



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, Ontario; Canada's largest city and one of the world's most diverse, inclusive and safe metropolises.

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. Approximately 20 per cent of all practising NDs in North America are CCNM graduates.

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

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

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

Cover photo:

CCNM student Valerie Gettings
Hometown: Buffalo, New York



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 prepares you to write all existing licensing exams in North America and enables you to practise in all regulated jurisdictions in the United States.**

CCNM has a long track record of preparing students for the Naturopathic Physicians Licensing Examinations (NPLEX), providing the necessary entry-to-practice requirements (educational background, skill and clinic experience) to practise naturopathic medicine in all regulated jurisdictions.

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.

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



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.

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

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. Jamila Owens-Todd, ND

Dr. Owens-Todd, ND (Class of 2007), practises 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. Adam Breiner, ND

Dr. Breiner (Class of 2002), focuses on brain health at The NeuroEdge Brain Performance Center in Connecticut. Part of a five-person team, Adam'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. Nicole Egenberger, ND

Dr. Egenberger, ND (Class of 2003), opened her practice, Remède Naturopathics, in the heart of Manhattan, where she specializes in women's health and pediatrics. Nicole launched a multidisciplinary clinic 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 serves a large patient base while running the states' first residency program for naturopathic doctors.

Dr. Marianna Wright, ND

Dr. Wright, ND (Class of 2016), practices at Natural Health Clinic and Pediatric NDT & SI Therapy Services in Bellingham, Washington. Working alongside many other naturopathic physicians and alternative health-care providers, Marianna is enjoying a team-based approach to patient care and the opportunity to finesse the art of practise under the guidance of several experienced mentors. Although she continues to see a wide range of different conditions, Marianna is passionate about treating thyroid imbalances and autoimmune conditions.

“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 hometown’. So, I returned to practising in St. Louis because it is where I was born and raised.”

Dr. Jamila Owens-Todd, ND (Class of 2007)

St. Louis, Missouri



“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 (Class of 2002)

Fairfield, Connecticut



“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



“I feel very fortunate to be practising in Washington state where NDs play the role of primary care physician. The wide scope of practice truly allows me to make use of our comprehensive training and eclectic toolbox of naturopathic modalities in providing holistic health care.”

Dr. Marianna Wright, ND (Class of 2016)

Bellingham, Washington



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 either by a one-year physiology course or a one-year 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.

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.

* Please contact CCNM for the most current tuition fees.



Admissions details can be found at ccnm.edu

STUDYING IN CANADA

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

U.S. students are encouraged to apply for admission to CCNM as soon as possible to allow ample processing time for their study permit, according to Immigration, Refugees and Citizenship Canada admissibility requirements+.

As CCNM's naturopathic program is degree-granting, through Ministerial consent in the province of Ontario, U.S. students may

be eligible to work 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.

+CCNM is recognized by the Government of Canada as a designated learning institution (DLI) for study permit purposes (CCNM's DLI number is O19305338292).



For more information about studying in Canada, visit Immigration, Refugees and Citizenship Canada, [cic.gc.ca](https://www.cic.gc.ca).



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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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Member of the Association of
Accredited Naturopathic Medical Colleges