

Mind | Body | Spirit

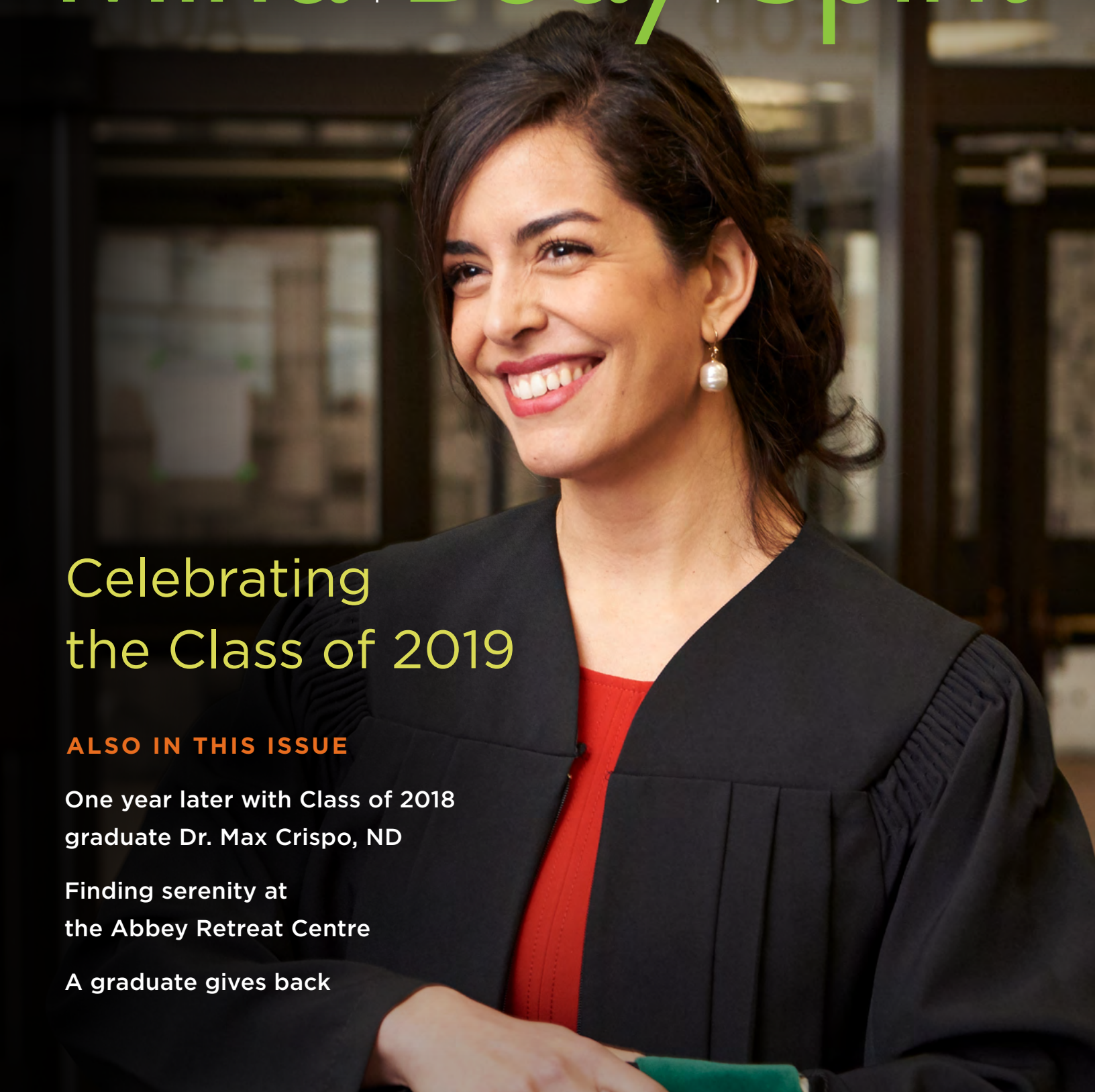
Celebrating the Class of 2019

ALSO IN THIS ISSUE

One year later with Class of 2018
graduate Dr. Max Crispo, ND

Finding serenity at
the Abbey Retreat Centre

A graduate gives back





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Editor in Chief Simone Philogène

Managing Editor Sana Abdullah

Advertising Frances Makdessian

Art direction & design Bhandari & Plater Inc.

Please send your comments and story ideas to: sabdullah@ccnm.edu

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Dr. Rick Bhim, ND (Class of 2016), and Sukriti Bhardwaj (Class of 2019) at the reception following the convocation ceremony.

Editor's Letter



A world of opportunities awaits

In reviewing the stories for this issue, I was struck by how often locations and experiences outside of Canada were part of our students' and graduates individual journeys. Whether it's this year's valedictorian who hails from Wisconsin, last year's valedictorian now doing a residency in Hawaii, or faculty member Dr. Chris Pickrell, ND, taking students to China, graduating from CCNM can clearly take you anywhere in the world to work, learn, and be successful.

Convocation

This is traditionally our highly popular convocation issue. For many people, convocation is both an end and a beginning: a chance to celebrate a milestone, receive their final degree, and launch themselves into the next phase of their life and career. The Class of 2019 graduates had an inspiring speaker in the form of the honorary degree recipient, Mr. John Patterson. He brought a patient perspective to this year's celebrations and his heartfelt remarks about the role naturopathic medicine has played in his life inspired many of our graduates and indeed all of the attendees at Convocation Hall.

CV40 update

Finally, as many of you are aware, CCNM has been on a curriculum renewal journey. We are going to continue to bring you regular updates on the important work going on here at the College in this regard, given the interest the profession has in this topic.

I hope you enjoy this issue.

A handwritten signature in black ink, appearing to read 'Simone', with a long, sweeping flourish extending to the right.

Simone Philogène,
Editor in Chief



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| ✓ Exhibits anti-inflammatory activity | ✓ Alleviates symptoms of GI distress | ✓ Maintains mucosal cell integrity |
| ✓ Promotes regeneration of GI mucosa | ✓ Soothes inflamed mucous membranes | ✓ Helps repair GI tract |

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| Colony-Stimulating Factors (CSF) | Stromal cells, fibroblasts, endothelial cells, lymphocytes | Granulocyte colony stimulating factor (G-CSF): Stimulates granulocyte proliferation. Granulocyte Macrophage Colony Stimulating Factor (GM-CSF): Stimulates granulocyte and macrophage proliferation. |
| Epidermal Growth Factor (EGF) | Platelets, macrophages | Stimulates fibroblasts to secrete collagenase to degrade the matrix during the remodeling phase. Stimulates keratinocyte and fibroblast proliferation. |
| Fibroblast Growth Factor (FGF) | Macrophages, mast cells, T-lymphocytes | Promotes angiogenesis, granulation, and epithelialization via endothelial cell, fibroblast, and keratinocyte migration, respectively. |
| Keratinocyte growth factor (KGF) | Fibroblasts | Stimulates keratinocyte migration, differentiation, and proliferation. |
| Platelet-Derived Growth Factor (PDGF) | Platelets, macrophages, keratinocytes, fibroblasts, and endothelial cells | Attracts macrophages and fibroblasts to zone of injury. Promotes collagen and proteoglycan synthesis. |
| Transforming Growth Factor (TGF) | Platelets, macrophages, lymphocytes, hepatocytes | TGF-α: Mitogenic and chemotactic for keratinocytes and fibroblasts. TGF-β1 and TGF-β2: Promotes angiogenesis, up-regulates collagen production and inhibits degradation. TGF-β3 (antagonist to TGF-β1 and β2): Has been found in high levels in fetal scar-less wound healing and has promoted scar-less healing in adults experimentally when TGF-β1 and TGF-β2 are suppressed. |
| T-cell growth factor (TCGF), also known as Interleukin-2 | Macrophages, keratinocytes, endothelial cells, lymphocytes, fibroblasts, osteoblasts, basophils, mast cells | IL-1: Chemotactic for neutrophils, fibroblasts, and keratinocytes. Activates neutrophils. IL-4: Activates fibroblast differentiation. Induces collagen and proteoglycan synthesis. IL-8: Chemotactic for neutrophils and fibroblasts. |
| Vascular Endothelial Growth Factor (VEGF) | Platelets, macrophages, fibroblasts, smooth muscle cells, neutrophils, and keratinocytes | Promotes angiogenesis during tissue hypoxia. |

