

NATIONAL COLLEGE OF NATUROPATHIC MEDICINE



Catalog 2004-2005

MISSION STATEMENT

The mission statement of National College of Naturopathic Medicine is to educate and train physicians and practitioners in the art and science of natural medicine.

Adopted June 2004

AUTHORIZATION

National College of Naturopathic Medicine (NCNM) is a nonprofit corporation authorized by the State of Oregon to offer and confer the Doctor of Naturopathic Medicine (ND) degree and the Master of Science in Oriental Medicine (MSOM) degree described herein, following a determination that state academic standards will be satisfied under OAR 583-030. Inquiries concerning the standards or school compliance may be directed to the Office of Degree Authorization (ODA), 1500 Valley River Drive, Suite 100, Eugene, OR 97401.

NCNM complies with the Equal Opportunity Act of 1965, American Disabilities Act of 1990, and Title IV of the Higher Education Act as federally re-authorized in 1998. These acts and amendments prohibit discrimination on the basis of age, sex, race, national or ethnic origin, religion, or disability. NCNM also adheres to guidelines set forth by the Family Educational Rights and Privacy Act of 1974, which pertains to limitations and rights of access to student records. To ensure compliance with these requirements, NCNM enacts policies and procedures, and articulates protocols in this catalog, the student handbook, departmental policy and procedural guides, and employee manuals.

Every effort has been made to ensure the catalog's accuracy of information. NCNM regularly reviews its policies to improve the institution and the quality of education provided. Changes to the catalog can be made without prior notice. This catalog is not a contract between NCNM and current or prospective students. The catalog is available on CD at no cost through the Office of Admissions or in a viewable and downloadable .pdf format from the Internet at www.ncnm.edu. Paper copies are available by request.

EQUAL OPPORTUNITY STATEMENT

NCNM, in compliance with state and federal laws and regulations, does not discriminate on the basis of race, color, national origin, religion, sex, sexual orientation, marital status, age, disability, or veteran's status in any of its policies, procedures, or practices. This nondiscrimination policy covers admission and access to, and treatment and employment in, College programs and activities, including but not limited to academic admissions, financial aid, educational services, and employment.

COLLEGE AND PROGRAM ACCREDITATION

NCNM confers the Doctor of Naturopathic Medicine (ND) degree and Master of Science in Oriental Medicine (MSOM) degree as approved by the State of Oregon through its ODA. Approval is granted to institutions that satisfy state academic standards under Oregon Administrative Rule 583-030.

**Oregon Office of Degree Authorization
1500 Valley River Drive, Suite 100
Eugene, OR 97401
541-687-7452, www.osac.state.or.us/oda/**

NCNM is a candidate for accreditation at both the master's and professional doctoral degree levels with the Northwest Commission on Colleges and Universities (NWCCU). The Northwest Commission is one of seven U.S. regional accrediting bodies authorized and recognized by the Secretary of Education.

Northwest Commission on Colleges and Universities
8060 165th Avenue NE, Suite 100
Redmond, WA 98052
425-558-4224, www.nwccu.org

The degree program in naturopathic medicine is accredited by the Council on Naturopathic Medical Education (CNME), a specialized accrediting agency.

Council on Naturopathic Medical Education
3535 Peachtree Rd., Suite 520-209
Atlanta, GA 30326-3287
541-484-6028, www.cnme.us

NCNM's MSOM program is accredited by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM). ACAOM is a specialized accrediting agency for the approval of programs preparing acupuncture and Oriental medicine practitioners.

Accreditation Commission for Acupuncture and Oriental Medicine
Maryland Trade Center #3
7501 Greenbelt Center Drive, Suite 820
Greenbelt, MD 20770
301-313-0855, www.acaom.org

Other sources of information available to prospective students about NCNM include the College viewbook, the Student-for-a-Day Program, campus visits, and the institution's web site at www.ncnm.edu. For further information regarding NCNM programs, please contact:

NCNM Office of Admissions
049 SW Porter Street
Portland, OR 97201
503-552-1660, admissions@ncnm.edu, www.ncnm.edu

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PRESIDENT'S WELCOME LETTER

Dear Student,

I invite you to attend National College of Naturopathic Medicine for its collaborative, inspiring learning environment set in the beautiful, livable city of Portland. As the fountainhead for modern natural medicine education, NCNM has provided a solid foundation for more than 1400 dedicated alumni since 1956. It is an exciting time, as we stand at the threshold of commencing our 50th class in 2006. Expect many outstanding events in the next two years as we celebrate our Golden Anniversary.

We offer two professional degree programs: a doctoral degree in naturopathic medicine (ND), and a masters of science in Oriental medicine degree in classical Chinese medicine (MSOM).

Our ND program is based upon five principles that create the foundation of the medicine, the first two capturing the essence of naturopathy: do no harm and act in cooperation with the healing power of nature, *vis medicatrix naturae*. Our student-oriented faculty provides a deep understanding of these principles, which will guide your practice as a naturopathic doctor.

Our MSOM program, comprehensive and experiential, is home to a dedicated faculty, most classically trained in China. They deliver a mentor-guided and intellectually challenging program, leading to licensure as an acupuncturist/herbalist.

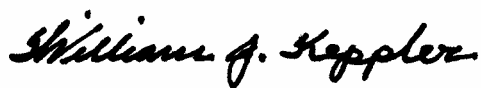
As an accredited institution, both professional and regional accrediting bodies have lauded our high quality academic and clinical education. During the latest site visit by the Northwest Commission on Colleges and Universities, the evaluation team chair commented on the "excellent work" being done within our "strong and dynamic" academic programs.

Please take time to research your options, and carefully consider the benefits of choosing NCNM as a path to your future in natural medicine.

Join us, if you will, as we change the face and heart of primary healthcare one physician and practitioner at a time.

With every good wish.

Respectfully,



William J. Keppler, PhD
President and Professor of Public Health

LETTER FROM THE PROVOST

Dear Student,

I suspect that you have been drawn to investigate the National College of Naturopathic Medicine because you are interested in a career in natural healing; because you share the increasingly common view that medicine should treat the whole person; and because you understand that it can do so in gentle, effective ways that work with the body's innate healing potential to promote optimum health. You have heard the call to serve humanity as a healer.

NCNM's programs in naturopathic medicine and classical Chinese medicine blend ancient healing wisdom with innovative science in challenging curricula, preparing practitioners to meet the needs of today's patients: patients seeking care from those who recognize that maintaining physical, mental, and spiritual health is more important than treating disease.

NCNM is not for everyone, but if you are committed to a lifetime of service to humanity through the practice of natural medicine and can meet our rigorous standards, we offer a path to your future characterized by excellence in both classroom and clinical education. Please consider joining our community of exceptional, dedicated healers as we pursue our mission: "To educate and train physicians and practitioners in the art and science of natural medicine."

I congratulate you for embarking on a stimulating journey toward a rewarding career serving humanity through natural medicine. Please call me directly if I may assist in your quest or be of service in any way.

Sincerely,



David R. Odiorne, MS, DC
Provost and Vice President for Academic Affairs
(503) 552-1703

ACADEMIC CALENDAR

2004/2005

revised 5/19/2004	
ND 1 Orientation	9/1-3/2004
Fall Term Begins	9/12/2004
Last Day to Add or Change Sections	9/24/2004
Last Day to Pay Tuition & Fees	9/24/2004
Late Payment Fee Assessed	9/27/2004
Planning Day - Student, Staff, Faculty Attend	9/27/2004
Last Day to Drop Classes	10/8/2004
Veterans Day Campus Closed	11/11/2004
Employee Training Days	11/22-23/2004
Thanksgiving Break No Classes	11/21 - 27/2004
Thanksgiving Holiday Campus Closed	11/25-26/2004
Clinic Holiday III	11/21-24/2004
Practical Exam / Make Up Week	11/28 - 12/4/2004
Finals Week	12/6 - 12/10/2004
Fall Term Ends	12/11/2004
Winter Break No Classes	12/12/2004-1/1/2005
Clinic Holiday IV	12/12 -18/2004
Clinic Holiday V	12/19-25/2004
Campus Closed Winter Holiday	12/24-12/31/2004
12/24 & 27 Christmas Holiday Days, 12/28-30 Employee Appreciation Days, 12/31 New Years Holiday	
Winter Term Begins	1/2/2005
Last Day to Add or Change Sections	1/14/2005
Last Day to Pay Tuition & Fees	1/14/2005
Martin Luther King Campus Closed	1/17/2005
Late Payment Fee Assessed	1/17/2005
Last Day to Drop Classes	1/28/2005
Practical Exam / Make Up Week	3/15-18/2005
Finals Week	3/21-25/2005
Winter Term Ends	3/26/2005
Spring Break	3/27 - 4/2/2005
Clinic Holiday VI	3/28 -4/3/2005
Spring Term Begins	4/3/2005
Last Day to Add or Change Sections	4/15/2005
Last Day to Pay Tuition & Fees	4/15/2005
Late Payment Fee Assessed	4/18/2005
Last Day to Drop Classes	4/29/2005
Memorial Day Campus Closed	5/30/2005
Practical Exam / Make Up Week	6/13-17/2005
Finals Week	6/20-27/2005
Spring Term Ends	6/25/2005
Commencement	6/27/2005
Summer Term Begins	6/26/2005
Clinic Holiday I	6/26/2005 - 7/2/2005
4th July Holiday Campus Closed	7/4/2005
Labor Day Holiday Campus Closed	9/5/2005
Clinic Holiday II	9/4-10/2005
Summer Term Ends	9/10/2005

AROUND PORTLAND, OREGON

A haven for those seeking well being, community, culture, and an environment steeped in natural beauty, Portland, Oregon, is an ideal place for studying natural medicine.

Mountains and Gorge

Situated in the northernmost part of the Willamette Valley, Portland is nestled between the Cascade mountain range to the east and the Coast range to the west. Prominent peaks, Mt. Hood, Mt. St. Helens, Mt. Adams and even Mt. Rainier can be seen on clear days. Mt. Hood is a playground for outdoor enthusiasts offering hiking trails, ski areas, and campgrounds. To the northeast, and 30 minutes from downtown, is the Columbia River Gorge National Scenic Area. The Scenic Highway provides access to hiking trails, river beaches, inspiring views, and dramatic waterfalls—the 620-foot Multnomah Falls is the second highest year-round waterfall in the nation.

Pacific Coast

The Pacific coast, with its rugged rocky headlands and lush forests, is a ninety minute drive from Portland. Sprinkled along 300 miles of public beach, coastal communities are small and inviting, providing a treasure of local art, food, and lodging.

Wine Country

The valley farmlands, which extend into Southern Oregon, are home to a growing number of organic farms and orchards, flower fields, and dozens of small, internationally acclaimed wineries. Oregon provides ideal conditions for pinot noir grapes and produces spectacular wines.

The City

Portland, affectionately known as “the City of Roses” and “City of Bridges,” is home to nearly two million residents. Divided by the Willamette River and bordered to the north by the Columbia River, Portland abounds in parks (10% of all city land) including 5,100-acre Forest Park. The city offers an array of restaurants from gourmet, to bistros, to organic and vegetarian. Coffee houses, clubs, galleries, and a wide range of event venues support a rich, diverse nightlife. Many varied residential areas for renters or homeowners surround the NCNM campus, allowing easy access by foot, bike, or public transportation.

Climate

Known for its extended, bloom-filled spring, the Portland area enjoys a mild turn of the four seasons. While it has a reputation for rain—on average thirty-seven inches a year—other large cities, such as Atlanta, get more rainfall. Summer temperatures average in the mid-seventies with little precipitation. A benefit of our mountain rain is an abundant water supply—among the purest in the nation.

Culture: Arts and Entertainment

The Portland area offers cultural events for all facets of its community. The largest and most famous of these is the Portland Rose Festival approaching its 100th Anniversary. Held each year in June, it lasts twenty-five days and features more than seventy events, the highlight being the Grand Floral Parade. Other festivals include The Bite, A Taste of

Portland (featuring Portland's premier food, wine tasting, and musical entertainment), Fiesta Cinco de Mayo (Oregon's largest multicultural event), and the Oregon Brewers Festival where seventy-two breweries from Oregon and across the country bring their best beers.

Attractions

Perennial attractions include the acclaimed Oregon Zoo, the Portland Art Museum, the Oregon Museum of Science and Industry (OMSI), the Japanese Garden, the Classical Chinese Garden, Portland's Saturday Market (the largest weekend open-air crafts market in the nation), and Powell's City of Books (one of the largest bookstores in the nation).

Arts

The Portland arts community is diverse and vibrantly creative. Live-music lovers can find virtually any musical genre they desire being played somewhere, from local pubs to the Arlene Schnitzer Concert Hall. Regular performing groups include the Oregon Symphony Orchestra, Portland Opera, West Coast Chamber Orchestra, Portland Youth Philharmonic, and the Oregon Ballet Theater. While there are many small theaters, the Portland Center for the Performing Arts attracts large nationally acclaimed productions. As well, the city supports more than seventy art galleries and ten museums. Area galleries support evening art walks with new monthly exhibits.

Sports

Sports enthusiasts have a variety of teams to watch. The NBA's Trail Blazers and ASL (American Soccer League) Timbers are Portland's two professional teams. As well, there is a minor league baseball team and a junior hockey team. Yearly men and women's professional golf tournaments are also hosted.

Public Transportation

The Portland metro area leads the country in light-rail development and boasts the best transit system in the country. MAX (Metropolitan Area Express) light-rail trains link downtown Portland with outlying areas and the Portland International Airport. TriMet, Portland's public transportation provider, is committed to decreasing cars on the road and helping preserve the region's environmental quality and quality of life in general.

Home of High Tech

Named one of the most "wired" regions in the country, Portland has more than 1,700 high tech companies employing approximately 64,500 workers in the metropolitan area. Electronic products account for more than fifty percent of the state's total exports.

Helpful Web Sites for Relocation

www.oregonian.com The Oregonian (daily newspaper)

www.traveloregon.com Travel Oregon

www.pova.com Portland Oregon Visitors Association

www.oregonlive.com Oregon Live

www.multcolib.org Multnomah County Library

www.craigsl.com Craig's List

DOCTOR OF NATUROPATHIC MEDICINE

NATUROPATHIC MEDICINE

Naturopathic medicine is a patient-centered primary care approach that uses natural means to restore and optimize health. It is a distinct system of health care—an art, science, philosophy, and practice of diagnosing, treating, and preventing disease. Naturopathic medicine is heir to the vitalistic tradition of medicine in the Western world and emphasizes the treatment of disease through the stimulation, enhancement, and support of the inherent healing power of the body. Methods of treatment are chosen that respect the natural healing process.

HISTORY OF NATUROPATHIC MEDICINE

The roots of naturopathic medicine go back thousands of years, drawing on the healing wisdom of many cultures including East Indian (Ayurvedic), Chinese (Taoist), Greek (Hippocratic), Arabian, Egyptian, and European (monastic medicine) traditions.

With the age of scientific inquiry, medicine took on exciting dimensions and developed new tools for fighting disease. In fact, many older time-tested healing and health maintenance methods were discarded at a rapid rate as doctors began treating disease almost solely with surgery and drugs.

Some practitioners in Europe and America, however, recognized that valuable, empirically proven natural therapies were being lost, and struggled to retain the practice of promoting health through stimulation of the vital force and the appropriate use of natural agents.

As a distinct American health care profession, naturopathic medicine is one hundred years old, whose origins can be traced back to Dr. Benedict Lust and Dr. Robert Foster. Dr. Lust originally came to the United States from Germany to practice and teach hydrotherapy techniques popularized in Europe by Sebastian Kneipp. A committee of Kneipp practitioners met in 1900 and determined that the practice should be expanded to incorporate all natural methods of healing, including botanical medicines, nutritional therapy, physiotherapy, psychology (mind-body connection), homeopathy, and the manipulative therapies. They called their profession “naturopathy.”

The first school of naturopathy was founded by Dr. Lust in New York City and graduated its first class in 1902. During the same period, Dr. Foster founded a similar institution in Idaho that trained the early naturopathic pioneers responsible for establishing licensing laws in Oregon and Washington states.

Naturopathic medical conventions in the 1920s attracted more than 10,000 naturopathic physicians. There were more than twenty naturopathic medical colleges, and NDs were licensed in a majority of states. Naturopathic medicine experienced a decline in the 1940s and '50s with the rise of pharmaceutical drugs, technological medicine, and the idea that drugs could eliminate all disease. As ND degree programs began closing down, one after another, NCNM was founded to keep the medicine alive. The drop-off in popularity was

so steep that during its first twenty years, NCNM graduated only seventy students. From its founding in 1956 until 1979, when three of its alumni founded John Bastyr College (now Bastyr University) in Seattle, it was the only naturopathic college in the U.S.

For almost half a century now, NCNM, founded by those who began practicing in the 1920s and 1930s, has been at the center of the profession, preserving and extending the legacy of naturopathic medicine by training future physicians. The profession has experienced resurgence in the past two decades as a health-conscious public has sought alternatives for conditions that conventional medicine has not adequately addressed. Since the late 1970s, NCNM alumni have opened three more naturopathic colleges and NCNM enrollment has quadrupled. This growth is in direct response to the changing needs of our society; not only is the public demanding a medical model in which the individual plays a more active role in her/his health and healing process, but doctors also want a medical model that is more patient-centered and holistic.

NCNM is alma mater to nearly 1,300 naturopathic physicians who practice in nearly every state and province and many foreign countries. Many are nationally recognized spokespersons and teachers as well as successful physicians who have gone on to found new naturopathic colleges. NCNM alumni have also founded professional associations to promote and expand naturopathic medicine. This is an exciting time to join the profession and help make history in the field of naturopathic medicine.

EDUCATIONAL OBJECTIVES OF THE ND PROGRAM

The ND graduate will have attained competency in the following areas:

- Incorporate the principles of naturopathic medicine in diagnosis and treatment.
- Taking a medical history and physical examination.
- Utilization of medical diagnostic procedures.
- Integration of clinical data and therapeutic intervention.
- Educating patients in disease prevention and therapeutic needs.
- Communication with medical peers and practice management.
- Development of ongoing learning skills and professional development.
- Principles of evidence based medicine.

PRINCIPLES OF NATUROPATHIC MEDICINE

The practice of naturopathic medicine emerges from six principles of healing. These principles are based on the objective observation of the nature of health and disease and are examined continually in light of scientific analysis. These principles stand as the distinguishing marks of the profession:

The Healing Power of Nature *vis medicatrix naturae*

The body has the inherent ability to establish, maintain, and restore health. The healing process is ordered and intelligent; nature heals through the response of the life force. The physician's role is to facilitate and augment this process, to identify and remove obstacles to health and recovery, and to support the creation of a healthy internal and external environment.

First Do No Harm *primum non nocere*

Therapeutic actions that are complementary to and synergistic with the body's innate healing process prevent harm to patients. Naturopathic physicians follow three precepts to avoid harming the patient: 1) Use methods and medicinal substances which minimize the risk of harmful effects, and apply the least possible force or intervention necessary to diagnose illness and restore health. 2) Whenever possible, avoid symptom suppression as it can interfere with the healing process. 3) Respect and cooperate with the *vis medicatrix naturae* in diagnosis, treatment, and counseling.

