

Advanced Apprenticeships for Apothecary, Cultivation, &/or Clinical Herbalism

So you made it through an “undergrad” program and have decided yes, you want to be an herbalist? Congratulations! There are so many ways to be an herbalist and Lily has worked in several herbalist arenas.

How the advanced work is organized:

Unlike Lily’s Foundations of Western Herbalism class, there is no scheduled syllabus. Instead, there is a checklist of proficiencies that you must master in order to prove competency. You decide how to maneuver through the checklist and your priorities. Additionally, Lily will facilitate discussions, videos, and activities around the subjects in the competency list for monthly get-togethers.

There will be one regular evening per month (currently second Thursdays) for advanced students to partake of a webinar, movie, guest lecturer, group discussion or activity, or field trip. This will also be the time that students share work that they are ready to present. But most time is scheduled (for one-on-one or small group learning) in advance.

The advanced modules have three major arenas: Clinical, cultivation, and apothecary. All modules are self-paced and directed. While I may have a checklist and there may be better times to do activities (warm months= outdoor activities, for example), a student may choose their project for a duration until that item is complete. A student may also be working on more than one area of competency at a time. Your choice!

Schedule:

Time one-on-one with Lily (in the apothecary, in clinical appointments and/or clinics, in teaching classes or webinars, in the garden or processing area, and in one-on-one mentoring) needs to be scheduled at least two weeks in advance. Group meetings and field trips are scheduled in advance by Lily. These are optional but highly encouraged. Advanced students are welcome to hop on field trips with Foundations students (paying their individual costs/fees) and onto one-off workshops with Lily (at a 25% discount or in work-trade for free).

Payment:

Monthly fees, after a deposit to secure your place of \$100, vary based on the amount of Lily’s time you use. A monthly baseline fee of \$100 happens which includes 5 hours of Lily’s prep time per month, 2 hours of individualized mentoring (in-person or online/phone), and the monthly cohort meeting. This is the baseline fee, even if students schedule no one-on-one time or miss the cohort during a given month. This is because Lily is constantly working on lessons, grading, and lining up opportunities for students. Beyond that, fees are based on how much one-on-one time you request. If you want more one-on-one time to accelerate your progress beyond what is outlined above, you can pay more in any given month at \$25 per hour.

There will be activities related to your apprenticeship where you will be doing work for Lily. Contacting her clients, writing client recommendations, doing research or outreach, creating formulas according to a recipe or prototypes according to verbal directions, harvesting or processing items she will use, etc. This is part of your tuition and adds to your education (learning by doing) in addition to the monthly fee you pay.

How long it takes:

Time to complete advanced work varies according to how many hours a month you put in. This is ideal for people with other commitments, as you can do a bunch of work in one month and pause when needed. It could be 1.5 years, it could be longer. It also depends on which module you are doing (or if you are doing several simultaneously). Once you decide which track(s) you want, how much time you are giving the course(s), and how your availability overlaps with Lily’s, we can map out a rough timeline and plan specifically for you.

Apothecary Focus:

My goal for this part of the apprenticeship is to make you a good medicine maker, especially for mass consumption. This could assist in a private practice, working for an herbal apothecary, or opening your own business.

You will be expected to be in Haven Herbs' Hive at least once monthly, and create items, research, and do work independently as well. Haven's Hive is on Make/Do Farm (Lily's home) and she has larger production days once weekly and smaller times throughout the week. Check in with her to schedule apothecary time.

Experiments for your certificate require you to obtain ingredients to do so. You may borrow equipment while in the Haven space to manufacture. If you plan in advance, you may add your order to a Haven order to get a discounted wholesale price for your ingredients.