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Fifteen minutes with Dr. Chris Pickrell, ND

The Class of 2008 graduate on
winning a teaching award, the changing
nature of education at CCNM, and
building a one-of-a-kind practice model



Dr. Chris Pickrell, ND (Class of 2008), was the recipient of the Excellence in Teaching Award for Academic Faculty in 2019 (he previously won in 2015). This award is selected by the graduating class in recognition of outstanding academic instruction.



Dr. Chris Pickrell, ND, practises at The Herbal Clinic & Dispensary in Toronto, Ontario.

Q Tell us about winning the Excellence in Teaching Award for Academic Faculty, and what it means to you as an instructor?

A – It’s great! It truly is an honour. I know everybody says that when they win an award, but it feels great, and, as an instructor, I certainly appreciate and value it. I’ve always had mixed opinions about awards in general. I think it’s valuable to single someone out for achievement but in doing so... does it dim the achievements of everyone else?

In our courses, we have many people that play a major role in the way we deliver them. I want to acknowledge the Office of Academic Affairs. They do so much to help me. Many times, they’ve sent me an email and asked, ‘Did you remember to do this?’ and my answer is ‘No, I didn’t. Thank you.’ The students never see that, but it’s a big part of what makes the courses flow smoothly. I’m honored to win the award. But – and I’m not trying to humblebrag here – there is a team effort that ranges from upper administration to the people that do the setup for the rooms. When that goes smoothly, which it normally does, everything runs well.

Q How was convocation? What’s it like standing up on stage and seeing everybody’s faces?

A – Really truly, I love it. Being on the platform and calling the names of the graduates is quite touching. I knew a lot of the students from this class quite well. Some of them I’d gone with to China and some of them had been externs at my clinic. And my favorite moment, cheesy as it sounds, is when they stand and recite the oath. It really is a symbolic representation of what we do and who we are, and I like the idea of the ND community joining together to make that commitment.

Q You went to China?

A – Yes, it was organized by the students as an externship. I’ve gone twice with two different groups. This class was the second time that I went, and we had 10 students, which is a pretty big group. We spent a month doing rounds at a hospital in China, in Henan province. That was in December.

“From the beginning I’ve been very passionate about offering affordable care. Our clinic sees hundreds of people every week on the affordable care and walk-in model. They like it so much that they actively tell their friends, families, and co-workers.”

Dr. Chris Pickrell, ND (Class of 2008)

Q Tell us how you incorporate technology into your lectures and assignments.

A - I would say I incorporate it as much as is valuable. I think there are a lot of ways tech can enrich the learning experience, but like everything, it needs to be used optimally and delivered well. In our elective course (advanced botanical medicine), we have students watch a very short video case on a clinical question, and then take a video of themselves answering that question as though they were talking to a real patient. The videos are then peer-reviewed and graded by classmates.

One of the things I really like about it – and it's something I didn't realize until after we started – is that some of the videos had hundreds of views from their classmates. That meant students were watching the videos by their peers and thinking 'This is what this student researched and this is how they answered the question.'

I do have one or two assignments in my TCM courses where we use question building in Moodle (CCNM's student learning management system). Basically, the students work through a case and with each answer, they are given feedback that helps them proceed with the following questions. It's fairly basic so far, but online learning has far more capability than we currently leverage. The learning possibilities of tech are much larger than the box of a classroom.

Q Were the changes in how you use Moodle driven more by your interest or by how students have been learning?

A - A lecturer is bound by their ability to engage students. If the content is always the same, or it's delivered in a boring way, students check out and once they check out they don't learn very much. One of the benefits of online learning is that you can, to some degree, circumvent that because student engagement is not dependent on the performance of a lecturer.

Q You graduated 11 years ago. Can you describe just how the learning experience at CCNM has changed in that time?

A - What I've seen in these years is that we've removed repetitions and improved efficiency considerably.

I think there's still a lot of room for improvements in teaching and delivery. But the CV40 project is actively working to address the needs of students and adapt to modern learning methods. I sit on the academic committee for one of the CV40 working groups. The direction things are heading is to move away from mass lectures to more active learning methods. I think that's a very good step.



Dr. Chris Pickrell, ND, leads a botanical walk along the East Don Parkland Trail

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Supporting baby's growth and development at all stages

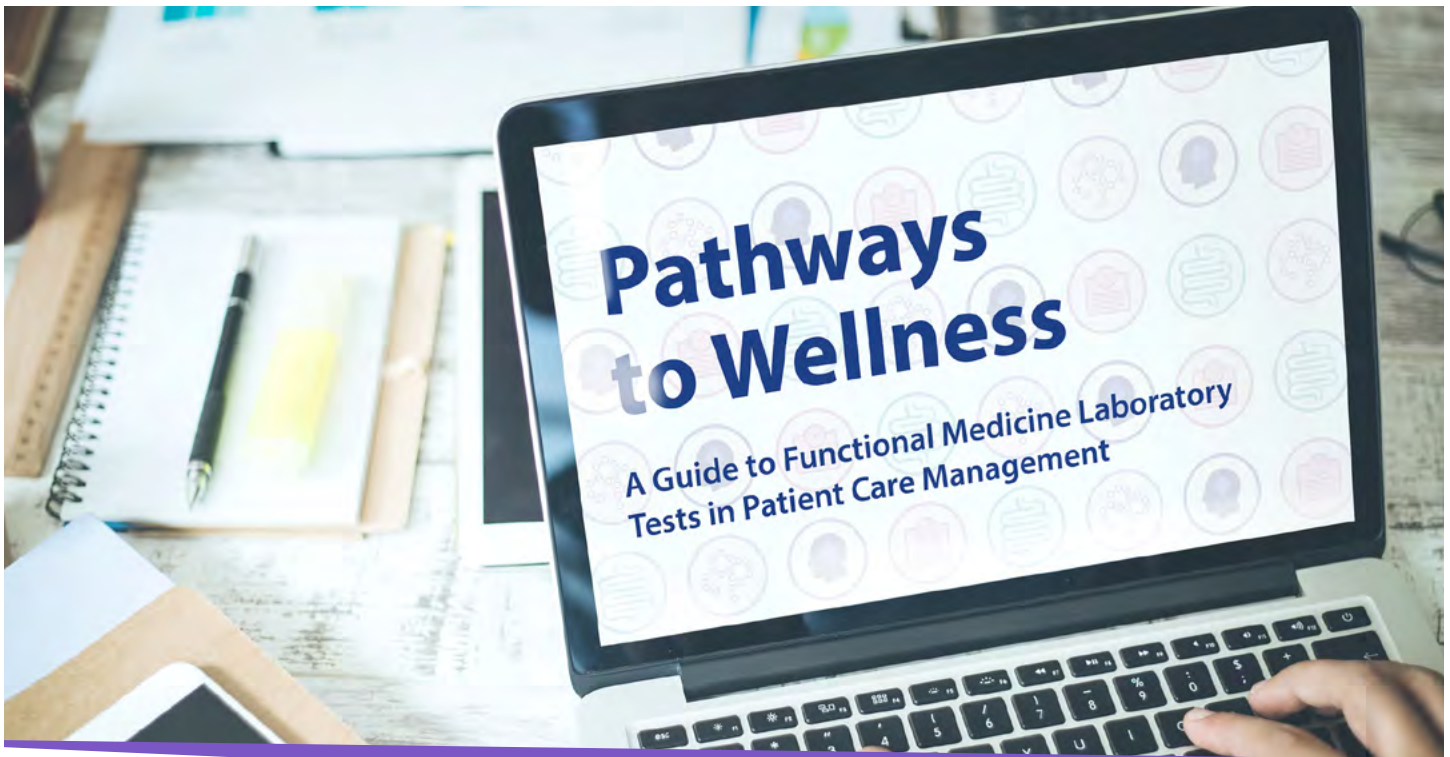
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Q At your private practice, The Herbal Clinic and Dispensary, you offer community acupuncture and now started accepting walk-ins. Why did you decide to offer these services to the community?

