

Camosun College
Continuing Education

**Certificate
in
Herbal Studies**

April to September 2012



VICTORIA

| BRITISH COLUMBIA

| CANADA

January 27, 2012

Table of Contents

What is Herbal Studies?.....	1
Who is this program for?	1
Why should I attend?	1
About the instructor, Don Ollsin.....	2
Unique delivery format: online and in-person	2
Learning outcomes.....	3
Course descriptions	3, 4
Schedule.....	5
Admission requirements.....	6
Participation requirements.....	6
• Information session	6
Fee Schedule.....	7
• Refund policy.....	7
• Financial aid	7
• Textbooks and supplies.....	7
Application procedures.....	8
• How to apply.....	8

Camosun College reserves the right to modify or cancel any program, course, timetable or objective without notice.

What is Herbal Studies?

Herbal Medicine is the ancient use of plant remedies in the treatment of disease. Modern science now allows us to better understand their healing powers and how they can complement traditional medicine. The philosophy behind herbal medicine is to treat the person, not the disease.

Who is this program for?

This comprehensive program provides a framework to enhance your health and spirit while deepening your knowledge of herbs and the body. Students of all ages and backgrounds will benefit from this program. It may be of particular interest to people with the following interests:

- Health, helping, and healing professions – to supplement your practice
- Aboriginal community members
- Horticulturalists, gardeners, chefs
- People wishing to work in the herbal/health food industry
- People interested in ecologically sound and self-sufficient lifestyles, nature-lovers

Why should I attend?

Camosun is proud to offer this program, which Herbalist Don Ollsin has been evolving in our community since 1986. Our foundational value is respect: We respect nature. We protect our plants and their habitat. We involve our community in our learning. We focus on local herbs or herbs that we can grow locally. We honour our elders, our teachers, and our students.

Our six-month part-time program educates students to safely create effective, simple, affordable herbal medicines for personal use, using sustainable practices. You will:

- Learn how to identify and use local wild and cultivated healing herbs.
- Become knowledgeable in Western, Ayurvedic, and traditional Indigenous philosophies and their use of herbs.
- Create effective, simple, affordable herbal medicines for personal use and learn about sustainable herbal practices.
- Apply a holistic approach to health and healing with herbs using modern science to enhance and complement your knowledge, efficacy and safety.

As the herbal industry is not presently regulated, this credential provides validation that you have received a quality education from a reputable public post-secondary institution. While many students will choose to attend for personal interest, this credential serves to raise the standard of the industry and helps to promote a broader acceptance of holistic medicine. This program provides a strong foundation for students to create herbal remedies for personal use and to apply their knowledge in a community setting. Students may pursue continuing education towards professional membership in the American Herbalist Guild.

About the instructor: Don Ollsin

Don Ollsin is a pioneering educator and leading practitioner in the field of herbal medicine. While no longer the owner, he opened Self-Heal Herbs in Victoria in 1976. Early in his practice, he studied with Nancy Turner, Professor of Ethnobotany at the University of Victoria. He has been mentored by Ellen White, Coast Salish Elder, and has studied shamanism and Ayurvedic practice. Don is a founder, president and active member of the Modern and Traditional Herbalist Guild and has been a professional member of the American Herbalist Guild for the past 12 years. Well known in the community, Don has taught practical herbal courses at the University of Victoria, Langara College, Bastyr University and Royal Roads University.

Don practices both modern and traditional herbalism, and is a respected teacher and mentor, plus a published author. As a professional herbalist with a practical orientation, Don believes in seeing result and believes that herbs have a place in today's evolving health care system. He loves to share his knowledge of the environment and sustainable living. He encourages students from all backgrounds to reconnect with the environment and the elements, to re-learn what our society has lost.

Ever the student, Don is currently enrolled in the Master of Arts in Environmental Education and Communication program at Royal Roads University. You can find out more about Don by visiting his website at <http://www.herbalhealingpathway.com>.

