

2009 PROSPECTUS



VETERINARY HERBAL MEDICINE

**FOUNDATION COURSE (3 days)
CERTIFICATION COURSE (6 x 3 days)**

Veterinary Herbal Medicine courses brought to you by:



Integrate was formed with the following core intent:

*To promote an integrative approach
to veterinary healthcare.*

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GENERAL INFORMATION

VETERINARY HERBAL MEDICINE

Veterinary Herbal Medicine is the study of plant-medicines and their therapeutic application in animal healthcare. The application of herbal medicines in human and animal healthcare has a long history that can be traced back millennia. In recent years, there has been a renewed interest in herbal medicine from around the world. Traditional herbal knowledge is now being confirmed and updated by research, scientific insights and clinical experience. We believe that *Veterinary Herbal Medicine* will develop into a significant part of the emerging integrated veterinary medicine.

INTEGRATION INTO PRACTICE

Our primary goal is to provide veterinarians with the knowledge and skills required to safely and effectively integrate herbal medicine into private practice. We envision an integrated animal healthcare system, where the most appropriate treatment options are selected from a wide spectrum of modalities, and healthcare professionals collaborate for the benefit of the patient. Herbal medicine has a variety of clinical indications and can be used as both a complement and an alternative to conventional treatment options. Herbal medicine is strongly indicated as a first aid treatment; in chronically ill and immune-compromised individuals; in palliative and convalescent care; in psychosomatic and multi-systemic illness.

COURSES

Courses are restricted to veterinarians, and focus on the use of herbal medicine in equines, canines and felines. Two courses in *Veterinary Herbal Medicine* are currently available:

FOUNDATION COURSE (3-days)

An introduction to the fundamentals of *Veterinary Herbal Medicine*, the most useful herbs in clinical practice, and the basic skills needed to begin integrating them into veterinary practice. See page 10.

FULL CERTIFICATION COURSE (6 x 3-day)

A six-module course exploring the therapeutic properties of herbal medicines and their clinical application in veterinary practice. Each 3-day module focuses on a different organ system and the herbs that affect that system. See page 12.

IS HERBAL MEDICINE FOR YOU?

These courses are suited to veterinarians wishing to pursue an interest in herbal medicine, and integrated or holistic animal healthcare. After studying *Veterinary Herbal Medicine*, the new knowledge and skills can be applied in a number of ways – integrate herbs into your existing veterinary practice; go on to specialise as a veterinary herbalist; pursue a career in teaching or writing; develop research possibilities; explore opportunities in industry or develop a passion for herb gardening.

EDUCATIONAL APPROACH

All our courses adopt a balanced and integrative educational approach. Herbal medicine today is a synthesis of traditional herbal wisdom and modern scientific knowledge. Our approach is to present all perspectives, while emphasising the knowledge and skills required to professionally integrate herbal medicine into modern practice. Vets are acquainted with the broad evidence-base for the use of herbs in modern medicine – research studies, clinical trials, case studies and traditional use.

GENERAL SYLLABUS

Introduction to Herbal Medicine

Explore the history and development of herbal medicine and consider the philosophies and medical models underlying the great herbal traditions of the world. Discover how veterinarians are integrating herbal medicine into clinical practice, and the roles veterinary herbalists are playing in research and industry. Hear how animals are naturally medicating themselves with herbs in the wild.

Botany & Herb Gardens

The study of Botany provides important tools for the veterinary herbalist. Acquire a working knowledge of botanical terminology, taxonomy, plant morphology and physiology, and learn how to identify and gather herbs on regular herb walks. Learn how to design and create your own culinary and medicinal herb garden and go on field visits to famous herb gardens.

Phytochemistry & Pharmacology

Biochemistry and pharmacology are foundation sciences in herbal medicine. Explore the theories explaining medicinal plant activity. Uncover the complexity of plant biochemistry and learn about the structure, properties and functions of the chemical constituents of herbs. Investigate the absorption, distribution, metabolism and excretion of herbal medicines and look at the

ways herbs affect an animal's physiology. Consider the toxicology of herbal medicines, their contra-indications and potential side-effects. Compare the actions of herbs to pharmaceuticals and learn about herb-drug interactions.

Pharmacognosy & Dispensing

Visit an herb processing facility and learn how to assess the quality of herbal medicines. Evaluate the effects that various growing, harvesting, processing and storage techniques have on herb quality. Explore the ways of formulating herbs for veterinary use, and learn how to determine the appropriate dosages. Gain experience at creating herb poultices, decoctions, and herbal creams. Discuss the details of setting up your own herbal pharmacy. Learn about the various regulatory bodies and relevant laws affecting the practice of Veterinary Herbal Medicine.

Professional Development

Explore the role of reflective practice, research and clinical audits in veterinary practice. Examine the personal and professional challenges of being a veterinary herbalist. Examine the vet/client/patient relationship and develop more effective communication and counselling skills. Discuss the process of successfully integrating herbal medicine into veterinary practice.

