

INFORMATION FOR FUTURE STUDENTS

CCNM - BOUCHER CAMPUS



CCNM

CANADIAN COLLEGE OF
NATUROPATHIC MEDICINE

Educating naturopathic doctors for over 45 years

Canada's Only Accredited Naturopathic College





The CCNM - Boucher Campus Class of 2023 celebrates their convocation.

Cover photo: Dr. Julie Durnan, ND (Class of 2006)

Doctor of Naturopathic Medicine Program

The Canadian College of Naturopathic Medicine (CCNM) offers a four-year, full-time naturopathic medicine program at its Boucher Campus in Metro Vancouver, British Columbia. Graduates receive the Doctor of Naturopathic Medicine diploma and are eligible for licensure in all regulated jurisdictions in North America.

The Doctor of Naturopathic Medicine diploma 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.

Via small class sizes, opportunities for mentorship and a tight-knit community of like-minded individuals, the CCNM – Boucher Campus supports individual learning, maximizes interaction with professors, peers and supervisors, and fosters life-changing relationships.



More details about CCNM's Doctor of Naturopathic Medicine program can be found at 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, students may complete a portion of their clinic internship under the supervision of a naturopathic doctor in their private practice, outside the school community. This affords the opportunity for the student to learn in an established clinic and improve specific

areas of knowledge and clinical skill to which they may be drawn.

CCNM's curriculum offers a series of courses in case-based learning. Delivered in a collaborative learning environment, these courses address patient research, case analysis, therapeutic interventions, patient management, and other topics to help sew the educational experience together. They are designed to prepare future naturopathic doctors to apply the knowledge acquired in school to the problems and issues they will confront in clinical practice.

CLINICAL EXPERIENCE

The Boucher Naturopathic Medical Clinic (BNMC)

Located on campus, the Boucher Naturopathic Medical Clinic (BNMC) provides exceptional, cost-effective care to the public as the hub for student practical training. Student involvement at BNMC gradually increases throughout their naturopathic education: shadowing clinical supervisors in years 1 and 2, observational and co-management of patients in year 3, and finally primary patient management in year 4.

Satellite Clinics

The CCNM - Boucher Campus operates a number of on-site, teaching clinics in Metro Vancouver and Victoria. Satellite clinics present students with differing clinic structures and patient populations while maintaining consistent standards of clinical education and participation. Every student intern takes part in a satellite clinic rotation.



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. Shawn Peters, ND

Dr. Shawn Peters, ND is a naturopathic doctor, certified in acupuncture. He has a keen interest in helping those with mood and mental health challenges, skin conditions, and men's health concerns. He believes in engaging people in their own health, while listening to their concerns as an individual. He knows that support, patience, and empowerment are crucial to helping people feel better.

Dr. Peters, ND has a history in the health-food industry and worked as a holistic nutritionist before becoming a naturopathic doctor. He believes strongly in education and has taught at the Canadian School of Natural Nutrition for many years.

Dr. Patrick Callas, ND

Dr. Patrick Callas, ND (Class of 2012) founded Island Natural Health Naturopathic Clinic on Salt Spring Island in 2013, and co-founded Psy Integrated Health Inc. in 2020, which operates Empower Health Wellness Centre in East Vancouver, BC. Since 2018, he has acted as a clinical instructor at the CCNM – Boucher Campus, and since 2020, as a practice educator for the University of British Columbia's Faculty of Pharmaceutical Sciences.

Dr. Tasneem Pirani-Sheriff, ND

Dr. Tasneem Pirani-Sheriff, ND (Class of 2016) has great pride in having graduated from and now working at CCNM – Boucher. She currently teaches within the clinical diagnosis program and oversees the clinical sciences and several other courses at Boucher. She also has a private practice in Burnaby, BC and is currently on the board of directors for the British Columbia Naturopathic Association. She loves that the balance between teaching and practicing keeps her fresh on the core foundations of medicine and allows her to share clinical experiences with students to facilitate their learning.

Dr. Julie Durnan, ND

Dr. Julie Durnan, ND (Class of 2006) is a naturopathic doctor with a focus in women's health and pediatrics. Dr. Durnan, ND has founded and run two clinics and built a thriving naturopathic community for families. Her current clinic is located in North Vancouver and she practices alongside a team of seven other naturopathic doctors with a full administrative team. Dr. Durnan, ND is also the founder and CEO of Ginger Desk, a start-up born out of the 2020 health crisis, providing a virtual assistant service for health and wellness practitioners.

"My time at Boucher was transformational. It was both the hardest thing I've ever done and equally as rewarding. My training at Boucher left me so competent and capable as a naturopathic doctor, but it also changed who I am outside of the profession. I am a better person for the experience."

Dr. Shawn Peters, ND (Class of 2019)



"I loved the small class sizes and the relationships I was able to foster with my classmates and instructors at Boucher. We became a naturopathic family. I am grateful for those ongoing connections professionally and personally."

