



BRITISH COLUMBIA HERBALISTS ASSOCIATION

Education Guidelines for RHT Membership

All Western Herbal Therapists are required to have the Core Curriculum Training of: Human Sciences, Nutrition, Clinical Sciences, Plant Chemistry and Pharmacology, Pharmacognosy and Dispensing, Practitioner Development and Ethics, Practitioner Research and Clinical Practice.

The total hours need to add to a minimum of 2000 – a lower range in some categories would require higher amounts of training in other categories to meet the 2000 hours. There is some flexibility in the range of hours –however an applicant is required to exceed the minimum requirements in some subjects in order to reach the minimum required overall.

RHT Educational Requirement -- Course/Training	Hours
Core Curriculum of Herbal Training Philosophy(s) of Western Herbalism Plant Chemistry History of Western Style Herbal Medicine Ethics and Regulations Herbal Pharmacology Safe Use of Herbs Therapeutic Interactions Materia Medica and Herbal Therapeutics (*minimum 250 hours) Herbal pharmacokinetics	500-700
Botany Plant Identification (pharmacognosy)	100 -150

Horticulture Gardening Environment and Conservation Permaculture Wild crafting Herbarium	
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<p>Basic Human Sciences: (2 sections, elementary and advanced) Essential: Anatomy, physiology, pathophysiology Bio Medical Sciences: Differential diagnoses, lab tests, integrated physical exam skills</p> <p>Additional: histology, embryology, microbiology, pediatrics, gynecology, geriatrics, dermatology, biochemistry, oncology, cardiology, neurology, midwifery, psychology</p>	500-800
<p>Nutrition Based Therapies: Nutritional supplements Food Ecology Nutrients and diet Evolution of cultural diets Food Based therapy Nutritional Therapeutics</p>	100-150
<p>Practical Herbal /Clinical Pharmacy: Formulations, safety, dosing, interactions Herbal Medicine making Herbal Pharmacy Dispensing Inventory management, sanitation, quality control</p>	100-150
<p>Electives Additional Holistic Health Training:</p> <ul style="list-style-type: none"> • Research Skills • Laboratory Science: interpreting and analyzing medical diagnostic tests • Plant Spirit Medicine • Aromatherapy • Flower Essences • Herb Walks • Energetics of herbal medicine • Energetic modalities: reiki, healing touch, hands on healing • Study of Additional Natural Health Products (nutritional supplements) • Study of Additional Complementary Alternative Methodologies (Oriental medicine, Ayurvedic medicine, Homeopathic medicine, Midwifery, Doula) • Alternative diagnostic techniques such as tongue diagnosis, iridology, and/or applied kinesiology etc. 	300-600

<ul style="list-style-type: none"> • Ethnobotany • Thesis • Any additional holistic training can be seen as additional elective hours • Additional hours over and above the required minimum hours OR advanced training in any of the above categories may also be used towards the elective hours. • Etc. 	
<p>Practice management: Business development – rules and regulations Career preparation Professional development Web development, office management, client record management Computer program training (e.g., text editors, excel, book-keeping, Photoshop, etc) Book-keeping, marketing Practice management, client record keeping Professional writing development</p>	50-75
<p>Under special circumstances: self directed home study hours completed during the enrolment in a classroom holistic health educational program may be considered at the discretion of the Examining Board. Proof of completion is required.</p>	25%
<p>TOTAL RHT Educational Training</p>	2000 Hours minimum

Disclaimer: These are general guidelines of the minimal training in order to fulfill the Association's RHT educational requirements. At the discretion of the Examining Board – the number of required hours can be adjusted among the various course categories when the minimum of 2000 hours of education is met.