

REPORT TO THE COMMUNITY 2017

The Canadian College of Naturopathic Medicine
CELEBRATING 40 YEARS



**STUDENT
AND ALUMNI
SUCCESS**



**EVIDENCE
BASED
RESEARCH**



**TEACHING
EXCELLENCE**



**HIGH QUALITY
CLINICAL
SERVICES**

On the cover:

Top left: Sarah Vosburgh, fourth-year student

Top right: Dr. Dugald Seely, ND, executive director of the Ottawa Integrative Cancer Centre and research

Bottom left: Dr. Neemez Kassam, ND, academic faculty

Bottom right: Dr. Lindsey White, ND, director, clinic services



WHAT'S INSIDE

11	14	19	23	26	32
Building Research from the Ground Up	Elevating Integrative Cancer Care	CCNM's Satellite Health Clinics	Teaching Excellence at CCNM	Student and Alumni Success	Supporting the Future of NDs

CCNM HAS A LOT TO CELEBRATE!

In 40 years, what has CCNM accomplished?

We've created the first naturopathic teaching clinic in a Canadian hospital, opened the first integrative cancer care and research centre of its kind in Eastern Canada, and advanced our understanding of naturopathic medicine through trailblazing research.

We've graduated 20 per cent of all NDs in North America and our alumni can be found all over the world.

We've published high-quality textbooks for NDs and students alike, worked alongside clinicians and professors to continuously improve our curriculum, and witnessed countless numbers of patients improve their health – and life – with naturopathic care.

The College started humbly – the simple dream of those who wanted to uphold and protect the principles and values of naturopathic medicine. Today, we offer the only Doctor of Naturopathy degree in Canada, in a jurisdiction, Ontario, that recognizes naturopathic doctors as regulated health-care professionals under the *Regulated Health Professions Act*.

There's no telling what the next 40 years will bring.

FROM THE CHAIR



CCNM is turning 40! As we move towards this anniversary, we are celebrating the successes of the first four decades and actively preparing for the decade ahead.

In preparation for the years ahead, we are reviewing what makes our ND program strong, and where it can be improved. In doing so, we have had extensive interaction with members of the profession. This started with a major consultation document that was sent to over 2,000 stakeholders and approximately 150 submissions were received in response. A qualitative researcher analyzed the responses and this information was used to prompt discussion at a curriculum summit engaging a broad range of stakeholders. This summit led to the identification of values that should underpin the program. More recently, a major survey has gone to our alumni to identify the nature of conditions that new graduates should be able to treat, and the knowledge, skills, and attitudes required to do so. Information has been received from 318 practitioners and is now being analyzed. The College will continue to engage members of the profession in a Delphi-style expert consultation process to identify the skills, knowledge and attitudes required of graduates.

The Ottawa Integrative Cancer Centre (OICC) is currently leading several major clinical trials. This work will be complemented by the Patterson Institute for Integrative Cancer Research, which will be developing practice guidelines based upon extensive reviews of the existent research. The College launched the Patterson Institute with strong support from a grateful patient and his spouse (John and Thea Patterson). It is headed by director Dr. Peter Papadogianis, ND, the care provider to whom the Pattersons are so grateful.

The OICC continues to achieve success after success. In September, Dr. Dugald Seely, ND was awarded the Dr. Rogers prize in recognition of his contributions to the field of complementary and alternative medicine. Dugald was recently invited to speak to the board of the Canadian Partnership Against Cancer (CPAC). CPAC is an independent organization funded by the federal government to accelerate action on cancer control for all Canadians. The recent launch of a small study with the Children's Hospital of Eastern Ontario (CHEO) could lead to better support for families whose children are undergoing cancer treatment.

The College has launched clinics within three more Toronto community health centres, providing the opportunity for all fourth-year students to have one clinical shift as a year-long off-site experience. And, the Turning Point campaign, the fundraising effort to position the College for the future, is approximately half way to its goal of \$7 million.

As you read through the Report to the Community, I hope you enjoy the snippets of the past, appreciate the activities underway to prepare us for tomorrow, and share our vision of the future.

A handwritten signature in black ink, appearing to read 'C. McQuarrie'.

Dr. Colleen McQuarrie, ND
Chair of the Board

FROM THE PRESIDENT



CCNM will make naturopathic medicine an integral part of health care through pre-eminent education, research and clinical services.

How does a small charity largely dependent on student tuition and donations from valued supporters change health care? As our vision suggests, we believe the key is the quality and relevance of the education we provide, the research we conduct and disseminate, and the clinical services that our patients have come to depend upon.

As the message from the Chair has outlined, there is much to celebrate as the College turns 40. CCNM has proudly graduated over 2,500 naturopathic doctors (including those from the Ontario College of Naturopathic Medicine, CCNM's predecessor institution); our research is changing the understanding and acceptance of naturopathic medicine; and our clinical services provide over 50,000 patient visits each year. The little College from the former art gallery and Pentecostal Tabernacle on Benton Street in Kitchener, Ontario has come a long way. But if we are to change health care in Canada, North America, and beyond, there is still a huge job ahead.

To prepare for the future we are working to establish a strong financial base. We have moved from a \$423K operating deficit in the prior fiscal year to a moderate surplus of \$153K. The College negotiated the first collective agreement with the faculty union. Both sides in the negotiation are to be commended for the professional and collegial manner in which the agreement was reached.

We are looking to install better systems to support our operations. CCNM installed the Med Access electronic medical record system from Telus at the Ottawa Integrative Cancer Centre (OICC), and we are preparing to install it in the Robert Schad Naturopathic Clinic in Toronto. We are also in the process of installing a powerful human resource information system (HRIS) that interfaces with our existing financial information system.

The College has secured over \$3 million in support from its Turning Point campaign. Two recent pledges, one from York Down Chemists for \$500,000 and another from a private Canadian foundation for \$650,000, each over five years, have been received in support of the opening of an integrative cancer centre in Toronto. These are in addition to the \$750,000 pledge from John and Thea Patterson in the previous year. We have also created a registered charity, the OICC Foundation, to allow individuals in Ottawa to make donations in support of the integrative cancer care that is being delivered in the nation's capital.

As noted in the Chair's message, we are preparing for a major curriculum change as we move past our 40th anniversary, and this year we have launched elective courses so third-year students can probe deeper into areas that interest them prior to entering their clinical year. A number of these courses are employing a hybrid delivery style blending the best of both in-person and online education. In addition, we have provided full online delivery for continuing medical education oncology courses, as well as for prerequisite science courses accessed by potential applicants who are missing prerequisites.

So as the College moves fully into middle age, the faculty, staff and students are aware of both the importance and the challenge of CCNM's mission. But when it comes to impacting health care in a manner that better incorporates naturopathic medicine, as the little engine in the childhood story expresses, "We think we can, we think we can, we think we can!"

A handwritten signature in black ink, appearing to read "Bob Bernhardt". The signature is fluid and cursive, with a horizontal line extending to the right.

Bob Bernhardt, PhD
President and CEO

In 1986 CCNM relocated to a former elementary school at 60 Berl Avenue in Toronto.

40 YR
TIMELINE
→



The Canadian College of Naturopathic Medicine
CELEBRATING 40 YEARS

Forty years of learning, educating, and healing. Forty years of graduating over 2,500 caring, knowledgeable naturopathic doctors, and being an agent for change in Canada's health-care system.

Forty years of research, clinical training, and strong academic leadership. Forty years of friendship and family. Forty years of growth, evolution, and vision.

There's no telling what the next 40 years will bring.

CELEBRATING 40 YEARS

DID YOU KNOW...

56
students were enrolled at
OCNM in its first year and
32
graduated in June, 1981.



1983

When the four-year, full-time program was launched in 1983, OCNM leased the former Kitchener-Waterloo Art Gallery, a building in Kitchener that was constructed on the birth site of Sir William Lyon MacKenzie King.

1982

The John LaPlante Memorial Library is established at OCNM.