A - There was a recognition from doing years of community acupuncture that we needed a solution that offered true, affordable, walk-in naturopathic care. And it took quite a long time to build; it wasn't until the first time I went to China and saw a similar model in action that I said, 'Okay, that's how you solve this problem, and that problem, we can do that.' When I came back, I started to implement the model I'd seen and included an externship component as well.

From the beginning, I've been very passionate about offering affordable care. Our clinic sees over one hundred people every week in the affordable care and walk-in model. They like it so much that they actively tell their friends, families, and co-workers. We do very little marketing.

In fact, we're almost out of space at the clinic so my hope is that more NDs will start to use similar models. I've got a standing offer - I'll help any ND interested in affordable care as much as I can, whatever that may look like.

Q Where do you see the future of the profession headed? How do you think we'll be teaching students in five years, 10 years, etc.?

A - Those are big numbers and with technology opening some exciting possibilities, there are a lot of avenues for change. The most honest answer is: I don't know, but I'm going to continue to do the best job I can.

One of the things tech can do is make education freely available. I do a weekly podcast called Health Happens with another ND and it's low-scale tech. It's not hard to do a podcast and lots of people, patients, and students listen to it. The more the public become the agents of their own health, the better all of us will be. I think tech's ability to help us deliver high-quality, engaging health education is almost limitless and I believe it's important for our profession to make sure we're delivering it to everyone.

Q How do you embody the principles of naturopathic medicine?

A - It's a question every ND should reflect on. A lot of the principles of naturopathic medicine are why I became an ND in the

first place. They were already core values. Because even if I wasn't an ND, I don't think I'd be much different.

I had a friend in university whose sister was a student here. I was actually thinking of going into conventional medicine because I've always wanted to help and work with people. But the more I looked into it, the more I become disenchanted with it. Then I spoke to my friend's sister and the more I learned about naturopathic medicine, the more it aligned with how I wanted to be part of health care, and the more it felt like the best way to be part of the solution. And I feel like it was a great decision. There's so much potential and possibility to find creative ways to solve problems. We're still in the generation of pioneers in naturopathic medicine. What we will become is still very much yet to be written and I'm enjoying, hopefully, being a small contributor to that authorship.

Find out more about Chris and Health Happens at: chrispickrell.com

The Herbal Clinic and Dispensary: theherbalclinicanddispensary.com

"The more the public become the agents of their own health, the better all of us will be. I think tech's ability to help us deliver high-quality, engaging health education is almost limitless and I believe it's important for our profession to make sure we're delivering it to everyone."

Dr. Chris Pickrell, ND (Class of 2008)



One year later: Dr. Max Crispo, ND, trades snow for sand

The Class of 2018 valedictorian
practises naturopathic medicine in Kailua-Kona,
a coastal city on the Big Island of Hawaii



In the past 12 months since he graduated, Dr. Max Crispo, ND, has been constantly on the go. After graduating in 2018, he immediately began studying for NPLEX II. Then, he made plans to begin an integrative oncology residency in October 2018 at Lokahi Health Center, owned by Dr. Michael Traub, ND.



Dr. Max Crispo, ND, is a resident focusing on integrative oncology and patient care at the Lokahi Health Center, located in Kailua-Kona, Hawaii.

But this clinic was more than just a drive across town. Located in Kailua-Kona, a coastal city on the Big Island of Hawaii, Max had to apply for a visa and uproot his life from the comfortable confines of Toronto all the way to the North Pacific.

He is also a member of the Hawaii Society of Naturopathic Physicians' executive board, serving as treasurer, and was nominated to represent the state in the American Association of Naturopathic Physicians house of delegates.

Max feels as though he's running a non-stop marathon with few chances to soak everything in. But the opportunities to practise naturopathic medicine – in a beautiful state like Hawaii, no less – more than makes up for it.

“The residency experience has been great so far! The scope of practice for NDs in Hawaii is a lot different than in Ontario so there was a huge learning curve at the beginning. It has been interesting learning about the U.S. health-care system and the differences

in what therapies are available in Canada versus here,” says Max.

While a great deal of Max's residency is focused on integrative oncology and patient care, he also gets to experience weekly rotations with conventional medicine specialists.

Working with a highly respected ND

The clinic, due to the efforts of Dr. Traub over the years, enjoys a high reputation amongst the medical community in the area.

“The opportunity to train and learn from such a well-respected elder in our profession, like Dr. Traub, is an experience in and of itself,” Max explains. “I feel truly lucky to be able to work with someone who does such an incredible job of balancing the best evidence-based practices in integrative medicine with the traditional approaches rooted in the foundations of naturopathic philosophy.”

“I feel truly lucky to be able to work with someone who does such a fantastic job of balancing the best evidence-based practices in integrative medicine with the traditional approaches rooted in the foundations of naturopathic philosophy.”

Dr. Max Crispo, ND (Class of 2018)

The west coast of Hawaii is known as the “Kona Side” and Kailua-Kona is the lively centre of it all. Not too long ago Kona was a sleepy fishing village. Now, because of its central location and great weather it has transformed into a lively town that is the activity capital of the Big Island.





Dr. Max Crispo, ND, in conversation with Dr. Michael Traub, ND

“Being settled here now, I am very content with the weather, pace of lifestyle, and aloha spirit of the island.”

Dr. Max Crispo, ND (Class of 2018)

For two months, Max got to practise alongside a local oncologist, seeing patients together at the oncologist’s clinic and collaborating on treatment plans.