Subject	What you need to demonstrate	How to demonstrate completion & competency
Solvents & Constituents	1. Which solvents extract what constituents. 2. How to make formulas that extract the constituents you want. 3. Being able to explain to people who want an inferior method why another is preferable, when necessary. 4. How some plants synergize actions and/or constituents and change the formula and/or dosage.	1. There will be a test to study for. (I will administer this test towards the end of your apprenticeship, after you have logged many hours of hands-on activity and studying. when you feel you are ready.) 2. Observing your client interactions around administration.
Assessment of potency/quality of formulations and ingredients	1. How does using different (inert, carrier) ingredients affect the user experience? 2. Create formulas (on paper and IRL) for feedback. You will need to have test subjects contact me for an evaluation form. 3. What are the criteria for potency assessment? 4. What lab tests are done to assess potency of supplements? How often are they done? 5. How does a small-batch producer ensure potency?	1. This is an ongoing process as you study the manufacture internal and external formulas. You will need to have at least 20 test subjects over time to test myriad formulations and submit a feedback form. (You will also give a sample to Lily to test herself). 2. You will also be tested on lab assessments and what they do.
FDA labeling requirements	1. Naming a product 2. What are required items on a label? 3. Entities responsible for self regulation 4. Actual governance in "supplements" and food.	1. You will be evaluating multiple labels for herbal literacy and writing reports on them. 2. You will be creating your own for formulas that must be in FDA compliance.

		3. You will be creating a report that lists all the entities you can find (government, non-profit, for-profit) that work on herbal and supplement label, medical claim, the practice of herbal medicine, and freedom of health issues.
Function claims	1. What is a “medical claim”? 2. Naming a product effectively, describing its use effectively and legally within the perimeters of law.	1. You will be creating a product from start to finish- formulating it, describing what it is for within the limits of law, and naming it.
Federal, state, and local manufacturing requirements	1. Health department codes 2. FDA compliance 3. Local governance and inspection 4. Equipment standards 5. Cottage industry laws 6. Licensure requirements	1. You will be submitting a prototype of an efficient and legal/certified/licensed production space. 2. You will assist Haven Herbs in implementing production space compliance and organizing projects in our new space. 3. Create a checklist of all licenses and certifications for Franklin County, Ohio, and US that an herbalist needs and how to obtain them.
Tastes of the plants and actions they impart in the body	1. You will define how taste indicates specific actions 2. You will describe those actions within multiple systems.	1. Create a chart describing the overlap of taste, actions, and examples of herb.
History of herbal medicine under the law in the US, the Middle East, and Europe	1. Document legal changes on the status of botanical medicine. 2. Who makes the decisions and why?	1. Report or timeline on the legal history of herbal medicine.
Different kinds of herbalism and herbalists in contemporary times.	1. What do they call themselves and each other? 2. What are the differing schools of thought?	1. Report on two different herbalists who differ in how they approach herbalism. 2. What are their strengths, weaknesses, philosophies of treatment and teaching?
Difference in fresh and dried plants in regards to actions	1. Assess how Hops, Oats, Feverfew, Valerian root, and one more herb of choice vary in their constituent concentrations in both fresh and dried. 2. Make medicines from each for evaluation.	1. Report and 2. medicine making.

