

## **The Wilderness Herbal First Responder Course — 100 Hour Program**

The Wilderness Herbal First Responder is over 100 hours of Wilderness First Aid combined with remote and post-disaster plant medicine. The WHFR also includes a 40-hour WFA certification card and CPR/AED certification card through the Emergency Care and Safety Institute (ECSI). Students who complete the course receive a 100-hour Wilderness Herbal First Responder certification through The Human Path / Herbal Medics Academy as well.

### **What would you do if there WAS no “higher definitive medical care?”**

In most severe natural disasters, the hospitals and clinics are the first buildings to be ransacked for medical supplies and pharmaceuticals. In a true primitive environment, you might not have any medications or pharmaceuticals available to you for hours, days, weeks or even months.

The Human Path Wilderness Herbal First Responder course taught by primary instructor Sam Coffman, combines the savvy of Special Forces field medicine (aka “ditch medicine”) together with 25 years of wilderness medicine and herbalism experience in the field, on the street and in a clinical environment.

The WHFR is highly geared toward hands-on learning while combining plant medicine with primitive field first aid situations that are specific to both remote and post-disaster situations where there the care may need to last for an unknown amount of time. Local plant identification, preparation, preservation and usage is a part of this class, along with learning (and working with) a basic material medica of over 80 medicinal plants, clinical assessment procedures, patho-physiology focused toward clinical herbalism and much more.

### **This tuition for this course includes three books:**

- “Wilderness First Aid: Emergency Care for Remote Locations” 4<sup>th</sup> Edition, Jones & Bartlett Press
- “The Herbal Medic” Practical use of herbs for home, remote or post-disaster environments, by Sam Coffman
- “Wilderness Medicine”, by William Forgey, MD. 7<sup>th</sup> Edition.

**Pre-Requisites:** none

**Class Status:** Requirement for Austere Medicine Program and Level 2 Female Medic Program.