



Canadian College of Naturopathic Medicine
Educating naturopathic doctors for over 40 years

CANADA'S ONLY DOCTOR OF NATUROPATHY DEGREE



CCNM
Canadian College of
Naturopathic Medicine

ABOUT CCNM



Thank you for your interest in the Canadian College of Naturopathic Medicine (CCNM) located in Toronto; one of the world's most diverse and inclusive cities.

CCNM offers the only Doctor of Naturopathy degree in Canada, and has been educating naturopathic doctors for over 40 years. Our students are smart, enthusiastic and extremely dedicated. Our faculty is committed to ensuring that CCNM graduates are well-prepared for successful careers as naturopathic doctors.

The first year of CCNM's Doctor of Naturopathy degree involves a comprehensive examination of the biomedical sciences that underlie the study of medicine. The second and third years focus on the clinical sciences and the modalities that constitute the tools of the profession. The fourth year is spent largely in clinical practice under the supervision of registered naturopathic doctors.

Our graduates, having earned the Doctor of Naturopathy degree, are ready to practise preventative medicine, address the root causes of disease and heal the whole person through individualized treatment. They are entering a profession that allows them to make a profound difference in the lives of their patients.

From wherever in Canada you may be joining us, I look forward to welcoming you to the Canadian College of Naturopathic Medicine.

A handwritten signature in black ink, reading "Bob Bernhardt".

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

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) 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 nutrition;
- 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.

* This program is offered under the written consent of the Ministry of Colleges and Universities for the period from May 20, 2014 to May 20, 2019. The College has submitted an application for renewal as of May 19, 2018. As a result, the period for the current consent is extended until the Minister of Colleges and Universities issues their decision on the application for renewal.



More details about CCNM’s Doctor of Naturopathy degree 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 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.

CLINICAL EXPERIENCE

Community Health Centres

CCNM students can also intern at eight community health centres across the Greater Toronto Area (GTA): Sherbourne Health Centre, LAMP Community Health Centre, Parkdale Community Health Centre, Queen West Toronto Central Community Health Centre, Rexdale Jamestown Hub, Flemingdon Health Centre, Unison Health and Community Services, and Scarborough Centre for Healthy Communities.

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.

The Brampton Naturopathic Teaching Clinic (BNTC)

The Brampton Naturopathic Teaching Clinic (BNTC) is a satellite clinic of RSNC where patients can see a naturopathic clinic intern and supervisor team to help manage their health concerns. The BNTC serves one of the fastest growing and culturally diverse populations in Canada.



Clockwise from top:

Class of 2012 graduate Dr. Melvia Agbeko, ND, leads a physiology class.

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), recently 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. Rick Bhim, ND

Dr. Bhim, ND (Class of 2016), chose to attend CCNM and become an ND so he could focus on prevention, education, treating the whole person, and individualized care. Rick completed bridge delivery at CCNM in 2016 and was accepted to the Clinical Residency program. He is currently doing his second residency at the CCNM Integrated Cancer Centre in Toronto.

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 McDonell, ND

Dr. McDonell, ND (Class of 2015), completed a two-year residency position at the Ottawa Integrative Cancer Centre (OICC). Following residency, she accepted a position as a clinician scientist at the OICC – splitting her time between clinical care and research. Ellen's current research projects include the Thoracic Peri-Operative Integrative Surgical care Evaluation, and the Canadian/US Integrative Oncology Study.

"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



"Naturopathic medicine provided me the education I needed to address my patients' concerns on multiple levels. Using what I've learned from the IMG bridge delivery program, I have been able to help my patients achieve their health goals and improve their quality of life."

Dr. Rick Bhim, ND (Class of 2016)

Hometown: Toronto, 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 McDonell, ND (Class of 2015)

Hometown: Halifax, Nova Scotia



RESEARCH

CCNM is currently conducting more than \$10 million in studies, much of which focusses on examining a variety of adjunctive therapies for cancer care and assessing whole practice approaches to diabetes. CCNM 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.

