

Mt. Barney Aromatic Herbal Field school

Sunday 17th – Tuesday 19th June 2018
Mt. Barney Lodge, Queensland



PROGRAMME

DAY 1 SUNDAY 17 JUNE

Time	Topic	Teacher	Format
1.00–2.00 pm	Registration and Afternoon tea		
2.30–4.00 pm	Plant medicine and bush tucker garden walk	A. Pengelly	Field
4.00–5.30 pm	Medicinal creams, salves and balms from Australian plants	R. Santich	Class/demo
6.00–7.00 pm	Dinner		
7.30–8.30 pm	Bushfoods – nutritional value	A. Pengelly & G. Trevena	Presentation

DAY 2 MONDAY 18 JUNE

Time	Topic	Teacher	Format
7.30–8.30 am	Breakfast		
9.00–10.30 am	Distillation of Myrtaceae essential oils I	R. Santich & A. Pengelly	Class/demo
10.30–11.00 am	Morning tea		
11.00–12.15 pm	Making massage oils and creams from Australian herbs	B. Barry	Class/demo
12.15–1.15 pm	Lunch		
1.15–2.15 pm	Clinical aromatherapy & aromatic education	D. Atterby	Class
2.15–3.45 pm	Distillation of essential oils II	A. Pengelly & R. Santich	Class/demo
3.45–4.15 pm	Afternoon tea		
4.15–5.45 pm	New Australian essential oils	G. Trevena	Class/demo
6.30–7.30 pm	Dinner		
7.30 pm	Herb tea workshops	K. Bennett	

DAY 3 TUESDAY 19 JUNE

Time	Topic	Teacher	Format
7.30–8.30 am	Breakfast		
8.45–9.30 am	Lichen appreciation, uses in dyes and medicine	K. Bennett	Field
9.30–10.00 am	Check out of homestead		
10.00–10.30 am	Morning tea		
11.00–3.00 pm	Guided rainforest walk featuring bush medicines and Picnic lunch.	A Pengelly	Field
3.00 pm	Close		

SPEAKERS PROFILES



Rob Santich
BHSc, G.Dip. Phytotherapy, DMH

Rob Santich established one of the first modern herbal apothecaries in the Sydney region, Wildcrafted Herbs and Naturopathic Centre (WHNC) in Newport, where he gained experience in the manufacture of a wide range of herbal products from extracts to topical preparations. He has run continuous herbal practices to the present day, now operating as the Sweetgrass (Not for Profit) Foundation catering for those that can afford to pay full fees right through to those who can't and who are treated for free.

Rob has a long career in herbal medicine education, and for eight years he headed the botanical medicine faculty at The Australasian College of Natural Therapies.

Rob has an interest in ethnobotanical studies of Australian medicinal native plants and essential oils, having worked with a NSW Aboriginal Land Council in the development of a local essential oil industry. He has traveled to the Pine Ridge Reservation, South Dakota, USA many times to study the traditional Lakota use of medicinal herbs with several medicine men as well as learning Lakota ceremony.



Deby Atterby

Deby Atterby has been an aromatherapy lecturer for over 25 years and brings with her a wealth of knowledge in clinical aromatic medicine. In 2001 she trained in France with renowned aromatherapist Dr Daniel Pénéol, and in 2008 and 2009 returned to France to complete an Advanced Aromatic Medicine course with Bob and Rhiannon Harris. On her return from France in 2001 Deby founded Aromatic Aromathology Therapies

(AAT), with the express view of providing an association for Aromatherapists passionate about their profession and the direction of their industry. The AAT assists Aromatherapists with ongoing education to maintain their rating.

Deby's quest for knowledge in Aromatics knows no boundaries. She is always researching and studying in an effort to gain all the knowledge she can to maintain the highest possible standard.

www.aromaticaromathologytherapies.com.au



Kathleen M. Bennett:
M.S. Clinical Herbal Medicine,
B.A. Psychobiology, B.A. Sociology

Kathleen is a researcher and compiler of databases of medicinal plants and fungi. Her publications

include the Appalachian Medicinal Plant Monographs (sustainability and cultivation sections), articles on medicinal fungi and research reviews, while current projects include medicinal and dye lichens in Australia. Kathleen is also a teacher and lecturer offering workshops in kitchen and garden medicine, immune health, herbs for the home garden, lavender, seasonal teas and other delightful beverages.



Greg Trevena

Greg Trevena is an Australian essential oil specialist with an extensive knowledge of Australian plants and Australian essential oil, gained from over 20 years of largely self-taught education.

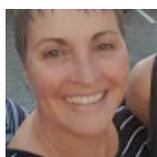
He created "Rainforest Foods" in 1998, this business primarily made native rainforest jams and also lemon myrtle herb - this herb led him into the world of lemon myrtle essential oil. In 2000 he created "Refreshed Lemon Myrtle", this business gathered investors, one was a member of the Dean family, the Dean family are credited with pioneering Tea Tree oil around the world from the 1970's. The Refreshed brand is found across Australia and in early 2009 became established across America in the USA health food store market.

Greg sold his shareholding in this company in late 2009.

By 2012, he founded Essentially Australia, a retail essential oil business with the largest range of Australian essential oils in the world. In 2013 after research in the Australian bush and rainforest, near his home town, Byron Bay, Greg located, propagated and commenced growing his own plantation, with several exceptional and unique Australian plants for their essential oil production.

This presentation will be 2 new Australian essential oils from this plantation.

www.essentiallyaustralian.com.au
Facebook www.facebook.com/EssentiallyAustralia



Belinda Barry

Belinda Barry is a practicing aromatherapist and masseuse, who previously trained at The Institute of Spiritual Healing and Aromatherapy in the USA, she is currently completing her Diploma in Clinical Aromatherapy at Aminya College on the Gold

Coast. Belinda is an exponent of the Dorn method, which involves spinal and skeletal alignment and Reconnective Healing (frequency

healing). She runs her aromatherapy practice at Kooralbyn Health and Resource Centre and performs massage at a Glamping retreat in the region. Her other activities involve organic skincare formulations (Formula Botanica), and production of her "Native Indulgence" range based on Australian essential oils and hydrosols.

For her presentation Belinda will demonstrate distillation of fresh plant materials and incorporation of essential oils and hydrosols into products for use in a clinical and massage environment.



Andrew Pengelly PhD

Dr. Pengelly has had a 40-year career as a herbal practitioner and naturopath, lecturer and program director for at several universities and colleges, researcher, field botanist and aromatherapist. For his research findings on ethnopharmacology of Australian plants he was awarded a PhD. He is author of the widely used text "The Constituents of Medicinal Plants".

Following seven years as faculty member and Director of the herb dispensary at Maryland University of Integrative Health, he returned to Australia in 2016, but continues to teach online for this University. With a strong research and clinical interest in the use of Australian

plants, he is focused on the distillation of new and familiar essential oils from the bush, while continuing to conduct aromatic herbal field schools in which he teaches the skills of distillation, combining herbs with essential oils for clinical applications.

Dr. Pengelly is a fellow and full life member of the National Herbalists Association of Australia, a professional member of the American Herbalists Guild and associate member of the Essential Oils Producers Assn. of Australia. He is a licensed plant collector and volunteer with the Hunter Region Botanical Gardens Herbarium, and secretary of the Hunter Valley branch of the Australian Plant Society.

<http://herbalfieldschool.wordpress.com>