

# The Principles of Naturopathic Medicine

First, to do no harm

Co-operate with the healing powers of nature

Address the fundamental causes of disease

Heal the whole person through individualized treatment

Teach the principles of healthy living and preventive medicine

# The Canadian College of Naturopathic Medicine

## **About CCNM**

The Canadian College of Naturopathic Medicine (CCNM), established in 1978, offers Canada's only accredited four-year, full-time professional program in naturopathic medicine. Graduates receive a doctor of naturopathic medicine (ND) diploma. The College is home to the Robert Schad Naturopathic Clinic, open to the public, where student interns train under the direction of registered naturopathic doctors. Interns use safe, non-invasive techniques to improve health and prevent illness.

## **Mission**

CCNM educates, develops and trains naturopathic doctors through excellence in health education, clinical services and research that integrate mind, body and spirit.

## **School of Continuing Education**

CCNM's school of continuing education is committed to supporting both professional development and public education by providing the highest standards of teaching and evaluation. Professional-level continuing education courses are a critical tool for advancing the knowledge of naturopathic doctors, students and other health-care professionals. CCNM's general interest courses are designed to help members of the public understand the numerous aspects and applications of naturopathic medicine.

## **Course cancellations**

You must notify CCNM, by phone at (416) 498-1255 ext. 255, one week prior to the course start date to cancel your enrolment. At that time, 80 per cent of the course fees will be returned. Failure to provide one week's notice will result in loss of course fees.

Each course has a minimum enrolment requirement. Participants will be notified at least 48 hours in advance if the course they are enrolled in has been cancelled and full fees will be refunded.

**Location**

CCNM is located at 1255 Sheppard Ave. E. at the corner of Leslie St. and Sheppard Ave., just a few steps from Leslie Subway Station and minutes from major highways. For those driving, parking is available on the premises for a fee. Bring your parking slip with you, as payment machines are located in the front lobby.

**Course Ideas**

Have a great idea for a course or seminar? We welcome comments and suggestions for potential courses. Please contact CCNM's school of continuing education at [continuing\\_education@ccnm.edu](mailto:continuing_education@ccnm.edu) or (416) 498-1255 ext. 255.

**Teaching Opportunities**

Would you like to join the part-time teaching team of the school of continuing education? If so, submit your course idea/outline and résumé to:

The Canadian College of Naturopathic Medicine  
Attention: School of Continuing Education  
1255 Sheppard Avenue East  
Toronto, ON M2K 1E2  
or e-mail us at: [continuing\\_education@ccnm.edu](mailto:continuing_education@ccnm.edu)

# Continuing Education at The Canadian College of Naturopathic Medicine

CCNM's school of continuing education is committed to providing quality education. Our professional development courses aim to advance the practice of natural medicine, and provide naturopathic doctors and other health-care professionals with required continuing education credits.

For those not working in the health-care field, we offer a variety of general interest courses to encourage healthy living and build awareness of naturopathic medicine. Our general interest courses attract a variety of people: stay-at-home parents, retirees, laborers and business professionals. We offer introductory and advanced level courses, so no matter what your background may be, we can accommodate you.

Browse through these pages – whether your interest is nutrition, gardening or parenteral therapy, we think you will find a course that interests you.

We strive to keep pace with the ever-growing interest in naturopathic medicine by continuously adding to our course calendar, so please check our website [www.ccnm.edu/conted.html](http://www.ccnm.edu/conted.html) or call (416) 498-1255 ext. 255 for calendar updates.

We look forward to seeing you soon.

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# Continuing Education

**2005 / 2006**

**COURSE CALENDAR**

**C C N M**





### **Bach Flower Remedies - Level I**

Learn about the history of Bach Flowers, Dr. Edward Bach and his philosophies. You will be introduced to the 38 Bach Flower Remedies through case studies, examples and practical exercises.

**Fall:** October 22 and 23, 2005  
**Time:** 9:30 a.m. – 5 p.m.  
**Fee:** \$250  
**Instructor:** Trish Green, B.Ed., DiHom (Pract.), BFRP

### **Bach Flower Remedies - Level II**

This course expands on the content and discussion provided in Bach Flower Remedies - Level I. Students will further enhance their knowledge of the 38 Bach Flower Remedies and Dr. Bach's philosophies.

**Dates:** TBD  
**Time:** 9:30 a.m. – 5 p.m.  
**Fee:** \$295  
**Prerequisite:** Bach Flower Remedies - Level I  
**Instructor:** Trish Green, B.Ed., DiHom (Pract.), BFRP

### **Boosting Your Immune System**

If you frequently catch colds, suffer from allergies, or just feel rundown, this one-evening seminar is for you. Explore simple, natural ways to boost your immune system including nutrition tips, stress reduction techniques and lifestyle changes. Learn how to prevent illness and speed your recovery if you do get sick.

**Fall:** Tuesday, November 15, 2005  
**Winter:** Tuesday, February 7, 2006  
**Times:** 7 – 9:30 p.m.  
**Fee:** \$25  
**Instructor:** Jeannie Doig, B.Sc. (Hons.), fourth-year intern, CCNM

### **Botanical/Herbal Medicine - Introduction**

Increase your understanding of the nature of herbal medicine and learn how to use medicinal plants to improve health and complement naturopathic care. In this course, you will become closely acquainted with both the theories and practice of herbalism. In classroom sessions, you will learn the historical context, indications and safety of the most common and widely used herbs in North America. In practical sessions, you will sample a number of herbs and learn how to make tinctures, poultices, burn salves and lip balm.

<b>Fall:</b>	Thursdays, September 15 – October 6, 2005
<b>Winter:</b>	Thursdays, January 19 – February 9, 2006
<b>Time:</b>	7 – 9 p.m.
<b>Fee:</b>	\$75 plus \$10 materials fee
<b>Instructor:</b>	Matt Gowan, B.Sc., ND

### **Botanical/Herbal Medicine - Advanced**

This course builds on the theory and skills learned in the introductory level course to further your understanding of herbal medicine. You will gain deeper knowledge of the indications and safety of herbs, and learn a variety of useful applications. The hands-on component will allow you to expand your practical skills.

<b>Spring:</b>	Thursdays, March 30 – April 20, 2006
<b>Time:</b>	7 - 9 p.m.
<b>Fee:</b>	\$75 plus \$10 materials fee
<b>Instructor:</b>	Matt Gowan, B.Sc., ND

## *Cooking – Upstairs at Loblaws, Bayview Village Cooking School*

### **Cooking for Breast Health**

Breast cancer is a multifaceted disease with many contributing causes and a complex array of interactions between these causes. And while there is no specific cure for breast cancer, just as there is no one cause, we can do much to prevent the disease by changing our lifestyle, cleaning up our environment, and participating in various regimes for healing. In this cooking segment, you will be introduced to the key foods in a healthy breast diet. Particularly potent healing vegetables include members of the brassica family (cabbage, broccoli, cauliflower, etc.) and sprouts.

**Fall:** Monday, November 14, 2005  
**Time:** Noon – 1:30 p.m.  
**Fee:** \$15  
**Location:** 2877 Bayview Ave.  
**Instructor:** Carol Zawada, B.Kin., ACE, ND

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Please register at 1-800-296-2332 ext. 3 or at the customer service desk at Loblaws, Bayview Village Shopping Centre

### **Cooking to Detoxify and Cleanse**

Detoxification has been practiced since the times of the ancient Greeks. Part of any detoxification program is a fast or cleansing diet. At times, fasting can be used to give the digestive system a rest and detoxify more thoroughly. Commonly done at the change of seasons for several days, annual fasting is a good health practice for most people. During this time, it is essential to pick high quality foods that are liver friendly and easily digestible. In this cooking segment, you will be introduced to how to cook with beans and make a mung bean soup with liver-friendly vegetables like kale and swiss chard.