Identify and Treat the Cause *tolle causam*

Illness does not occur without cause. Underlying causes of disease must be discovered and removed or treated before a person can recover completely from illness. Symptoms are expressions of the body's attempt to heal, but are not the cause of disease; therefore, naturopathic medicine addresses itself primarily to the underlying causes of disease, rather than to the symptoms. Causes may occur on many levels, including physical, emotional, mental, and spiritual. The physician must evaluate fundamental underlying causes on all levels, directing treatment at root causes as well as seeking relief of symptoms.

Treat the Whole Person *in perturbato animo sicut in corpore sanitas esse non potest*

Health and disease are conditions of the whole organism, involving a complex interaction of physical, spiritual, mental, emotional, genetic, environmental, and social factors. The physician must treat the whole person by taking all of these factors into account. The harmonious functioning of all aspects of the individual is essential to recovery from and prevention of disease, and requires a personalized and comprehensive approach to diagnosis and treatment.

The Physician as Teacher *docere*

Beyond an accurate diagnosis and appropriate prescription, the physician must work to create a healthy, sensitive interpersonal relationship with the patient. A cooperative doctor-patient relationship has inherent therapeutic value. The physician's major role is to educate and encourage the patient to take responsibility for his or her own health. The physician is a catalyst for healthful change, empowering and motivating the patient to assume responsibility. It is the patient, not the doctor, who ultimately creates or accomplishes healing. The physician must strive to inspire optimism as well as understanding. The physician must also make a commitment to her/his personal and spiritual development in order to be a good teacher.

Prevention *principiis obsta: sero medicina curatur*

The ultimate goal of naturopathic medicine is prevention. This is accomplished through education and promotion of lifestyle habits that foster good health. The physician assesses risk factors and hereditary susceptibility to disease and makes appropriate interventions to avoid further harm and risk to the patient. The emphasis is on building health, rather than on fighting disease. Because it is difficult to be healthy in an unhealthy world, it is the responsibility of both physician and patient to create a healthier environment in which to live.

SCOPE OF PRACTICE

Naturopathic physician's scope of practice varies by jurisdiction. Once universally licensed in the United States, naturopathic physicians have seen their laws sunset in many states over the past fifty years. Currently, thirteen states, Puerto Rico, and four Canadian provinces license naturopathic physicians. Due to a resurgence of interest in naturopathic medicine, eight additional states have naturopathic licensing bills before their legislature including New York, and Florida. Many jurisdictions regard NDs as primary care physicians and provide them with the scope of diagnostic and therapeutic privileges necessary to be a doctor first seen by a patient for general health care, for advice on keeping healthy, and for the diagnosis and treatment of acute and chronic conditions. In those jurisdictions in which NDs are not licensed, the scope of practice excludes the diagnosis and treatment of disease.

The naturopathic physician is defined by the U.S. Department of Labor as one who "Diagnoses, treats, and cares for patients, using system of practice that bases treatment of physiological functions and abnormal conditions on natural laws governing [the] human body: Utilizes physiological, psychological, and mechanical methods, such as air, water, light, heat, earth, phytotherapy, food and herb therapy, psychotherapy, electrotherapy, physiotherapy, minor and orificial surgery, mechanotherapy, naturopathic corrections and manipulation, and natural methods and modalities, together with natural medicines, natural processed foods and herbs and nature's remedies. Excludes major surgery, therapeutic use of x-ray and radium, and use of drugs, except those assimilable substances containing elements or compounds which are components of body tissues and are physiologically compatible to body processes for maintenance of life." Yet many states have broad drug formularies that allow NDs to prescribe drugs.

It should be noted that the state of Utah requires a one-year residency before licensing NDs. Like other physicians, recently graduated NDs are encouraged to seek additional clinical experience under the supervision of a licensed physician, in the form of residencies and mentorships.

DIAGNOSTIC TECHNIQUES

NDs are trained in conventional diagnostic techniques such as physical exam, laboratory testing, differential diagnosis, x-ray and ultrasound imaging, and psychological assessment. In addition, NDs use specialized laboratory tests that assess physiological function, as well as other observational and physical techniques. NDs endeavor to identify disease states in the context of the individual's overall health.

THERAPEUTIC TECHNIQUES

Botanical Medicine: Many plant substances are powerful medicines. Where isolated chemically derived drugs may address only a single problem, botanical medicines are able to address a variety of problems simultaneously. When properly administered, most botanical medicines can be applied effectively with minimal chance of side effects.

Clinical Nutrition: Food is the best medicine and is a cornerstone of naturopathic practice. Many medical conditions can be treated more effectively with foods and nutritional supplements than they can by other means, with fewer complications and side effects. NDs use diet, natural hygiene, fasting, and nutritional supplementation in their practices.

Homeopathic Medicine: Homeopathic medicine is treatment of disease/symptoms using correctly prescribed, minimal doses of natural substances (plant, animal, mineral), which if taken in larger doses would *cause* disease/symptoms. The acting principle being “like cures like.” It promotes the return to health on physical, mental and spiritual levels.

Mind/Body Medicine: Mental attitudes and emotional states may influence, or even cause, physical illness. Counseling, nutritional balancing, stress management, hypnotherapy, biofeedback, and other therapies are used to help patients heal psychologically.

Minor Surgery: Naturopathic physicians do in-office minor surgery, including repair of superficial wounds and removal of foreign bodies, cysts, and other superficial lesions.

Naturopathic Obstetrics/midwifery: Trained and certified NDs provide childbirth care in an out-of-hospital setting. They offer prenatal and postnatal care using modern diagnostic techniques combined with ancient midwifery wisdom. The naturopathic approach strengthens healthy body functions so that complications associated with pregnancy may be prevented.

Classical Chinese Medicine: Within the ND program, classical Chinese medicine is a healing philosophy that is complementary to naturopathic medicine. Classical Chinese medical theory offers an important understanding of the unity of the body and mind and adds to the Western understanding of physiology.

Physical Medicine: Naturopathic medicine has its own methods of therapeutic manipulation of soft tissue, muscles, bones, and spine. NDs also use ultrasound, diathermy, exercise, massage, water, heat and cold, and gentle electrical therapies.

Naturopathic practice also includes the use of any medical substances which contain elements that are components of bodily tissues or can be utilized by the body for the maintenance of life and the repair of tissues. The current scope of practice excludes major surgery and the use of many synthetic drugs.

“Scope of practice” is specifically defined by the legislation in the various states and provinces that license or regulate naturopathic medicine, and practice varies significantly among states, provinces, and countries.

ND PROGRAM OF STUDY

The ND degree course of study at NCNM is an intensive four-year doctoral program that prepares candidates for national (NPLEX) and state board licensing examinations and the

general practice of naturopathic medicine. Upon graduation, alumni are eligible to sit for board examinations in states and provinces that license naturopathic physicians. The core, or required, curriculum provides the foundation and skills necessary for naturopathic family practice.

First year studies include the normal structure and function of the body with a solid introduction to naturopathic theory, philosophy, and therapeutics.

Second year focuses on the study of disease and diagnosis, while beginning the botanical, therapeutic manipulation, clinical nutrition, and homeopathic medicine sequences. To enter into third year clinical training, students must pass all basic sciences and diagnostic courses as well as a clinic entrance examination (Graduate Proficiency Assessment 1).

Third year continues to focus on the botanical, manipulation, clinical nutrition, and homeopathic medicine sequences, begins the organ systems courses (which emphasize case management), and gives major emphasis to clinical training. Students must pass a clinical primary status exam (Graduate Proficiency Assessment 2) to proceed in the clinic.

Fourth year continues the organ systems courses. The major focus of the fourth year is practical clinical training, working side by side with licensed physicians caring for patients. A clinic proficiency exam (Graduate Proficiency Assessment 3) ensures clinical competency prior to graduation.

Because the program is rigorous and the course load heavy, students may choose to complete the ND degree in five rather than four years. In some cases, students may be required to be in the five-year track. The student may take no more than seven years to complete the ND program and no more than nine years to complete dual program.

ND COURSE DESCRIPTION

BASIC SCIENCES

The basic science courses involve an in-depth study of the structure and function of the human body from the gross anatomical to the microscopic and molecular levels.

BAS 410/420 Musculoskeletal Anatomy I, II (4 credit hours lecture)

The lecture sequence in the fall and winter terms covers the anatomy of the muscular, skeletal, vascular, and nervous elements of the extremities, spinal column, and skull.

BAS 411/421/431 Gross Anatomy Laboratory I, II, III (1 credit hour)

This is a three-term course in which students participate in human cadaver dissection as an aid to learning and remembering the interrelationships of the parts of the human body. Prerequisites: concurrent enrollment in BAS 410 and 420

BAS 412/422/432 Organ Systems Anatomy and Physiology I, II, III (6 credit hours lecture fall and winter, 7 credit hours lecture in spring)

This year-long sequence is an in-depth exploration of the anatomy, physiology, and development of the internal organ, endocrine, and central nervous systems.

BAS 414 Medical Histology (3 credit hours lecture, 1 credit hour lab)

Microscopic anatomy of all major body tissues, including an introduction to histopathology, is covered in this lecture course and lab.

BAS 417/427/437 Cellular Systems I, II, III (9 credit hours lecture, plus 0.5 credit per term for 3 terms of discussion/recitation)

These courses cover biochemical structures and pathways of metabolism including the role of vitamins and minerals; the basic functions of the immune system with emphasis on its role in protecting against microbial infections and tumors; and immune deficiency states, autoimmunity, and psychoneuroimmunology.

Prerequisites: BAS 417 for BAS 427 and BAS 427 for BAS 437

BAS 418/428/438 Basic Science Clinical Correlations I, II, III (3 credit hours lab)

This year-long sequence explores how the basic sciences of anatomy, physiology, and biochemistry are used to understand actual clinical cases. The format is a combination of case presentations and small group discussion. Students learn to research cases in the medical literature.

Prerequisites: concurrent enrollment in BAS 412/422/432

BAS 440/441 Microbiology I & II (6 credit hours lecture)

This course covers infectious diseases, microbial structure and function, and the normal flora and common pathogens of the body. The course also includes the etiology, epidemiology, prevention, and control of communicable diseases from the public health point of view. Special emphasis is placed on how the practitioner interacts with public health agencies.

BAS 434 Research & Statistics (2 credit hours lecture)

Upon completion of this course, students will be able to read medical research material and critically assess clinical studies.

BOTANICAL MEDICINE

The botanical courses provide extensive training in the use of plant medicines in naturopathic practice, including their prescription, manufacture, and field recognition. NCNM has a medicinary that stocks 150 different herbal tinctures and 100 dry herbs. In addition to courses focused specifically on botanical medicine, the ND program integrates botanical treatment in clinical science courses (endocrinology, cardiology, gynecology, urology, dermatology, oncology, neurology, etc.)

Elective: BOT 440E, 441E, 442E Northwest Herbs I, II, III (6 credit hours lecture/lab/field trips)

These elective courses cover local plant identification, ethical harvesting, drying techniques, and preparation of herb tinctures, oils, salves, and many other therapeutic preparations. Traditional, historical, and scientific use of plants are explained. Students are encouraged to develop an appreciation for plants that is not limited to seeing them as medicinal agents. Each term includes outdoor field trips to enhance the plant study.

BOT 520/530/610 Botanical *Materia medica* I, II, III (3 credit hours lecture winter, 2 credit hours lecture spring, 3 credit hours lecture fall)

These sequential courses comprise a detailed survey of plants and plant preparations used in naturopathic practice, integrating traditional herbal knowledge with modern pharmacological research. The pharmacognosy, pharmacodynamics, toxicology, and therapeutics of each plant are considered. The coursework begins with an intensive on medicinal plant chemistry and follows with a focus on organ systems—the pathologies, the herbal treatments, and practical case presentation and workshops on case management and prescribing herbal formulas.

Prerequisites: concurrent enrollment in CLS 520/530

Elective: BOT 620E/630E Advanced Botanical *Materia medica* I, II (6 credit hours lecture)

These elective courses build on the required botanical *materia medica* classes. Studies include additional and less commonly used plant medicines and creation of botanical formulas for various disorders. There is also time to explore, in more depth, plant energetics, the most recent research on botanical medicines, as well as the spiritual and metaphysical aspects of herbs.

CLASSICAL CHINESE MEDICINE

Two courses (CCM 510 and 520) in classical Chinese medicine are required for the ND program. These courses focus on classical principles that provide a foundation for understanding Chinese medicine and may be integrated into naturopathic medical practice. CCM 535 and 536 are available to ND students as electives.

CCM 510 Classical Chinese Medicine Theory I (3 credit hours lecture)

This course introduces the conceptual parameters of classical Chinese medicine, specifically the concepts of holism (heaven, human, and earth), duality (yin and yang), dynamism (five phases), and spiritual materialism (*jing, qi, shen*). Upon completion, students will be able to recognize the multidimensional nature of Chinese medical discourse and read through the field's literature critically. They will understand that Chinese medicine is a system of thought and will be introduced to the theoretical concepts used in clinical diagnosis and treatment.

Prerequisites: second-year status

CCM 520 Classical Chinese Medicine Theory II (3 credit hours lecture)

This course presents a detailed example of the workings of functional medicine by creating a physiological map of the twelve organ networks of Chinese medicine. Honoring the alchemical perspective “as above, so below,” the *zang-fu* organs are discussed as functional relay systems that not only execute certain archetypal roles within the microcosm of the body, but also clearly relate to specific holographic counterparts in the macrocosmic spheres of the terrestrial, celestial, and social realms. Students thus become exposed to an example of the classical vision of holism in all its depth, complexity, and detail-oriented sophistication.

Prerequisites: CCM510

Elective: CCM 535 Pathology III (2 credit hours lecture)

Upon completion of this course students should be able to conceptualize the fundamental pathology of the traditional Chinese body landscape and recognize the basic disease patterns in a classroom setting

Elective: CCM 536 Diagnostic Modalities III (2 credit hours lecture)

This course is designed to apply the universal concepts of traditional Chinese thought and cosmology to the microcosm of the human body. The courses will convey a broad introduction to the major systems of Chinese diagnosis, particularly the organ network (*zangfu*) and six confirmation (*liujing*) approaches. Upon completion, students will be able to observe facial color, tongue, hair, nails, body fluids, pulse, etc., and make a basic analysis according to the diagnostic parameters of classical Chinese medicine.

Prerequisites: CCM 510, CCM 535 concurrent for CCM 536.

Elective: CCM 500E/502E/503E Qigong Supplement I, II (2 credit hours lecture)

This series of elective courses supplements the introductory classes of Chinese medical theory. Each course provides an experiential setting where the base concepts of Chinese medicine, such as *yin-yang, qi, jing-qi-shen*, heaven and earth, and the unique nature of the Chinese organ systems can be known in a holistic way. Both courses consist of the introduction and practice of ancient cultivation exercises, such as movement, breath work, and chanting.

NATUROPATHIC CLINICAL EDUCATION

**CLE 430, CLE 520/530, CLE 710/711/712/713/714/715,
CLE 812/813/814/815/816/817/818/819/820/821/822/824/825, CLE 972, CLE718**

Students gain practical clinical skills by working under the supervision of licensed naturopathic physicians, both in NCNM's primary teaching clinic and at other health care facilities. Students begin learning through observation and gradually gain more responsibility for patient care. All patient care is under the direct supervision of licensed physicians.

Requirements for the completion of the clinical practicum include 1,200 clock hours of direct patient contact with a minimum of 500 patient contacts, demonstrated competence in specific clinical skills; and the guidance and assessment of the clinic staff in clinical skills, knowledge, judgment, professional and ethical behavior, and communication skills.

Clinical experience begins during the summer after the first year. The role of first- and second-year students is chiefly technical: performing various hydrotherapy treatments. During the summer after the second year through the third and fourth years, students become part of the treatment teams that deliver primary care in the clinic. Each student has a required summer clinic shift. (See Summer Term Tuition.)

In addition to the minimum 1,200 hours of patient care, third- and fourth-year students attend Naturopathic Grand Rounds, in which clinical cases of interest to students and clinicians are presented. Clinical education includes academic courses and community service activities. As well, students attend medicinary, x-ray, and laboratory practicums.

Prerequisites: Prior to beginning third-year clinical training, students must pass the Secondary Clinic Entrance Examination (Graduate Proficiency Assessment 1) and basic science courses. Prior to beginning fourth-year clinical training, students must successfully complete a primary entrance exam (Graduate Proficiency Assessment 2) and third-year courses as defined in the Student Handbook to become a primary clinical student. These exams are traditionally given during the spring term.

ND PRECEPTORSHIP PROGRAM

CLE846

The Preceptor Program provides students with opportunities to broaden and strengthen their clinical skills under the mentorship of licensed physicians in practice. To graduate, 264 hours of clinical field observation are required. A minimum of 145 hours are completed with a naturopathic physician, and the remaining 119 hours may be done with a variety of health care professionals, most commonly NDs, MDs, DOs, and DCs. Through preceptorship, students develop an awareness of varied clinical pathologies and learn such skills as doctor-patient communications, applications of therapeutic modalities, and the routine operation of a doctor's office or clinic.

CLINICAL NUTRITION

The nutrition courses are designed to give the physician a comprehensive knowledge of clinical nutrition. Students will learn to use diet and nutritional supplements to treat and prevent a wide variety of diseases.

NUT 530 Nutrition I (3 credit hours lecture)

This course provides the foundation for a working knowledge of the actions, recommended intake, and therapeutic uses of macronutrients (carbohydrates, fats, proteins) and micronutrients (vitamins, minerals, accessory nutrients). Dose, toxicity, and deficiency issues for each vitamin and mineral are also discussed.

Prerequisites: BAS 412/422/432, 417/427/437

NUT 611 Nutrition II (3 credit hours lecture)

This course explores diet and its relationship to health and disease. Course emphasis is on the health effects of different foods and special diets. Students will also develop skills in diet assessment and counseling.

Prerequisites: NUT 530

NUT 622/633 Nutrition III, IV (6 credit hours lecture)

These courses integrate Nutrition I and II's content and application in the clinical setting. Students learn to critically evaluate various nutritional therapies for the prevention and treatment of specific diseases. The courses provide an evidence-based approach to clinical nutrition, with an emphasis on dietary manipulation, vitamin and mineral supplementation, and the use of accessory nutritional factors.

Prerequisites: NUT 610

DIAGNOSTIC SCIENCE

The clinical science courses teach the knowledge and techniques necessary to understand and diagnose disease.

CLS 510/520/530 Clinical and Physical Diagnosis I, II, III (15 credit hours lecture)

In this sequence of courses, students integrate information presented in pathology to learn the diagnosis of disease. This includes the integration of medical history, physical examination, and laboratory testing appropriate for accurate medical assessment of each system in the body and their interrelationships.

Prerequisites: BAS 410/412/420/422/432, concurrent enrollment in CLS 512/522/532/542

CLS 510L/520L/530L Physical Diagnosis Lab I, II, III (3 credit hours lab)

These courses cover the practical portion of the physical diagnosis curriculum. Students are taught charting skills, patient history taking, and all aspects of the physical examination.

