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DOMINION HERBAL COLLEGE

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North America's Oldest School of Herbal Medicine



Institution #283

Accredited by the Private Career Training Institutions Agency (PCTIA)

ABOUT DOMINION HERBAL COLLEGE

Dominion Herbal College was founded in Vancouver, Canada in 1926 by naturopathic physician Dr. Herbert Nowell. Dr. Nowell taught Botanical Medicine to medical doctors prior to 1918 when such medicine was accepted and practiced by the medical profession. Dr. Nowell's knowledge in Herbal Medicine was admired and appreciated by doctors in England, Canada and the United States.

In 1962 Ella Birzneck, RMT, MH, EP, who apprenticed with Dr. Nowell, continued the tradition and spirit of Dr. Nowell's love of herbs and natural healing by resurrecting and reorganizing Dominion Herbal College and making the Chartered Herbalist and Master Herbalist Diploma Programs available for study by anyone with a sincere desire to gain real knowledge in the field of Herbal Medicine. Since 1987 members of Ella Birzneck's family have worked to ensure that the original purpose of the College is maintained.

Dominion Herbal College was the first school of Herbal Medicine to offer clinical level studies in North America. In 1989, in order to meet the growing demand for advanced herbal studies, the Clinical Herbal Therapy Diploma Program – 3 Year In-class was introduced and in 1993 the Clinical Herbal Therapy Diploma Program – 4 Year Distance Learning was established. These programs were developed to enable individuals with a strong sense of vocation to practice as a Clinical Herbal Therapist. Also introduced at this time was the Clinical Herbal Therapy Diploma Program Specially Structured for Health Care Professionals at the Physician Level – 2 Year Distance Learning.

In 2003 the Herbal Consulting Diploma Program – 1 Year Distance Learning was designed for individuals, employed or seeking employment in the herbal industry, to upgrade and become competent Herbal Consultants.

Dominion Herbal College continues to offer Field Experience as well as provide resource people for radio, television and community requests for information.

MISSION STATEMENT

To Preserve and Nurture the Study of Herbal Medicine.

By striving to provide the best possible source of Herbal Studies from the basic to clinical levels, educating students to become competent in the field of Herbal Medicine and fostering alliances with other health care professionals.

DISTANCE LEARNING AT DOMINION HERBAL COLLEGE

A distance learner at Dominion Herbal College is a self-motivated, independent individual who has the opportunity to receive a diploma in the field of Herbal Medicine as a Chartered Herbalist and maintains the flexibility to study while working, caring for a family or sustaining a busy lifestyle.

The Chartered Herbalist Diploma Program utilizes a distance learning delivery method in which the program is completed by online, self-directed learning.

CHARTERED HERBALIST DIPLOMA PROGRAM - 1 Year Distance Learning

The Chartered Herbalist Diploma Program has been offered since 1926 and is the most popular program in western Herbal Medicine with thousands of students and graduates around the world. It has been the inspiration of many great North American and international Herbalists. Dr. John Christopher, Dr. Bernard Jensen, Jethro Kloss and Dr. Earl Mindell are only a few of the renowned graduates who got their start in Herbal Medicine with this program. The Chartered Herbalist Diploma Program is designed to provide the student with the fundamental qualifications of a Herbalist. This 1-year program is the original introductory level program of Herbal Medicine which emphasises the herbal heritage of North America. The presentation and character of the program reflects the actual use of Herbal Medicine as generally practiced by Natives, Thompsonians and Eclectics. The program provides a basic understanding of the human body and use of herbal therapeutics. The program includes Anatomy & Physiology and Materia Medica incorporating approximately 200 western herbs and encompassing botanical description, distribution, cultivation, harvest, constituents, properties, formulae & dosages and contraindications. Also included in this program is a practical book by Ella Birzneck, RMT, MH, EP drawn from generations of herbal knowledge as well as her own lifetime of experience as a practicing Herbalist and natural healer. This is a great way to learn about herbs, take better care of your family's health, complement your current profession, earn Continuing Education Units (CEUs), enhance job opportunities with a basic knowledge of herbs or begin a career in Herbal Medicine.