Unique delivery format: Online and in-person

We have designed a unique format that is ideal for people who cannot attend classes regularly but are interested in learning how to use herbs safely and effectively. With an objective to build your knowledge and sense of community, you will learn together in person as well as online. Successful completion of all courses is mandatory for graduation.

The program theory is taught online and includes an introduction to the physical structure and systems of the human body. Students will explore traditional and western approaches of using herbs for different body systems and will compare and contrast commercially available herbal remedies. Legal and ethical considerations of practicing herbalism will also be discussed. Your instructor will guide you through the theory via textbooks, videos and online readings and discussions. Online modules include theory and discussion, assignments, and quizzes.

The practical component of this program, "**Learning on the Land**", includes hands-on herb identification, harvesting, and medicine making for personal use. For the purpose of herb harvesting and preparation, this program begins around the Fall equinox (October 1 weekend) and ends near the Spring equinox (March 1 weekend). There will be three weekend sessions in Victoria during the program, where you will connect with your classmates and instructor in-person. Students will meet at the Lansdowne Campus and travel to various locations around the region. Transportation will be via car pooling and walking.

Program Learning Outcomes

Upon successful completion of the Herbal Studies program, the graduate will be able to:

1. Describe traditional and modern views of basic anatomy and approaches to healing.
2. Describe herbal properties showing an understanding of language and terms.
3. Understand and apply knowledge of herbal remedies as they relate to body systems, including dosaging and contraindications.
4. Ecologically grow, wild-craft and process herbs to create high quality herbal tinctures, remedies, and teas.
5. Demonstrate an understanding of safe practice including home preparations.
6. Describe qualities of common commercially available herbal remedies.
7. Describe the legal and ethical considerations of practicing herbalism.
8. Demonstrate a commitment to the interrelatedness of people, plants, nature and healing.

Course Descriptions

HERB 501V: History of Herbal Medicine

This course provides an introduction to traditional and Indigenous views of herbs and the allopathic approach of modern medicine. Students will explore their personal views of medicine and their relationship to plants, nature, and healing. Current legal and ethical implications of a practicing herbalist will be investigated.

Learning Outcomes

At the end of the course the student will be able to:

1. Demonstrate an understanding of traditional and modern approaches to healing.
2. Describe the legal and ethical considerations of a practicing herbalism.

HERB 502V: Holistic Anatomy & Physiology

Ayurveda and some traditional healing practices are based on a working knowledge of the five elements: air, fire, water, earth and ether. Students will learn the function of the five elements and their effect on health and balance, and will become knowledgeable about how herbal therapeutics function in the physiological systems of the body.

Learning Outcomes

At the end of the course the student will be able to:

1. Describe various traditional views of holistic anatomy.
2. Analyze and describe the extracellular matrix and its connection between blood, lymph, cellular nutrition and waste removal from the body.

HERB 503V: Holistic Consulting Process

This course will provide an overview of the herbal consulting process. Students will practice reading doshas, asking questions, and explore product and company knowledge of known herbal therapeutics. Students will review interactions and contraindications of herbs.

Learning Outcomes

At the end of the course the student will be able to:

1. Describe and explain the energetic and physiological properties of herbs and their effects on different body systems and personal doshas.
2. Compare and contrast commercially available herbal remedies.

HERB 504V: Materia Medica

In this course, students will learn how to identify between 40 and 60 local herbs. Herb properties and qualities will be investigated. Students will learn the safe and effective use of these herbs.

Learning Outcomes

At the end of the course the student will be able to:

1. Identify 40 to 60 local herbs, their properties and unique qualities.
2. Demonstrate and/or describe when and how to harvest the herbs.
3. Describe the herbs' functional and medicinal use, including indications and contraindications.

HERB 505V: Learning on the Land

In this course students will learn where and how to safely identify high quality herbs in the wild, and how to process them to create herbal teas and remedies.

