relevant today. The truth is, they did not create formulas meant to be used as unmodified building blocks or revered for eternity. The formulas we call classical are valuable because of the traditional perspective of the doctor who devised them; remarkable in approach, not actually due to ingredients contained.

The guiding principle of herb theory presented in the Huang Di Nei Jing states the flavor and nature of herbs influence the qi in a specific manner. Thus, classical herbal formulas combine herbs with the appropriate flavor and nature to result in warming, cooling, dispersing, moving, building, slowing, draining, drying, gathering, astringing, descending, softening or permeating effects in the body. The appropriate *affect* leads to resolution of symptom or disease by influencing the qi and rebalancing yin and yang.

In contrast, modern practitioners tend to start at the end of this process - selecting herbs to treat a specific illness or symptom. Matching herbs to conditions or patterns perpetuates a system of memorization and one to one correlations, and is especially problematic when a formula does not work for an illness it is reported to solve.

Thus, herbs are best understood by the terms presented in the classic books; the yin-yang quality of the herb that leads to a change in the yin-yang dynamic in the body. The appropriate change leads to a resolution of symptoms, while the inappropriate affect may worsen the condition or lead to other symptoms. The difference between these approaches may not seem so profound, but it is

actually the basis of the Chinese medicine aphorism, ‘因人而異’ (‘[treat each situation] according to the person’).

From a classical Chinese medicine perspective, treatment revolves around the appropriate way to affect the patient's qi, rather than an herb or formula reported to treat their disease or symptom name. This classically based principle underlies every lecture and clinical case example within this comprehensive 2 year course. By focusing on classical principals as the basis for the understanding Chinese medicine, clinical results are not only improved; what seemed mysterious becomes obvious, and the skills of the famous doctors of the past no longer seems so hard to fathom.

Overview

This Chinese medicinal herb course was designed by JulieAnn and Andrew Nugent-Head and reflects three decades of tutelage under the last traditionally trained practitioners in China and 20+ years in clinical practice. JulieAnn and Andrew's practical application of traditional concepts not only achieves great results, but is a cohesive system that informs diagnosis and treatment including bodywork, acupuncture and herbal formulation.

Part 1: Classical Herbalist

Part 1 is designed to maximize online resources thus allowing study to fit around home and work life. Online learning is complemented with 6 weekends of 3 day in-person lecture spaced over a two year period. During in person lectures, JulieAnn and Andrew will bring the material to life with case studies and experiential learning. A distinctive feature of this course is brewing and tasting herbs in order for the student to experience the qualities of individual herbs to better understand prescription.

The timing of in-person lectures will coincide with the 4 seasons to emphasize the nature based paradigm of Chinese medicine, as well as to relate illness, symptoms and changing prescriptions to the changes of the seasons.

Spaced evenly throughout the 2 years are 4 hour zoom meetings to answer questions and clarify topics. These will be on nominated Fridays 12 – 4pm GMT. Participants will be encouraged to email questions and cases to discuss, ahead of time. Questions will also be fielded live if time permits. All sessions will be recorded and available online within one week of meeting.

For in-person lecture dates, Q&A Friday dates and other timings, please refer to the course curriculum.

*Completion of Part 1, grants participants with a **Classical Herbalist certificate**.*

Part 2: Clinical Immersion

In the 2nd year, students are encouraged to attend 10-days of clinical immersion with Andrew and JulieAnn Nugent-Head in Asheville, NC, USA to benefit from seeing herbs integrated into the full

scope of treatment. Participants in this optional clinical immersion portion will also benefit from a farm tours and private lectures at the Nugent-Head's 35 acre organic tea and herb farm.

*Completion of Part 1 and Clinical Immersion grants participants with a **Clinical Herbalist Certificate**. UK participants are required to complete clinical training hours to gain insurance with Balens Ltd.*

Aim of course

- To thoroughly understand the classical theory of Chinese Herbal medicine.
- Through experiential learning, students will discover qualities of each herbal substance that defines medicinal effect and clinical application
- To understand the historical context of classical formula and flexible use in the modern clinic
- To understand the perspectives and history of the key influential doctors
- To be able to diagnose and formulate a treatment strategy cohesive with bodywork and acupuncture.
- After 6 months, be able to write single herb formulas, based on flavor and nature of everyday plant and food groups, to make teas or supplement food in order to correct Yin and Yang imbalances
- After 1 year, be able to write multi-herb formulas for patients under supervision
- After 2 years, feel confident to start using herbal formulas for patients as part of everyday clinical treatments

Learning objectives

On completion of the course, students should:

