

FALL 2023 COMMUNITY HERBALIST CERTIFICATE SCHEDULE

Thursday	Friday	Saturday	Sunday
Week 1			
September 7	September 8	September 9	September 10
Materia Medica for Community Herbalists 3:45pm-7:00pm Amy Klazek	Practical Herbal Pharmacy 3:45pm-7:00pm Krista Poulton	Backyard Gardening 9:00am-5:30pm TBD	Herbal Walk / Identification 9am-4:00pm Lindsay Hounslow
Week 2			
September 14	September 15	September 16	September 17
Materia Medica for Community Herbalists 3:45pm-7:00pm Amy Klazek	Practical Herbal Pharmacy 3:45pm-7:00pm Krista Poulton	Backyard Gardening 9:00am-5:30pm TBD	Energetics of Herbal Medicine 9:00am-4:00pm Sky Richarde
Week 3			
September 21	September 22	September 23	September 24
Materia Medica for Community Herbalists 3:45pm-7:00pm Amy Klazek	Practical Herbal Pharmacy 3:45pm-7:00pm Krista Poulton	Backyard Gardening 9:00am-5:30pm TBD	Herbal Walk / Identification 9am-4:00pm Lindsay Hounslow
Week 4			
September 28	September 29	September 30	October 1
Materia Medica for Community Herbalists 3:45pm-7:00pm Amy Klazek	Practical Herbal Pharmacy 3:45pm-7:00pm Krista Poulton	No classes Day of Truth and Reconciliation	Energetics of Herbal Medicine 9:00am-4:00pm Sky Richarde
Week 5			
October 5	October 6	October 7	October 8
Materia Medica for Community Herbalists 3:45pm-7:00pm Amy Klazek	Practical Herbal Pharmacy 3:45pm-7:00pm Krista Poulton	Backyard Gardening 9:00am-5:30pm TBD	Energetics of Herbal Medicine 9:00am-4:00pm Sky Richarde
Week 6			
October 12	October 13	October 14	October 15
No classes Reading Break	No classes Reading Break	Intro to Nutrition 9:00am-4:00pm Amber Baker	Energetics of Herbal Medicine 9:00am-4:00pm Sky Richarde

Thursday	Friday	Saturday	Sunday
Week 7			
October 19	October 20	October 21	October 22
Materia Medica for Community Herbalists 3:45pm-7:00pm Amy Klazek	Practical Herbal Pharmacy 3:45pm-7:00pm Krista Poulton	Intro to Nutrition 9:00am-4:00pm Amber Baker	Energetics of Herbal Medicine 9:00am-4:00pm Sky Richarde
Week 8			
October 26	October 27	October 28	October 29
Materia Medica for Community Herbalists 3:45pm-7:00pm Amy Klazek	Practical Herbal Pharmacy 3:45pm-7:00pm Krista Poulton	Natural Emergency Medicine 9:00am-4:00pm Shoshana Scott and Brook Paulin	Energetics of Herbal Medicine 9:00am-4:00pm Sky Richarde
Week 9			
November 2	November 3	November 4	November 5
Materia Medica for Community Herbalists 3:45pm-7:00pm Amy Klazek	Practical Herbal Pharmacy 3:45pm-7:00pm Krista Poulton	Natural Emergency Medicine 9:00am-4:00pm Krista Poulton	Herbal Therapeutics 9:00am-5:30pm Amy Klazek
Week 10			
November 9	November 10	November 11	November 12
Materia Medica for Community Herbalists 3:45pm-7:00pm Amy Klazek	Practical Herbal Pharmacy 3:45pm-7:00pm Krista Poulton	No classes Remembrance Day	Herbal Therapeutics 9:00am-5:30pm Amy Klazek
Week 11			
November 16	November 17	November 18	November 19
Materia Medica for Community Herbalists 3:45pm-7:00pm Amy Klazek	Practical Herbal Pharmacy 3:45pm-7:00pm Krista Poulton	Intro to Herbal Medicine 9:00am-12:00pm CHP Business 1:00-5:30pm Krista Poulton	Herbal Therapeutics 9:00am-5:30pm Amy Klazek
Week 12			
November 23	November 24	November 25	November 26
Materia Medica for Community Herbalists 3:45pm-7:00pm Amy Klazek	Practical Herbal Pharmacy 3:45pm-7:00pm Krista Poulton	Intro to Medicinal Mushrooms 9:00am-4:00pm Tony Acworth	Intro to Medicinal Mushrooms 9:00am-4:00pm Tony Acworth