Prerequisites: Concurrent enrollment in CLS 510/520/530

CLS 512/522/532/542 Pathology I, II, III, IV (14 credit hours lecture)

These courses approach the study of disease through the pathological processes that apply to tissue in general, such as cell injury and death, inflammation, repair, and neoplasia. Diseases of each organ system, including causes, changes in tissue structure and function, and the clinical course of each condition, are studied. They include the mind/body connection, and nutrition as they relate to disease states.

Prerequisites: BAS 410/420, BAS 412/422, concurrent enrollment in BAS 432

CLS 513/523/533 Laboratory Diagnosis I, II, III (6 credit hours lecture, 1.5 credit hours lab)

This course sequence is coordinated with pathology and clinical and physical diagnosis. Students are taught indications for specific tests and evaluation of test results. In the lab portion of class, students learn medical laboratory techniques used in physician offices.

Prerequisites: BAS 417, 427, 419, 429, 439, 437; concurrent enrollment in CLS 510/520/530, CLS 512/522/532

CLS 514/524/534 Clinical Case Presentations I, II, III (3 credit hours discussion lab)

This course is a problem-based study of clinical cases that will encourage diagnostic thought processes for students, while illustrating important elements of pathology and clinical diagnosis and laboratory testing.

Prerequisites: BAS 432, concurrent enrollment in CLS 510L/520L/530L

CLS 516/526/CLS536 Pharmacology I, II, III (6 credit hours lecture)

This course presents the principles of pharmacodynamics, including drug absorption, metabolism, distribution, excretion, and mechanism of action. Students are expected to classify and describe the pharmacodynamics, side effects, and therapeutic uses of drug prototypes from the contemporary drug classes. Special emphasis is given to drugs contained in the Oregon and other naturopathic formularies.

Prerequisites: BAS 417/427/437, BAS 432

CLS 614/624/634 Diagnostic Imaging I, II, III (2 credit hours fall term, 3 credit hours winter, 2 credit hours spring, lecture)

Students are taught the radiographic anatomy and findings of common disorders, with emphasis on differential diagnosis and clinical correlation. Students also learn about the operation of x-ray equipment and how to order imaging studies. Other basic methods covered are ultrasonography, nuclear medicine, computerized tomography, magnetic resonance imaging, and their proper use in diagnosis.

Prerequisites: BAS 432, CLS 510/520/530, CLS 512/522/532/542

CLS 621 Medical Genetics (2 credit hours lecture)

This course covers the basis, diagnosis, and transmission of genetic disorders. The role of genetics in congenital diseases, prenatal diagnosis of chromosomal disorders, and new techniques in human molecular genetics are emphasized.

Prerequisites: BAS 414, CLS 512/522/532

CLS 631 Environmental Medicine (2 credit hours lecture)

This course focuses on the health effects of pollutants in the environment and in the workplace. Students are taught how chemical substances and radiation affect the human organism and how to diagnose and treat the disease conditions that occur from these exposures.

Prerequisites: BAS 417/427/437, CLS 530/542

CLS 632 First Aid & Emergency Medicine (2 credit hours lecture/lab)

In this course, students are taught to recognize and respond to medical emergencies with conventional and naturopathic techniques, while making appropriate decisions for referral.

Prerequisites: CLS 510/520/530

Elective: CLS 640E Natural Pharmacology (2 credit hours lecture)

This course offers an in-depth look at evidence-based therapeutic interventions, ranging from diet and nutrition to botanical therapies. Students will be exposed to the latest scientific evidence in the field of natural medicine and will learn how to adjust individual patient biochemistry in order to regain and sustain optimal wellness through maintenance of a physiologically balanced homeostasis.

Prerequisites: third-year status

Elective: CLS 643E The Liver in Health and Disease (2 credit hours lecture)

The course involves an in-depth study of hepatic pathophysiology and treatments of diseases including: hepatitis C, steatohepatitis, alcoholic liver disease, liver cirrhosis, liver cancer, and diabetes. Emphasis is put on interpreting laboratory results, understanding the psychophysiology of the liver, liver detoxification systems and their clinical applications, the basics of Chinese medicine perspectives on the liver, and the critical role a healthy liver plays in overall health.

Elective: CLS 644E Clinical Case Presentations IV (1 credit)

The course provides a forum for students to experience discussing and analyzing complex, multifactorial, and unusual cases. Students will create differential diagnoses and learn conventional and ND diagnostic tests and management strategies, and when to refer to a specialist. How to use intuition and mind/body medicine in the diagnosis and treatments of the disorders covered will also be included.

CLS 999 Thesis (1 credit)

This course is an independent study focusing on your thesis. You will be expected to progressively complete each phase of thesis development, research, and writing.

HOMEOPATHIC MEDICINE

NCNM has a tradition of excellence in homeopathic education. The focus of study is on classical homeopathy as taught by Hahnemann and Kent. The first five classes listed, Introduction to Homeopathy and Homeopathy I-IV, are required classes; Homeopathy V-VIII are electives.

HOM 510 Introduction to Homeopathy (2 credit hours lecture)

This course introduces students to the principles and philosophy of classical homeopathy. Students will learn about vitalistic medicine, the history of vitalism, the vital force in health and disease, the nature of medicines, and ways to affect the vital force.

Prerequisites: NPH 410, CLS 510

HOM 520 Homeopathy I (2 credit hours lecture)

This course serves as a continuation of Introduction to Homeopathy. Students will gain a greater depth of understanding of the concepts addressed in the previous class and begin the study of the essence, keynotes, and characteristics of the polycrest remedies.

Prerequisites: HOM 510

HOM 530 Homeopathy II (2 credit hours lecture)

As a result of this class, students will gain further understanding of constitutional homeopathy. Emphasis will be on case taking, case analysis, evaluation of remedy action, and the follow-up interview. Students will be able to assess and classify the remedy reaction, will gain an understanding of *Kent's Repertory*, and will learn the arrangement, schema, and language of repertory. The study of the *materia medica* and polycrest remedies continues.

Prerequisites: HOM 520

HOM 610 Homeopathy III (3 credit hours lecture)

Students will gain greater understanding of the use of *Kent's Repertory*, with emphasis on the mental and general sections. Students will further their knowledge of constitutional homeopathy, with emphasis on case analysis, the follow-up interview, evaluation of remedy action, and the second prescription. Study of the polycrest remedies continues.

Prerequisites: HOM 530

HOM 620 Homeopathy IV (3 credit hours lecture)

This course focuses on prescribing homeopathic remedies for acute ailments by using keynote symptoms and repertory.

Prerequisites: HOM 610

Elective: HOM 630E Homeopathy V (3 credit hours lecture)

For the discussed disease states, students will learn the most common symptoms and the related rubrics, the most common remedies indicated, and how to differentiate among them. Students will view and analyze cases being taken, observe patients of different "remedy types," match the symptoms of the patient with rubrics in *Kent's Repertory*, and study *materia medica* to find the most appropriate remedy. Students will understand the main indications and uses of discussed remedies.

Prerequisites: HOM 620

Elective: HOM 710E Homeopathy VI (3 credit hours lecture)

Upon the completion of this course students will know the most common symptoms and the related rubrics, as well as the most common remedies indicated and how to differentiate among them for the discussed disease states. Cardiovascular, neurological,

musculoskeletal, and genitourinary (including sexual) problems are studied. *Materia medica* are presented in each area, along with differentials, important rubrics to consider, and the most prominent remedies for each condition. Cases are presented, taken, and analyzed. Remedies are prescribed.

Prerequisites: HOM 620

Elective: HOM 720E Homeopathy VII (3 credit hours lecture)

Upon completing this course, students will be able to describe the characteristic general and keynote symptoms, and major therapeutic indications for at least eight additional homeopathic remedies. Students will be able to give the symptom indications with remedy comparisons for at least ten remedies most often used for each of several common gastrointestinal and dermatological complaints. The student will be able to describe the uses, strengths, and weaknesses of various repertories and methods of repertorization. In addition, they will be able to prepare potencies from crude substances.

Prerequisites: HOM 620

Elective: HOM 730E Homeopathy VIII (3 credit hours lecture)

Upon completion of this course, students will have learned the most important remedies in the treatment of the following conditions and will be able to differentiate and prescribe from among the leading remedies: anxiety disorder, arthritis, cancer, diabetes, eczema, gangrene, herpes zoster, insomnia, lumbago, multiple sclerosis, neuralgias, psoriasis, sciatica, suicidal tendencies, thyroid dysfunction, tumors, ulcers, and warts. Case analysis and patient management skills will be refined.

Prerequisites: HOM 620

MIND/BODY MEDICINE

The fundamental purpose of the curriculum is to provide students with the foundation necessary to integrate successfully the mind, body, and spirit in working with patients. With a special emphasis on recognizing and treating patients in the realms of emotional and mental health, students are provided the information and skills necessary to offer a truly holistic approach.

PSY 420 Doctor/Patient Communication I (1.75 credit hours lecture/lab)

In this course, students will begin developing specific counseling skills for interviewing and listening to their future patients. Areas addressed include concerns unique to specific patient populations such as adolescents, along with learning how to support patients in making healthy lifestyle changes. Significant time is given for discussion and small group work.

PSY 530 Stress Management (1 credit hour lecture)

This is a didactic and experiential course exposing students to the psychological and biological affects of stress on the individual. The course will allow students to identify methods of stress reduction for clinical practice as well as for going through medical school.

PSY 610 Doctor/Patient Communication II (1.5 credit hours lecture/lab)

Material presented in this course is designed to strengthen students' skill and confidence in facing the challenges of primary care practice. By exposing students to actual patients in class, as well as through videotaping exercises with actors, they gain confidence in working with patients. Particular emphasis includes patients suffering from depression, suicidal thoughts, life-threatening disease, and addiction.

Prerequisites: third-year status

PSY 720 Counseling Techniques (2.5 credit hours lecture)

This course is designed to introduce students to a range of counseling methods and techniques with an emphasis on the special needs of the holistic medical practice. Skill building will focus on strengthening a personal style of interviewing, identifying a clinical mental health orientation, conducting a comprehensive clinical interview with a mental health emphasis, and integrating counseling techniques with holistic approaches.

Prerequisites: PSY 420

PSY 722 Psychological Assessment (2.5 credit hours lecture)

This course covers topics in mental health and psychiatric medicine, including some of the more common diagnostic features in psychopathologic disorders. Emphasis is placed on recognizing and providing treatment for mental health states commonly found in naturopathic medical practices.

NATUROPATHIC OBSTETRICS/MIDWIFERY

The Obstetrics/Midwifery Program at the National College of Naturopathic Medicine is a synthesis of the philosophies of natural medicine and traditional midwifery. We strive to “be with” (midwife) each woman as her pregnancy progresses and “to stand before” (obstetrics) her reverently, acknowledging her strength and the indisputable wisdom of childbirth. As naturopathic physicians, we honor this wisdom of the body. As midwives, we honor birth as a natural process. With our dual training as naturopathic physicians and midwives, we are uniquely qualified to provide comprehensive health care for the woman and her family throughout their lives.

NCNM offers a specialty Certificate in Naturopathic Obstetrics/Midwifery. The program combines the principles of midwifery with naturopathic philosophy and treatment. Students are schooled in the natural process of pregnancy, labor, and birth, while also being trained in detection and management of unusual and emergency situations. Graduates of the program are uniquely prepared to provide for the safety of mother and infant and to provide continuing care for the new family.

Students intending to include natural childbirth in their practices must complete the entire didactic sequence of obstetric coursework to prepare themselves to manage pregnancy, childbirth, postpartum, and neonatal periods. Program coursework meets Oregon licensure requirements for the Certificate of Natural Childbirth and Washington State midwifery requirements. Individuals interested in practicing naturopathic midwifery in other areas should contact local governing agencies to inquire about requirements.

Students must be in good academic standing and apply for the clinical preceptorship program in their third year. Qualified applicants will be interviewed by the OB Selection Committee for entry into the obstetrics/midwifery certificate program. Those admitted to the program who successfully participate in/or manage 50 patients and successfully complete the obstetrics sequence while satisfying preceptorship requirements earn the Certificate in Naturopathic Obstetrics/Midwifery. Annual selection is limited by the availability of preceptorships; therefore, the OB Selection Committee may be unable to place all qualified applicants.

NCB 610 Natural Childbirth I (3 credit hours lecture)

This course prepares the naturopathic physician to provide health care appropriate to the special circumstances of pregnancy. Topics covered include diagnosis of pregnancy, initiating prenatal care, therapeutics for early pregnancy, management of miscarriage, infertility, referrals, overviews of normal labor and birth, and the postpartum care of mothers and infants. The student is prepared to screen for risks and to offer clients informed choices related to hospital or out-of-hospital birthing options.

Prerequisites: CLS 510/520/530, CLS 510L/520L/530L, CLS 512/522/532/542, CLS 513/523/533

Elective: NCB 620E Natural Childbirth II (3 credit hours lecture)

This course initiates specialty training in naturopathic obstetrics. The emphasis is on the role of prenatal care in assessing and assisting the maintenance of well-being for mother and fetus. Screening skills introduced in Natural Childbirth I are refined and expanded. Complications of pregnancy are studied along with the continuum of appropriate treatment possibilities, ranging from naturopathic therapeutics to referral for high-risk cases.

Prerequisites: NCB 610

Elective: NCB 630E Natural Childbirth III: Labor and Delivery (3 credit hours lecture)

This course prepares students to provide support and safety to the birthing family through labor and the emergence of the new baby. Films of normal labor and birth are used to enhance lectures on the techniques of monitoring the fetal/maternal condition and the progress of the labor. Complications of labor and birth are examined, and the hands-on skills required for response to those situations are discussed and demonstrated.

Prerequisites: NCB 610

Elective: NCB 710E Natural Childbirth IV: Postpartum Management (3 credit hours lecture/lab)

This course begins with the third stage of birth, delivery of the placenta, and concludes with the six weeks of postpartum. The effects of pregnancy resolution and the beginning of motherhood on a woman's body, mind, and spirit are studied. Students are taught practical skills such as perineal repair, bladder catheterization, IV insertion, blood loss estimation, management of postpartum hemorrhage, and breast-feeding support, as well as an appreciation for the dynamics of personal and familial transition during this period.

Prerequisites: NCB 610

Elective: NCB 720E Natural Childbirth V: Neonatology (3 credit hours lecture/lab)

This course educates both the naturopathic physician and the ND obstetrical specialist on case management of the mature fetus and newborn to 12 weeks of age. Lectures include a review of fetal development from 34 weeks gestation, transition anatomy-physiology in the neonate, normal newborn assessment, screening/treatment for newborn anomalies, and neonatal resuscitation.

Prerequisites: NCB 610, NOS 632

Elective: NCB 730E Natural Childbirth VI: Special Topics in Natural Childbirth (2 credit hours lecture/lab)

This seminar provides students with the opportunity to research topics of special interest and share information with colleagues. Topics presented by the course instructors include developing childbirth education classes, counseling and grief in pregnancy loss, and adoption. Additionally, this course covers water births, working with related social agencies, and intubation training.

Prerequisites: NCB 610

Elective: NCB 740E Natural Childbirth VII: Legal Aspects of Obstetrics/Midwifery (1 credit hour lecture)

Medical, legal, and malpractice issues are discussed with respect to different states, as well as requirements for licensure.

Prerequisites: NCB 610

NCM 801-808 Natural Childbirth Preceptor I–VIII (16 credit hour clinic)

Preceptors for students accepted into the Obstetrics/Midwifery Certificate program.

NATUROPATHIC PHILOSOPHY AND PRACTICE

These courses provide the historical, philosophical, legal, and practical aspects of naturopathic practice. The philosophy courses are introductions to the theoretical basis of naturopathic medicine. Although all courses at NCNM are based on the naturopathic philosophy, these courses offer an in-depth understanding of the foundation upon which naturopathic medicine is built.

NPH 410/420/430 Naturopathic Medical Philosophy & Therapeutics I, II, III

(6 credit hours lecture/discussion)

These lecture and discussion courses integrate the philosophical basis of naturopathic medicine and the role of the naturopathic physician in today's world. Students will examine the development of naturopathic philosophy, discuss the principles of natural healing, and examine naturopathic therapeutic systems and their relationships to the underlying philosophy.

NPH 531 Naturopathic Medical Ethics (1 credit hour lecture)

This is an interactive course that explores ethical principles universal in all branches of medicine, while examining the ethical principles unique to naturopathic medicine.

Material presented includes ethical issues generated by students themselves as well as case studies and information provided by the Oregon Board of Naturopathic Examiners.

NPH 723/733 Business/Practice Seminar I, II (4 credit hours lecture/discussion)

These courses focus on the development of a business plan, and emphasize the knowledge and skills necessary to formulate one. Also discussed are financial management, organizing an office, hiring personnel, etc.

Prerequisites: third-year status

NPH 731 Medical Jurisprudence (1 credit hour lecture)

This course surveys medical health care law as it applies to naturopathic physicians. This includes licensing and regulations, reporting, informed consent, confidentiality, advance directives, HIPAA, malpractice, and provider services agreements.

Prerequisites: fourth-year status

NATUROPATHIC CLINICAL SCIENCES

These courses present the naturopathic perspective on diagnosis, prevention, and treatment of disease by system and region. They integrate multiple treatment forms, with the principles of naturopathic philosophy into case management, along with criteria for referral.

NOS 613 Gynecology (3 credit hours lecture)

This course focuses on the diagnosis, management, and treatment of gynecological problems. Students will learn evidence-based, effective naturopathic treatment protocols. Criteria for referral to specialist and integration of naturopathic medicine with conventional medicine are also covered.

Prerequisites: CLS 510/520/530

NOS 615 Gynecology Lab (1 credit hour lab)

This laboratory course teaches examination and procedures associated with gynecological diagnosis and treatment.

Prerequisites: NOS 613, or NOS 613 concurrently

NOS 630 Cardiology (3 credit hours lecture)

This course focuses on pathophysiology, diagnosis, and treatment of conditions affecting the heart, circulatory system, and lungs. Students are taught to assess and treat common conditions and to refer effectively when necessary.

Prerequisites: CLS 510/520/530

NOS 632 Pediatrics (3 credit hours lecture)

This course focuses on a thorough review of physical examination, recognition of normal variations, and diagnosis of the pediatric conditions encountered in a general family practice. Appropriate use of referral is stressed, along with the therapy and management of disorders. Guest lecturers discuss their specialty areas.

Prerequisites: CLS 510/520/530

NOS 699E Advanced Pediatrics (2 credit hours lecture)

This course takes an in-depth look at the care and management of children. In-office management of common pediatric illnesses and complaints, how to deal with parents and

other caregivers, understanding children's particular needs in medical situations, handling pediatric referrals and emergencies, and recognizing developmental milestones will be discussed in detail.

NOS 710 Eyes, Ears, Nose & Throat (2 credit hours lecture)

Upon completion of this course, students will have the skills required for diagnosing, treating, and referring common and dangerous ophthalmologic and otolaryngeal problems. Emphasis is placed on integrating naturopathic therapeutics as they are informed by naturopathic philosophy and evidence-based medicine.

Prerequisites: CLS 510/520/530

NOS 711 Dermatology (2 credit hours lecture)

This course emphasizes the diagnosis of common and serious skin lesions. The principles of nonsuppressive and curative therapies are discussed, as are conventional medical treatments.