1981

OCNM purchases and moves to 43 Benton Street in Kitchener, Ontario, a former art gallery and Pentecostal tabernacle.



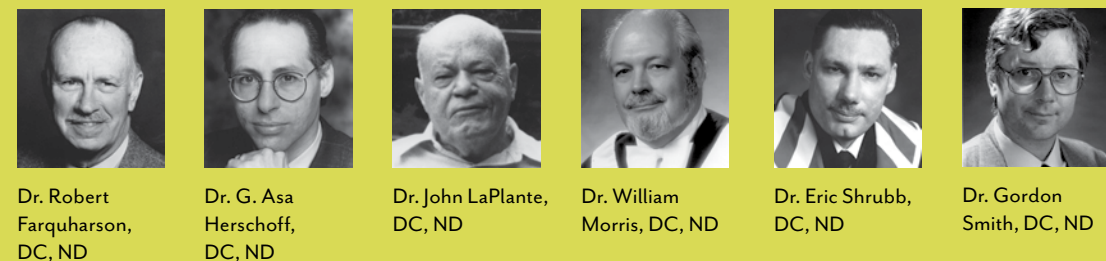
1978

The Ontario College of Naturopathic Medicine (OCNM) is founded.

The naturopathic program began as an accelerated one for qualified health-care practitioners and classes were held on the weekends at the Chelsea Inn or the Inn on the Park in Toronto, Ontario.



FOUNDING MEMBERS OF OCNM



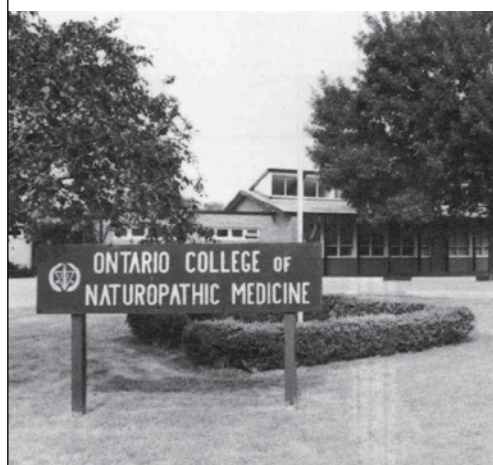
Dr. Robert Farquharson, DC, ND | Dr. G. Asa Herschoff, DC, ND | Dr. John LaPlante, DC, ND | Dr. William Morris, DC, ND | Dr. Eric Shrubbs, DC, ND | Dr. Gordon Smith, DC, ND

1984

The College moves from Kitchener to a new location at 1263 Bay Street in Toronto.

1986

The College relocates again, this time to a former elementary school at 60 Berl Avenue, Toronto. The four acres of land backed onto Mimico Creek and a forested ravine.



1992

OCNM changes its name to Canadian College of Naturopathic Medicine (CCNM).



Clockwise, top left: Liz and Robert Schad; Gala planning committee; attendees; David Suzuki

1996

The Robert Schad Dinner, held on May 27, 1996, was CCNM's most successful fundraising dinner to date. Held at the Ford Centre (now known as the Toronto Centre for the Arts), over \$1.2 million was raised for the College and David Suzuki provided the keynote address.

1996

CCNM launches its residency program.

The first annual Naturopathic Café – a student fundraiser to showcase the many talents of students, faculty and staff – is held in early 1996.



PRESIDENTS OF OCNM/CCNM:

1978 – 1989:
Arlo Koegler, ND
(President Emeritus)

1978 – 1981:
Eric Shrubbs, ND

1982 – 1983:
Robert Farquharson, ND

1988 – 1990:
Steve Hamblly

1990 – 1991:
Patricia Hutchinson

1991 – 1993:
Kenneth Pownall

1993 – 1996:
Donald Warren, ND

1996 – 2003:
David Schleich

2004 – present:
Bob Bernhardt



1997

CCNM finds a new home in uptown Toronto at the intersection of Yonge Street and Eglinton Avenue (2300 Yonge Street, on the 18th and 19th floors, to be precise).

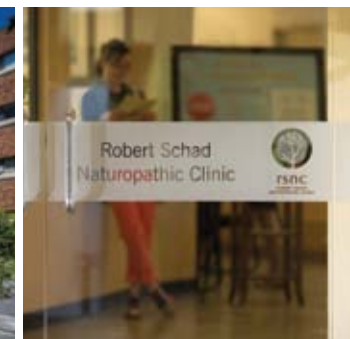
CCNM hosted its first open house on April 5, 1997. The theme was *Balancing Life's Juggling Act* and approximately 1,100 people attended the event.



1999

The College moves again to 1255 Sheppard Avenue East in Toronto, and the teaching clinic is renamed the Robert Schad Naturopathic Clinic (RSNC).

CCNM celebrated its grand opening at the new site on Leslie and Sheppard on November 12 and 13, 1999. The evening started with a ribbon cutting to open the Robert Schad Naturopathic Clinic.



DID YOU KNOW...

When CCNM first moved to Leslie and Sheppard, Student Services was located in the lobby, to the right of the main doors, the marketing & communications and advancement departments were situated on the second floor above the clinic, and academic administration lived on the second floor on the classroom side.

DID YOU KNOW...

Students from St. Lawrence College in Kingston produced three VHS recordings for the College, beginning in 1997, intended for recruitment and promotion: *The Natural Path* (11 minutes), *The Natural Selection* (nine minutes), and *It's a Natural Fit* (nine minutes). Featuring staff and students from all years, the first two videos were filmed at the Yonge and Eglinton location and the third one at Leslie and Sheppard.

1998

Former Toronto mayor Mel Lastman issued a proclamation declaring Naturopathic Medicine Week in the city from April 4-11, 1998.

CCNM, in partnership with ITP Neilson publishing company, released its first book in the fall of 1998. Cheryl Lycette, ND, compiled an anthology of common ailments and their naturopathic treatments.

2000

CCNM receives full accreditation from the Council on Naturopathic Medical Education (CNME).

The Paracelsus Herb Garden was designed and project managed by Dr. Chris Sowton, ND (Class of 1988). Dr. Wayne Steinke, ND (Class of 1995), donated funds for the creation of the garden.



Dr. Chris Sowton, ND



DID YOU KNOW...

77 Potential Sites

Prior to buying its current location, CCNM representatives visited 77 potential sites.

The top finalists were the former Seneca College nursing school on Sheppard and Leslie, and the former training campus of the Ontario Provincial Police in Brampton.

2001

In 2001, CCNM's lobby receives a revamp. The mural adjacent to the lecture theatre, featuring the naturopathic doctor's oath, was painted by Milan Designs.

Body Mind Science (BMS) Resources opens in the foyer.

The first Unity Summit is held for first-year students. The theme is *Vision, Empowerment, Spirit and Unity: Making Connections at CCNM*.



2013

The first naturopathic teaching clinic in a hospital setting, the Brampton Naturopathic Teaching Clinic, opens at Brampton Civic Hospital.



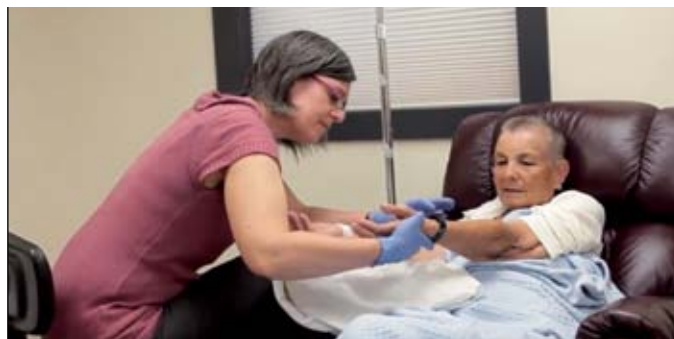
2004

CCNM's research department launches a series of studies in collaboration with the Canada Post Corporation and the Canadian Union of Postal Workers, commencing with an investigation of naturopathic care for chronic back pain.