**Fall:** Monday, October 24, 2005  
**Time:** Noon – 1:30 p.m.  
**Fee:** \$15  
**Location:** 2877 Bayview Ave.  
**Instructor:** Carol Zawada, B.Kin., ACE, ND

Please register at 1-800-296-2332 ext. 3 or at the customer service desk at Loblaws, Bayview Village Shopping Centre

### **Craniosacral Therapy - Introductory Workshop**

Learn how to sense the body's craniosacral rhythm along with simple and painless techniques to relieve headaches and stress, improve health and promote relaxation. This one-day workshop precedes the four-day seminar for those interested in extending their training.

<b>Fall:</b>	Sunday, September 11, 2005
<b>Time:</b>	9:30 a.m. – 5 p.m.
<b>Fee:</b>	\$135
<b>Location:</b>	Sutherland-Chan Massage School 330 Dupont Street
<b>Instructor:</b>	Robert Harris, RMT

### **Craniosacral Therapy - In-depth Workshop**

This course expands on the content provided in the Introductory Craniosacral Therapy course. In this workshop you will practice and master techniques previously learned.

<b>Fall:</b>	Sundays, September 18, October 2, 16, 30, November 13 and 27, 2005
<b>Time:</b>	10 a.m. – 4:30 p.m.
<b>Fee:</b>	\$900
<b>Location:</b>	Sutherland-Chan Massage School 330 Dupont Street
<b>Prerequisite:</b>	Craniosacral Therapy - Introductory Workshop
<b>Instructor:</b>	Robert F. Harris, RMT

### **Detoxification**

Our bodies are naturally equipped to eliminate toxins. However, as our environment becomes more polluted with an ever-increasing number of synthetic chemicals, our bodies are exposed to a growing number of toxins from food, water, air, household chemicals and even our workplaces. This leads to a gradual accumulation of toxins that can cause symptoms ranging from fatigue, headaches, mood changes, pains, coughs and gastrointestinal problems.

Long-term toxic exposure can weaken our systems, increase our susceptibility to infection and eventually lead to chronic illness. To thrive in this environment, our bodies need extra support to detoxify themselves.

In this session, you will learn specific dietary and lifestyle changes that will safely eliminate built-up toxins from your system and help you reduce your exposure, preventing future accumulation. Cleared of toxins and wastes, your body will be able to function optimally and you will experience an improvement in overall health.

**Fall:** Tuesday, October 4, 2005  
**Winter:** Tuesday, January 17, 2005  
**Time:** 7 – 9:30 p.m.  
**Fee:** \$25  
**Instructor:** Barb Weiss, BBA(Hons.), fourth-year intern, CCNM

### **Dieting and Food Cravings**

This one-evening seminar will explore the health benefits and risks of some well-known diets, such as Atkins, the Zone, South Beach, Macrobiotic diet and more. Discover why you crave certain foods, how to combat your cravings and when it is healthy to indulge.

**Fall:** Monday, October 17, 2005  
**Winter:** Monday, January 30, 2005  
**Time:** 7 – 9:30 p.m.  
**Fee:** \$25  
**Instructor:** Seema Kanwal, B.Sc., fourth-year intern, CCNM

### *Emergency Care Courses*

#### **Basic Rescuer CPR Level C**

Learn the skills that may help you save lives in cases of heart attacks and other acute emergencies. This course will enable you to recognize heart attack symptoms and teach you the skills necessary to perform cardiopulmonary resuscitation (CPR) on infants, children and adults. Upon successful completion of this course you will receive a card from The Heart and Stroke Foundation of Ontario.

**Fall:** TBD  
**Winter:** TBD  
**Time:** 8:30 a.m. – 5:30 p.m.  
**Fee:** \$60  
**Instructors:** Sam Marrow, BA, APP, CBM and  
Jonathan J. Tokiwa, BScN, RN, ND

## Basic Rescuer CPR Level C Re-certification

<b>Fall:</b>	Thursday, November 24, 2005
<b>Winter:</b>	TBD
<b>Time:</b>	5:30 – 10 p.m.
<b>Fee:</b>	\$45
<b>Prerequisite:</b>	Must have a current, valid CPR certificate
<b>Instructor:</b>	Sam Marrow, BA, APP, CBM and Jonathan J. Tokiwa, BScN, RN, ND

## Emergency First Aid/Heartsaver CPR

This course will teach you to respond appropriately to common medical emergencies such as heart attack, choking and acute injuries. You will learn to administer adult CPR and become familiar with emergency first aid procedures and scene management techniques.

<b>Fall:</b>	Saturday, November 12, 2005
<b>Winter:</b>	TBD
<b>Time:</b>	8:30 a.m. – 5:30 p.m.
<b>Fee:</b>	\$80
<b>Instructor:</b>	Sam Marrow, BA, APP, CBM and Jonathan J. Tokiwa, BScN, RN, ND

## Grow Your Own Herb Garden

### Session I – Theory

During this classroom session you will learn basic garden preparation and design, with an emphasis on creating a herb/medicinal garden in the city. Discover a variety of useful herbs you can grow at home.

<b>Spring:</b>	Wednesday, March 1, 2006
<b>Time:</b>	7 – 9 p.m.
<b>Fee:</b>	\$25
<b>Instructor:</b>	Cyndi Gilbert, BA, fourth-year intern, CCNM

## Grow Your Own Herb Garden

### Session II – Practical

This course focuses on hands-on garden development and maintenance. You will learn how to plant, maintain and harvest a selection of common herbs. This is a practical session so bring your gardening gloves. You will also enjoy a tour of CCNM's Paracelsus Herb Garden, where more than 200 plants from around the world are cultivated.

- Spring:** Saturday, May 13, 2006  
**Time:** 10 a.m. - noon  
**Fee:** \$25 plus \$10 material fee  
\$15 plus \$10 material fee for those who have taken session I  
**Instructor:** Cyndi Gilbert, BA, fourth-year intern, CCNM

## Healthy Breast Teacher Training

This training program is designed for breast cancer survivors, health-care practitioners, yoga instructors and others who are interested in teaching and facilitating support groups based on the Healthy Breast Initiative.

- Winter:** January 27, 28 and 29, 2006  
**Times:** Friday, 6 - 9 p.m., Saturday and Sunday, 9 a.m. – 5 p.m.  
**Fee:** \$350 plus \$30 materials fee for health-care professionals  
\$150 plus \$30 materials fee for CCNM students and cancer survivors  
**Instructor:** Sat Dharam Kaur, B.Sc., BA, ND

## Meditation – Level I

In this workshop you will learn the basics of meditation as well as techniques designed by the instructor. This workshop will provide you with information on the seven primary chakras, their relationship to the meridian points and their significance to well-being. Upon completion, you will have learned to meditate independently; clear negative “programming” from childhood or other traumatic life experiences; better understand aims, attitudes and motivations; achieve optimum health in mind, body and spirit, and build better relationships with others.

