

The Eastern School of Acupuncture and Traditional Medicine

The Chinese Herbal Medicine Certificate Program

Program Catalog

(Rev. 3/2026)



Eastern School of Acupuncture and Traditional Medicine

Chinese Herbal Medicine Program

ACCREDITATION

The Eastern School of Acupuncture and Traditional Medicine is institutionally accredited by the Accreditation Commission for Acupuncture and Herbal Medicine (ACAHM), which is the recognized accrediting agency for freestanding institutions and colleges of acupuncture or Oriental medicine that offer such programs. ACAHM is located at 500 Lake Street, Suite 204, Excelsior, MN 55331; phone 952/212-2434; fax 301/313-0912

ACAHM

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0912 Website: www.ahahm.org

The Acupuncture and Herbal Programs of the Eastern School of Acupuncture and Traditional Medicine are programmatically accredited by the Accreditation Commission for Acupuncture and Herbal Medicine (ACAHM), which is the recognized accrediting agency for programs preparing acupuncture and Herbal medicine practitioners.

State of New Jersey, Office of the Secretary of Higher Education (OSHE)

Eastern School of Acupuncture and Traditional Medicine is approved and licensed by the State of New Jersey, Office of the Secretary of Higher Education (OSHE). OSHE is the licensing office of all colleges and universities of higher education in the State of New Jersey. OSHE is located at: P.O. Box 542, Trenton, NJ 08625-0542; phone (609) 292-4310.

Institutional Mission

The purpose of the Eastern School of Acupuncture and Traditional Medicine is to offer professional education, training, and services in acupuncture and traditional herbal medicine healing modalities that enhance the well-being of the greater community.

Institutional Purpose & Outlook Statement

The Eastern School of Acupuncture and Traditional Medicine will be recognized as a leader in providing transformative education addressing complementary and alternative medical healthcare, as well as leading efforts to further the fields of acupuncture and herbal medicine within the modern healthcare system.



Herbal Program Goals:

ESATM believes that the following goals will help in the achievement of the Chinese Herbal Program Purpose and Objectives, as well as the Institutional Mission:

- To prepare students in the practice of Chinese Herbal Medicine to provide a viable treatment option in patient care.
- To increase the awareness of the benefits of Chinese Herbal Medicine.
- To prepare students for the NCBAHM herbal medicine exam.

Herbal Program Objectives

Learning Objectives: Herbal Program

- Demonstrate knowledge of the basic history of Chinese herbal medicine and major concepts from classical herbal texts.
- Demonstrate knowledge of fundamental herbal theory.
- Accurately identify properties and functions of single herbs presented.
- Demonstrate knowledge of safe herbal practices.
- Accurately identify properties, ingredients, associated patterns, and functions of herbal formulas presented.
- Describe state and federal regulations relevant to the practice of herbal medicine, including the scope of practice and manufacturing standards.
- Describe the different types of single herb and herbal medicine preparations.
- Demonstrate knowledge of herbal medicine best practices.

Learning Objectives: Herbal Program: Clinic

- Demonstrate ability to formulate an herbal diagnosis and form an appropriate treatment principle and plan.
- Defend herbal diagnosis, treatment principle, and plan.
- Compose accurate and complete clinical charting notes.
- Monitor and modify treatment and plan according to treatment outcomes.
- Discuss clinical case with Supervisor and peers in a coherent and efficient manner.
- Demonstrate knowledge of herbal dispensary best practices.
- Develop skill in dispensing and tracking herbal formulas.

Admissions Requirements

For currently enrolled ESATM students. ESATM students are eligible to start the Chinese Herbal Medicine program in their second year of acupuncture studies:

- Completed application.
- Current GPA of 2.0 or greater.
- Positive financial history ESATM.

