

## WINTER 2012 COMMUNITY HERBALIST PROGRAM SCHEDULE

Thursday	Friday	Saturday	Sunday
<b>Week 1</b>			
January 5 <b>Materia Medica I</b> 3:30pm-6:30pm James Christian	January 6 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm James Christian	January 7 <b>Western Nutrition</b> 10am-5:30pm Nadine Ijaz	January 8 <b>Western Nutrition</b> 10am-5:30pm Nadine Ijaz
<b>Week 2</b>			
January 12 <b>Materia Medica I</b> 3:30pm-6:30pm James Christian	January 13 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm James Christian	January 14 <b>Natural Emergency Medicine</b> 10am-5pm James Christian	January 15 <b>Therapeutics</b> 10am-5pm David Caudwell
<b>Week 3</b>			
January 19 <b>Materia Medica I</b> 3:30pm-6:30pm James Christian	January 20 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm James Christian	January 21 <b>Hormone Symphony</b> 9am-5pm Bev Maya	January 22 <b>Hormone Symphony</b> 9am-5pm Bev Maya
<b>Week 4</b>			
January 26 <b>Materia Medica I</b> 3:30pm-6:30pm James Christian	January 27 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm James Christian	January 28 <b>Intro to Herbal Medicine</b> 10am-5pm James Christian	January 29 <b>Therapeutics</b> 10am-5pm David Caudwell
<b>Week 5</b>			
February 2 <b>Materia Medica I</b> 3:30pm-6:30pm James Christian	February 3 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm James Christian	February 4 <b>Western Nutrition</b> 10am-5:30pm Nadine Ijaz	February 5 <b>Western Nutrition</b> 10am-5:30pm Nadine Ijaz
<b>Week 6</b>			
February 9 <b>Materia Medica I</b> 3:30pm-6:30pm James Christian	February 10 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm James Christian	February 11 <b>Natural Emergency Medicine</b> 10am-5pm James Christian	February 12 <b>Therapeutics</b> 10am-5pm David Caudwell

Thursday	Friday	Saturday	Sunday
<b>Week 7</b>			
February 16 <b>Materia Medica I</b> 3:30pm-6:30pm James Christian	February 17 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm James Christian	February 18 <b>Break</b>	February 19 <b>Break</b>
<b>Week 8</b>			
February 23 <b>Materia Medica I</b> 3:30pm-6:30pm James Christian	February 24 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm James Christian	February 25 <b>Intro to Herbal Medicine</b> 10am-5pm James Christian	February 26 <b>Herbal Clinic</b> 10am-5pm David Caudwell
<b>Week 9</b>			
March 1 <b>Reading Week</b>	March 2 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm James Christian	March 3 <b>Western Nutrition</b> 10am-5:30pm <b>Nadine Ijaz</b>	March 4 <b>Western Nutrition</b> 10am-5:30pm Nadine Ijaz
<b>Week 10</b>			
March 8 <b>Materia Medica I</b> 3:30pm-6:30pm James Christian	March 9 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm James Christian	March 10 <b>Backyard Gardening</b> 9:30am-5:30pm Linda Gilkeson	March 11 <b>Ethnobotany</b> Fiona Hamersley-Chambers 10am-5pm
<b>Week 11</b>			
March 15 <b>Materia Medica I</b> 3:30pm-6:30pm James Christian	March 16 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm James Christian	March 17 <b>Herbal Clinic</b> 10am-5pm David Caudwell	March 18 <b>Therapeutics</b> 10am-1pm David Caudwell
<b>Week 12</b>			
March 22 <b>Materia Medica I</b> 3:30pm-6:30pm James Christian	March 23 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm James Christian	March 24 <b>Anti-inflammatory Life</b> 9am-5pm Peter Conway	March 25 <b>Anti-inflammatory Life</b> 9am-5pm Peter Conway