“The residency here is very unique and affords me a lot of opportunities that are not available to most other residents,” he says. “I have also had the opportunity to scrub in on surgeries and even help as first-assist. I do not know any other naturopathic residency that involves this degree of integration or offers these types of traditional medical residency rotations.”

Max primarily applied to CCNM because of the College’s commitment to providing integrative cancer care to patients, both at the Robert Schad Naturopathic Clinic and the Ottawa Integrative Cancer Centre, and he plans to continue this work when his residency ends.

Looking to the future

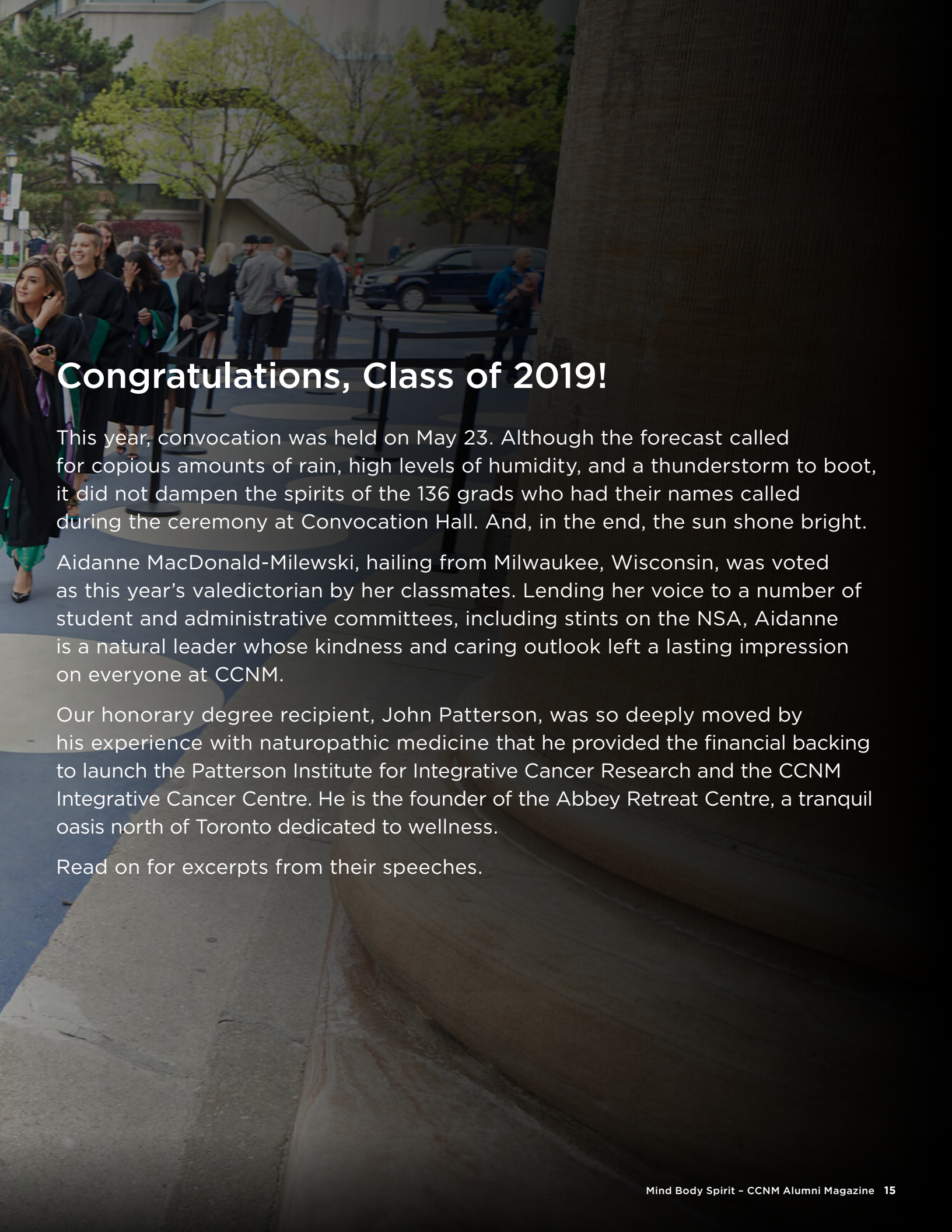
He says his biggest ambition as an ND is to open a retreat centre, where cancer patients can stay in a residential setting and have access to holistic care as well as conventional treatments. But at the moment, Max is intent on making the most of the opportunities he has been given.

“Being settled here now, I am very content with the weather, pace of lifestyle, and aloha spirit of the island. Living on the island is amazing, but it’s not all days at the beach like many people assume. Even though life here is generally more relaxed, the residency makes things very fast-paced with few chances to catch your breath!”

When Max finally does get a chance to catch his breath, there may be no place better to do that than in Hawaii.

Find out more about Max and Lokahi Health Center at:
lokahihealth.com





Congratulations, Class of 2019!

This year, convocation was held on May 23. Although the forecast called for copious amounts of rain, high levels of humidity, and a thunderstorm to boot, it did not dampen the spirits of the 136 grads who had their names called during the ceremony at Convocation Hall. And, in the end, the sun shone bright.

Aidanne MacDonald-Milewski, hailing from Milwaukee, Wisconsin, was voted as this year's valedictorian by her classmates. Lending her voice to a number of student and administrative committees, including stints on the NSA, Aidanne is a natural leader whose kindness and caring outlook left a lasting impression on everyone at CCNM.

Our honorary degree recipient, John Patterson, was so deeply moved by his experience with naturopathic medicine that he provided the financial backing to launch the Patterson Institute for Integrative Cancer Research and the CCNM Integrative Cancer Centre. He is the founder of the Abbey Retreat Centre, a tranquil oasis north of Toronto dedicated to wellness.

Read on for excerpts from their speeches.

President's address

Bob Bernhardt, PhD,
reflects on driving change



This celebration is about change. We are celebrating the change of those in front of us from hard working students, to proud graduates and burgeoning naturopathic doctors. I have long been fascinated with change. One of my past titles, while with Sheridan College, was Corporate Change Leader, or as my daughters termed it, the ‘dash and slash guy.’ I have spoken about change at conferences in both the United States and Canada. But I have not observed any more effective change artists than John and Thea Patterson.

So how does one drive change that will preserve the health of our planet for future generations?

First, it requires belief. Since they were first together, John and Thea had the unshakable belief that their actions could make a difference. They took a vow of poverty, and for some period they served communities in India without even owning the chairs they sat on or the beds in which they slept.

But belief alone is not enough to change the world. John and Thea observed things they thought that were not right.

When some of us observe things we don't like, we do nothing. Some of us complain. Those who are more engaged may offer suggestions for change. But true change leaders see a vision of a different future, and they inspire others to implement that vision.

John and Thea have done so in creating Abbey Gardens in Haliburton. Abbey Gardens is an oasis on 350 acres in Haliburton which demonstrates environmental stewardship and social responsibility in a manner that encourages visitors to personally commit to a sustainable future.

As an institution, CCNM is committed to serve as an agent of change



PUBLISHED RESEARCH

The College is seeing its research published, at a rate of 10-15 articles per year.

\$11M

RESEARCH STUDIES

CCNM is currently involved in over \$11 million worth of research studies to help advance the practice of naturopathic and integrative medicine.



PARTICIPATING

We are participating in the drive for stronger regulation for naturopathic medicine in Ontario.

