

Curriculum

Program Outline

Department Credits/Hours

Herbal Theory

HT 100 Herbal Theory I	3/45
HT200 Herbal Theory II	2/30
HT400 Herbal Theory III	3/45
HT500 Herbal Theory IV	2/30
HN100 Eastern Nutrition	2/30
HT600 Herbal Boards Review	1/15

Materia Medica

MM100 Materia Medica I	3/45
MM200 Materia Medica II	3/45
MM300 Materia Medica III	3/45
HI300 Herbal Interactions	2/30

Herbal Formulas

HF100 Herbal Formulas I	3/45
HF200 Herbal Formulas II	3/45
HF300 Herbal Formulas III	3/45

Practice / Management

DSC400 Diseases & Herbal Case Studies I	2/30
DSC500 Diseases & Herbal Case Studies II	2/30
HPM500 Herbal Practice/Management	3/45

Clinical Courses

Herbal Clinic Internship 1	3/90
Herbal Clinic Internship 2	3/90
Herbal Clinic Internship 3	3/90
Comprehensive Herbal Exam (100 questions) prior to semester five (5)	N/A

Total Hours: 870
Total Credits: 49

ESATM Herbal Clinical Program

Total Hours: 270

Clinical Internship 1

60 hours of on-site clinical work in the ESATM Clinic
30 hours working in ESATM approved herbal pharmacy

Clinical Internship 2

60 hours of on-site clinical work in the ESATM Clinic
30 hours working in ESATM approved herbal pharmacy

Clinical Internship 3

60 hours of on-site clinical work in the ESATM clinic
30 hours working in approved herbal garden

Minimum # of documented patient encounters= 100

Average number of patient encounters per shift day =2.22

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Semester 1	HT100 Herbal Theory 1 (2-5) (3 cr.) Class held online				MM100 Materia Medica 1 (4-7) (3 cr.) HN100 Eastern Nutrition (7:15-9:15) (2 cr.)		
Semester 2	MM200 Materia Medica II (2-5) (3 cr.) Class held online				HT200 Herbal Theory II (4-6) (2 cr.) MM300 Materia Medica III (6:15-9:15) (3 cr.)		
Semester 3	HF100 Herbal Formulas I (2-5) (3 cr.) Class held online				HF200 Herbal Formulas II (4-7) (3 cr.) HI300 Herbal Interactions (7:15-9:15) (2 cr.)		
Semester 4	HF300 Herbal Formulas III (2-5) (3 cr.) Class held online				HT400 Herbal Theory III (4-7) (3 cr.) DCS400 Diseases & Herbal Case Studies I (7:15-9:15) (2 cr.)		
Semester 5 Herbal Clinic Internship 1	HPM500 Herbal Practice/Management (2-5) (3 cr.) Class held online				HT500 Herbal Theory IV (4-6) (2 cr.) HT600 Herbal Boards Review (6-7) (1 cr.) DSC500 Diseases & Herbal Case Studies II (7:15-9:15) (2 cr.)		
Semester 6 Herbal Clinic Internship 2 Herbal Clinic Internship 3							

Course Descriptions

HT 100 Herbal Theory I

This course is an introduction to Traditional Chinese Herbology. The course will cover the history of herbal medicine as well as a review of key theoretical and diagnostic principles. Terminology and concepts required to begin study of the herbal materia medica will be covered as well as key historical and current figures in the development and practice of herbal medicine.

HT200 Herbal Theory II

This class includes the theories, diagnostic methods and treatment of diseases from the Treatise on Cold Damage (Shang Han Lun), Essentials from the Golden Cabinet (Jin Gui Yao Lue), and Warm Disease Theory (Wen Bing Xue). In addition, major principles and herbal information will be taught from the Shen Nong Ben Cao Jing. Students will learn to use the theories of Six Channel Pattern Identification to track and treat diseases caused by the damage of exterior cold in Shang Han Lun. The theories of the Four Aspects and San Jiao diagnostic principles pattern which are used in diagnosis of seasonal febrile diseases caused by the warm heat pathogenic factors in Wen Bing Xue will also be examined. This course will focus on clinical practice and classic description of patterns and the application of these classic principles in modern clinical practice.

HT400 Herbal Theory III

The Topics of herbal modifications, herbal treatment strategies, and herbal preparation (pao zhi) will be discussed in this class. Students will study classical modifications of formulas and examine the methodology and reasoning of the modifications. Herbal treatment planning and strategies of treating different conditions will also be discussed. A focus of this class will be on the preparation of medicinals and the principles that govern its practice.

HT500 Herbal Theory IV

This course is focused on patient safety and covers the topics of safe herbal practice, herbal toxicities, and dosing. Students will be introduced to current or recent research regarding the safe practice of herbal medicine and specific conditions where herbal therapy is cautioned or contraindicated.