Admission Requirements: High School Diploma or High School Equivalency Diploma or Mature Student (19 years or older)

Program Duration: The program duration is 12 months (600 hours). Enrollment is ongoing. Students can start at any time. Students have one year to complete the lessons and final exam.

Program Information: The program consists of 600 hours of online, self-directed learning. The program includes three books with questions at the end of the lessons and a final exam. Students are provided with three online books as read-only PDF files for the duration of the program. Students have the option to purchase hard-copy books. Lessons are submitted online for evaluation and correction. The final exam is written online. Upon successful completion of the program, the student will be awarded a diploma with the title "Chartered Herbalist".

Book 1 Lessons 1–21: Anatomy & Physiology of the human body. A general outline of the body as a whole. All systems of the body are covered including the musculoskeletal, cardiovascular, digestive, urinary, integumentary, nervous and reproductive systems.

Book 1 Lessons 22–25: Pathology and etiology of disease, general assessment and examination methods.

Book 2 Lessons 1–36: Materia Medica. History of herbalism, fundamentals, principles and factors of scientific medicine, dietary considerations and herbal remedy preparations compounded and used in treatment. Botany, constituents, plant parts used and contraindications. Approximately 200 North American, western and European herbs are included. Herbal stimulants, tonics, diuretics, diaphoretics, sudorifics, expectorants,

demulcents, nervines, antispasmodics, alternatives, antiscorbutics astringents, cathartics, purgatives, anthelmics, emmenagogues, special lesson on lobelia and selected herbal formulae for various ailments. Symptoms of acute and chronic disease with the treatment and care of various conditions giving instructions and herbal formulae. When to gather various herbs and how to mature them for use, nomenclature, prescription writing, phrases and abbreviations.

Book 3 This book was compiled by Ella Birzneck, RMT, MH, EP. Chronic diseases such as asthma, bronchitis, sinus, rheumatism and arthritis are covered. The glandular system, foods and exercises for eyes, soya bean milk and other soya bean recipes, “keep-well diet” herbal infusions, herbal decoctions, distillations, aromatic herbs, classification of certain herbs, tonics and formulae and baby food for babies and small children. Animal health care, environmental pollution and the “Herbal Alphabet” are also covered.

PROGRAMS AVAILABLE FOR CHARTERED HERBALIST GRADUATES

MASTER HERBALIST DIPLOMA PROGRAM - 1 Year Distance Learning

This 1-year program includes research and a thesis on an aspect of Herbal Medicine of interest to the student and approved by Dominion Herbal College. The research and thesis topics have proven invaluable to Herbalists and others in the field of Herbal Medicine. Graduates of the Master Herbalist Diploma Program often have their thesis published or utilize this specialized knowledge as freelance writers, lecturers, instructors.

Admission Requirements: Dominion Herbal College Chartered Herbalist Diploma Program

Program Duration: The program duration is 12 months (600 hours). Enrollment is ongoing. Students can start at any time. Students have one year to submit a thesis.

Program Information: The program consists of a thesis with a minimum of 10,000 words and can be submitted by email or mail. The student must submit an outline describing the herbal and physiological applications to a thesis topic. Upon approval of the outline the student can begin the thesis. A minimum of six months research is required. Upon successful completion of the program, the student will be awarded a diploma with the title “Master Herbalist”.

HERBAL CONSULTING DIPLOMA PROGRAM - 1 Year Distance Learning

This 1-year program is designed for individuals employed or seeking employment in the herbal industry to become competent Herbal Consultants. This program creates a balance between the western scientific approach to the study of Herbal Medicine and the traditional North American model. The Herbal Consulting Diploma Program is suitable for individuals working or seeking employment in health food stores, herb shops, pharmacies, supermarkets, direct marketing or wherever herbs are sold and for individuals in herbal product manufacturing or distributing. Students will learn how to assess and formulate herbal products, become familiar with the efficacy and safe use of herbs, market herbs for industry and consult with clients in the retail setting in a knowledgeable and professional manner.