- Understand the concepts of nature, flavor and Yin/Yang of herbs
- Be able to determine above qualities by inspecting herbal substances
- Understand how flavor and nature affects physiology
- Understand the concept of the Sheng Nong Ben Cao to guide dosage and safe use of herbs
- Understand the fundamental principles and building blocks behind combining herbs to compose a formula
- Gain a comprehensive understanding of the Shanghan Lun and Jinggui formulae
- Comprehend how the classical formulae were used and modified by the famous doctors according to pathogenic influences and changes in symptoms
- Understand formulation and symptoms as they relate to seasonal influences
- Be able to competently diagnose the patient and form a treatment strategy
- Pick a base formula and modify herbs and ratios according to diagnosis and treatment strategy
- Pick a brewing method according to the treatment strategy
- Be able to build and stock a pharmacy
- Be able to create external liniments from herbs
- Gain an understanding of the factors that led away from a Chinese Medicine classical approach to today's TCM approach.

Prerequisites

This is a postgraduate course designed for Acupuncturists or those with previous exposure or formal training in Chinese medicine. No prior herbal knowledge is required.

Assessment

Assessment on this course is designed to ensure that you reach the academic and professional standards required to help your patients and not do them harm. Assessments include written case studies, reflective and experiential homework, and online exams. Exams are taken after each online module to ensure understanding has been gained, are 'open book' in style and must be passed in order to achieve the certificate of completion. The assessment of case study includes evaluation of your ability to devise a suitable treatment strategy and prescribe appropriately, and your overall management of patients' care.

Case studies / Reflective Assignments

The course will rely heavily on case studies and self directed investigation of single herbs as a means to prepare the student to effectively and safely apply herbs in clinical practice.

- . 1) The lecturer will be covering case studies during the in- attendance visits and provide rubric for case study assignments to be completed by students.
- . 2) The lecturer will be covering single herb exploration during the in-person lectures and provide rubric for single herb tastings to be completed by students. Herb tasting will include: tasting/ inspection of single herbs to determine qualities of that herb and appropriate conditions for use as well as conditions that may be worsened by application.

Required Texts:

Chinese Herbal Medicine: Formulas & Strategies: 2nd Portable Edition; Volker Scheid et al.

Chinese Herbal Medicine: Materia Medica: Portable 3rd Edition; Dan Bensky et al.

Classical Herbalist Manual; JulieAnn Nugent-Head (supplied with the course)

Pricing Part 1: please see <https://tcmworkshops.ch/the-chinese-herbalist/>

Pricing Part 2: \$1000 discounted observation rate for participants in the program

price includes 8 days of clinical observation, 2 days of herbal farm tour and private lectures. contact clinic@alternativeclinic.org to sign up. Observation is suggested but not a required part of the program.

Fees are to be paid at the time of booking clinical observation dates.

Observation price does not include travel and accommodation

Instructors

JulieAnn Nugent-Head

After earning a master's degree in Oriental Medicine in the United States, JulieAnn completed summer internship at Beijing's KuanJie Hospital during 2003 & 2004. The tangibility of medicine practiced in the Beijing hospitals underscored the need to pursue continued training under skilled clinicians, and thus JulieAnn moved to Beijing full time to learn Chinese and study under practitioners born and in practice prior to the changes of 1949. Working with the Association for Traditional Studies, JulieAnn helped document octogenarian Drs Chen TongYun and Li HongXiang. Spending time with these last generation practitioners revealed the clarity and wisdom of the classic books of Chinese medicine.

In 2014, JulieAnn completed a doctorate level medical degree in Chinese at the Zhejiang University of Chinese Medicine focusing on the classical perspective of herbs. With the increased cost of living in China she and husband Andrew returned to the United States to run a not-for-profit teaching clinic. Based in Asheville, NC JulieAnn and Andrew teach internationally and work to promote classically based, clinically focused, tangible and effective Chinese medicine.

Andrew Nugent-Head

Andrew Nugent-Head is the founder of the Association for Traditional Studies (ATS), a 501c3 not for profit organization dedicated to the preservation, documentation and dissemination of China's traditional knowledge. Andrew moved to China in 1986 to study Chinese medicine, martial arts, and internal cultivation. Having spent his entire adult life in China dedicated to these arts, he has obtained the highest quality education possible in traditional, mentor-disciple relationships for over 25 years.

Andrew's studies and work have been featured on French and German television, the NBC Sunday Today Show, and on ABC News Special. He also appeared in the 'Mystery of Qi' episode of the Bill Moyers PBS documentary series, Healing and the Mind. Andrew has been featured in newspapers across the United States and has written prolifically on Chinese Medicine, culture and the importance of preserving traditional knowledge worldwide. He has translated six books, produced over 400 educational videos and translated for and assisted practitioners of Chinese Medicine, Yin Style Bagua martial arts, Daoyin practices, and Calligraphy during more than 140 seminars between 1993 and 2003. With the passing of his teachers, Andrew now dedicates himself to bringing the practice of Chinese medicine as he learned it to fellow practitioners, opening a teaching clinic in Asheville, NC, and teaching internationally.

