

The Eastern School of Acupuncture and Traditional Medicine

The Chinese Herbal Medicine Certificate Program

(Rev. 3/2025)



ESATM LOCATION:

440 Franklin St. Suite 500
Bloomfield, NJ 07003
973-746-8717
www.esatm.edu



Accreditation

The Eastern School of Acupuncture and Traditional Medicine is institutionally accredited by the Accreditation Commission for Acupuncture and Herbal Medicine (ACAHM), which is the recognized accrediting agency for freestanding institutions and colleges of acupuncture or Herbal medicine that offer such programs.

ACAHM

500 Lake Street, Suite 204
Excelsior, MN 55331
(952) 212-2434
www.acahm.org

Institutional Mission

The purpose of the Eastern School of Acupuncture and Traditional Medicine is to offer professional education, training and services in acupuncture and traditional herbal medicine healing modalities that enhance the well-being of the greater community.

Institutional Purpose & Outlook Statement

The Eastern School of Acupuncture and Traditional Medicine will be recognized as a leader in providing transformative education addressing complementary and alternative medical healthcare as well as leading efforts to further the fields of acupuncture and herbal medicine within the modern healthcare system.

Herbal Program Goals:

ESATM believes that the following goals will help in the achievement of the Herbal Program Purpose and Objectives as well as the Institutional Mission:

- To promote the practice of Chinese Herbal Medicine to provide a viable treatment option in patient care
- To increase the awareness of the benefits of Chinese Herbal Medicine
- To build individuals capable of perpetuating the knowledge of Chinese herbal medicine through teaching and serving as experts in the field
- To recruit and enroll students who bring passion, commitment, and maturity, helping them to develop into competent and caring practitioners
- To maintain a high academic standard that will challenge students to grow in their scholarship and develop an ethic of lifelong learning
- To prepare students for licensure and practice of Chinese herbal medicine



Herbal Program Objectives

Learning Objectives: Herbal Program

- ☐ Demonstrate knowledge of basic history of Chinese herbal medicine and major concepts from classical herbal texts
- ☐ Demonstrate knowledge of fundamental herbal theory
- ☐ Accurately identify properties and functions of single herbs presented
- ☐ Demonstrate knowledge of safe herbal practices
- ☐ Accurately identify properties, ingredients, associated patterns, and functions of herbal formulas presented
- ☐ Describe state and federal regulations relevant to the practicing of herbal medicine including scope of practice and manufacturing standards
- ☐ Describe the different types of single herb and herbal medicine preparations
- ☐ Demonstrate knowledge of herbal medicine best practices

Learning Objectives: Herbal Program: Clinic

- ☐ Demonstrate ability to formulate an herbal diagnosis and logically form an appropriate treatment principle and plan
- ☐ Defend herbal diagnosis, treatment principle, and plan
- ☐ Compose accurate and complete clinical charting notes
- ☐ Monitor and modify treatment and plan according to treatment outcomes
- ☐ Discuss clinical case with Supervisor and peers in a coherent and efficient manner
- ☐ Demonstrate knowledge of herbal dispensary best practices
- ☐ Develop skill in dispensing and tracking herbal formulas

Program overview:

The ESATM Chinese Herbal Medicine Certificate consists of 870 total hours (49 semester credits) with 600 hours of didactic training and 270 clinical hours. The didactic training hours includes 495 hours of training in EAM related studies, 70 hours of training in biomedical related sciences (Drug/Herb interactions, Western Pharmacology, medical research embedded throughout several courses), and 45 hours of Herbal Practice Management. The clinical program consists of 120 hours of onsite herbal clinical patient care, 60 hours of herbal pharmacy work, 30 hours of work on a specialty herbal horticulture shift, and 60 hours of independent herbal patient consultations.