Admission Requirements:

1. High School Level Chemistry or Dominion Herbal College Prerequisite Chemistry
2. Dominion Herbal College Chartered Herbalist Diploma Program

Program Duration: The program duration is one year. The academic year is 12 months (1320 hours) from September through August.

Program Information: The program consists of questions at the end of the lessons in the following courses: Biochemistry, Botany, History & Philosophy, Materia Medica I, Pathology, Pharmacology and Pharmacy. This program requires 20-30 hours per week of self-directed learning. Students are provided with a Required Textbook List and Supplementary Resources List. Students must complete a Herbarium and attend a 5-day on-site seminar. Students will write exams in Materia Medica I, Pathology and

Pharmacology with a proctor in their area. Students are required to arrange for a proctor in their area. Upon successful completion of the program, the student will be awarded a diploma with the title “Herbal Consultant”.

These advanced clinical programs of study will prepare the student with the working knowledge and skills necessary to practice as a Clinical Herbal Therapist (CHT).

CLINICAL HERBAL THERAPY DIPLOMA PROGRAM - 4 Year Distance Learning

This 4-year clinical program provides a comprehensive system of training which includes a study of the principles and philosophy of clinical herbal therapy, the definitions, constituents and pharmacology of medicinal plants, the human body in health and disease, clinical assessment techniques and a wide range of adjunctive subjects relevant to the practice of herbal therapeutics. Students are required to complete 510 hours of supervised clinical training at Dominion Herbal College approved clinics.

Students will have a sound knowledge of the basic health sciences as they relate to Herbal Medicine, understand the roles that correct nutrition and lifestyle play in the maintenance of good health, be competent in the assessment and treatment of common disease states by phytotherapeutic and complementary means, have an understanding of the limitations of natural therapies and be able to recognize when a client needs to be referred to medical and/or other health professionals and be competent and effective in running a herbal clinic.

CLINICAL HERBAL THERAPY DIPLOMA PROGRAM - 2 Year Distance Learning

This 2-year clinical program is specially structured for health care professionals at the physician level who are interested in developing a working knowledge of Herbal Medicine as a complementary healing modality. Students will learn how to assess and treat common disease states by phytotherapeutic means. Students are required to complete 150 hours of supervised clinical training at Dominion Herbal College approved clinics.

Clinical Herbal Therapy students must complete their clinical training hours under the supervision of a qualified Clinical Herbal Therapist at private clinics that have been approved by Dominion Herbal College. The purpose of the Dominion Herbal College clinic experience is to prepare students to become Herbalists at a professional level through hands-on training with clients in a real-life setting. To accomplish this it is vital that students acquire competence and confidence in performing consultation and examination techniques; assessing the needs of the client by taking thorough case histories; recommending, formulating and dispensing the correct herbal remedies; and following through with individual treatment protocols. To achieve this it is necessary to set professional standards of practice. Dominion Herbal College Approved Clinics will ensure that students are well prepared in this regard.

FIELD EXPERIENCE

FIELD EXPERIENCE (BC, Canada)

This Dominion Herbal College Field Experience requires completion of the Chartered Herbalist Diploma Program or Year 1 of the Clinical Herbal Therapy Diploma Program. Instructor Netta Zeberoff, MH, RHT will introduce herbs and seeds for a garden and take students on hikes through the beautiful Kootenay valley of British Columbia, Canada with its pristine forests, marshes, rivers, lakes and creeks over a 5-day period. Students will actively participate in wildcrafting, herb identification, gardening herbs, permaculture, foraging, preserving and cooking. Students will spend time learning herbal medicine making; preparing the dispensary, bottles and labels; making herbal preparations, tinctures, salves and capsules. Students will learn ecologically sustainable and practical ways of gathering and making herbal medicine. Dominion Herbal College will issue a certificate upon completion. Contact the College for further details and dates.