- Fall:** Mondays, October 3 – November 28, 2005  
(excluding Thanksgiving)  
**Winter:** Mondays, January 16 – March 6, 2006  
**Time:** 7 – 9 p.m.  
**Fee:** \$150  
**Instructor:** Rob Shaw

## Meditation – Level II

This advanced course will use the meditation techniques learned in Meditation Level I to gain greater self-awareness and self-actualization. Participants will explore life's commonalities and resolve outstanding issues that inhibit enjoying life to the fullest. Each session will allow participants to explore their life and relationship scenarios with an emphasis on meditation as a form of self-healing. Topics will include: fear, love, integrity, prosperity, community and your sacred self.

<b>Spring:</b>	Mondays, April 3 – May 15, 2006 (excluding Easter Monday)
<b>Time:</b>	7 – 9 p.m.
<b>Fee:</b>	\$175
<b>Prerequisite:</b>	Creative Meditation
<b>Instructor:</b>	Rob Shaw

## Messages of the Body; Healing the Body/Mind Relationship

Learn how to listen to what your body is trying to tell you

### Two-hour introductory session

Integrate your conscious mind and your body by developing the special relationship between various levels of experience: mental, emotional, physical, spiritual and energetic.

You will be introduced to:

- Inner body scanning
- The importance of mindfulness, grounding and centering
- How expressive movements can allow us to access deeper feelings
- Bioenergetic character types and states of energetic expression in the body
- The nine basic core emotional states and the meaning of “Affect Regulation”
- How to heal trauma by working with the body

<b>Fall:</b>	Thursday, October 13, 2005
<b>Time:</b>	7 - 9 p.m.
<b>Fee:</b>	\$25
<b>Instructor:</b>	Ingrid Cryns, BES, B.Arch., OAA, CBT



## Messages of the Body; Healing the Body/Mind Relationship

Learn how to listen to what your body is trying to tell you

### Six-hour workshop

This workshop is an expansion of the two-hour session. More opportunities to participate in experiential exercises will deepen your understanding of the “feeling” approach to developing the body-mind relationship. There is some repetition of the introductory session content, however more time is spent personally experiencing the work. Attending the introductory session is not a prerequisite, although it will establish an understanding of the material, freeing you to focus on the experiential nature of this workshop.

**Fall:** Saturday, November 12, 2005  
**Time:** 10 a.m. – 5 p.m.  
**Fee:** \$100  
**Instructor:** Ingrid Cryns, BES, B.Arch., OAA, CBT

## Naturopathic Approaches to Sports Medicine

This course will provide you insight into foods and supplements that can help build muscle, burn fat and achieve peak performance. Individuals of all fitness levels are welcome.

Week 1 - overview of naturopathic medicine, basics of carbohydrates, proteins and fats

Week 2 - pre-competition/during/post-competition, diets and performance

Week 3 - male vs. female athletes, water and electrolytes

Week 4 - proteins and fats, ideals and supplementation

Week 5 - vitamins/minerals, fat burning supplements

Week 6 - injury prevention

**Fall:** Thursdays, October 13 - November 17, 2005  
**Time:** 7 – 9 p.m.  
**Fee:** \$25 per lecture, \$125 for series  
**Instructor:** Carol Zawada, B.Kin., ACE, ND

### **Naturopathic Nutrition: Eating Your Way to Health - Introduction**

Learn about proteins, fats, carbohydrates, vitamins and minerals and the body's ability to break down and digest them. This practical six-week course will provide you with the tools necessary to create nutritious meals in your home.

**Fall:** Tuesdays, September 20 – October 25, 2005

**Winter:** Tuesdays, January 31 – March 7, 2006

**Time:** 7 – 9 p.m.

**Fee:** \$150 includes *Simply Healthy Cookbook*

**Instructor:** Carol Zawada, B.Kin., ACE, ND

### **Naturopathic Nutrition - Advanced**

This advanced course in naturopathic nutrition will further enhance the knowledge you have gained in the introductory course and provide you with practical skills to implement what you have learned about the health benefits of certain foods. You will explore vitamins, minerals and heavy metals, antioxidants, amino acids, greens, herbs and the importance of detoxification.

**Spring:** Tuesdays, April 4 – May 9, 2006

**Time:** 7 – 9 p.m.

**Fee:** \$125

**Prerequisite:** Introduction to Naturopathic Nutrition

**Instructor:** Carol Zawada, B.Kin., ACE, ND

### **Quantum-Touch®**

Quantum-Touch® is a method of hands-on healing that can be learned by anyone. It teaches simple breathing and body awareness exercises, and blends well with other complementary medicine modalities. This method of healing invokes all cells and systems of the body, from DNA to the bones, to effortlessly respond. Participants learn to focus and amplify life-force energy, which is most often referred to as “chi” or “prana”.

This course will include the following components:

- Quantum-Touch® history and its basic principles
- Quantum-Touch® basic energy exercises
- breathing techniques
- practice healing sessions
- the five basic energy patterns
- additional techniques including slope breathing, tones and vortexing the energy
- resonance factors
- working with chakras
- group healing

- Fall:** November 26 and 27, 2005  
A free introductory seminar will be held on Friday, November 25, 2005 from 7 – 9 p.m. Participants must register for this session
- Winter:** February 18 and 19, 2006  
A free introductory seminar will be held on Friday, February 17, 2006 from 7 – 9 p.m. Participants must register for this session
- Spring:** April 15 and 16, 2006  
A free introductory seminar will be held on Friday, April 14, 2006 from 7 – 9 p.m. Participants must register for this session
- Summer:** July 8 and 9, 2006  
A free introductory seminar will be held on Friday, July 7, 2006. Participants must register for this session.
- Time:** 9:30 a.m. – 5 p.m.
- Fee:** \$295 (in advance)  
\$325 (at the door)  
\$150 for those repeating the course
- Instructors:** Dennis Barnett, Mel Feigen, Tammy Mead, B.Sc.,  
Kathy Wilson

### Reiki Level I

Reiki, translated to “universal life energy,” is an ancient system of healing touch traced back thousands of years to India and Tibet. Reiki practitioners channel energy into themselves and others to promote health and well-being. This course will teach you the first degree, or introductory level, of Reiki, overviewing the history, principles, theory and practice. By the end of this course you will be ready to begin treating yourself and others.

<b>Fall:</b>	Saturday, October 15, 2005
<b>Winter:</b>	Saturday, February 11, 2005
<b>Time:</b>	9 a.m. – 5 p.m.
<b>Fee:</b>	\$150 \$100 for CCNM students
<b>Instructor:</b>	Jen Gouthro, M.Ed.

### Reiki Level II

This course builds on the foundational knowledge acquired in the level I course. In it, you will learn and practice new healing techniques on yourself and others. After completion, you will have obtained the second degree of the Reiki levels.

<b>Date:</b>	TBD
<b>Time:</b>	9 a.m. – 5 p.m.
<b>Fee:</b>	\$150 \$100 for CCNM students
<b>Prerequisite:</b>	Reiki Level I
<b>Instructor:</b>	Jen Gouthro, M.Ed.

### Self-Care and Healthy Habits

This dynamic, interactive session introduces Everyday Self-Care, a holistic and straightforward model for achieving self-care goals. The model explores four key areas of our lives:

- physical surroundings;
- thoughts and feelings;
- lifestyle habits, and
- friends, family and peers.

The philosophy of Everyday Self-Care teaches that each of these areas affects, and is affected by, your ability to care for yourself. You will learn how you may be unintentionally impairing your own self-care and how to construct a plan to help you improve your self-care practices.

