

INFORMATION FOR

International Medical Graduates



CCNM

**CANADIAN COLLEGE OF
NATUROPATHIC MEDICINE**

Educating naturopathic doctors for over 45 years

Canada's only Doctor of Naturopathy Degree





Dr. Siwathep (Thep)
Singh Khanderpor, ND (Class of 2021)
Hometown: Koh Samui, Thailand

Cover photo:
Dr. Paymon Sadrolsadot, ND (Class of 2017)
Hometown: Mashhad, Iran

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

* The Doctor of Naturopathy program at the CCNM - Toronto Campus is offered under the written consent of the Ministry of Colleges and Universities for the period from April 26, 2022 to April 26, 2029.

** Applicants must have graduated from an MD degree program that is validated by an official WES (World Education Services) course-by-course evaluation of transcripts, sent directly from WES to CCNM.



More details about CCNM's Doctor of Naturopathy degree can be found at ccnm.edu

The IMG bridge delivery is only available at the CCNM - Toronto Campus.

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.

Starting in the first term and continuing into 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 various community health centres across the Greater Toronto Area (GTA). Clinic interns provide care to underserved populations including new Canadians, low-income families, older populations, people with disabilities, and people living with HIV/AIDS.

Schad Naturopathic Clinic

CCNM is home to the Schad Naturopathic Clinic, a teaching clinic with over 20,000 patient visits each year. CCNM clinic interns co-manage patient care, working under the supervision of naturopathic doctors while gaining valuable hands-on experience.

Peel Naturopathic Clinic

Operating out of the Brampton East Urgent Care Centre, the Peel Naturopathic Clinic is a satellite clinic of the Schad Naturopathic Clinic where patients can see a naturopathic clinic intern and supervisor team to help manage their health concerns. The Peel Naturopathic Clinic 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.

A student studies in the library.

A student intern at the RSNC assists a patient.

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. 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.

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 completed his second residency at the CCNM Integrated Cancer Centre in 2020 and is currently a clinical supervisor at the RSNC and practises privately.

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. Sarah Tayebi, ND

Dr. Tayebi, ND graduated from Islamic Azad University and worked as a medical doctor in Iran. After moving to Canada, she applied to CCNM so she could provide an integrative, individualized, holistic and evidence-based approach to her patients. Her areas of interest include oncology, chronic fatigue syndrome, fibromyalgia and pediatric care. Sarah operates a private practice in the Greater Toronto Area.



“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)

“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)

“I became an ND to treat the whole person. CCNM helped me to fill in the gaps of my medical training and have a broader perspective of patient care. Not only do I address their health concerns, I also help my patients to truly optimize their health.”

Dr. Sarah Tayebi, ND (Class of 2020)

Islamic Azad University (Class of 2005)



Research

CCNM is currently conducting more than \$10 million in studies, much of which focuses on chronic disease prevention and management, including examining a variety of adjunctive therapies for cancer care and nutritional interventions to support mental health.

Through support from CCNM's Student Innovation Fund and Research Club, opportunities for student research experiences often include contributing to evidence synthesis and critical appraisal of therapies that fall within the scope of practice of naturopathic doctors, planetary health and the impact of the environment on our health, and knowledge about the naturopathic profession and their practices.

Winners of CCNM's 2023 Student Innovation Fund research grant are assessing the impact of a holistic mental health program for children in elementary and middle schools. Previous winners of this internal grant competition have explored the role of nutrition education in overall health and the efficacy of integrative health programs designed for street-involved youth, assessed the evidence landscape for teaching kitchens, and surveyed naturopathic doctors on their views on what constitutes quality in natural health projects.

As a leader in evidence-based naturopathic medicine research, CCNM's research results have been published in top-tier medical journals such as the *Canadian Medical Association Journal*, *The Lancet* and *The British Medical Journal*,

as well as in leading journals specific to complementary and integrative medicine.

As part of our commitment to excellence in research, members of CCNM's research department play important roles as editors on a number of journals dedicated to ensuring there is high-quality knowledge available to inform clinical care and future research.

Working with the World Naturopathic Federation, CCNM has contributed to a number of large-scale projects that help to outline the profession and the care being provided by NDs. Most recently, this has included several reviews on the safety and effectiveness of natural therapies in the treatment and management of COVID-19 and long-term sequelae.

As a learning institution and part of our commitment to growth and improvement, CCNM has ongoing research projects that evaluate how to effectively educate naturopathic doctors about evidence, explore how health-care providers can be taught about the intersection of public health and planetary health, and examine the type of care being delivered in our teaching and community health clinics.



ONGOING RESEARCH PROJECTS INCLUDE:

Integrative Cancer Research

CCNM, strongly represented by our Patterson Institute for Integrative Oncology Research, 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. One aspect of this includes the creation of guidelines and evidence-syntheses for integrative oncology that will provide a much-needed platform of knowledge 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.

