

Sensory Herb Practitioner Training

Our **Sensory Herb Practitioner Training** is comprised of eight Branches over two years. Each branch is a residential long-weekend hosted at a beautiful residential centre with additional self-directed work in between each meeting. The Practitioner course embeds the Sensory Herbalism Principles from the foundation year as you deepen your studies and broaden your understanding of the relationship between plants and health.

The Seed SistAs have developed our own Sensory Herb system from years of working with plants in clinical practice, growing, harvesting and creating remedies as well as teaching Sensory Herbalism. The aim of this training is to teach you what we know and what we would have wanted to know when we were studying herbal medicine ourselves.

Our teaching will enhance your confidence in using herbs both by using our intuitive Sensory tools to study plants and by looking in-depth at the body systems, studying various common conditions both acute and chronic, and exploring the emotional and spiritual causes of disease

In addition to learning about plants, the human body and healing, you will be working with and observing the land. Part of the course is dedicated to the growth and cultivation of herbs for medicine, giving you the tools to always have access to key medicinal plants wherever you may be.

You will...

- ◆ Deepen your relationships with the plants and your own healing journey
- ◆ Understand links between ill-health and both the emotions and body systems
- ◆ Learn to treat people with plants according to Sensory Herbalism techniques
- ◆ Develop your understanding of individual plants and how to combine them into tried and tested remedies
- ◆ Have a set of supportive diagnostic tools
- ◆ Be able to apply appropriate remedies to your clients
- ◆ Develop treatment plans with tools and techniques to support your clients
- ◆ Gain hands on experience growing and harvesting herbs for medicine
- ◆ Have access to insurance when you practice
- ◆ Have access to the support network of your fellow practitioners and on-line mentorship between sessions

We lead you towards treating clients with our range of Sensory drops, teas and simples as you progress towards becoming a Sensory Herb Practitioner with a Materia medica of native herb friends that you create remedies from.

Sensory Herb Practitioner Training Course Structure: 8 branches

Branches	Tools	Herbs & Nutrition	Conditions	Body Systems
Branch 1: Homeostasis Tension & Relaxation	Introduction to Sensory Herb Practitioner Techniques Processing Herbs as a Therapeutic Tool	Nervines, Adrenal Tonics & Adaptogens EFA's	Chronic: Anxiety/stress leading to adrenal fatigue Acute: Panic attacks	Nervous System & Adrenals
Branch 2: Emotional Processing Addiction & Compulsion	Diagnostics Elemental Consultation Tongue Diagnosis Dowsing Energy Centers	Nervines, Carminatives Bitters & Demulcents	Chronic: Irritable Bowel Syndrome (IBS) Acute: Stomach Ulcers	Digestive System
Branch 3: What's in the waters? Shock & Trauma	Sensory Elemental Consultation with a patient Tea Blending	Demulcents & Urinary antiseptics	Chronic: irritable bladder Acute: Cystitis	Urinary System
Branch 4: Relationships & Passion Folklore	Folklore/ Storytelling Pelvic Massage	Lymphatics Circulatories	Chronic: Endometriosis/ Fibroids Impotence Acute: Period pains	Reproductive System
Branch 5: Grief & the dream space Energy Exchange	Lucid Dreaming Pranayama	Expectorants Demulcents Antihistamines	Chronic: Asthma Acute: Coughs	Respiratory system or the Lungs
Branch 6: Pain, Death & the party of life Structure	Pharmacodynamics Contraindications The many characters of the individual	Anti-inflammatories Circulatories	Chronic: Osteoarthritis Acute: Sprains	Muscular skeletal
Branch 7: Tribal Boundaries Immunity & Clarity	Client Confidentially Contraindications continued Movement Aroma Spray	Immunosymulants & Lymphatics	Chronic: Eczema Acute: Hayfever	Immune System
Branch 8: Heart & Self-care Judgment	Moving onwards & setting up in practice PESS	Heart Tonics Circulatories	Acute: Palpitations Chronic: Poor circulation	Cardiovascular