

The Canadian College of Naturopathic Medicine
Educating naturopathic doctors for almost 40 years

**LEARN MORE ABOUT OUR
DOCTOR OF NATUROPATHY DEGREE**



ABOUT CCNM



CCNM is a special place. Our small student population ensures collaborative relationships can be fostered among students and faculty. Our campus, with its treed courtyard and herb garden, provides a warm and inviting environment, just steps from the subway. CCNM's culture is also amongst the most diverse and inclusive you will find at any educational institution.

CCNM's faculty are committed to teaching the path to promoting health and wellness and to ensuring that CCNM graduates are well-prepared for successful careers as naturopathic doctors.

I look forward to welcoming you to Toronto and to the Canadian College of Naturopathic Medicine.

Bob Bernhardt, B.Sc., LLM, M.Ed., PhD
President / CEO

DOCTOR OF NATUROPATHY DEGREE

The Canadian College of Naturopathic Medicine (CCNM) is Canada's leading naturopathic medicine education provider. CCNM offers a four-year, full-time naturopathic medicine program culminating in a Doctor of Naturopathy degree.* This degree allows you to practise in all regulated jurisdictions in the United States.**

Naturopathic doctors address the fundamental causes of disease, heal the whole person through individualized treatment, and teach the principles of healthy living and preventative medicine.

The Doctor of Naturopathy degree program provides more than 3,000 hours of classroom training and 1,200 hours of clinical experience. The foundation for a successful career as a naturopathic doctor is gained through courses in:

- History, philosophy and principles of naturopathic medicine;
- Art and practice of naturopathic medicine; and,
- Foundations of naturopathic medicine.

CCNM's curriculum includes:

- Biomedical sciences;
- Clinical nutrition;
- Lifestyle management;
- Traditional Asian medicine and acupuncture;
- Botanical (herbal) medicine; and,
- Physical medicine.

*This program is offered under the written consent of the Ministry of Advanced Education and Skills Development (formerly the Ministry of Training, Colleges and Universities) for the period from May 20, 2014 to May 20, 2019. Prospective students are responsible for satisfying themselves that the program and the degree will be appropriate to their needs (i.e., acceptable to potential employers, professional licensing bodies or other educational institutions).

**CCNM graduates are eligible to apply for licensure in any regulated U.S. state. See <https://aanmc.org/careers/licensure> for more information.



More details about the Doctor of Naturopathy degree can be found at www.ccnm.edu

DEVELOPING YOU TO BE A NATUROPATHIC DOCTOR

Preparing for your future career starts in first year.

Career training begins in the very first year, through preceptoring, which is a component of the ND program that allows students to observe health-care practitioners in the community. Preceptoring provides students with a wide variety of experiences to develop the clinical knowledge, attitudes and skills relevant to the role of a naturopathic doctor.

In second-year and beyond, students expand their work in our clinics, observing and then participating in patient care; embarking on

externships with NDs in the community; and eventually, in fourth year, interning full-time at CCNM's naturopathic clinics and choosing to work with NDs across Canada.

CCNM's curriculum offers courses in practice management, carefully designed so that students think about how they will manage their future practice. Topics such as accounting principles, finances and marketing help emerging NDs plan their professional careers.

CLINICAL EXPERIENCE

Robert Schad Naturopathic Clinic (RSNC)

CCNM is home to the Robert Schad Naturopathic Clinic, a teaching clinic with approximately 25,000 patient visits each year, fourth-year student interns co-manage patient care, working under the supervision of naturopathic doctors while gaining valuable hands-on experience. In addition to the RSNC, clinical experience can be gained at a variety of clinics, listed below.

The Brampton Naturopathic Teaching Clinic (BNTC)

The Brampton Naturopathic Teaching Clinic is the first naturopathic teaching clinic in a hospital setting in Canada. It is a satellite clinic of RSNC, operated by CCNM in collaboration with the William Osler Health System and the Central West Local Health Integration Network. Located in Brampton Civic Hospital, it serves one of the fastest growing and culturally diverse populations in Canada.

