



OHLONE CENTER  
FOR HERBAL STUDIES  
BERKELEY • CALIFORNIA



2010 SCHEDULE OF CLASSES

# Ohlone Center of Herbal Studies

The Ohlone Center of Herbal Studies is a Western herbal medicine school. The mission of the school is to keep Western herbal knowledge alive by bringing medicinal knowledge of plants to people, empowering their ability to heal through the use of herbs. A variety of classes are offered, from herb walks and short workshops to a formal Clinical Herbalist training program. All classes are small, interactive, flexible, and tailored to student's needs.

What makes the Ohlone Center's program unique is its focus on experiential learning. In our Clinical Herbalist training, students have many opportunities to experience herbs in their natural environments. Students are invited to taste, touch and experience the effects of herbs in their own bodies. Students are educated on the usefulness of each plant and how they apply to physical, mental, and spiritual healing. Our program is designed to fully enhance the student's understanding in plant medicine. Programs are carefully designed to be exciting, intellectually stimulating and fun. Each classroom lecture is limited to 90 minutes in length and followed by an activity that is designed to keep students alert and allow for the maximum retention of information.

The Ohlone Center, currently operating as a non-profit, has been educating clinical herbalists since 1995. We are committed to educating healers for successful careers as herbalists and/or herbal educators. The school offers a clinical herbalist training program in two different formats. The first option is a 3 year program consisting of two 10 month Foundations and Therapeutic courses, followed by a one-year Clinical Internship. The second option is a two year Apprenticeship program designed for the full-time student. The Apprenticeship program has two courses: an 8 month intensive and a one-year Clinical Internship. The entire program takes between 24 and 36 months to complete and consists of over 1,000 hours of direct teacher contact. Students who complete the Clinical Program graduate with a profound understanding of how to create, promote, and manage a successful herbal practice.

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## Western Herbs and the Green Movement

Western Herbalism provides an answer in the changing health care paradigm. Western botanicals provide for an effective affordable healing modality that is sustainable with our natural resources. Western Herbalists are both activists and visionaries for the future. They hold knowledge handed from generations and are well educated in scientific understanding. The manufacturing of allopathic drugs taxes our natural resources. Waste products of such practices contribute significantly to global pollution. In the new turning of the world where the medical empire is breaking down, herbalism and its use of locally available plants have much to offer. Medicine can be both good to the body and to the earth.

## School Non-discrimination Policy

The Ohlone Herbal Center does not discriminate on the basis of race, color, national origin or ethnic origin in the treatment of its clients, the administration of its educational policies, admission policies, scholarship and loan programs, or any other school-administered programs.

## Directions to the Ohlone Clinic and School

**From Hwy 80** in Berkeley take the University Ave. exit, go east on University. Turn onto Bonar street, go 1 block, then take a left on Addison. Parking is available on the street.

**From North Berkeley Bart** - Walk 2 blocks South on Sacramento avenue, cross University avenue to Addison street. The school is 2 blocks west of Sacramento at 1250 Addison. We are between Acton and Bonar.

Free parking is also located west of the center, 2 blocks on Browning street.

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## Herbal Apprenticeship Program

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*Pam Fischer and faculty - Instructors*

**March 9 to October 20, 2010**

Tuesdays-Thursdays, 9:30 AM to 4:00 PM

The Ohlone Center for Herbal Studies offers an eight month intensive program. Studying intensively with professional herbalists on staff at Ohlone Center, a small group of students will fully immerse themselves in the world of herbs through classes, weekly field studies in the natural environment, and educational camping trips. Apprentices will gain a deep understanding of local plant life through firsthand experiences, in preparation for becoming successful herbalists and herbal educators.

The 600-hour Apprenticeship Program combines studies from the Ohlone Foundations Course and Herbal Therapeutics programs. Offered three days per week, Tuesday–Thursday from 9 AM to 3:30 PM., the Apprenticeship begins on March 9, 2010 and concludes on October 20, 2010.

Geared to deeply motivated beginning and intermediate level students, the Apprenticeship features these core courses:

- Physiology and Constitutional Theory
- Plant Action Theory
- Biological Identification and Plant Medicine
- Chemistry
- Medicine Formulation and Medicine Making
- Herbal Energetics, Aromatherapy & Flower Essences
- Indigenous Wisdom, Folklore & Medical Theory

Apprentices will also participate in three four-day camping trips in diverse California climate zones to study environmental awareness, ethical issues of wildcrafting and field identification.

**Program Cost: \$6,900**

(For payment plan information, see registration form on page 15.)