For ESATM Alumni

- Completed application and \$25 application fee
- Current Acupuncture license, if obtained (not a requirement)

For transfer from an ACAHM-accredited institution, students and candidates who have not yet received licensure:

- Completed application and \$25 application fee
- All transcripts from current/former academic institutions
- Entrance essay—Topic—*How does Traditional Chinese Herbology fit in the modern healthcare system?*
- Three letters of recommendation attesting to your ability to complete the program

For Licensed Acupuncturists

- Completed application and \$25 application fee
- Copy of Current acupuncture license
- Official transcripts or diploma from an ACAHM accredited institution
- Three letters of recommendation attesting to your ability to complete the program
- Entrance essay—Topic—*How will the addition of Chinese Herbal Medicine enhance your healthcare practice?*

Curriculum

Program Outline

Department Credits/Hours

Herbal Theory

HT100 Herbal Theory I	2/30
HT200 Herbal Theory II	3/45
HT300 Herbal Theory III	3/45
HT400 Herbal Theory IV	2/30
HT500 Herbal Boards Review	1/15
Total	11/165

Materia Medica

MM100 Materia Medica I	3/45
Raw Herb ZOOM Lab MM100	.2/6
MM200 Materia Medica II	3/45
Raw Herb ZOOM Lab MM200	.2/6
MM300 Materia Medica III	3/45
Raw Herb ZOOM Lab MM300	.2/6
HI300 Herbal Interactions	2/30
Total	11.6/183

Herbal Formulas

HF100 Herbal Formulas I	3/45
HF200 Herbal Formulas II	3/45
HF300 Herbal Formulas III	3/45
PH400 Patent & Applied Herbal Formulas	2/30
Total	11/165

Nutrition

HN100 Eastern Nutrition	2/30
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Practice/Case Studies

	2/30 (Didactic)
	1/30 (Clinical)
DSC400 Case Studies I	Total 3/60
	2/30(Didactic)
	c) 1/30 (Clinical)
DSC400 Case Studies I	Total 3/60
Total	6/120

Clinical

HC100 Herbal Clinic Internship I	2/60
HC200 Herbal Clinic Internship II	2/60
HC300 Offsite Herbal Pharmacy Shift	1/30
Total	5/150

PROGRAM TOTAL**46.6/813**

Course Descriptions

HT100 Herbal Theory I

This course is an introduction to TCM Herbology & Foundations. The course will cover the history of herbal medicine as well as a review of key theoretical and diagnostic principles. Terminology and concepts required to begin the study of the herbal Materia medica will be covered, as well as key historical and current figures in the development and practice of herbal medicine.

HT200 Herbal Theory II

This class includes the theories, diagnostic methods, and treatment of diseases from the Treatise on Cold Damage (Shang Han Lun), Essentials from the Golden Cabinet (Jin Gui Yao Lue), and Warm Disease Theory (Wen Bing Xue). In addition, major principles and herbal information will be taught from the Shen Nong Ben Cao Jing. Students will learn to use the theories of Six Channel Pattern Identification to track and treat diseases caused by the damage of exterior cold in Shang Han Lun. The theories of the Four Aspects and San Jiao diagnostic principles pattern, which are used in the diagnosis of seasonal febrile diseases caused by the warm heat pathogenic factors in Wen Bing Xue, will also be examined. This course will focus on clinical practice and classic descriptions of patterns and the application of these classic principles in modern clinical practice. 20 hours applied herb-drug interactions included.

HT300 Herbal Theory III

The Topics of herbal modifications, herbal treatment strategies for specific disease categories (gynecology, mental health, cancer support), and herbal preparation (pao Zhi) will be discussed in this class. Students will study classical modifications of formulas and examine the methodology and reasoning of the modifications. Herbal treatment planning and strategies for treating different conditions will also be discussed. A focus of this class will be on the preparation of Medicinals and the principles that govern their practice.

HT400 Herbal Theory IV

This course is focused on patient safety and covers the topics of safe herbal practice, herbal toxicities, contraindications, and dosing. Students will be introduced to current or recent research regarding the safe practice of herbal medicine and specific conditions where herbal therapy is cautioned or contraindicated. This course is focused on an integrative medicine perspective with a focus on Western sciences.

HT500 Herbal Boards Review

Students will review major areas of study in preparation for the NCBAHM Herbal medicine module and will develop a study plan for preparation to take the exam. Exam procedures and registration for the exam will be covered in the course.

