



PLANT SPIRIT MEDICINE

Plant Spirit Medicine Healer training Course 2027/2028

Course Overview Levels 2 and 3

Plant Spirit Medicine

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PLANT SPIRIT MEDICINE

"The kind of life we live today in our society is very different than what any other people have ever lived before. The particular stresses we endure have squeezed the juice out of our connection to spirit... so our medicine needs to be different from what it was in the past because our illnesses are different from what they were in the past. My training and years of clinical work have convinced me that the overwhelming majority of our health problems, of all kinds – our physical health problems and our mental and emotional health problems – are caused by pain in our hearts, our spirit, our soul..." Eliot Cowan

What is Plant Spirit Medicine?

Humans and plants have lived together for countless generations. We are family. Our plant relatives are generous and helpful, offering us food and medicine. Like us, plants have spirit, and their spirit can nurture and heal us. Like us, plants communicate. They offer their wisdom and guidance. Through a deep connection with the plants and recognition that all is alive, the practice of Plant Spirit Medicine partners with the essential quality of the plants to bring people into balance and harmony. It is the shamans' way with plants. A millennial practice that was once known to all peoples, Plant Spirit Medicine was rediscovered in the West by Eliot Cowan, and has proved just as effective in today's world as in times past.

Plant Spirit Medicine practitioners call upon the extraordinary healing power of the plant spirits. Plant Spirit Medicine differs from many forms of herbalism in the emphasis it places on the spirit of the plants, as well as the relationship between the healer and the plants. With Plant Spirit Medicine, practitioners are trained to look at the whole person, seeing all they have to offer, leaving judgments and criticism behind. By seeing a person in this way can the healer can see the root of a person's imbalance and use the appropriate plants to provide them with what they need. The result is a deeply effective and elegant form of healing.



Participating in the Plant Spirit Medicine program has been called a life-changing experience. As a person takes the class, the class "takes them", changing them by breaking down disconnection and reconnecting them to their true self. By doing this, the course brings personal value and healing to the participants. It is an engaging course of study. Many report that this program has helped them to find and follow their life purpose, whether they go on to practice the medicine or not.

Who teaches this course and how did it come about?

The Plant Spirit Medicine course is taught by Alison Gayek. The course was originally developed by Eliot Cowan, who also authored the book, *Plant Spirit Medicine*. Throughout the years of teaching together, Alison and Eliot modified the course in order to serve students better. For more information about Eliot Cowan and the birth of this medicine, see plantspiritmedicine.org.



Alison Gayek began teaching Plant Spirit Medicine with Eliot Cowan in 2002. Always looking for the path that spoke to her heart, Alison found herself reading *Plant Spirit Medicine* in 1996 and immediately knew that she would study and practice this healing modality. She began studying with Eliot Cowan in 1997 and graduated from the Plant Spirit Medicine course in 1999. Since then, Alison has maintained a strong effective Plant Spirit Medicine practice. As a teacher, Alison teaches the Plant Spirit Medicine Healer Training Course, graduate clinicals, and also works to teach, mentor, and support new graduates as they start their own practices. Since his passing, Alison has continued teaching the Plant Spirit Medicine Course, bringing the beauty of this medicine to all who desire to learn it.

Over the years, Alison continued to expand her learning and healing work through various pilgrimages with Eliot Cowan and David Wiley. She is a Granicera -- a Weather Shaman -- in the Nahua tradition indigenous to Central Mexico.

Taking the Course

For many, the desire to help others brings them to this course and to healing work. Yet others are drawn to this course from unknown sources. Something deep inside speaks to them. No matter how you are drawn to this course, it offers the instruction and development necessary to help others and benefit your life.

The Plant Spirit Medicine Healer Training Course

"I see a young woman with enormous wings sprouting from her shoulders. Somehow, I know she is the plantain spirit. 'Our physical wounds are nothing compared to the pain in our hearts and the pollution of our minds. Can you help us relieve this kind of suffering too, Eliot asks the spirit?' She smiles and replies, 'Of course I will help you. My brothers and sisters will help also.'" -Eliot Cowan

The Plant Spirit Medicine Training Course is designed to teach the lay person how to use plant spirits for healing. It is an intensive course of study that trains the student how to detect the root of imbalance in individuals and call upon the plants to restore balance. There are many aspects of learning how to become a Plant Spirit Medicine healer. Rooted in an ancient methodology, this course offers a comprehensive healing modality. While it takes time to learn, it offers many rewards and much benefit to those who receive it.

