



katja swift
registered herbalist, AHG

Clinical Work

CommonWealth Holistic Herbalism, Co-founder & Clinical Herbalist

2007 - present

Katja maintains a clinic in Brookline, MA, seeing clients privately, and directs a monthly teaching clinic to serve low-income community members. She serves under-resourced communities across the country through the Boston chapter of Herbal Medics.

Randolph Center for Integrative Health, Founder & Clinical Herbalist

2002 - 2007

Founded the Center in Randolph, Vermont, in 2002. The clinic grew to include five other full-time alternative practitioners and to work cooperatively with the local hospital and other medical professionals.

Street Medic

2014 - present

Supported various actions & disaster response in Boston, New York City, Washington DC, as a medic, and dispatched Ferguson & Minneapolis. Coordinated and contributed to the monthly continuing education series for Boston Street Medics.

Teaching

CommonWealth Holistic Herbalism, Co-founder & Director

2009 - present

In addition to teaching private apprentices, Katja founded an herb school in Boston which offers community drop in classes, a 9-month community herbalism apprenticeship, and a three-year intensive training program for clinical herbalism. In 2016, the online program launched and as of 2017, the full clinical training program is available online as a video program with live mentorship. Katja also teaches advanced disaster response and post-disaster community health programs, as well as business programs for herbalists and other holistic practitioners starting their own practices.

Massachusetts College of Pharmacy and Health Sciences, Adjunct Faculty

2009 - present

Guest-lecturer in pharmacognosy and applied natural products, and Preceptor for sixth year APPE interns. Students spend 240 hours in our school and clinic as an elective in their experiential learning program required for graduation. To date, over 1100 MCP and NU students have gone through this program.

Northeastern University College of Pharmacy, Associate Faculty

2012 - present

Preceptor for sixth year APPE interns. Students spend 240 hours in our school and clinic as an elective in their experiential learning program required for graduation.



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Boston School of Herbal Studies

2007 - 2009

Monthly health workshops as well as leading the 8-month apprenticeship program.

Public Health Educational Series, Randolph, VT

2004 - 2007

A two-and-a-half year monthly series open to the public on alternative health methods, as well as guest-lectures at Dartmouth and UVM Medical Schools.

Children's Programs

2002 - present

Katja has taught "Playground Medicine" in children's after-school programs as well as for various private groups, and run an independent (botany and nature-focused) week-long Summer Camp for elementary students. She teaches children's classes at various conferences, including TWHC, 2011 and 2012, as well as TWHC 2013 and Herbalismo 2013. She presented the Girl's Club program for girls making the transition into menarche and puberty, 2014 - 2017. Currently Katja offers courses on Children's Health and Health in Puberty online.

Public Speaking

The Role of Herbalism in Modern Medicine, Dartmouth and UVM Medical Schools, 2003 - 2007

Sustainable Health Care, Boston GreenFest, Government Center 2009, 2010

The Practice of Traditional Herbalism through the Lens of Modern Pharmacy, and lectures on other topics, MCPHS, 2010 - 2015.

Herbal Medicine for Perinatal Health: BACE Childbirth Educators' Conference, Newton-Wellesley Hospital, 2010, 2013

Presenter, Traditions in Herbalism Conference, NM and AZ, 2011 - 2015

Presenter, HerbStalk 2012 - 2021

Presenter, Herbalismo, TX 2013

Speaker, Brigham and Women's MS Clinic: A Natural Approach for MS, 2014

Presenter, Symposium of the American Herbalists Guild, 2015, 2021

Presenter, Integrated Medicine for the Underserved conference, 2015

AHG Live Webinar series: So You Want to be an Herbalist, January 2017,

Herbalism as a Business, November 2018

Contributor, Tate Modern Art Museum, Ima-Abasi Okon exhibit, 2021

As well as other privately hosted speaking engagements



Publications

Herbalism for Beginners, book published 2018, Althea Press

Managing Celiac Disease, NEHA Quarterly Journal, 2008

Seaweed as Food and Medicine, NEHA Quarterly Journal, 2010

Five-Part Series on Women's Reproductive Health, Plant Healer Magazine, 2010-2011