**Fall:** Thursday, October 6, 2005  
**Winter:** Thursday, April 6, 2006  
**Time:** 7 – 9 p.m.  
**Fee:** \$50  
**Instructor:** Linda Dessau, BFA, BMT, MTA

### *Susun Weed Seminars*

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#### **Seven Medicines**

Confused about nutritional supplements? Learn to differentiate between nourishing, toning and stimulating herbs. Discover the benefits and drawbacks of various supplements. Understand the value and limitations of diagnosis. By examining the “seven medicines,” including serenity medicine, story medicine, energy medicine, lifestyle medicine, herbal medicine, pharmaceutical medicine and hi-tech medicine, this session will help you make sense of the many treatment options available.

**Fall:** Friday, September 30, 2005  
**Time:** 7 – 9:30 p.m.  
**Fee:** \$30  
**Instructor:** Susun Weed

### *Weekend Seminar*

#### **Optimum Nutrition, Beyond Heroics – Day One**

This workshop will teach you how to find, choose, prepare and consume nutrient-dense foods that build vitality, joy and superior health. Learn about the drawbacks of vitamin/mineral supplements, consider the downside of sprouting and juices, and understand the long-term health difficulties caused by restricted diets. Follow digestion from start to finish in your body, encounter the mysterious cell wall and marvel at the microbes that feed you.

### **Chronic Problems the Wise Woman Way – Day Two**

Wise women have remarkably effective ways of dealing with asthma, allergies, arthritis, shingles, headaches, back pain, cysts, chronic fatigue and candida overgrowth. Learn specific herbal remedies, increase your ability to listen compassionately, and experience the power of simple ceremonies that nourish change and open the door to health, wholeness, and spiritual enlightenment. Time permitting, Susun will do one or more consultations as part of this class.

<b>Fall:</b>	October 1 and 2, 2005
<b>Time:</b>	10 a.m. – 4 p.m.
<b>Fee:</b>	\$225 for two days \$120 for one day
<b>Instructor:</b>	Susun Weed

### **Taking the Cap Off Supplements**

This six-week course provides participants with a basic understanding of the range of vitamin and mineral supplements available in the marketplace. Learn how they are manufactured, recent industry regulations and standards, and how to evaluate the quality of different products.

<b>Fall:</b>	Tuesdays, September 27 – November 1, 2005
<b>Winter:</b>	Tuesdays, February 7 – March 14, 2006
<b>Time:</b>	7 – 9 p.m.
<b>Fee:</b>	\$125
<b>Instructor:</b>	Rob Ayoup, ND

### **Trauma, Touch and Boundaries**

Learn current cutting-edge methods of how to identify, work with and support positive growth to gently transform trauma at its core.

#### **Two-hour introductory session**

Traumatic experiences result in a rupture between the body-mind system. However, the relationship between psyche, body and soul can be regenerated. Learn about the latest cutting-edge developments on how to heal trauma permanently by developing new positive resource tools.

You will become acquainted with:

- fight/flight/freeze response;
- symptom stages of a traumatized body;
- trauma and healing/counter vortex, and
- positive resourcing, re-organization and transformation.

**Winter:** Thursday, February 2, 2006  
**Time:** 7 – 9 p.m.  
**Fee:** \$25  
**Instructor:** Ingrid Cryns, BES, B.Arch., OAA, CBT

### **Trauma, Touch and Boundaries**

Learn current cutting-edge methods of how to identify, work with and support positive growth to gently transform trauma at its core.

#### **Six-hour workshop**

This workshop is an expansion of the two-hour session. More opportunities to participate in experiential exercises, will deepen your understanding of the ‘feeling’ approach of developing the body-mind relationship. There is some repetition of the introductory session content, however more time is spent personally experiencing the work. Attending the introductory session is not a prerequisite, although it will help to establish an understanding of the material, freeing you to focus on the experiential nature of this workshop. If time allows, additional material may be covered, including: energy medicine techniques, flower essence vibrations, spiritual healing, Quantum Touch® methods, and Emotional Freedom Techniques (EFT).

**Winter:** Saturday, February 25, 2006  
**Time:** 10 a.m. – 5 p.m.  
**Fee:** \$100  
**Instructor:** Ingrid Cryns, BES, B.Arch., OAA, CBT

## Wisdom Within

This five-week course is based upon two interacting principles:

- Within each of us, our soul desires to be recognized and fulfilled.
- In order to facilitate healing in others, practitioners must begin from within, healing the spiritual self.

In this course, you will use experiential activities – including contemplative practices, gentle movement, visualization, reflective writing and expressive arts (drama, drawing, meditation) – to access your inner wisdom. By building a stronger spiritual connection to your inner self, you will become better equipped to facilitate true healing in others.

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Week 1 – introductory session

Week 2 – holistic awareness and intuition

Week 3 – personal metaphor

Week 4 – dream work

Week 5 – invisible energy within and surrounding the physical body

**Fall:** Tuesdays, October 4 – November 1, 2005

**Time:** 7 – 9:30 p.m.

**Fee:** \$100 for practitioners  
\$50 for students

**Instructor:** Gail Thornton, BA, MA, PhD (cand.)

**Note:** This course is designed for health practitioners, but may be of interest to others on a personal level.





# Professional Development

2005 / 2006  
COURSE CALENDAR  
C C N M



### **Bach Flower Remedies - Level I**

Learn about the history of Bach Flowers, Dr. Edward Bach and his philosophies. You will be introduced to the 38 Bach Flower Remedies through case studies, examples and practical exercises.

**Credits:** Naturopathic doctors, 13 general category credits  
(see page 1 for course details)

### **Bach Flower Remedies - Advanced**

This course expands on the content and discussion provided in Bach Flower Remedies - Level I. Students will enhance their knowledge of the 38 Bach Flower Remedies and increase their understanding of Dr. Bach's philosophies.

**Credits:** Naturopathic doctors, 13 general category credits  
(see page 1 for course details)

### **Bowen Technique**

The Bowen Technique is a highly effective modality for pain management. The specific procedures performed in a treatment session are orchestrated to elicit a comprehensive relaxation response followed by a re-setting of the pain message through the nervous system. This gentle and relaxing procedure actually interrupts and changes the pattern of held trauma and pain and the area of concern heals as it should. The Bowen Technique simply taps into the body's innate self-healing ability.

**Fee:** \$720 plus GST

**Instructors:** Manon Bolliger and Jonathan Damonte

Please call 1-866-362-6936 or visit <http://www.bewellnow.ca/ccnm.html> for course dates or to register.

### Colon Hydrotherapy

In this seminar students will gain a better understanding of the art and practice of colon hydrotherapy. Participants will also learn the benefits, indications and contraindications of this procedure. This is not a certification course, but is meant to provide practitioners with the knowledge necessary to advise and refer patients.

<b>Fall:</b>	Wednesday, November 16, 2005
<b>Winter:</b>	Wednesday, February 8, 2006
<b>Time:</b>	6:30 – 9:30 p.m.
<b>Fee:</b>	\$50 for health-care professionals \$25 for CCNM students
<b>Credits:</b>	Naturopathic doctors, four general category credits Registered massage therapists, 1.5 credits
<b>Instructor:</b>	Dee Lewis, RN

### Craniosacral Therapy - Introductory Workshop

Learn how to sense the body's craniosacral rhythm along with simple and painless techniques to relieve headaches and stress, improve health and promote relaxation. This one-day workshop precedes the four-day seminar for those interested in extending their training.