Classes consist of the on-line introductory course *Plant Spirit Medicine: Growing Awareness of Nature* (Level 1), and 6 one-week in-person teaching sessions spread over approximately a year and a half, with substantial practice and home study between sessions (Levels 2 and 3). The Plant Spirit Medicine Training Course is a serious course of study that prepares students for a profession as a Plant Spirit Medicine healer. Like any viable profession, it requires a good amount of learning and work. There are no prerequisites, other than the online introductory course. Any student who dedicates him or herself to the work will have the preparation necessary to begin a practice and help others.

The Plant Spirit Medicine Healer training Course has three parts and consists of the following:

1. Online Introductory Course *Plant Spirit Medicine: Growing Awareness of Nature*
2. Four In-person weeks (Level 2 and Beginning of Level 3)
3. Two Clinical Weeks (Level 3)

Course Work

After completing the Online Introductory Course, students can continue their training to deepen their relationship with plants, become a Plant Spirit Medicine practitioner, or learn the medicine in order to augment their current work or practices. No matter what draws you to the Course, Levels 2 and 3 provide a worldview and relationship with the natural world in way that will benefit whatever your goals may be.

In-person Weeks 1-4 (Level 2) are dedicated to learning the specifics of Plant Spirit Medicine. During these weeks, participants develop the capacity to understand what a client fundamentally needs as well as the skill to provide it. Through the opening of the senses, students learn to listen to the root of a person's illness, listen to the medicine of the plants, and call upon the healing power of the plants for the benefit of that person. Students also become fluent in the mechanisms of healing, including the flow of the energy and the blocks to healing, as well as:

- **Chinese Five Element Methodology**

The five element methodology is one of the most enduring of the classical oriental philosophies, having stood the test of centuries of use. It invites us to view the world as a cycle of transformation of the energies of sunshine, earth, air, water and growth. It allows us to see people in a deep, even poetic, way, rekindling our senses and expanding our capacity for empathy.

- **Developing Relationship with the Plant Spirits**

The medicine of the plants comes from building friendships and alliances with them. Students will learn how to enter non-ordinary states of consciousness (non-drug induced) in order to learn what each plant has to offer. While introduced to this in the Online Introductory Course, many people benefit from group learning and individual in-person guidance. The class is designed to help everyone develop the skill, no matter what is needed for each person.

- **Materia Medica**

Students visit a number of local wild plants and befriend the spirits of those plants. During the course, the class typically visit plants that have a widespread growth habitat, taking care to visit plants that grow throughout the Americas, Europe, and other areas in the world. While working with plants in the course, participants will learn the method for expanding and refining their plant spirit materia medica with additional plants that grow in their local area, enabling them to bring the appropriate plant spirits to each of their clients.

In-person Weeks 5 & 6 (Level 3) are clinical weeks. During these weeks, students will observe client sessions and present clients themselves under the supervision of Alison Gayek. Through the presentation of clients, students are able to reinforce the learning from the previous weeks, as well as learn how to handle real life situations that occur in practice.

- **Clinical Weeks / Practicum**

Participants will hone their assessment skills and learn about treatment planning and practitioner-client relations. At the end of the course, each participant will perform treatments under Alison Gayek's supervision, demonstrating an understanding of their relationship with the plant spirits, effective pulse-taking techniques, and client assessment.



Through the repetition and uniqueness of the client presentations, students solidify the material learned and gain an understanding of the application of the various aspects of practicing this medicine.

Clinical Weeks

Once students have reached this point in their education, they have learned a tremendous amount and are prepared to follow treatments, allowing them to acquire grounding and confidence in the practice of Plant Spirit Medicine.

Time Around the Fire

Weather permitting, the Plant Spirit Medicine Course also includes 1-2 evening sessions around the fire during each of the weeks.

Homework

The Plant Spirit Medicine course requires a good amount of self-study and homework between sessions. All of the homework and self-study is directly related to becoming grounded in the medicine and becoming an effective practitioner (no matter how you choose to practice). Plan on daily, weekly, and monthly practices to provide a solid foundation and reinforce the teachings of this healing modality. It is entirely possible to complete the homework while engaged in full-time employment.

