



Ibn Sina College  
Yr 3 Student Handbook  
2022-2023



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[www.ibnsina.co.uk](http://www.ibnsina.co.uk)



# Ibn Sina College

## 2022-2023



### Our Modules

- Greco-Islamic Herbal Medicine
- Foundation of Psychology
- Western Herbal Medicine
- Principles of Pharmaceutical Research
- Chinese Acupuncture
- Contemporary Clinic Herbal Medicine



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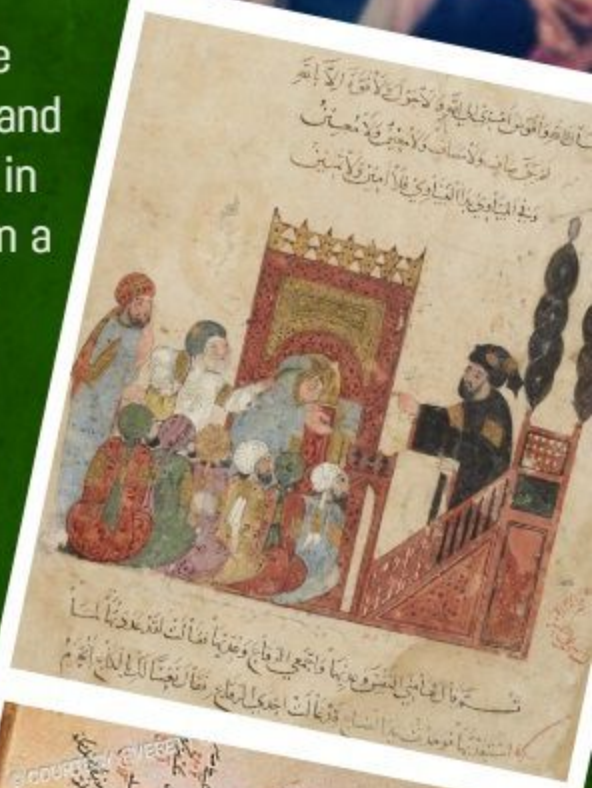
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## SEMESTER 1 (THEORETICAL) - OVERVIEW

As mentioned before you will study the different chapters of the *Urjuzah fi-Tibb* of Ibn Sina for the theoretical side of Herbal Medicine. Below is the breakdown of the modules and their chapters you will cover in Semester 1. They are made in a table for you so you can tick them off as you cover them with the herbalist.



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Second Semester

# Psychology



## Child Development

- Healthy child development
- Impact of adverse childhood experiences on a child's development
- Adverse childhood experiences



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# Dr. Saiqa Naz

President of BCP, UK



Saiqa has previously worked as a Psychological Wellbeing Practitioner and a CBT therapist, and is now completing her clinical psychology training. Prior to this, Saiqa worked in Sheffield's Specialist Psychotherapy Service. Saiqa has delivered the psychology teaching for Ibn Sina College for the past couple of years. Saiqa is on the board of editors for The Cognitive Behaviour Therapist and Behavioural and Cognitive Psychotherapies Journals. Saiqa is the previous Chair of the British Association for Behavioural and Cognitive Psychotherapies (BABCP) Equality and Culture Special Interest Group and co-author of the Improving Access to Psychological Therapies (IAPT) Black Asian and Minority Ethnic Positive Practice guide.



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# Principles of Medical Research



## Topics

- Historical background
- Examples of experiments
- Medical research in the modern age

**Dr. Junaid Patel**

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# Dr. Junaid Patel



BSc Hons in Pharmacology., University of Liverpool. Worked in the famous companies such as Hammersmith Medical Research Reckitt Benckiser Pharma Syneos Health. Has over 16 years experience in Pharmaceutical Research Organizations in Europe and USA, managing and running phase I-IV studies.

Responsible for designing and conducting clinical trials globally, in Latin America, Europe, Russia and India meeting challenging local country requirements, business timelines and budgets.

Therapeutic area experiences include:

- Multiple Sclerosis
- Alzheimers
- General analgesic Pain and Gastroenterology diseases.