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## Herbal Foundations Program

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*Taught by Ohlone Center Staff*

**Berkeley Class: September 23, 2010—June 29, 2011**

Wednesday Nights, 7-10 PM, and one Sunday per month

**San Francisco Class: September 21, 2010—June 27, 2011**

Monday Nights, 7-10 PM, and one Sunday per month

Gain an in-depth understanding of the complex functions and healing nature of more than 300 local plants through theoretical learning, herb gathering and sampling, and medicine making. Half of class time is spent hands on, in nature, with extended trips to local environments such as the Sierras and the Pacific Ocean. This is what distinguishes American herbalism—you learn about the plants in your own body, mind and spirit. You will create your own medicines during every class meeting, learning how to make extracts from multiple solutions, as well as creams and lotions, salves, teas, syrups, honey, oils, vinegars, and suppositories.

This year also involves an in-depth investigation of human physiology to understand the complex interactions among reproductive, endocrine, nervous, skin, muscular, skeletal and digestive systems. Constitutional physiology and the impact of stress are also emphasized. Students examine the cellular system and how fluid is transported throughout the body.

The following is a partial list of what the program will cover:

- Medicinal herbology
- Herbal preparation and formulation
- Extensive materia medica and herbal research
- Herbal first aid and home health care
- Natural cosmetic and skin care
- Constitutional therapy
- Wildcrafting
- Earth awareness and plant identification
- Organ systems and physiology
- Clinical case studies

On the first Sunday of each month there will be an herb walk. There will also be three class field trips. At the conclusion of the course, students will have a firm and well rounded foundation in herbalism. Students completing the course will be awarded a beautiful certificate suitable for framing and placement on their office wall.

**Program Cost: \$4,000**

(For payment plan information, see registration form on page 15.)

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## Herbal Therapeutic Program

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*Pam Fischer and faculty- Instructors*

**September 22, 2010 to June 28, 2011**

Tuesdays, 7-10 PM and one Sunday monthly

This 10 month Therapeutics course is the second of three courses in the Clinical Herbalist Training Program. The content builds on that of the first course of plant identification and individual plant uses and focuses on advanced therapeutic strategies in assessing treatment. Students focus on disease processes and subsequent application of their herbal knowledge to treat the underlying condition.

Stimulating and fun, the therapeutic course involves case reviews, research and herbal formulating. The goal is to give clinicians the well-rounded tools needed for working as professional herbalists. The following is a partial list of what this course covers:

- Advanced herbal preparation
- Botanical field Identification.
- Extensive materia medica
- Herbal research techniques using on-line computer links
- Record keeping - case histories, business accounting
- Creating a business - advertising, legalities, accounting
- Clinical case studies
- Understanding medical lab tests

At the conclusion of the course, students will have a firm foundation in constitutional diagnosis techniques, ability to evaluate herbal combinations, ability to formulate with confidence, and the beginnings of a clinical handout library. Students completing the course will be awarded a certificate in Therapeutic Herbalism suitable for framing and placement on their office wall.

**Prerequisite:** Herbal Foundations Program

**Cost:** \$4,000

(For payment plan information, see registration form on page 15.)

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## Clinical Internship Programs

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*Pam Fischer, Instructor*

**November 8, 2010– October 17, 2011**

Mondays 1-6 PM and one Saturday per month

In this 400-hour course in clinical herbal studies and treatment strategies, students will begin to work in and learn how to run an herbal clinic. Students will see clients, make herbal assessments, prepare and formulate herbal products, and evaluate client progress. The student clinic is a busy facility, servicing up to 125 clients per month.

In addition to gaining clinical hours, students will learn basic record keeping, some business accounting, budgeting, scheduling, advertising and the fundamentals of running a successful practice. Interns will learn teaching techniques and will teach a workshop or herbal class.

**Prerequisite:** Completion of Apprenticeship and Therapeutic Programs, or instructor's consent.

**Cost:** \$5,000

(For payment plan information, see registration form on page 15).

## 2nd year Clinical Internship Program

*Pam Fischer, Instructor*

**November 8, 2010– October 17, 2011**

Mondays 9 AM-2 PM and one Sunday per month

Students practice herbalism independently with clients provided by the Ohlone Clinic, while benefiting from the supportive guidance of bimonthly faculty consultation. Extensive supervision/case consultation from senior faculty members is provided.

During this year, Ohlone develops students to become teachers guiding the next generation of highly skilled herbalists. Students are supervised in different teaching styles as they teach classes on a range of topics. Students also learn curriculum development, time management, classroom performance, and student evaluation.