Learning Outcomes

At the end of the course the student will be able to:

1. Demonstrate a practical application of what you have learned throughout the program.
2. Process herbs in lab, to create tinctures and teas.
3. Discuss how your knowledge will transfer to your community, family and self.
4. Demonstrate a commitment to ecologically sound practices.
5. Demonstrate an understanding of safe practice.

Schedule April to September 2012

Week Starting	Wknd Ending	Week #	Course			
09-Apr-12	15-Apr-12	1	<i>Online Orientation April 14-15</i>	1. April 14-15, 10-4	History of Herbal Medicine April 9- May 13 HERB 501V 5 weeks/25 hours online	
16-Apr-12	22-Apr-12	2	<i>Online Introductions April 9-22</i>	2. April 28-29, 10-4		
23-Apr-12	29-Apr-12	3	Materia Medica April 23 to September 9 HERB 504V 100 hours online (throughout program)	Learning on the Land 3 weekend sessions HERB 505V 36 hours in field (3 weekends, 12 hours each)		Holistic Anatomy & Physiology May 14 – July 1; July 16-August 19 HERB 502V 12 weeks/60 hours online
30-Apr-12	06-May-12	4				
07-May-12	13-May-12	5				
14-May-12	20-May-12	1				
21-May-12	27-May-12	2				
28-May-12	03-Jun-12	3				
04-Jun-12	10-Jun-12	4				
11-Jun-12	17-Jun-12	5				
18-Jun-12	24-Jun-12	6				
25-Jun-12	01-Jul-12	7				
02-Jul-12	08-Jul-12	<i>break</i>				
09-Jul-12	15-Jul-12	<i>break</i>				
16-Jul-12	22-Jul-12	8				
23-Jul-12	29-Jul-12	9				
30-Jul-12	05-Aug-12	10				
06-Aug-12	12-Aug-12	11				
13-Aug-12	19-Aug-12	12				
20-Aug-12	26-Aug-12	1				Holistic Consulting Process August 20-Sept 9 HERB 503V 3 weeks/15 hours online
27-Aug-12	02-Sep-12	2				
03-Sep-12	09-Sep-12	3		3. September 8-9, 10-4		

Admission Requirements

- Submit proof of a letter grade of “C” or higher in English 10 or ENGL 033. Transcripts must be submitted to Enrolment Services.
- or
- Submit proof of satisfactory completion of the English competency* test administered by the Assessment Centre.

Participation Requirements

- Physically able to travel to and participate in nature walks in rugged terrain.
- Basic computer literacy, including keyboarding, word processing, Internet search and email skills. Students will find a home computer beneficial for their studies.
- Participants should expect to commit to 5-10 hours per week to their online study.
- On-line Delivery format:

The program theory is taught online and your instructor will guide you through the theory via textbooks, videos and online readings and discussions. Online modules include theory and discussion, assignments, and quizzes.

You will be learning online throughout this program. Desire2Learn (D2L) is the learning management system used at Camosun College for a totally online course, which four of your courses will be. Students log into the system using their username and password, and only students registered in a course have access to that course's materials. D2L allows students to access course materials through a standard web browser.

Please go to <http://camosun.ca/de/> (Desire2Learn training site) to take the online tutorials to learn how to navigate the online system. The videos are all between 3 and 5 minutes long at <http://camosun.ca/de/>. [My Home Overview](#) is a good place to start.

Information Session

It is strongly recommended you attend a FREE information session, registration required. The program coordinator and instructor will provide detailed information on what the course entails and the admission process. You will have an opportunity to ask questions and we hope you will make a more informed decision after attending the session. **Please call 250-370-3550 to register!**

2012W HERB 990V 001	Thur, February 16, 2012	5:30-7pm	Fisher Bldg. Room 202	Lansdowne Campus
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For a listing of all Information Session dates please check camosun.ca/ce. Please check this website the day of your scheduled session or phone 250-370-4578, as cancellations may be posted. If you are reapplying for the program and/or have not attended an Information Session in more than one year, please attend a more recent Information Session to receive the current program information.