Nutritional Interventions to Support Mental Health

CCNM researchers are currently leading the EASe-GAD study – the world’s first randomized clinical trial on the use of diet counselling plus omega-3 supplementation for the treatment of generalized anxiety disorder. Future research will include large numbers of participants and explore cost-effectiveness of this therapeutic approach. This study is a collaboration with researchers from McGill University, Open University of the Netherlands, and Harvard Medical School. It has received funding or support from Ekhgastiftelsen, AquaOmega, Mitacs Accelerate, Lipid Analytical Laboratories, and Sobeys Inc.

The Maternal Microbiome and Mental Health

Led by CCNM’s HMF Genestra Microbiome Researcher in Residence, this pilot study is exploring the use of probiotics, fish oil, and dietary counseling, alone or in combination, during pregnancy on post-partum mental health outcomes. The study is funded by Lotte and John Hecht Memorial Foundation, with in-kind provision of supplements by Atrium Innovations. This study is being conducted in collaboration with Women and Babies Obstetrics Clinics, and Women’s Mood and Anxiety Clinic: Reproductive Transitions at Sunnybrook Health Sciences Centre. Findings from the study will inform the design of future research in this often under-researched population and may provide important information on how to prevent or support women through pregnancy and the critical first months following birth.

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 currently collecting patient data, helping us attest to the outcomes of care that naturopathic interns provide for this chronic, difficult-to-manage disorder.

Understanding Pain

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 approaches used by naturopathic doctors, conventional providers, or interprofessional teams for addressing pain including a Canadian Institutes of Health Research funded project on how individuals with HIV experience chronic pain.

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 (non-clinical), M.Ed.

Dr. De Groot, ND (non-clinical), Dean of CCNM, is responsible for overseeing the naturopathic medical 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 Peel Naturopathic Clinic, 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 (U of T) and his Doctor of Naturopathic Medicine from CCNM. He also obtained a Masters in Education with a focus in higher education from the Ontario Institute for Studies in Education (OISE) at U of T.

Dr. Mitchell Zeifman, B.Sc., ND (non-clinical), M.Ed.

Dr. Zeifman, ND (non-clinical) 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.

Dr. Jasmine Carino, ND (non-clinical), M.Ed.

As the Associate Dean, Curriculum and Residency program, Dr. Carino, ND (non-clinical), 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. She then completed her Masters in Education with a focus in higher education from the Ontario Institute for Studies in Education (OISE) at the University of Toronto. 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.

"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 (non-clinical),
M.Ed. (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 (non-clinical),
M.Ed. (Class of 1998)**



"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 (non-clinical)
(Class of 2003)**



"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)**



Campus Life

At CCNM, living on campus combines the best of city living with the convenience, safety and closeness of being onsite, where a cafeteria serves healthy meals and your classes are quite literally down the hall from your room.

CCNM's co-ed residence comprises 202 single occupancy rooms and is located in the main building. All rooms have a single bed, desk, closet, small refrigerator and Internet. There are TV lounges with balconies overlooking the courtyard and fully equipped kitchens.

For students who choose to live off-campus, a subway entrance, restaurants and stores provide a wide array of services right at CCNM's doorstep, so you'll have what you need while attending classes. Our students have the opportunity to participate in guided meditation sessions, welcome therapy dogs on campus, stroll along during nature walks and practise yoga in our garden courtyard. We know that mental health is a large part of student wellness and try to ensure students feel supported as they undertake their studies.

CCNM established Thrive, an on-campus wellness service, to help enable personal and professional growth in students. Its mission is to facilitate, host and inspire opportunities to think about, discuss and practise skills that will support optimal health, resiliency and a shared sense of community at CCNM.

There are a variety of ways to students to get involved on campus. Leadership opportunities, like joining the Naturopathic Students' Association or the Inclusion, Diversity, Equity and Advocacy (IDEA) Committee, are offered right in first year. We are committed to creating and providing an inclusive community to promote education and diversity, and encourage our students to participate.

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

Economist Intelligence Unit's 2023 Global Liveability Index





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 an MD degree program that is validated by an official WES (World Education Services) course-by-course evaluation of transcripts, sent directly from WES to CCNM. Applicants must also have a minimum cumulative grade point average of 2.7 on a four-point scale.

CCNM's curriculum is delivered in English and as such, applicants must demonstrate sufficient English language fluency. If your postsecondary studies were completed in a language other than English, proof of English proficiency must be submitted. CCNM's minimum requirements are:

- TOEFL iBT: minimum 86 out of 120 (CCNM TOEFL DI Code: 0245)
- IELTS (academic): minimum overall band score of 6.5 or higher (on a 9 point scale)
- ILAC level PW (University Pathway) 3.3 (must achieve minimum cumulative grade point average or minimum letter grade equivalent to 75%)

During the application process, you will also be asked to submit a short essay and provide two letters of reference.



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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