Four-Part Series on Self-Care for Clients and Practitioners, Plant Healer Magazine, 2012

Four-Part Series on Clinical Skills with Case Studies, Plant Healer Magazine, 2013

Supporting Kids Through Puberty, Plant Healer Magazine, 2014

A New Approach for ADD, ADHD, and Asperger's, Plant Healer Magazine, 2013;

updated version, Natural Awakenings Magazine, 2014

A New Approach for Managing Lyme Disease, Plant Healer Magazine, 2014

Holistic Lyme, Natural Awakenings Magazine, 2015

Herbs of Iceland, Plant Healer Magazine, 2015

Addiction and Harm Reduction, Plant Healer Magazine, 2015

Holistic Management of Addiction, Natural Awakenings Magazine, 2015

Nettle Leaf in Autoimmune Kidney Disease, A Case Study, MedHerb Journal, 2015

Managing Chronic Illness in Underserved Communities, Plant Healer Magazine 2015

Crohn's Disease: A Case Study, American Herbalists' Guild Journal 2017

Sleep: Beyond Hops and Valerian, AromaCulture Magazine, 2017

Alternative Approaches for Autoimmune Disorders, American Herbalists' Guild Journal 2018

Supporting Kids through Puberty, AromaCulture Magazine, 2018

Various guest-blogged articles on herbalism for children, family self-care, and food-as-medicine.

Podcasts

The Holistic Herbalism Podcast, Katja Swift and Ryn Midura. A weekly podcast on various topics in holistic health, 2017-present

Frequent Guest Speaker: the HerbRally podcast, the AromaCulture podcast, Wellness Insider Network (A joint Herbal-Pharmacy podcast), the Still Growing podcast, the Real Herbalism Radio, and others.

Boards

Member of the review board of the Journal of Medical Herbalism.

Founding member of the board of Herbal Medics, a non-profit dedicated to first aid and community health in disaster situations, as well as a chapter leader for the Massachusetts chapter.

Other

Consulting herbalist for American Well's Online Health Portal, 2011

First non-pharmacist ever awarded a Preceptor of the Year award by MCPHS, 2013

Honorary Distinction, North American Institute for Medical Herbalism, 2015

Membership Committee, American Herbalists' Guild, 2021



Formal Education

Apprenticeship, Rosemary Gladstar, Sage Mountain VT
2000 - 2003

Apprenticeship programs with herbal elder Rosemary Gladstar. These apprenticeships covered herbal and nutritional practice and included lectures from other renowned herbalists.

Advanced Herbal Training – Guido Masé, VT Center for Integrative Herbalism
2006 - 2007

Nine-month clinical continuing education program for practitioners. Guido Masé specializes in the collaboration of Western Medicine and Traditional Healing.

Flower Essence Practitioner Program – Delta Gardens
2010

Five-month specialty program in the modality of Flower Essences, taught by David Dalton.

Advanced Clinical Training, North American Institute of Medical Herbalism
2011 – 2015, and ongoing mentorship

Continuing education program, workshops and lectures with Paul Bergner, and direct mentorship. Paul also mentored the foundation of our clinical herbalism program.

Street Medic Training, Boston
2014

Street medics work in disaster scenarios such as Hurricanes Katrina and Sandy, as well as large demonstrations, protests, and events. They serve as a citizens' first response team when higher definitive care and EMS services are not available. Street Medics may also provide clinic services to underserved populations.

Wilderness First Responder certification, The Human Path, Sam Coffman
Wilderness First Aid instructor certification, ECSI
2015

BA, Combined Foreign Language; BA, Linguistic Theory, 1995
Gordon College, MA, and the State University of Nizhni Novgorod, Russia