Graduation

When students complete all 6 weeks of the course successfully, they will graduate and become eligible to practice Plant Spirit Medicine. They are also eligible to become full members of the Plant Spirit Medicine Association, as well as to be inducted as Lay Spiritual Healers of the Temple of Sacred Fire Healing (see below).

Clinical Consultation

It is when a student graduates and begins his/her tenure as a Plant Spirit Medicine healer that his/her real learning begins. This is a time when support is essential. Clinical consulting provides the new graduate a way to call upon an experienced consultant who will oversee and guide the new healer in his/her practice. For the first six months upon full completion of the course, graduates have the opportunity to work with a clinical consultant to provide the support needed when beginning a practice. This support allows graduates to increase their confidence and effectiveness in the medicine (a separate fee applies).

Temple of Sacred Fire Healing

After completing the clinical requirements, students will be eligible to be inducted as a Lay Spiritual Healer in the Temple of Sacred Fire Healing. This induction provides students with legitimacy, credibility, and recognition within society.

Plant Spirit Medicine Association

As a student, or upon successful graduation, students will be invited to join the international Plant Spirit Medicine Association, an organization dedicated to providing mentorship, fellowship and other support to those who practice Plant Spirit Medicine. Students who have satisfactorily completed their course work and clinical work will be eligible for full membership in the Association. Please see www.plantspiritmedicineassociation.org for more information.

Continuing Professional Development

Graduates of Plant Spirit Medicine who begin a practice are encouraged to maintain and improve their skills through a program of Continuous Professional Development (CEUs) as continuing one's education upon graduation is the hallmark of a dedicated and effective healer. A range of postgraduate workshops and courses are available.

Plant Spirit Medicine Course Dates

The Plant Spirit Medicine Course will begin in March 2027 with the subsequent sessions as follows:

- Week 1 March 24th -March 31st 2027
Arrival Wednesday March 24th, 2027 between 4-6pm. Departure Tuesday night March 30th, 2027 after 5pm or Wednesday morning March 31st, 2027.
- Week 2 June 23rd -June 30th 2027
Arrival Wednesday June 23rd, 2027 between 4-6pm. Departure Tuesday night June 29th, 2027 after 5pm or Wednesday morning June 30th, 2027.
- Week 3 October 6th – October 13th 2027
Arrival October 6th, 2027 between 4-6pm. Departure Tuesday night October 12th, 2027 after 5pm or Wednesday morning October 13th, 2027.
- Week 4 February 16th – February 23rd 2028
Arrival Wednesday February 16th, 2028 between 4-6pm. Departure Tuesday night February 22nd, 2028 after 5pm or Wednesday morning February 23rd, 2028.
- Week 5 May 31st -June 7th 2028
Arrival Wednesday May 31st, 2028 between 4-6pm. Departure Tuesday night June 6th, 2028 after 5pm or Wednesday morning June 7th, 2028.
- Week 6 September 13th – September 20th 2028
Arrival Wednesday September 13th, 2028 between 4-6pm. Departure Tuesday night September 19th, 2028 after 5pm or Wednesday morning September 20th, 2028.

Venue

In 2027/2028, the Plant Spirit Medicine Healer Training Course (Levels 2 and 3), will be taught in Mebane, North Carolina.

Due to multiple requests to offer the course a lower cost, we have partnered with a local herbalist and budding healer for this year's course. Held at The Nest, a remote community house adjacent to an Eco village and farm, the location provides us with abundant plant life and nature. Situated on 7.5 wooded acres with an additional 112 acres of common ground, The Nest combines natural beauty in a connective and supportive space.

Lodging options include outdoor camping, indoor dormitory "camping", or a local hotel.

Camping and indoor dormitory space are included in the course fee. However, for those who chose to stay at a local hotel a few miles away, you will be responsible for paying your hotel fees, as well as transportation back and forth. We will help you with recommendations for hotels, as well as helping you figure out any transportation needs.

