

Course Descriptions

Certificate in Chinese Herbal Medicine (CCHM) Program

2026-2028

HERBAL MEDICINE

HM912 Incompatibilities, Contraindications, and Interactions [1cr/15hrs] The course explores the safe use of Chinese herbs, including how to combine herbs with Western medications and how to make appropriate substitutions for specific health conditions. This course will cover how different processing methods and preparations affect herb energetics and introduce students to the 19 Chinese herb antagonists and 18 incompatibles discussed in classic literature. The course also includes herb identification and how to assess herb quality.

HM915 Herbal Foundations 1 – Herbs and Formulas [5.77cr/86.5hrs] This is part one of a four-part course providing a comprehensive study of Chinese Herbal Medicine. Topics include history, theory, and the classifications and medical properties of individual Chinese herbs and basic classical herbal prescriptions of Chinese Medicine. Students explore pattern discrimination, actions and indications of major formulas.

HM916 Herbal Foundations 2 – Herbs, Formulas, and Food Therapy [5.77cr/86.5hrs] This is part two of a four-part course providing a comprehensive study of Chinese Herbal Medicine. Topics include history, theory, and the classifications and medical properties of individual Chinese herbs and basic classical herbal prescriptions of Chinese Medicine. Students explore pattern discrimination, actions and indications of major formulas. In this second section, students also study the materia medica of foods and their categorization with regard to temperature, taste and function as well as the implementation of dietary advice for various disease patterns.

HM922 Classical Channels and Herbs [1cr/15hrs] This course will cover the internal and external use of Chinese herbal medicine in treating the Sinew, Luo, Divergent and Eight Extra Channels. Discussions will include historical perspectives and clinical application of herbal medicine to address commonly seen conditions.

HM923 Herbal Preparations and Medicine Making [2cr/30hrs] This course provides an introduction to the knowledge and skills necessary to create medicinal preparations from raw herbs. Topics include herb processing (pao zhi), tinctures, pills and other internal medicines, liniments, salves and other topical preparations. Students practice preparing the most commonly used medicinal formats in the herbal dispensary including raw herbs, granules, and tinctures. There is a materials fee for this course.

HM925 Herbal Foundations 3 – Herbs, Formulas, and Essential Oils [5.77cr/86.5hrs] This is part three of a four-part course providing a comprehensive study of Chinese Herbal Medicine. Topics include history, theory, and the classifications and medical properties of individual Chinese herbs and basic classical herbal prescriptions of Chinese Medicine. Students explore pattern discrimination, actions and indications of major formulas. This third section also introduces the basic uses and properties of essential oils and their place in Chinese Medicine. Topics include essential oils materia medica, safety considerations, formula creation and use of essential oils in the treatment of various commonly seen conditions.

HM926 Herbal Foundations 4 – Herbs, Formulas, and Patent Medicines [5.77cr/86.5hrs] This is part four of a four-part course providing a comprehensive study of Chinese Herbal Medicine. Topics include history, theory, and the classifications and medical properties of individual Chinese herbs and basic classical herbal

prescriptions of Chinese Medicine. Students explore pattern discrimination, actions and indications of major formulas. This fourth section also introduces patented Chinese herbal medicines. Students learn the actions, indications, dosage, and contraindications of patent medicines and granules. Topics include proper dosage, manufacturers, and dispensary operations.

HM932 Herbal Comprehensive Review [3cr/45hrs] This course provides a comprehensive review of the Chinese Materia Medica and the formulas studied in previous courses. Emphasis is placed on categories for herbal prescribing and pattern differentiation of formulas. Upon completion, students should be able to integrate their knowledge base in Chinese Herbal Medicine as they approach patient problems.

BIOMEDICINE

WM910 Western Diagnostics and Exams [2cr/30hrs] This course offers an overview of tests and diagnostics that Chinese medicine practitioners can utilize in clinical practice. This course provides the knowledge and skills necessary to perform a physical examination from a Western medical standpoint. Topics include approaching the patient, obtaining a biomedical history, differentiating normal from abnormal findings, and correctly using tools and exam techniques. The course also provides an overview of Western tests and diagnostic procedures that are used to help make diagnoses in hematology, musculoskeletal disease, thyroid disorders, kidney and urologic disease, diabetes, cardiovascular disease, cancer, nervous system disease, pulmonary disease, and gastrointestinal disease.

WM911 Principles of Pharmacology [2cr/30hrs] This course will introduce students to the basics of drug pharmacology and metabolism. This course will provide an in-depth analysis of the biochemical and physiological effects of classes of commonly used pharmaceuticals on the body. It will explore how these classes of drugs are absorbed, distributed, metabolized, and eliminated from the body. The focus is on the use of these common classes of pharmaceuticals and their cautions and contraindications. In addition, this course will provide information on potential interaction between herbal medications, supplements, and common classes of pharmaceuticals.

CLINICAL TRAINING

IN931 Herbal Clinical Internship/Clinical Case Review [7cr/210hrs] In Clinical Internship interns are providing patient care in supervised clinical settings including in a classroom theater-style setting, in the College Acupuncture Clinic, and in off-site venues. Emphasis is placed on the practice of clinical skills, including diagnosis and treatment strategies. Interns gain experience working in the herbal dispensary mixing herbal formulas to reinforce visual identification of herbs. Interns begin by prescribing unmodified classical formulas and patent medicines and later transition to modifying formulas and creating their own prescriptions. Students learn to formulate herbal prescriptions including appropriate dosage and preparation methods.