<b>Credits:</b>	Naturopathic doctors, four general category credits (see page 4 for course details)
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### Craniosacral Therapy - In-depth Workshop

This course expands on the content provided in the Introductory Craniosacral Therapy course. In this workshop you will practice and master techniques learned.

<b>Credits:</b>	Naturopathic doctors, 0.5 general category credit per hour of instruction, maximum 10 credits (see page 4 for course details)
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## *Emergency Care Courses*

### **Basic Rescuer CPR Level C and Re-certification**

Learn the skills that may help you save lives in cases of heart attacks and other acute emergencies. This course will enable you to recognize heart attack symptoms and teach you the skills necessary to perform cardiopulmonary resuscitation (CPR) on infants, children and adults. Upon successful completion of this course you will receive a card from the Heart & Stroke Foundation of Ontario.

(see pages 5 and 6 for course details)

### **Emergency First Aid/Heartsaver CPR**

This course will teach you to respond appropriately to common medical emergencies such as heart attack, choking and acute injuries. You will learn to administer adult CPR and become familiar with emergency first aid procedures and scene management techniques.

(see page 6 for course details)

### **Facial Rejuvenation with Acupuncture and Chinese Herbs**

Ancient cultures have always known that beauty comes from the inside out. Common sense tells us that treating the underlying cause of aging and imbalance is preferable to masking the systems. With this highly effective method of facial rejuvenation, one can simultaneously benefit a person's appearance and overall health.

In this course you will learn:

- how to customize facial rejuvenation treatments using an Oriental medical approach;
- how to assess which meridians are involved in the various ways individuals physically manifest the aging process;
- point selection and needle technique for conditions such as acne, dry skin, age spots, sagging skin, wrinkles, scars, double chins as well as bags and dark circles under the eyes, and
- Chinese herbal patent formulas for facial rejuvenation treatment.

This seminar will allow you to jumpstart your practice by enabling you to help your patients look and feel better while saving them from costly and unnecessary surgery.

This is an advanced level course. You will be asked to present documentation of your acupuncture training and at CCNM's discretion, you may be asked to demonstrate your knowledge of the acupuncture points and technique prior to the course start date. Failure to meet adequate standards will result in dismissal from the course.

<b>Fall:</b>	November 5 and 6, 2005
<b>Winter:</b>	February 25 and 26, 2006 Additional dates may be added
<b>Time:</b>	9 a.m. to 5:30 p.m.
<b>Fee:</b>	\$500 plus \$50 materials fee for health-care professionals \$350 plus \$50 materials fee for CCNM students
<b>Credits:</b>	Naturopathic doctors, nine general category credits
<b>Prerequisite:</b>	Naturopathic doctor, acupuncturist, chiropractor, and/or CCNM student
<b>Instructor:</b>	Virginia C. Doran, M.Ac., L.Ac., LMT

### Healthy Breast Teacher Training

This training program is designed for breast cancer survivors, health-care practitioners, yoga instructors and others who are interested in teaching and facilitating support groups based on the Healthy Breast Initiative.

<b>Credits:</b>	Naturopathic doctors, 17 general category credits (see page 7 for course details)
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### How to Prescribe Evidence-based TCM Formulas

The botanical Materia Medica of Traditional Chinese Medicine (TCM) is comprised of hundreds of herbs that, when combined, formulate hundreds of TCM patents that can be overwhelming to practitioners. Based on numerous studies in China and Japan, researchers have developed a large body of evidence-based research for clinical reference. This course is designed specifically to teach naturopathic doctors how the ten most commonly prescribed formulas can be used to improve their patients' outcomes.

You will learn:

- the indications and how to prescribe the most common TCM formulas;
- to review research data that supports the clinical usage of the formulas, and
- the safety, contraindications and toxicity of the formulas.

**Fall:** Thursday, October 27, 2005  
**Time:** 6:30 – 9:30 p.m.  
**Fee:** \$50 for practitioners, \$35 for CCNM students  
**Credits:** Naturopathic doctors, 1.5 botanical medicine credits  
**Instructor:** Dan Wen, MD (China)

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### Manipulation Refresher for Naturopathic Doctors

This two-day weekend seminar in manipulation contains useful and relevant information that can be used in practice.

Topics will include motion-palpation and corrective manipulation procedures/techniques for the following:

- sacro-iliac joints
- lumbar spine
- thoracic spine
- cervical spine
- upper cervical spine
- costo-vertebral joints
- first rib techniques
- gleno-humeral joint
- knee joint
- ankle joint and foot
- temporo-mandibular joint (TMJ)

**Fall:** October 22 and 23, 2005  
**Time:** 9 a.m. – 5 p.m.  
**Fee:** \$200 plus \$15 material fee for practitioners  
\$100 plus \$15 material fee for fourth-year CCNM students  
**Credits:** Naturopathic doctors, two manipulation credits, 14 general category credits  
**Instructor:** Ken Dunk, DC, ND

## Naturopathic Medicine and the Treatment of Addictions

Participants will explore the psychological and physiological components of addictions and the relationship individuals develop with habit-forming drug(s) and behaviour(s). They will learn to develop effective addiction treatment plans, detoxification protocols and withdrawal management techniques.

Course learning objectives:

- Discuss current trends of addiction and addictive behaviour, and the health implications for communities.
- Explore concepts to better understand how addictive behaviours and substances impact individual patients.
- Learn to use naturopathic principles and modalities to identify addictive behaviour patterns, make assessments, and develop treatment goals and objectives to care for individual patients.
- Become adept at using a full range of modalities to treat individuals with addictions.

**Fall:** November 19 and 20, 2005

**Time:** 9 a.m. – 5 p.m.

**Fee:** \$85 for students  
\$175 for practitioners

**Credits:** Naturopathic doctors, two lifestyle modification and counselling credits, two nutritional medicine credits, two botanical medicine credits and 10 general category credits

**Prerequisite:** Must be a health-care practitioner or have adequate scientific background

**Instructor:** Arvin Jenab, B.Sc., ND



## Naturopathic Physicians Licensing Examination (NPLEX) Preparatory Program

This CCNM program was created to help students prepare for the NPLEX Part II or clinical sciences examinations. Taught by recent graduates, the course provides students with direction, enhancing their personal style of studying, and helping them prioritize and focus on the appropriate learning material. Using blueprints, each instructor will present case studies and tips on how to absorb material.

The instructors are selected according to three criteria:

- how well they performed on the NPLEX exams;
- how recently they graduated from CCNM and wrote the exams, and
- their previous teaching experience

**Dates:** June 2006, exact dates TBD  
**Fee:** TBD

## Parenteral Therapy

Update your skills and learn how to provide parenteral therapy to your patients. This course will teach you clinic rationale, mixing solutions, necessary equipment, indications and contraindications, patient assessment, sterile technique and waste disposal subcutaneous, intradermal, IV and IM techniques, parenteral fluids, osmolarity calculation, rate and administration of parenteral infusions, formulas including vitamins and minerals, homeopathics and botanicals, quality assurance of inject-ables with written and practical examinations. Students will have the opportunity to perform at least five IV lines and five pushes prior to the practical examination.