2011

The Ottawa Integrative Cancer Centre, the first integrative cancer care clinic of its kind in Eastern Ontario, opens in Ottawa.



2015

Proclamation of the *Naturopathy Act* in Ontario means that all licensed naturopathic doctors in the province move under the *Regulated Health Professions Act (RHPA)*, which governs all regulated health professions.

2016

CCNM receives degree-granting status. Upon graduation, students now receive a Doctor of Naturopathy degree.

2018

Time to celebrate CCNM'S 40th Anniversary year!



Dr. Kieran Cooley, ND, director of research, CCNM
Dr. Monique Aucoin, ND, research fellow, CCNM



**EVIDENCE BASED
RESEARCH**

Our research has
appeared in over 240 leading
peer-reviewed journals.

BUILDING RESEARCH FROM THE GROUND UP



Dr. Jean Seely, director of breast imaging at the Ottawa Hospital (left) with Dr. Dugald Seely, ND. The pair and other researchers are studying new 3D mammography equipment.

CCNM's department of research is the leading North American research centre in naturopathic medicine. At present, our team is conducting millions of dollars worth of studies and clinical trials in areas such as cancer and diabetes. As the College prepares to commemorate its 40th year, we look back on how the department got its start and set the stage for success.

When Ed Mills first joined CCNM in the late '90s, there wasn't a lot of research taking place at the College.

"There were surveys going on and attempts to collate what was going on in the clinic but it wasn't very protocol driven research. There wasn't an infrastructure to research available at that time," he recalls.

Ed was invited to join the College by Cory Ross, CCNM's then vice president academic and executive director of institutional development. What started as a volunteer position quickly turned into a job as research assistant. Ed then became the director of research in 2001, a position he held for five years.

"We took on the perspective that we needed to publish a lot for the purpose of legitimacy because people didn't know who we were," he says of those early years. "Anyone who was doing complementary medicine in Canada was at the behest of the universities – no one took the smaller players seriously so we decided to publish a lot."

With a focus on getting journal articles in peer reviewed literature and encouraging staff to publish as well, within a short period of time, CCNM research was being featured in over 50 publications a year, an extremely impressive feat for such a small team.

According to Mills, a catalytic moment for the department came when the College received a substantial grant from The Ontario HIV Treatment Networks in 2002, to conduct a randomized pharmacokinetic clinical trial.

"That really put us on the map. We got a legitimate research grant to do a clinical trial so we had to build a lot of infrastructure quickly."

That infrastructure included the creation of the research ethics committee, formerly chaired by Keith Pownall, CCNM's legal counsel, and hiring more staff including current CCNM executive director of research, Dr. Dugald Seely, ND, and director of research, Dr. Kieran Cooley, ND.

Though he was interested in research during his undergrad, it wasn't high on Cooley's priority list while he was a student at CCNM. However, a chance opportunity changed all of that.



CCNM'S FIRSTS

Published systematic review:

Pellagra may be a rare secondary complication of anorexia nervosa: a systematic review of the literature.

Prousky JE.

ALTERN MED REV. 2003 MAY 8(2):180-5

Original research study:

The safety of over-the-counter niacin. A randomized placebo-controlled trial [ISRCTN18054903].

Mills E, Prousky J, Raskin G, Gagnier J, Rachlis B, Montori VM, Juurlink D.

BMC CLIN PHARMACOL. 2003 NOV 13;3:4

What solidified [his interest in research] was an opportunity to be involved in the first Canada Post trial. “Ed was looking for clinician researchers to work on the low back pain study and I thought ‘hey that sounds interesting.’ It just kept going on after that. I don’t know if I would have gone into research had it not been for that opportunity,” he says.

In 2004 CCNM took on a pilot project in conjunction with the Canada Post Corporation and the Canadian Union of Postal Workers to study the effectiveness of naturopathic treatments for rotator-cuff tendonitis, stress, chronic back pain and cardiovascular disease. Results from the last study – which showed a significant reduction in the risk of cardiovascular events – were published in the *Canadian Medical Association Journal*. The remaining studies were published in peer-reviewed journals and a companion piece on the cost-effectiveness of naturopathic treatments was published in *The Journal of Occupational and Environmental Medicine*.

As a graduate of CCNM, Cooley has witnessed the growth of the research department first-hand, and the impact it has had on today’s generation of students.

“As a student, there were almost no opportunities to be involved in research. Now we have initiatives like the Student Innovation Fund, the Research Club, and our Annual Research Day. I think we’re really focused on trying to get students more involved and educated about research skills and incorporating them into their practice.”

For Seely, the advancement of research at CCNM has been crucial in establishing legitimacy for the profession.

“For the larger external audience and for policy, [research] is important because it shows that the profession is interested in rigorously evaluating the safety and effectiveness of our medicine and that we’re putting it under the same intense scrutiny as any other medicine.”

Building a solid foundation of research has also helped CCNM secure substantial research grants and establish partnerships with other health-care providers; a trend he sees continuing on in the future.

“I think we will be approached as a real partner for larger scale studies to evaluate the impact of naturopathic medicine in a variety of chronic diseases and we will be a resource to design and conduct these studies.”

“It will be more of an integrative approach to research for an integrative approach to medicine.” *

NATUROPATHIC RESEARCH PIONEER, DR. DUGALD SEELY, ND

In his roles as founder and executive director of the Ottawa Integrative Cancer Centre (OICC) and executive director of research at CCNM, Dugald is leading the development of the field of integrative and naturopathic oncology.

Since opening its doors in 2011, the OICC has been providing whole-person integrative cancer care to those living with this debilitating disease. Through Dugald’s leadership, the OICC has created partnerships with many hospitals and medical professionals that are helping build the credibility and appeal for integrative oncology in Canada and internationally. Among a few of Dugald’s achievements as a researcher and clinician which contributed to his recognition are:

- His randomized trial for cardiovascular disease prevention through naturopathic medicine was published in the *Canadian Medical Association Journal* – the first and only example of a clinical trial on naturopathy being published in this medical journal.
- He is co-leading the \$3.85 million Thoracic POISE project – an eleven year study that will explore the impact of integrative cancer care for patients with lung and gastroesophageal cancers. The study is being done in conjunction with the Ottawa Hospital Research Institute.

- He is the Canadian lead investigator for the Canadian/US Integrative Oncology Study (CUSIOS) being done in conjunction with Bastyr University Research Institute in the State of Washington. This is the largest-ever North American observational study to assess integrative oncology for people with late stage cancer.

This past fall, Dugald was awarded the 2017 Dr. Rogers Prize for Excellence in Complementary and Alternative Medicine. The \$250,000 prize is the largest of its kind in Canada and highlights the important contributions of complementary and alternative medicine to health care.



Dr. Dugald Seely, ND, was awarded the prestigious 2017 Dr. Rogers Prize for Excellence in Complementary and Alternative Medicine.

Dugald and his wife Sarah.

THE IMPORTANCE OF RESEARCH

We asked members of CCNM's research team (past and present), for their thoughts on the importance of research. Here's what they had to say:

Dr. Kieran Cooley, ND, director of research

"Naturopathy was a profession built on traditional knowledge and while you can't ignore or forget about that, the evidence-based medicine principles are training you to be a sophisticated learner. I think that's where the real value is – we're teaching people how to learn and adapt based on new information and that's why it has such a key role."



Dr. Heidi Fritz, ND, former research fellow

"I believe that research is important for several reasons. Firstly, it provides evidence to inform clinical practice. While it may not answer all clinical questions directly, it can provide a basis to make sound and reasonable recommendations. Secondly, the language of scientific research is a common language with other health-care providers, so it can provide a basis for collaboration and communication with other professionals. Finally, the right kinds of research may also carry some political weight, as we argue for a greater role for NDs in the health-care system."