As a leader in evidence-based naturopathic medicine research, CCNM’s research results have been published in top-tier medical journals such as *Canadian Medical Association Journal*, *The Lancet* and *The British Medical Journal*, as well as in leading journals specific to complementary and integrative medicine.

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.

Through support from CCNM’s Student Innovation Fund and Research Club, students are provided with opportunities to apply for internal funding for faculty-student research projects or participate in ongoing research.



ONGOING RESEARCH PROJECTS INCLUDE:

**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.

Additionally the OICC is working with the Ottawa Hospital Research Institute to conduct a randomized controlled trial on high dose intravenous vitamin C in lung cancer.

CCNM's Patterson Institute for Integrative Cancer Research is currently creating guidelines for integrative oncology that will provide a much-needed platform of evidence 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.

CCNM is collaborating with Australia's Endeavour College of Natural Health to conduct the first global study on use of complementary and alternative medicine for patients with cancer.

**Food for
Mental Health**

Funded by the Canadian CAM Research Fund, CCNM is collaborating with researchers from McGill University and the Centre for Addiction and Mental Health to develop a tool that can be used by various health-care providers to support the implementation of food-based approaches to treating various mood disorders.

**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
Pain Management**

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 therapies used by naturopathic doctors and conventional providers for addressing pain. Winners of CCNM's 2019 Student Innovation Fund research grant are assessing the impact of naturopathic care on patients with fibromyalgia.

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 in place, helping us attest to the outcomes of care that naturopathic interns provide for this chronic, difficult to manage disorder.

The Microbiome

CCNM's Chair in Microbiome Research is embarking on a landmark study on the interface between our environment and our microbiome in maternal and infant health. This work aims to provide a better understanding of how our microbiome can mitigate the myriad of factors pertaining to mental health outcomes.

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

Dr. De Groot, ND, 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 Brampton Naturopathic Teaching Clinic which offers naturopathic care within the Brampton Civic Hospital, 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 and his Doctor of Naturopathic Medicine from CCNM.

Dr. Jasmine Carino, ND

As the Associate Dean, Curriculum and Residency program, Dr. Carino, ND, 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. 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.

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.

"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 (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 (Class of 1998)



"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)**



"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)



CAMPUS LIFE

The Greater Toronto Area leads North America on every important quality of life metric. *The Economist* recently ranked Toronto the safest city in North America.

In its first-ever Canada-wide Youthful Cities* index in 2018, Toronto was ranked #1 for being the city that most embodies the qualities of youthfulness, which they list as “connected, dynamic, open, curious, inventive and playful.” In a city where youth comprise a fifth of the population, Toronto was first in measures of diversity, civic engagement and health – each of which are important to the naturopathic medicine profession.

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 mediation sessions, welcome therapy dogs on campus, stroll along during nature walks and practise yoga in our garden courtyard. We understand that mental health is a large part of student wellness and try to ensure students feel supported as they undertake their studies.

*Youthful Cities is a Toronto-based social enterprise that examines how attractive 13 Canadian cities are to those between the ages of 15 and 29.

Ranked as the safest metropolitan city in North America

Economist Intelligence Unit's 2019 Safe Cities Index

Toronto ranks among the top 10 most livable cities in the world

Economist Intelligence Unit's 2019 Global Liveability Ranking





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.

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 for more information.

Required Courses	Online CCNM 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 by one-year or two semesters of a physiology course or an anatomy and physiology course.
Chemistry	✓	6	1.0	May be fulfilled 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	Not offered	6	1.0	Acceptable courses include, but are not limited to: 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.

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. Private and professional school loans may also be available through your financial institution.

* Please contact CCNM for the most current tuition fees.



Admissions details can be found at ccnm.edu



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For more details about the Doctor of Naturopathy degree visit:

ccnm.edu


Connect with us


info@ccnm.edu

Talk to a Student Services advisor at:

1-866-241-2266 ext. 245

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