PARTNERSHIPS

CCNM is working with CHEO, the Children's Hospital of Eastern Ontario, on a research project regarding pediatric oncology patients and their families.

We are partnered with the William Osler Health System to conduct research on the impact of adjunctive naturopathic care for those with Type II diabetes.

We are working with the Abbey Retreat Centre to provide opportunities for healing retreats for cancer survivors and their partners.



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Shreya Batra, left, with Vivian Liang



Talya Silver hugs a fellow grad

They have also facilitated the creation of the Abbey Retreat Centre, a facility within Abbey Gardens which is dedicated to assisting those who are engaged in a cancer journey.

And they have helped create the new Integrative Cancer Centre and the Patterson Institute for Integrative Cancer Research at CCNM in Toronto.

Of course, today is also about celebrating achievement, and I am delighted to join with you in doing so. But recognizing the change movement we are all part of is critical. CCNM, its partners, students and graduates are in the midst of driving fundamental change in health care.

I know of no other set of medical practitioners who are so well positioned to do so. These graduates have the knowledge, skills and attitudes to profoundly improve the lives of their patients, and the future of our planet.

Congratulations Class of 2019, the faculty and staff of CCNM are delighted to have had the opportunity to know you, we are very proud of you, and we believe that you hold the potential to profoundly change the future of not just health care, but of our precious planet.

“Congratulations Class of 2019, the faculty and staff of CCNM are delighted to have had the opportunity to know you, we are very proud of you, and we believe that you hold the potential to profoundly change the future of not just health care, but of our precious planet.”

Bob Bernhardt, PhD, President & CEO, CCNM

Convocation address

This year's honorary degree recipient,
John Patterson, on how he feels naturopathic
medicine helped saved his life



I do not know what has drawn you as graduates to the honourable profession you have chosen. I know it has been a lot of hard work to get you to where you are today.



I know also that there have been a lot of people who have stood with you and encouraged you on your journey to this hour. May I congratulate you all and wish you high success in this important profession.

I heard just the other day from a scientist that it is estimated that there are more stars in the universe than there are grains of sand on the earth. Can you imagine?

“In our obscurity, in all this vastness, there is no hint that help will come from elsewhere to save us from ourselves.

It is up to us.”

~ Carl Sagan

In 2010 I was informed that my life would likely come to an early end because of the melanoma that had been diagnosed. Six months to a year seemed to be the likely life expectancy.

That seemed to me a less than satisfactory outcome and so we hunted around for ways to deal with the circumstances.

Several people were and continue to be helpful to me but none more than one of Canada’s finest naturopaths, a graduate of CCNM who, to this day, has been guiding me in my continuing saga with melanoma. The fact that he has also become a friend seems an added bonus.

The profession of which you are becoming a part is emerging into new prominence and importance in our times. That is both an observation from outside the profession and a confession of a naturopathic patient. When I think about my journey with cancer, I find myself extremely grateful for the exceptional care that has been extended to me.

Through endless blood tests and CAT scans and MRIs and immunotherapy and hospital stays and infusions and supplements, my naturopath has stayed nearby to assist with interpreting what was going on and recommending next steps. He has ensured that my perspective has remained positive, that I have continued to dream big dreams and energize big efforts at societal change.

It is a quality of care that needs to be made available to everyone whose health is compromised. It is a quality of care that sustains the energy, hope and vision of an otherwise downhill slide.

As you launch your career, the excellence of your practice and the humanity with which you approach your patients will make the difference. Your practice needs to be complemented by excellent research and a concerted and organized campaign to promote your profession and what you stand for.

Costs of health care, the global challenge of making health care universally available, the emerging focus on wellness instead of illness, the focus on healthy eating, and the changing global climate are all challenges which your profession has on its back.

We have been working with CCNM to offer retreat opportunities for cancer patients so that their treatment can be complemented by reflection, silence, and natural surroundings that themselves contribute to the wellness journey.

“The profession of which you are becoming a part is emerging into new prominence and importance in our times. That is both an observation from outside the profession and a confession of a naturopathic patient.”

John Patterson, 2019 Honorary Degree Recipient

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Convocation address cont'd

We have also been working with CCNM to enhance the quality of research that is made available in support of your healing efforts with cancer patients.

We are working with CCNM on the provision of advanced oncology training for naturopaths who seek to deepen their skill level in that important field of practice.

It is not easy. The momentum of the massive health industry and major pharma companies is immense and participating

in that health effort with what you have to offer is a gargantuan task. But it is so very crucial that you not lose courage and that you work together as a growing self-confident discipline.

This is the time for the naturopathic sciences and profession to come into their own.

“It always seems impossible until it is done.”

- Nelson Mandela

“As you launch your career, the excellence of your practice and the humanity with which you approach your patients will make the difference.”

John Patterson, 2019 Honorary Degree Recipient

ABBEY GARDENS

A charity providing recreational opportunities for the Haliburton community



After John Patterson and wife Thea visited The Eden Project in Cornwall, England, which consists of two biomes housing plants from diverse climates and environments, he wondered how a similar tribute to sustainability could be created in Canada. In 2004, they established Abbey Gardens in Haliburton Highlands, transforming a 350-acre gravel pit into a green space to provide economic, educational, and recreational opportunities for the community.

John has enjoyed a long and successful career as both an entrepreneur and a community developer. John was co-founder of the Chicago-based Kanbay Group of

Companies, which by the time he retired in 2004 had grown to employ more than 7,000 employees worldwide. Prior to his years with Kanbay, he was a full-time staff member of the Institute of Cultural Affairs for some 18 years, serving mainly in India, the UK, and on its global oversight team.

Currently John and Thea support the work of both established charitable institutions and several innovative new organizations they helped to create, including Abbey Gardens, the Abbey Retreat Centre, the Patterson Institute for Integrative Cancer Research, and the CCNM Integrative Cancer Centre.







- | | | | | |
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Valedictorian address

Selected by her classmates,
Aidanne MacDonald-Milewski
shares what makes the
Class of 2019 such a special group



**You guys – we did it! We’re here. You’ve earned this.
Before I start, I’d like everyone to take a moment to breathe,
and take this energy, this moment in.**



It’s a bit surreal that four years ago we embarked on quite the crazy journey – I remember my grandma flying out with me to move me in – I remember seeing all your new faces at orientation in Classroom 4 thinking, ‘Wow, I have a lot of new friends to make.’ And before I knew it, I was warmly welcomed into what is now our beautiful Class of 2019 family.

I remember having my accent called out on the bus to unity summit, I remember the relay race we stumbled through, the ice cube we melted – I thought back to all the classes we took together, sitting in Classroom 4, the lecture theatre or MPR, downloading slide decks, and spending hours each night filing all that information into this brain so much that I thought it might actually burst.

I remember groups that joined us each year – our January class in second year, our IMGs in third year and our part-timers in fourth. And then we got into clinic, where I think we all grew the most.

We were challenged in ways by our supervisors that not only helped us develop our clinical skill set, but also build confidence in ourselves and trust that we knew more than we gave ourselves credit for. All together, it’s fair to say we *literally* put blood, sweat and tears into this program, and trusted each other with all three every step of the way. That bond and this family is for life. As one of my wise, Canadian idols once said – started from the bottom, now we here.

