

INFORMATION FOR FUTURE STUDENTS

# CCNM - TORONTO CAMPUS



**CCNM**

CANADIAN COLLEGE OF  
NATUROPATHIC MEDICINE

Educating naturopathic doctors for over 45 years

## Canada's only Doctor of Naturopathy Degree





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**CANADIAN  
COLLEGE OF  
NATUROPATHIC  
MEDICINE**

**Dr. Shreya Batra, ND (Class of 2019)**  
Hometown: Mississauga, Ontario

**Cover photo:**  
**Dr. Ayla Andrus, ND (Class of 2017)**  
Hometown: Dawson Creek, British Columbia

# Doctor of Naturopathy Degree

**The Canadian College of Naturopathic Medicine (CCNM – Toronto Campus) offers the only Doctor of Naturopathy degree in Canada through its four-year, full-time naturopathic medicine program.\***

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 sciences;
- Health psychology;
- Lifestyle management;
- Traditional Chinese medicine and acupuncture;
- Botanical (herbal) medicine; and,
- Physical medicine.

In addition, CCNM offers the following electives to its third- and fourth-year students:

- Naturopathic integrative fertility;
- Fibromyalgia and Myalgic Encephalomyelitis;
- Naturopathic integrative oncology;
- Pediatrics;
- Sports medicine;
- Mental health; and,
- Special topics in: traditional Chinese medicine, botanical medicine, homeopathic medicine, clinical nutrition and physical medicine.

These electives enable students to delve more deeply into naturopathic modalities or focus on an area that interests them. Some are delivered in a hybrid style, incorporating both independent learning via online modules and classroom sessions where teachings are discussed. You must take at least four electives over the course of third and fourth year.

\* The Doctor of Naturopathy program at the CCNM – Toronto Campus is offered under the written consent of the Ministry of Colleges and Universities for the period from April 26, 2022 to April 26, 2029.



**More details about CCNM's Doctor of Naturopathy degree can be found at [ccnm.edu](https://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 term, through clinical skills training, clinic observation, and 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.

Students then expand their work in our teaching clinics, observing and then participating in patient care; and eventually, in their last 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.

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## CLINICAL EXPERIENCE

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### Community Health Centres

CCNM students can also intern at various community health centres across the Greater Toronto Area (GTA). Clinic interns provide care to underserved populations including new Canadians, low-income families, older populations, people with disabilities, and people living with HIV/AIDS.

### Robert Schad Naturopathic Clinic

CCNM is home to the Robert Schad Naturopathic Clinic, a teaching clinic with over 20,000 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.

### The CCNM Brampton Naturopathic Teaching Clinic

Operating out of the Brampton East Urgent Care Centre, the CCNM Brampton Naturopathic Teaching Clinic is a satellite clinic of the Robert Schad Naturopathic Clinic where patients can see a naturopathic clinic intern and supervisor team to help manage their health concerns. The clinic serves one of the fastest growing and culturally diverse populations in Canada.

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*Clockwise from top:*

Dr. Zeynep Uraz, ND (Class of 2006) and fourth-year clinical interns discuss a patient case.

Two students participate in a practical session.

Clinic supervisor and Class of 2011 graduate Dr. Mark Fontes, ND (right), with a patient as three interns look on.

Students gather in CCNM's cafeteria to study.

# 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. Ayla Andrus, ND**

Dr. Andrus, ND (Class of 2017), opened her practice, Oak Naturopathic Clinic, in Northern British Columbia. Ayla operates as a solo practitioner, but has situated herself in a lively medical building with many other health-care specialists. Oak Naturopathic Clinic itself is a general family practice, but Ayla has developed a special interest in reproductive and digestive concerns. Ayla has expressed great excitement for the opportunity to open her own practice within a supportive, budding community.