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Thursday	Friday	Saturday	Sunday
<b>Week 13</b>			
March 29	March 30	March 31	April 1
<b>Materia Medica I</b> 3:30pm-6:30pm James Christian	<b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm James Christian	<b>Backyard Gardening</b> 9:30am-5:30pm Linda Gilkeson	<b>Ethnobotany</b> Fiona Hamersley-Chambers 10am-5pm
<b>Week 14</b>			
April 5	April 6	April 7	April 8
<b>Materia Medica I</b> 3:30pm-6:30pm James Christian	<b>Easter No Class</b>	<b>Backyard Gardening</b> 9:30am-5:30pm Linda Gilkeson	<b>Easter Sunday (No Class)</b>
<b>Week 15</b>			
April 12	April 13	April 14	April 15
<b>Materia Medica I</b> 3:30pm-6:30pm James Christian	<b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm James Christian	<b>Backyard Gardening</b> 9:30am-5:30pm Linda Gilkeson	<b>Western Nutrition</b> 10am-5pm Nadine Ijaz
<b>Week 16</b>			
April 19	April 20	April 21	April 22
<b>Materia Medica I</b> 3:30pm-6:30pm James Christian	<b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm James Christian	<b>Herb Walks</b> 10am-5pm Marta Donovan	<b>Herb Walks</b> 10am-5pm Marta Donovan
<b>Program Total</b>			
Practical Herbal Pharmacy*		45 hours	
Materia Medica I*		45 hours	
Western Nutrition*		45 hours	
Backyard Gardening		30 hours	
Workshops*		24 hours	
Herbal Therapeutics		21 hours	
Intro to Herbal Medicine		12 hours	
Ethnobotany		12 hours	
Herbal Walk		12 hours	
Natural Emergency Medicine*		12 hours	
Herbal Clinic		12 hours	
<b>Total</b>		<b>270 hours</b>	

### Teaching Faculty

#### James Christian, BSc, MNIMH, MCPP, RH Dean, School of Phytotherapy

James Christian earned a BSc in Phytotherapy (Herbal Medicine) from the College of Phytotherapy in the UK. He is the past President of the Modern and Traditional Herbalists Guild of BC and a Board Member of the Canadian Council of Herbalists Associations. He is also a member of the National Institute of Medical Herbalists (NIMH), the oldest Professional Organization of Herbalists in the World. James is Co-Director of Alembic Healing Arts Centre.

#### David Caudwell, BSc, MCPP,

David is a registered Medical Herbalist with over ten years of experience in practice. Trained at the College of Phytotherapy in the UK, David holds a BSc in Herbal Medicine and is a member of the College of Practitioners of Phytotherapy. He has taught for the Universities of Wales and East London, and for the "Discovering Herbal Medicine" course, a UK Community Herbalist Programme run by Dr Anne Walker. David takes a particular interest in Women's Health, Fertility Issues and Cancer Care.

#### Marta Donovan, BSc, RPBio

Marta is a Registered Professional Biologist who currently works as a botanist in Victoria managing information on the status and distribution of rare plants in BC. She holds a BSc in Biology from the University of Victoria and a Diploma in Environmental Technology from Camosun College. Before moving to Victoria in 1987, Marta owned and operated one of Toronto's premier natural food markets.

#### Dr. Linda Gilkeson, PhD

Dr. Linda Gilkeson is a renowned gardening instructor, Executive Director of the Salt Spring Island Conservancy, and author of numerous books including BC best-seller *Backyard Bounty: The Complete Guide to Year-Round Organic Gardening in the Pacific Northwest*. Linda has served as President of the Entomological Society of Canada, the Professional Pest Management Association of BC, the Entomological Society of BC and the Salt Spring Island Garden Club. She was awarded a Queen's Jubilee medal in 2003 and an outstanding achievement award from the Professional Pest Management Association of BC in 2005.

#### Fiona Hamersley Chambers, BA, MEDES, MSc

Fiona has a Masters of Science in Environmental Change and Management from Oxford University and a Masters in Environmental Design from the University of Calgary. Spending many of her formative years in First Nations territory sparked her life-long interest in Ethnobotany. She has taught Environmental Studies at the University of Victoria since 1999, and currently divides her time between teaching, running a small organic farm and nursery in Metchosin, writing books and academic papers, working as a naturalist, and raising two energetic boys.

#### Nadine Ijaz, BArtsSc, RH(AHG)

Nadine Ijaz is a Clinical Nutritionist, Shiatsu Therapist and Registered Herbalist who has been in practice combining these 3 modalities over the last decade. Nadine's education includes an interdisciplinary degree from McMaster University; formal training at 2 colleges of Traditional Chinese Medicine, Sourcepoint Shiatsu Centre, and East-West School of Herbology (under Michael and Lesley Tierra); as well as an extended internship/apprenticeship with Paul Pitchford, author of *Healing with Whole Foods*. Nadine has also completed several courses with such important practitioners as Donald Yance (Herbal Medicine, Healing and Cancer) and shiatsu master Tetsuro Saito. She is currently completing a M.Sc degree in Herbal Medicine through the Scottish School of Herbal Medicine (in association with U. Wales).