

INFORMATION FOR FUTURE STUDENTS

CCNM - BOUCHER CAMPUS



CCNM

CANADIAN COLLEGE OF
NATUROPATHIC MEDICINE

Educating naturopathic doctors for almost 45 years

Canada's Only Accredited Naturopathic College





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

Doctor of Naturopathic Medicine Program

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

The Doctor of Naturopathic Medicine diploma program provides more than 3,000 hours of classroom training and 1,200 hours of clinical experience. The foundation for a successful career as a naturopathic doctor is gained through courses in:

- History, philosophy and principles of naturopathic medicine;
- Art and practice of naturopathic medicine; and,
- Foundations of naturopathic medicine.

CCNM’s curriculum includes:

- Biomedical sciences;
- Clinical sciences;
- Health psychology;
- Lifestyle management;
- Traditional Chinese medicine and acupuncture;
- Botanical (herbal) medicine; and,
- Physical medicine.

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



More details about CCNM’s Doctor of Naturopathic Medicine program can be found at ccnm.edu

Developing You to be a Naturopathic Doctor

Preparing for your future career starts in first year. Career training begins in the very first term, through clinical skills training, clinic observation, and preceptoring, which is a component of the ND program that allows students to observe health-care practitioners in the community.

Preceptoring provides students with a wide variety of experiences to develop the clinical knowledge, attitudes and skills relevant to the role of a naturopathic doctor.

Students then expand their work in our teaching clinics, observing and then participating in patient care; and eventually, students may complete a portion of their clinic internship under the supervision of a naturopathic doctor in their private practice, outside the school community. This affords the opportunity for the student to learn in an established clinic and improve specific

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

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

CLINICAL EXPERIENCE

The Boucher Naturopathic Medical Clinic (BNMC)

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

Satellite Clinics

The CCNM – Boucher Campus operates a number of complimentary, on-site, teaching clinics in partnership with the Vancouver Women’s Health Collective, Vancouver Friends for Life Society, the Family Naturopathic Clinic, Empower Health and Katzie First Nation Health. Satellite clinics present students with differing clinic structures and patient populations while maintaining consistent standards of clinical education and participation. Every student intern takes part in a satellite clinic rotation.



Graduate Successes

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

Dr. David Duizer, ND

Dr. David Duizer, ND (Class of 2014) is the co-owner of Noble Naturopathic, an integrated clinic in Vancouver, BC. In addition to his role as a primary care provider at Noble, Dr. Duizer also works as medical director at DAMY Health, an online holistic weight loss program and at Noble by Nature, his personal supplement line. His clinical focus is chronic disease management and integrative cancer care.

Dr. Patrick Callas, ND

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

Dr. Tasneem Pirani-Sheriff, ND

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

Dr. Julie Durnan, ND

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

"My education at the Boucher Campus gave me all the tools I needed to support my patients in a primary care role immediately upon graduation. I was exposed to clinical opportunities in Vancouver that lead to me building a large practice and owning my own clinic within five years following graduation."

Dr. David Duizer, ND (Class of 2014)



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

Dr. Patrick Callas, ND (Class of 2012)



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

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



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

Dr. Julie Durnan, ND (Class of 2006)



Research

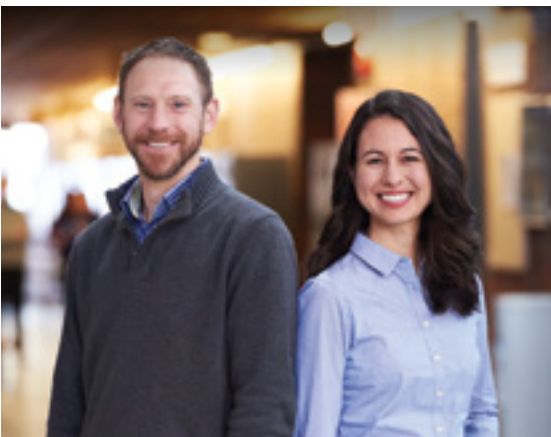
CCNM is currently conducting more than \$10 million in studies, much of which focusses on examining a variety of adjunctive therapies for cancer care and assessing whole practice approaches to diabetes. CCNM is a leading institution in the field of integrative cancer care, creating foundational information 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 Centre for Health Innovation in Ottawa, Ontario 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.