Each class that comes to CCNM has a character about them – something that sets them apart from all the others. I’ve picked up on a few in being your class rep the past three years and think they should be acknowledged.

Passionate and strong

I think it speaks to the character of our class the fact that so many different people, from all backgrounds, cultures, and locations were united in our passion to help others – to our core we want to

help people. Passion brought us together, but strength allowed us to push through.

Resilient

Resilience allows you to not only get through but to recover with grace from challenges thrown your way. We were the group of firsts for many of the changes at CCNM and I applaud the resiliency that it took to manage those growing pains with such professionalism. I admire that this group fought for their needs along the way. We had certain courses added to our terms, exams added to our schedule, and grey hairs added to our heads and I’d like to think we took them all in stride.

Supportive

From the very beginning, our class has helped each other out by sharing notes, sharing study guides, serving as each other’s pin cushions for acupuncture, you name it – the list goes on and on. When we help one another we lift us all up and I’ve loved that our greatest competition has been internal rather than against each other.

“We were challenged in ways by our supervisors that not only helped us develop our clinical skill set, but also build confidence in ourselves and trust that we knew more than we gave ourselves credit for.”

Aidanne MacDonald-Milewski (Class of 2019)





Top row, L-R: Madeleine Clark, Allison Moses, Marissa Canning, Kimberly Lawson, Greg Nasmith, Fiona Callender; Bottom row, L-R: Andrew Chelladurai, Marc Conteduca, Todd Bisaillon, Émile Sabga



Fourth-year student Sasha DaSilva, left, with Raisa DaCosta

I love that I've gotten to know each of you during our time together and know that each of us will leave a unique imprint within the profession. Regardless of which path you choose, as you go forward in the journey we call life I wish these things for you:

1. I hope you hold onto that passion that brought you to CCNM and that you let that passion take you where your heart is meant to go.
2. I hope that you find balance in what you do – as we all learned in this program and in clinic, balance is key!
3. Take your work seriously but don't take yourself too seriously – patients deserve our best but we have to remember that we're all human.
4. Listen to others and yourself. Be open to ideas from others – whether that be our colleagues, patients, or other health professionals – they have insight from their world, experiences, and point in life.
5. Give respect and be kind to others and yourself. You have it all there – you've proven that or you wouldn't be sitting here today – trust and believe in yourself and you can do anything.
6. Dive deep – dive deep here (head), dive deep (heart), and dive deep into your communities and continue to make yourself and your surroundings better, stronger, and healthier.
7. I hope that you push through the adversity, skepticism, and challenges you'll face with grace and get back up when you get knocked down. Know that if you're ever in need, this family we've made will always have your back.

I look forward to 1, 10, 20 years from now seeing how we individually and as a collective have made the world a better, healthier place.

“Dive deep – dive deep here (head), dive deep (heart), and dive deep into your communities and continue to make yourself and your surroundings better, stronger, and healthier.”

Aidanne MacDonald-Milewski (Class of 2019)



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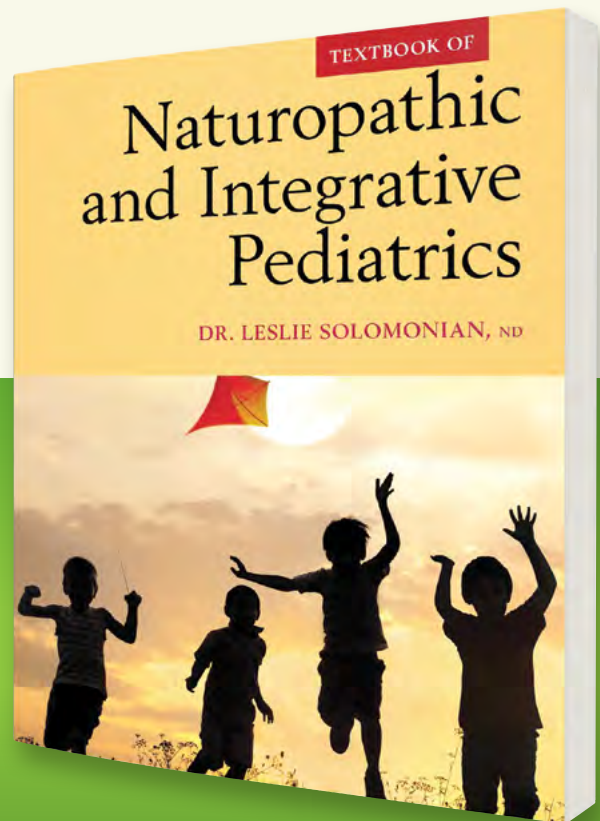
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Finding serenity at the Abbey Retreat Centre

Azza ElBakry, Class of 2019 graduate, shares her experience of healing in Haliburton



When Class of 2019 graduate Azza ElBakry visited the Abbey Retreat Centre (ARC) in November 2018 she was astounded. “The experience at ARC was like no other,” she says. Founded by this year’s CCNM honorary degree recipient, John Patterson, she was able to see first-hand the impact ARC has on cancer patients with integrative care.



The Abbey Retreat Centre is located in Haliburton, Ontario, and provides retreat and wellness experiences through integrative cancer care.

“I was impressed with the number of people dedicated to that place. Each person had an invaluable role that made everything so special. You can feel the love in the air.”

Situated on 300 acres of green space in Haliburton, Ontario, ARC provides retreat and wellness experiences for guests, especially those living with cancer.

The goal of these experiences – presented in day programs or four-day retreats – is to transport people with cancer out of their daily lives and into an environment that nurtures mental, emotional, physical, and spiritual health.

“I learned about group therapy, healing through the arts, silent walks in the forest, and the healing powers of yoga. Even the food was cooked with love. This unique service was offered to patients for free. Nothing controlled this service except love and kindness. You can feel it the moment you step in the place,” she says.

The activities that Azza describes work to address the most common side effects of cancer, including depression, anxiety, insomnia, loneliness, and loss of appetite.

“I went to ARC out of curiosity. When I lived the experience, I discovered that I also went through a healing process. I came out of the experience feeling regenerated and energized.”

Azza was inspired to visit ARC after a chance encounter at the Robert Schad Naturopathic Clinic (RSNC). As an intern on the oncology focused shift, she learned about cancer retreats and thought, ‘I would love to go to one of those.’

The opportunity presented itself when Dr. Elise Hoffman, ND (Class of 2014), asked her to shadow an intern, who was covering for another intern who was absent that day. During the appointment, the patient mentioned wanting to visit ARC, and Azza volunteered to accompany her.

“I went to ARC out of curiosity. When I lived the experience, I discovered that I also went through a healing process. I came out of the experience feeling regenerated and energized.”

Azza ElBakry (Class of 2019)





On the left (top), a 'snowga' class being led by Ky Clark from Small Town Yoga Co.; (bottom) lake view from the Abbey Retreat Centre; On the right, scenery from Abbey Gardens on retreat grounds.

“CCNM opened up new opportunities and changed me as a person. Attending the College had a positive impact on my own health and the health of my family.”

Azza ElBakry (Class of 2019)

“For me, I was blown away on how things came together with no planned intentions. I feel blessed to be able to live the experience, enjoy it, and to get to know the beautiful team at ARC,” she says.