**Prerequisite:** Completion of Apprenticeship, Therapeutic and first year Clinical Internship Programs, or instructor's consent.

**Cost:** \$5,000

(For payment plan information, see registration form on page 15).

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## Workshops & Short Term Classes

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### **Mushroom Identification**

*Taught by Autumn Summers*

**December 6, 2009**

10 am - 5 pm

\$100

Learn to identify and harvest edible and medicinal mushrooms from the local wild area. Class will begin with the basics of mushroom identification, including terminology, identification features, spore prints, family groups, and more. In the afternoon, we'll head into nearby woods to examine varieties of wild mushrooms. We will also be looking for medicinal and edibles. harvest. Following the foray, we will visit the local mushroom fair.

### **Medical Mushrooms**

*Taught by Karen Aguiar and Terri Jensen*

**January 10, 2010**

10 am - 5 pm

\$100

A class on selecting which mushroom to use for which condition and how to prepare mushrooms for the most effective medicine.

### **Herbs for Women**

*Taught by Kara Sigler and Anna Kazanjian*

**Monday nights February 1-22, 2010 in San Francisco**

7-10 pm

\$240

An intensive class focusing on a woman's life from puberty through menopause. In different phases of life woman are challenged with a variety of discomforts and diseases. From menstrual irregularity, PMS, Pregnancy and childrearing to Menopause, women have unique issues to contend with. We will explain herbal strategies that can help with each phase of life.

### **Desert Wildflower Trip**

*Jennifer Adams and Jim Hall*

**March 16- 22, 2010**

\$350

Join Jennifer and Jim for a Spring wild flower trip to Anza Borrego Park in Southern California. They will discuss the medicinal properties of desert plants and flowers essences. Camping fee included, meal and ride sharing will be discussed before the trip.

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## **Herbal Cosmetics**

*Taught by Cheryl Fromholzer*

**May 13, 2010**

7 -10 pm

\$60 plus \$25 materials fee

In this hands-on workshop, you'll take home aromatic herbal spa products you've made which are tailored to your particular skin type including an aromatic herbal facial steam, facial mask, skin tonic, and a rejuvenating facial serum.

Handouts will also be included with lots of recipes and ideas for creating your own home skin and spa treatments including massage oils, salt and sugar scrubs, bath tisanes and salts... and much more.

## **Herbs for Colds and Flu**

*Jennifer Adams*

**October 9, 2010**

2 -5 pm

\$60

Learn how to care for yourself and loved ones with herbs during the cold season. We will discuss preventative health care, therapies for common winter illnesses, and how to prepare our own home remedies. Come drink warm tea and prepare for a naturally healthy winter.

## **Herbs for Kids**

*Taught by Ohlone Center Staff*

**November 11, 2010**

7-10 pm

\$60

This is a class for the caregivers on the use of herbs for children's health care. The class will cover disease prevention, how to support the body holistically with herbs, and herbal therapies for common illnesses. We will also discuss alternatives for dealing with chronic problems such as ear infections, allergies, and asthma. Also included is a demonstration on preparation techniques for making herbal products for home use.

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## Workshops & Short Term Classes

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### Plant Identification for Herbalists

*Autumn Summers*

**Sunday, April 5**

10 AM– 5 PM

\$100

This class is for the novice plant lover. It will cover the basic system of botanical field identification. Students will learn how to identify plants by using common characteristics to group plants into families. Plant keys will be introduced and explained. This is a perfect class to get started in identifying Spring wildflowers in the local area around us.

### Introduction to Herbal Medicine

**Berkeley Class: July 5 - July 26, 2010**

Monday Nights, 7-10 PM

**San Francisco Class: August 2nd– August 23, 2010**

Monday Nights, 7-10 PM

\$350

A class for the beginner who wants to bring herbs into their everyday life. We will explore the many facets of herbs and herbal medicine. Class will cover basic human physiology and common herbal remedies for each body system. Students will learn to prepare a number of herbal products, including herbal extracts, salves, lotions, syrups and teas. This class includes an herb walk to a local natural area.

### Botany for Herbalists

*Jolie Lonner Egert*

**Saturday and Sunday, August 8– 9, 2010**

10 AM– 5 PM

\$180

This two day workshop will teach you the skills needed to positively identify wild plants. Topics include: Understanding plant parts and descriptions, Overview of botanical classification, Distinguishing characteristics of important medicinal plant families, Online resources and Basic ethical wild-crafting

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## Herb Walks

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Join us in the East Bay Parks for an enjoyable 1-2 mile stroll. It's your chance to learn about the medicinal properties of the herbs that grow right in your backyard. A new batch of gentle and effective healers will be ready to help you with sunburn, bee stings and other 'outside problems.' Learn to recognize and use these plants where you need them most and experience them as living companions in a way that is simply not possible in a classroom or book. Call to pre-register and request a map to each site.