Prerequisites: CLS 510/520/530, CLS 512/522/532/542

NOS 712 Endocrinology (2 credit hours lecture)

This course focuses on the complex interactions of the body's hormonal systems and the causes and effects of metabolic and hormonal imbalance. Diagnosis and treatment of common endocrine disorders are presented.

Prerequisites: CLS 510/520/530, CLS 512/522/532/542, CLS 513/523/533

NOS 714 Geriatrics (1 credit hour lecture)

This course covers the process of aging and the psychosocial and physical problems of older people. Diagnostic and therapeutic techniques are discussed. Emphasis is placed on preventing, reversing, or retarding degenerative changes and on maximizing health.

Prerequisites: CLS 510/520/530

NOS 720 Neurology (2 credit hours lecture)

This course covers the basic neurological exam, diagnosis, management, and naturopathic and conventional treatment of nervous system diseases. Appropriate collaboration with specialists is stressed.

Prerequisites: CLS 510/520/530

NOS 721 Urology (2 credit hours lecture)

This course covers the naturopathic and conventional diagnosis and treatment of diseases affecting the urinary tract and the male genital system.

Prerequisites: CLS 510/520/530

NOS 723 Proctology (1 credit hour lecture)

This course teaches students the diagnosis, assessment, and treatment of conditions of the anus and rectum. The use of office surgical techniques is emphasized.

Prerequisites: CLS 510/520/530, PHM 631

NOS 725 Oncology (2 credit hours lecture)

This course covers diagnostic, etiologic, prognostic, preventive, and epidemiologic information for cancers of common sites. Conventional, alternative, and innovative approaches are discussed.

Prerequisites: CLS 510/520/530

NOS 732 Gastroenterology (2 credit hours lecture)

This course concentrates on the disorders of the digestive tract and associated organs. Physical exam, lab and x-ray studies, management and treatment of GI diseases, as well as optimization of digestive function are explored through lecture and case discussions.

Prerequisites: CLS 510/520/530, CLS 512/522/532/542

PHYSICAL MEDICINE

The physical medicine curriculum leads students to understand the relationships between structural distortion and physiological dysfunction. Techniques and procedures for assessment and treatment are taught. These techniques are widely varied in their directness, intensity, origin, and conceptual framework.

PHM 412 Hydrotherapy (2 credit hours lecture/lab)

This is a combined lecture/lab course covering the principles and procedures of using water for healing. Students learn procedures by administering and receiving treatments.

Prerequisite: NPH 410

PHM 416/426 Palpation Lab I, II (2 credit hours lab)

In this lab course, students are taught surface anatomy and palpation techniques. The course is structured to allow for supervised hands-on practice in class. Students practice palpation on each other. This course solidifies the knowledge learned in Musculoskeletal Anatomy and prepares the student for courses in Physical Diagnosis, Orthopedics, and Naturopathic Manipulative Therapies.

Prerequisites: concurrent enrollment in BAS 410/420

Elective: PHM 401E Bodywork I: Massage Foundations (1 credit hour lab)

Bodywork I is the foundation course for Bodywork II and III. It teaches the basic language and strokes of Swedish massage. Students learn by giving and receiving treatments while being guided in hands-on classes.

Elective: PHM 402E Bodywork II: Advanced Massage (1 credit hour lab)

Bodywork II covers advanced massage techniques—trigger point work and therapeutic touch. Students learn by giving and receiving treatments in supervised hands-on classes.

Prerequisites: PHM 401E

Elective: PHM 403E Bodywork III: Energy Work (1 credit hour lab)

Bodywork III teaches students to open, become sensitive to, and develop their energy work. This is taught in several ways, including subtle energy techniques and the vocabulary of energy. Respect for personal boundaries is emphasized.

Prerequisites: PHM 401E

Elective: PHM 510E Colonic Hydrotherapy (1 credit hour lecture)

This course explores the history, use, and effectiveness of colonic hydrotherapy. Students will learn indications, contraindications, treatment protocols, and supportive therapies.

Prerequisites: BAS 430/432

PHM 511/521 Physiotherapy I, II (1 credit hour lab)

This lab course covers the physics, physiology, indications, contraindications, and practical application of the major physiotherapy modalities. Students learn when and how to apply electrical stimulation, ultrasound, hot and cold, phototherapy, and vibration to bring a patient's physiology into balance. Students learn to apply these modalities by practicing on each other while being guided in hands-on labs.

Prerequisites: PHM 512/522

PHM 512/522 Office Orthopedics I, II (1 credit hour lab)

This combined lecture/lab course explores the identification and diagnosis of neuromusculoskeletal conditions. Palpation skills are integrated with history-taking and physical examination procedures. The course emphasizes critical clinical thinking and diagnosis. Students learn by practicing on each other while being guided in hands-on labs.

Prerequisites: PHM 416/426, BAS 410/420/430

PHM 515E/516E/517E/518E/519E Somatic Re-Education I, II, III, IV, V
(1 credit hour per term)

Somatic Re-Education is an interactive approach to human learning that uses touch and movement to bring about improved cognitive and physical abilities. This gentle, noninvasive approach to physical medicine provides an alternative for working with patients for whom traditional manipulation is not an optimal procedure.

Prerequisites: none

PHM 520/530/610/640 Naturopathic Manipulative Therapeutics I, II, III, IV
(1 credit hour lecture per term)

This series of lecture courses refines, integrates, and expands upon the concepts and procedures of Palpation, Hydrotherapy, Physiotherapy, Office Orthopedics, and the Naturopathic Manipulative Therapies Labs. Emphasis is on the physiology of neuromusculoskeletal injury and dysfunction, and on the physiologic effects of manual therapies. Students gain the tools needed to critically evaluate physical medicine modalities.

Prerequisites: PHM 416/426, CLS 510/520, PHM 512/522, concurrent enrollment in CLS 530

PHM 520L/ 530L/ 610L/ 640L/ 650L Naturopathic Manipulative Therapeutics Labs I, II, III, IV, V (1 credit hour lab per term)

Students learn to assess and treat soft-tissue and joint dysfunctions using gentle, effective, and efficient techniques. These techniques are drawn from osteopathic and chiropractic sources, and are based on the most advanced models and understanding of soft-tissue and

joint dysfunctions. Students learn by assessing and treating each other during guided hands-on practice with an emphasis on safety.

NMT I: Thoracic spine and ribs

NMT II: Lumbar spine and pelvis

NMT III: Cervical spine

NMT IV: Upper and lower extremity

NMT V: Review and correlation

Prerequisites: PHM 416/426, CLS 510/520, PHM 512/522, concurrent enrollment in CLS 530

PHM 621/631 Minor Surgery I, II (5 credit hours lecture/lab)

These courses teach students to diagnose conditions that are safely treated by surgery in the office, and the principles and practical techniques involved in the performance and follow-up of office surgical procedures.

Prerequisites: CLS 510/520/530

PHM 630 Exercise Therapeutics (1 credit hour lab)

Students learn the principles of using exercise as a preventive and therapeutic tool.

Students are taught to perform fitness assessments, help patients set goals, and prescribe exercise programs.

Prerequisites: BAS 412/422/432, BAS 417/427/437, CLS 510/520/530

Elective: PHM 699E Nature Cure (2 credit hours lecture)

This class emphasizes the essence of natural medicine as taught by the founding naturopathic doctors. Students will practice water and herbal therapies, poultices, Cayce treatments and more on themselves and each other. There are opportunities to experience an internal cleansing/detoxification, learn practical applications, and hear case experiences of natural, safe remedies.

Elective: PHM 710E IV Therapy (1.75 credit hours lecture/lab)

Students learn the basic clinical rationale for IV therapy, how to treat complications and handle common emergencies that can occur during IV therapy, and successful IV catheter insertion.

Elective: PHM 740E Advanced Minor Surgery (3 credit hours)

Upon completion of this course, students will have a broader knowledge of surgical procedures, treatment, and follow-up. Various new suturing techniques will enable them to handle a wider variety of cases.

Prerequisites: PHM 621/631

ND RESIDENCY PROGRAM

At the end of the four-year program, NDs can become licensed and practice once they pass NPLEX board exams and complete state licensure requirements. However, there are increasing opportunities for further clinical education in the form of naturopathic residencies. NCNM leads the profession in developing the first and largest residency program certified by the Council on Naturopathic Medical Education (CNME). Currently, residency placement is a highly competitive process. In addition to completing a Doctorate of Naturopathic Medicine from an accredited institution, candidates must demonstrate professionalism, maturity, commitment to serve, excellent clinical abilities, and an aptitude for enhancing their clinical skills.

NCNM is committed to assisting the profession in developing an adequate number of resident opportunities to allow the graduates of all accredited naturopathic degree programs to participate in a residency. For the most current information, check our web site at www.ncnm.edu.

November 12, 2004	2005-2006 residency application available.
January 14, 2005	Application deadlines for first-year residency positions: 5:00pm PST.
January 21, 2005	Notification confirming eligibility and providing instructions for interview process.
January 31, 2005	Scheduling of interviews begins for on-site residencies.
March 30, 2005	Completion of first-year residency interviews.
April 1, 2005	Initial Offer Letters sent to selected candidates.
April 15, 2005	Deadline for signed Statement of Intent by candidates accepting residency positions: 5:00pm PST.

MASTER OF SCIENCE IN ORIENTAL MEDICINE

CHINESE MEDICINE AS EXPLAINED BY THE CLASSICS

The antiquity, beauty, and efficacy of Chinese medicine have drawn Western scholars for generations. As modern China sought credibility for its age-old system of medicine, and as Westerners have striven to understand it within their own scientific context, each has emphasized only select pieces from the rich tapestry of Chinese medicine.

In contrast, the MSOM degree program at NCNM emphasizes the holistic spirit of the classic teachings of Oriental medicine. This 3,726-hour academic and clinical program, taught over four years, was developed and is taught by practitioners trained in China. Delving into the history and philosophy of this challenging system of thought, one will find that it combines the art and science of a medicine developed over millennia. This course of study will take you outside the Western concept of science into an approach that integrates the systematic and intuitive aspects of medicine while remaining observable and reproducible.

The classical Chinese medicine approach is especially suited to give new insights into the treatment of difficult and recalcitrant diseases. By bringing the legacy of an independent medical system into modern Western practices, our program is specifically designed to inspire the struggle with chronic diseases that are difficult to cure or even diagnose.

HISTORY OF THE MASTER OF SCIENCE IN ORIENTAL MEDICINE

Historically, it has been the didactic direction of the College to emphasize the “classical” traditions of Oriental medicine. The academic backgrounds of the Department Chair and all core faculty members are distinguished by extensive training in the classical tradition of Oriental medicine. The mission statement of the Classical Chinese Medicine (CCM) program was designed to include several items that specifically define its traditional orientation.

MISSION OF THE MASTER OF SCIENCE IN ORIENTAL MEDICINE

The mission of the Master of Science in Oriental Medicine degree program is to educate students to become health care professionals in the practice of Oriental medicine as illustrated by the classics. Above all, the program is intended to impart to its students the holistic spirit of Oriental medicine.

Specifically, through the MSOM coursework, the program seeks to accomplish the following:

- Instruct health care practitioners in the art and science of Chinese medicine.
- Immerse students in the culture of Chinese medicine by combining emphasis on scholarly erudition and attention for multi-layered detail with the “atmosphere”- inspiring aspects of holistic life science.
- Cultivate respect for Oriental medicine as an independent science that has its own parameters and does not require validation by other scientific systems.

- Honor the philosophical precepts that are shared by naturopathic medicine and classical Chinese medicine—belief in the healing power of nature, focus on identifying the root causes of disease, and treatment of the person as a multifaceted entity.
- Foster awareness of the historical development of Oriental medicine, including knowledge of the major schools of Chinese medical thought.
- Present Oriental medicine as a renaissance-style art that is embedded in and closely related to other traditional arts and sciences.
- Educate students to effectively treat disease, especially chronic and recalcitrant disorders, by training them broadly and equally in all major modalities of Oriental medicine, while at the same time affecting them to acquire a distinguishing sense regarding the clinical situation under which each of these modalities should be applied.

EDUCATIONAL OBJECTIVES OF THE MSOM PROGRAM

The program seeks to educate students in the practice of Oriental medicine as illustrated by the classics and to share the holistic spirit of Oriental medicine. Specifically, through the MSOM coursework and training, graduates will be able to do the following:

- Diagnose according to the traditional parameters of Oriental diagnosis.
- Master the theory and practice of the main modalities of Chinese medicine.
- Acquire a distinguishing sense regarding the clinical situations under which each of them should be applied.
- Engage in scholarly discourse regarding the nature and origin of Chinese medicine.
- Work cooperatively with other health care practitioners for optimal patient care.

MSOM COURSE DESCRIPTION

BASIC AND CLINICAL SCIENCES

The following courses within the MSOM program are also offered within the Doctor of Naturopathic Medicine (ND) degree program. Please see the ND section of the catalog for course descriptions.

Basic Sciences:

BAS 410/420 – Musculoskeletal Anatomy I, II with labs
BAS 412/422/432 – Organ Systems Anatomy and Physiology I, II, III
BAS 417/427/437 – Cellular Systems I, II, III with Tutorials
BAS 419/429/439 – Microbiology & Public Health

Clinical Nutrition:

NUT 530 – Nutrition I

Clinical Science:

CLS 510/520/530 – Clinical and Physical Diagnosis I, II, III lecture
CLS 510L/520L/530L – Physical Diagnosis Lab I, II, III
CLS 512/522/532/542 – Pathology I, II, III, IV
CLS 516/526 – Pharmacology I-II

Mind/Body Medicine:

PSY 420 – Doctor/Patient Communication I
PSY 720 – Counseling Techniques
PSY 722 – Psychological Assessment

Physical Medicine:

PHM 416 – Palpation Lab I
PHM 426 – Palpation Lab II

Practice Management:

NPH 720/730 – Business/Practice Seminar I, II

ACU-POINTS STUDIES

Acu-points studies comprises two terms of point location, by region of the body, including auricular points. The following two terms include point actions and point prescriptions.

CCM 512/522 Points I, II: Point Location, Names & Categories (6 credit hours lecture)

These two courses focus on point location, Chinese names, and therapeutic categories of points. The Chinese system of anatomical measurement and all 361 standard points on the 14 primary channels are presented. Each point is named in Chinese with an emphasis on pronunciation (*pin yin* spelling), the translation, and medical meaning for the major

points. These courses are hands-on with an emphasis on finding and marking the points on a partner.

CCM 532 Points III: Point Actions (3 credit hours lecture)

This course focuses on the therapeutic actions of points. Location, name, and category information is reviewed in the context of learning the traditional functions and symptomatic indications for each point. Extra points are also presented.

CCM 612 Points IV: Point Combinations & Protocols (3 credit hours lecture)

This course focuses on combining points into mini-prescriptions. Principles of point combining are introduced, followed by classic two- and three-point combinations. Five-Element and Extraordinary Vessel protocols are presented, as well as organ, pathogen, and vital substance treatment plans. Protocols based on classical treatment principles and therapeutic strategies are emphasized.

CCM 622 Points V: Point Prescriptions (3 credit hours lecture)

This course focuses on point prescriptions. The prescriptions reviewed are designed to address diseases and symptoms that are commonly seen in a clinical setting. We discuss the diagnostic differentiation, treatment principles, key points, and basic prescriptions in order to develop both a repertoire of treatment plans and models of how to create a well-crafted prescription.

CCM 632 Points VI: Case Analysis & Point Selection (3 credit hours lecture)

This course is specifically designed to integrate and put into practice all the elements that have been learned during previous courses in preparation for clinical internship. Each week students are presented with three actual cases to analyze outside of class. Students analyze patients' signs and symptoms, arrive at a diagnosis and treatment plan, and then devise a point prescription complete with rationale for each point. This is presented and debated in class with fellow students and an instructor.

ACU-TECHNIQUES

Hands-on practice to develop the requisite skills of a practitioner: diagnostic palpation and acupressure techniques, needling and moxibustion skills, cupping, *guasha*, and other adjunctive methods.

CCM 513 Tech I: Diagnostic Skills, Physical Exam (2 credit hours lecture)

This course is designed to develop key diagnostic skills. The Chinese physical exam devotes special attention to the observation of the face, tongue and palpation of the pulse. Understanding and practicing these skills is the core of this class. A Japanese system of evaluating the channels, the *Akabane* test, is presented after students learn the channel pathways. Students practice in and out of class and keep records. Slides are used to facilitate learning tongue diagnosis.

CCM 523 Tech II: Adjunct Therapies (2 credit hours lecture)

This course focuses on the acquisition of specific treatment skills. These important skills include cupping, moxibustion (both direct and indirect), and cutaneous stimulation, including the seven star hammer and *guasha*. Diagnostic skills are developed with regard to the patient interview, focusing on gathering information about the patient's chief complaint, and the differentiating patterns according to Chinese medical theory.

CCM 533 Tech III: Auricular Therapy (2 credit hours lecture)

Interviewing skills continue with a focus on the classical "ten questions" and the critical thinking that a Chinese differential diagnosis requires. In addition, body palpation and auricular therapy are presented. The location of points on the ear is presented in the context of using the ear for both diagnosis and treatment. In this course, treatment technique focuses on the placement of ear seeds; no needling is involved until next term.

CCM 613 Tech IV: Acupuncture I (3 credit hours lecture)

Needle insertion skill is the focus of this course. Nearly 100 different points on all 14 channels and all parts of the body are the subject of in-class practice. Pain-free insertion, careful advance of the needle, and finding/obtaining the *qi* are the primary emphases. Appropriate positioning of the patient and proper alignment of one's own body are also covered. Students practice on each other throughout the year-long training. Learning to attend to patients' concerns and reactions to acupuncture while soliciting feedback are important parts of the course. Following up on Tech III material, needling of the ear is taught.

Note: The Clean Needle Technique course offered by NCCAOM is also required

CCM 623 Tech V: Acupuncture II (3 credit hours lecture)

Needling practice continues with a focus on more challenging points and learning to manipulate *qi* according to traditional methods of tonification and dispersion. Another 100 points are chosen from all parts of the body to familiarize the student with a wide range of points and needling experience.

CCM 633 Tech VI: Acupuncture III (3 credit hours lecture)

This course focuses on perfecting diagnostic skills, as well as treatment planning and implementation. In class, each student takes the case of a fellow student. After discussing the diagnosis and treatment plan with an instructor, the student proceeds to administer the treatment. Attention is given to the orchestration of the entire process and to the subtleties of working with real people. In addition, the techniques of scalp and electro-acupuncture are introduced.

Note: Tech IV-VI include a qigong component in the belief that good acupuncture is dependent on the practitioner's awareness of and sensitivity to *qi*.

CHINESE CALLIGRAPHY

Elective: CCM 972E Chinese Calligraphy (1 credit lab)

Chinese calligraphy practice is a method of *qi* cultivation for connecting the human being and the universe. It is also a way to understand classical Chinese philosophy and the *qi* principles discussed in the MSOM program. Students will learn how to use the calligraphy brush to write Chinese characters and to help them understand the relationship of characters, philosophy, and universal *qi*.