**Winter:** January 21, 22, February 4 and 5, 2006  
**Times:** Saturdays 9 a.m. – 6 p.m. and Sundays 8 a.m. – 5 p.m.  
**Fee:** \$625 for naturopathic doctors  
\$475 for CCNM fourth-year students  
**Instructor:** Paul Saunders, PhD, ND, DHANP, CCH

## Parenteral Therapy Refresher

This course is designed for naturopathic doctors who need to maintain mandatory training requirements in parenteral therapy as set out by the Board of Directors of Drugless Therapy-Naturopathy (BDDT-N) to renew their license. Registrants will have the opportunity to perform the techniques that they have previously learned and must complete a practical examination.

**Winter:** Saturday, February 4, 2006

**Times:** 9 a.m. – 3 p.m.

**Fee:** \$250

**Prerequisite:** Successful completion of the Parenteral Therapy course and examinations by the BDDT-N

**Instructor:** Paul Saunders, PhD, ND, DHANP, CCH

## Quantum-Touch®

Quantum-Touch® is a method of hands-on healing that can be learned by anyone. It teaches simple breathing and body awareness exercises, and blends well with other complementary medicine modalities.

**Credits:** Naturopathic doctors, 14 physical therapy credits  
(see page 10 for course details)

## Reiki Level I

Reiki, translated to “universal life energy,” is an ancient system of healing touch traced back thousands of years to India and Tibet. Reiki practitioners channel energy into themselves and others to promote health and well-being.

**CE Credits:** Naturopathic doctors, six general category credits  
(see page 12 for course details)

## Reiki Level II

This course builds on the foundational knowledge acquired in the level I course. In it, you will learn and practice new healing techniques on yourself and others.

**CE Credits:** Naturopathic doctors, six general category credits  
(see page 12 for course details)

## **Self-Care and Healthy Habits**

This dynamic, interactive session introduces Everyday Self-Care, a holistic and straightforward model for achieving self-care goals.

**Credits:** Naturopathic doctors, one general category credit  
(see page 12 for course details)

### *Susun Weed Seminars*

#### **Seven Medicines**

Confused about nutritional supplements? Learn to differentiate between nourishing, toning and stimulating herbs. Discover the benefits and drawbacks of various supplements. Understand the value and limitations of diagnosis. By examining the “seven medicines,” including serenity medicine, story medicine, energy medicine, lifestyle medicine, herbal medicine, pharmaceutical medicine and hi-tech medicine, this talk will help you make sense of the many treatment options available.

(see page 13 for course details)

### *Weekend Seminar*

#### **Optimum Nutrition, Beyond Heroics – Day One**

This workshop will teach you how to find, choose, prepare and consume nutrient-dense foods that build vitality, joy and superior health. Learn about the drawbacks of vitamin/mineral supplements, consider the downside of sprouting and juices, and understand the long-term health difficulties caused by restricted diets. Follow digestion from start to finish in your body, encounter the mysterious cell wall and marvel at the microbes that feed you.

#### **Chronic Problems the Wise Woman Way – Day Two**

Wise women have remarkably effective ways of dealing with asthma, allergies, arthritis, shingles, headaches, back pain, cysts, chronic fatigue and candida overgrowth. Learn specific herbal remedies, increase your ability to listen compassionately, and experience the power of simple ceremonies that nourish change and open the door to health, wholeness, and spiritual enlightenment. Time permitting, Susun will do one or more consultations as part of this class.

**Credits:** Naturopathic doctors, two botanical medicine credits and eight general category credits for attending both days.  
(see pages 13 and 14 for course details)

### Trauma, Touch and Boundaries

Learn current cutting-edge methods of how to identify, work with and support positive growth to gently transform trauma at its core.

#### Two-hour introductory session

Traumatic experiences result in a rupture between the body-mind system. However, the relationship between psyche, body and soul can be regenerated. Learn about the latest cutting-edge developments on how to heal trauma permanently by developing new positive resource tools.

(see page 14 for course details)

### Trauma, Touch and Boundaries

Learn current cutting-edge methods of how to identify, work with and support positive growth to gently transform trauma at its core.

#### Six-hour workshop

This workshop is an expansion of the two-hour session. More opportunities to participate in experiential exercises, will deepen your understanding of the 'feeling' approach of developing the body-mind relationship.

**Credits:** An application has been made to the Board of Directors of Drugless Therapy - Naturopathy (BDDT-N) for CE credits  
(see page 15 for course details)

### Wisdom Within

This five-week course is based upon two interacting principles:

- Within each of us, our soul desires to be recognized and fulfilled.
- In order to facilitate healing in others, practitioners must begin from within, healing the spiritual self.

**Credits:** Naturopathic doctors, six general category credits  
(see page 16 for course details)



# Instructor Profiles

2005 / 2006  
COURSE CALENDAR  
C C N M



# About the Instructors...

## **Rob Ayoup, ND**

Rob graduated from CCNM in 2002. He practices naturopathic medicine from Extreme Fitness locations in both Thornhill and North York. In addition to family practice, sports medicine is an area of special interest for Rob. He also serves as a personal trainer and nutrition consultant.

## **Dennis Barnett**

Dennis has worked within a variety of organizations. He has served three terms as mayor of his community, held the position of president of a major political party, as well as held several school division trustee positions on national executive committees. Dennis is an active and effective dowser. He has offered Quantum-Touch® workshops around the world. Participants compliment him on his clear communication style, excellent teaching ability, vast experience and extraordinary character.

## **Manon Bolliger, ND, DHANP, CCH, FCAH, CBTI**

Classically trained homeopath, naturopathic doctor and senior Bowen Technique instructor, Manon shares a deep understanding of healing through her knowledge, patience and experience. She has taught Bowen Technique at CCNM since 1999 and has been integrating it in her naturopathic practice since 1992 at the Be Well Now Clinic, which she shares with Jonathan Damonte.

## **Ingrid Cryns, BES, B.Arch., OAA, CBT**

Ingrid is a certified bioenergetic therapist (CBT) and a member of the International Institute of Bioenergetic Analysis. She is currently co-director of the Southern Society of Bioenergetic Analysis (SOSBA) and is certified in Wilderness First Aid, Canoe Tripping and Basic Canoe Instruction. Ingrid started her own company, Soma Earth Enterprises, in January 2000, to help people build relationships between their body, mind and spirit. Also a registered architect, Ingrid has more than 15 years of experience running and managing a variety of complex residential and commercial projects. Her architectural and design work has been published in various magazines in Canada and the United States.

**Jonathan Damonte, RSHom (NA), CCH**

Jonathan, Bowen Technique instructor and classically trained homeopath, mixes an energetic enthusiasm with practical clinical experience in an insightful and relaxed method of instruction. He is keenly active in educating licensed professionals and establishing Canada's first equine Bowen Technique training course for use on animals.

**Linda Dessau, BFA, BMT, MTA, CPP**

Self-care coach, Linda, is the author of *The Everyday Self-Care Workbook*. Through her business, Genuine Coaching Services, she helps people develop healthy habits and make self-care a top priority. Linda is a life coach, certified by the Coaches Training Institute. She is also a music therapist, accredited by the Canadian Association for Music Therapy.

**Jeannie Doig, B.Sc. (Hons.)**

Jeannie majored in human biology at the University of Toronto, where she also competed as a varsity cross-country and track and field athlete. To manage her intense physical training and stressful academic schedule, Jeannie developed an interest in learning natural methods to boost her immunity. Currently, Jeannie is a fourth-year intern at CCNM's Robert Schad Naturopathic Clinic.

