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**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Duration</th>
<th>Sessions</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>38261</td>
<td>Clinical Herbalism 101</td>
<td>20 hours</td>
<td>10</td>
<td>$315</td>
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<tr>
<td>38265</td>
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<td>$349</td>
</tr>
</tbody>
</table>

Total 3 courses for 52 hours: $979

Discount Offer: We can offer 10% discount for people who enroll in 3 or more classes — a savings of $97.90.

**Family and Wellness**

Keep Up with the Challenge of Family Wellness at All Stages

- Brain Fit
- Exploring Mind Practices: Sustaining Your Mediation Habit
- NM Ecological Herbalism Series
- Introduction to Homeopathic Medicine

**Easy Ways to Register**

- **ONLINE**
  ce.unm.edu
- **EMAIL**
  ceregistration@unm.edu
- **PHONE**
  505-277-0077 Option 1
  M-F, 8:00am-5:00pm
  Most credit cards accepted.
- **MAIL**
  UNM Continuing Education
  Attn: Registration
  MSC07 4030
  1 University of New Mexico
  Albuquerque, NM 87131-0001
- **FAX**
  505-277-1990
  Fax/Mail instructions: see website.
- **IN PERSON**
  M-F, 8:00am-5:00pm
  UNM Continuing Education
  1634 University Blvd. NE
  South Building, Room 101
  (just north of Indian School)

**For more information:** Visit our website at ce.unm.edu.
**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.

**Recommended Text:** Fundamentals of Pharmacognosy and Phytotherapy by Heinrich, Barnes, Gibbons & Williamson (ISBN 9780702033889) 2nd Edition

**Course:** 38261  
**20 Hours**  
**$315**

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**Clinical Herbalism 102**

This course provides health care professionals and interested community members applies skills for the practice of Clinical Herbalism. Students will learn fundamental principles behind preparation choice and practice making fresh and dry tinctures, cordial preparations, ghee and honey preparations, syrups, suppositories and inhalers. Synergies, potentiation and encapsulation will also be part of the experiential learning process.

**NOTE:** Materials fee of $30 will be collected by the instructor at the first class. Material kits will be distributed at the first class.


**Course:** 38265  
**16 Hours**  
**$315+$30 Materials Fee

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**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.


**Course:** 38266  
**16 Hours**  
**$349**

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**Instructor**

**SONIA MASOCO,**  
**LDT, C.AY, CAH**

Sonia is a professional member of the National Ayurvedic Medical Association, the National Association of Holistic Aromatherapy as well as a member of the American Herbalist Guild. For the past 14 years, Sonia has had a private practice in Albuquerque; she also participates in lectures and conferences worldwide.

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**For more information:** Visit our website at ce.unm.edu.
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**Clinical Herbalism Level II Certificate**

38272 Clinical Case Studies in Herbalism  
Instructor: Sonia Masocco  
12 hours/6 sessions  $389

38273 Ethics of Herbal Medicine  
Instructor: Sonia Masocco (with guest presenters)  
12 hours/6 sessions  $389

38275 Plant Identification and Field Work  
Instructor: Kate Viers  
12 hours/4 sessions  $269

Total 3 courses for 36 hours  $1,047

*Discount Offer: We can offer 10% discount for people who enroll in 3 or more classes. A savings of $104.70*

**Clinical Case Studies in Herbalism**

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.


Course: 38272  
12 Hours  $389

Instructor: Sonia Masocco

For more information: Visit our website at ce.unm.edu.
Ethics of Herbal Medicine

Full disclosure, informed consent, confidentiality, professional courtesy, environmental commitment are just a few of the things required by the Code of Ethics by the American Herbalist Guild. In this class you will learn the terms, be exposed to experts in business practices and ethics, as well as networking and social media skills. This class is necessary for students wishing to establish a reputable herbal practice.

Course: 38273          12 Hours            $389
Instructor: Sonia Masocco

Plant Identification

Identify, gather and preserve your herbs from the garden or the wild. Each of the 4 morning sessions, you will meet at a different field location in the Albuquerque area. Learn the foundations of field botany and plant identification and be introduced to the work herbalists do in the field. Topics include: Basic botany used for plant identification, local medicinal plant materia medica, field tools, journaling, wildcrafting and ethics. Your study of plant cycles, climate and growing conditions will deepen your connection with the plants, empowering you to interact knowledgeably and ethically with plants in the field.

The Field Journal will be provided the first day of class.

Course: 38275        12 Hours          $269
Instructor: Kate Viers

Visit our website: ce.unm.edu/FreshLook