Toronto Community Health Centres

CCNM students can also intern at five community health centres across Toronto: Sherbourne Health Centre, Anishnawbe Health Toronto, LAMP Community Health Centre, Parkdale Community Health Centre and Queen West Community Health Centre. These centres offer care to diverse and under-served populations, including the elderly, those with physical disabilities and individuals living with HIV/AIDS.



Clockwise from top:
Clinic supervisor Dr. Kristi Prince, ND (left), performs a checkup on a patient.
Classes are often split into smaller groups for study and review. This session is being taught by instructor Dr. Alan Vu, ND (centre).
Students sit attentively in class.
Clinic supervisor Dr. Mark Fontes, ND (right), with a patient as two interns look on.

GRADUATE SUCCESSES

More than twenty per cent of all NDs practising in North America are graduates of CCNM. Whether it's opening a private practice, partnering with a team of NDs, or pursuing a more integrative approach to medicine with other health-care professionals in a multidisciplinary setting, graduate success takes many paths.

Dr. Nicole Egenberger, ND

Dr. Nicole Egenberger, ND, opened her practice, Remède Naturopathics, in the heart of Manhattan, where she specializes in women's health and pediatrics. Dr. Egenberger embraced building a business in New York, an unregulated state, as she believed there was an unmet need for patients wanting naturopathic medical care. She was right and now enjoys a steady patient base while still discovering the city she adopted as her home.

Dr. Adam Breiner, ND

Dr. Adam Breiner, ND, focuses on brain health at The NeuroEdge Brain Performance Center in Connecticut. Part of a five-person team, Dr. Breiner's work uses neurofeedback to treat a variety of neurological conditions, such as concussions and traumatic brain injuries (TBI). He continues to spread the word about the success he's seen with his patients, by speaking at international conferences, and attending the U.S. Congressional Task Force in Washington about concussions and TBI.

Dr. Jamila Owens-Todd, ND

Dr. Jamila Owens-Todd, ND, practices at the Meridian Institute for Naturopathic Therapies in St. Louis, Missouri. Her clinic was created to restore, renew and refresh the human body, mind, and spirit through the natural healing science of naturopathic medicine.

Dr. Ellen McDonnell, ND

Dr. Ellen McDonnell, ND, accepted a two-year residency position at the CCNM's Ottawa Integrative Cancer Centre (OICC). A large focus of her research residency is gained from her work in the clinic, as well as working with the CCNM research department on clinical trials, such as a Canada/U.S. Integrative Oncology Study.

"People call asking about my specialties because they know they want to see a naturopathic doctor. Many patients have realized that NDs are the specialists in natural alternatives and are seeking us out."

Dr. Nicole Egenberger, ND (class of 2003)
New York City, New York



"There is research to back these treatments and other health-care professionals are becoming more receptive, and as a result, have referred patients to me. It's pretty amazing to see people respond so well to naturopathic treatment."

Dr. Adam Breiner, ND (class of 2002)
Fairfield, Connecticut



"Once I walked through the doors at CCNM, I knew that this was the institution for me. The more I studied, the more I thought, 'how awesome it would be to have naturopathic medicine in my home town.' So I returned to practice in St. Louis because it is where I was born and raised."

Dr. Jamila Owens-Todd, ND (class of 2007)
St. Louis, Missouri



"Through my research at the OICC, I look forward to adding to the body of evidence supporting the use of naturopathic medicine in adjunctive cancer care."

Dr. Ellen McDonnell, ND (class of 2015)
Halifax, Canada



RESEARCH

CCNM is a leader in evidence-based naturopathic medicine research, the results of which have been published in the *Canadian Medical Association Journal*, *The Lancet* and *The British Medical Journal*. CCNM is currently conducting more than \$10 million in studies examining a variety of adjunctive therapies for cancer care.

One of CCNM's most significant and well-known research studies – involving the Canadian Post Corporation and the Canadian Union of Postal Workers – demonstrated a long-term reduction of cardiovascular disease risks. Naturopathic treatments reduced the risk factors for heart attacks and strokes among participating postal employees and better cardiovascular health led to increased productivity.

A companion economic study estimated \$1,187 per participant in direct savings, making a compelling case for incorporating naturopathic medicine into employee benefits packages. Additional studies in this series demonstrated the efficacy of naturopathic care for treating chronic back pain, rotator cuff tendonitis and anxiety.