## **Dr. Owen Wiseman, ND**

Dr. Wiseman, ND (Class of 2020) completed his undergraduate degree at the University of Ottawa while working as a Clinical Researcher for the Children's Hospital of Eastern Ontario (CHEO). Upon graduation from UofO, he enrolled at CCNM where he became heavily involved in the student community and eventually served as the President of the Naturopathic Students' Association. He currently has a private practice at the Ottawa Integrative Health Centre.

## **Dr. Natasha Montroy, ND**

Dr. Montroy, ND (Class of 2004), along with her team of ten health-care professionals, incorporates counselling, massage therapy and acupuncture at her practice the Vancouver Island Naturopathic Clinic. Natasha is a frequent guest on Breakfast Television and the local radio station in Victoria, B.C., promoting the benefits of naturopathic care; appearances that have helped grow her clinic.

## **Dr. Ellen Conte, ND**

Dr. Conte, ND (Class of 2015), completed a two-year residency position at the Centre for Health Innovation (CHI), formerly the Ottawa Integrative Cancer Centre (OICC). Following the residency, she accepted a position as a clinician scientist, splitting her time between clinical care and research. Ellen recently moved back to Nova Scotia and continues to practise privately with a focus on integrative cancer care.

*“Every day, I have the opportunity to sit with amazing people who truly want to better themselves. I facilitate and advocate for their health journey with natural, effective and evidence-based solutions.”*

**Dr. Ayla Andrus, ND (Class of 2017)**

Hometown: Dawson Creek, British Columbia



*“Being a student at CCNM has been a fantastic journey of learning and self-growth. The goal of this program is preparing us to become registered as future NDs, but my favourite thing has been interacting with individuals from so many different cultures and backgrounds.”*

**Dr. Owen Wiseman, ND (Class of 2020)**

Hometown: Ottawa, Ontario



*“I remember being a student and the seasoned practitioners with various practice focuses that I was exposed to. Even now I complete externships two to four times a year with MDs. There’s still so much to learn.”*

**Dr. Natasha Montroy, ND (Class of 2004)**

Hometown: Victoria, British Columbia



*“Research improves clinical care for patients and drives integration and collaboration amongst health-care providers. CCNM has an active research department, employing a diverse team of researchers and providing opportunities for students to become engaged in the scientific advancement of the field.”*

**Dr. Ellen Conte, ND (Class of 2015)**

Hometown: Halifax, Nova Scotia



# Research

**CCNM is currently conducting more than \$10 million in studies, much of which focuses on chronic disease prevention and management, including examining a variety of adjunctive therapies for cancer care and nutritional interventions to support mental health.**

Through support from CCNM's Student Innovation Fund and Research Club, opportunities for student research experiences often include contributing to evidence synthesis and critical appraisal of therapies that fall within the scope of practice of naturopathic doctors, planetary health and the impact of the environment on our health, and knowledge about the naturopathic profession and their practices.

Winners of CCNM's 2023 Student Innovation Fund research grant are assessing the impact of a holistic mental health program for children in elementary and middle schools. Previous winners of this internal grant competition have explored the role of nutrition education in overall health and the efficacy of integrative health programs designed for street-involved youth, assessed the evidence landscape for teaching kitchens, and surveyed naturopathic doctors on their views on what constitutes quality in natural health projects.

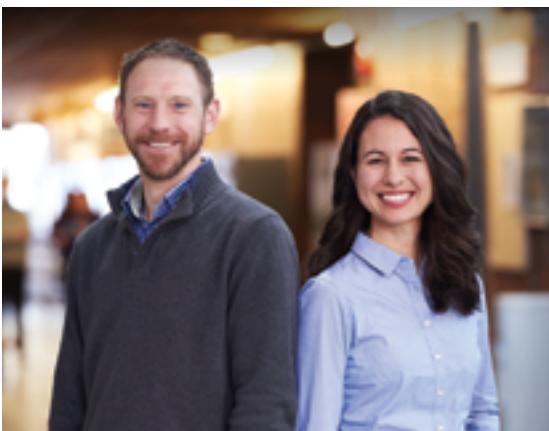
As a leader in evidence-based naturopathic medicine research, CCNM's research results have been published in top-tier medical journals such as the *Canadian Medical Association Journal*, *The Lancet* and *The British Medical Journal*,

as well as in leading journals specific to complementary and integrative medicine.