Dr. Deborah Kennedy, ND, research associate

"I believe that research is very important as evidenced by the virtual explosion of research conducted on many of the products or approaches that naturopathic doctors have historically used. Increasingly the research supports the approaches we as NDs have utilized, which is great and it has also demonstrated additional approaches or uses. I believe that as a profession we really do need to further research our treatment approaches. While conventional researchers are demonstrating the effectiveness of many of the products that we use, this research may not always align with how NDs might use the product."



Ed Mills, former executive director of research

"[Research] contributes to a community where people ask questions and seek to answer them in a valid way."



Dr. Dugald Seely, ND, executive director of research at CCNM, founder and executive director, Ottawa Integrative Cancer Centre (OICC)

"I think it's important to demonstrate to our students that research can in fact be done effectively to evaluate naturopathic medicine and to consider the available evidence for our therapies."



ELEVATING INTEGRATIVE CANCER CARE



This was an exciting year for CCNM when its new Patterson Institute for Integrative Cancer Research (the Patterson Institute) and the Abbey Retreat Centre were launched, greatly expanding CCNM's excellence in evidence-based integrative cancer research, education and patient care.

The Patterson Institute will collaborate with the Ottawa Integrative Cancer Centre (OICC) and the Toronto Integrative Cancer Centre (TICC) to provide the best integrative cancer care in Canada. These centres design and deliver evidence-informed integrative cancer care, consistent with the person-centred approach included in CCNM's curriculum and promoted by Cancer Care Ontario.

Founding donors

The Patterson Institute's founding donors, John and Thea Patterson, personally experienced the role integrative cancer care can play in a patient's cancer care, when it played a pivotal role in John's eight-year journey with cancer. That experience led John and Thea to CCNM with an offer to work together to strengthen and expand the integration of cancer care across the country.

The Pattersons are also responsible for the establishment of the Abbey Retreat Centre, a retreat for people with cancer and their supportive partner or caregiver. At the Abbey Retreat Centre, a blend of the social, psychological, emotional, spiritual and functional aspects of the patient journey will be provided in a peaceful setting called Abbey Gardens in Haliburton, Ontario.

Joining the Pattersons in supporting the Patterson Institute is founding sponsor, York Downs Chemists, which has made a five-year pledge to support the Patterson Institute's research, clinical care and continuing education programs. York Downs' commitment continues the pioneering spirit of David Garshowitz, an advocate for integrative medicine, who passed away in 2017.



"We hope that as a result of our support to bring together the leading thinkers in integrative cancer care, patient experience will benefit greatly in the future."

John and Thea Patterson



**INTEGRATIVE
CANCER CARE**

Delivering evidence-informed integrative cancer care, consistent with the person-centred approach included in CCNM's curriculum.



“My personal mission is to ensure cancer care that focuses on the whole person, not just on treating the disease itself, is widely available. We will see enhanced outcomes when naturopathic doctors can more seamlessly integrate patient care with conventional medical practitioners.”

Dr. Peter Papadogianis, ND

Expanding research base

The Patterson Institute operates at CCNM, with efforts focused on developing clinical guidance documents for integrative cancer therapies. One way to achieve this is through the publication of literature reviews in peer-reviewed journals to help inform further research. This goal will be reached in 2018 with planned publications on the use of nutritional agents and Asian and North American botanicals, looking at how these can best be used in clinical practice. Once published, integrative cancer care guidelines will be developed to inform clinical care, and enhance patient well-being.

Dr. Peter Papadogianis, ND, is the director of the Patterson Institute and a Board member at the Abbey Retreat Centre. In his active practice, Peter sees first-hand the benefits of providing integrative cancer care to his patients.

CCNM’s integrative cancer centres will serve to further transform integrative cancer care in Canada. To date, CCNM has received more

than \$11 million in cancer research funding to examine a variety of approaches for cancer care. Major areas of activity include a large trial for lung and gastroesophageal cancers and an observational study exploring patient outcomes for late stage cancer patients at integrative oncology centres across North America.

Educational excellence

CCNM provides comprehensive evidence-based training in integrative oncology to naturopathic doctors and other allied health-care providers across Canada. It aspires to be the leading North American provider of post-graduate training that combines classroom and clinical mentorship with experts in the field.

CCNM’s expanded focus on integrative cancer care will further support patients, their families, and health-care providers with research, education and care to improve the patient journey and enhance patient outcomes. *



York Downs Chemists has made a five-year pledge to support the Patterson Institute’s research, clinical care and continuing education programs. York Downs’ commitment continues the pioneering spirit of David Garshowitz, an advocate for integrative medicine, who passed away in 2017.



David Garshowitz was a pioneer in the industry, promoting innovative, holistic approaches to wellness that are becoming mainstream. He built a team of like-minded professionals at York Down Chemists who continue in the same spirit.



Top: Dr. Dan Lander, ND, director of the Toronto Integrative Cancer Centre (TICC), provides care to a patient.

Left: Dr. Peter Papadogianis, ND, director of the Patterson Institute.

Below: Haliburton, Ontario – home of the Abbey Retreat Centre.



Dr. Mitchell Zeifman, ND,
associate dean of clinical education, CCNM

HIGH QUALITY CLINICAL SERVICES

Patients are pleased with the services they receive from us and understand the benefit that comes from the care we offer.

CARING FOR DIVERSE POPULATIONS AT CCNM'S SATELLITE HEALTH CLINICS



Dr. Valerie Franc, ND, supervisor at Sherbourne Health Centre.

In the fourth year of the program, students intern at one of CCNM's eight community health-care clinics (CHCs) across the Greater Toronto Area. In addition to providing naturopathic care in various locations scattered across the city, interns are exposed to a multitude of patient health concerns and population demographics not typically seen at the Robert Schad Naturopathic Clinic (RSNC), CCNM's teaching clinic.

Welcoming new CHCs

Under the direction of associate dean of clinical education, Dr. Mitchell Zeifman, ND, CCNM has partnered with three new CHCs in the past year. The three clinics – Unison Health and Community Services, Flemingdon Health Centre, and Rexdale Jamestown Hub – have large and diverse catchment areas, plus a great demand for health-care services from its residents.

The Class of 2003 graduate explains that both interns and CHCs benefit from the move; patients have been asking for naturopathic medicine and interns can stay at a CHC for one full year, as opposed to spending only one, four-month clinical term.

“With the three new sites, every student gets out to one of the CHCs or the Brampton Naturopathic Teaching Clinic,” says Mitchell. “Patients are pleased with the services they receive from us and CHCs also understand the benefit that comes from the care that we offer.

“Up until this point, in order to distribute the experience of being at a CHC, we've only been able to place students for a semester,” he adds. “It was a problem for patients because they had to start over with a new intern every four months. These are long-term,

chronic care situations so that was stressful for many of them. The supervisors also had to train a whole new team of students every four months, but now interns can get accustomed to the CHC and work for the full year.”

Underwritten and administered by CCNM, 11 individual clinical shifts operate at the eight CHCs – two shifts at Queen West Central Toronto Community Health Centre, three at Sherbourne Health Centre, and one at the other sites. Supervisors and interns are given separate space for their clinical work, but regular communication with the CHC's other health-care providers – such as exchanging patient information for the betterment of their care – is common.

“The faculty supervisors take on a lot of responsibility at the CHCs. They do a superb job of running a busy clinic fairly independently. They are hired to teach and oversee care, but they end up doing a lot of extra administrative work. Their dedication is pretty remarkable,” says Mitchell.

For Class of 2000 graduate Dr. Valerie Franc, ND, supervising clinic interns at Sherbourne Health Centre is a rewarding experience in many ways.



“Patients are pleased with the services they receive from us and CHCs also understand the benefit that comes from the care that we offer.”

