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

CANADA’S ONLY
DOCTOR OF NATUROPATHY DEGREE
DOCTOR OF NATUROPATHY DEGREE

The Canadian College of Naturopathic Medicine (CCNM) is Canada’s leading naturopathic medicine education provider and offers the only Doctor of Naturopathy degree in Canada.*

CCNM’s bridge delivery of its Doctor of Naturopathy degree, developed specifically for foreign-trained doctors,** is an opportunity for these doctors to further their health care careers in Canada. Launched in 2013, the bridge delivery curriculum incorporates all of the competencies of the four-year naturopathic medical program, while providing additional supports to address the unique needs inherent to foreign-trained medical doctors. Bridge delivery allows students to complete the naturopathy program at CCNM in twenty-four months (six full terms).

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
- Biomedical science

Many medical doctors trained outside Canada feel that the nature of a naturopathic doctor’s practice is much closer to their experience as a medical doctor. Modalities associated with naturopathic medicine are used world-wide and CCNM’s curriculum includes:

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

Who are IMGs?

An international medical graduate (IMG) is an individual who has graduated from a medical school outside of Canada. He/she may have several years of independent practice experience in his/her country; have just recently completed medical school; have completed a residency training program; have gone directly into practice with no requirement for a residency; be from a country with a medical education system similar to Canada’s, or be from a country whose medical education system is very different from Canada’s.

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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. CCNM offers medical doctors trained outside Canada a unique opportunity to become naturopathic doctors, through a two-year, bridge delivery of its naturopathic program.

CCNM’s culture is amongst the most diverse and inclusive you will find at any educational institution. 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 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 into the Canadian College of Naturopathic Medicine.

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

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*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.)

**Eligible candidates must have graduated from a recognized medical program (as per the Medical Council of Canada) and have successfully completed the Medical Council of Canada Evaluating Examination (MCCEE) or attained a passing grade.

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 term of 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 the second and third terms students expand their work in our teaching clinics, observing and then participating in patient care; and eventually, in their second 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

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<th>Clinical Experience</th>
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<td><strong>Robert Schad Naturopathic Clinic (RSNC)</strong></td>
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<td>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.</td>
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| **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-serviced populations, including the elderly, those with physical disabilities and individuals living with HIV/AIDS. |

Clockwise from top:
- A group of graduates from the bridge delivery pose at the convocation ceremony in May.
- Students sit attentively in class.
- Class of 2016 graduate Romi Fung, from Richmond, British Columbia, listens attentively at convocation.
- 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 has many paths.

Dr. Rick Bhim, ND
Dr. Rick Bhim, ND, graduated from the University of Waterloo and attended University of Sint Eustatius School of Medicine (class of 2013) in the Caribbean. After returning to Toronto, he looked to augment his medical training with naturopathic medicine; treating the person, not the disease, and helping people better connect with themselves. He chose to attend CCNM and become an ND so he could focus on prevention, education, treating the whole person, and individualized care. Rick is currently a clinical resident at CCNM with plans to open a practice in Toronto.

Dr. Ehab Mohammed, ND
Dr. Ehab Mohammed, ND, is a Research Resident at CCNM. Before coming to Canada, Ehab graduated from the medical school at Cairo University, Egypt, and joined its clinical oncology residency program where he was trained in chemotherapy, radiation and palliative care. He received his master’s degree in oncology focusing on psychiatric disturbances in cancer patients, and then obtained a medical doctorate degree in radiation oncology. Ehab has also published 33 scientific research articles in various medical journals.

Dr. Rana Samara, ND
Dr. Rana Samara, ND, is a licensed naturopathic doctor and a registered sleep technologist. During her medical training at Jordan University of Science and Technology (class of 2007), Rana realized that being a primary care provider meant being proactive in disease prevention by encouraging a healthy lifestyle and wellness. For these reasons, she decided to become a naturopathic doctor. Rana currently practises as an ND in a medical centre in Hamilton, Ontario.

Dr. Abdullah Abd Elaziz, ND
Dr. Abdullah Abd Elaziz, ND, started work as a clinical resident at CCNM after graduating in 2015. He graduated from Tanta University (class of 2003) in Egypt and worked as an anesthesiologist and pain management physician. He also pursued a Master’s degree in pharmacology, physiology, anatomy, and clinical anesthesiology. As a resident at CCNM, Abdullah continues to learn about naturopathic medicine through his clinical care and research so that he can provide the best patient care.