The Classical Herbalist 2 Year Course Curriculum

Module 01 Foundations of Classical Herbalism

Online access begins *February 18, 2022*.

Online & Self Study Content *10 video hours, 3 hours of reading material complete prior to March 18, 2022*

Introduction to Course

The Huang Di Nei Jing

Returning our Focus to the Flavor & Nature of Herbs *article*

Nei Jing Flavor & Nature Theory *online videos*

Flavor & Nature Illustrated Through Case Studies *online video*

Yin and Yang of Herbs *article*

Yin and Yang of Herbs *online video*

Yin and Yang of Herbs Case Studies *online videos*

Shen Nong Ben Cao

The First Materia Medica: The Shen Nong Ben Cao *article*

Shen Nong Ben Cao *online vides*

SNBC Illustrated Through Case Studies *online video*

Introduction to Shanghan Lun

Shanghan Lun Preface *online video*

Overview of the Shanghan Lun & Six Divisions *online video*

In Person & Experiential Learning *18 in person hours*

SPRING FOCUSED CONTENT March 18-20, 2022 Zurich

- Group tasting and discussion the five flavors of herbs
- Group tasting and discussion on intensity of flavors
- Group tasting and discussion on the four qi's
- Group tasting and discussion on intensity of natures
- The ten classifications of herb actions by Chen Cang Qi
- How to understand the material in modern books - benske etc.
- Lecture on wind as a pathogenic influence
- Introduction to herbs and formulas that release the exterior
- Introduction to herbs and formulas that dispel wind dampness
- Introduction to herbs and formulas that extinguish wind and stop tremors
- Herb sourcing, quality and herb types: raw herbs, tinctures & granular
- Outline of expectations and rubric for homework assignments 1-3

Monthly Online Q& A *8 hours*

live q&a recorded and available for online viewing following the event

April 15, 2022

May 13, 2022

Module 02 Putting Theory into Practice

with JulieAnn Nugent-Head

Online Content *15 video hours*

video access begins April 15

- Custom Formula, Classical Thinking
- Classical Strategies for Herb Combinations: the 18 incompatible herbs and 19 antagonistic herbs
- Brewing Methods
- Single Herbs Videos (herbs classified as release the exterior, dispel wind dampness, extinguish wind and stop tremors)
- Case studies relating to treatment of wind

Self-Study *10 hours of reading material*

- The Classical Herbalist Materia Medica (single herb monograph relating to below chapters)
- Benske introductory chapters
- Benske release exterior herbs & formulas
- Benske dispel wind-dampness herbs & formulas
- Benske extinguish wind and stop tremors herbs and formulas

Homework Assignment 01 *5 hours*

complete prior to June 10-1, 2022 in person lectures

Taste / experience 3 herbs from above chapters writing about their qualities following the homework rubric.

Experiential Learning *18 in person hours*

SUMMER FOCUSED CONTENT June 10-12, 2022 Zurich

- Discussion on homework assignments and presentation by participants
- Lecture on heat as a pathogen
- Tasting and discussion sweet cold herbs, cold bitter herbs
- Introduction to herbs and formulas that clear heat
- Introduction to herbs and formulas that drain downward
- introduction to herbs and formulas that transform phlegm
- Introduction to herbs and formulas that calm the spirit
- Case Studies

Monthly Online Q& A *8 hours*

live q&a recorded and available for online viewing following the event

July 8, 2022

August 12, 2022

Module 03 Reinterpretation of Modern Medicas & Formulas

with JulieAnn Nugent-Head

Self-Study 3 hours of reading material

Complete by September 9-11 in person lectures

- The Classical Herbalist Materia Medica (herbs relating to pertinent chapters)
- Benske herbs and formulas that clear heat
- Benske herbs and formulas that drain downward
- Benske herbs and formulas that transform phlegm & stop coughing
- Benske herbs and formulas that calm the spirit

Homework Assignment 02 5 hours

Complete by September 9-11 in person lectures

Taste / experience 3 herbs from above chapters writing about their qualities following the homework rubric

Online Content 14 video hours

Complete by September 9-11 in person lectures

- Single Herbs Videos (herbs classified as substances that clear heat, relieve toxicity and relieve summer heat)
- Shanghan Lun Formula: explanation of formula makeup, modifications and clinical application