Dr. Mitchell Zeifman, ND

AN OVERVIEW OF CCNM'S NEWEST COMMUNITY HEALTH CARE CLINICS



Flemingdon Health Centre

Neighbourhood: Flemingdon Park

Characteristics: High pediatric population (30 per cent more than the City of Toronto average)



Rexdale Jamestown Hub

Neighbourhood: Rexdale

Characteristics: The CHC contains a dental suite and offers family care, dietary support, and other social services and programs



Unison Health & Community Services

Neighbourhood: Lawrence Heights

Characteristics: Lower income, with a high density of public housing

“I have the honour of watching our students grow and develop their skills. I love seeing them learn to develop protocols and experience the same way I did when I first saw the healing power and potential of naturopathic therapies,” she says.

“Getting to know the future members of the profession, being able to make a difference in their lives and developing a personal relationship with them is my favorite part of being supervisor.”

The success of cultural training

In 2016, CCNM introduced cultural training for interns and faculty at CHCs. The program was initiated by Class of 2007 graduate Dr. Cyndi Gilbert, ND, clinical supervisor at Queen West Central Toronto Community Health Centre, to provide insight and tools to work with patients of different viewpoints and cultural backgrounds.

Although Cyndi has held her role at the CHC since 2012, supervising interns on the Friday shift, the idea of cultural sensitivity training was a seed first planted while attending CCNM.

“As I was going through school, I realized that NDs could be ahead of the curve because of the kind of preventative, individualized health care we provide. In our lectures and textbooks, there are

a lot of examples of heteronormativity and light skin, but not any broader examples of the community we live in. I’ve worked hard at my practice to represent the diversity of people and of Toronto,” she explains.

The first training session for interns and faculty was held in May 2016 and focused on LGBTQ health and Aboriginal populations. In 2017, Cyndi brought in more facilitators – including Douglas Stewart from Competence Consultants and Associates and Dr. Joanne McCarthy, ND, First Nations member and CCNM Class of 2005 graduate – to discuss how concepts such as positionality, social identity, and privilege play out in health-care delivery.

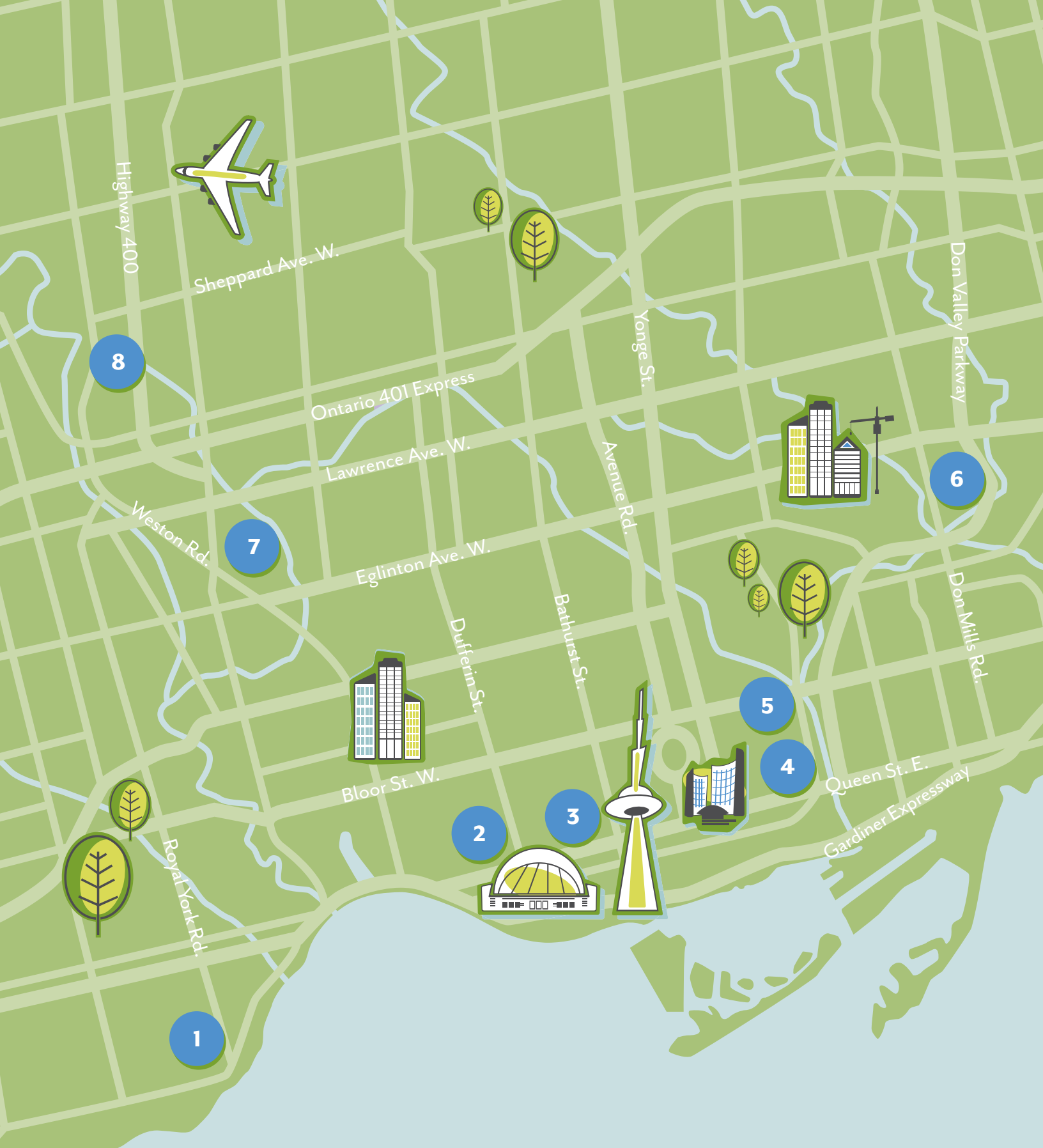
The training has been so successful that steps are being taken to integrate cultural competency into CCNM’s curriculum and clinical training from an earlier stage.

“I always think there’s room for growth,” reveals Cyndi. “I would like to ensure that diversity, accessibility, and human rights management is incorporated into each course, so different types of skin tones, families, and standardized patients are represented. We’re just at the very beginning.”*



“I have the honour of watching our students grow and develop their skills. I love seeing them learn to develop protocols and experience the same way I did when I first saw the healing power and potential of naturopathic therapies.”

Dr. Valerie Franc, ND, supervisor at Sherbourne Health Centre



CCNM COMMUNITY HEALTH CENTRES

1. LAMP Community Health Centre; **2.** Parkdale Community Health Centre; **3.** Queen West Central Toronto Community Health Centre; **4.** Anishnawbe Health Toronto; **5.** Sherbourne Health Centre; **6.** Flemingdon Health Centre; **7.** Unison Health and Community Services; **8.** Rexdale Jamestown Hub

A smiling man with a bald head, wearing a maroon V-neck sweater over a checkered shirt and blue pants, stands in a lecture hall. He is holding a bright yellow rectangular sign. In the background, two women are seated at a desk, looking towards the camera. The room has wooden paneling and blue accents.

TEACHING EXCELLENCE

Our faculty brings together leading
researchers, clinicians and teachers
in naturopathic medicine.

SHOWCASING TEACHING EXCELLENCE AT CCNM



Students sit attentively in class.

For the past 17 years, faculty member Dr. Neemez Kassam, ND, has always been involved in the educational side of the program at CCNM. In those years, his impact on students has been so inspirational that a number of graduating classes have selected Neemez as the recipient of the Excellence in Teaching Award for Outstanding Academic Instruction.

Just how many of these awards has Neemez won? A total of ten, in the following years: 2005 – 2011, 2014, and 2016 – 2017.

Neemez (Class of 2002) is humble about these accomplishments. Still, students and colleagues would agree that he makes Asian medicine and acupuncture fun and dynamic – not to mention, he genuinely cares about his students and their learning outcomes.

“He’s entertaining, engaging, and charismatic, and makes it clear why what he’s teaching is relevant,” says Dr. Nick De Groot, dean of CCNM. “He’s designed a good learning experience and the practical and teaching components are well thought out. The students really enjoy his classes.”