Incorporating Chinese and Ayurvedic herbs into your formulas	Pick 5 herbs or fungi from both systems and incorporate them into your repertoire: create monographs and use them appropriately in formulas. Submit medicine to Lily for evaluation.	1. Report and 2. medicine making.
Contraindications and Warnings	Know restrictions for herbs and essential oils by population: pregnancy, lactation, children, immuno-compromised, elderly, environmental illness.	1. Create a chart with herbs and their contraindications.
Sourcing concerns: when you source from anyone else other than yourself.	1. How to assess good quality 2. Companies with ethical concerns 3. Wildcrafting pros and cons 4. What are some certifications and terms and what do they mean?	1. Research and presentation of what you found.
Cultivation yourself	1. How to process harvested herbs 2. Preserving harvest 3. Cultivation pros and cons 4. When to harvest herbs and how	1. Grow 10 herbs (including at least 2 root crops), harvest, and 2. make into medicine.
Experience of the sacred through sitting with the plants, journeying to the spirit of the plants, communicating with plants.	1. Complete 5 sessions working on plant communication with trees and plants.	1. Give a presentation to Lily and other advanced students on your findings. 2. Make a remedy based on the plant communication and test it.
Systems of plant family identification in the garden and wild	1. Read botany in a day 2. Lead two plant walks for beginners.	1. Report on 2 plant families you knew nothing about. 2. Plant walks and accompanying questions.
Cannabis concerns	1. What is CBD good for? THC? 2. How do we make administrations more effective as herbalists? 3. What herbs complement cannabis well? Which do not? 4. What is hype and unsubstantiated?	1. Compile a list of effective terpenes and what plants have them in what quantity. 2. Create a whole cannabis formula for evaluation and a CBD one for evaluation.
Flower & Gem Essences	Answer these questions when you submit your formulations. 1. What are the principles behind flower & gem essences and 2. how do they work?	1. Make 3 flower essences and submit for evaluation. 2. Make 2 gem essences and submit for evaluation. 3. Make a combination herbal and flower and/or gem essence preparation and submit for

		evaluation.
Aromatherapy	<ol style="list-style-type: none"> 1. Safety and efficacy concerns 2. Formulation concerns 3. Educating clients 	<ol style="list-style-type: none"> 1. Give a slide show report on one EO safety issue (phototoxicity, ingestion, dilution, sensitive populations). 2. Create a bath, salve, and cream using EOs safely. Disclose your recipe, method, and dilution.
Customer Experience	<ol style="list-style-type: none"> 1. How does one appeal to a customer sensually- packaging, product, and marketing. 2. How do we respond to customer feedback and adjust of necessary? 3. How does a product change customer experience when "non-essential" ingredients are swapped (shea butter instead of coconut oil, for example)? 	<ol style="list-style-type: none"> 1. Marketing and packaging trial runs with group feedback. 2. Can you think of immediate changes to a formula based on customer feedback? 3. test runs of similar formulas with differing ingredients to see how this changes user experience.
Apothecary Organizing	<ol style="list-style-type: none"> 1. Creating systems for organization and efficiency: inventory of ingredients, finished products, ideal storage systems, recipe binders, batch and best by tracking, and more 	<ol style="list-style-type: none"> 1. Help create and refine systems at the Haven Herbs space. 2. Create a smaller scale version at home and document what you are doing and how.
Community Herbalism	<ol style="list-style-type: none"> 1. Use your knowledge to help the community! 	<ol style="list-style-type: none"> 1. Volunteer with HWB to create/donate formulas they need for the People's Apothecary, create a seed bank and seed swap event, do outreach, or start a medicine garden for HWB.

Clinical Focus:

My goal for this apprenticeship is to get you ready for a private practice that includes herbalism. Whether you will add herbalism as a modality in an existing practice or set up a new practice with herbalism at its center, I want you to be an effective practitioner. To that end, you will shadow at clinics and private appointments, have discussion/debriefs after a client consult, and I will work with you on custom formulation. You will be putting in minimum clinical hours and submitting specific case studies to me for review. (This will also assist you in applying for AHG professional membership if you so choose.)

Subject	What you need to demonstrate	How to demonstrate completion & competency
Making formulas for clients	<ol style="list-style-type: none"> 1. Discernment in choosing administrations (medicine type) for clients. 2. Working around client limitations (in administration, 	<ol style="list-style-type: none"> 1. Documented cases of choosing administrations and herbs that have worth. 2. Creating formulas that meet restrictions in case studies.