Experiential Learning 18 in person hours

FALL FOCUSED CONTENT *September 9-11, 2022 Zurich*

- Discussion on homework assignments and presentation by participants
- Dryness as a pathogen; internal causes versus external causes
- Dampness as a pathogen, causes and cascade of events
- Tasting and discussion of herbs: thick quality versus light, aromatic versus bland
- Introduction to herbs and formulas that tonify blood
- Introduction to herbs and formulas that tonify yin
- Introduction to herbs and formulas that drain dampness
- Introduction to herbs and formulas that transform dampness
- Case studies

Monthly Online Q& A 8 hours

live q&a recorded and available for online viewing following the event

October 14, 2022

Module 04 Reinterpretation of Modern Medicas & Formulas continued

with JulieAnn Nugent-Head

Self-Study 3 hours of reading material

complete by November 4 in person lectures

- The Classical Herbalist Materia Medica (herbs relating to pertinent chapters)
- Benske herbs and formulas that tonify blood
- Benske herbs and formulas that tonify yin
- Benske herbs and formulas that drain dampness
- Benske herbs and formulas that transform dampness

Online Content 16 video hours

complete by November 4 in person lectures

- Inspecting Sun Si Miao's perspective & formulae in the Qian Jin Yi Fang
- The Four Greats of the Jin & Yuan Dynasties & their treatment methods
- Wen Bing Theory development and formulas
- Changes in perspectives and organization of major Materia Medica
- History of the last 100 years leading to modern application of TCM
- Modern application of herbs

Homework Assignment 03 5 hours

complete by November 4 in person lectures

• Taste / experience 3 herbs from above chapters writing about their qualities following the homework rubric

Experiential Learning 18 in person hours

WINTER FOCUSED CONTENT November 4-6, 2022

- Lecture on cold as a pathogenic influence
- Group tasting and discussion hot / warm acrid herbs, hot / warm sweet herbs
- Introduction to herbs and formulas that tonify yang
- Introduction to herbs and formulas that warm the interior and expel cold
- Case studies presented
- Outlining expectations for case study homework assignments

Monthly Online Q& A 4 hours

live q&a recorded and available the following week

December 9, 2022

January 13, 2023

February 10, 2023

Homework Assignment 04 5 hours

• Case Study 01 ; developing a 5-10 herb formula following homework rubric

Module 05: The Practical Herbalist: Classical Herbs in Daily Practice

with Andrew Nugent-Head

Online Content *10 video hours*
complete prior to March 17-18, 2023 in person lectures

- What is a classical herbalist
- What is a practical herbalist
- Herbalism in perspective
- Practical herbalism videos

Self-Study 3 hours of reading material
The Practical Herbalist articles

In Person Lectures
March 17-19, 2023

- Discussion on regulating the qi and regulating the blood
- Discussion on stabilizing, consolidating and gathering qi
- Off-label use of herbs
- Using what you have instead of turning to herbs 'you need'
- Extreme dosage
- Removing fear

Monthly Online Live Q& A 8 hours
live q&a recorded and available the following week
April 7, 2023
May 5, 2023
June 2, 2023
August 4, 2023

Optional Module: Clinical Observation

students are strongly encouraged to complete the clinical immersion program offered by the Alternative Clinic in Asheville, NC to see herbs integrated into treatment

Module 06: Branching Out: Hand Soaks, Foot Soaks, Liniments, Powders, Pills & other Applications of Herbal Medicine

with Andrew Nugent-Head

Online Content *5 video hours*

- How to make a salve, alcohol liniment
- How to make a hand or foot soak
- How to prescribe soaks

Self-Study
Benske herbs for topical application

In Person Lectures 18 hours
September 8-10, 2023

- Introduction to substances for topical application
- Outlining homework rubric for assignments 5 & 6

Homework Assignment #05 5 hours

Find and experience 5 different topical herbal preparations, research ingredients write about experience and formula makeup following homework rubric

Homework Assignment #06 5 hours

Create 2 topical medicines following rubric. One must not be alcohol based.

Homework Assignment #07 5 hours

- Case Study 02

CLASSICAL HERBALIST COURSE COMPLETION:

"Classical Herbalist Certification" granted to attendees with regular attendance at in person lectures, completion of all course videos and passing grades on case study and reflective assignments.

CLINICAL HERBALIST COURSE COMPLETION:

"Clinical Herbalist Certification" granted to attendees who successfully complete all Classical Herbalist Training materials and an additional 80 hours of clinical training. Clinical training hours to be completed at the Alternative Clinic in Asheville, NC under senior practitioners JulieAnn and Andrew Nugent-Head.

* Note: UK practitioners are required to complete the clinical immersion portion of the program to receive insurance backing and legal certification from Baelens Insurance.