Growth of his teaching style

Years of competing in elite sports left Neemez with nagging injuries that conventional treatments couldn’t quite heal. His brother’s friend introduced him to naturopathic medicine and encouraged him to get in contact with a local clinic.

A few sessions with the acupuncturist “worked so phenomenally well,” as Neemez puts it, that he no longer needed to use pain or anti-inflammatory medication.

Before transferring to CCNM to complete his third and fourth year, Neemez obtained a dual degree in naturopathic medicine and acupuncture from Bastyr University. After he graduated, Neemez was quickly offered a position to teach Asian medicine and prepared an entire curriculum in less than two weeks.



At the heart of his approach is *doctor as teacher* – with pattern recognition techniques (a method of categorizing diverse classes of information into common groupings) and a lot of humour thrown in.



“It feels amazing! If I can keep doing it, I would love it,” he says of teaching. “The changes I’ve seen in 17 years have been fantastic. When I started, we had smaller groups of students and the percentage of grads that stayed in the profession was lower. Now, students want to change the culture and are developing their practices sooner.”

Neemez’s own teaching style has changed over the years to account for a younger and more enthusiastic student body whose technological literacy and social media savvy are second nature. At the heart of his approach is *doctor as teacher* – with pattern recognition techniques (a method of categorizing diverse classes of information into common groupings) and a lot of humour thrown in.

“I use a standard lecture style and PowerPoint in my classes, but it’s really about the interplay between the words and the screen,” he explains. “You can sit and read a book and get the same information, but it’s about retention and how students will use the information in their future clinical practice that I focus on in each lecture. For every slide we go through, we integrate and synthesize it with another slide.”

As a faculty member at CCNM, he has held many positions (including heading the department of Asian medicine) and taught countless classes – but his most important role is dedicated to teaching and empowering the future generation of NDs.

Looking ahead by looking back

For nearly two decades, Neemez has been a witness to CCNM’s unfolding history. He remembers interviewing to become a student at the old Yonge and Eglinton location and moving the following year to the current site on Sheppard and Leslie. What the College has done is that time is astounding.

“The size of the Robert Schad Naturopathic Clinic, proclamation, the Ottawa Integrative Cancer Centre – the profession’s leadership has done a great job getting everyone around to notice us. We’re taken more seriously by conventional medicine than we were before, and the best part is that we’re still evolving,” Neemez says.

“I haven’t seen many people leave. There’s been a core nucleus and everyone is always nice and happy to see you. This is one of the best parts of CCNM. No matter what happens, we’ll always have that consistency and comfort here.” *



“He’s entertaining, engaging, and charismatic, and makes it clear why what he’s teaching is relevant. He’s designed a good learning experience and the practical and teaching components are well thought out. The students really enjoy his classes.”

Nick De Groot, ND, dean of CCNM, on Dr. Neemez Kassam, ND



CCNM students are bright, enthusiastic, and committed to the principles of naturopathic medicine. Our faculty work collaboratively to help students become successful naturopathic doctors.

STUDENT AND ALUMNI SUCCESS – ALL IN THE FAMILY

Dr. Zeynep Uraz, ND,
and Dr. Alan Vu, ND



Dr. Alan Vu, ND, and Dr. Zeynep Uraz, ND,
with children Leyla and Tom.

Class of 2006 graduates Dr. Zeynep Uraz, ND, and Dr. Alan Vu, ND, have been married for 10 years. Their schedule is packed with activity – they’re both professors and clinic supervisors at CCNM, operate their own private practice, A to Z Wellness, collaborate on projects, and most importantly, are parents to a young daughter and son.

It’s surprisingly easy to be business and life partners, Alan says, because they both recognize the various challenges of being NDs and small business owners. That core of understanding started when they first met, introduced to each other by a fellow classmate on the bus to unity summit in their first year. They got to know one another in class – always being placed in the same breakout groups due to their last names (U and V) gave them plenty of opportunities to talk and become friends.

“We quickly realized that we had a lot in common,” Zeynep recalls. “We both grew up in Toronto and even lived in the same neighbourhood for some time. We often joke that we probably ran into each other when we were kids. We both have childhood memories in some of the same places in our old neighbourhood.

“We also studied a lot together, and well, the rest is history.”

As students, Zeynep, Alan, and their classmates took written notes in class, could only access the internet on the computers in the library, and saved their assignments on floppy disks.

But as professors in the digital age, they’ve had to modernize the learning environment for students. It’s an ongoing – but rewarding – process.

“I’ve tried to include more discussions, active learning techniques, and bring in clinical relevance where possible. I attempt to teach my students to think in a clinical context in the classroom, try to incorporate cases and clinical questions, and use technology (such as Google docs) to have students participate,” explains Zeynep.

“Teaching has had to change” agrees Alan. “I do small group work, and so I’m trying to focus on getting the students to think critically and really evaluate the information they are presented with. There are so many different sources; who do you trust? Why or why not? Hopefully we can engender this kind of thinking in our patients too by role modelling it as clinicians and it starts as students.”


Last year they attended the curriculum summit at CCNM. They typically avoid attending weekend conferences to maintain their work/life balance, but as faculty and members of the profession, felt that it was important to be involved in the reshaping of the curriculum.

“I think it’s great to continually reevaluate the program and help better equip our grads for success. I’ve heard many of these ideas debated for years, and so I definitely think they are worth exploring,” Alan says of the coming improvements to the curriculum. “There’s a lot of potential for great changes!” *



“I do small group work, and so I’m trying to focus on getting the students to think critically and really evaluate the information they are presented with. There are so many different sources; who do you trust? Why or why not?”

Dr. Alan Vu, ND

A smiling woman with long brown hair, wearing a blue long-sleeved top and a gold watch, stands next to a smiling man with short dark hair, wearing a light blue dress shirt and a dark blue tie. They are both holding a large orange sign. The background is a room with a bulletin board covered in colorful sticky notes and a window with a view of a building.

Dr. Zeynep Uraz, ND, associate professor
and lead clinical supervisor of the fertility
focus, CCNM

Dr. Alan Vu, ND, part-time academic
and clinical faculty, CCNM

STUDENT AND ALUMNI SUCCESS

The connections made at
CCNM form the backbone of every
student's journey through the program
and guide their future career paths.

STUDENT AND ALUMNI SUCCESS – SISTER ACT

Dr. Melaika Agbeko, ND,
and Dr. Melvia Agbeko, ND



Dr. Melvia Agbeko, ND, and Dr. Melaika Agbeko, ND

Dr. Melaika Agbeko, ND, and Dr. Melvia Agbeko, ND, the second-oldest and second-youngest of five sisters respectively, grew up in an environment that encouraged personal growth, vitalism, and staying rooted to the earth.

Their late father, Cornelius, was a German-trained medical doctor who used acupuncture, nutrition, and botanical remedies in his practice, while their mother prepared meals using animals they raised themselves and ingredients from the home garden.

“Our parents emphasized the role of spirituality in our lives, especially where health is concerned,” says Melaika. “Many a time, as I sat in my classes at CCNM, I could hear our parents’ voices imparting these very lessons to me. I am truly grateful to our parents for their love and devotion in shaping us into the doctors we are today.”

After graduating in 2007, Melaika returned to their native Tobago to practise. Melvia, a Class of 2012 graduate, became a clinic resident at CCNM and is now part-time academic faculty. Though their paths have diverged, they keep in close contact and are united in their passion for naturopathic medicine.

“I used to pick her brain and was often her guinea pig when she was a student,” Melvia says. “Having ND conversations is easier because she always had these conversations with me.”

Growing up in their native Tobago, Melaika was, in her words, the “typical big sister” – firmly in the leadership role, overprotective,

and wanting to set a good example for her younger siblings. Her studious nature influenced Melvia deeply; in primary school, she would often go to Melaika’s classes and sit.

That trend would continue as adults – when Melaika was enrolled as a student, Melvia sat at the back of her classes a few times to get a feel for the education. And just like her older sister, those classes reinforced in Melvia what their parents had instilled in them from a young age.