**Virginia C. Doran, M.Ac., L.Ac., LMT**

As an experienced international teacher and practitioner of facial rejuvenation acupuncture, Virginia is a recognized expert in the field. She has been a teacher and lecturer in the area of holistic health since 1980 on the subjects of massage therapy, acupuncture, aromatherapy, flower essences, Chinese and Western herbs, nutrition and supplements. A graduate of the Tri-State College for both Traditional Chinese Acupuncture and Post-graduate Chinese Herbology, Virginia is nationally certified with the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) in acupuncture and Chinese herbs. She graduated from the Swedish Institute of Massage and Allied Health Sciences in 1978, where she has since taught postgraduate courses. Virginia received her license as a massage therapist in 1979. Along with teaching, Virginia has made appearances on television, been featured in magazines for facial rejuvenation and is often a consultant for magazines regarding this procedure. She offers a referral service on her website [www.luminousbeauty.com](http://www.luminousbeauty.com) for her students and is currently writing books for both practitioners and the public about her technique.



**Ken Dunk, DC, ND**

A graduate of the Canadian Memorial Chiropractic College, Dr. Dunk received his Doctor of Chiropractic Diploma in 1973. After five years in private practice, he enrolled in the accelerated post-graduate naturopathic program at The Ontario College of Naturopathic Medicine (OCHM) graduating with a diploma of naturopathic medicine in 1981. After four years study with renowned homeopath Andre Saine, Dr. Dunk obtained his fellowship from The Canadian Academy of Homeopathy and was later designated a certified classical homeopath by The Canadian Council of Homeopathy.

From 1984 until 1989, Dr. Dunk taught Naturopathic Manipulation at OCNM (now CCNM). In addition to teaching, Dr. Dunk held the position of Chairman, Department of Physical Medicine at CCNM until 2002. He was honoured with the Excellence in Teaching Award – Clinic Faculty in 1998 and the Excellence in Teaching Award – Academic Faculty in 1997, 1999, 2000, 2001 and 2003. Currently, Dr. Dunk supervises fourth-year interns at the Robert Schad Naturopathic Clinic.

**Mel Feigen**

Mel is a senior teacher of Quantum-Touch® and one of the original five students trained by Richard Gordon and certified to practise Quantum-Touch®. Mel graduated from the University of California and has acquired years of experience teaching high school science. A practitioner, an instructor, “science guy” and consummate learner, Mel continues his quest to seek out and explore the world of energy. He works with diverse healing techniques from Asian healers, ranging from his exploration of Qi-Gong techniques to his initiation onto the path of the Inca shaman. Mel has also studied at the Southern California Psychic Institute and is well-versed in many healing modalities. He has successfully helped people with a wide variety of health afflictions, and teaches workshops all over the United States and in Canada.

**Cyndi Gilbert, BA**

Cyndi is currently working toward her ND diploma at CCNM. She is the president of CCNM's Botanical Club and has studied under registered herbalist, Kathleen Leeson. She has extensive experience in organic gardening and served as the communications coordinator for CCNM's Paracelsus Herb Garden in 2003-2004.

**Jen Gouthro, M.Ed.**

Jen has been a Reiki master since 2000. Along with teaching and practicing Reiki, she runs a personal coaching practice in Toronto with a focus on whole life balance and healing.

**Matt Gowan, B.Sc. (Hons.), ND**

Before entering the field of naturopathic medicine, Matt received an honours bachelor of science degree in biochemistry from the University of Waterloo and worked for two years conducting research for several major pharmaceutical companies. Matt graduated from CCNM in 2003 and practiced for two years as a resident naturopathic doctor at the Robert Schad Naturopathic Clinic. Matt has a keen interest in medicinal plants and herbal preparations and enjoys gardening, photography and identifying herbs in the wild. He has also completed additional acupuncture training from the Certified Contemporary Medical Acupuncture course at McMaster University.

**Trish Green, B.Ed., DiHom (Pract.), BFRP**

Trish carries more than 25 years of teaching experience with a degree in education from The Victoria University of Manchester, England. An international lecturer and a certified aromatherapist, she became a certified Bach Flower practitioner in 1998. One year later she became a teacher for the Bach Flower International Education Programme. In that same year she earned the position of co-ordinator of the International Education Programme for Bach Flower Therapy in Canada, in which she served for two years before returning to teach the program. She currently teaches a wide array of courses at the Balnea Institute in Burlington, Ontario.

**Robert F. Harris, RMT**

Robert has been a registered massage therapist since 1978 and has practised Craniosacral Therapy since 1986. A former instructor at the Upledger Institute, he has presented numerous lectures and workshops on craniosacral therapy in Canada and abroad.

**Arvin Jenab, B.Sc., ND**

Arvin holds a bachelor of science degree in human anatomy from McGill University and is a CCNM graduate. In addition to running a private naturopathic practice, he teaches part-time at CCNM, the Ontario College of Homeopathic Medicine and the Transformational Arts College. He also supervises fourth-year interns at CCNM's Robert Schad Naturopathic Clinic. Arvin was nominated for the Naturopathic Doctor of the Year award in 2002 and has received several other awards for his contributions to the naturopathic profession. He has successfully completed specialty training from the Centre for Addiction and Mental Health.

**Seema Kanwal, B.Sc.**

Seema has a bachelor of science in chemistry from Simon Fraser University and is currently working towards her diploma in naturopathic medicine at CCNM. Before entering CCNM's naturopathic medicine program Seema worked in forensics with the RCMP.

**Sat Dharam Kaur, B.Sc., BA, ND**

Sat Dharam is a naturopathic doctor practising in Owen Sound, Ontario. She graduated in 1989 from CCNM. She holds both a B.Sc. and BA from the University of Guelph and a diploma in fine art from the Ontario College of Art. She developed the Healthy Breast Initiative in an effort to educate women about the causes of breast cancer and naturopathic ways to both prevent and treat it. She has presented The Healthy Breast Initiative at World Conferences on Breast Cancer – the first in Kingston in 1997 and the second in Ottawa during 1999. Sat Dharam's book *A Call to Women: The Healthy Breast Program and Workbook*, published by Quarry Press (now CCNM Press) in 2000, has become a bestseller, deeply appreciated by patients and practitioners. Sat Dharam Kaur was honoured with the Naturopathic Doctor of the Year Award in 2000 for her work in breast cancer prevention.

**Dee Lewis, RN**

Dee has been a registered nurse for more than 20 years with experience in critical care nursing and palliative care. She is a qualified instructor with the International Association of Colon Hydrotherapy. In 1999, Dee opened Genesis Natural Health Centre in Newmarket, Ontario, where she specializes in colon hydrotherapy.

**Sam Marrow, BA, APP, CBM**

Sam has been a certified CPR instructor with The Heart and Stroke Foundation of Ontario since 1998. He received his first aid instructor's certificate from Toronto Emergency Medical Services (EMS) in November 2001. Since that time, he has been a First Aid & CPR instructor at Seneca College of Applied Arts and Technology, CCNM and numerous daycare centres throughout the Toronto area.

**Tammy Mead, B.Sc.**

Tammy graduated from the State University of New York, in Albany, with a bachelor of science in biology and chemistry, and worked in the computer industry for several years. In 1992, when diagnosed with a serious chronic illness, she set aside the time to again study and research biological science. Between her research and her personal experiences, she found allopathic methods of treating chronic illnesses often ineffective. These observations and experiences eventually led to metaphysical and spiritual research. Tammy strongly feels energy medicine was pivotal in her healing, and when introduced to Quantum-Touch® in October, 2002 was immediately drawn to the modality. Her unique experience with her illness enables her to bring a different perspective about healing and she strives to give others the hope and encouragement they need to experience their own miracles.

