



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



Each year, I am delighted to welcome International Medical Graduates (IMGs) to CCNM. Our two-year, bridge delivery of the Doctor of Naturopathy degree program provides foreign-trained medical graduates the opportunity to apply their knowledge and passion for health care to the eventual benefit of patients in Canada.

I am continually impressed by the breadth and depth of expertise of IMGs choosing to expand their medical education at CCNM. I have met IMGs who have previous experience as surgeons, hospital directors, oncologists, GPs, and medical researchers; all contribute significantly to the richness of our learning environment.

The diverse experiences of our IMGs are an excellent fit with CCNM's distinguished reputation for naturopathic education and research in therapeutic areas such as oncology and diabetes, allowing IMGs to apply their previous medical knowledge to adjunctive complementary practices.

I look forward to the continuing contributions IMGs make to our educational community, the broader practice of naturopathic medicine and health care in Canada.

A handwritten signature in black ink that reads "Bob Bernhardt". The signature is fluid and cursive, written on a white background.

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

Cover photo:

Dr. Paymon Sadrolsadat, ND (Class of 2017)
Shahid Beheshti University of Medical Sciences (Class of 1998)



DOCTOR OF NATUROPATHY DEGREE

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

CCNM's bridge delivery of its Doctor of Naturopathy degree program, developed specifically for foreign-trained doctors, is an opportunity for these doctors to further their health-care careers in Canada. Many medical doctors trained outside of Canada feel that the nature of a naturopathic doctor's practice is much closer to their practice experience as modalities associated with naturopathic medicine are used world-wide.**

You may apply as an International Medical Graduate (IMG) if you have graduated from a medical school outside of Canada and have one or more of the following: several years of medical practice experience in your home country; recently completed medical school; completed a residency training program; or, gone directly into practice with no requirement for a residency.

CCNM's bridge delivery curriculum, launched in 2013, incorporates all of the competencies of the four-year naturopathic medical program, while providing additional supports to address the unique needs inherent to foreign-trained medical doctors. Bridge delivery allows students to complete the Doctor of Naturopathy degree program at CCNM in twenty-four months (six full terms).

The foundation for a successful career as a naturopathic doctor is gained through courses in:

- History, philosophy and principles of naturopathic medicine
- Art and practice of naturopathic medicine
- Foundations of naturopathic medicine
- Biomedical science

CCNM's curriculum includes:

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

* 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 Ministry of Colleges and Universities issues their decision on the application for renewal.

** Eligible applicants must have graduated from a medical school recognized by the Medical Council of Canada and must have successfully completed the Medical Council of Canada Qualifying Examination (MCCQE) Part I, **OR** the Medical Council of Canada Evaluating Examination (MCCEE), **OR** the United States Medical Licensing Examination I (USMLE I).



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 2019 graduates (L-R) Arman Bonyadi Behrouz, Shreya Batra, Adriana Baggio, and Pezhman Azad.

Students sit attentively in class.

Graduates from CCNM's bridge delivery, Raymond Farrell, Peter Boldi, and Mohamed Warda, at the College's convocation ceremony in May.

Interns at the RSNC work under the supervision of naturopathic doctors.

GRADUATE SUCCESSES

More than twenty per cent of all NDs practising in North America are graduates of CCNM. Whether it's opening a private practice, partnering with a team of NDs, or pursuing a more integrative approach to medicine with other health-care professionals in a multidisciplinary setting, graduate success has many paths.

Dr. Rick Bhim, ND

Dr. Bhim, ND, graduated from the University of Waterloo and from the University of Sint Eustatius School of Medicine in the Caribbean. After returning to Toronto, he chose to attend CCNM and become an ND so he could focus on prevention, education, treating the whole person, and individualized care. Rick graduated from CCNM in 2016 and was accepted to the clinical residency program. He is currently doing his second residency at the CCNM Integrative Cancer Centre in Toronto.

Dr. Abdullah Abd Elaziz, ND

Dr. Abd Elaziz, ND, graduated from Tanta University in Egypt and worked as an anesthesiologist and pain management physician. During more than a decade of practice, Abdullah saw that there was often little quality of life for patients living with pain - they were alive but not fully functional, leaving behind everything they enjoyed because of pain. After graduating from CCNM, Abdullah furthered his training and completed a two-year clinical residency program at the College. Abdullah's practice in Milton, Ontario focuses on pain management.

Dr. Rana Samara, ND

Dr. Samara, ND, is a graduate from the Jordan University of Science and Technology. Studying naturopathic medicine at CCNM fulfilled Rana's passion to optimize her patients' health and well-being. Rana practises in Hamilton within a multidisciplinary medical facility. Her previous medical knowledge has facilitated her working with family doctors, nurse practitioners and pharmacists, with a focus on treating chronic pain and fibromyalgia.