CCNM's Patterson Institute for Integrative Oncology 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 and Nutrition

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 2022 Student Innovation Fund research grant are assessing the role of nutrition education in overall health and the efficacy of integrative health programs designed for street-involved youth.

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.

Reid Wildeman, M.Ed.,
Acting Executive Director
Director of Academic Affairs

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

Dr. Rochelle Heisel, PhD
Associate Dean of Academics

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

Dr. Karrin Fairman-Young, ND (Dr. KFY)
(Class of 2004)
Associate Dean of Clinical Studies
Boucher Chief Medical Officer

Dr. KFY is the Chief Medical Officer (CMO) and Associate Dean of Clinical Studies for the CCNM – Boucher Campus and its teaching clinics. Dr. KFY oversees the clinical education program, assuring intern competency standards, delivering quality patient care, and achieving and maintaining accreditation standards. In her role as CMO, she works to align clinical faculty goals with those of the CCNM – Boucher Campus clinics and ensures compliance with all quality, legal, and regulatory requirements for the health and safety of the patients, faculty and staff of the CCNM – Boucher Campus.

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

Reid Wildeman, M.Ed.



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

Dr. Rochelle Heisel, PhD



"I enjoy the opportunity to learn with students when we encounter difficult cases in the clinic or something new we have only read about. As their knowledge and skill set grows, it is very satisfying to see their confidence and capabilities improve as they work with and aid our patients in the clinic. I continue to follow the careers of former students when possible and I am happy to hear of their success as they continue the long tradition of naturopathic medical care."

Dr. Karrin Fairman-Young, ND (Class of 2004)



Campus Life

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

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

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

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

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

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

Economist Intelligence Unit’s 2022 Global Livability Index





Admissions

CCNM is committed to excellence in naturopathic education and to the success of its graduates. To be eligible for admission, future students must complete a three- or four-year bachelor’s degree at an accredited institution.

The decision to admit an applicant is based primarily on the applicant’s undergraduate grade point average (average 3.3, within a range of 2.7 to 4.0) and personal interview. In addition, the following courses need to be completed prior to admission. CCNM offers most of these prerequisites several times a year in an interactive, online format.

Visit ccnm.edu/psc for more information.

Required Courses	Online CCNM Courses	Credit Hours	Units	Requirements
General Biology	✓	3	0.5	May be fulfilled by one semester of biology, anatomy, botany, cell biology, endocrinology, genetics, immunology, or zoology.
Human Life Sciences	✓	6	1.0	May be fulfilled by one-year or two semesters of biology, chemistry, organic chemistry, biochemistry, cell biology, anatomy, microbiology, physiology, immunology, pathophysiology and/or pharmacology.
General Chemistry	✓	3	0.5	May be fulfilled by one semester of any chemistry. General, organic and/or biochemistry courses would be accepted.
Psychology	✓	3	0.5	May be fulfilled either by one semester of introductory psychology, health psychology, developmental psychology, or other similar courses.
Social Sciences or Humanities	Not offered	6	1.0	Acceptable courses include, but are not limited to: sociology, economics, organizational behaviour/management, English, history, gender studies, etc. This elective must include an essay-writing component. Foreign language courses are not accepted towards the humanities prerequisite.

Financial Information*

We know that cost is a key factor when considering higher education. We are proud to offer our Doctor of Naturopathic Medicine diploma program at the lowest tuition of all the accredited naturopathic schools in North America.

* Please contact CCNM for the most current tuition fees.

CCNM students may be able to take advantage of Canadian and/or provincial student loan programs. CCNM also offers a limited number of bursaries as a result of the generosity of its donors. Private and professional school loans may also be available through your financial institution.



Admissions details can be found at ccnm.edu

Accreditation

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

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



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



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





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

ccnm.edu

Connect with us

info@ccnm.edu

Talk to a Student Services advisor at:

604-777-9981



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