	<p>lifestyle)</p> <ol style="list-style-type: none"> 3. Choosing herbs with multiple actions for multiple concerns. 4. Topical versus internal or both? 5. How do you decide which plants and which administration? 	<ol style="list-style-type: none"> 3. Creating formulas with 5 ingredients or less.
Cycles of Healing	<ol style="list-style-type: none"> 1. Helping clients with chronic issues through “wellness plateaus”. 2. Helping clients who get worse during treatment. 	<ol style="list-style-type: none"> 1. Case studies and mentorship documenting long-term care through good times and bad. 2. Reports showing how you framed wellness plateaus to the client and motivated them to move through them.
Clinical Research	<ol style="list-style-type: none"> 1. You will be expected to stay on top of the latest research on plant medicine and medicinal conditions. 	<ol style="list-style-type: none"> 3 presentations: One on the latest about a disease or condition. Two about the latest research on a plant or plant combination therapy.
Creating a healing plan with (not for) clients	<ol style="list-style-type: none"> 1. On paper vs. Real world 2. Inclusive of nutrition & food as medicine, movement, relationships and support networks, getting outside 3. Heroic authoritarian medicine versus holistic coaching and mentorship. 	<p>You will demonstrate that you do these through your own case studies while accruing clinic hours.</p>
Microdosing entheogens	<p>What is this strategy Does it work (Statistics) What are the obstacles to pursuing this practice?</p>	<p>Report on this topic and the latest research (presentation)</p>
Parallel therapies & recommendations: TCM, Ayurveda, Aromatherapy, Chelation, Acupuncture, Reiki, Massage, Feldenkrais, and more.	<p>Learning what is out there so you can make appropriate recommendations.</p>	<p>Seek out/swap therapies with 5 different kinds of practitioners and report back to the group.</p>
Diagnosis versus Recommendations and other pitfalls	<ol style="list-style-type: none"> 1. Should you use a diagnosis to drive your treatment? 2. What are the pitfalls and advantages of doing so? 3. How can we move away from medical authority into a mentor role without losing credibility? 	<p>You will demonstrate that you do these through your own case studies while accruing clinic hours.</p> <p>We will also have roundtable discussions about this at advanced student monthly gatherings.</p>
Constitutional Medicine	<ol style="list-style-type: none"> 1. How do you determine someone's constitution in multiple modalities? 2. How do you reconcile those 	<p>You will demonstrate that you do these through your own case studies while accruing clinic hours.</p>

	<p>modalities of you use multiples? 3. How does this affect what lifestyle changes and supplements you recommend?</p>	You will create a constitutional quiz and key for use by other herbalists.
Clinical Case Study evaluations in multiple systems	1. You will read case studies and make your own (on paper) recommendations.	Paper assessments throughout your apprenticeship.
Parasites, Detox, and other problems	1. How do you treat a client that is convinced they have parasites, are unclean, etc. (especially when you think this issue is self loathing or mental illness and not physiological)?	You will demonstrate that you do these through your own case studies while accruing clinic hours.
500 clinical hours (200 of which is you in the driver's seat!)	You will shadow Lily on client consultations, volunteer at HWB clinics, and when the time comes- create clinic hours for yourself that overlaps with Lily's hours for you to see clients you recruit.	Self Explanatory.
Tastes of the plants and actions they impart in the body	<ol style="list-style-type: none"> 1. You will define how taste indicates specific actions 2. You will describe those actions within multiple systems. 	1. Create a chart describing the overlap of taste, actions, and examples of herb.
Motivational interviewing Efficient interviewing	<ol style="list-style-type: none"> 1. You will create an interview outline to go over intake forms and tweak it over time. 2. You will learn to limit the initial interview to 30 minutes. 	You will demonstrate that you do these through your own case studies while accruing clinic hours.
Legal status of Herbalists in US, Ohio. Legal status of herbalists elsewhere	1. You will do the research about the status of herbalism in the US, Ohio, Franklin county, and elsewhere. Learn the boundaries and limits to an herbalism practice.	Presentation to the group.
AHG certification guidelines	1. If you decide to pursue this, I will help you file and find you a mentor for RH certification.	
History of herbal medicine under the law in the US and Europe	<ol style="list-style-type: none"> 1. Document legal changes on the status of botanical medicine. 2. Who makes the decisions and why? 	1. Report or timeline on the legal history of herbal medicine.
Tongue, pulse, eye, skin, facial assessment	1. You will pick at least two types of assessment to study.	Give a interactive report to the group on what you learned and how to do the techniques.
Clinical intake forms	1. What needs to be on them	1. You will create a short and