Their practices are fairly complementary as well, focusing on a holistic approach to patient care. The types of health concerns they treat may be different, but the emphasis on treating the whole person remains the constant, a lesson grounded from their days as children.

“For me, I love it, it’s my passion,” Melvia says of naturopathic medicine. “I love the principles and I try to embody them regardless of what modalities I use, in order to help and serve others. Our parents taught us to shine a light in the best way we could and show up in whatever capacity we are needed.” *



“For me, I love it, it’s my passion. I love the principles and I try to embody them regardless of what modalities I use, in order to help and serve others. Our parents taught us to shine a light in the best way we could and show up in whatever capacity we are needed.”

Dr. Melvia Agbeko, ND



Top: Dr. Melaika Agbeko, ND, practises naturopathic medicine at Natura Mara Health and Wellness Clinic in Lowlands, Tobago. Dr. Melvia Agbeko, ND, is part-time academic faculty at CCNM and practises at Trinity Health Clinic in Toronto.

Left: Class of 2012 graduate Dr. Melvia Agbeko, ND.

Below: Class of 2007 graduate Dr. Melaika Agbeko, ND.



STUDENT AND ALUMNI SUCCESS – HEALING IN THE FOOTHILLS OF THE ROCKY MOUNTAINS

Dr. Andrea Beaubrun, ND,
and Dr. Arnel Beaubrun, ND



Dr. Arnel Beaubrun, ND, and Dr. Andrea Beaubrun, ND

Fifteen years ago, when CCNM had just celebrated its 25th anniversary, Arnel and Andrea Beaubrun had just graduated and were beginning to embark on their professional paths.

With 125 graduates, the Class of 2003 was the largest one in the College’s history at that point, and both remember the excitement of belonging to a growing profession and feeling like pioneers.

“We really felt like we were changing the landscape of naturopathic medicine and our input would mold/impact the CCNM community,” say Andrea and Arnel. “A unique opportunity was upon us.”

They were just in their first year when the College opened at Leslie and Sheppard. Living in residence was an unfamiliar but magical experience for two students from Western Canada (Arnel hailed from Winnipeg and Andrea from Edmonton). The two started as roommates, became friends, and eventually entered into a relationship. They married in 2004, one year after graduating.

“‘You should never date your roommate,’ they told me. But my roommate was smart, witty, and handsome. I let him borrow my homeopathy notes and he helped decode pathology and biochemistry,” says Andrea.

“If you asked anyone who meets Andrea, to this day, they would still tell you that her warm personality and soft smile is captivating,” Arnel says. “We served on the student council together in our second year and I got to know her on a different level – she had a savvy business sense, an adventurous personality and was not afraid to take a leap of faith.

“I guess life partners always start out as great friends.”

When it came time to set down roots and start practising as NDs, they chose Calgary over their respective hometowns. The city appealed to them for many reasons – Calgary is mid-sized but not uncomfortably large, bustling but not overwhelming, and offers a plethora of opportunities for young professionals to thrive.

On the advice of friends and family, Arnel and Andrea opted to develop their own approach to health care first before combining their practices. So prior to establishing their clinic, and armed with a determination to succeed, Andrea would travel six hours east to Swift Current, Saskatchewan, to practise in a clinic a few times per month, while Arnel drove to Edmonton twice a week.

“We knew early on that we would eventually have a practice together,” says Arnel. “We discovered that we truly enjoyed similar methods of practising but more importantly, our personalities complemented each other. This solidified our vision and goals for our practice. We merged our practices after two years out on our own.”

Is it easy to be life and business partners? Yes and no, reveals Andrea. They’ve learned that delegating and separating roles has been pivotal for the health of their clinic and relationship – but they wouldn’t trade being in business with each other for anything in the world. *



“We knew early on that we would eventually have a practice together. We discovered that we truly enjoyed similar methods of practising but more importantly, our personalities complemented each other. This solidified our vision and goals for our practice.”

Dr. Arnel Beaubrun, ND



Top left: Integra Naturopathics in Calgary, Alberta. The clinic is owned and operated by Arnel and Andrea.

Top right: The host of clinical services available at Integra Naturopathics.

Left: Dr. Andrea Beaubrun, ND.

Below: Dr. Arnel Beaubrun, ND, former member of CCNM's Board of Governors.



SUPPORTING THE FUTURE OF NDs



Dr. Paul Hrkal, ND, outside his practice at the Pain and Wellness Centre in Maple, Ontario.

CCNM has seen tremendous growth in the area of scholarships and bursaries in the last few years. Thanks to the support of Dr. Paul Hrkal, ND, medical director of Advanced Orthomolecular Research (AOR), a commitment of \$150,000 is in place to extend financial assistance to students in every year of the program.

Paul, a Class of 2011 graduate, is especially keen on strengthening the profession in this way and calls it the “perfect decision” for him and AOR.

“There’s no one better than CCNM, who is a leader in both education and research,” says Paul. “We want to support the future of the profession and students are at the front and centre of that.”

Over the course of about four months, Paul and CCNM leadership engaged in numerous discussions to fine-tune AOR’s proposal. They spoke to the College’s AOR student representative, polled students, and met with faculty and administration. The result was a balance of first-year entrance scholarships, second- and third-year bursaries, and fourth-year scholarships with amounts increasing incrementally as students progress through their studies.

“We had a very distinct vision of what we wanted and how we wanted it broken down. And we really want to help students become successful clinicians,” Paul explains.

Paul understands the financial concerns that many students experience, having been one not that long ago. As a graduate with

a thriving clinical practice, Paul wanted to give back in a way that enables students to focus on their future professional success and not have to worry about their next tuition payment.

“My success in my practice and with AOR afforded me an opportunity to gain some perspective on the place that gave me my start,” Paul says. “I thought, ‘how can I make it better? What can I do to make my mark on helping future generations?’”

Many in the profession agree that learning about how to be a successful naturopathic doctor happens after graduation – but getting the degree first is pivotal. Once students gain a solid educational foundation, such as the one provided by CCNM, they can go on to accomplish great things – as clinicians, authors, professors, researchers, and public officials.

“If we get stuck in our own little practices, our profession doesn’t grow,” reflects Paul. “We’re not sharing our life-saving medicine with other people. We’re maybe not looking at our College as a source of pride, but we should. To make a strong profession we need strong NDs, and to make strong NDs we need a strong school.” *

AOR IS OFFERING THE FOLLOWING SCHOLARSHIPS AND BURSARIES TO CCNM STUDENTS



\$2,500 (3)

Entrance scholarships

Three scholarships of \$2,500 will be awarded to students entering their first year with the highest GPA.

\$1,000 (10)

Second-year bursaries

Ten bursaries of \$1,000 will be offered to students registered in their second year. The bursaries will be awarded to full-time students who demonstrate financial need and have a minimum cumulative GPA of 3.0

\$1,500 (8)

Third-year bursaries

Eight bursaries of \$1,500 will be offered to students registered in their third year. The bursaries will be awarded to full-time students who demonstrate financial need and have a minimum cumulative GPA of 3.0

\$2,500 (6)

Fourth-year scholarships

Six scholarships of \$2,500 will be awarded to students in their fourth year with the highest GPA.

Dr. Paul Hrkal, ND,
medical director, Advanced
Orthomolecular Research (AOR)

**SUPPORTING
THE FUTURE OF THE
PROFESSION**

Student success is at the
front and centre of naturopathic
medicine's growth in Canada.

CCNM'S TURNING POINT CAMPAIGN



Turning Point represents a shift in the way we view the place of naturopathic medicine within the health-care paradigm. Two years ago, CCNM consulted with several stakeholders, including students, alumni, donors, its board of governors, and the wider profession to crystallize a transformative vision for the College – one that sees naturopathic medicine at the forefront of the conversations around health care.

The campaign, driven forward by collaboration and consultations with numerous health-care professionals and organizations who believe in CCNM's mission, is advancing naturopathic medicine in Canada.