As part of our commitment to excellence in research, members of CCNM's research department play important roles as editors on a number of journals dedicated to ensuring there is high-quality knowledge available to inform clinical care and future research.

Working with the World Naturopathic Federation, CCNM has contributed to a number of large-scale projects that help to outline the profession and the care being provided by NDs. Most recently, this has included several reviews on the safety and effectiveness of natural therapies in the treatment and management of COVID-19 and long-term sequelae.

As a learning institution and part of our commitment to growth and improvement, CCNM has ongoing research projects that evaluate how to effectively educate naturopathic doctors about evidence, explore how health-care providers can be taught about the intersection of public health and planetary health, and examine the type of care being delivered in our teaching and community health clinics.



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## ONGOING RESEARCH PROJECTS INCLUDE:

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### **Integrative Cancer Research**

CCNM, strongly represented by our Patterson Institute for Integrative Oncology Research, is a leading institution in the field of integrative cancer care, creating foundational information that will change the oncology landscape for higher quality, patient-centred care. One aspect of this includes the creation of guidelines and evidence-syntheses for integrative oncology that will provide a much-needed platform of knowledge and structure for naturopathic education and practice, as well as a key leverage point to facilitate inter-professional collaboration and shared patient care with other health-care providers.

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### **Nutritional Interventions to Support Mental Health**

CCNM researchers are currently leading the EASe-GAD study – the world’s first randomized clinical trial on the use of diet counselling plus omega-3 supplementation for the treatment of generalized anxiety disorder. Future research will include large numbers of participants and explore cost-effectiveness of this therapeutic approach. This study is a collaboration with researchers from McGill University, Open University of the Netherlands, and Harvard Medical School. It has received funding or support from Ekthagastiftelsen, AquaOmega, Mitacs Accelerate, Lipid Analytical Laboratories, and Sobeys Inc.

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### **The Maternal Microbiome and Mental Health**

Led by CCNM’s HMF Genestra Microbiome Researcher in Residence, this pilot study is exploring the use of probiotics, fish oil, and dietary counseling, alone or in combination, during pregnancy on post-partum mental health outcomes. The study is funded by Lotte and John Hecht Memorial Foundation, with in-kind provision of supplements by Atrium Innovations. This study is being conducted in collaboration with Women and Babies Obstetrics Clinics, and Women’s Mood and Anxiety Clinic: Reproductive Transitions at Sunnybrook Health Sciences Centre. Findings from the study will inform the design of future research in this often under-researched population and may provide important information on how to prevent or support women through pregnancy and the critical first months following birth.

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### **Digestive Disorders**

As a lead steering committee member for the International Research Consortium of Naturopathic Academic Clinics, CCNM is poised to facilitate projects that collect data from naturopathic teaching institutions globally. The first pilot project investigating naturopathic approaches for irritable bowel syndrome is currently collecting patient data, helping us attest to the outcomes of care that naturopathic interns provide for this chronic, difficult-to-manage disorder.

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### **Understanding Pain**

Integrative approaches to chronic pain management are essential to addressing the opioid crisis in North America. Researchers from CCNM are involved in a multitude of projects synthesizing or assessing various approaches used by naturopathic doctors, conventional providers, or interprofessional teams for addressing pain including a Canadian Institutes of Health Research funded project on how individuals with HIV experience chronic pain.

