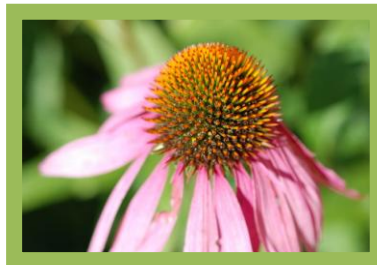


Camosun College  
Continuing Education

**Certificate  
in  
Herbal Studies**

**October 2011 to March 2012**



VICTORIA

| BRITISH COLUMBIA

| CANADA

*August 2, 2011*



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## **What is Herbal Studies?**

In this unique program, you will learn to apply a holistic approach to health and healing with herbs using modern science to enhance and complement your knowledge, efficacy and safety. The philosophy behind the program is to treat the person, not the disease.

Learn how to identify and use local wild and cultivated healing herbs. Become knowledgeable in Western, Ayurvedic, and traditional indigenous philosophy and their use of herbs. Create effective, simple, affordable herbal medicines for personal use and learn about sustainable herbal practices.

## **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
- Indigenous community members who wish to reconnect with the environment
- Horticulturalists, gardeners, chefs
- People seeking a career in herbalism/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.

You will be supported and guided through this flexible and accessible program as part of an encouraging group, led by your instructor. You will learn theory on your own schedule online, and attend three weekend of hands-on instruction to safely identify, harvest, and prepare herbs for healing and well-being. You will learn about the effective healing traditions of Ayurveda and indigenous knowledge, including Western Herbalism, and explore the physical structure and physiological processes of the body through in-depth functional and energetic knowledge of how herbs work in the body.

Students who successfully complete this program will receive a Certificate in Herbal Studies, pending approval from Education Council. Since 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. Many students will attend for personal interest; the credential serves to raise the standard of the industry and helps to promote a broader acceptance of holistic medicine.

## **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**

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). 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. Participation in both the online and field portions of the program is mandatory for graduation.

All participants begin class together with an outing led by the instructor, Don Ollsin. This will be an herb walk in our community, to identify, cultivate, and process herbs. 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.

For the duration of the program from October through March, you will participate online. 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 must achieve a minimum C+ average to remain in the program.

## Learning Outcomes

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

1. Describe herbal properties showing an understanding of related language and terms;
2. Recognize high quality herbs;
3. Analyze how herbs relate to the body systems;
4. Describe and demonstrate use of Ayurvedic practice;
5. Understand, identify, and appraise basic anatomy and physiological systems;
6. Understand, apply and practice basic pathophysiology;
7. Produce herbal medicines;
8. Demonstrate an understanding of how to apply herbal dosaging;
9. Describe herbs as living medicines and identify differences between herbs as living medicines and chemically manufactured allopathic drugs;
10. Describe how to ecologically grow, wild-craft, and process herbs;
11. Demonstrate confidence in creating herbal remedies;
12. Demonstrate an understanding of the interrelatedness of people, plants, nature and healing.

## Course Descriptions

### **HERB 501V: History of Herbal Medicine**

This module 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 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 herbalist.

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### **HERB 502V: Holistic Anatomy & Physiology**

Ayurveda and indigenous medicine are based on a working knowledge of the five elements. Students will learn the function of the five elements and their effect on health and balance, and become knowledgeable about herbal therapeutics through the extracellular matrix, cells, brain, major organs, and 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, including the five elements.
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 module will provide an overview of the herbal consulting process. You 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.

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## **HERB 504V: Materia Medica**

In this course, you will learn how to identify 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.

