



Welcome to the first edition of what we hope will become a regular newsletter for all the friends and supporters of The Scottish School of Herbal Medicine. We hope to use it to keep you up-to-date on what is happening in the school, inform you of new developments and let you know how you can become more involved in the work of the school, be you graduate, tutor, student or friend. As this is the first issue, we would welcome your feedback, thoughts and suggestions. You can get in touch with us using the contact details on the last page. We look forward to hearing from you.

Here's to the future!

Diary dates...

AGM: Notification to all Members that the date for the AGM is Saturday 5th December, 5.30pm at the Pearce Institute. We hope you can attend. For more information or to become a Member please contact the office.

Christmas Party and Graduation ceremony will be on 5th December at the Pierce Institute. For more information and tickets please contact zoey@herbalmedicine.org.uk.



Friends and family gathered to celebrate 2008 graduation.

New for 2009!

Due to popular demand, we have been able to open up our highly acclaimed Summer School and Winter School Goethean Plant Study to a wider audience for the first time, which has been made possible by the re-validation of this by University of Wales as a 1 year **Post Graduate Certificate in Holistic Research Methods**. As such we are delighted to welcome our first 2 PGCert students in 2009-10, Alicia Sawaya and Renée Koenders.

The next intake for the PGCert will be August 2010, please contact us for more information. Previous School graduates have shown that it is possible for Herbalists to do their own research whilst remaining true to our holistic traditions and integrity. Why not join them?

A blend of Art and Science.

Ruth Chapman reflects on four years of study with The Scottish School of Herbal Medicine.

Studying Herbal Medicine has allowed me to combine my interest in discovering alternatives to allopathic medicines for family and my interest in gardening. I had dabbled in homeopathy before and had planted a few herbs in the garden. Then, one summer, reading the Organic Way while recovering from a bout of illness I saw an advert for the school and decided to do the correspondence course. That was it – I was hooked as soon as I started and I knew right away I wanted to do the BSc.

I did look into other possibilities and discussed things with other herbalists. Through talking to them, I decided that this was the place for me. The course seemed to offer a blending of art and science. It wasn't just straight science and, as a non-scientist this appealed to me. For the last four years, once a month I've been leaving my husband and daughter at home in Wexford on a Thursday afternoon and travelling to Glasgow for clinic on the Friday and classes on the Saturday and Sunday.



"I feel very privileged to have gone to the Scottish School."
- Ruth Chapman



It's been a wonderful experience - so challenging and hard and ultimately I feel very privileged to have gone to the Scottish School.

It has been a personal learning experience – I've discovered what I am capable of and what my limitations are. And, I've enjoyed the liberation of, in my 40's, being able to reinvent myself, to go back to knowing nothing and moving out of my comfort zone.

I think that, for me, the best thing about the course is having the benefit of all the visiting herbalists. It's been amazing having them sharing their knowledge and experience. To be able to hear first hand from some of the best herbalists in the UK has been fantastic.

I'm optimistic that I will make a go of being a herbalist. I see this as a second opportunity to have a rewarding career. I am looking forward to making the practice my own and developing it over the years.

Where are they now?

Daisy Mae graduated from the school of Herbal Medicine in 2004. We caught up with her to find out what she's doing now!



What first attracted you to studying Herbal Medicine and why did you choose to study at the SSHM?

I have been interested in plants all my life.

After finishing my first degree and starting work I realised I had to pursue my love. After attending a one year evening class with Nina Nissan in herbal medicine, I knew I had to take things further. I read about all the herbal medicine courses in the UK and I felt inspired by the SSHM, extra bonus it was the only literature on recycled paper!

Can you summarize your time at SSHM? A tall order I know, but have a go...

My time at the SSHM was the best thing that had happened to me in a long time! I was studying a subject that I loved, and knew I was doing the right thing for me. The work was hard and challenging, and at times felt I was losing my mind. Support from fellow students was always brilliant and helped me to get back to the computer and finish.

The course enabled me to be true to myself, really look at what I was doing with my life. If I wanted to be a practitioner I was going to have to make some positive changes. Getting through the course gave me the confidence that I could do anything if I really wanted it.

What did you do immediately after you graduated?

I started working as resident herbalist in the Napier's herbal shop and clinic in the centre of Glasgow.

What advice would you give to others who are planning to start practicing as a medical herbalist?

I'd say follow your heart and be true to yourself. If you want to be a busy herbalist then you will be. Communicate with other herbalists and gain support. Make sure you look after yourself and have as much time with the plants as possible. Be confident, as well as know there is still masses to learn.

What are you are doing now and how did you get into it?

I continue to practise as a medical herbalist, I rent in a room in a clinic in Park Circus (21 hours a week). My dispensary is in my home. I left Napier's in 2007, and joined The Practice, a small multi-disciplinary clinic. Over the years I have found for me two solid days is perfect. I then have the time to research and dispense. I also run courses in Glasgow and Edinburgh.

What do you enjoy about what you are doing now and what are the challenges you face?

I enjoy the fact that I am a full time herbalist and can support myself financially. I love that every day in some form I am working with plants. I am challenged that I am still living in the city and I do not spend enough time in nature.

What would you say to someone who is thinking of studying at the Scottish School?

If you want to be a practicing herbalist then SSHM is the course for you. The training can be difficult and relentless but all good preparation for the real world of clinic and the general public! SSHM provides a framework for you to grow.

Would you like to feature in our next newsletter? We'd love to hear from you.



Do you know anyone who may be interested in our work or in studying with us? Please pass on a copy of this newsletter.

Interested in our courses?

We offer courses at various levels, both for leisure and professional training:

- Introductory & Access Course: **Home Help Herbalism & Life Sciences** (10 week Evening Class)
- Correspondence/BSc Access course: **Herbal Medicine** (10 months)
- Diploma in **Holistic Massage** (1 year, part time)
- Diploma in **Clinical Aromatherapy** (1 year, part time)
- BSc (Hons) **Herbal Medicine** (4 years, full time)
- PG Cert in **Holistic Research Methods** (1 year)
- MSc in **Herbal Medicine** (2 years)

Please contact us for more information.

Like to get involved? Here's how!

The Scottish School of Herbal Medicine relies totally on the generosity of the public and student fees to fund our work and clinic running costs. We receive no government funding or other subsidies.

Your support will enable us to help more people in the local community via our clinic, to train more qualified medical herbalists both in the UK and overseas, and to further our leading-edge research. Please contact us to:

- **Become a Member**
Open to practicing medical herbalists.
- **Become a Friend of SSHM**
Support the School via a donation and receive updates.
- **Volunteer with us**
If you've got the time, SSHM has a role to suit you.



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You can also keep in touch with us via the School's new 'group' on Facebook.

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