



AMERICAN HERBALISTS GUILD

An Association of Herbal Practitioners

Registered Herbalist Application Part 2 - Application Preview and Preparation Guide

Section 1: Clinical Assessments and Herbal Protocols

Demonstrate your ability to assess and create herb protocols for the sample cases provided. The sample cases in this guide will NOT be the same cases as found on the official RH Application Part 2 but are provided as practice.

- We realize that the information included in these cases does not provide everything usually required for a thorough client intake. Create no more than five questions you might ask the client. Please provide your rationale for why this information would be needed for a complete assessment.
- Detailed recommendations for acute and long-term herbal protocols, the purpose of each formula, dosages and any cautions. If you are recommending proprietary herbal products or formulas, list each ingredient along with a rationale for their inclusion.
- Referrals to other specific practitioners if needed.
- Recommendations for dietary supplements (with dosage) and any appropriate nutritional and lifestyle changes.
- If you regularly use other complementary healing methods in your practice, you may include them too. However, your primary recommendations should be based on an herbal protocol.

1. A cisgender female (43) presents with premenstrual tension, irregular cycles, dysmenorrhea, and irregular nightsweats and hot flashes. Client is about 50 lbs overweight and the weight has accumulated around her abdomen. Client complains of dry hair and skin and has noticed that her head hair has begun to thin. Symptoms have gotten worse in the past year after a stressful situation with her husband. Client has sought treatment and was told that this is all a natural part of aging. Client is frustrated and upset that nobody has been able to help her or has listened to her complaints. She is open to all kinds of support.

2. A 49-year-old cisgender queer male, 5' 10", 240 lb. His husband complains that he never wants to go out and "have fun" anymore. Client states that he has low energy, low libido, sore knees and lower back. He often wakes in the night to use the bathroom which disrupts his sleep. Partner notes that he often gasps for air before he wakes up. Now gets "chills" and finds himself having to wear more layers of clothing. He has been on a vegan diet for the last 5 years. He would like help with feeling "more like myself again" and have increased energy.

Section 2: Materia Medica

Instructions: For this portion of the application you will choose five herbs, all of which must come from the same list. Without relying on reference materials, provide the requested information for each:

1. Indicate the herb list you chose
2. Herb Name (Note: Choose at least one herb marked with an asterisk - *)
3. Common actions
4. Clinical indications
5. Preparation Types and Dosage ranges
6. Contraindications or herb-drug interactions
7. How you use this herb in your clinical practice

Sample Materia Medica List - Please note, these herbs are not the same herbs found on Part 2 of the Application and are for preparation purposes only.

Example Western Herbs

Barberry/*Berberis aquifolium*, *B vulgaris*
Black Haw/*Viburnum prunifolium*
Calamus/*Acorus calamus* *
Cleavers/*Galium aparine*
Elderberry/*Sambucus nigra*, *S. canadensis*
Hops/*Humulus lupulus*
Lemon Balm/*Melissa officinalis*
Linden/*Tilia cordata*, *T. platyphyllos*
Milky Oats/*Avena sativa*
Motherwort/*Leonurus cardiaca*
Passionflower/*Passiflora* spp.
Poke/*Phytolacca* spp. *

Example Chinese/TCM Herbs

Bai Zhu/White Atractylodes/*Atractylodes macrocephala*
Gui Zhi/Cinnamon Twig/*Cinnamomum cassia*
Huang Bo (Bai)/Phellodendron/*Phellodendron amurense*
Jiao Gu Lan/Gynostemma/*Gynostemma pentaphyllum*
Jing Jie/Japanese Catnip/*Schizonepetae tenuifoliae*
Long Yan Rao/Longan Berry/*Arillus Euphoriae longanae*
Shan Zhu Yu/Cornus/*Cornus officianalis*
Sheng Di Huang/Raw Rehmannia/*Rehmannia glutinosa*
Tao Ren/Peach Seed/*Prunus persica*
Xi Xin/Wild Ginger/*Asarum sieboldii* *
Xiang Fu/Cyperus/*Cyperus rotundi*

Example Ayurvedic Herbs

Asafoetida/*Ferula asafoetida*
Black Pepper/*Piper nigrum*
Bringraj/*Eclipta alba*
Castor/*Ricinus communis*
Coleus/*Coleus forskohlii (Plectranthus barbatus)*
Gokshura/*Tribulis terrestris*
Kapi Kachu/*Mucuna pruriens*
Katuki/*Gentiana lutea (G. kurroo)*
Rauwolfia/*Rauwolfia serpentina**
Sesame/*Sesamum indicum*

Section 3: Your Case Histories

Provide three comprehensive case histories from your practice that demonstrate your clinical skills. Please read our detailed instructions about what information must be included for each case you submit here.

Section 4: Your Referral Network

List three health care practitioners with whom you consult or to whom you refer clients when their case is beyond your scope of practice. Be sure to include their credentials or qualifications. Do not include anyone that you've also asked to provide you with a letter of recommendation.

1. Name:
2. Credentials/qualifications:
3. Email:
4. Phone:

Section 5: Letters of Recommendation

Two letters of recommendation are required and should be written by colleagues familiar with your training and experience as a clinical herbalist. At least one letter from a primary herb instructor(s) is required (if this is not possible, please explain). If one of your primary instructors or colleagues is an RH it is suggested to use them but this is not a requirement.

In the application website, there will be a References tab at the top to submit their names and email addresses. An email request will be automatically generated from this form, and sent directly to them where they can upload their letter. All information provided by your references is strictly confidential, only members of the Admissions Review Advisory Committee will have access to them.