**Paul Saunders, PhD, ND, DHANP, CCH**

After completing his undergraduate premedical training, a masters of science degree and a year in a seminary, Dr. Saunders earned a PhD in plant ecology from Duke University and taught in the United States. Over a decade later he took a sabbatical, attended and graduated from The Ontario College of Naturopathic Medicine (now CCNM) as an ND, and completed additional training and residency at the National College of Naturopathic Medicine, Portland, Oregon. In 1994, Dr. Saunders was honoured as the Naturopathic Doctor of the Year for his contributions to student clinical education, and again in 2002 for his contributions towards expanding the profession. In 1998, he received the President's award from the Canadian Naturopathic Association (now the CAND) for his advancement of naturopathic medicine internationally, and in 2000, he testified before the White House Commission on Complementary and Alternative Medicine Policy at the Town Hall Meeting. In 2000, he assumed the position of editor at The Canadian Journal of Herbalism.

Dr. Saunders currently teaches botanical medicine, parenteral therapy, venipuncture, and art and practice of naturopathic medicine. He has made numerous radio, TV, newspaper and public lecture appearances to foster awareness about various aspects of naturopathic medicine. Dr. Saunders was an expert witness for the Crown in two murder cases involving the use of a botanical medicine. He has also participated in many conferences including Mount Sinai Hospital's Colon Cancer Forum and the second International Herbal Medicine Conference. He has participated in clinical rounds at Sunnybrook Hospital (now Sunnybrook Health Science Centre) and the Hospital for Sick Children in Toronto and has served on grant review panels for the Canadian Arthritis Society and the National Institutes of Health in Washington, DC. He maintains a private practice in Dundas, Ontario.

### **Rob Shaw**

Rob is a graduate of George Brown College where he received a diploma in astrological studies. Since then he has facilitated classes in meditation and astrology at the Waterloo County Separate School Board, City of Waterloo and YWCA Wellness Centre – Kitchener, and Conestoga College spanning more than twenty years. He has also provided instruction in the various levels of astrology at the YWCA Wellness Centre – Kitchener, Waterloo Board of Education, Galt Collegiate Institute, Institute for Astrological Studies and George Brown College.

Rob has made occasional guest appearances and been interviewed by numerous broadcast media since 1978. He co-hosted a healthy styles radio show on Talk640 in Toronto throughout 1996.

### **Gail Thornton, BA, MA, PhD (cand.)**

Gail is currently working toward her PhD in Holistic and Aesthetic Education at the Ontario Institute for Studies on Education (OISE) at the University of Toronto. She is a research assistant for the OISE, a speaker for Holistic Education, a drama education consultant and a listening therapist for the Listening Centre.

**Jonathan J. Tokiwa, BScN, RN, ND**

Jonathan completed his bachelor of science degree in Nursing at the University of Toronto in 1999. He worked as a registered nurse at Mount Sinai Hospital's Emergency Department. As well, he possesses training in the air transport of patients through Seneca College's Aeromedical Program. Currently, he holds certification as a Heart and Stroke Foundation of Ontario and Toronto Emergency Medical Services (EMS) instructor. As of May 2005, he completed his diploma in naturopathic medicine at CCNM.

**Susun Weed**

Susun is the author of four highly-acclaimed books on herbs and women's health: *Wise Woman Herbal for the Childbearing Year*, *Healing Wise, New Menopausal Years the Wise Woman Way*, and *Breast Cancer? Breast Health! The Wise Woman Way*. Susun lectures world-wide on women's health and herbal medicine. From her home in New York State's Catskill Mountains, she directs the activities of the Wise Women Centre, acts as editor-in-chief of Ash Tree Publishing, personally oversees the work of 400 correspondence students, and trains shamanic apprentices. Susun has lived the simple life for more than 35 years as a herbalist, goatkeeper, home-steader and feminist. She has been called "a true radical – deeply rooted," "a modern pioneer," and "one of the founding mothers of herbal medicine in the United States."

**Barbara Weiss, BBA (Hons.)**

A clinic intern at the Robert Schad Naturopathic Clinic, Barbara is currently in her fourth year at CCNM. Prior to entering the field of naturopathic medicine, Barbara earned an honours bachelor of business administration from Wilfrid Laurier University and built a successful, 16- year career in marketing. During that time she lectured at various conferences across North America. Barbara has a keen interest in environmental sustainability and environmental medicine and enjoys gardening, canoeing and hiking.

**Dan Wen, MD (China)**

Dan has nearly 20 years of experience in clinical and laboratory research in the integration of Chinese and Western medicine. He held a four-year faculty position at Guangzhou University of TCM and a three-year research fellowship in gastroenterology at the Mayo Clinic. His research at Washington University's School of Medicine on absorption of vitamin B12 has been supported by a National Institutes of Health (NIH) research grant. Currently, he is president of Honso USA Inc., headquartered in Phoenix, Arizona.

**Kathy Wilson**

Kathy has an aptitude for observing how energy moves and impacts people's bodies, lives and environments. A York University graduate, she works with individuals and businesses to identify and dismantle energy blocks, creating space for abundance and fulfillment. Kathy works in cooperation with her clients, pooling resources to achieve the best possible results. She is a certified practitioner of Therapeutic Touch, Reiki, Focus Therapy and Quantum-Touch®. Kathy is also one of the three founding members of The Quantum-Touch® Association of Canada.

**Carol Zawada, B.Kin., ACE, ND**

Carol graduated from CCNM in 2003 and currently co-owns and operates Naturopathic Elements a multi-disciplinary health clinic in Mississauga. She has combined a lifelong passion to learn and educate with her love of health and wellness.

Carol holds a bachelor of kinesiology degree from McMaster University. Her thesis, *Gender Differences in Carbohydrate Loading in Endurance Athletes*, was published in the Journal of Applied Physiology in July 2001. A certified personal trainer and Reebok accredited spinning instructor, she has helped many achieve their health and fitness goals.

Carol's professional advancement training allows her to customize orthotics and perform intravenous therapy. She is a member of the Ontario Association of Naturopathic Doctors (OAND) and is registered with the Board of Directors of Drugless Therapy – Naturopathy.

## Registration Form

Ms.       Miss.       Mrs.       Mr.       Dr.       CCNM student

Surname \_\_\_\_\_

First Name \_\_\_\_\_

Street Address \_\_\_\_\_ Apt.# \_\_\_\_\_

City \_\_\_\_\_ Prov./State \_\_\_\_\_ Postal Code \_\_\_\_\_

Day Telephone Number (     ) \_\_\_\_\_

Evening Telephone Number (     ) \_\_\_\_\_

Fax Number (     ) \_\_\_\_\_

E-mail Address \_\_\_\_\_

Profession \_\_\_\_\_

Visa                       MasterCard                       Cheque

Card # \_\_\_\_\_ Expiry date \_\_\_\_\_

Cardholder's signature \_\_\_\_\_

Course name(s) and course codes:  
\_\_\_\_\_

### **For office use only:**

Date received \_\_\_\_\_

Receipt # \_\_\_\_\_

Method of payment:  Visa       MasterCard       Cheque       Cheque

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