Materia Medica

MM100 Materia Medica I

This course is the first in a series of three that will cover the Chinese Materia medica through the examination of key Medicinals, their properties, and their functions. Identification of the herbs and their appropriate usage, toxicities (if applicable), and contraindications will also be covered. Where available, discussion of current research and knowledge related to pharmacological properties and indications will also be included in this course.

Raw Herb Investigation: Hands-on ZOOM lab, clinical credit.

MM200 Materia Medica II

This course is the second in a series of three that will cover the Chinese Materia medica through the examination of key Medicinals, their properties, and their functions. Focusing on Wind-Damp, Digestive, regulate Qi & Blood, and Warm Interior. Identification of the herbs and their appropriate usage, toxicities (if applicable), and contraindications will also be covered. Where available, discussion of current research and knowledge related to pharmacological properties and indications will also be included in this course.

Raw Herb Investigation: Hands-on ZOOM lab, clinical credit.

MM300 Materia Medica III

This course is the third in a series of three that will cover the Chinese Materia medica through the examination of key Medicinals, their properties, and their functions. Focusing on Tonifying Herbs, Calm Spirit, Expel Wind, and Stabilize and Bind. Identification of the herbs and their appropriate usage, toxicities (if applicable), and contraindications will also be covered. Where available, discussion of current research and knowledge related to pharmacological properties and indications will also be included in this course.

Raw Herb Investigation: Hands-on ZOOM lab, clinical credit.

HI300 Herbal Interactions

This course introduces and examines the topic of herbal interactions with other medicinal or supplemental substances. A basic review of western pharmacology will be included in this course, which will cover the current state of knowledge regarding drug/herb, herb/herb, and herb/supplement interactions. Patient safety will be emphasized, and current and recent research on this topic will be discussed.

Herbal Formulas

HF100 Herbal Formulas I

This course is the first of three, which covers the formulas necessary to enter into the practice of traditional Chinese herbal medicine and sit for the NCBAHM Herbology exam. The course begins with the presentation of traditional Chinese herbal formulas and modifications within the framework of their traditional therapeutic functions and individual medicinal constituents. Including: Release Exterior, Clear Heat, Harmonize, and Drain Forward.

HF200 Herbal Formulas II

This course is the second of three, which covers the formulas necessary to enter into the practice of traditional Chinese herbal medicine and sit for the NCBAHM Herbology exam. The course continues the presentation of traditional Chinese herbal formulas and modifications within the framework of their traditional therapeutic functions and individual medicinal constituents. Including: Treat Dryness, Expel Damp, Tonify Qi, and Warm Interior.

HF300 Herbal Formulas III

This course is the third of three, which covers the formulas necessary to enter into the practice of traditional Chinese herbal medicine and sit for the NCBAHM Herbology exam. The course continues the presentation of traditional Chinese herbal formulas and modifications within the framework of their traditional therapeutic functions and individual medicinal constituents. Including: Blood Regulation, Stabilize and Bind, Calm Spirit, Open Sensory Orifices, Expel Wind, Phlegm, and Food Stagnation.

PH400 Patent & Applied Herbal Formulas

Includes Dui-Yao Pairs, Pain, Syrups, Dosing, Ratios, Toxicity, and Anti-Toxins.

Nutrition

HN100 Eastern Nutrition

Eastern Nutrition is a comprehensive practical discipline, based on the basic theories of TCM, diagnostic techniques, herbal prescriptions, as well as internal medicine, external medicine, gynecology, andrology, and pediatrics. Nutritional theory includes life cultivation and rehabilitation. It belongs to and is influenced by the disciplines of both the traditional Chinese and Western medical systems. The gradual formation of the system of TCM life cultivation and rehabilitation through food is based on the theories and practice of life cultivation and rehabilitation during the thousands of years of historical records, in combination with certain theories and techniques of the modern science of nutrition and biochemistry. This course covers the history, theoretical concepts, and principles of Eastern nutrition, Diet Therapy Foundations, and Food Therapy in TCM, and will introduce specific recipes for certain common diseases.

