

Proposed M.S. Clinical Herbal Medicine

This program will begin in the Fall 2019 trimester, pending approval by the Maryland Higher Education Commission.

Trimester One			
HRB 600 Take as an online course or an on-campus course	Fundamentals of Herbal Medicine	3.0	This survey course looks at the historical and modern use of herbal medicine around the world, exploring how traditional systems influence modern herbal practice in the United States. The course reviews traditional rationale for herbal use as well as the foundational modern sciences that support a contemporary evidence-informed perspective. Classroom work will introduce materia medica, phytochemistry, pharmacology, ethnobotany, clinical trials, posology (the study of dosage), herbal preparations, and safety issues. Students will learn how to apply foundational knowledge to the formulation of simple herbal blends.
HRB 641 Take as an online course	Safety of Botanical Medicine	3.0	Students will apply skills, principles, and knowledge to critically examine the safety of herbal products, including basic toxicology, pharmacokinetics and pharmacology necessary to analyze the potential acute, chronic, or idiosyncratic toxicities, as well herb/herb and drug/herb interactions. In addition, each week, students will determine the myth or reality of a safety scenario through peer discussion. Students will examine a case study with toxicity concerns and determine their plan of action through the application of materials and concepts both provided and discovered.
Trimester Two			
HRB 622 Take as an online course or an on-campus course	Herbal Pharmacy: Evaluating and Manufacturing Quality Herbal Products	3.0	This is primarily a hands-on course providing techniques for harvesting and drying herbs and incorporating them into herbal products and medicinal foods. It provides the basic theory and skills required to manufacture high-quality medicinal herb products for oral and topical application. Students learn the foundational principles of extraction, the properties of common solvents (e.g. water, alcohol and oils) and the solubility of various herbal constituents. Students apply their learning by creating herbal foods and extracts for display at a community herbal products show (or online equivalent). In addition to making their own “kitchen pharmacy” preparations, students learn how to evaluate the quality of the wide range of herbal products manufactured by the natural products industry.
HRB 605 Take as an online course	Materia Medica I	3.0	To provide a working understanding of the individual characteristics of at least 50 primary herbs commonly used by the US public. Secondly, to develop skills in integrating information concerning the efficacy and safety of herbs from scientific literature with traditional herbal knowledge.
Trimester Three			

ISCI547A Take as an online course	Physiology I: Healthy Function	3.0	This course provides a basic understanding of the functioning of the major organ systems of the human body: their control, regulation, and communicate between systems. The course focuses on foundational physiological processes and functions that are relevant for the practice of integrative care. Students also learn introductory skills related to finding,
HRB736 Take as an online course	Clinical Theory in Practice	3.0	This course educates students in the theory and practice of gathering and interpreting health-related information from the perspective of an herbalist. Students in this course learn to conduct a comprehensive health and wellness interview utilizing a bio-psycho-social model of assessment and develop a clinical strategy and formulations utilizing tools and techniques appropriate to the modern herbal practitioner. Through exercises in formulation and continued exploration of clinical herbalism literature in the field, students will hone their skills in developing strategies for specific clients, including the selecting herbs and the integration of dietary, herbal and behavioral recommendations. Students will continue to develop critical thinking skills in relationship to health assessment and information literacy. The course will expand their recognition of and enhance the importance of client rapport and relationship building in herbal medicine.

Trimester Four

HRB705 Take as an online course	Materia Medica II	3.0	The purpose of this course is to help students develop further their relationship with individual herbal remedies and help them evaluate the differences between herbs used in similar therapeutic scenarios. Learning will center on the development of narrative tools to “tell the story of” the medicinal use of the plant. The course will also emphasize botanical classification, parts used, pharmacological properties, dosage, safety issues and formulation for a core group of herbal remedies.
RSCH601 Take as an online course	Intro Statistics, Research Design & Info Literacy in Integrative Health	3.0	This course supports critical analysis of a wide range of integrative health studies. It provides future integrative medicine professionals with the foundational knowledge and skills to identify and evaluate research design and basic statistics. Students develop skills in searching databases as well as critical appraisal of clinical and epidemiological research. Students will find and evaluate published information on health topics then summarize and share their findings.

Trimester Five

HRB753b Take as an online course	Applied Therapeutics: Case Studies	3.0	In this course, students summarize and synthesize traditional knowledge, pharmacological, and clinical data to make an informed decision about the application of herbal formulas for their specific clinical settings. This course uses case studies to guide students in building the practical skills and applied knowledge necessary for clinical herbalism practice. Each week, you will investigate a faculty-generated clinical case study through peer to peer interaction. A variety of faculty will support you throughout this course to provide ample opportunities for diverse viewpoints. Emphasis is placed on developing a clearly articulated client assessment and clinical
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			strategy with a well-supported rationale, the corresponding clinical formulation and plan. This course helps students utilize both modern physiological and traditional energetic models in the interpretation of patterns of imbalance and restoration of health.
HRB731 Take as a hybrid course that requires online and on-campus participation in a 4-5 day intensive experience	Clinical Experience I	3.0	This course begins with an in-person three-day retreat where we will explore the framework for our clinical experiences as well as develop the peer cohort which will be central to the clinical work in upcoming trimesters. Students will connect with peers to examine and discuss clinical herbalism cases and concepts which will transition them to presenting intakes from the each student's practice. This will provide a supportive environment to facilitate acquiring skills needed to design a comprehensive wellness plan incorporating herbal, dietary, and lifestyle recommendations integrating self-awareness and lessons of nature. Additionally, students will train in clinical group therapeutic models applying herbal medicines and will develop group facilitation plans for implementation in a future course. Students develop the clinical herbalism skills necessary for them to practice safely, effectively and competently in their own independent practice.
Trimester Six			
HRB624 Take as an online course	Applied Herbalism in Clinical Practice	3.0	This course prepares students to integrate herbal medicine into their respective clinical care discipline, and directly supports a variety of clinical practice such as teaching, writing, networking, service and research. In this course, students explore aspects of herbal medicine associated with academic clinical practice, such as educational program development within their field, clinical care consulting, product development consulting, service opportunities, and the creation and management of a simple apothecary. Students evaluate herbal products found in the market and apply traditional knowledge to bridge data holes found in evidence-based data. They investigate the real world of herbal and dietary supplements to discern cost, quality, and safety. Lastly, students determine the legal parameters of herbal practice within their field and the strategies to navigate them.
HRB732 Take as an online course	Clinical Experience II	3.0	In this course, student practitioners see clients one-on-one in their own existing practice. They assess clients and develop the tools to evaluate and adjust individualized plans and goals using herbal medicine in response to the changing needs of the client. This will be accomplished with peer review as a supportive and refining influence. Students also conduct the group facilitation sessions, designed in a prior course, and get peer feedback about their group experiences. Additionally, students gain experiential hours through writing, presenting and defending a CARE format case study from their own clinical practice while participating in the inquiry and analysis of fellow students' case studies.