HN100 Eastern Nutrition

Eastern Nutrition is a comprehensive practical discipline, based on the basic theories of TCM, diagnostic techniques, herbal, prescriptions as well as internal medicine, external medicine, gynecology, andrology, and pediatrics. Nutritional theory includes life cultivation and rehabilitation. It belongs to, and is

influenced by the disciplines of both the traditional Chinese and Western medical systems. The gradual formation of the system of TCM life cultivation and rehabilitation through food is based on the theories and practice of life cultivation and rehabilitation during the thousands of years of historical records in combination with certain theories and techniques of the modern science of nutrition and biochemistry. This course covers the history, theoretical concepts and principles of Eastern nutrition and will introduce specific recipes for certain common diseases.

HT600 Herbal Boards Review

Students will review major areas of study in preparation for the NCCAOM Herbal medicine module and will develop a study plan for preparation to take the exam. Exam procedures and registration for the exam will be covered in the course.

Materia Medica

MM100 Materia Medica I

This course is the first in a series of three that will cover the Chinese materia medica through the examination of key medicinals, their properties, and their functions. Identification of the herbs and their appropriate usage, toxicities (if applicable) and contraindications will also be covered. Where available, discussion of current research and knowledge related to pharmacological properties and indications will also be included in this course.

MM200 Materia Medica II

This course is the second in a series of three that will cover the Chinese materia medica through the examination of key medicinals, their properties, and their functions. Identification of the herbs and their appropriate usage, toxicities (if applicable) and contraindications will also be covered. Where available, discussion of current research and knowledge related to pharmacological properties and indications will also be included in this course.

MM300 Materia Medica III

This course is the third in a series of three that will cover the Chinese materia medica through the examination of key medicinals, their properties, and their functions. Identification of the herbs and their appropriate usage, toxicities (if applicable) and contraindications will also be covered. Where available, discussion of current research and knowledge related to pharmacological properties and indications will also be included in this course.

HI300 Herbal Interactions

This course introduces and examines the topic of herbal interactions with other medicinal or supplemental substances. A basic review of western pharmacology will be included in this course which will cover the current state of knowledge regarding drug/herb, herb/herb, and herb/supplement interactions. Patient safety will be emphasized and current and recent research on this topic will be discussed.

Herbal Formulas

HF100 Herbal Formulas I

This course is the first of three which covers the formulas necessary to enter into the practice of traditional Chinese herbal medicine and sit for the NCCAOM Herbology exam. The course begins the presentation of traditional Chinese herbal formulas and modifications within the framework of their traditional therapeutic functions and individual medicinal constituents.

HF200 Herbal Formulas II

This course is the second of three which covers the formulas necessary to enter into the practice of traditional Chinese herbal medicine and sit for the NCCAOM Herbology exam. The course continues the presentation of traditional Chinese herbal formulas and modifications within the framework of their traditional therapeutic functions and individual medicinal constituents.

HF300 Herbal Formulas III

This course is the third of three which covers the formulas necessary to enter into the practice of traditional Chinese herbal medicine and sit for the NCCAOM Herbology exam. The course continues the presentation of traditional Chinese herbal formulas and modifications within the framework of their traditional therapeutic functions and individual medicinal constituents.

Practice / Management

DSC400 Diseases & Herbal Case Studies I

This course is a presentation and discussion class for clinical cases involving the theoretical principles, diagnosis, and treatment planning of Traditional Chinese herbal medicine. In addition to instructor led discussion of cases involving patients exhibiting some of the most common or rare diseases, students' clinical cases are presented and discussed among the class regarding the diagnosis, treatment, and prognosis of their patients. Students will discuss the prescribing of both classical formulas as well as custom formulas for patients of varying presentations and conditions.

DSC500 Diseases & Herbal Case Studies II

This course continues the presentation and discussion class for clinical cases involving the theoretical principles, diagnosis, and treatment planning of Traditional Chinese herbal medicine. In addition to instructor led discussion of cases involving patients exhibiting some of the most common or rare diseases, students' clinical cases are presented and discussed among the class regarding the diagnosis, treatment, and prognosis of their patients. Students will discuss the prescribing of both classical formulas as well as custom formulas for patients of varying presentations and conditions.

HPM500 Herbal Practice/Management

This class introduces students to the organizational and business aspects of a professional herbal medicine practice. These will include starting a practice, integrating herbal medicine into an existing practice, financial assessment and planning, creating a business plan, strategies for building a practice, advertising plan, scheduling and follow-up, legal considerations, recordkeeping and basic book-keeping, practitioner's responsibilities, informed consent, confidentiality, ethical considerations, herbal clinic hygiene, and referrals. The goal of this course is to provide students with the knowledge of the organizational and business aspects of herbal practice and enable them to start or integrate their practices in a smoother manner.