



# EXPLORING THE HEALING POTENTIAL OF MEDICINAL MUSHROOMS WITH FRED GILLAM

A PRACTITIONER COURSE WITH PRACTICAL WORKSHOP

## Dear Practitioner,

On behalf of the National Institute of Medical Herbalists Continuing Professional Development team and Fred Gillam, thank you for booking onto the Medicinal Mushrooms practitioner course.

This is a brand new CPD opportunity and we aim to give health practitioners the knowledge to confidently include medicinal mushrooms in their treatment strategies and practices.

In order to get prepared for continuing the course, we are sending out this information which will hopefully help you get ready for the next stages of the course and answer any questions that you may have.

## The Practitioner course consist of these 3 elements:

1. Attending or watching 5 webinars and reading the accompanying notes
2. Attending the online one-day Workshop, 4th of March 2021, which will also be recorded
3. Successfully completing the online modules (with integral assessments), which will be on Moodle, a web-based learning platform from the 29th of March 2021

## **Webinars and Notes**

In order to attend the workshop, it is important that you have watched the full webinar series first and also read through all of the notes and extra documents.

Please ensure you are familiar with this and if necessary, you can re-watch the webinars to refresh your knowledge before the workshop on the 4th of March to ensure you get the best learning experience from the workshop day.

The webinars are Section 1 of the full course, and although they are not assessed, the knowledge that you gain from them will be built upon in the assessed sections later in the course.

## **Section 2 – Mushroom Medicine Making Workshop**

This will be ONLINE through Zoom from 9.30 am to 5pm on Thursday the 4th of March.

There will be regular breaks throughout the day and periods when you are asked to fill in worksheets which will be sent to you by email in the week prior to the course.

The day will consist of a mixture of live teaching with pre-recorded video, all led by Fred Gillam. It will walk you through, in detail, the processes and the equipment and materials needed for making a variety of mushroom based preparations. There will be time for questions at the end.

Throughout the day there will be worksheets to complete relating to the medicine making activity taking place. These will form part of the assessment for the course and will cover aspects such as calculating the concentrations of the finished extracts in order to make decisions about dosage.

For those who are unable to attend the course on the 4<sup>th</sup> of March; it may be possible to arrange to watch the recording later by prior arrangement, but Fred will not be there to answer your questions. You will still need to complete the assessment worksheets for this section and submit them to Fred, before you can progress on to Section 3. If you have any questions that arise on the day, you are welcome to ask Fred about them via email after you have watched the recordings.

### **Section 3 – Web Based Learning**

This will commence on the 29th of March, and it will be hosted on the MOODLE platform which is designed to make online learning easy and accessible. Login details will be sent to you upon completion of Section 2.

You can complete the learning and integrated assessments at your own pace. The estimated time taken, including watching videos, filling out worksheets, researching things for case studies and carrying out practical exercises, is 55 hours, including all of the assessments which are integrated into the modules.

Section 3 is broken down into 5 modules which mirror the content of the webinars that you have already watched in Section 1, extending the themes further, with an emphasis on learning to apply the knowledge in a clinical context, using real-life health practice scenarios. This section is not intended to be any more difficult than what you have already experienced. However, it *is* intended to *broaden* the scope of your knowledge about medicinal mushrooms even further, and to enable you to *apply* it confidently in a practical / clinical setting.

There will be lectures, set-reading, and additional video content for you to watch; including a section on mushroom identification skills and on learning basic microscopy skills for fungi. The microscopy will be filmed using a microscope fitted with a camera, so you will not need to buy one of your own unless you have a particular wish to learn more about that aspect of mycology later. An additional Materia Medica section has been added that will double the number of mushrooms that we covered in Webinar 5, and there will be comprehensive notes to accompany that part, so you can add them to your existing file with the Webinar 5 notes, to refer to when prescribing mushrooms to your patients in the future.

Assessment questions will be multiple choice, or in the form of simple worksheets with short answers to fill in when we are looking at the case studies. The assessments will not feel like sitting an exam. They are an ongoing part of the course, integrated into the study materials, and you will be able to make up to 3 attempts on each assessment activity. The pass mark for each of the 5 modules is 80%. Your highest score (if you make more than one attempt) will be the one that is counted.

Section 3 of the course is an estimated 55 learning hours (with sections 1, 2 and 3 altogether amounting to 75 hours in total). The different Moodle assessment sections will be released late March, April, May and June. The whole course (Sections 1 to 3) must however be completed within 12 months and the final deadline for completing Section 3 is 30<sup>th</sup> September 2021. Please schedule your study to make sure that you can complete the course as soon as you are able to do so. Late submissions after the final course deadline will be considered under exceptional circumstances but only by prior negotiation with your tutor, Fred Gillam.

### **Online register**

The UKI Mycotherapy Practitioners Register (UKIMPR) has been set up and will be managed by Fred Gillam. Its members will include medical practitioners including herbalists who have successfully completed the webinar course, one-day workshop, online training and assessments (Sections 1 to 3 of the course).

Since this is a newly created register, there will be no registration fee in the first year. There will be a continuation fee payable on the 1<sup>st</sup> of June in the second year of £30.00 and thereafter in each subsequent year of membership, subject to review.

To maintain registered status, members on the register will be required to complete a further 15 hours of CPD per year, which can take various forms, for example; documented reading or research, taking relevant courses or attendance at the UK & Ireland Medicinal Mushrooms Conference.

The UKI Mycotherapy Practitioners Register will be open for the first member registrations on the 1<sup>st</sup> of July 2021.

### **Dates for your diary**

- October to December 2020 – Section 1, Webinars 1 to 5 (completed)
- March 4<sup>th</sup> 2021 – Section 2, One day Practical Medicine Making Workshop by Zoom
- 29<sup>th</sup> of March to 1<sup>st</sup> June 2021 – Section 3, Online learning content (5 modules) available on Moodle, this will be staged.
- 1<sup>st</sup> July 2021 – First successful practitioner-students to have completed Section 3 can register as Full Members of the UKI Mycotherapy Practitioner's Register
- 30<sup>th</sup> September – Final deadline for completion of the whole course (September 2020 intake)

**Further questions:**

Questions regarding booking and payments: Please get in touch with the Institute's Head Office:

They can also assist with the download of webinar notes or watching webinars.

[info@nimh.org.uk](mailto:info@nimh.org.uk)

Questions regarding the course itself, content, practical questions, Moodle or the register:

Please get in touch with Fred Gillam:

[Fred@thewildsideoflife.co.uk](mailto:Fred@thewildsideoflife.co.uk)

Please liaise directly with Fred regarding future courses and workshops:

We very much look forward to seeing you at the workshop on the 4<sup>th</sup> of March,

Best wishes for 2021,

**The Institute CPD team and Fred Gillam**