“The adjunctive cancer care focus allowed me to connect with and help cancer patients on a greater level. I worked with patients, one-on-one, to determine the cause of their symptoms, while educating and empowering them to improve their health and quality of life. CCNM has given me the tools to do what I’ve always wanted to do.”
Dr. Rick Bhim, ND (class of 2016)
University of Sint Eustatius School of Medicine (class of 2013)

“As a newcomer to Canada and a foreign-trained medical doctor, joining the IMG bridge delivery was the perfect fit. My experience as a student was rewarding as I gained from learning new aspects of medicine and patient care that I had never heard of in my native Egypt.”
Dr. Abdullah Abd Elaziz (class of 2015)
Tanta University (class of 2003)

“It was a great opportunity to join the IMG bridge delivery at CCNM. During my two years of school I was able to use my medical skills to expand my knowledge in all natural modalities of healing. CCNM was committed to meeting the needs and qualifications of the IMG class.”
Dr. Rana Samara, ND (class of 2015)
Jordan University of Science and Technology (class of 2007)

“I decided to attend CCNM to fill the gap in my medical education. CCNM teaches many areas of care that are lacking in the medical system, such as nutrition, herbal medicine and acupuncture. Learning about these optimized my patient care from both the conventional and naturopathic sides.”
Dr. Ehab Mohammed, ND (class of 2015)
Cairo University (class of 1987)
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.
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. 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.

“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

“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.”

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Dr. Louise McCrindle, ND (class of 2008)

“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)
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.

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 fourth most livable city in the world

Economist Intelligence Unit’s 2016 Global Liveability Ranking
CCNM is committed to excellence in naturopathic education and to the success of its graduates.

Applicants to the bridge delivery for IMGs must have:

- Graduated from a medical school recognized by the Medical Council of Canada; and,
- Attained a passing grade on the Medical Council of Canada Evaluating Examination (MCCEE),\(^*\) or attained a passing grade for United States Medical Licensing Examination Step I (USMLEI).

CCNM’s minimum requirements in International English language Testing System (IELTS) or Test of English as a Foreign Language (TOEFL), are:

- IELTS Minimum overall band score of 6.5 or higher (on a 9-point scale)
- TOEFL IBT Minimum 86 out of 120 (CCNM TOEFL DI Code: 0245)

\(^*\) The Medical Council of Canada Evaluating Examination (MCCEE) is a four-hour, computer-based examination offered in both English and French at more than 500 centres in 80 countries worldwide. The MCCEE is a general assessment of the candidate’s basic medical knowledge. International medical graduates must take the MCCEE as a prerequisite for eligibility to the MCC Qualifying Examinations.

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.

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; generally valued at $1,000. Private and professional school loans may also be available through your financial institution.

In addition to the Naturopathic Students’ Association (NSA) extended health and dental plan, CCNM provides basic health insurance protection for international students at no cost to them. Additional protection can be purchased at the student’s expense for spouses and/or dependants.

\(^†\) Please contact CCNM for the most current tuition fees.

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

STUDYING AND WORKING IN CANADA

CCNM welcomes applications from outside of Canada to our degree program.

International students are encouraged to apply for admission to CCNM as soon as possible to allow ample processing time for their study permit, according to Citizenship and Immigration Canada admissibility requirements. CCNM is recognized by the Government of Canada as a designated learning institution (DLI) for study permit purposes (CCNM’s DLI number is 019305338292).

As CCNM’s naturopathic program is degree-granting, through Ministerial consent in the province of Ontario, international students may be eligible to work both on and off campus without a work permit while enrolled at CCNM. Additionally, CCNM graduates may be able to extend their stay in Canada after graduation, under the Post-Graduation Work Permit Program (PGWPP). Spouses or common-law partners of students who carry a valid study permit may be eligible to apply for a work permit in Canada.

For more information about studying in Canada, visit the Department of Citizenship and Immigration Canada, cic.gc.ca.

To begin your application process, visit www.ccnm.edu or contact a student services advisor at 1-866-241-2266, ext. 245 or info@ccnm.edu.
The Canadian College of Naturopathic Medicine
Educating naturopathic doctors for almost 40 years

For more details about Bridge Delivery for IMGs, visit:
www.ccnm.edu

CONNECT WITH US
Talk to a Student Services advisor today!
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