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Thursday	Friday	Saturday	Sunday
Week 13			
November 30	December 1	December 2	December 3
Materia Medica for Community Herbalists 3:45pm-7:00pm Amy Klazek	Practical Herbal Pharmacy 3:45pm-7:00pm Krista Poulton	Intro to Aromatherapy 9:00am-4:00pm Alexis Hennig	Herbal Therapeutics 9:00am-5:30pm Amy Klazek
Week 14			
December 7	December 8	December 9	December 10
Materia Medica for Community Herbalists 3:45pm-7:00pm Amy Klazek	Practical Herbal Pharmacy 3:45pm-7:00pm Krista Poulton	Intro to Aromatherapy 9:00am-4:00pm Alexis Hennig	Energetics of Herbal Medicine 9:00am-4:00pm Sky Richarde
Week 15			
December 14	December 15	December 16	December 17
Materia Medica for Community Herbalists 3:45pm-7:00pm Amy Klazek	Practical Herbal Pharmacy 3:45pm-7:00pm Krista Poulton	Intro to Herbal Medicine 9:00am-12:00pm CHP Business 1:00-5:30pm Krista Poulton	Energetics of Herbal Medicine 9:00am-12:00pm Sky Richarde FLEX TIME 1:00-4:15pm Any Instructor may use this time to make up for lost content (Students, please plan to attend) Last Day of Classes

Program Total		
Practical Herbal Pharmacy*	45 hours	
Materia Medica for Community Herbalists*	45 hours	
Energetics of Herbal Medicine*	45 hours	
Backyard Gardening*	30 hours	
Workshops*	24 hours	
Herbal Therapeutics	30 hours	
Introduction to Nutrition	12 hours	
Herb Walk*	12 hours	
Natural Emergency Medicine*	12 hours	
Intro to Herbal Medicine	6 hours	
CHP Business	9 hours	
Total	270 hours	

*Courses that directly transfer into Diploma of Phytotherapy program.

Core Teaching Faculty

Krista Poulton, BKin, Dip. Phyt. (RHT)

Krista is a Medical Herbalist in private practice in Victoria, BC, balancing her private practice as a faculty member at Pacific Rim College, teaching courses in herbal medicine and medicine making, along with supervising clinical training. Krista maintains a professional membership with the Canadian Herbalists Association of BC (CHA of BC) and is actively involved with this organization as a member of the Board of Directors. She is also actively involved in the People's Apothecary, a community Herbal Medicine garden located in Quadra Village.

Amy Klazek Dip. Phyt.

Amy Klazek is a Medical Herbalist, and a graduate of the Community Herbalist Certificate program and the Diploma of Phytotherapy program at Pacific Rim College. She has a particular interest in nervous system and digestive health, as well as dermatology. As a member of the team at Pacific Rim College, she is proud to contribute to the education of holistic health as the Admissions Director, and as an instructor for the Holistic Doula Certificate and the Community Herbalist Certificate programs.

Sky Richarde Dip. Phyt. RH (AHG)

Sky began her herbal education in 2010 with the Science & Art of Herbalism by Rosemary Gladstar, from there she was inspired to deepen her knowledge, move to Canada from the U.S., and go on to complete the Diploma of Phytotherapy program (with honors) offered by Pacific Rim College. She is now a professional member of the American Herbalists Guild and owner of White Owl Medicinals, her personal home based clinic located in Esquimalt BC. Besides her work as a clinical herbalist and educator, she is also a personal caregiver, working 24hr shifts helping to support the lives of those who would otherwise not be independent.

Tony Acworth Dip. Phyt. (RHT)

Tony graduated with a Diploma in Phytotherapy from Pacific Rim College and is a member of the Canadian Herbalist Association of BC. He is a practicing Medical Herbalist at his home based clinic, Woodward Phytotherapy, in Brentwood Bay, BC. He has a keen interest in the areas of nervous system health, pain management and addictions having seen many such cases improve with the use of herbal medicine.

Alexis Hennig Dip. Phyt. (RHT)

Alexis graduated from Pacific Rim College in April 2014 with the highest of honours and as class valedictorian. She first started down a career path in natural health in 2008, when she attended Mount Royal University and received her certification in Aromatherapy. This soon blossomed into an interest in addressing health concerns internally as well as externally, and a passion for plant medicine in general to help facilitate the healing process – supporting the body, mind, and spirit. In addition to her Diploma of Phytotherapy and her Certificate in Aromatherapy, Alexis also holds training in both Lomi Lomi and CranioSacral Therapy. She has her own practice as a Medical Herbalist in Fernwood. Alexis joined the Dispensary team at Pacific Rim College in 2014 and the faculty in 2016. She loves being a part of the PRC community.

New Backyard Gardening Teacher

TBD

Amber Baker

Amber is a nutritionist based in Victoria, BC. She has worked primarily with inflammatory disease, specifically cancer, for the last 7 years. More recently, her clinical practice has shifted towards pregnancy and fertility with a special emphasis on infant and childhood nutrition. She is a Registered Orthomolecular Health Practitioner (ROHP) and Registered Nutritional Consulting Practitioner (RNCP) through the International Organization of Nutritional Consultants.

Lindsay Hounslow, Dip. Phyt. (RHT)

Lindsay's interest in plants was cultivated in the forests of the Pacific Northwest through 10 years spent as a wilderness guide. She taught Yoga, studied nutrition, and was mentored in organic gardening and herbalism before dedicating herself to clinical herbal studies. She was one of PRC's first Diploma of Phytotherapy graduates. She is also an Organic Master Gardener, the Dean of PRC's School of Western Herbal Medicine, a professional member of the BCHA and past Vice-President of the Board of Directors of the Canadian Council of Herbalist Associations.