Dr. Ehab Mohammed, ND

Dr. Mohammed, ND, is a clinic supervisor at CCNM. Before coming to Canada, Ehab graduated from the medical school at Cairo University, Egypt, and joined its clinical oncology residency program where he was trained in chemotherapy, radiation and palliative care. He went on to practise oncology for 20 years, and worked as an observer physician at the Princess Margaret Cancer Centre in Toronto and the Jewish General Hospital in Montreal. Ehab has also published 36 scientific research articles in various medical journals.

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

Dr. Rick Bhim, ND (Class of 2016)
University of Sint Eustatius School of Medicine (Class of 2013)



“The treatment of pain is my passion because it is intangible, subjective and invisible. What causes pain? Two patients can describe the exact same pain and yet have completely different reasons for the cause. Pulling together the right treatment modalities is like solving a riddle for each patient’s care.”

Dr. Abdullah Abd Elaziz, ND (Class of 2015)
Tanta University (Class of 2003)



“It was a great opportunity to join the IMG bridge delivery at CCNM. During my two years of school I was able to use my medical skills to expand my knowledge in all natural modalities of healing. CCNM was committed to meeting the needs and qualifications of the IMG class.”

Dr. Rana Samara, ND (Class of 2015)
Jordan University of Science and Technology (Class of 2007)



“I decided to change my career and become a naturopathic doctor to fill in the gaps of knowledge I had when I studied conventional medicine, such as nutrition, acupuncture and botanicals. Now, I am treating the whole person; not only treating symptoms.”

Dr. Ehab Mohammed, ND (Class of 2015)
Cairo University (Class of 1987)



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 and the fourth safest city in the world.

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, internet, closet and a small refrigerator.

There are TV lounges with balconies overlooking the courtyard and fully equipped kitchens.

For those students who choose to live off-campus, a subway entrance, restaurants and stores are at CCNM's doorstep to ensure you have what you need when you need it.

Ranked as the safest metropolitan city in North America

Economist Intelligence Unit's 2019 Safe Cities Index

Toronto ranks as the fourth most livable city in the world

Economist Intelligence Unit's 2019 Global Liveability Ranking





Clockwise from top:

In their traditional Chinese medicine practical class, IMG students learn more about acupuncture points.

IMG students Azza ElBakry (left) and Amani Elsawaf at the Welcome Back BBQ, an event held in September to welcome new and returning students to CCNM.

Our cafeteria serves a variety of healthy meals and desserts, with vegan, vegetarian, and gluten-free options available.

CCNM's lobby, where students head to class and chat with their classmates.



ADMISSIONS

CCNM is committed to excellence in naturopathic education and to the success of its graduates. As such, IMGs must have graduated from a medical school recognized by the Medical Council of Canada and attained a passing grade in one of the following medical examinations:

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- **Medical Council of Canada Qualifying Examination (MCCQE) Part I**
OR
 - **Medical Council of Canada Evaluating Examination (MCCEE)**
OR
 - **United States Medical Licensing Examination I (USMLE I).**
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Further, if an applicant's post-secondary studies were completed outside of North America in a language other than English, proof of English proficiency must be submitted to CCNM. CCNM's minimum requirements in International English Language Testing System (IELTS), Test of English as a Foreign Language (TOEFL) or Canadian Academic English Language (CAEL) Test are:

- IELTS: minimum overall band score of 6.5 or higher (on a 9-point scale)
- TOEFL iBT: minimum 86 out of 120 (CCNM TOEFL DI Code: 0245)
- CAEL: minimum overall band score of 60 or higher (on a 90 point scale)



Admissions details can be found at ccnm.edu/img



STUDYING AND WORKING IN CANADA

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

International students are encouraged to apply for admission to CCNM as soon as possible to allow ample processing time for their study permit, according to Immigration, Refugees and Citizenship Canada admissibility requirements. CCNM is recognized by the Government of Canada as a designated learning institution (DLI) for study permit purposes (CCNM's DLI number is O19305338292).

As CCNM's naturopathic program is degree-granting, through Ministerial consent in the province of Ontario, international students may be eligible to work both on and off campus

without a work permit while enrolled at CCNM. Additionally, CCNM graduates may be able to extend their stay in Canada after graduation, under the Post-Graduation Work Permit Program (PGWPP). Spouses or common-law partners of students who carry a valid study permit may be eligible to apply for a work permit in Canada.

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



To begin your application process, visit ccnm.edu or contact a Student Services advisor at 1-866-241-2266, ext. 245 or info@ccnm.edu.



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For more details about bridge delivery for IMGs visit:

ccnm.edu

Connect with us

info@ccnm.edu

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