**ETHNOMEDICINE AND HEBALISM PROGRAMME**

Ethnomedicine is the scientific study of traditional medicine – its philosophy, practice and *materia medica* in cultural context.

As holistic healthcare strategy ethnomedical research is an interdisciplinary exercise that includes the following division: functioning of the human body in healthy and disease states, ethnobotany and medical anthropology as well as indigenous knowledge systems.

Counselling and ethnomedicine

Ethnomedicine is a powerful adjunct therapy that enables counsellors to work on clinical level. Case study examples:

Mary has mild depression that is linked to low serotonin neurotransmitter levels. The counsellor provides talk therapy to help her sort out some precipitating issues, but is also able to recommend that Mary makes use of Hypericum perforatum (Common name: St John’s wort that can support serotonin levels).

Sipho is stressed out and complains that his work is very taxing. Apart from counselling support, the counsellor also provides Sipho with adaptogens, a class of herbs that can help with stress management on biochemical level as well as to restore body homeostasis.

Her knowledge of herbs allows counsellor Cecile to also assist people with general health challenges such as high blood sugar, high blood pressure and insomnia. She runs a small health shop at her consultation rooms and it also brings in extra revenue and broadens the base of her clientele. Serious pathology must be referred to a physician.

Topics of study

* Natural medicine in the context of wellbeing
* Wellness as first level health care
* The green space of herbs in nature
* The beauty, classification and identification of medicinal plants
* How folk medicine makes use of plants to sustain health and assist in healing
* The ancient roots of herbalism
* The beginning of botany
* Various traditions
* Famous herbalists
* Doctrine of Signatures
* Ethnomedicine: Traditional medicine and herbal folklore in wellbeing perspective
* The art and science of traditional herbalism
* How to use herbs intuitively and scientifically to support clients in health and healing
* The value of herbal tonics
* Herbal practice
* Herbal actions
* Special classes of herbs
* Herbal combinations
* Herbs for health support
* Herbal chemistry
* Plant metabolites, their functions and side-effects
* Why knowledge of phytonutrients is important
* Introduction to organic chemistry
* Principles of plant chemistry
* The future of herbalism - Exploring the phytochemical information and energetic value of herbs

**Short course study programme**

The text books are included:

1. Sense of wellbeing – Dr M D Herholdt
2. *Herbs for wellbeing* by DR. M D Herholdt
3. *You can heal your body* by Dr. Marius Potgieter
4. *Forty herbs* booklet, and A3 poster to support practical work.

Optional classes are offered at the Synergetica campus once a month.

Candidates who cannot attend may request the PowerPoint programme

No examinations are necessary, but assignments and practical work projects are required to complete the course in 6 months form date of registration .

**Registration options**:

Upon successful completion candidates will receive a certificate of completion and be eligible to apply for registration at the Natural Healers Association (NHA) as Ethnomedicine counsellors.

Applicants with other qualifications plus this course could also qualify to register at the ASCHP – a professional body for Wellness Counsellors with designations listed on the National Qualifications Framework (NQF Act 76 of 2008.)

For more information and registration, please contact the office