CHINESE MEDICAL TERMINOLOGY

These two elective courses follow-up on the introduction to Chinese language presented in Herbs I. Students in any year of study will find the material illuminating and clarifying. These courses are readily accessible to beginning-level speakers and entry-level students of Chinese medicine. Several aspects of language acquisition are addressed: speaking, reading, and writing.

Elective: CCM 597E/697E Chinese Medical Terminology I, II (4 credit hours lecture)

Vocabulary, character recognition, and writing practice are integral parts of these courses. Familiarity with *pin yin* is emphasized, including tones and comparison to the Wade-Giles system. Attention is given to dictionary skills. Basic terms and concepts, treatment terms, and esoteric cosmological principles are covered.

CLASSICAL CASE STUDIES

Two terms of classical case studies are taken from the files of famous physicians in different eras to elucidate the principles and intricacy of clinical practice.

CCM 701/711 Classical Case Studies I-II (6 credit hours lecture)

These classes offer an historic review of the theoretical evolution and lineage of major academic schools, unique clinical approaches, and impact on contemporary clinical practices.

HERBAL STUDIES

Three terms are devoted to individual herbs, basic herbal combinations, and the medical theory pertinent to their classification within the *materia medica*. The following two terms of study address the classic formulas. External applications and formula modification are addressed in the final term.

CCM 511 Herbs I with lab: Individual Herbs, Names and Categories (3.5 credit hours lecture/lab)

This course focuses on individual herbs, their Chinese, Latin, and common names, and the rational and clinical significance of Chinese herbal classification. This course provides an understanding of the diagnostic parameters and theoretical application of the therapeutic categories into which the *materia medica* is organized.

CCM 521/531 Herbs II, III with Lab: Individual Herbs, Herbal Combinations (6.5 credit hours lecture/lab)

These courses focus on the therapeutic actions, doses, preparation, and application of individual herbs, with an in-depth concentration on approximately 120 herbs. The student learns to recognize and identify herb samples, the principles of herb combining, and the specific clinical effects of an herb brought out by different herbal combinations.

CCM 611/621 Herbs IV, V with lab (6.5 credit hours lecture/lab)

The Herbs IV-V series focuses on the study of classical Chinese herb formulas. Contents include the theoretical principles of formula composition, formula preparation, a deeper discussion of the diagnostic parameters, and the therapeutic categories used in herbal prescribing, as well as a basic introduction to the most important 160 formulas of the Chinese formulary (with an in-depth introduction to 40 core constitutional formulas).

CCM 631 Herbs VI: Formula Modification, External Application

(3 credit hours lecture)

This course consists of a seminar class on the principles and significance of the modification of herbal formulas in meeting the needs of the individual patient. Preparation, application, and the principles and clinical significance of external formulations will also be discussed.

ETHICS AND MEDICAL JURISPRUDENCE

CCM 737 Ethics and Medical Jurisprudence (1 credit hour lecture)

This course is designed to give the student an understanding of the fundamental professional and ethical issues that the health care practitioner in general, and the practitioner of Oriental medicine in particular, must consider. Group discussion, clinical experience, self-exploration, as well as an in-depth look at the client-practitioner relationship are used to further elucidate ethical and professional issues specific to the practice of Chinese medicine.

ORIENTAL DIETETICS

This course includes the classification of foods according to the principles of herbology, working with clients and their diet, using food therapeutically, familiarization with specific Asian foods, the preparation of medicinal dishes, and *paozhi*.

CCM 635 Oriental Dietetics (2 credit hours lecture)

Diet is one of the core foundations in Chinese medical treatment. Students will develop an understanding of the energetic and therapeutic quality of foods and learn to classify, combine, and prepare medicinal foods.

QIGONG

Qigong literally means “energy work” or “energy cultivation.” Personal experience of, awareness of, and sensitivity to *qi* are considered imperative to the successful practice of classical Chinese medicine. This sequence of courses is conducted in a series of nine

weekend retreats and weekly one-hour practice sessions. A primary goal of this series to teach students to expertly prescribe individualized qigong exercises for patients.

CCM 514 Qigong I & CCM 515 Qigong Practicum I (2 credit hours lecture)

This introductory qigong module and the follow-up practice sessions introduce the development, principles, and clinical ramifications of qigong therapy. On an experiential level, students are instructed to experience the phenomenon of *qi* in their body as well as in nature. At the same time, students are learning to master their first qigong long form, Fire Dragon Qigong (*Huolong Zhengjing Gong*) of the *Emei Sage Style* of Qigong.

CCM 524 Qigong II & CCM 525 Qigong Practicum II (2 credit hours lecture)

This qigong module teaches students the experience of the major energy gates (*men*) and energy centers (*dantian*) of the body, as well as the guiding of *qi* by way of mental control and supporting body postures. A key element of this course will be the mastering of the so-called Universe Stance (*Yuzhou Zhuang*) or Horse Stance (*Zhan Zhuang*) position that occupies a key role in most Qigong lineages. The second qigong long form, Opening of the Heavenly Light Qigong (*Tiandao Shenming Gong*) of the *Emei Sage Style* is also introduced.

CCM 534 Qigong III & CCM 537 Qigong Practicum III (2 credit hours lecture)

This qigong module teaches students how to integrate the medical concept of “strengthening the sinews” into their existing qigong practice. Specifically, practitioners will learn the first long form of the *Jinjing Gong* School of Qigong, Strengthening the Sinews Qigong (*Jinjian Gong*). At the same time, this module features an introduction to the concept of quiet meditation, traditionally referred to as “internal alchemy” (*neidan*).

CCM 614 Qigong IV & CCM 615 Qigong Practicum IV (2 credit hours lecture)

This qigong module teaches practitioners how to integrate the various applications of *qi* work—physical vitality and longevity, medical therapeutics, spirituality and mental acuity, and martial arts—in one framework of practice. Specifically, the martial arts long form Tiger Qigong (*Laohu Gong*) from Sichuan’s Mt. Qingcheng will be introduced to students.

CCM 624 Qigong V & CCM 625 Qigong Practicum V (2 credit hours lecture)

This qigong module teaches students the second eight-segment long form of the *Jinjing Gong* School of Qigong, namely Yin Yang Harmonization Qigong (*Yin Yang Sheng Jiang Kai He Gong*).

CCM 634 Qigong VI & CCM 636 Qigong Practicum VI (2 credit hours lecture)

This qigong module teaches students the third eight-segment long form of the *Jinjing Gong* School of Qigong, namely the Esoteric Eight Pieces of Brocade (*Mi Baduan*). At the same time, progress in the first stage of the quiet meditation is discussed, and the second stage of the Microcosmic Orbit Meditation (*Xiao Zhoutian*) is introduced.

CCM 714 Qigong VII & CCM 716 Qigong Practicum VII (2 credits hours lecture)

This qigong module introduces students to the concept of external *qi* (*waiqi*) and its ramifications for clinical practice. Furthermore, advanced qigong modalities for both cultivational and therapeutic purposes are discussed, specifically hand and body postures (*yin*), visualizations (*shen*), and the use of vibrational sounds (*zhou*). Practitioners will also learn how to integrate qigong awareness into their massage and acupuncture practices.

CCM 724 Qigong VIII & CCM 726 Qigong Practicum VIII (2 credit hours lecture)

This qigong module introduces students to techniques that further facilitate the therapeutic work with external *qi*, specifically the Nine Palace Qigong (*Jiu Gong Shen Gong*) practice of the *Emei* Sage Style.

CCM 733 Qigong IX & CCM 734 Qigong Practicum IX (2 credit hours lecture)

This qigong module assesses each student's level of mastery in the various practices and modalities of qigong therapy, including the practice of all long forms of qigong from the *Jinjing* and *Emei* Sage styles of qigong, the prescription of individualized qigong practice regimen, the application of qigong massage, and the emission of external *qi*.

Elective: CCM 740E/741E/742E Qigong X, XI, XII (3 credit hours lecture)

This advanced elective series is designed for the serious qigong student who wishes to integrate the teaching of qigong into their clinical practice. This course may be taken as an elective without being admitted into the certificate program.

QIGONG TEACHING SERIES

This series is designed for students admitted into the Qigong Certificate Program.

Elective: CCM 603E/604E/605E Teaching Medical Qigong I, II, III (6 credit hours lecture)

Over three academic *terms* the student moves from observer to teaching assistant in a medical qigong class taught by NCNM faculty members to patients of NCNM's Natural Health Center teaching clinics.

Prerequisite: Acceptance into the Qigong Certificate Program, completion of Qigong and Qigong Practicum I-IX, and concurrent enrollment in Qigong X, XI, XII.

Elective: CCM 606E/607E/608E Teaching Medical Qigong IV, V & VI (6 credit hours lecture)

Over three academic *terms* the student, under the oversight of a faculty member, teaches qigong classes to patients of NCNM's Natural Health Center teaching clinics.

Prerequisite: Completion of Qigong I-IX and Teaching Medical Qigong I-III.

RESEARCH

CCM 992/993/999 Master's Thesis—Phase I, II, III: Research in Oriental Medicine (1 credit hour lecture per *term* for 3 *terms*)

This course covers thesis preparation, on an approved topic of classical Chinese medicine, supervised and reviewed by a faculty advisor, and presented to a thesis committee. Approval of the defended thesis is a requirement for graduation.

Prerequisite: Clinic Intern status.

REVIEW OF ACUPUNCTURE AND CHINESE HERBS

These courses are offered winter and spring *terms* of the final year. They are designed to highlight the essential features of Oriental medicine in preparation for both the acupuncture and the herbology exams administered by national and state agencies as a prerequisite to licensure.

CCM 738 Chinese Herbs Review (1 credit hour lecture)

This course supports the student in the synthesis of herbal knowledge by reviewing all categories of the science of Chinese herb prescribing incorporated into most national and state exams on the subject, including herb theory, single herbs, herb pairs, herbal formulas, as well as the preparation and administration of herbs.

CCM 739 Acupuncture Review (1 credit hour lecture)

This course is offered during the winter *term* of the final year in preparation for national board exams. The course highlights all essential aspects of acupuncture and Asian medical theory through a series of mock exams, discussion, and question/answer sessions.

SHIATSU

This series presents a thorough grounding in the principles and style of Asian massage, the energetic anatomy upon which it is based, and the fundamentals of touching with quality. Students will learn a great variety of techniques and maneuvers in the context of a complete full-body massage. This style of shiatsu is both highly effective and enjoyable to receive. These three courses are offered early in the Chinese medicine program. They present shiatsu as a general massage focusing on wellness, and do not require the ability to diagnose in order to be effective. Shiatsu/Anma is a wonderful modality on its own, but also trains the student in the art of palpation and general sensitivity, which is useful in all aspects of a medical practice.

CCM 991 Shiatsu I, Full Body, Short Form (3 credit hours lecture)

Shiatsu I is an introductory course presenting two of the cornerstones of Asian massage, Shiatsu and *Do-In* (a self-massage routine). Neither massage uses oil or requires disrobing. This course is complete unto itself, teaching a full-body, traditional Japanese-style massage. Class will emphasize proper alignment and body position for the practitioner, as well as focusing on the sequence of the massage (*kata*). Students will be exposed to the energetic, theoretical, and technical aspects of shiatsu. Theory will focus

on learning the channel pathways. The instructor will emphasize kinesthetic learning, alternating between demonstration and practice.

Elective: CCM 997E Shiatsu II, Shiatsu Stretches (1.5 credit hours lab)

Shiatsu II teaches an elaborate series of stretches for all the body's major joints.

Prerequisite: CCM 991

Elective: CCM 998E Shiatsu III, Full Body, Long Form (1.5 credit hours lab)

Shiatsu III integrates the short form and the stretches to create a two-hour-or-more long form of shiatsu.

Prerequisites: CCM 911/997

Elective: CCM 801E-804E Shiatsu Clinic I-IV (8 credit hours clinic)

This series provides an opportunity for the student to work with a wide variety of patients in a clinical setting, refining the skills they have learned in the classroom. The clinical series totals 192 hours over the course of the year.

Prerequisite: Shiatsu I-III. Acceptance into the Shiatsu Certificate Program.

TAI JI

Tai Ji Quan (*T'ai Chi Ch'uan*) literally means "the very pinnacle, highest, or greatest fist," i.e., martial art. A more useful translation might be "the ultimate exercise." Its precisely choreographed movements create a relaxing mind-body dance that stretches and strengthens the entire body. Its slow, deliberate moves develop balance and grace. Its meditative style facilitates harmonious breathing and a focused mind. It is, in short, meditation in motion. From a Chinese medical perspective, Tai-Ji harmonizes the "three treasures," *jing*, *qi*, and *shen* (essence, energy, and spirit). Each class includes specially designed warm-up exercises, qigong, and detailed instruction in the form. This series is open to ND students on a space available basis provided they have met the prerequisite coursework.

Elective: CCM 963/964E/965E Tai Ji I-III, Yang Style, Long Form (2 credit hours lecture/lab)

CCM 983/984E/985E Tai Ji I – III, He Style (2 credit hours lecture/lab)

The first year of study focuses on learning the sequence of movements and the correct way of doing each move. Tai Ji I is required in the MSOM program (students may choose which style to study). Tai Ji II-III are electives. Although Tai Ji II-III are designed to be taken during the first year of the program as electives, they may be taken in any year upon completion of prerequisites.

Prerequisite: each course in the series requires completion of the prior levels.

Elective: CCM 986E/987E/988E/990E/995E/996E Tai Ji IV-IX He Style (3 credit hours lab)

CCM 966E/967E/968E Yang Style IV - VI (1.5 credit hours lab)

The second year of study works on refining the form, making it flow, and increasing awareness of the *qi* that Tai Ji is designed to circulate.

Prerequisite: each course in the series requires completion of the prior levels.

THEORY

The practice of Oriental medicine is informed by tenets and principles developed over several millennia. These constitute the theoretical foundations of classical Chinese medicine. The following courses train students to *think* using the principles of Chinese medicine and its cosmology, philosophy, and protocols.

CCM 510 Theory I (3 credit hours lecture)

This course introduces students to the common principles that underlie all traditional nature sciences, in this case observed from the specific perspective of classical Chinese medicine. Core concepts discussed include the holographic quality of nature (*Dao; Tian-Di-Ren*), dynamism, complexity, the symbolic pattern language of the universe (*yin-yang wu xing; zang-xiang*), and the relationship between matter, energy, and spirit (*jing-qi-shen*). The curriculum attempts to correlate the wisdom of these ancient concepts with contemporary insights gleaned from the quantum cosmology of modern physics and other contemporary sciences. Moreover, students will learn how to critically read the introductory literature of the field.

CCM 520 Theory II (3 credit hours lecture)

This course presents a detailed example of the workings of functional medicine by creating a physiological map of the twelve organ networks of Chinese medicine. Honoring the alchemical perspective “as above, so below,” the *zang-fu* organs are discussed as functional relay systems that not only execute certain archetypal roles within the microcosm of the body, but also clearly relate to specific holographic counterparts in the macrocosmic spheres of the terrestrial, celestial, and social realms. Students thus become exposed to an example of the classical vision of holism in all its depth, complexity, and detail-oriented sophistication.

Elective: CCM 500E/502E Qigong Supplement I, II (2 credit hours lecture)

This series of elective courses supplements the introductory three classes of Chinese medical theory. Each course provides an experiential setting where the base concepts of Chinese medicine, such as *yin-yang*, *qi*, *jing-qi-shen*, heaven and earth, and the unique nature of the Chinese organ systems can be known in a holistic way. All three courses consist of the introduction and practice of ancient cultivation exercises, such as movement, breath work, and chanting.

CCM 535 Theory III Pathology (2 credit hours lecture)

Upon completion of this course students should be able to conceptualize the fundamental pathology of the traditional Chinese body landscape and recognize the basic disease patterns in a classroom setting.

CCM 536 Theory III Diagnostic modalities (2 credit hours lecture)

This course is designed to teach, demonstrate, and practice the basic diagnostic procedures of Chinese medicine, including visual inspection, listening and smelling, asking questions, and palpation.

CCM 610/620 Theory IV, V (6 credit hours lecture)

These courses focus on exploring the mechanism of diseases, their various energetic patterns, and corresponding treatment. One term is an introduction to the differential pathology of the clinically most pertinent traditional diseases; the other covers the assessment of modern diseases from a traditional perspective.

CCM 710 Theory VI (3 credit hours lecture)

This is an advanced introduction to the basic diagnostic and therapeutic principles of Chinese medicine by reading and discussing the most important classical texts, including *Neijing*, *Shanghan*, *Jingui*, and *Wenbing*.

Elective: CCM 971E/973E/974E Classical Chinese Medicine Texts I, II, III (6 credit hours lecture)

These elective courses introduce students to the cultural and philosophical background of Chinese medicine through a careful analysis of selected medical texts. These texts will be presented to students in the original language of classical Chinese, so that students will gain a deeper understanding of the terminology and texture of Chinese philosophy and the unique type of medicine from which it evolved.

TRADITIONAL MENTORSHIP TUTORIAL

In this two-class, individualized theory review, students gain deepening insight into the basic theory, diagnostic parameters, and modalities of Chinese medicine. They develop both an understanding of the relationship between Chinese culture and Chinese medicine, and the ability to convey this understanding to others.

CCM 981/982 Traditional Mentorship Tutorial I-II (2 credit hours lab)

The tutorial classes are designed to facilitate a more immediate contact between students and the culture and lineage system of classical Chinese medicine education. Small groups of five to eight students meet at the home of their chosen mentor, where the following topics are discussed from the unique perspective of the mentor's own path of learning and knowledge integration: the basic theory, diagnostic parameters, and therapeutic modalities of Chinese medicine; the relationship between Chinese culture and Chinese medicine; the highly individualized character of all advanced aspects of Chinese medicine teaching; and the concept of differential diagnosis and its confident application.

Elective: CCM994E Yi-Jing Book of Changes (2 credit hours lecture)

This course is a detailed introduction to this classic of Chinese philosophy, culture, and cosmology. It will provide an overview of the literature, survey its many translations, and make recommendations on books to purchase. The course will trace what is known about its historical development, the primary figures associated with its authorship, explain its technical terminology, and teach how to use the text as an oracle. Among the various means to access the oracle, the traditional coin and stalk methods as well as the contemporary bead method will be studied. A unique system for computing personal or natal hexagrams is also presented. Students will explore the structure of the hexagrams for clues to interpretation, learning the traditional conventions used to decipher the

symbolic messages. In the process they will greatly deepen their understanding of *yin-yang*, the five phases, and the *ba-gua*.

CLINICAL TRAINING OVERVIEW

The clinical training objectives of the program are fundamentally aligned with the overall intention to train quality practitioners in the art and science of Oriental medicine. The clinical aspect is expected to be a refinement of the knowledge base acquired in the academic portion of the program, with the implicit understanding that many important skills can only be attained in an applied context of a practical learning situation. These skills include, but are not limited to:

- Development of adequate knowledge and understanding of classical Chinese medical concepts and techniques.
- Evolution of interpersonal communication abilities.
- Refinement of problem solving capacities and clinical judgment.
- Proficiency in executing the technical skills required to effectively apply treatments in Chinese medicine.

