Holistic Herbalism Certificate - 100 Hours
Information and Tracking Sheet

The 100-hour certificate program is a continuation of our previous certificates and represents an additional 50 hours of herbal learning. In this program we offer advanced instruction and mentorship in clinical skills and a clinical group consultation course, deepening your apothecary work, herbal formulation, advanced energetics, and also offer 1:1 and small group mentoring to help you continue to build your knowledge and confidence. Questions? Reach out to us at info@paherbschoo.com.

100-Hour Certificate Overview

Area	Total Hours
Previous Certificate Hours (50)	
Foundations of Holistic Herbalism Certificate	25 hours
Hour Holistic Herbalism Certificate	25 hours
Required Courses (22 hours)	
Apothecary (2 hours) and Advanced Apothecary Mentorship (3 hours)	5 hours
Clinical Group Consultation	5 hours
Holistic Herbalism Immersions (2 sessions) which covers advanced clinical, formulation, energetics	8 hours
Individual or Small Group Mentorship, Herbal Support Experiences	4 hours
Electives (28 hours)	
Energetics and Body Systems	4
Materia Medica and Herbal Actions	4
Medicine Making	4
Stewardship and Identification	4
Formulation and Clinical Approaches	4
Open electives	12
Capstone Project	Portfolio and Presentation on Growing Herbal Practice
Total	100 hours

Pennsylvania School of Herbalism – 100 Hour Course Tracking Sheet

Required Courses

Name of Course	Hours	Date(s) an Notes
Creating and Using Your Home Apothecary	**2**	
Advanced Apothecary Mentorship	**3**	
Clinical Group Consultation	**5**	
Advanced Holistic Herbalism Session I	**4**	
Advanced Holistic Herbalism Session II	**4**	
Individual, Small Group Mentorship, or Herbal Support Experiences[1]	**4**	

Electives

Energetics and Body Systems (4 hours)

Name of Course	Hours	Date

Materia Medica and Herbal Actions (4 hours)

Name of Course	Hours	Date

Medicine Making (4 hours)

Name of Course	Hours	Date

[1] This can be fulfilled in a number of different ways: by serving as an herbal apprentice, attending an event where we are providing herbal support, assisting with one of our workshops or events, spending time with us in the woods or gardens, etc.

Stewardship and Identification (5 hours)

Name of Course	Hours	Date

Formulation and Clinical Approaches (4 hours)

Name of Course	Hours	Date

Open Electives (12 hours)

Name of Course	Hours	Date

100 Hour Certificate Project: Your Growing Herbal Practice Portfolio[2]

For your capstone project in the 100 hour certificate, you will create a practical herbal portfolio that showcases your growing herbal practice and are invited to present that portfolio to other herb school students.

Portfolio The portfolio should be practical and useful for your own herbal practice. The portfolio can be in any format (digital, print, etc).

- The portfolio can include anything that represents your growing herbalism practice: photos of your apothecary, examples of formulations you have created for your family, examples of medicines you have crafted to sell, your herb garden, your growing herbal foraging practice, a list of herbs in your apothecary,
- The portfolio must include a materia medica of 10 or more medicinal plants, trees, or mushrooms. For this, do a deep dive into ten plants, trees, or mushrooms and offer basic information on: ecology, identification, and stewardship; herbal actions and energetics; preparations and dosage, etc. You can use the templates provided for you by the Pennsylvania School of Herbalism or create your own template.
    - Note: these can be plants/herbs/trees that you've learned about in any of our classes or new plants you haven't yet learned about, they should not be the same plant you used for the 25-hour Materia Medica project. You are welcome to use other sources to compile your portfolio (and we can recommend some good ones beyond our classes). Please do not use AI and give a list of your references.

Presentation: To celebrate your accomplishments all 100-hour students will be invited to present their portfolio at one of our Foundations presentation class days or during one of our herbal intensives.

[2] **Pennsylvania School of Herbalism AI Policy:** As part of the emphasis of our herbal program is on your humanity, and due to the inaccurate nature of generative AI, we ask that you use your human self (and not AI) to create your projects.