Achieve an understanding of complementary wellness practice and therapy foundations that are growing in recognition and acceptance by consumers. Explore the wisdom of using wellness systems as a complement to current western health care practices. Our classes will help you examine practical applications for adopting these practices in your own professional life in order to assist others in achieving optimum wellness.

Clinical Herbalism Level I Certificate

**Fall 2015**
- 38261 Clinical Herbalism 101: 20 hours/10 sessions $225
- 38266 Clinical Herbalism 103: 16 hours/8 sessions $295

**Spring 2016**
- 38261 Clinical Herbalism 101: 20 hours/10 sessions $225
- 38265 Clinical Herbalism 102: 16 hours/8 sessions $249

**Total 3 courses for 52 hours $769**

Discount Offer: We can offer 10% discount for people who enroll in 3 or more classes; or a discount to bring Fall tuition in line with previous tuition for those who have started the Certificate courses prior to Fall 2015.

Clinical Herbalism Level II Certificate

**Fall 2015**
- 38272 Clinical Case Studies in Herbalism: NEW 12 hours/6 sessions $295
  *Instructor: Sonia Masocco*

**Spring 2016**
- 38270 Herbal Studies Online Series: NEW online/3 hours each
  - Top Ten Western Herbs & Theory $195
  - Top Ten Chinese Herbs & Theory $195
  - Top Ten Ayurveda Herbs & Theory $195
- 38273 Ethics of Herbal Medicine: NEW 12 hours/6 sessions/6 weeks $295
  *Instructor: Sonia Masocco (with guest presenters)*

**Summer 2016**
- 38275 Plant Identification and Field Work: 12 hours/4 sessions $249
  *Instructor: Kate Viers*

**Total 6 courses for 45 hours $1424**

Ayurveda Certificate

**Fall 2015**
- 38285 Food as Medicine: 12 hours/6 sessions/6 weeks $199

**Future Ayurveda Certificate Courses**
- 38281 Ayurveda Basics & Assessment Techniques: 12 hours/6 sessions/6 weeks $299
- 38282 Foundations of Ayurveda: NEW 20 hours/10 sessions/10 wks $495
- 38283 Chikitsa: The 6 Major Factors of Health and Wellness: NEW 16 hours/8 sessions/8 weeks $395

**Total 4 courses for 60 hours $1388**

For more information: Visit our website at ce.unm.edu.
Questions: Contact Loree Nalin, Program Supervisor atlnalin@unm.edu or 505-277-6025.
Clinical Herbalism 101
This course provides health care professionals and interested community members a basic foundation in Medical Herbalism. Students will explore the basic concepts of herbal terminology, botany, and medicinal uses of herbs for different systems of the body. Topics will include herbal preparations and regulations, plant identification, herb-drug interactions, cultural diversity and traditional techniques in diagnostics and medicinal uses of herbs.
Course #: 38261 FAA-PFA 20 hours $225
Sep 9-Nov 11 Wednesday 6:00pm-8:00pm
Sonia Masocco, LDT, C.AY, CAH

Clinical Herbalism 103
Many health practitioners recommend herbal and supplement protocols, medical professionals prescribe drugs, and individuals purchase many over-the-counter products. In this class you will learn about common pathologies, the mechanism of actions of selected cardiovascular, pulmonary, psychiatry, analgesic, neurology and condition specific drugs and their herb or supplement interaction/contraindication as well as herbal and supplements adjuvants to specific conditions such as hypertension, high cholesterol, asthma, depression and anxiety, pain, Alzheimer's, diabetes etc. This class is designed to teach the layperson as well as health care professional and the information provided can put to immediate use. Required textbook: Herb Contraindication & Drug Interactions, Francis Brinker, ND, Eclectic Medical Publications ISBN 1-888483-11-3. Student purchases from a vendor of their choice.
Course #: 38272 FAA-PFA 16 hours $295
Sep 15-Oct 20 Thursday 6:00pm-8:00pm
Sonia Masocco, LDT, C.AY, CAH

Clinical Case Studies in Herbalism NEW
Clinical Case Studies is designed specifically for students that have completed clinical herbalism level I. In this class the students acquire advanced understanding of the principles and practices of clinical herbalism through discussion of client based etiology, pathology and treatment. Case studies selected from a clinical practice concerning cardiovascular, pulmonary, psychiatry, pain and specific pathologies will be presented and students will be required to devise herbal protocols, discuss indications, contraindications and drug/herb interactions with specifics as to form of preparation and posology of the herbs or preparations ultimately selected. This class requires participation and commitment. Required text: Tarascon Pharmacopoeia 2015 Professional Desk Reference Edition, by Richard J. Hamilton, MD, FAAEM, FACMT, FACEP (7th Ed, 2015 Paperback, Publisher: Tarascon) ISBN-13: 9781284075083. Student purchases from a vendor of their choice.
Course #: 38272 FAA-PFA 12 hours $295
Sep 15-Oct 20 Tuesday 6:00pm-8:00pm
Sonia Masocco, LDT, C.AY, CAH

Holistic Health: Food as Medicine
Course: 38026 FAB-EFA Sep 21 Tuesday 6:00pm-7:00pm

Student says...
Absolutely wonderful class. Sonia offers such a wealth of information in a relatively short amount of time. Her knowledge and skills in this field was clear from day one. I was very pleased with how much ground we were able to cover in just a few hours each week.
~ Randi Ocena, student in fall 2014
Clinical Herbalism 101 class