Fee Schedule

Program tuition (2012): \$2,350

Payments are due on the following dates:

- \$500 non-refundable registration deposit*
- \$1850 due Thursday, March 29, 2012

*When you receive your letter offering you a seat, a \$500 non-refundable fee (applied to your tuition) will be due by the date indicated. You must meet payment dates or you will forfeit your seat and must reapply.

Payments MUST be made by the stated deadlines or withdrawal from the program will result. Credit cards can be used to pay both deposit and tuition for all certificate programs.

Refund Policy

Note that a “Special Refund Policy” applies to this program.

- A 100% refund, less the \$500 non-refundable registration deposit, is provided up to fourteen (14) calendar days prior to the start date of the program.
- No refunds are provided after this unless approved by the Program Coordinator.

Financial Aid May be Available

camosun.ca/services/financialaid/bursaries.html

Canada Student Loans are not available for this part-time program. Some banks and credit unions may offer low-interest loans.

For information on the PACE Bursary for part-time adult learners please visit www2.literacy.bc.ca/pace.htm or telephone 1-800-663-1293.

Human Resources and Skills Development Canada (HRSDC) may provide assistance to employment insurance recipients. Interested students should contact their local HRSDC office for information.

Textbooks and Supplies

The following textbooks are required for this program. Details on how to purchase these texts from our bookstore will be provided once a seat in the program has been offered to you.

1. Ollsin, D. (2000) *Pathways to Healing: A Guide to Herbs, Ayurveda, Dreambody and Shamanism* (approx. \$20)
2. Bartram, T. (1998) *Encyclopedia of Herbal Medicine* (approx. \$35)
3. Pojar & MacKinnon. (2005) *Plants of Coastal BC, Revised* (approx. \$30)
4. Waller, Pip. (2010) *Holistic Anatomy* (approx. \$25)

You will be also encouraged to purchase a variety of commercially available herbal remedies to critically explore their qualities and differences. Costs vary. All other supplies are provided.

Application Procedures

The College application form can be found at camosun.ca/apply/pdf/.

This Program offers seats on a first qualified, first come, first served basis. It is to your advantage to apply early. Once your application is processed, you will be sent a letter that will indicate if you have met the admission requirement.

Please register for an Information Session by calling 250-370-3550 (see page 7). Be sure to sign in when you arrive so that we have a record of your attendance.

Seat Offer letters will be sent to qualified applicants who have attended an Information Session. When you receive your Seat Offer letter, a \$500 non-refundable fee (applied to your tuition) will be due within 2 weeks of the date of the letter. The balance of your tuition will be due March 29, 2012. If you do not meet payment dates, your seat will be forfeited.

How to Apply

- Step 1:* Fill out a College Application and include the \$36.41 non-refundable application fee.
- Step 2:* Attach documented proof of all Admission Requirements.
- Step 3:* Submit your application by mail or in person to:

Enrolment and Admission Services
Lansdowne Campus, Camosun College
3100 Foul Bay Road
Victoria, BC V8P 5J2

Please note:

- This program is pending approval from Education Council. Minor changes to the learning outcomes and program and/or course descriptions may occur. Registrants will be informed of any changes.
- Space is limited - please apply early.
- *New applicants:* An application fee will be charged for each program of interest for which the student applies.
- *Continuing students:* An application fee will be charged when changing programs and/or when applying to additional programs.

Further Program Information

Continuing Education and Contract Training
Phone: 250-370-4578 or Email: cectinfo@camosun.bc.ca

Application Inquiries

Enrolment and Admission Services
Phone: 250-370-3550 or Email: info@camosun.bc.ca
Toll-free: 1-877-554-7555 (*Canada only*)

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