Dr. Patrick Callas, ND (Class of 2012)



"I love being a part of a community of eager learners and changemakers. It excites me to engage in thoughtful discussion with my students and brings me joy to contribute to the profession by educating and igniting passion in the doctors of the future. I love learning from my students, as much as I love teaching them!"

Dr. Tasneem Pirani-Sheriff, ND (Class of 2016)



"My experience at Boucher was memorable beyond words. I made some of my best friends while at Boucher. We were only a class of 16 individuals and have all remained a very tight knit group. Since our graduation in 2006, we still chat regularly as a group and meet yearly on retreats together. I consider my relationships with my classmates some of my deepest and most treasured friendships of all."

Dr. Julie Durnan, ND (Class of 2006)



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.



ONGOING RESEARCH PROJECTS INCLUDE:

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.

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.

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.

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.

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 & 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.

**Reid Wildeman, M.Ed.,
Director, Campus Operations and
Academic Affairs**

Reid leads and is the Director of Academic Affairs at the CCNM – Boucher Campus. He has a master's degree in educational leadership from Simon Fraser University and was most recently Director of Education for a private college in Vancouver. Reid has extensive experience in program evaluation, curricular design, and instructional supervision. Reid taught at the high school level for ten years and was a summer school principal and vice principal for the final three. He has worked with a broad spectrum of learners, including at-risk students, international college students, mature learners and more.

**Dr. Rochelle Heisel, PhD
Associate Dean of Academics**

Rochelle graduated from the University of British Columbia with a doctorate from the Department of Medicine. She has been teaching at the CCNM – Boucher Campus since its inception and has been the Associate Dean of Academics since 2006. In her role she works to help ensure the continued delivery of a high-quality academic program.

Dr. Nick De Groot, ND (non-clinical), M.Ed.

Dr. De Groot, ND (non-clinical), Dean of CCNM, is responsible for overseeing the naturopathic medical 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.

"I enjoy the challenges of education, working with students, instructors, and other educational stakeholders, and the opportunity to make learning happen for everyone involved. Working at the Boucher campus has been an amazing experience and I love the passion and energy for naturopathic medicine the students and faculty bring every day."

Reid Wildeman, M.Ed.



"Teaching is a passion of mine, and being able to work with a team of colleagues dedicated to delivering the best possible education is a privilege."

Dr. Rochelle Heisel, PhD



"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)**



Campus Life

Located in Metro Vancouver, a city which is consistently rates as one of the world's best cities to live in, the CCNM – Boucher Campus is surrounded by a thriving arts community, festivals, and a network of parks and trails to explore.

The CCNM – Boucher Campus is located at the Columbia Skytrain station, with downtown Vancouver only a 30-minute ride away. Given British Columbia's natural beauty, there are no shortage of activities to enjoy such as swimming, skiing, hiking, mountain biking trails, etc. The Fraser River is minutes from the school, with a beautiful boardwalk extending a few miles through New Westminister.

On campus, students can get involved with the Naturopathic Medical Student Association (NMSA) or the Boucher Naturopathic Students' Association (BNSA). The NMSA is a non-profit that represents naturopathic medical students across North America and offers leadership and professional development opportunities.

The BNSA acts as the voice of the student body at the CCNM – Boucher Campus. BNSA members organize a number of student initiatives, events and guest speaker presentations, manage campus clubs, and actively recruit and encourage all students to get involved.

CCNM's Manager, Student Life works closely with the student leadership at both campuses to manage, develop and encourage all aspects of CCNM student life and ensure the student voice is heard.

Vancouver is ranked as the fifth most livable city in the world.

Economist Intelligence Unit's 2023 Global Liveability Index





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 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. (Foreign language courses are not accepted towards the humanities prerequisite.)

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

Accreditation

The naturopathic medicine program at CCNM is accredited by the Council on Naturopathic Medical Education (CNME). CCNM received a seven-year reaccreditation period, the longest term available; based upon a rigorous review and assessment of CCNM's programs and operations.

The CNME accreditation enables CCNM students to write the Naturopathic Physicians Licensing Examinations (NPLEX), offered by the North American Board of Naturopathic Examiners (NABNE). Passage of NPLEX is required for licensure in most regulated jurisdictions.



The CCNM – Boucher Campus is regulated by the Private Training Institutions Branch of the Ministry of Advanced Education, Skills & Training (PTIB).



The CCNM – Boucher Campus is Province of BC Education Quality Assurance (EQA) designated as an institution that has met or exceeded provincial government recognized quality standards.





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Educating naturopathic doctors for over 45 years

For more details about the naturopathic medicine program at
the CCNM – Boucher Campus visit:

ccnm.edu

Connect with us

info@ccnm.edu

Talk to a Student Services advisor at:

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