Nutrition & Nutraceuticals

Explore the relationship between diet and herbal medicine. Examine the basic principles of the various nutritional models and how they apply to animals. Discuss possible interactions between foods and herbs, and how to use food as a preventative medicine and to support herbal therapy. Learn about the role of nutraceuticals in veterinary medicine.

Conservation & Ecology

Discuss the issues surrounding the conservation and sustainability of medicinal plants. Critically assess the various sources of herbs including wild crafting and commercial suppliers. Learn about the substitutions available for endangered herbs. Visit local herbal and conservation habitats.

Materia Medica

Materia medica is the core subject in veterinary herbalism. Examine individual herbs and discuss the botanical, pharmacological, pharmacognostic and therapeutic aspects of each, along with its clinical indications, contraindications, formulation and dosage. All the herbs are discussed from a

modern scientific and traditional therapeutic perspective, with additional understanding from relevant clinical experience and research. During the practicals, experience the taste, smell, feel and unique medicinal properties of various herbs for yourself.

Herbal therapeutics

This section deals with the clinical application of herbs in veterinary medicine. Adopting a systems approach, common diseases and syndromes are explored by means of case studies. Learn how to select appropriate herbal remedies, individualise treatments, modify prescriptions and evaluate a patient's response to treatment. Explore ways of integrating treatment strategies by modifying drug treatments, introducing nutritional changes and other treatment strategies. Learn how to dose appropriately in different individuals and different species, and recognise side-effects and adverse reactions. Explore complex disease patterns and learn how to prioritise goals - addressing symptoms as well as underlying causes of disease.

Resources and research

Become acquainted with the wealth of resources available to the veterinary herbalist – Internet, books, email lists, suppliers, etc. Review the growing evidence-base for *Veterinary Herbal Medicine* and learn how to access clinically relevant information quickly and easily.

STUDY MATERIALS

All course participants receive complete course notes. Supportive study material and handy reference guides for the individual herbs and herbal formulae are provided. A sample of each herb studied is supplied for reference. All topics discussed have accompanying list of suggested reading and resources. An email-based study group provides ongoing support.

COURSE ACCREDITATION

The *Association of Veterinary Herbalists* (AVH) is a group of veterinarians and herbalists dedicated to developing responsible herbal practice. The AVH would like to accredit courses offering training in Veterinary Herbal Medicine. Integrate will be applying to have our courses accredited by the AVH as soon as they are able to offer the service.

CERTIFICATION

The AVH currently offers certification in *Veterinary Herbal Medicine*. The AVH acts as an international certifying body for veterinary herbalists, seeking to provide veterinarians with a standard of competency by which to choose a veterinary herbalist. The requirements to qualify for the AVH's *Certification of*

Competency in Veterinary Herbal Medicine include a 75% pass in the theory and practical exams; submission of three case studies to publication standard. Veterinary herbalists who are certified will earn the title of Master of *Association of Veterinary Herbalists* (MAVH).

COURSE FEES

Fees include all field trips, course materials, lunches and teas. Payment can be made by cash, cheque, credit/debit card or bank transfer. Please give us a call to discuss terms if you would like to spread out the cost of the course by making monthly payments.

REGISTRATION

The registration form is enclosed. The registration form is also available in PDF format on our website. Return the completed registration form, together with the course fees, to secure your place on the course. Class size is limited so places on the course will be allocated on a first-come-first-served basis, so please register early to avoid disappointment. A confirmation pack will be sent to you when we receive your registration information. This will include confirmation of registration, a receipted-invoice, syllabus and reading list, directions on how to get to Horsehay Farm, and a list of local accommodation.

VENUE AND FACILITIES

Horsehay Farm is the setting for most of Integrate's courses, and provides an ideal combination of resources for an exceptional learning experience. Horsehay Farm is set in the heart of England, in the beautiful Cotswold countryside. The farm has an abundance of flora, fauna, streams, ponds, hedgerows, woodlands and large unspoilt meadows. The farm's resident domestic and companion animals include goats, sheep, dogs, cats, horses and an assortment of exotic animals including parrots and tortoises.

We have a superb education and equine therapy centre on the farm. The ground floor houses a treatment and therapy centre for horses. Integrate's courses are held on the first floor. Here the open-plan layout, large windows with views over the surrounding countryside, and comfortable furnishings create a relaxed and spacious feel. Facilities include a spacious conference room, a comfortable library area, the latest audio-visual and multimedia equipment.

ACCOMODATION

Courses are non-residential. A list of local B&B's and hotels will be sent out with the confirmation pack on registration. Please book in early to avoid disappointment. Discounts are available to delegates at certain times of year. Please enquire when booking. Further information is available on the website – www.integratecpd.com.

GETTING THERE

Horsehay Farm is well situated, with easy road, rail or air access from anywhere in the UK and Europe. Located 12 miles north of Oxford, the farm is only one hour's drive from London's Heathrow Airport and Birmingham. Detailed directions on getting to Horsehay Farm will be sent following registration as part of our confirmation pack. See our website for further information (www.integratecpd.com) as well as national and international transportation links.