Food

Lunch and dinner will be provided by a wonderful local gourmet each day, with breakfast being a joint endeavor amongst the participants. All food will be prepared with fresh, local ingredients. Meals are taken as a group. After enrollment is complete, participants can register for Omnivore, Vegetarian, Gluten-Free, and/or Dairy Free options. On the first night, dinner will be served at 6:30 pm (unless otherwise specified).

Admissions and Enrollment Policies

Eligibility

The Plant Spirit Medicine Healer Training Program is open to all persons who have a commitment to learning how to call upon the plants for healing. No previous clinical, shamanic or herbal experience is necessary. The course will cover all topics necessary to becoming a healer.

This course is potentially life-changing, so be prepared for personal growth. You will be supported in this growth by learning to establish a deep connection to your healing abilities, as well as a connection with the divine natural world.

Students are strongly encouraged to receive Plant Spirit Medicine treatments before completion of the course.

Tuition Fees and Costs

The cost of the Plant Spirit Medicine Healer training is **\$1900.00 USD per week**. The cost includes tuition, lodging, meals, and administrative fees. It does not include airfare, any hotel fees, or after graduation fees (clinical consulting, PSMA membership, TSFH Certification).

To Enroll

To enroll in the course, email alisongayek@gmail.com for a registration form.

To finalize your registration, send in the form via email or mail, along with a **\$1000.00 deposit via check or Venmo**. Payment details are provided on the registration form. In addition, further details of what to bring the course are provided upon registration.

The remaining tuition is due two months prior to each week of the course.

Questions?

Reach out to Alison Gayek at alisongayek@gmail.com or psmfaculty@bluedeer.org.

Payment

The deposit of \$1000.00 USD holds your place in the course. Session fees are due two months prior to the start of the weekly session.

Session fees due dates:

Session 1 (6 days), cost \$900 (1900.00 minus deposit of 1000.00). Due Jan 23rd 2027

Session 2 (6 days), cost \$1900. Due April 22nd 2027

Session 3 (6 days), cost \$1900. Due August 6th 2027

Session 4 (6 days), cost \$1900. Due December 15th, 2027

Session 5 (6 days), cost \$1900. Due March 31st 2028

Session 6 (6 days), cost \$1900. Due July 13th 2028

You can make your payment via Venmo, by check, or by cash.



Timely Payments

Payments are made according to the payment dates outlined in order for the student to proceed. Any tuition exceptions or payment options must be approved by the teacher (contact Alison at alisongayek@gmail.com).

Cancellation/Refund Policy

While we do not anticipate cancellations, if it does become necessary to postpone one's studies, a student must withdraw from the program in writing, one-month prior to the course week.

If a student withdraws with less than four weeks notice, there will be no refund of session fees.

If a student has paid for the full course in advance, and less than 50% of the course has been completed, refund will be prorated.

Absences

For those embarking on becoming a Plant Spirit Medicine healer, students are required to attend each of the six weeks of class in order to graduate. Missing more than one day of class will jeopardize your ability to graduate. Exceptions to this will require permission of your teacher and will require payment for make-up work on a case-by-case basis.

Break in Enrollment

If a student must postpone her study, she will be required to re-apply for admission. Upon acceptance, the student must demonstrate competence in the material studied up to the point of break in enrollment. Depending upon the comprehension of material, the student may be required to re-take weeks already completed. The student will be required to complete all weeks in successive order before she is eligible to graduate.

See Guidelines and Standards on next page.



Course Guidelines and Standards

The Plant Spirit Medicine Healer training Course requires a dedicated commitment on behalf of the student. Students on this course will embark upon a journey of personal growth, healing, and learning in order to have the preparedness to open a healing practice. Attentiveness in class and commitment to home study is necessary in order to be prepared for graduation. We also expect students to hold a high degree of personal integrity, as becoming a healer requires dedication to the highest standards of personal excellence.



Practice

In order to practice ethically, effectively and without harm, students must complete the entire program before they open a Plant Spirit Medicine healing practice or perform healings on other people.

Confidentiality

We encourage students to practice a high level of confidentiality so they will be fully prepared to offer a safe, secure environment for their own clients when they begin their healing practices.

Ethics

Those who graduate are expected to uphold a rigorous ethical standard. Upon graduation, students will sign an ethical code governed by the Plant Spirit Medicine Association (PSMA).

Grievances

If a student has a complaint, there is an informal and formal grievance procedure that the student may go through.



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