Holistic Herbalism Certificate – 50 hours

All students interested in pursuing their 50-hour certificate must enroll and complete the 25-hours Foundations of Holistic Herbalism (FFH) course, which serves as the first half of our 50-hour Holistic Herbalism Certificate. Beyond the FFH, you can enroll in a wide variety of courses as befitting your interests and availability. Most classes are 2-4 hours and each class counts for different areas in herbalism. You can refer to specific course details for information on what classes count Any questions can be sent to Dana or Briel at info@paherbschool.com. Also, if you are close and need just 1-2 more hours in an area that we aren't offering a class in soon, reach out to us.

Area	Foundations of Holistic Herbalism Hours	Additional Hours beyond FFH
Energetics and Body Systems	6	4
Materia Medica and Herbal Actions	6	4
Medicine Making	7	4
Stewardship and Identification	3	5
Formulation and Clinical Approaches	3	4
Open electives	N/A	5
Capstone Project	Presentation on FFH class on Materia Medica + Herbal Preparation	Herbal Reflection Project and 1:1 mentorship meeting
Total	25 hours	50 hours

50 Hour Certificate Project: Herbal Reflection and 1:1 Mentoring Session.

At this stage in your herbal practice, it is useful to reflect on your experience as an herbalist. You will complete a reflection on your herbal journey. Your reflection can be in any media: written, audio, video, visual, digital, etc. You can reach out to Dana or Briel with your ideas. Your reflection should respond in some way to these questions:

- Share with us some meaningful moments on your herbal journey – what did you learn? How was that meaningful?
- What do you see as your strengths as an herbalist?
- What are areas you want to learn more about?
- What do you see as the next steps on your herbal journey?

Once you 've finished your reflection, please reach out to us and we will schedule your 1:1 mentoring session with either Dana or Briel.

Pennsylvania School of Herbalism – 50 hour Course Tracking Sheet

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

Stewardship and Identification (5 hours)

Name of Course	Hours	Date

Formulation and Clinical Approaches (4 hours)

Name of Course	Hours	Date

Open Electives (5 hours)

Name of Course	Hours	Date