Clinical training consists of two sequential parts: observation and internship. Before clinical observation can occur, students need training in point location, Chinese herbal *materia medica*, and basic theory and philosophy of Chinese medicine. Before clinical internship commences, students need further development of interpersonal skills, diagnostic abilities, training in point actions, and understanding of the Chinese formulary. The academic courses and sequence are designed to accomplish this goal.

The first year of the observation component commences only upon successful completion of all courses from the first year of study and attendance of a clinical observation orientation seminar in which clinic policies and procedures are reviewed. The second year of observation requires successful completion of all prerequisite courses from the second year of study. Internship begins after successful completion of all third-year courses and passing of the clinic entrance exam. A second clinical orientation is also required before internship commences, during which more advanced aspects of clinic functions are addressed.

Students are gradually led through the clinical experience in a sequential fashion from simply observing to being able to carry out the entire activity of treating a patient. In the spirit of the classics, emphasis is placed on recognition of Chinese syndrome pattern differentiation rather than symptomatic prescribing, with the goal of achieving balanced and harmonious treatments.

CLINICAL TRAINING

The five components within the clinical portion of the program are Observation, Medicinary Practicum, Special Topics, Internship, and Case Presentation. These are organized as follows:

Year of Study		Clinical Component	Brief description
MSOM	MSOM/ND		
2 nd – 3 rd	4 th & 5 th	Observation I-VI	Observe experienced practitioners treat patients
2 nd – 3 rd	4 th or 5 th	Medicinary Practicum	Fill herbal prescriptions for practitioners
4 th	6 th	Special Topics I-II	Observe and discuss treatment of difficult diseases
4 th	6 th	Internship I-XIV	Student (under supervision) assumes primary responsibility for diagnosis and treatment of patients
4 th	6 th	Presentation I-III	Presentation & discussion of cases with peers and supervisors

CCM 800/810/820/830/831/832 Clinical Observation I-VI (12 credit hours clinic)

Clinical observation is a forum in which four or five observers watch a practitioner in session with a client. While observing, the objective is to absorb as much of the method and process of clinical practice as possible.

CCM 936 Medicinary Practicum (1 credit hour clinic)

During the observation year, each student spends 24 hours working in the Chinese Medicine Medicinary. Under the supervision of clinical faculty and with the guidance of medicinary staff, observers learn to fill prescriptions for patients that are crafted by interns and supervisors. Most formulae are compounded using bulk herbs and granules. The Medicinary also stocks single herb liquid extracts. The student learns the mechanics of medicinary and clinic procedure. This includes obtaining hands-on exposure to formula composition and modification, learning about dosage, and becoming more intimate with the individual herbs, especially their appearance, smell, and taste.

CCM 706/713 Special Topics I-II (6 credit hours lecture)

Special Topics is a clinical class in which master practitioners/supervisors interview and treat specifically selected patients who are suffering from a particular chronic disease. Discussions of these particular cases expand into a broad analysis of general approaches to the disorders in question.

CCM 715/725/735 Clinical Case Presentation I-III (3 credit hours clinic)

Clinical case presentation classes provide an opportunity for externs to present case histories of chosen clients, receiving feedback and critique by fellow externs and a supervisor.

CCM 900-902/911-913/921-923/930-935 Clinical Internship I-XIV

(27 credit hours clinic)

During clinical internship the student assumes primary responsibility for the diagnosis and treatment of clients under the supervision of experienced practitioners. Includes one required holiday clinic shift.

CLASSICAL CHINESE MEDICINE CERTIFICATE PROGRAMS

ND students in good academic standing are eligible to apply for admission into the Classical Chinese Medicine Certificate Programs. Due to space constraints, admission is limited. These are not degree programs and do not lead to eligibility to sit for licensure exams. Contact the Office of Admissions for further information, (503) 552-1660.

QIGONG CERTIFICATE PROGRAM

The Qigong Certificate Program is taught in two levels, with each level having a separate admissions screening process. The first portion, with an academic focus, may be pursued concurrently with the ND program and is taught over a three-year period. Involving coursework from the MSOM program, the Qigong program includes four courses in theory, nine weekend retreat courses, and nine terms of one-hour qigong practice sessions. The student who successfully completes this portion of study may apply for admission into the teaching portion of the program. Over two years, the student continues qigong coursework, progressing from observing qigong instruction of NCNM patients and students to three terms of teaching qigong labs.

CCM 514 Qigong I & CCM 515 Qigong Practicum I (2 credit hours lecture)

This introductory qigong module and the follow-up practice sessions introduce the development, principles, and clinical ramifications of qigong therapy. On an experiential level, students are instructed to experience the phenomenon of *qi* in their body as well as in nature. At the same time, students are learning to master their first qigong long form, Fire Dragon Qigong (*Huolong Zhengjing Gong*) of the *Emei Sage Style* of Qigong.

CCM 524 Qigong II & CCM 525 Qigong Practicum II (2 credit hours lecture)

This qigong module teaches students the experience of the major energy gates (*men*) and energy centers (*dantian*) of the body, as well as the guiding of *qi* by way of mental control and supporting body postures. A key element of this course will be the mastering of the so-called Universe Stance (*Yuzhou Zhuang*) or Horse Stance (*Zhan Zhuang*) position that occupies a key role in most Qigong lineages. The second qigong long form, Opening of the Heavenly Light Qigong (*Tiandao Shenming Gong*) of the *Emei Sage Style* is also introduced.

CCM 534 Qigong III & CCM 537 Qigong Practicum III (2 credit hours lecture)

This qigong module teaches students how to integrate the medical concept of “strengthening the sinews” into their already existing qigong practice. Specifically, practitioners will learn the first long form of the *Jinjing Gong School* of Qigong, Strengthening the Sinews Qigong (*Jinjian Gong*). At the same time, this module features an introduction to the concept of quiet meditation, traditionally referred to as “internal alchemy” (*neidan*).

CCM 614 Qigong IV & CCM 615 Qigong Practicum IV (2 credit hours lecture)

This qigong module teaches practitioners how to integrate the various applications of *qi* work—physical vitality and longevity, medical therapeutics, spirituality and mental acuity, and martial arts—in one framework of practice. Specifically, the martial arts long form Tiger Qigong (*Laohu Gong*) from Sichuan’s Mt. Qingcheng will be introduced to students.

CCM 624 Qigong V & CCM 625 Qigong Practicum V (2 credit hours lecture)

This qigong module teaches students the second eight-segment long form of the Jinjing School of Qigong, namely Yin Yang Harmonization Qigong (*Yin Yang Sheng Jiang Kai He Gong*).

CCM 634 Qigong VI & CCM 636 Qigong Practicum VI (2 credit hours lecture)

This qigong module teaches students the third eight-segment long form of the *Jinjing Gong* School of Qigong, namely the Esoteric Eight Pieces of Brocade (*Mi Baduan*). At the same time, progress in the first stage of the quiet meditation is discussed, and the second stage of the Microcosmic Orbit Meditation (*Xiao Zhoutian*) is introduced.

CCM 714 Qigong VII & CCM 716 Qigong Practicum VII (2 credit hours lecture)

This qigong module introduces students to the concept of external *qi* (*waiqi*) and its ramifications for clinical practice. Furthermore, advanced qigong modalities for both cultivational and therapeutic purposes are discussed, specifically hand and body postures (*yin*), visualizations (*shen*), and the use of vibrational sounds (*zhou*). Practitioners will also learn how to integrate qigong awareness into their massage and acupuncture practices.

CCM 724 Qigong VIII & CCM 726 Qigong Practicum VIII (2 credit hours lecture)

This qigong module introduces students to techniques that further facilitate the therapeutic work with external *qi*, specifically the Nine Palace Qigong (*Jiu Gong Shen Gong*) practice of the *Emei* Sage Style.

CCM 734 Qigong IX & CCM 733 Qigong Practicum IX (2 credit hours lecture)

This qigong module assesses each student’s level of mastery in the various practices and modalities of qigong therapy, including the practice of all long forms of qigong from the *Jinjing* and *Emei* Sage styles of qigong; the prescription of individualized qigong practice regimen; the application of qigong massage; and the emission of external *qi*.

Elective: CCM 740E/741E/742E Qigong X, XI, XII (6 credit hours lecture)

This advanced elective series is designed for the serious qigong student who wishes to integrate the teaching of qigong into their clinical practice. This course may be taken as an elective without being admitted into the certificate program.

QIGONG TEACHING SERIES

This series is designed for students admitted into the Qigong Certificate Program.

Elective: CCM 603E/604E/605E Teaching Medical Qigong I, II, III (6 credit hours lecture)

Over three academic terms the student moves from observer to teaching assistant in a medical qigong class taught by NCNM faculty members to patients of NCNM's Natural Health Center teaching clinics.

Prerequisite: Acceptance into the Qigong Certificate Program, completion of Qigong and Qigong Practicum I-IX, and concurrent enrollment in Qigong X, XI, XII.

Elective: CCM 606E/607E/608E Teaching Medical Qigong IV, V & VI (6 credit hours lecture)

Over three academic terms the student, under the oversight of a faculty member, teaches qigong classes to patients of NCNM's Natural Health Center teaching clinics.

Prerequisite: Completion of Qigong I-IX and Teaching Medical Qigong I-III.

SHIATSU CERTIFICATE PROGRAM

This part-time program is two years in length and includes Shiatsu I-III and Shiatsu Clinic I-IV (see MSOM course descriptions) and may be pursued concurrently with the MSOM or ND degree.

CCM 991 Shiatsu I, Full Body, Short Form (3 credit hours lecture)

Shiatsu I is an introductory course presenting two of the cornerstones of Asian massage, Shiatsu and *Do-In* (a self-massage routine). Neither massage uses oil or requires disrobing. This course is complete unto itself, teaching a full-body, traditional Japanese-style massage. Class will emphasize proper alignment and body position for the practitioner, as well as focusing on the sequence of the massage (*kata*). Students will be exposed to the energetic, theoretical, and technical aspects of shiatsu. Theory will focus on learning the channel pathways. The instructor will emphasize kinesthetic learning, alternating between demonstration and practice.

Elective: CCM 997E Shiatsu II, Shiatsu Stretches (1.5 credit hours lab)

Shiatsu II teaches an elaborate series of stretches for all the major joints of the body.

Prerequisite: CCM 991

Elective: CCM 998E Shiatsu III, Full Body, Long Form (1.5 credit hours lab)

Shiatsu III integrates the short form and the stretches to create a two-hour-or-more long form of shiatsu.

Prerequisites: CCM 911/997

Elective: CCM 801E-804E Shiatsu Clinic I-IV (8 credit hours clinic)

This series provides an opportunity for the student to work with a wide variety of patients in a clinical setting, refining the skills they have learned in the classroom. The clinical series totals 192 hours over the course of the year.

Prerequisite: Shiatsu I-III. Acceptance into the Shiatsu Certificate Program.

ADMISSIONS—ND, MSOM, ND/MSOM DUAL DEGREE

The admissions requirements for the ND and MSOM professional programs are different from one another. Admissions cycles also vary for each program; please see details below.

PREREQUISITES

All candidates must possess a bachelor's degree or higher from a regionally accredited college or university, or the equivalent (as determined by NCNM) from an institution outside the United States.

Historically, many great physicians have had skills and creative abilities reaching far beyond the scope of science and medicine. Well-rounded people with backgrounds in the humanities, arts, and social sciences are often excellent candidates for medical professions. At NCNM, we value and encourage a broad range of life experiences, along with the development of multiple talents. There is no advantage to holding a BS rather than a BA, as long as you have completed the program's prerequisites.

Criteria for selecting applicants for admission to NCNM's programs include motivation, intellect, and character essential to becoming a physician or practitioner of natural medicine. Applicants are considered on the basis of academic performance, maturity, and demonstrated humanitarian qualities. Work and/or volunteer experience in health care, coupled with an awareness of the field of natural medicine, is strongly recommended. The following coursework is the minimum required preparation for the study of naturopathic or classical Chinese medicine. Applicants may apply with coursework still in progress; however, prerequisites must be completed prior to matriculation.

Note: If in doubt about a specific prerequisite, contact the Office of Admissions before taking the course.

OVERALL PREPARATION

No specific major is advised. In addition to a strong preparation in the sciences, a broad background in the humanities and liberal arts is encouraged. Prerequisite coursework is used to determine a student's preparation for the ND or MSOM program. Credit will only be given for prerequisite coursework earning a C or better.

PREREQUISITES FOR THE ND PROGRAM

College Mathematics	1 course
Algebra or Calculus	
General Chemistry with lab (science-major level)	2 courses
Organic Chemistry (science-major level)	2 courses
Must include carbonyl compounds	
General Biology with lab (science-major level)	2 courses

Must cover concepts in cellular biology, genetics, and botany

Physics 1 course

Many institutions do not cover all required concepts in one course; required concepts include mechanics, optics, electricity, and magnetism. Course must be math based.

Social Science 2 courses

At least one course must be in human psychology.

Humanities 2 courses

At least one course must be English composition.

STRONGLY RECOMMENDED COURSES

- Biochemistry or Cellular Biology
- Anatomy
- Physiology
- Statistics
- Business and/or Marketing

OTHER SUGGESTED COURSES

- Biomedical Ethics
- Philosophy of Science
- Public Speaking
- Microbiology
- Immunology
- Public Health

AGE OF COURSE

Prerequisite courses taken more than seven years prior to matriculation into the program are subject to review. Additional coursework may be required.

PREREQUISITES FOR THE MSOM PROGRAM

General Chemistry 1 course

General Biology 1 course

Social Science and Humanities 2 courses

Selected from the disciplines of art, music, literature, philosophy and psychology

** NOTE: A Physics Course is a requirement for California State Licensure. This requirement may be fulfilled by completion (with a grade of "C" or better) prior to matriculation to NCNM or during the academic program at NCNM.*

STRONGLY RECOMMENDED COURSES

- Systems Science
- Mythology
- Quantum Physics
- Philosophy of Science
- Biochemistry
- Cellular Biology
- Chinese Language

AGE OF COURSE

Prerequisite courses not taken within seven years of matriculation into the program are subject to review. Additional coursework may be required.

CREDIT FOR LIFE EXPERIENCE

NCNM has no provision for awarding credit for life experience.

ACADEMIC AND SELECTION FACTORS

While no minimum GPA is specified, only a small percentage of admitted applicants have below 3.0 cumulative GPA.

Candidates for admission are evaluated holistically based on:

- Dedication to service, compassion, critical thinking skills, ability to communicate, and self-discipline
- Affinity for and prior experience with naturopathic or Chinese medicine
- Letters of recommendation
- Overall scholastic record
- Understanding and appreciation of health care issues
- Other achievements

Applicants are selected regardless of race, gender, age, religion, national or ethnic origin, sexual orientation, marital status, disabilities, or any other protected class under local, state, or federal law.

APPLICATION PROCESS

ND PROGRAM

Applications are available on NCNM's web site and through the Office of Admissions (503-552-1660). Initial consideration goes to candidates who apply by the dates listed below. However, NCNM continues to consider applicants on a space-available basis thereafter.

Early Decision October 28, 2005

Priority Decision January 23, 2006

Candidates who have selected NCNM as their first choice are encouraged to apply on or before the early decision date.

MSOM PROGRAM

Applications are available on NCNM's web site and through the Office of Admissions (503-552-1660). Initial consideration goes to candidates who apply by the dates listed below. However, NCNM continues to consider applicants on a space-available basis thereafter.

Priority Decision

February 13, 2006

ND/MSOM PROGRAM

Exceptional students in the ND program may apply to the dual ND/MSOM program during their second year for admission the following fall.

APPLICATION REQUIREMENTS FOR U.S. CITIZENS AND RESIDENTS

- Completed and signed application form
- \$75 nonrefundable application fee
- Official sealed college transcripts for all college and university coursework, sent directly to the NCNM Office of Admissions from the institution
- Catalog course descriptions for all courses that qualify as science prerequisites
- Two letters of recommendation, one from a college or university faculty member, and one from a professional, preferably in a health-related field
- A one-page chronological resume of work, educational, and volunteer experience with references and phone numbers
- A Verification of Student Conduct Form mailed or faxed directly to the NCNM Office of Admissions from every college and university attended
- Signed Criminal Disclosure and Information Consent form
- Signed Technical Standards statement

Please follow the application packet's detailed instructions and direct all application materials to:

Office of Admissions
National College of Naturopathic Medicine
049 SW Porter Street
Portland, OR 97201

It is the sole responsibility of the applicant to ensure that materials are received by NCNM on time. Application materials become property of NCNM and will not be returned or forwarded to other institutions.

ON-CAMPUS INTERVIEW

Completed applications will be evaluated and those individuals who competitively meet requirements will be invited to a required interview on campus. Telephone interviews are normally not granted, but may be considered under extenuating circumstances. The interview allows students to visit the College and decide if it is a good fit.

TECHNICAL STANDARDS

NCNM's goal is to broadly prepare students for the practice of naturopathic or Chinese medicine. This goal is achieved in part by undergraduate medical education, postgraduate medical education, and preparation for life-long learning. Modern medical education

requires that the accumulation of scientific knowledge be accompanied by the simultaneous acquisition of skills and professional attitudes and behavior. Our faculty has the responsibility to graduate the best possible practitioners and physicians; thus, admission into NCNM is offered to those who present the highest qualifications for the study and practice of naturopathic or Chinese medicine.

Applicants to NCNM must possess the following general qualities: critical thinking, sound judgment, emotional stability and maturity, empathy, physical and mental stamina, and the ability to learn and function in a wide variety of educational settings. In all phases of medical education, students of medicine must use their intellectual ability and must maintain emotional stability, particularly when under stress. Graduates of NCNM must have the knowledge and skills to function in a broad variety of clinical situations and render a wide spectrum of patient care.

Motor Skills

Candidates should have sufficient motor function to elicit information from patients by palpation, auscultation, percussion and other diagnostic maneuvers. Candidates should be able to execute motor functions necessary to provide general care and emergency treatment to patients.

Sensory and Observational Skills

Candidates must be able to observe demonstrations and participate in experiments as required by the NCNM curriculum. They must be able to observe a patient accurately at a distance as well as close at hand and be able to obtain a medical history directly from the patient, while observing the patient's medical condition. This observation necessitates the functional use of vision, hearing and other sensory modalities.

Communication Skills

Candidates must be able to communicate effectively and sensitively both orally and in written form with patients. At times these skills must be performed in clinical settings when time for communication may be limited.

Conceptual, Integrative and Quantitative Skills

These skills include measurement, calculation, reasoning, analysis and synthesis. Problem-solving and diagnosis, the critical skills demanded of physicians, require all of these intellectual abilities. In addition, candidates must be able to comprehend three-dimensional relationships and to understand the spatial relationships of structures.

Behavioral and Social Skills and Professionalism

Empathy, integrity, concern for others, interpersonal skills, interest and motivation are all personal qualities that will be assessed during the admissions process and throughout a student's medical education. Candidates must possess the emotional well-being required for the full use of their intellect; the ability to promptly complete all responsibilities attendant to the diagnosis and care of patients; and the capacity to develop mature, sensitive, and effective relationships with patients. Candidates must be able to tolerate physically taxing workloads and to function effectively when stressed. They must be able

to adapt to changing environments, display flexibility, and learn to function within the uncertainty inherent to the variety of clinical problems patients present.