ONGOING RESEARCH PROJECTS INCLUDE:

Type 2 Diabetes Study

CCNM, the William Osler Health System and the Wise Elephant Family Health Team were awarded a \$418,000 grant in 2015 to assess outcomes of adjunctive naturopathic care for type 2 diabetes. Of the more than 10,000 Family Health Team patients in the study's catchment area, approximately 15 per cent present with type 2 diabetes; enabling researchers to collect and compare health outcomes related to specific ethnic and cultural groups.

Integrative Cancer Research

CCNM and the Ottawa Integrative Cancer Centre (OICC) were awarded a \$3 million grant in conjunction with Dr. Leanna Standish, ND, and Bastyr Integrative Oncology Research Centre for a joint Canadian/U.S. research investigation into advanced treatment for stage 4 cancer patients.

Natural Health Product Research

A large-scale Canadian Institutes of Health Research (CIHR)-funded project is underway to assess the safety and effectiveness of common natural health products, including fish oil, vitamin D and phytoestrogens, for prostate cancer patients.

Clockwise from top:

Research fellow Dr. Monique Aucoin, ND, is an important member of CCNM's research team.

A sample of test tubes that our researchers use for analysis.

Executive director of the OICC, Dr. Dugald Seely, ND (right), examines a research graph.

Students have access to many online medical and research databases at CCNM.



ACADEMIC & FACULTY LEADERSHIP

Our faculty brings together leading researchers, clinicians and teachers in naturopathic medicine. NDs, PhDs, MDs and other specialists work together to help students prepare for successful careers as naturopathic doctors.

Dr. Nick De Groot, ND

A Class of 1998 graduate along with Jasmine Carino, Dr. Nick De Groot, ND, has served as the Dean of CCNM since 2008. His previous roles at the College include Dean of Clinical Education, Associate Naturopathic Medical Officer and Assistant Professor of Integrated Clinical Studies. He also did his post-graduate clinical residency at CCNM. As Dean, Nick is responsible for overseeing the Doctor of Naturopathy degree program and for ensuring that the teaching clinics at CCNM meet the highest standards of clinical education and patient care.

Dr. Louise McCrindle, ND

Dr. McCrindle, ND, treats chronic fatigue and fibromyalgia patients in private practice and at the RSNC, where she teaches and mentors CCNM students. She co-authored *The Complete Fibromyalgia Health, Diet Guide and Cookbook*, a resource to support patients with this condition.

Dr. Jonathan Prousky, ND

Dr. Prousky, ND, is responsible for the delivery of safe and effective naturopathic medical care in his role as the Chief Naturopathic Medical Officer at the Robert Schad Naturopathic Clinic. He has built his career through treating mental health illnesses. A prolific writer, Dr. Prousky has published numerous books and articles, while also teaching at CCNM.

Dr. Jasmine Carino, ND

Dr. Jasmine Carino, ND, graduated from CCNM in 1998 and was one of the first NDs accepted into the two-year residency program. Now, as the Associate Dean, Curriculum and Residency Program, Jasmine designs short and long-term strategies for curriculum change, oversees the residency program, and helps ensure the delivery of high-quality continuing education to health-care providers.

“I feel honoured to be working with the talented students who come to CCNM. Watching them grow into the future leaders of the profession is truly inspiring.”

Dr. Nick DeGroot, ND (class of 1998)



“As NDs, we’re in such a good position to help people with complex chronic illness. Watching the students grow and be okay with not knowing or understanding everything, and bearing with the process of working really hard to figure it out, is really empowering for them.”

Dr. Louise McCrindle, ND (class of 2008)



“My goal is to help people feel more regulated and resilient. NDs can help a lot of people but you have to put time and energy into it as it takes time to see improvement. I love seeing the positive changes in my patients.”

Dr. Jonathan Prousky, ND



“Since graduating from this program in 1998, I have played a small, and sometimes large role in the changes in the curriculum over the years. I love being a part of a team that is unwavering in its intent to improve the educational experience of our students, and graduate confident and competent naturopathic doctors.”