CONTACT US

If you have any queries regarding our courses or registration, please contact the office on +44 (0) 1869 349955, or email us on courses@integratecpd.com.

DISCLAIMER

This prospectus describes the facilities and courses that Integrate intends to offer for 2009. However, Integrate reserves the right to cancel, suspend or modify in any way, the details contained in this prospectus. While every effort has been made to ensure that the information contained in this prospectus is correct at time of print, no responsibility can be taken for any inaccuracies. All course fees quoted are for 2009 and are subject to change.

FOUNDATION COURSE (3 days)

An information-packed, clinically-based, 2-day introduction to the art and science of *Veterinary Herbal Medicine*.

This foundation course provides a broad overview of veterinary herbal medicine including the role of herbal medicine played in traditional veterinary practice, the relationship of herbs to nutrition, and how animals medicate themselves in the wild. The basic sciences of herbal medicine are introduced including medical botany, phytochemistry, pharmacology and pharmacognosy.

The herbal medicines are studied by presenting the science of herbal medicine alongside traditional, holistic herbal knowledge. Fifteen of the most important and useful herbal medicines are covered in detail. Information on mechanisms of action, clinical indications, herb dosage, toxicities and herb-drug interactions ensure that veterinarians can begin integrating herbal medicine into their practice safely and effectively.

Practical sessions include opportunities to create topical herbal preparations for various complaints and daily herb walks in the countryside to identify local herbs. Case studies and group work further support the process of applying the science and integrating the holistic concepts into everyday veterinary practice.

PRE-REQUISITES

Restricted to veterinary surgeons in good standing. No previous experience of herbal medicine is required. This course is a pre-requisite for going on to the 6-module full certification course.

SYLLABUS

- Introduction to Herbal Medicine
- Medical Botany & Herb Gardens
- Phytochemistry & Pharmacology
- Pharmacognosy & Dispensing
- Professional Development
- Nutrition & Nutraceuticals
- Conservation & Ecology
- Materia Medica
- Herbal Therapeutics
- Resources & Research

DATES

24th – 26th July 2009

VENUE

Horsehay Farm, Duns Tew Road, Middle Barton, Oxfordshire OX7 7DQ

TUTORS

Peter Conway MNIMH MCPP Cert.Ed.

Ray O'Mahony MVB MRCVS MAVH

Guest lecturers –specialists are invited to speak on their special interest

Manufacturers – herbal medicine manufacturers are invited to introduce their range of remedies

COST

£585.00 (10% discount for early registration – 1 month prior to commencement of course)

Fees include all field trips/herbal walks, course materials and teas. Payment can be made by cash, cheque, credit/debit card or bank transfer. Please give us a call to discuss terms if you would like to spread out the cost of the course by making monthly payments.

FULL CERTIFICATION COURSE (6 X 3 days)

This 6-module course is designed to give veterinary surgeons a solid grounding in the safe and effective application of herbal medicine in veterinary practice. Building on the foundation course, each module focuses on a different organ system. These innovative courses provide veterinary surgeons with a high quality and comprehensive education in the fundamentals of Veterinary Herbal Medicine.

In the *Materia Medica* Section of each module, the primary herbs affecting that system are studied. The biochemistry, mechanisms of action, clinical indications, herb dosage, toxicities and herb-drug interactions of each herb are presented. Then in the *Therapeutics* Section, the diseases and syndromes affecting that organ system are discussed. Required treatment principles are identified and various strategies discussed. Through the use of case studies, a variety of herbal treatment options are explored.

Practical sessions include opportunities to develop and dispense herbal prescriptions; explore the action of various herbs; and daily herb walks in the countryside to identify local herbs.

PRE-REQUISITES

Restricted to veterinary surgeons in good standing. Completion of the *Foundation to Veterinary Herbal Medicine* course.

SYLLABUS

Modules

Module 1: Gastroenterology

Module 2: Rheumatology

Module 3: Cardiology, Respiratory medicine

Module 4: Genitourology, Oncology

Module 5: New Approaches to Integrated Physiology: Psychoneuroimmunology (PNI)

Module 6: Dermatology, Gerontology, Neonatology & Complex Cases

Materia Medica

Primary herbal medicines used in each organ system

Therapeutics

Common diseases and syndromes in each organ system and treatment strategies

DATES

Dates for 2009 to be announced soon.

TUTORS

Peter Conway MNIMH MCPP Cert.Ed.

Ray O'Mahony MVB MRCVS MAVH

Guest lecturers – specialists are invited to speak on their special interest

Manufacturers – herbal medicine manufacturers are invited to introduce their range of remedies

COST

£585.00 per module x 6 modules totalling £3510 (10% discount applies to payment of full course fees for early registration two months before the 1st module).

Fees include all field trips, course materials, lunches and teas. VAT is not charged for non-UK students. Payment can be made by cash, cheque, credit/debit card or bank transfer. Please give us a call to discuss terms if you would like to spread out the cost of the course by making monthly payments.