# Academic Leadership

**Our team 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 (non-clinical), M.Ed.**

Dr. De Groot, ND (non-clinical), Dean of CCNM, is responsible for overseeing the Doctor of Naturopathy degree program and for ensuring that the teaching standards at CCNM meet the highest standards of clinical education and patient care. For over 10 years, he has overseen the development and integration of naturopathic care in a number of locations in Ontario, including the CCNM Brampton Naturopathic Teaching Clinic, as well as clinics in McMaster University, Seneca at York and the Queen West Toronto Central Community Health Centre. Nick holds a B.Sc. in molecular biology and genetics from the University of Toronto (U of T) and his Doctor of Naturopathic Medicine from CCNM. He also obtained a Masters in Education with a focus in higher education from the Ontario Institute for Studies in Education (OISE) at U of T.

## **Dr. Mitchell Zeifman, B.Sc., ND**

Dr. Zeifman, ND, has been practising as a naturopathic doctor since graduating from CCNM in 2003 and is currently Associate Dean of Clinical Education. Mitchell oversees the clinical program, which is the culmination of student education at CCNM, a time when the knowledge, skills and attitudes built over the first three years of the naturopathic medicine program is applied to patient care.

## **Dr. Jasmine Carino, ND (non-clinical), M.Ed.**

As the Associate Dean, Curriculum and Residency program, Dr. Carino, ND (non-clinical), designs strategies for curriculum change. Jasmine graduated with a Bachelor of Science in biology and chemistry from Laurentian University in Sudbury, Ontario before attaining her Doctor of Naturopathic Medicine at CCNM. She then completed her Masters in Education with a focus in higher education from the Ontario Institute for Studies in Education (OISE) at the University of Toronto. Jasmine has been a Council of Naturopathic Medical Education (CNME) board member since 2010 and has led a committee in developing guidelines on the use of information and communication technology in naturopathic medical education.

## **Dr. Jonathan J. Tokiwa, BScN, RN, ND, M.Ed.**

Dr. Tokiwa, ND, is Associate Dean of Academic Education and Associate Professor of Emergency Medicine at CCNM. Jonathan completed his Bachelor of Science degree in nursing at the University of Toronto and graduated with a Doctor of Naturopathic Medicine from CCNM. He received his Masters of Education Specialist degree in adult, community and higher education from the University of Calgary. Jonathan is a member of the Ontario Association of Naturopathic Doctors and Canadian Association of Naturopathic Doctors. He is also a member in good standing with the College of Nurses of Ontario and College of Naturopaths of Ontario.

*"I believe naturopathic medicine is poised to play an even bigger role in the health and well-being of Canadians. We are regularly approached by different institutions about providing clinical services through our teaching clinics and more patients are seeking the expertise of our graduates to help them manage their chronic health conditions."*

**Dr. Nick De Groot, ND (non-clinical),  
M.Ed. (Class of 1998)**



*"Naturopathic medicine resonates with the artist and scientist in me. This profession, this medicine, works. I have witnessed the role naturopathic doctors play in the lives of patients. CCNM's impact is significant and life changing."*

**Dr. Jasmine Carino, ND (non-clinical),  
M.Ed. (Class of 1998)**



*"I oversee the culmination of our students' full-time entry into clinical practice and their transition to being interns, when their foundational learning is applied to patient care. I am privileged to witness the development of our talented students throughout the clinical program."*

**Dr. Mitchell Zeifman, B.Sc., ND (Class of 2003)**



*"I am honoured and grateful to have the opportunity to work with so many well-intentioned people who love what they do and are passionate about the well-being of our institution and profession."*

**Dr. Jonathan J. Tokiwa, BScN, RN, ND, M.Ed.  
(Class of 2005)**



# Campus Life

**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 202 single occupancy rooms and is located in the main building. All rooms have a single bed, desk, closet, small refrigerator and Internet. There are TV lounges with balconies overlooking the courtyard and fully equipped kitchens.

