

## Naturopathic Medicine

**What is naturopathic medicine?** A naturopathic doctor (ND) works with individuals to regain and maintain overall wellness. The emphasis is to develop habits that prevent disease, by identifying underlying issues rather than only focusing on treatment of symptoms. Naturopaths use a range of treatment modalities and work with each patient to develop new behaviors.

**More details?** The US Department of Labor, Bureau of Labor Statistics does not have an entry for naturopathic medicine at this time. You can learn more about this field by visiting the Association of Accredited Naturopathic Medical Colleges (AANC, <http://www.aanmc.org>).

### What do I need to apply for admission to an accredited school for naturopathic medicine?

An applicant must have completed an undergraduate degree, have taken certain natural and social science courses, and have had exposure to naturopathic work.

**Can UWW help me prepare for an accredited ND school?** We offer all the courses required for entry into an AOM program, which fit well with requirements for majors in the natural or social sciences and the required and elective General Education courses.

- 1. Undergraduate degree (BS or BA):** Most ND schools require students to earn a college or university degree (BS or BA; school may prefer one or other). Some schools have bridge programs for promising students who have not completed their undergraduate degree or who have not completed the required courses.
- 2. Major and minor:** Typical fields of study include biology, chemistry/biochemistry, and psychology. This is NOT a major factor in the review of applications, however. Applicants must have completed typical General Education courses (social sciences, humanities) and natural sciences (see next entry).
- 3. Coursework:** ND schools expect applicants to complete certain classes before application. Some courses tend to be common to all ND schools:

Required coursework	Length/Credits (minimum)	UWW courses which meet the requirements
Math	3-5 cr	Math 152 (pre-calc)
Statistics	3	BIO 303 or PSYCH 215
General Biology	8-10	BIO 141 and BIO 142
General Chemistry	8-10	CHEM 102 and CHEM 104
Organic Chemistry	Lectures and labs	CHEM 251, CHEM 252, CHEM 261
General Physics	8-10	PHYSICS 141 and PHYSICS 142
Psychology & social sciences	One course	PSYCH 211
Anatomy	One course *	BIO 361 or PEPROF 271
Physiology	One course *	BIO 362
Biochemistry	One course *	CHEM 454

\* req/rec = required or recommended

- 4. Other coursework:** Humanities and social science (minimum 24credits) which can be part of a student's plan to meet the General Education requirements. Suggested courses include additional psychology courses including developmental psychology. Also, several biology courses are recommended or required by individual schools: anatomy, biochemistry, botany, and physiology.

5. **Overall academic record:** An applicant needs to have a good overall GPA, although different schools have different GPA requirements.
6. **Entrance exam:** ND schools do not mandate the MCAT or the GRE.
7. **Extracurricular activities:** Applicants are expected to have participated in extracurricular activities. This is one indicator that you are able to work with other people, and even that you have taken on responsibility and leadership. Most ND students have a strong background in volunteer work.
8. **'Experience of the field':** Students are expected to have direct experience with patient care. This can be met through a combination of clinical practice (volunteer work, internships) and shadowing experience. Students need to see the approach of naturopathic doctors and how it differs from the approach used by MDs.
9. **Other jobs and experiences:** Naturopathic medical schools are advocates for a wide range of life experiences. Many of their students have traveled widely, had careers in other areas, and have a rich record of volunteer work. Many students have seen work done by naturopaths, either for their own health issues or through those of family or friends.

**What happens then?** After your professional education in a naturopathic medical school, you would receive a doctoral (ND) degree. You would also need to take the appropriate licensure exams. The school you attend will help you prepare.

**Professional organization:** Most naturopathic physicians belong to the American Association of Naturopathic Physicians (<http://www.naturopathic.org/>). This organization is an excellent source of information for everyone with questions about naturopathic medicine and ND careers. Schools are accredited by the Association of Accredited Naturopathic Medical Colleges (<http://www.aanmc.org>).

**Training in this area:** There are only 7 schools of naturopathic medicine in the US and Canada.

Bastyr University (Seattle, WA and San Diego, CA)

ND program <http://www.bastyr.edu/academics/areas-study/study-naturopathic-medicine>

Boucher Institute of Naturopathic Medicine (Vancouver, BC, Can)

ND program <http://www.binm.org/>

Canadian College of Naturopathic Medicine [CCNM] (Toronto, ONT, Can)

ND program <http://www.ccnm.edu/>

National College of Natural Medicine (NCCNM) (Portland, OR)

ND program <http://www.nccnm.edu/>

National University of Health Sciences [NUHS] (Lombard, IL and Seminole, FL)

ND program <http://www.nuhs.edu/>

SW College of Naturopathic Medicine & Health Sciences [SCNM] (Phoenix, AZ)

ND program <http://www.scnm.edu/>

University of Bridgeport College of Naturopathic Medicine (UBCNM) (Bridgeport, CT)

ND program <http://www.bridgeport.edu/academics/graduate/naturopathic-medicine-nd/>

**UWW Advisor:** There is no designated advisor for this area.