Curriculum

Program Outline

Department

Credits/Hours

Herbal Theory

HT 100 Herbal Theory I
HT200 Herbal Theory II

3/45
2/30



HT300 Herbal Theory III	3/45
HT400 Herbal Theory IV	2/30
HN100 Eastern Nutrition	2/30
HT500 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

HC100 Herbal Clinic Internship 1	60
HC150 Independent Patient Consultations I	30
HC200 Herbal Clinic Internship 2	60
HC250 Independent Patient Consultations II	30
HC300 Offsite Herbal Pharmacy Shift	60
HC350 Offsite Horticultural Herbal Medicine Shift	30

Comprehensive Herbal Exam (100 questions) prior to semester five (5)	N/A
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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 Independent Patient Consultations

Clinical Internship 2

60 hours of on-site clinical work in the ESATM Clinic
30 hours Independent Patient Consultations

Clinical Internship 3

60 hours offsite Herbal Pharmacy Shift
30 hours offsite Horticultural Herbal Medicine Shift



Herbal Pharmacy Learning Points:

- ☐ Introduction to the different mediums of herbal medicine (raw, granules, powders, pills, tinctures)
- ☐ Best Practices in Clinical Herbal Medicine Dispensary
- ☐ Hands-on work in mixing, dispensing, and record keeping of herbal inventory

Herbal Garden Learning Points:

- ☐ Herbal Identification of select herbs
- ☐ Horticultural aspects of herbal medicine quality (cultivation, harvesting, processing)

Learning Objectives: Herbal Program: Clinic

- ☐ Demonstrate ability to formulate an herbal diagnosis and logically form an appropriate treatment principle and plan
- ☐ Defend herbal diagnosis, treatment principle, and plan
- ☐ Compose accurate and complete clinical charting notes
- ☐ Monitor and modify treatment and plan according to treatment outcomes
- ☐ Discuss clinical case with Supervisor and peers in a coherent and efficient manner
- ☐ Demonstrate knowledge of herbal dispensary best practices
- ☐ Develop skill in dispensing and tracking herbal formulas

Length of Program

The two-year, six-semester Certificate in Chinese Herbal Medicine Program is designed to address the needs working professionals, recent acupuncture program graduates, and new health care practitioners. Didactic classes meet via ZOOM. Clinical courses begin in semester five (5) and students are able to select available herbal shifts in accordance with their own schedules. In addition, clinical hours are required in approved herbal pharmacy sites as well as field work in an approved herbal garden site. The entire course of study is 870 hours (600 didactic & 270 clinical) in length.

Schedule of Courses

TRIMESTER 1

Thursdays

MM100 Materia Medica I (4-7) (3cr)

HM100 Eastern Nutrition (7:15-9:15) (2cr)

Fridays

HT100 Herbal Theory I (2-5) (3cr)

TRIMESTER 2

Thursdays

HT200 Herbal Theory II (4-6) (2cr)

MM300 Material Medica III (6:15-9:15) (3cr)

Fridays

MM200 Material Medica II (2-5) (3cr)



TRIMESTER 3

Thursdays

HF200 Herbal Formulas II (4-7) (3cr)

HI300 Herbal Interactions (7:15-9:15) (2cr)

Fridays

HF100 Herbal Formulas I (2-5) (3cr)

TRIMESTER 4

Thursdays

HT300 Herbal Theory III (4-7) (3cr)

DCS400 Diseases and Herbal Case Studies I (7:15-9:15) (2cr)

Fridays

HF300 Herbal Formulas III (2-5) (3cr)

TRIMESTER 5

Thursdays

HT400 Herbal Theory IV (4-6) (2cr)

HT500 Herbal Boards Review (6-7) (1cr)

Fridays

HPM500 Herbal Practice Management (2-5) (3cr)

Clinic

HC100 Herbal Clinic Internship I (60hrs) (2cr)

HC150 Independent Patient Consultation I (30hrs) (1cr)

TRIMESTER 6

Clinic

HC200 Herbal Clinic Internship 2 (60hrs) (2cr)

HC250 Independent Patient Consultations II (30hrs) (1cr.)

HC300 Offsite Herbal Pharmacy Shift (60hrs) (2cr.)

HC350 Offsite Horticultural Herbal Medicine Shift (30hrs) (1cr.)

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.

HT300 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.