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# Principles of Pharmaseutical Research

Dr. Junaid Patel



## Content

- Exploring and development of clinical trials programme
- Meeting regulatory guidelines
- Developing a strategy in the conduct of clinical trials on a global level



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# Dr. Proff. Maisha Pesante

M.D., C.C.H.P.



## Senior Supervisor

Maisha Pesante, M.D., C.C.H.P., C.C.T.C. is a board-certified family physician, healer, orator, and professor. For over 20 years, Dr. Pesante has been successfully blending eastern healing modalities with modern medicine. She practiced healing arts as a certified massage therapist and herbologist, prior to becoming a family physician. She received her Bachelor of Arts in Psychology and Spanish with Honors from the University of Virginia in 1998. She completed her Doctorate of Medicine at the University of Cincinnati in 2005. In 2010, she completed her residency at UNC-Chapel Hill, the top family medicine program in the United States of America.



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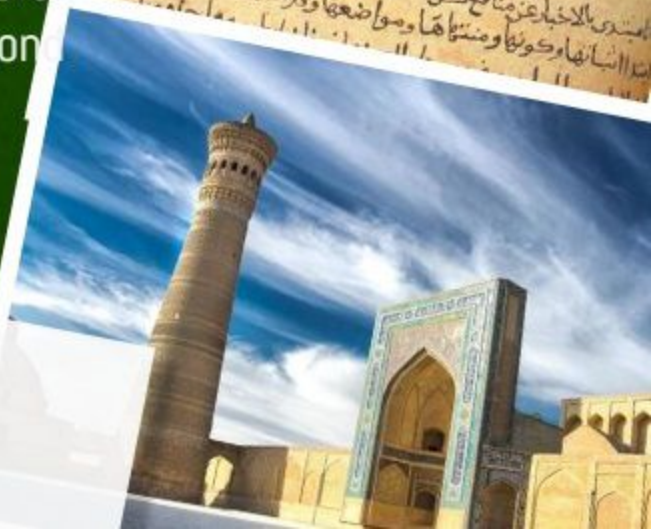
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## SEMESTER 3

### ANCIENT GREEK MEDICINE

As mentioned before you will study the different chapters of the Urjuzah fi-Tibb of Ibn Sina for the theoretical side of Herbal Medicine. Below is the breakdown of the modules and their chapters you will cover in Semester 3. They are made in a table for you so you can tick them off as you cover them with the herbalist. After Year 1 this will cover 1 full section of Urjuzah fil Tibb.

This is very important to understand and know before you progress into the second year.



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# Dr. Amina Stader-Chan (CA, USA)

Supervisor - Instructor



Dr. Amina Stader-Chan specializes in the Western Herbal Medicine and Apitherapy with more than thirty years of experience in both USA and abroad. She also, has graduated from three years of studies of Unani IBB (Ancient Egyptian-Greek-Islamic) medicine in Ibn Sina College. Dr. Chan has been assisting the patients relying on all of three fields of her expertise. She has been delivering lectures and holding events in the States and abroad (including Ibn Sina College, UK).

Dr. Chan is currently residing in Turkey where she is carrying research on the Unani IBB with good access to the relevant plants described by the Early Herbalists lived around the Mediterranean sea and yet continues to practice the Western Herbal Medicine and Apitherapy.

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# Western Herbal Medicine

Dr. Amina Chan



The course introduces the foundational teachings of WHM. Together through lectures, readings, and practical demonstrations we will cover the fundamental principles of the nutritional and healing properties of herbs and some of our everyday foods. We will review several herbs, learn their properties and actions, when and how to apply them for balance and healing. We will be addressing methods of preparation and administration, harvesting and storage of your herbs for best potency and sustainability. The objective of the course is for the student to understand what WHM is, and how to put it into practical application, making herbs a natural part of everyday life in order to achieve optimal health for you and your loved ones.



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# Ibn Sina College Callendar 2022-2023

## Key Dates



### First Semester

- 2nd October
- 18th December

### Second Semester

- 8th January
- 19th March

### Third Semester

- 16th April
- 18th June

### Exams

- 2nd July
- 20th August

### Eid al-Fitr

- 21-22 April

### Eid al-Adha

- 28-30 June

### Christmas

- 25th December

### Easter

- 9th April

