

# Practical Herbalist Diploma Program

PART TIME STUDENTS START HERE



This template can be used to assist both part-time and full-time students in choosing which order to take courses.

**Part-time** students who wish to only take one course at a time are recommended to follow the course flow using the **pink arrows**.

For **full-time** students, we recommend taking three courses at a time. Start with the first group of three, and flow from **left to right**.

Students finish the program by completing a Plant Monograph Thesis project.

FULL TIME STUDENTS START WITH THE 3 COURSES SHOWN ABOVE



**WILD ROSE**  
College of Natural Healing  
SINCE • DEPUIS  
1975

# Course Descriptions - Practical Herbalist Diploma Program

## *Pre-requisite for Master Herbalist Diploma Program*

### **1- HERBOLOGY 101**

Herbology 101 is your essential herbalist starter course, outlining herbalism history, herbal folklore, plant identification and herbal terminology, as well as modern herbal research.

Start your herbalist journey with Herbology 101, the first course in your Practical Herbalist Diploma Program at Wild Rose College.

\*Pre-requisite for Herbology Advanced

### **2- BIOLOGY & BIOCHEMISTRY**

To be a practicing herbalist, you need to understand the 'chemistry' of life - biology.

This course examines the chemical interactions within living cells essential for sustaining life, which are crucial to understanding the art and science of herbalism, herbal preparations, and the way medicinal herbs affect our biology.

### **3- ANATOMY & PHYSIOLOGY**

Anatomy & Physiology is your essential course for all alternative health care practitioners.

Focusing on the organic and systemic interrelationships in an optimally functioning body, our Anatomy & Physiology course covers all of the major bodily systems, organs and tissues.

### **4- HISTORY OF HERBAL MEDICINE**

Your History of Herbal Medicine course offers an anthropological view into the long-standing relationship between humans and herbal medicine.

Root yourself into the practice of herbal medicine by becoming acquainted with its rich history.

### **5- NUTRITION 101**

Your Nutrition 101 course gives you a comprehensive overview into the exciting world of whole foods and the link between nutrition and food as preventative medicine.

Providing a framework for the study of the basics of nutrition, Nutrition 101 offers essential knowledge for the holistic practitioner.

\*Pre-requisite for Nutrition Advanced (Master Herbalist Diploma Program)

### **6- HERBOLOGY ADVANCED**

Your advanced level herbology course goes into detail about herbal constituents and their role in facilitating healing within the body.

Herbology Advanced provides essential framework for herbalists working towards a professional practice.

### **7- BOTANY FOR HERBALISTS**

Your Botany for Herbalists course is designed to understand the plant kingdom.

The practice of herbalism is incomplete without the familiarity with plant botany you will master through this course, on the way to the completion of your Practical Herbalist Diploma Program.

### **8- WESTERN MATERIA MEDICA I**

You will take a deeper look into over 50 medicinal herbs commonly used in Western herbalism in this Western Materia Medica 1 course.

This course provides key information on the theoretical basis of single herbs and their use, and draws upon the rich and diverse literature, both scientific and folkloric, that explores each herb.

### **9- WESTERN MATERIA MEDICA II**

This final course in your Practical Herbalist Diploma Program curriculum guides you to a deeper understanding of bodily systems and healing herbs applicable to its optimal function.

Western Materia Medica 2 ties together previous learning to complete your studies as a Practical Herbalist.