Azza, an international medical graduate from Egypt, worked in public health for 20 years in her home country as well as at the Tropical Diseases Centre at McGill University. She was initially drawn to the field because she wanted to help people achieve better health outcomes; after moving to Toronto with her husband and kids (ages 21, 18, and 13), she dug deeper into her passion and discovered naturopathic medicine.

Now, she and her family are settled in Winnipeg and Azza is looking forward to the next chapter. After enjoying a

well-deserved vacation this summer, she'll begin the process of opening her own clinic with the aim of helping underserved populations in the city. She is even considering returning to Egypt and bringing the concepts of naturopathic medicine with her.

“CCNM opened up new opportunities and changed me as a person. Attending the College had a positive impact on my own health and the health of my family. I am planning to spread this impact to my patients and to as many people as I can help.”

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Providing strength, resilience, and leadership in the face of hardship

New graduate Greg Nasmith on his
many roles at CCNM and being
a source of support for his classmates



Class of 2019 graduate Greg Nasmith was the recipient of the Humanitarian Award at this year's convocation ceremony. Selected by CCNM's administration to honour the graduating student who best exemplifies dedication to the betterment and service of humanity, Greg has continually reflected the principles of naturopathic medicine through his words and actions and producing meaningful change in the lives of others.

“Because the demands of the program are very high, it's important to seek out those supports when you need them.”

Greg Nasmith (Class of 2019)

Throughout his time at CCNM, Greg has served on the Naturopathic Students Association as VP Academics, the CV40 steering committee as a student representative, and various other committees which required student input. Although Greg is often called upon to provide his insight and knowledge, he remains as humble as ever.

“It was really touching,” he says on winning the award. “There are so many incredible people in my class. My peers are remarkable and extraordinary people and have given so much to the school, to our class, and to me. There were lots of people who are very deserving of that award.”

His involvement with the school stems from a desire to collaborate with faculty and administration, and to assist and serve his classmates. It's in his DNA – Greg completed a master's degree in international development and had a career in global health before discovering naturopathic medicine.

Not only did Greg feel that it was important to help his peers get the most out their time here, he wanted to share his life experiences in a way that was beneficial.

“I think people are hesitant to get involved in school life beyond academics because it is a very demanding program and there are a lot of things competing for your time. But I think that I've benefited hugely from being involved in school life beyond the classroom,” he explains. “That's a really important aspect of becoming an ND because we need people who are going to find ways to keep building our profession.”

To that end, Greg will start his role as clinic resident, one of the three clinical residency positions offered at the College, later this summer. Being a clinic resident is an all-encompassing experience – not only are residents expected to teach and keep honing their clinical skills, they are required to participate in research projects and build their own private practice.

Greg is, of course, up for the challenge.

“There are lots of different avenues you can pursue to strengthen naturopathic medicine but I think that it really starts with education,” he says. “I've really enjoyed those moments where you understand something and somebody else doesn't, and you help explain it to them in a way that makes sense. Seeing the lightbulb go off is such a rewarding and fulfilling experience.”

The relationships students form with one another as they become naturopathic doctors is most often the defining characteristic of their time at CCNM. What he'll remember most about the Class of 2019 is the universal sense of selflessness and camaraderie in the face of what can sometimes feel like overwhelming personal and academic hardships.

“I think everybody that goes through this program has at least one really challenging personal struggle that they need to confront. Because the demands of the program are very high, it's important to seek out those supports when you need them.

“I've certainly tried throughout the program to be a source of support for my classmates,” he says. “But they've equally been a huge source of support for me.”

A graduate gives back

Class of 1998 graduate Dr. Michaël Friedman, ND,
on his approach to health care and
supporting the future of naturopathic medicine



A pioneer of sorts, Dr. Michaël Friedman, ND, was one of the first, if not the first American to graduate from CCNM once the College received U.S. accreditation in 1998. At the time, choosing to attend CCNM was a leap of faith.



Dr. Michaël Friedman, ND is the Executive Director of the non-profit Association for the Advancement of Restorative Medicine (AARM) and co-owner of Restorative Formulations.

The College was still in its ‘formative years’ operating from an elementary school building in Etobicoke (west end Toronto). CCNM was still a long way from becoming the respected educational institution it is today.

When Michaël visited CCNM for his admission interview, he was struck by the humane and professional approach to the profession, in contrast to his experience with a U.S. institution. This sentiment compelled him to make the decision to cross the border; a decision that has paid dividends over the past 20 years.

During his CCNM education, he learned about a variety of diseases and treatment modalities, after which he decided to focus his practice and research on endocrine-related disorders such as diabetes and thyroid imbalances.

Now, even after 20 years of ND experience, Michaël continues to learn about how herbal medicine and traditional medicine can be used to maximum benefit. This love of learning may have been seeded during his first job after graduating from CCNM. He was helping a doctor in the housing projects and had a briefcase of 10 herbs,

five or so vitamin formulas and one set of acupuncture needles. Without resources to order lab tests, the patients still got better at the same rate as what he saw in his middle-class office practice, where lab tests and numerous treatment modalities were readily available.

These interesting outcomes propelled him toward a practice focus of using the fewest treatments that would get the most benefits for his patients. This experience and what he was seeing in clinical practice, led him to design the products he wanted to use with patients and he started a company called Restorative Formulations, co-owned by Michaël and an MD. Restorative Formulations produces a wide range of therapeutic formulations of botanicals and botanical extracts to help improve a wide range of medical conditions.

Restorative Formulations recently donated \$50,000 to the College to support scholarships, bursaries, curriculum renewal, and/or cancer care.

He wants the College to use the funding in ways that best meet the needs of its students and professors.

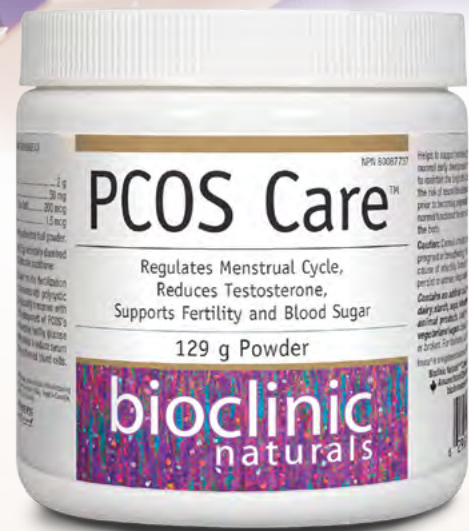
Restorative Formulations recently donated \$50,000 to the College to support scholarships, bursaries, curriculum renewal, and/or cancer care. He wants the College to use the funding in ways that best meet the needs of its students and professors.

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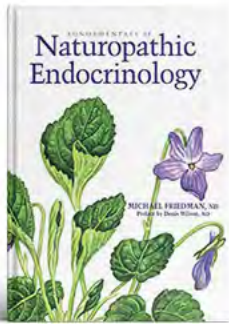
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Michaël is the author of the medical textbook *Fundamentals of Naturopathic Endocrinology*, published by CCNM Press in 2005

In addition, as founder and director of the Annual Restorative Medicine Conference, Michaël brings together NDs and MDs to collaborate and learn from each other. Now with more than 600 members, its annual conference in the U.S. attracts equal representation between the two professions. This ratio shifts to almost 95 per cent NDs when held in Canada, likely because in the U.S., CME credits can be received by MDs through the American Association of Family Physicians.