Dr. Jasmine Carino, ND (class of 1998)



CAMPUS LIFE

One of the most multi-cultural and diverse cities on the planet, Toronto consistently tops global lists as being one of the best places in the world to live. It was recently ranked the best city for young people to live, ahead of New York, Chicago, Singapore and Hong Kong.

At CCNM, living on campus combines the best of city living with the convenience, safety and closeness of being onsite, where a cafeteria serves healthy meals and your classes are quite literally down the hall from your room. CCNM's co-ed residence comprises 198 single-occupancy rooms and is located in the main building. All rooms have a single bed, desk and chair, internet, wardrobe

closet and a small refrigerator. There are TV Lounges with balconies overlooking the courtyard and fully equipped kitchens.

For those students who choose to live off-campus, a subway entrance, restaurants and stores, are at the CCNM's doorstep to ensure you have what you need when you need it.

Ranked as the safest metropolitan city in North America

Economist Intelligence Unit's 2015 Safe Cities Index

Toronto ranks as the best city for young people to live

Economist Intelligence Unit's 2015 Youth Economic Strategy Index



Clockwise from top:

Excited first-year students head to Unity Summit, a two-day retreat that occurs in the first week of school.

A student studies in her residence room.

A group of classmates hang out at the Welcome Back BBQ, a fun event that we host in September for new and returning students.

Hearty Catering, located in CCNM's cafeteria, serves a wide variety of vegan, vegetarian and gluten free offerings. Ingredients are sourced from local farmers wherever possible.



ADMISSIONS

CCNM is committed to excellence in naturopathic education and to the success of its graduates.

To be eligible for admission, future students must complete a bachelor's degree at an accredited institution. The decision to admit an applicant is based primarily on the applicant's undergraduate grade point average (average 3.3, within a range of 2.7 to 4.0) and personal interview.

In addition, the following courses need to be completed prior to admission:

Required Courses	Credit Hours	Units	Requirements*
General Biology	6	1.0	May be fulfilled either by a one-year biology course or by two semesters of courses such as anatomy, botany, cell biology, endocrinology, genetics, immunology, or zoology.
Physiology	6	1.0	May be fulfilled either by a one-year physiology course or a one-year anatomy and physiology course.
Chemistry	6	1.0	May be filled either by a one-year chemistry course or two semesters of any chemistry. General, organic and/or biochemistry courses would be accepted.
Psychology	3	0.5	May be fulfilled either by one semester of introductory psychology, health psychology, developmental psychology, or other similar courses.
Humanities Elective	6	1.0	Acceptable courses include, but are not limited to: psychology, sociology, economics, organizational behavior/management, English, history, etc. This elective must include an essay-writing component. Foreign language courses are not accepted towards the humanities prerequisite.

*Some prerequisite sciences courses can be completed at CCNM.

Financial Information*

We know that cost is a key factor when considering higher education. We are proud to offer our Doctor of Naturopathy degree at the lowest tuition of all the accredited naturopathic schools in North America.

*Please contact CCNM for the most current tuition fees.

U.S. students attending CCNM are eligible to apply for U.S. based financial assistance such as Unsubsidized Direct Loan and Grad Plus Loan Programs. CCNM also offers a limited number of bursaries as a result of the generosity of its donors.



Admissions and financial information details can be found at www.ccnm.edu

STUDYING IN CANADA

CCNM welcomes applications from the U.S. to our degree program.

In order to study in Canada, you will need a study permit, which you can apply for at: www.cic.gc.ca/English/study (the application process can take up to four months).

Please note that you will need the following:

- Proof of acceptance to CCNM
- Proof of identity
- Proof of financial support
- Letter of explanation

In addition to these documents, you may have to provide other information when you apply.

Once you have your study permit, you can also work while you study, by obtaining a Social Insurance Number. If you have a spouse or common-law partner, they may also apply for a work permit, while you are a full-time student at CCNM with a valid study permit.



For more detailed information on studying in Canada, visit www.ccnm.edu or contact a student services advisor at 1-866-241-2266, ext. 245 or info@ccnm.edu.



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Educating naturopathic doctors for almost 40 years

For more details about the Doctor of Naturopathy degree visit:

www.ccnm.edu

CONNECT WITH US

Talk to a Student Services advisor today!

1-866-241-2266 ext. 245

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