HT400 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. This course is focused on an integrative medicine perspective with a focus on Western sciences.

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.

HT500 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.



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.

Herbal Clinical Shift Descriptions

HC150 Independent Patient Consultations I

Students begin to integrate herbal consultations and considerations into their patient work. A rationale template is provided and students complete a diagnosis, rationale, and hypothetical prescription for 30 patients. No actual herbal prescriptions are dispensed for these patients, but interns learn how to shape their clinical encounters to accommodate herbal inquiry and the process of prescription formulation.

HC250 Independent Patient Consultations II

Students further their practice of integration of the herbal process into their current clinical work. Interns continue to follow the rationale template and complete a diagnosis, rationale, and hypothetical prescription for 30 new patients encounters.



HC300 Offsite Herbal Pharmacy Shift

Students learn, discuss, and practice best practices in herbal compounding and dispensing. Practical aspects of running an herbal clinic, the instruments used in compounding and dispensing, and current considerations in granular, raw (bulk), tinctured, and patent medicines is learned through practice. Interns will fill prescriptions and aid in the preparation of prescribed formulas for dispensing out to patients.

HC350 Offsite Horticultural Herbal Medicine Shift

Students travel to herbal farms and gardens to do hours working in the fields and learn about domestic herbal growing and nuances regarding herbal identification and quality assessment. Students will have an opportunity to plant herbs from seed and discuss with herbal farmers issues and environmental limitations in growing domestic herbs.

Course Prerequisites:

The Chinese Herbal Medicine Certificate program runs on a preset trimester basis so prerequisite courses work out to the completion of a semester's course work prior to the enrollment into the following semester's courses.

Admissions

Eligibility Requirements

The Traditional Herbology program is a two (2) year, six (6) semester program open to:

1. ESATM, MSAC students or and equivalent level at another ACAHM accredited acupuncture institution.
2. Currently licensed or certified acupuncturists
3. Currently licensed health care practitioners.*

*(Licensed healthcare professionals must complete the following acupuncture prerequisite courses prior to starting herbal program coursework (3 trimesters): TM111; TM112; TM211

Admissions Requirements

For currently enrolled students:

- Completed application
- Coursework average of 70% or higher
- Positive financial history with the Eastern School



For Eastern School Alumni

- Completed application and \$25 application fee
- Current Acupuncture license, if obtained (not a requirement)

For transfer students and candidates who have not yet received licensure:

- Completed application and \$25 application fee
- All transcripts from current/former academic institutions
- Entrance essay—Topic—*How does Traditional Chinese Herbology fit in the modern healthcare system?*
- Three letters of recommendation attesting to your ability to complete the program

For Licensed Acupuncturists

- Completed application and \$25 application fee
- Copy of Current acupuncture license
- Official transcripts or diploma from an ACAHM accredited institution
- Three letters of recommendation attesting to your ability to complete the program
- Entrance essay—Topic—*How will the addition of Chinese Herbal Medicine enhance your healthcare practice?*

For Licensed healthcare professionals:

- Completed application and \$25 application fee
- Current license in healthcare related field
- Official transcripts from accredited post-graduate institutions must have a minimum of 60 college credits.
- Three letters of recommendation attesting to your ability to complete the program
- Entrance essay—Topic—*How will the practice of Chinese Herbal Medicine enhance your healthcare practice?*

Academic Policies

Attendance/Absences

Students are expected to attend every class. Absences may have an impact on final grades, and more than 20% of missed classes in any didactic course may result in course failure. Individual classes may have their attendance policies modified up to, but not exceeding the allowable absence rate of the school by the instructor of a class. Please see the class syllabus for the attendance policy for each class. In unusual circumstances, with the approval of the Academic Dean, the number of absences may exceed the stated limit without affecting the final grade. However, class hours will have to be made up at a later time. Unusual circumstances may include a non-repeating event caused by illness, death in the immediate family, jury duty, or an unforeseen personal or family emergency. Documentation may be required. For clinical courses, 100% attendance is required to receive credit for the course. Please see the syllabus and Clinical Supervisor for the make-up policy and procedures for any emergency missed clinic shifts.