For students who choose to live off-campus, a subway entrance, restaurants and stores provide a wide array of services right at CCNM's doorstep, so you'll have what you need while attending classes. Our students have the opportunity to participate in guided meditation sessions, welcome therapy dogs on campus, stroll along during nature walks and practise yoga in our garden courtyard. We know that mental health is a large part of student wellness and try to ensure students feel supported as they undertake their studies.

CCNM established Thrive, an on-campus wellness service, to help enable personal and professional growth in students. Its mission is to facilitate, host and inspire opportunities to think about, discuss and practise skills that will support optimal health, resiliency and a shared sense of community at CCNM.

There are a variety of ways to students to get involved on campus. Leadership opportunities, like joining the Naturopathic Students' Association or the Inclusion, Diversity, Equity and Advocacy (IDEA) Committee, are offered right in first year. We are committed to creating and providing an inclusive community to promote education and diversity, and encourage our students to participate.

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## Toronto ranks in the top 10 of the most livable cities in the world

Economist Intelligence Unit's 2023 Global Liveability Index





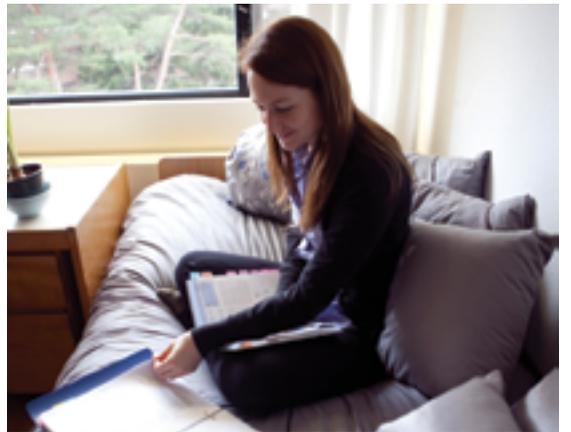
*Clockwise from top:*

Graduates from the Class of 2023 pose after the ceremony.

A student studies in her residence room.

CCNM's lobby, where students head to class and chat with their classmates.

A group of students attend CCNM's annual Welcome Back BBQ, a fun event we hold every September for new and returning students.



# 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 three- or four-year 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. CCNM offers most of these prerequisites several times a year in an interactive, online format.

Visit [ccnm.edu/psc](http://ccnm.edu/psc) for more information.

Required Courses	Online CCNM Courses	Credit Hours	Units	Requirements
General Biology	✓	3	0.5	May be fulfilled by one semester of biology, anatomy, botany, cell biology, endocrinology, genetics, immunology, or zoology.
Human Life Sciences	✓	6	1.0	May be fulfilled by one-year or two semesters of biology, chemistry, organic chemistry, biochemistry, cell biology, anatomy, microbiology, physiology, immunology, pathophysiology and/or pharmacology.
General Chemistry	✓	3	0.5	May be fulfilled by one semester 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.
Social Sciences or Humanities	Not offered	6	1.0	Acceptable courses include, but are not limited to: sociology, economics, marketing, political science, English, history, gender studies, etc. This elective must include an essay-writing component. <b>(Foreign language courses are not accepted towards the humanities prerequisite.)</b>

Credit will only be given for the completion of prerequisites when a grade of C-minus (60 per cent) or better is earned.

## Financial Information\*

We know that cost is a key factor when considering higher education. Our Doctor of Naturopathy degree is offered at low tuition and exceptional value.

\* Please contact CCNM for the most current tuition fees.

CCNM students may be able to take advantage of Canadian and/or provincial student loan programs. CCNM also offers a limited number of bursaries as a result of the generosity of its donors. Private and professional school loans may also be available through your financial institution.



Admissions details can be found at [ccnm.edu](http://ccnm.edu)





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[ccnm.edu](https://ccnm.edu)

Connect with us

[info@ccnm.edu](mailto:info@ccnm.edu)

Talk to a Student Services advisor at:

**1-866-241-2266 ext. 245**

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