Practice /Case Studies

DSC400 Case Studies I

This course is a presentation and discussion class for clinical cases involving the theoretical principles, diagnosis, and treatment planning of Traditional Chinese herbal medicine. In addition to instructor-led discussion of cases involving patients exhibiting some of the most common or rare diseases, students' clinical cases are presented and discussed among the class regarding the diagnosis, treatment, and prognosis of their patients. Students will discuss the prescribing of both classical formulas as well as custom formulas for patients of varying presentations and conditions. This class includes Independent Case Collection and Group Discussion.

DSC500 Case Studies II

This course continues the presentation and discussion class for clinical cases involving the theoretical principles, diagnosis, and treatment planning of Traditional Chinese herbal medicine. In addition to instructor-led discussion of cases involving patients exhibiting some of the most common or rare diseases, students' clinical cases are presented and discussed among the class regarding the diagnosis, treatment, and prognosis of their patients. Students will discuss the prescribing of both classical formulas as well as custom formulas for patients of varying presentations and conditions. This class includes Advanced Cases, Clinical Discussion, and Documentation.

Clinical Shift

HC100 Herbal Clinic Internship I

Students begin to integrate herbal consultations and considerations into their patient work. This is an ESATM-supervised on-site clinical internship.

HC200 Herbal Clinic Internship II

Students further their practice of integration of the herbal process into their current clinical work under ESATM clinical supervision.

HC300 Offsite Herbal Pharmacy Shift

Students learn, discuss, and practice best practices in herbal compounding and dispensing. Practical aspects of running an herbal clinic, the instruments used in compounding, dispensing, preparation, and inventory management. Interns will fill prescriptions and aid in the preparation of prescribed formulas for dispensing to patients.

The Chinese Herbal Medicine Certificate program runs on a preset trimester basis. The prerequisite courses are built into the program; courses must be taken in order, as scheduled. You cannot advance in the program without the full completion of all required coursework from the prior trimester.

Eligibility Requirements

The Traditional Herbology program is a two (2) year, six (6) semester program open to:

- ESATM, YEAR TWO MSAc students, or an equivalent level at another ACAHM-accredited acupuncture institution.
- Currently licensed or certified acupuncturists

Schedule of Courses and Curriculum Outline

Trimesters 1-4-students have 3 or 4 courses per trimester-classes are in the time frame of (and can vary according to the class requirement):

Thursdays between 4:00 pm and 9:15 pm

Fridays between 2:00 pm and 5:30 pm

All students are expected to be on time and follow standard classroom etiquette for the scheduled ZOOM courses. Breaks will be provided between subjects and during class sessions.

Trimester 5-6 classes clinic courses are in person and TBD according to the current intern clinic schedule at the trimester of attendance.

Sample schedule of courses for the first trimester:

THURSDAY- HT100 HERBAL THEORY I 4-6
HM 100 EASTERN NUTRITION 6:15-8:15

FRIDAY- MM100 MATERIA MEDICA I 2-5
RAW HERB ZOOM LAB 5-5:30

Herbal Certificate Course Outline-courses are taken in order by trimester

2 Years, 6 Trimesters

TRIMESTER 1

HT100 Herbal Theory I
MM100 Materia Medica I
w/Raw Herb Lab
HN100 Eastern Nutrition

TRIMESTER 2

HT200 Herbal Theory II

MM200 Materia Medica II
w/Raw Herb Lab
MM300 Materia Medica III
w/Raw Herb Lab

TRIMESTER 3

HF100 Herbal Formulas I
HF200 Herbal Formulas II
HI300 Herbal Interactions & Pharmacology

TRIMESTER 4

HT300 Herbal Theory III
HF Herbal Formulas III
PH400 Patent & Applied Herbal Formulas
DPC400 Case Studies I

TRIMESTER 5

HT400 Herbal Theory IV
HC100 Herbal Clinic Internship I
DPC500 Case Studies II

TRIMESTER 6

HT500 Herbal Board Review
HC200 Herbal Clinic Internship II
HC300 Offsite Herbal Pharmacy Shift

TUITION & FEES*

Application Fee (waived for current ESATM students and ESATM Alumni members)	\$25.00
Program Credit Cost	\$291.00/credit
Program Tuition for 46.6 Credits	\$13,560.60
Student Services Fee per Trimester	\$75.00
Malpractice Insurance (required) per Trimester	\$50.00
Books and Supplies for the 2 Year Program	\$750.00

*Tuition is subject to change

Installment Plan

Students may pay their tuition by monthly installments.