- **Plant and ID Herb Walk at Tilden Park**  
Sunday, April 4, 2010 10 AM - 5 PM  
\$100, lead by Autumn Summers
- **Point Reyes National Seashore**  
Sunday, May 2, 2010 10 AM - 5 PM
- **Herb Walk at Mt. Diablo State Park**  
Sunday, June 6, 2010 10 AM - 5 PM

### Faculty Herb Walks are \$40

- **Student Walk at Huckleberry Preserve**  
Saturday, May 8, 2010 10 AM - 1:30 PM and 2 PM - 4:30 PM
- **Student Walk at Grizzly Peak**  
Sunday, May 9, 2010 10 AM - 1:30PM and 2 PM - 4:30 PM
- **Student Walk at Redwood Park**  
Saturday, May 15, 2010 10 AM - 1:30 PM and 2 PM - 4:30 PM
- **Student Walk at Briones Park**  
Saturday, June 12, 2010 10 AM - 1:30 PM
- **Student Walk at Strawberry Canyon**  
Saturday, June 19, 2010 10 AM -1:30 PM
- **Student Walk at Mt. Diablo State Park**  
Saturday, October 16, 2010 10 AM - 1:30 PM and 2 PM - 4:30 PM

### Student Herb Walks are Free

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## Ohlone Center Herbal Clinic

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### The Student Herbal Clinic

**Mondays 9:00 am to 5:00 pm**

**First Saturday and Sunday of the month, 9am to 5:00 pm**

**Clinic cost: By donation (see below)**

The Ohlone Herbal Center has been operating a student clinic for over 10 years. The clinic is open for all.

We offer wellness consultations and educational services. Our past clients have found this to be an excellent opportunity to learn about health and receive nutritional and herbal advice.

A 3rd or 4th year clinical student intern, working under a senior staff member, will help you to restore good health and prevent disease. The initial appointment takes about 1.5 hours. After the first visit, we will schedule a second shorter visit the following week, and then continue monthly. Interns work closely with clients for a number of months to insure success.

There is no fee for services. All clinic visit fees are by donation. Our suggested donations is \$25 per visit and are tax-deductible. Clients are expected to pay for their herbal remedies at the time of their visit. The herbal extracts we disburse are made on site from high quality, organic ingredients and are offered at wholesale prices. Clients should budget from \$20-40 a month for their products.

Ohlone Herbal Center is not funded by governmental grants, our budget is small while the student clinic is an expensive program to run. We depend on the generosity of our community to keep the clinic in existence. Your generous donations are always welcomed and go a long way for keeping these services available to multiple people.

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## Faculty

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### **Pam Fischer, Head Instructor and the Center's Director**

Pam has been working with herbs since 1986. She completed her studies at the California School of Herbal Studies in 1989. She has been teaching classes in medicine making, plant identification, wildcrafting, theory and practice of herbalism since 1991. Pam began the BACHA (Bay Area Clinical Herbalist Association) organization in 1991. In 1997 she became one of the first Western Herbalists on staff at Charlotte Maxwell Complimentary Clinic in Oakland. Charlotte Maxwell clinic provides free access to alternative and complimentary medicine for low income women with cancer. Pam is a fourth generation Bay Area resident and has developed a deep love for native plants.

### **Jennifer Adams, Clinical Herbalist**

Jennifer is a graduate of Ohlone and has also completed an advanced apprenticeship with Matthew Wood. Jennifer's quest is to connect people and plants through herbal medicine for healthy bodies & spirits. She volunteers at Charlotte Maxwell and has a private practice in Oakland. Her website is [www.CommunityHerbalist.com](http://www.CommunityHerbalist.com).

### **Karen Aguiar, Herbal Medicine Maker**

Karen has been making botanical medicines full-time for 8 years. Karen is a co-owner of *The Herbal Apothecary*, providing custom herbal medicines for health practitioners and others. She is also an organizer of the Northern California Women's Herbal Symposium.

### **Sarah Bearden, D.N.Med., CN, NC, CMT**

Sarah Bearden has been a practicing nutritionist since 1996. She is the Director of Roots To Health, a center specializing in Nutrition Consultation and Nutrition Education. She received a Diploma in Nutritional Medicine in London and practices both in Marin County and England.