In summary, the mission of National College of Naturopathic Medicine faculty is to prepare students for the comprehensive practice of medicine. NCNM, in accordance with *Section 504 of the 1974 Vocational Rehabilitation Act and the Americans with Disabilities Act (ADA) (Public Law-101-336)*, has established the aforementioned essential functions of medical students and physicians. National College of Naturopathic Medicine will consider for admission applicants who demonstrate the ability to perform or learn to perform the essential skills listed in this Technical Standards section. NCNM must ensure that patients are not placed in jeopardy by the students or physicians as a result of substantially impaired intellectual, physical, or emotional functions. Students will be assessed not only on their scholastic accomplishments, but also in their physical and emotional capacities to meet the full requirements of the school curriculum and to graduate as skilled and effective practitioners of naturopathic or Chinese medicine.

Students who believe they may not meet the criteria listed above should contact the Dean of Student Affairs to discuss his or her specific circumstances. The Dean will coordinate assessment and accommodations as deemed appropriate. Unresolved issues concerning a student's ability to meet these standards may result in delay or disqualification of the student's admission or registration.

APPLICATION REQUIREMENTS FOR INTERNATIONAL APPLICANTS

In addition to the requirements outlined above, international applicants must meet the following requirements:

- Complete an international student Certificate of Finance. This satisfies visa application requirements by verifying adequate financial resources to cover the anticipated period of study.
- If English is a second language, submit official scores from the Test of English as a Foreign Language (TOEFL). NCNM requires a score of 550 on the written exam or 213 on the computer exam.
- Submit all non-U.S. accredited transcripts for translation and evaluation to one of the following approved evaluation services:

International Education Research Foundation, Inc.
310-390-6276, www.ierf.org

Office of International Education Services
202-296-3359, www.aacrao.org

World Education Services, Inc.
212-966-6311, www.wes.org

- Transcripts from accredited Canadian colleges and universities are generally exempt from this requirement. NCNM reserves the right to require outside

evaluation in certain cases. Transcripts in French must be submitted for translation to one of the services above.

SECOND DEGREE ADMISSION AND TRANSFER FROM OTHER ND OR ORIENTAL MEDICINE PROGRAMS

Copies of policies regarding transfer students are available from the Office of Admissions. Note that there is a \$75 nonrefundable transcript evaluation fee.

Second professional degree candidates, defined as a health care practitioner with a doctoral level degree, ND, DC, MD, DO, DDS, or DPM, may apply for fall, winter or spring term admission. Depending on prior completed coursework, a full-time schedule may not be available for one of these terms. A proposed class schedule for the intended term of entry and a degree completion plan can only be created after a candidate's prior course work has been evaluated.

Due to the *classical* orientation of the MSOM program, only a limited number of credits from programs with a *traditional* orientation are transferable.

TRANSFERS FROM THE CANADIAN COLLEGE OF NATUROPATHIC MEDICINE

Applicants attending Canadian College of Naturopathic Medicine (CCNM) are eligible to transfer into the ND program under a transfer articulation agreement between NCNM and CCNM. Applicants are required to provide the following:

- Completed admissions application
- Official CCNM transcript
- Two letters of recommendation, one from the CCNM Dean of Students
- On-campus interview

TRANSFERS FROM NCNM TO OTHER INSTITUTIONS

Transfer of credit from NCNM to other institutions is at the discretion of the receiving institution. Credit generally depends on comparability of curricula and may depend on comparability of accreditation. Inquiries should be directed to the receiving institution to determine the transferability of credits from NCNM.

CHOOSING NATIONAL COLLEGE OF NATUROPATHIC MEDICINE

ALUMNI

NCNM has a network of over 1,400 alumni across the United States, Canada, and in several other countries. Our alumni are dedicated physicians and acupuncturists who treat thousands of patients each year. Many are the “movers and shakers” of the professions; others are nationally recognized spokespersons for naturopathic and Chinese medicine. As part of their commitment, our alumni often talk with prospective students about a

career in naturopathic or Chinese medicine. If you would like to visit with one of our alumni in your area, please call the Office of Admissions for a referral.

VISITING CAMPUS

It is impossible to fully convey in writing the experience of being a student at NCNM. Calling our admissions counselors and visiting NCNM's web site, www.ncnm.edu, are essential ways to become acquainted with the College. However, the best way to explore a future with NCNM is to either visit the campus during a Student-for-a-Day program, or to arrange for an individual campus visit. Please call 503-552-1660 for more information on visiting NCNM.

STUDENT-FOR-A-DAY PROGRAM

Student-for-a-Day programs provide the most complete and succinct campus visit opportunities. The Office of Admissions invites all prospective students to attend one of the regular day-long programs. Here students have the opportunity to meet members of the NCNM faculty, staff, and student body, learn about our degree programs, and explore careers in naturopathic and classical Chinese medicine. At Student-for-a Day, you will:

- Learn about NCNM
- Meet some of the NCNM faculty and staff
- Tour the campus and the teaching clinics
- Meet current students and have the opportunity to talk with them
- Find out more about the professions, their histories, and their futures
- Explore admission criteria and the selection process

We will be announcing the dates of these Student-For-A-Day programs and other special programs throughout the year, so visit our website often at www.ncnm.edu. Contact the Office of Admissions at 503-552-1660 to reserve a place.

If a Student-for-a-Day program does not fit into your schedule, individual visits are welcomed. Please call to arrange your visit, providing as much notice as possible. Schedules permitting, we are happy to meet with you and provide a campus tour. Our professors and current students welcome visitors to selected classes, but to avoid conflicts such as examination periods, please contact the Office of Admissions to pre-arrange a visit to a class. Additionally, prospective students are invited to visit the NCNM teaching clinics located downtown and in Northwest Portland. As these are medical facilities, it is especially important that arrangements are made prior to your visit, so patient service is not disrupted.

Please visit our website at www.ncnm.edu. Although visiting our web site can never replace the experience of visiting campus, it provides a wealth of information about the College's programs and activities.

ACCOMMODATIONS

There are several inns and hotels in our vicinity, if you plan to stay overnight. We would be happy to send you a list of local accommodations. Contact the Office of Admissions at 503-552-1660.

FINANCIAL POLICIES 2005-2006

TUITION

All new students entering in fall 2005 will be charged at the per-credit rate of \$260. All amounts are in U.S. currency. Note that credit cards are now accepted for tuition or fee payment (see credit card fee below).

ND PROGRAM

ND per credit (includes electives)	\$260 per credit	
Four-year full-time (continuing student track rate)	\$18,787 per year	\$6,262 per term
Five-year full-time (continuing student track rate)	\$15,318 per year	\$5,106 per term
ND 2005 summer tuition (1 summer required)	\$1,488	
ND 2006 summer tuition (1 summer required)	\$1,562	

Note: *ND track tuition includes 15 elective credits. Electives taken exceeding 15 credits cost \$260 per credit.*

MSOM PROGRAM

Four-year full time (continuing student track rate)	\$15,265 per year	\$5,088 per term
MSOM three-year (continuing student track rate)	\$8,725 per year	\$2,909 per term
MSOM 2005 summer tuition (2 summers required)	\$1,488	
MSOM 2006 summer tuition (2 summers required)	\$1,562	
MSOM per credit (includes electives)	\$260 per credit	

DUAL PROGRAM

MSOM portion (continuing student track rate)	\$6,542 per year	\$2,181 per term
ND portion (continuing student track rate)	\$9,394 per year	\$3,131 per term

FEES

- AANP membership fee (annual) \$60 (winter quarter, may be waived)
- Advanced-standing transcript evaluation fee \$75 (one time)
- Application fee \$75 (one time)
- Audit fee 80% of the per credit rate
- Bike room fee \$25 per term
- Challenge examination fee 50% of the per credit rate
- Change of track fee \$500
(Per *subsequent* change after one free change)
- Clinic add and drop fee \$50
- CPR certification fee for 1st, 3rd and 5th year students (Required recertification every two years) \$30 per year
- Credit card fee 2.60% of total charge
- Grade change fee \$10 each
- Graduation fee \$100 (spring term billing)
- Independent study fee \$260 per credit
- IV Therapy lab fee (refund only in first week) \$50
- Late payment fee (per term) \$50

- Minor Surgery lab fee \$50 (refund only in first week)
- Natural child birth preceptorship \$260 per credit
- Nature Cure lab fee \$30 (refund only in first week)
- ND graduate proficiency assessment exam \$45 (spring term billing)
(GPA 3)
- Orientation fee (all new students) \$30 (one time)
- Parking fee \$82.50 per term
- Remediation (make-up) exam fee \$50 each
 - ND GPA 1, 2 remediation exam fee \$75
 - ND GPA 3 remediation exam fee \$150
- Retreat fee \$185 per retreat
(Non-refundable two weeks prior to retreat)
- Returned check fee \$25
- Student activity fee \$30 per year
- Transcript fee \$10 per request
- Tuition deferment fee (per deferral) \$20
- Tuition deposit (non-refundable, one-time, \$200
applied to first term)

TUITION AND FEE PAYMENT POLICY

All tuition and fees listed above are in U.S. currency. NCNM maintains tuition, fee and refund policies that are fair and uniformly administered. Tuition and fees for each term are payable in full at the beginning of each term. The Business Office will automatically apply a late payment fee of \$50 to a student's account unless the student has paid tuition or made arrangements (i.e., a deferral promissory note) by the end of the second week of each term.

Students unable to pay their entire tuition must see the Business Office to make payment arrangements before the due date. A promissory note may be written to defer payment of tuition until the last day of the term. There is a \$2,000 deferral limit per term and a \$20 fee assessed for each deferral. The Business Office may deny or rescind a student's eligibility for a promissory note if a student (1) misses the required payment due dates, (2) provides inaccurate or incomplete information, or (3) has a poor credit history. In no case is a student permitted to register for a term until all tuition and fees are paid in full from previous terms.

Credit for courses will not be given until tuition and fees have been paid in full. Transcripts or diplomas will not be issued to students with a balance on their accounts. Students with past due accounts who pay in full with a personal check will have transcripts or diplomas issued to them two weeks after payment.

Any adjustments or modifications to the schedule of tuition charges are subject to the approval of the Chief Financial Officer.

SUMMER TERM TUITION

The ND program requires attendance of at least one summer term consisting of nineteen credits. The MSOM program requires attendance of two summer terms of six credits each. The dual degree program also requires attendance of two summer terms.

CHANGE OF TRACK

A change of track requires the following signatures: College Advisor, Associate Program Dean, Business Office, Financial Aid Office, and Registrar's Office. **All change of track requests must be completed by week eight of the term prior to the term in which the change is to take effect.**

When a student is matriculated into the dual degree (ND/MSOM) program, no change of track fee will be assessed for the initial change; however, **any subsequent changes will be assessed a change of track fee.**

NCNM EMERGENCY LOANS

Short-term emergency loan assistance is available to eligible students. The maximum amount that can be borrowed is \$500. A \$10 loan-processing fee is charged for each loan. Please contact the Financial Aid Office for an application and for eligibility requirements.

STUDENT RESPONSIBILITIES

1. When students register for classes at NCNM, they incur charges on their account. Students are responsible for payment of all charges on their account by the due date, even if another party is paying the account.
2. Students experiencing financial problems in the payment of any tuition and fees are responsible for contacting the Business Office to make satisfactory arrangements.
3. Students are responsible for keeping NCNM informed of their current address and should submit address changes to the Registrar's Office.
4. Students are responsible for formally withdrawing from classes they wish to drop. Students who fail to formally drop classes during the refund period are responsible for the tuition charges. (See section on Add and Drop Policy.)
5. Any assessment or judgment against a student for damage to NCNM property, whether arising from a Student Conduct Code proceeding or a court action, shall be considered money due NCNM as if it were tuition. No transcripts or diplomas will be released to the student until the amount due the College has been paid.

NOTE: The College is not responsible for any loss of or damage to the personal property of a student.

Other Expenses

Students are required to purchase textbooks and other personal equipment, as well as basic diagnostic equipment for use in courses and clinic. These costs vary from year to

year. Estimated costs applicable to a full-time first-year student enrolled in the four-year ND or MSOM program during the 2005-2006 academic year are estimated as follows:

Description	ND Amounts	MSOM Amounts
Tuition	\$18,787	\$15,265
Books and supplies	\$ 1,500	\$ 1,500
Living expenses	\$11,925	\$11,925
Loan fees (if applicable)	<u>\$ 740</u>	<u>\$ 740</u>
TOTAL ESTIMATED COSTS	<u>\$32,952</u>	<u>\$29,430</u>

TUITION AND FEE REFUND POLICIES

If a student finds it necessary to withdraw, either completely or from specific courses, the following policies apply:

- The application fee, submitted with the initial application for acceptance into NCNM, is nonrefundable.
- The deposit fee will be forfeited by a student who withdraws after accepting admission but before attending classes.
- Calculation of tuition refunds is based on the date the student begins NCNM's withdrawal process.
- Tuition refunds will first be applied to balances due NCNM. If a student receiving financial aid is eligible for a refund, that refund is returned to the federal financial aid program.

Tuition refunds are calculated according to NCNM's tuition and fee refund policy outlined below:

Week of Term	Tuition Refund Rate
First week	100% of tuition
Second week	90% of tuition
Third week	80% of tuition
Fourth week	70% of tuition
Fifth week	60% of tuition
Sixth week	50% of tuition
After the end of the sixth week	No refund

- If a student receiving financial aid is eligible for a tuition refund, that refund is returned to the federal financial aid program. Any refund of tuition and fees resulting from a withdrawal or a reclassification of tuition status must be applied to the recipient's financial aid awards before any payment is made to the student. Tuition refunds are calculated according to NCNM's tuition and fee refund policy. Return of federal Title IV funds is calculated according to Department of Education regulations. (See Financial Aid section for more information.)

- Students whose accounts were "paid in full" often have a balance due NCNM after withdrawal. The Title IV return of funds policy operates independently of the College's tuition refund policy. It is possible for a withdrawing student to owe NCNM money because aid must be returned to the Title IV program, but the student is not entitled to a refund of institutional charges.
- Federal regulations for this refund policy allow the College to retain an administrative fee that reduces the institutional charges subject to refund. This fee is 5 percent of total charges up to a maximum of \$100.
- Furthermore, federal regulations require that any student who has received a loan while attending NCNM and who leaves the College for any reason, including official leaves of absence, must participate in a loan exit interview. Exit interviews are conducted by the Financial Aid Office and can be arranged by calling that office. (See Financial Aid section for more information.)

FINANCIAL AID

NCNM participates in federal financial aid programs, including loans and work-study. Federal financial aid is available to students enrolled at least half-time in the ND, MSOM, or a combination of both programs. Students who have been accepted at NCNM may apply for federal financial aid. This requires filing a Free Application for Federal Student Aid (FAFSA). These forms are available from the Financial Aid Office or on the internet at www.fafsa.ed.gov. Students must file a new FAFSA in each year of study. Eligibility for financial aid is determined by using a federal formula outlined by the U.S. Department of Education.

COSTS OF ATTENDANCE

Budgets are established annually by the Director of Financial Aid and are used to calculate a student's eligibility. Financial aid is awarded in early spring of each academic year, April 30 being the priority packaging date for need-based aid consideration.

As NCNM is a graduate institution, all students are considered "independent" and are eligible to receive the maximum allowable in federal loans. The subsidized amount received will depend partly on the documented financial need and partly on the institutional cost of attendance for the program chosen. To continue to receive financial aid, a student must make satisfactory academic progress as defined by academic policies and must be enrolled at least half-time to qualify for federal aid.

The Financial Aid Office can advise students about sources of financial aid and budgeting strategies. This office remains an available resource after the student leaves NCNM. Alumni may contact this office for information and confidential counseling on student debts and loan repayment both by phone and at financial-aid@ncnm.edu.

"NCNM ADVANTAGE" PROGRAM

NCNM traditionally used banks as the lenders and servicers of federal loans to students through the FFEL Program (FFELP); NCNM has now become an institutional lender.

As an institutional lender, NCNM is able to customize the student-lending program in ways that most benefit the students. The Institution maintains control over timelines from loan application to student completion and the transition to institutional lending is seamless. In performing the responsibilities as a lender, NCNM receives the benefits that are normally provided to a lending institution. The program allows NCNM to ensure the availability of educational loan funds for its student population and, at the same time, earn an investment return as a result of providing such assistance to its students. The interest, special allowance, and premium earned on all loans disbursed provide a constant stream of revenue for NCNM. The federal law authorizing the FFELP regulations places limitations on the uses of some of the funds earned by NCNM. These limitations stipulate that interest benefits and special allowance payments be utilized for need-based grant programs. (See Scholarship section for more information.)

LOANS

Loans comprise the majority of financial aid at NCNM. Approximately 90 percent of students attending the College find it necessary to borrow some funding while completing their program. However students should keep in mind that these loans are not designed to meet the total student budget to attend programs at NCNM and that the money borrowed will have to be repaid with interest.

The Federal Stafford Loans (Title IV Loans)

Eligible graduate and professional students may borrow a combination of subsidized and unsubsidized loans up to \$18,500 annually under the federal loan program. The current annual subsidized Stafford Loan limit is \$8,500 annually, subject to demonstrated financial need. The current annual maximum loan amount for the unsubsidized program is \$10,000 annually. The combination of both these loans cannot exceed the maximum allowable limit. The subsidized and unsubsidized Federal Stafford Loans currently have an origination fee and a guarantee fee that will be deducted proportionately from the loan proceeds. Generally repayment of these loans begins six months after the student graduates, withdraws, or falls below half-time status. Complete instructions and individual counseling on loan repayment will be given to students before graduation or at separation from the Institution.

Alternative Loan Program

This program is available to students to help offset the cost of their education. It is an alternative to federal loan programs to fill the gap between any other forms of financial aid the student may receive and additional money needed for school. Students should keep in mind that the interest on these loans continues to accrue while enrolled in school and that the interest rates are generally higher than in the federal loan programs.

NCNM Emergency Loans

The College provides emergency loan assistance on a short-term basis to students experiencing financial hardship resulting from unexpected situations. A maximum of \$500 may be borrowed, and a \$10 processing fee is charged for each loan. These loans are considered as a last resort, and students must meet with the Director of Financial Aid for consideration.

FINANCIAL AID REFUND PROCEDURE

Students who withdraw from the program before week eight of any term may be eligible for a refund. If a student receiving financial aid is eligible for a refund, that refund is returned to the federal financial aid program. If the amount of the refund exceeds the total amount of aid, the excess will be returned to the student. Federal regulations require that any student who has received a loan while attending NCNM and who leaves the College for any reason, including official leaves of absence, must participate in a loan exit interview. Exit interviews are conducted by the Financial Aid Office and can be arranged by calling that office.

RETURN OF FEDERAL TITLE IV FUNDS

NCNM is required to recalculate federal financial aid eligibility for students who withdraw, drop out, are dismissed, or take a leave of absence prior to completing at least 60 percent of an academic quarter. Recalculation is done from the actual date the student begins the Institution's withdrawal process. For students who leave without notifying the Institution, calculations will be made from the last day of recorded attendance or the midpoint of the term. Recalculation is based on formulas that determine the amount of aid earned and the amount of aid to be returned. The formulas used for recalculation can be obtained from NCNM's Financial Aid Office.