Refund Policy & Reimbursement

In the event of withdrawal or disqualification by the school, a refund will be a pro-rated portion of the tuition based upon the last day of attendance. The administration must be notified in writing within five (5) business days of the student's intended withdrawal date. Please refer to the student handbook for the reimbursement scale.

Student Conduct Discipline Policies

Student Code of Professional Conduct

The college and its staff of faculty and administration rely on students to conduct themselves in a manner that upholds the school's student code of professional and academic conduct. All students of the college should understand that they are training to be skilled medical professionals with a high level of duty and responsibility. Students who act in a manner that violates this code will be subject to disciplinary actions. Under no circumstances will any of the following be tolerated or excused:

Academic Dishonesty

Academic dishonesty includes providing or receiving answers from other students during an examination, plagiarizing the works of others, using informational aids such as other types of notes during an examination, or anything else that might be construed as cheating. The use of any technology in an inappropriate manner is also considered cheating and will not be tolerated.

Students who are found to be academically dishonest will automatically receive an "F" in that particular course and are subject to disciplinary sanctions ranging from suspension to permanent disqualification, to revocation of degree, and/or more, at the discretion of the college. Students are hereby placed on notice of the seriousness with which ESATM treats academic dishonesty, as well as with the wide latitude of positive action(s), as set forth more fully below, which the school may take.

Inappropriate Conduct

All students are to conduct themselves in a manner that is not injurious to the school's name, reputation, property, or other individuals. Any act that disrupts or prevents the college staff and faculty from performing their duties will be grounds for immediate disciplinary action.

Drug and Alcohol Abuse Policy

It is the policy of the Board of Directors of The Eastern School of Acupuncture and Traditional Medicine that the learning environment be free of addictive substances. Specifically, all members of the college community, which includes the administration, faculty, and staff, students, and guests, will abstain from the consumption/use of alcohol, narcotics, and/or misuse of prescription drugs while on the school's property.

Violation of this policy could lead to suspension, expulsion, termination, and, within the context of criminal activity, referral to law enforcement agencies. Employees and students having difficulties with addictive substances can seek confidential counseling from the school or referrals to agencies providing assistance to individuals with alcohol-or-drug-related problems.

Administration of Student Discipline

The executive council may impose discipline for violations of college policies or regulations, whether or not such violations are also violations of law, and whether or not proceedings are or have been pending in the courts involving the same acts.

If an alleged violation of school policies occurs in connection with an official school function not on campus, the student accused of the violation shall be subject to the same disciplinary

procedures. The loss of college employment shall not be a form of discipline under these policies. However, when a student's status is a condition of employment, the loss of student status will result in termination of the student's employment. In imposing discipline other than suspension or dismissal, access to housing and health services shall not be restricted unless the act that predicated the discipline is appropriately related to the restriction.

Student Grievances and Grievance Procedure

Any student may file a complaint about any issue, question, problem, or anything else that they reasonably believe impedes their academic studies or which they find objectively questionable about any instructor, staff member, or administrator, either orally or in writing, to any ESATM administrator. Any such administrator will then transmit the concern in writing to the CEO, Director of Admissions, or Dean (or other designated administration member if one of the aforementioned is the alleged offender), who also serves as the Complaint Designee.

ADMINISTRATION:

Aida Almanzar, MBA.Chief Executive Officer | President
Dr. Ilona Abitbol DAOM, L.AcAcademic Dean
Christine Henckel, L.AcClinic Director
Kelly Williams, MS. Ed.Director of Admissions
Jennifer CoppolaDirector of Financial Aid
Rebecca Reisen, JD Director of Administrative Operations | Registrar
Sherley AlvarezAdministrative Assistant | Clinic Receptionist
Sam Adam MLS ILS.....Staff Librarian

ESATM SCHOOL LOCATION:

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973-746-8717
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ESATM INTERN CLINIC LOCATION:

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