	and what does not? 2. How long should they be?	long form.
Experience of the sacred through sitting with the plants, journeying to the spirit of the plants, communicating with plants.	1. Complete 5 sessions working on plant communication with trees and plants.	1. Give a presentation to Lily and other advanced students on your findings. 2. Make a remedy based on the plant communication and test it.
Ethics	1. Being a non-licensed practitioner 2. Of making formulas as well as recommendations 3. Of other conflicts of interest 4. Dispensing “medical advice”	Roundtable discussions at group nights. You will demonstrate that you do these through your own case studies while accruing clinic hours.
HIPPA	1. You will create a bullet list of rights from the mega-paragraphs usually available.	Roundtable discussions at group nights. You will demonstrate that you do these through your own case studies while accruing clinic hours.
Understanding of the six tissue states and six tastes	You will learn these concepts.	Create an interactive diagnostic tool to share with the class.
Community Herbalism	1. Use your knowledge to help the community!	Volunteer with HWB to create/donate formulas they need for the People's Apothecary, create a seed bank and seed swap event, do outreach, or start a medicine garden for HWB.

Cultivation Focus:

My goal for this part of the apprenticeship is to teach you about various forms of sustainable agriculture, how to grow food and medicine, how to harvest and process plants for herbalism, the ethics of wildcrafting, plant identification, and growing for the mass market.

You will be expected to be at Make/Do Farm at least once monthly, and tend plants, process and dry them, and package them for future use. You will need to work independently as well. Make/Do Farm is Lily's home and she has agricultural work virtually every day of the week. Check in with her to schedule farm time.

Subject	What you need to demonstrate	How to demonstrate completion & competency
Fundamentals of permaculture, biodynamic farming, creating a	A report to the cohort with an overview of 3 ways to farm	Participate in growing experiments at Make/Do and

food forest, and other sustainable farming methods.	sustainably, comparing and contrasting.	elsewhere. Visit other places that use multiple methods of growing.
Companion planting fundamentals	You will learn by doing- taking over a plot and documenting your work and progress.	You will create a master plan for a garden or farm for 5 years- using companion planting, crop rotation, or other methods of sustainability over time.
Organic pest control and fertilization	You will learn by doing- taking over a plot and documenting your work and progress.	You will experiment with various forms of natural pest control over several growing seasons in multiple areas. (This could be Make/Do and HWB's community garden, if you lack space yourself.)
Attracting pollinators or keeping them	You will learn by doing- taking over a plot and documenting your work and progress.	Over several growing seasons, see what pollinators are attracted to which plants in what areas and keep records.
When to harvest different plants and what parts	You will learn by doing- taking over a plot and documenting your work and progress.	Learning what parts of a plant are used for medicine, when they are best harvested, and how to process them effectively.
Diseases and pests of crops	A report to the cohort with an overview of 3 pests/diseases and ways to treat or prevent them, what you did and what you learned, comparing and contrasting.	You will study pests and diseases in books and also in the garden, proposing treatments and prevention.
Harvesting basics	You will learn by doing- taking over a plot and documenting your work and progress.	You will harvest crops over at least two growing seasons.
Drying and processing plants: which ones get which treatment?	You will learn by doing- taking over a plot and documenting your work and progress.	You will learn the various ways to process the harvest and what laws apply to processing and why. You will experiment with several techniques to see which one is best suited for what plant in what area.
Specialty plants: endangered, hard-to-cultivate, or forest crops	You will learn by doing- taking over a plot and documenting your work and progress.	You will tend 3 specialty crops for Make/Do and/or yourself from seed/rhizome to harvest.

There may be a need to add missing items to the checklist over time. All additions will be discussed in advance.