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## **HERB 505V: Field Practical**

In this course you 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

Week Of   Wk #	Theory (on-line)	Field experience (In-person)
10/1/2011 1	HERB 501V	
10/8/2011 2	Oct 1- Nov 4, 2011	
10/15/2011 3	<b>History of Herbal Medicine</b>	
10/22/2011 4	<ul style="list-style-type: none"> <li>Traditional views: indigenous, medicine hunter</li> </ul>	
10/29/2011 5	<ul style="list-style-type: none"> <li>Modern views: pharmaceutical</li> <li>Legal and Ethics: regulations, liability, business practices</li> </ul>	
11/5/2011 6	5 weeks/25 hours online	
11/12/2011 7	HERB 502V	
11/19/2011 8	Nov 5 – Dec 16; Jan 7 - Feb 17, 2012	
11/26/2011 9	<b>Holistic Anatomy &amp; Physiology</b>	
12/3/2011 10	<ul style="list-style-type: none"> <li>Ayurveda</li> <li>Shamanism, dreams</li> <li>The body as a garden</li> <li>Cell structures, The Matrix, body systems</li> </ul>	
12/10/2011 11		
1/7/2012 12	12 weeks/60 hours online	
1/14/2012 13		
1/21/2012 14		
1/28/2012 15		
2/4/2012 16	HERB 503V	
2/11/2012 17	Feb 18-Mar 9, 2012	
	<b>Holistic Consulting Process</b>	
2/18/2012 18	<ul style="list-style-type: none"> <li>Preparing for worksite</li> <li>Reading doshas, asking questions</li> <li>Product and company knowledge</li> <li>Interactions, contraindications</li> </ul>	
2/25/2012 10		
3/3/2012 20	3 weeks/15 hours online	
	HERB 504V Oct 1, 2011 to Mar 4, 2012	HERB 505V 3 weekend sessions (Saturday AND Sunday)
	<b>Materia Medica</b>	<ol style="list-style-type: none"> <li>October 1-2, 2011</li> <li>October 15-16, 2011</li> <li>March 3-4, 2012</li> </ol>
	<ul style="list-style-type: none"> <li>Properties, uses, harvesting</li> <li>Medicinal qualities and interactions</li> <li>Functional use of how they work in the body</li> </ul>	<b>Field Practical</b>
	100 hours online (throughout program)	<ul style="list-style-type: none"> <li>Practical application of what you have learned</li> <li>Demonstrate understanding of safe practice</li> <li>Outings to collect herbs, discuss qualities to look for, regions to find them</li> <li>Process herbs in lab, create tinctures and teas</li> <li>Discuss how your knowledge will transfer to your community, family, self</li> <li>Demonstrate a commitment to ecologically sound practices</li> </ul>
		36 hours in field (3 weekends, 12 hours each)

## 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
- Basic computer literacy, including keyboarding, word processing, Internet search and email skills. Students may find a home computer beneficial for their studies.
- Participants should expect to commit to 5-10 hours per week to their online study.

## Information Session

You are strongly encouraged to register for and attend a free information session. Please call 250-370-3550 to register.

2011F HERB 990V 001	Tues. September 13, 2011	5:30-7pm	Fisher Building, Room 200 Lansdowne Campus
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For an updated listing of all Information Session dates, please check [camosun.ca/ce](http://camosun.ca/ce). Please check this website the day of your scheduled session, as cancellations may be posted.

If you are unable to attend a scheduled session and would like more information, please contact the Program Assistant at 250-370-4780.

## Fee Schedule

Program tuition (2011):        \$2,350

Payments are due on the following dates:

- \$500 non-refundable registration deposit\*
- \$1850 due September 24, 2011

\*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](http://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](http://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

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*
2. Bartram, T. (1998) *Encyclopedia of Herbal Medicine*
3. Pojar & MacKinnon. (2005) *Plants of Coastal BC, Revised*
4. Waller, Pip. (2010) *Holistic Anatomy*

# Application Procedures

The College application form can be found at [camosun.ca/apply/pdf/](http://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.

Attendance at an Information Session is a requirement for participating in this program. 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 September 24, 2011. 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. Before September 1, 2011, the application fee is \$35.70.

*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 course descriptions may occur. Registrants will be informed of any changes.
- Space is limited - please apply early.
- It is highly recommended that you attend our free Information Session prior to applying.
- *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](mailto:cectinfo@camosun.bc.ca)

## Application Inquiries

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

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