Michaël believes NDs need to focus on what makes people better by recognizing how some treatments are more effective than others. This means that NDs need to spend time reviewing scientific studies and evidence on herbs and nutrients to continually ensure best practices.

“When there are multiple trials about something that doesn’t show efficacy, then why waste time with that modality?” he says. “As there are many ways of looking at various diseases, it’s important to focus on what treatments will more likely lead to optimal health and then use them.”

About Michaël

Dr. Michaël Friedman, ND, is a naturopathic physician and medical herbalist. He graduated from the Canadian College of Naturopathic Medicine in 1998 and was adjunct instructor of endocrinology at the University of Bridgeport (UB) in Connecticut. He is also the founder and director of the Annual Restorative Medicine Conference.

Michaël is the author of the medical textbook *Fundamentals of Naturopathic Endocrinology* and co-author of *Healing Diabetes*. His research on the use of SR T3 has been published by the University Puerto Rico Medical School. Michaël has lectured at three naturopathic and allopathic medical schools, including the National University of Natural Medicine, UB, CCNM and at the Dehradun Medical School of Physicians and Surgeons in India. He is also the Executive Director of the non-profit Association for the Advancement of Restorative Medicine (AARM) and co-owner of Restorative Formulations.

“When there are multiple trials about something that doesn’t show efficacy, then why waste time with that modality? As there are many ways of looking at various diseases, it’s important to focus on what treatments will more likely lead to optimal health and then use them.”

Dr. Michaël Friedman, ND (Class of 1998)



How do we teach future naturopathic doctors?

CCNM's curriculum revisioning project,
or CV40, was created to develop a modernized,
integrative academic program that meets
the needs of our students



Over the years, CCNM has made significant efforts to refine the program and address opportunities for its improvement. But without a larger-scale change to address the entire program, the challenges of content saturation (too much to teach), excessive classroom hours, and student burnout have been difficult to tackle effectively.

CV40

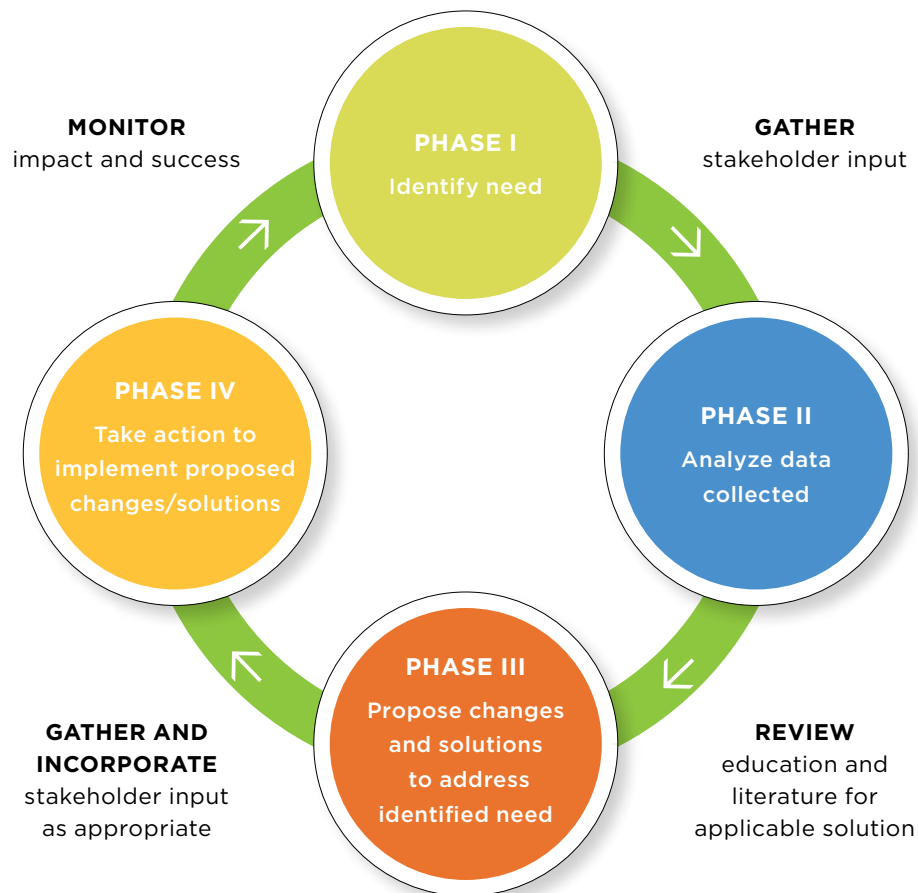
Curriculum Visioning 40 (CV40) will set a precedent for future academic delivery

CV40, our curriculum renewal project, is a golden opportunity to more systematically leverage advances and evidence in health professions education such as active and integrated learning. The project is an ambitious one, also including plans to build in training throughout the new curriculum to support scholarly and scientific writing, train students in non-clinical skills like communication and leadership, promote lifelong learning,

support students and faculty in their own wellness practices, etc.

Consultation and engagement with our stakeholders has been a signature aspect of this project. In Phase I (needs assessment) of the project, this occurred through the discussion document (and its associated survey), the CV40 summit, and the key topics survey. The data collected through these steps have fed into the development

Our overall pattern and process in developing these steps aligns with a method called participatory action research.



How do we teach future naturopathic doctors? cont'd

of values, the needs assessment, new graduate competencies, and the key topics. (Key topics are being used to prioritize what is taught in the curriculum in order to address content saturation). When the values and the needs assessment were sufficiently mature, they were released to the larger CCNM community (faculty, students, and alumni) for review and feedback, which was then incorporated as appropriate into the final versions. Input from key stakeholders will also be

sought on the other project artefacts as they near completion.

The project has recently started parts of Phase II (which includes development of learning outcomes, assessment plan, and design). Administrators and faculty have formed working groups to prioritize key topics, to explore educational design possibilities for both academic and clinical contexts, and to develop graduate competencies for the new curriculum.

This phase has also included several training opportunities for faculty. Remaining steps for this stage include creating an assessment plan and breaking down the key topics and graduate competencies into key concepts and learning outcomes.

When Phase II is complete, the curriculum itself (learning plans and experiences) will be developed (Phase III) and implemented (Phase IV).

Phase I: Identify Need



- Sent to 1,800+ stakeholders
- 138 responses from alumni, students, faculty, CCNM staff, professional associations, and industry

- 50 stakeholders (faculty, students, alumni)
- Discussion of four major themes arising from discussion document
 1. Values for the program
 2. Role of the future ND
 3. Role of evidence
 4. What is "core?"

- Survey to 1,474 alumni to identify conditions in which to train our students and the knowledge, skills, and attitudes they would need
- 318 respondents

Phase II: Analyze Data Collected



CV40 VALUES

Students, faculty, and alumni had input that was incorporated into the finalized version.

- Students feedback surveys
- Alumni surveys
- Faculty feedback
- PEQAB and CNME documents
- Etc.



CV40 NEEDS ASSESSMENT

Reviewed by students, faculty and alumni prior to finalization of document.



KEY TOPICS WORKING GROUPS

Faculty and CCNM administration are taking information from the previous steps to refine the content of the future curriculum.

This is still in progress.



GRADUATE COMPETENCIES

Faculty and administrators are developing a fresh look at the knowledge, skills, and attitudes a student must develop before graduation from the program.

This is still in progress.

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