Academic Integrity

Academic integrity is the pursuit of scholarly activity free from fraud and deception and is a valued educational objective at The Eastern School. Academic dishonesty includes, but is not limited to, cheating, plagiarizing, the fabrication of information or citations, and facilitating acts of academic dishonesty by others. Any student accused of a specific act stated in the previous



paragraph is subject to ESATM academic procedures relating or pertaining to violations of the student code of conduct for academic integrity located in the Student Handbook.

TUITION & FEES:*

School Year Winter 2025

Application Fee (non-refundable)

\$25.00 (Waived for Current ESATM Students and ESATM Alumni)

Program Tuition (for entire program)

\$14,250.00

Total tuition is based on \$291.00/credit

Administrative Fees

Student Services Fee \$75.00/trimester

Malpractice Insurance (must be through ESATM)

\$50.00/trimester

Approximate Cost of Books and Supplies

\$500.00

*Tuition is subject to change

Installment Plan

Students may pay their tuition by monthly installments. The Chinese Medical Herbal Certificate program is a part-time program and therefore ineligible for financial aid and federal loans.

Refund Policy & Reimbursement

In the event of withdrawal or disqualification by the school, a refund will be a pro-rated portion of the tuition based upon the last day of attendance. The administration must be notified in writing within five

(5) business days of the student's intended withdrawal date.

ACCREDITATION

Eastern School of Acupuncture and Traditional Medicine is institutionally accredited by the Accreditation Commission for Acupuncture and Herbal Medicine (ACAHM), which is the recognized accrediting agency for freestanding institutions and colleges of acupuncture or herbal medicine that offer such programs.

The Acupuncture and Herbal Programs of the Eastern School of Acupuncture and Traditional Medicine are programmatically accredited by the Accreditation Commission for Acupuncture and Herbal Medicine (ACAHM), which is the recognized accrediting agency for programs preparing acupuncture and Herbal medicine practitioners.

State of New Jersey, Office of the Secretary of Higher Education (OSHE)

Eastern School of Acupuncture and Traditional Medicine is approved and licensed by the State of New Jersey, Office of the Secretary of Higher Education (OSHE). OSHE is the licensing office of all colleges and universities of higher education in the State of New Jersey. OSHE is located at: P.O. Box 542, Trenton, NJ 08625-0542; phone (609) 292-4310.



Student Conduct Policies

Student Code of Professional Conduct

The college and its faculty and administration staff rely on students to conduct themselves in a manner that upholds the school's student code of professional and academic conduct. All students at the college should understand that they are training to be skilled medical professionals with a high level of duty and responsibility. Students who act in a manner that violates this code will be subject to disciplinary actions. Under no circumstances will any of the following be tolerated or excused:

Academic Dishonesty

Academic dishonesty includes providing or receiving answers from other students during an examination, plagiarizing the works of others, using informational aids such as other types of notes during examination, or anything else that might be construed as cheating. The use of any technology in an inappropriate manner is also considered cheating and will not be tolerated.

Inappropriate Conduct

All students are to conduct themselves in a manner that is not injurious to school's name, reputation, property or other individuals. Any act that disrupts or prevents the college staff and faculty from performing their duties will be grounds for immediate disciplinary action.

Drug and Alcohol Abuse Policy

It is the policy of the Board of Directors of The Eastern School of Acupuncture and Traditional Medicine that the learning environment be free of addictive substances. Specifically, all members of the college community, which includes the administration, faculty, and staff, students and guests, will abstain from the consumption/use of alcohol, narcotics, and/or misuse of prescription drugs while on the school's property.

Student Grievances and Grievance Procedure

Any student may file a complaint about any issue, question, problem, or anything else which they reasonably believe impedes their academic studies or which they find objectively questionable about any instructor, staff member or administrator, either orally or in writing, to any ESATM administrator. Any such administrator will then transmit the concern in writing to the CEO, Director of Admissions, or Dean (or other designated administration member if one of the aforementioned is the alleged offender) who also serves as the Complaint Designee.