The campaign is anchored by three pillars:

Leadership in education

Through a focus on offering an enriching and robust education in naturopathic medicine, CCNM is upgrading classrooms and the library, providing faculty development opportunities, and offering resources to graduates as they chart their own professional course.

Research and innovation

An innovation hub will be developed at the College, where researchers, students and member of the profession come together to cultivate ideas, generate data, and explore pertinent health-care topics.

Collaboration and connection

CCNM is pursuing partnerships with other health-care professionals to support practices that deliver the best possible health outcomes for patients.

CCNM TURNING POINT CAMPAIGN STEERING COMMITTEE

Since its inception, the activities and direction of the Turning Point campaign are supported by a five-member Steering Committee comprised of senior leaders in the naturopathic industry who believe in CCNM's vision and are partnering with the College to get there:



Randall DeMone
Cyto-Matrix



Sanjiv Jagota
Nature's Source



Dr. Jodie Peacock, ND
Nutritional Fundamentals
for Health



Kim Piller
Chair, CCNM Steering
Committee



Franco Salituro
CanPrev



CCNM's Turning Point campaign is anchored by these pillars:

LEADERSHIP IN EDUCATION

Our goal is to deliver an enriched, rigorous and engaging educational experience so that our students can pursue their professional calling with confidence.



RESEARCH & INNOVATION

Our goal is to consolidate CCNM's position as a global leader in research for complementary medical practices by establishing a new innovation hub.



COLLABORATION & CONNECTION

Our goal is to advance integrative and supportive practices that empower patients with access to the full spectrum of health care options delivered with the highest professional care.

THANK YOU CCNM SUPPORTERS

The Canadian College of Naturopathic Medicine (CCNM) is fortunate to benefit from a long list of friends and supporters. The following individuals and organizations help CCNM achieve its mission to educate, develop and train naturopathic doctors through excellence in health education, clinical services and research that integrate mind, body and spirit.

By investing in research, scholarship, teaching clinics and other areas at the College, our supporters help CCNM lead the development of primary health care through education in naturopathic medicine and foster positive change in our health, our environment and our health-care system.

CCNM is a charitable education institution, and receives no direct financial support from federal or provincial governments. Our financial health depends on the generosity and commitment of our supporters, who believe in the work we do and support naturopathic education and research. On behalf of our students, alumni, faculty, staff and clinic patients, we thank you.

The following list recognizes cumulative giving from active supporters who contributed \$50 or more between August 1, 2016 and July 31, 2017.

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The following companies have generously donated gifts-in-kind in the past year:

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We are grateful for the gifts made in honour of and in memory of the following individuals:

In Memory of:

Agnes L. Piller
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Dr. Mubina Jiwa, ND
Dr. Richard D. McCrorie, ND
Rosemarie E. Kranics

Sara Koke
Stephen P. Green
Valeria Crasto

LEGACY GIVING

We thank the following donors who have made gifts of a lifetime through bequests or life insurance:

Estate of Frances Eastman
Estate of Gordon Wilinski
Estate of Ina Meares

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Estate of Lucy Hopkins
Estate of Marilyn A.
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Heinz Vollenweider

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We thank the following for their generous historical contributions to CCNM. Although they are not current donors, we appreciate their support over the years:

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Dr. Verna Hunt, ND

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Paul Battistuzzi

THANK YOU OICC FOUNDATION SUPPORTERS

In December of 2016, the Ottawa Integrative Cancer Centre Foundation received its status as a registered charity and became the fundraising arm for the Ottawa Integrative Cancer Centre (OICC). The OICC is fortunate to benefit from many friends and supporters. The following individuals and organizations help the centre achieve its mission to provide evidence-informed integrative and preventative cancer care, research and education across the spectrum of prevention to survivorship. The OICC is a flagship model interdisciplinary centre that provides whole-person integrative care to people with cancer, cancer survivors and others seeking cancer prevention.

By investing in research, subsidized care and specialized patient programs, our supporters help people living with cancer cope better with their disease and find relief from the debilitating effects of chemotherapy, surgery and radiation.

The OICC receives no direct financial support from federal or provincial governments. Our financial health depends on the generosity and commitment of our supporters, who believe in the work we do. On behalf of our clinic patients, health care providers and staff, we thank you.

The following list recognizes supporters who contributed \$50 or more between December 2016 and December 2017.

\$50,000 Plus

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GOVERNANCE

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The Institute of Naturopathic Education and Research (INER) operates CCNM and the Robert Schad Naturopathic Clinic (RSNC). INER is registered as a charitable organization and CCNM receives no direct government funding.

CCNM's Board of Governors consists of naturopathic doctors and laypersons from a variety of disciplines, elected by INER members. The Board's mandate is to govern the organization [the Corporation (INER) operating as the Canadian College of Naturopathic Medicine (CCNM)] through effective policy oversight and ensuring executive performance achieves the vision and goals of the organization.

*as at July 31, 2017

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VISION AND MISSION

OUR VISION

CCNM will make naturopathic medicine an integral part of health care through pre-eminent education, research and clinical services.

OUR MISSION

The Canadian College of Naturopathic Medicine will:

- Demonstrate excellence in education to our students, supporting them throughout their careers;
- Provide a working environment that allows our faculty and staff to excel;
- Expand our knowledge of naturopathic medicine through high quality research;
- Excel in delivering naturopathic medicine to our patients;
- Forge a strong relationship between allopathic and naturopathic medicine with a focus on affordable, accessible and effective health care;

... and so make the practice of naturopathic medicine widely acknowledged as key to maintaining patient health.

FIVE ENDS

To drive CCNM in its pursuit of excellence in naturopathic medicine, CCNM's Board of Governors has developed five "Ends" or goals:

Excellence in Education

Educate naturopathic doctors on the basis of clear and focused curriculum, delivered by the most competent faculty, and graduate high-quality naturopathic doctors.

High-Quality Clinical Services

Provide high-quality naturopathic care in a clinical setting, resulting in positive educational experiences for students and positive outcomes for patients and clients.

Excellence in Research

Conduct and disseminate research relevant to naturopathic medicine and help develop skills among faculty, students, and graduates that foster research activity and a culture of evidence-informed clinical practice.

Prominent National Profile

Increase the awareness and respect of the College among the profession, other health practitioners, government and the public.

Change Agent

Foster positive change in our health, our environment, and our health-care system through the promotion of the principles and practices of naturopathic medicine.

THERE ARE FAR, FAR BETTER THINGS AHEAD.

CS Lewis

What does lay ahead for CCNM in its next decade, after forty fantastic years? While we can't say for sure, we know that we will continue to benefit from outstanding students, inspiring teachers and naturopathic doctors, and being part of a naturopathic community across North America and around the world that values kindness, prevention, service, and the principles embodied in the naturopathic oath.

NATUROPATHIC DOCTOR'S OATH

I dedicate myself to the service of humanity
as a practitioner of the art and science of naturopathic medicine.

By precept, education and example,
I will assist and encourage others to strengthen their health,
reduce risks for disease, and preserve the health of our planet
for ourselves and future generations.

I will continually endeavour to improve my abilities.

I will conduct my life and practice of naturopathic medicine
with integrity and freedom from prejudice.

I will keep confident what should not be divulged.

I will honour the principles of naturopathic medicine:

First, to do no harm.

To co-operate with the healing power of nature.

To address the fundamental causes of disease.

To heal the whole person through individualized treatment.

To teach the principles of healthy living and preventive medicine.

With my whole heart, before these witnesses,

as a Doctor of Naturopathic Medicine,

I pledge to remain true to this oath.



CANADIAN COLLEGE OF
NATUROPATHIC MEDICINE

Danelle Scott

DIRECTOR OF ACADEMICS



The Canadian College of Naturopathic Medicine

Educating naturopathic doctors for over 40 years



1255 Sheppard Avenue East
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www.ccnm.edu