### **Atava Garcia Swiecicki, MA, Clinical Herbalist**

Atava has been studying energetic bodywork since 1988 and herbal medicine since 1995. She has been trained both by indigenous healers and Western herbalists. She has a Master's degree in Indigenous Mind and is an AHG certified western herbalist. She has a private practice in Oakland and her web site is [www.ancestralapothecary.com](http://www.ancestralapothecary.com).

### **Terri Jensen, Herbal Medicine Maker**

Terri has been working with botanical medicines in a variety of capacities for over 20 years. She is a co-owner and medicine maker for *The Herbal Apothecary*, a full line herbal pharmacy. She is also an organizer of the Northern California Women's Herbal Symposium.

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## Faculty - continued

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### **Cheryl Fromholzer, Clinical Herbalist**

Cheryl is a Western Clinical Herbalist who provides a multi-faceted approach to holistic medicine combining customized organic herbal formulas with nutritional education and lifestyle guidance. Her website is [www.northrosebotanicals.com](http://www.northrosebotanicals.com).

### **Gail Julian, Clinical Herbalist**

Gail is a clinical herbalist, medicine maker and teacher with 18 years experience in the clinic and classroom. Her training includes Western Herbalism and physiology, native plant use, Chinese and plant energetic systems. Her business, Commonknowledge Herbs provides pharmacy services for practitioners and produces therapeutic herbal products.

### **Anna Kazanjian, Clinical Herbalist**

Anna is a practicing herbalist in San Francisco and is also a certified Shiatsu practitioner. She has years of experience in herbal retail and works at the Ohlone Herbal Center. She teaches at Ohlone and has volunteered at the Charlotte Maxwell Clinic .

### **Dorena Rode, PhD, MA, Clinical Herbalist**

Dorena joins our staff as our physiology teacher. Dorena's multilevel experience comes from her background as a chemist, herbal medicine maker, and practitioner. Her love of practice led her to UC Davis where she completed her PhD in physiology.

### **Donna H. Odierna, DrPH, MS, AHG**

Donna Odierna is a health policy and public health researcher at the University of California, San Francisco. She is a clinical herbalist who has worked in public health venues and private practice; she is also a professional member of the American Herbalist Guild.

### **Kara Sigler, Clinical Herbalist**

Kara Sigler is a certified Western Clinical Herbalist that has a private practice in San Francisco. She teaches at Ohlone, leads herb walks, has managed an herbal apothecary and has volunteered at the Charlotte Maxwell Clinic for low income women with cancer. Her website is: [www.sfherbalist.com](http://www.sfherbalist.com).

### **Marion Souyoutzis, Clinical Herbalist/ Certified Aromatherapist**

Marion is a practicing herbalist in the East Bay and an instructor at Ohlone Center. She is also an organic grape grower and has a large medicinal garden. She has been studying herbal medicine for over ten years and is a certified aromatherapist.

### **Autumn Summers, Clinical Herbalist, BA Ethnobotany**

Autumn is the Program Director of California School of Herbal Studies. For twenty years, Autumn has been exploring the many facets of herbalism. Her experience includes teaching, organizing herbal events, managing a retail herb store, gardening, medicine making and working in a low-fee herbal clinic.

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# Registration Form

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Name \_\_\_\_\_

Address \_\_\_\_\_

City/zip \_\_\_\_\_

Home phone \_\_\_\_\_

Cell phone \_\_\_\_\_

E-mail \_\_\_\_\_

Classes Enrolling in

\_\_\_\_\_ cost \_\_\_\_\_  
\_\_\_\_\_ cost \_\_\_\_\_  
\_\_\_\_\_ cost \_\_\_\_\_

Total Payments enclosed total \$ \_\_\_\_\_

Mail to:

**Ohlone Herbal Center  
1250 Addison St., Ste. 113  
Berkeley, CA 94702**

## Payment Plan (for long term classes)

Payment plans are only available for our long term classes. There is \$100 charge to set this plan up.

- **Foundations and Therapeutic courses:** \$1,000 deposit and 10 payments of \$310. **The first payment will be due on the first class meeting and then the 1st of the month.**
- **Apprenticeship course:** \$1,600 deposit and 6 payments of \$900. First payment will be due on April 1st.
- **Clinical Internship:** \$1,700 deposit and 10 payments of \$340. First payment will be due on December 1.

All deposit are non-refundable. Students who leave in the first 4 weeks forfeit the deposit and first month's payment. Students dropping the program after this date are committed to pay the entire program fee, even if not attending. A deposit is required to hold a seat in the program.