Federal refund calculations are completely independent of NCNM's tuition refund policies. Federal Title IV funds are always returned in the order mandated by the U.S. Department of Education. For graduate-level students attending NCNM the order is:

1. Unsubsidized Stafford Loan
2. Subsidized Stafford Loan

Note: The Federal Title IV Refund Calculations only apply to withdrawals from all classes. However, if a student changes track, and if there is an adjustment made to her/his tuition charge, the Financial Aid Office will recalculate the student's Cost of Attendance Budget to see if her/his aid eligibility has changed.

EMPLOYMENT

Part-time employment while enrolled in school will help make ends meet. However due to the demands of the program, students generally find their schedules limit them to working twenty hours per week or less. The Financial Aid Office administers a Federal Work-Study Program and maintains an online work-study job database. Several departments also offer non-work-study employment opportunities to students.

FEDERAL WORK-STUDY (FWS)

These funds are provided from annual federal funds matched by College funds. Federal Work-Study allows qualified students to earn money for education by working jobs at NCNM. The College has a variety of jobs available to students: clerical aides, campus guides, library aides, community clinic aides, etc.

ELIGIBILITY AND REHABILITATION

Financial Aid Policy and Drug-Related Convictions

Students are ineligible for Federal Title IV Aid if convicted of an offense involving the possession or sale of illegal drugs. The period of ineligibility is contingent upon the offense committed and on whether the student is a first-time or repeat offender. (Information on Oregon and Federal sanctions and periods of ineligibility is available from the Office of Financial Aid and in the Student Handbook.)

Drug Rehabilitation

To restore Title IV eligibility early, students must successfully complete a qualified drug rehabilitation program. This program must conduct two unannounced drug tests and

receive or be qualified to receive funds directly or indirectly from a federal, state, or local government program.

Government Program

Administered or recognized by a federal, state, or local government agency or court, the rehabilitation program must be qualified to receive or currently receive payment directly or indirectly from a state-licensed insurance company or administered or recognized by a state-licensed hospital, health clinic, or medical doctor.

SCHOLARSHIPS

Money received from scholarship sources does not have to be repaid. At NCNM there are scholarships available for entering students and limited scholarship sources available to students who are matriculated. In order to be assured of full consideration for available scholarships, complete applications for admission and scholarship award, along with all supporting documentation, must be received in the Financial Aid Office by the appropriate deadline date.

Academic Achievement Scholarships

These one-year merit scholarships are awarded to students entering the MSOM or ND program in the fall of each year. These scholarships are made possible through the generous contributions of NCNM supporters, including monies raised at the annual auction and monies from the Institutional Lending program generated from student loans. Finalists are selected based on a record of outstanding academic achievement. These awards are for one year only and are applied to each recipient's accounts over the academic year.

Founders Scholarship

Resulting from NCNM's institutional lending program, the College awards money each year for merit-based scholarships. These scholarships are awarded to current students in the MSOM and ND programs. All current full-time students in good academic standing may apply. Finalists will be selected based on a record of outstanding academic achievement, leadership, service to the College and community, dedication to the professions of natural medicine, and a commitment to honoring and celebrating diversity. These awards are for one year only, and are applied to each recipient's account over the academic year.

Brant Ashton Memorial Scholarship

The Brant Ashton Memorial Scholarship is a restricted NCNM fund established in memory of Brant Ashton, who passed away as a result of AIDS-related complications. As a gay man, Brant was keenly aware of the impact of HIV in the gay community. After his own HIV diagnosis, Brant left his successful business and moved from Toronto, Canada, to Portland, Oregon with his life partner to begin training as a naturopathic physician at NCNM. Brant had a strong interest in homeopathy and wanted to pursue research in the treatment of AIDS.

The Brant Ashton Memorial Scholarship is available to full-time students at NCNM. The scholarship was established specifically to assist those students whose studies include homeopathy and who intend to do AIDS treatment and research or work with those who have HIV/AIDS- related illness.

Helio Scholarship

Helio Medical Supplies Inc. will award a \$1,000 scholarship annually to a NCNM student who is enrolled in the MSOM Degree Program. The Classical Chinese Medicine Curriculum Committee has determined that this scholarship will be awarded to the MSOM student (selected by NCNM) who has consistently exhibited:

- Sound academic standing
- Exceptional patient care with integration of CCM principles
- Contributions to furthering CCM program and community development

(In the event of a tie, the CCM Curriculum Committee will divide the scholarship equally among its chosen recipients)

PRESIDENT'S WELCOME LETTER

Dear Student,

It is a pleasure for me to welcome and introduce you to the National College of Naturopathic Medicine in the environmentally-friendly city of Portland, Oregon in the majestic Pacific Northwest.

NCNM, for short, is the oldest school of naturopathic medicine in the nation and next year will celebrate the College's Golden Anniversary (1956-2006).

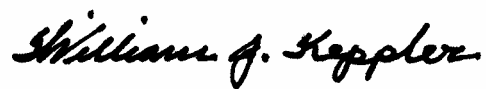
We are very proud of our graduates and would welcome you to join us. Our ND program is one based upon Six Principles of Natural Medicine, the first being "*the healing power of nature*". Our academic curriculum is taught by expert faculty and provides the highest quality educational experience for our medical students. Our ND program has received high marks from the Council on Naturopathic Medicine (CNME), the professional accrediting council and an extension of the United States Department of Education.

Our Classical Chinese Medicine program awards the Master of Science Degree in Oriental Medicine. We think it is an outstanding program as does the Accreditation Commission on Acupuncture and Oriental Medicine (ACAOM), the accrediting commission for the profession.

So find out more about NCNM and the special events planned for our Golden Anniversary. You can be a part of this special fiftieth year for the College.

With every good wish for continued success in your career.

Respectfully,

A handwritten signature in black ink that reads "William J. Keppler". The signature is written in a cursive, flowing style.

William "Bill" J. Keppler, Ph.D.
President of NCNM

LETTER FROM THE PROVOST

Dear Prospective Student,

You have been drawn to investigate National College of Naturopathic Medicine because you are interested in a career in natural healing; because you share the increasingly common view that medicine should treat the whole person; and because you understand that it can do so in gentle, effective ways that work with the body's innate healing potential to promote optimum health. You have heard the call to serve humanity as a healer.

NCNM's programs in naturopathic medicine and classical Chinese medicine blend ancient healing wisdom with cutting edge science in challenging curricula, preparing practitioners to meet the needs of today's patients: patients who are increasingly seeking care from those who recognize that maintaining physical, mental, and spiritual health is more important than treating disease.

NCNM is not for everyone, but if you are committed to a lifetime of service to your community through the practice of natural medicine and can meet our rigorous standards, we offer a path to your future characterized by excellence in both classroom and clinical education. Please consider joining our community of exceptional, dedicated healers as we pursue our mission: "To educate and train physicians and practitioners in the art and science of natural medicine."

You have chosen to embark on a stimulating journey toward a rewarding career serving humanity through natural medicine, and I congratulate you for that choice. You could not enter this field at a better time or place. The demand for natural healers is high and ever increasing; NCNM is preparing to celebrate the Golden Anniversary of its founding; and, for those who qualify, we offer a vital role in the future of medicine.

Please call me directly if I may assist in your quest or be of service in any way.

Sincerely,

A handwritten signature in black ink, appearing to read "David R. Odiorne". The signature is fluid and cursive, with a long horizontal stroke at the end.

David R. Odiorne, MS, DC
Provost and Vice President for Academic Affairs
(503) 552-1703

MISSION STATEMENT

The mission statement of National College of Naturopathic Medicine (NCNM) is to educate and train physicians and practitioners in the art and science of natural medicine.

VISION STATEMENT

NCNM is an accredited, fully-funded institution with the highest quality programs, faculty, facilities and students.

AUTHORIZATION

NCNM is a nonprofit corporation authorized by the State of Oregon to offer and confer the Doctor of Naturopathic Medicine (ND) degree and the Master of Science in Oriental Medicine (MSOM) degree described herein, following a determination that state academic standards will be satisfied under OAR 583-030. Inquiries concerning the standards or school compliance may be directed to the Office of Degree Authorization (ODA), 1500 Valley River Drive, Suite 100, Eugene, OR 97401.

NCNM complies with the Equal Opportunity Act of 1965, American Disabilities Act of 1990, and Title IV of the Higher Education Act as federally re-authorized in 1998. These acts and amendments prohibit discrimination on the basis of age, sex, race, national or ethnic origin, religion, or disability. NCNM also adheres to guidelines set forth by the Family Educational Rights and Privacy Act of 1974, which pertains to limitations and rights of access to student records. To ensure compliance with these requirements, NCNM enacts policies and procedures, and articulates protocols in this catalog, the student handbook, departmental policy and procedural guides, and employee manuals.

Every effort has been made to ensure the catalog's accuracy of information. NCNM regularly reviews its policies to improve the Institution and the quality of education provided. Changes to the catalog can be made without prior notice. This catalog is not a contract between NCNM and current or prospective students. The catalog is available on CD at no cost through the Office of Admissions or in a viewable and downloadable .pdf format from the Internet at www.ncnm.edu. Paper copies are available by request.

EQUAL OPPORTUNITY STATEMENT

NCNM, in compliance with state and federal laws and regulations, does not discriminate on the basis of race, color, national origin, religion, sex, sexual orientation, marital status, age, disability, or veteran's status in any of its policies, procedures, or practices. This nondiscrimination policy covers admission and access to, and treatment and employment in, College programs and activities, including but not limited to academic admissions, financial aid, educational services, and employment.

COLLEGE AND PROGRAM ACCREDITATION

NCNM confers the Doctor of Naturopathic Medicine (ND) degree and Master of Science in Oriental Medicine (MSOM) degree as approved by the State of Oregon through its

Office of Degree Authorization (ODA). Approval is granted to institutions that satisfy state academic standards under Oregon Administrative Rule 583-030.

Oregon Office of Degree Authorization
1500 Valley River Drive, Suite 100
Eugene, OR 97401
541-687-7452, www.osac.state.or.us/oda/

NCNM is a candidate for accreditation at both the masters and professional doctoral degree levels with the Northwest Commission on Colleges and Universities (NWCCU). The NWCCU is one of seven US regional accrediting bodies authorized and recognized by the Secretary of Education.

Northwest Commission on Colleges and Universities
8060 165th Avenue NE, Suite 100
Redmond, WA 98052
425-558-4224, www.nwccu.org

The degree program in naturopathic medicine is accredited by the Council on Naturopathic Medical Education (CNME), a specialized accrediting agency.

Council on Naturopathic Medical Education
P.O. Box 323
Johnson, VT 05656
802-635-7090, www.cnme.org

NCNM's MSOM program is accredited by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM). ACAOM is a specialized accrediting agency for the approval of programs preparing acupuncture and Oriental medicine practitioners.

Accreditation Commission for Acupuncture and Oriental Medicine
Maryland Trade Center #3
7501 Greenbelt Center Drive, Suite 820
Greenbelt, MD 20770
301-313-0855, www.acaom.org

Other sources of information available to prospective students about NCNM include the College viewbook, the Student-for-a-Day Program, campus visits, and the Institution's web site at www.ncnm.edu. For further information regarding NCNM programs, please contact:

Office of Admissions
049 SW Porter Street
Portland, OR 97201
503-552-1660, admissions@ncnm.edu, www.ncnm.edu

DOCTOR OF NATUROPATHIC MEDICINE

NATUROPATHIC MEDICINE

Naturopathic medicine is a patient-centered primary care approach that uses natural means to restore and optimize health. It is a distinct system of health care—an art, science, philosophy, and practice of diagnosing, treating, and preventing disease. Naturopathic medicine is heir to the vitalistic tradition of medicine in the Western world and emphasizes the treatment of disease through the stimulation, enhancement, and support of the inherent healing power of the body. Methods of treatment are chosen that respect the natural healing process.

HISTORY OF NATUROPATHIC MEDICINE

The roots of naturopathic medicine go back thousands of years, drawing on the healing wisdom of many cultures including East Indian (Ayurvedic), Chinese (Taoist), Greek (Hippocratic), Arabian, Egyptian, and European (monastic medicine) traditions.

With the age of scientific inquiry, medicine took on exciting dimensions and developed new tools for fighting disease. In fact, many older time-tested healing and health maintenance methods were discarded at a rapid rate as doctors began treating disease almost solely with surgery and drugs.

Some practitioners in Europe and the United States, however, recognized that valuable, empirically proven natural therapies were being lost, and struggled to retain the practice of promoting health through stimulation of the vital force and the appropriate use of natural agents.

As a distinct North American health care profession, naturopathic medicine is one hundred years old, with origins traced back to Dr. Benedict Lust and Dr. Robert Foster. Dr. Lust originally came to the United States from Germany to practice and teach hydrotherapy techniques popularized in Europe by Sebastian Kneipp. A committee of Kneipp practitioners met in 1900 and determined that the practice should be expanded to incorporate all natural methods of healing, including botanical medicines, nutritional therapy, physiotherapy, psychology (mind-body connection), homeopathy, and the manipulative therapies. They called their profession “naturopathy”.

The first school of naturopathy was founded by Dr. Lust in New York City and graduated its first class in 1902. During the same period, Dr. Foster founded a similar institution in Idaho that trained the early naturopathic pioneers responsible for establishing licensing laws in Oregon and Washington states.

Naturopathic medical conventions in the 1920s attracted more than 10,000 naturopathic physicians. There were more than twenty naturopathic medical colleges, and NDs were licensed in a majority of states. Naturopathic medicine experienced a decline in the 1940s and '50s with the rise of pharmaceutical drugs, technological medicine, and the idea that drugs could eliminate all disease. As ND degree programs began closing down, one after another, NCNM was founded to keep the medicine alive. The drop-off in popularity was

so steep that during its first twenty years, NCNM graduated only seventy students. From its founding in 1956 until 1979, when three of its alumni founded John Bastyr College (now Bastyr University) in Seattle, it was the only naturopathic college in the United States.

For almost half a century, NCNM, founded by those who began practicing in the 1920s and 1930s, has been at the center of the profession, preserving and extending the legacy of naturopathic medicine by training future physicians. The profession has experienced resurgence in the past two decades as a health-conscious public has sought alternatives for conditions that conventional medicine has not adequately addressed. Since the late 1970s, NCNM alumni have opened three more naturopathic colleges and NCNM enrollment has quadrupled. This growth is in direct response to the changing needs of our society; not only is the public demanding a medical model in which the individual plays a more active role in her/his health and healing process, but doctors also want a medical model that is more patient-centered and holistic.

NCNM is alma mater to more than 1,400 naturopathic physicians who practice in nearly every state and province and many foreign countries. Many are nationally recognized spokespersons and teachers as well as successful physicians who have gone on to found new naturopathic colleges. NCNM alumni have also founded professional associations to promote and expand naturopathic medicine. This is an exciting time to join the profession and help make history in the field of naturopathic medicine.

EDUCATIONAL OBJECTIVES OF THE ND PROGRAM

The ND graduate will have attained competency in the following areas:

- Incorporation of the principles of naturopathic medicine in diagnosis and treatment
- Taking a medical history and physical examination
- Utilization of medical diagnostic procedures
- Integration of clinical data and therapeutic intervention
- Education of patients in disease prevention and therapeutic needs
- Communication with medical peers and practice management
- Development of ongoing learning skills and professional development
- Principles of evidence-based medicine

PRINCIPLES OF NATUROPATHIC MEDICINE

The practice of naturopathic medicine emerges from six principles of healing. These principles are based on the objective observation of the nature of health and disease and are examined continually in light of scientific analysis. These principles stand as the distinguishing marks of the profession:

The Healing Power of Nature *vis medicatrix naturae*

The body has the inherent ability to establish, maintain, and restore health. The healing process is ordered and intelligent; nature heals through the response of the life force. The physician's role is to facilitate and augment this process, to identify and remove obstacles

to health and recovery, and to support the creation of a healthy internal and external environment.

First Do No Harm *primum non nocere*

Therapeutic actions that are complementary to and synergistic with the body's innate healing process prevent harm to patients. Naturopathic physicians follow three precepts to avoid harming the patient:

- Use methods and medicinal substances which minimize the risk of harmful effects and apply the least possible force or intervention necessary to diagnose illness and restore health.
- Whenever possible, avoid symptom suppression as it can interfere with the healing process.
- Respect and cooperate with the *vis medicatrix naturae* in diagnosis, treatment, and counseling.

Identify and Treat the Cause *tolle causam*

Illness does not occur without cause. Underlying causes of disease must be discovered and removed or treated before a person can recover completely from illness. Symptoms are expressions of the body's attempt to heal, but are not the cause of disease; therefore, naturopathic medicine addresses itself primarily to the underlying causes of disease, rather than to the symptoms. Causes may occur on many levels, including physical, emotional, mental, and spiritual. The physician must evaluate fundamental underlying causes on all levels, directing treatment at root causes as well as seeking relief of symptoms.

Treat the Whole Person *in perturbato animo sicut in corpore sanitas esse non potest*

Health and disease are conditions of the whole organism, involving a complex interaction of physical, spiritual, mental, emotional, genetic, environmental, and social factors. The physician must treat the whole person by taking all of these factors into account. The harmonious functioning of all aspects of the individual is essential to recovery from and prevention of disease and requires a personalized and comprehensive approach to diagnosis and treatment.

The Physician as Teacher *docere*

Beyond an accurate diagnosis and appropriate prescription, the physician must work to create a healthy, sensitive interpersonal relationship with the patient. A cooperative doctor-patient relationship has inherent therapeutic value. The physician's major role is to educate and encourage the patient to take responsibility for her/his own health. The physician is a catalyst for healthful change, empowering and motivating the patient to assume responsibility. It is the patient, not the doctor, who ultimately creates or accomplishes healing. The physician must strive to inspire optimism as well as understanding. The physician must also make a commitment to her/his personal and spiritual development in order to be a good teacher.

Prevention *principiis obsta: sero medicina curatur*

The ultimate goal of naturopathic medicine is prevention. This is accomplished through education and promotion of lifestyle habits that foster good health. The physician assesses risk factors and hereditary susceptibility to disease and makes appropriate interventions to avoid further harm and risk to the patient. The emphasis is on building health, rather than on fighting disease. Because it is difficult to be healthy in an unhealthy world, it is the responsibility of both physician and patient to create a healthier environment in which to live.

SCOPE OF PRACTICE

Naturopathic physicians' scope of practice varies by jurisdiction. Once universally licensed in the United States, naturopathic physicians have seen their laws sunset in many states over the past fifty years. Currently, fourteen states, the District of Columbia, Puerto Rico, and four Canadian provinces license naturopathic physicians. Due to a resurgence of interest in naturopathic medicine, several additional states have naturopathic licensing bills before their legislature including Illinois, Missouri, New York and North Carolina. Many jurisdictions regard NDs as primary care physicians and provide them with the scope of diagnostic and therapeutic privileges necessary to be a doctor first seen by a patient for general health care, for advice on keeping healthy, and for the diagnosis and treatment of acute and chronic conditions. In those jurisdictions in which NDs are not licensed, the scope of practice excludes the diagnosis and treatment of disease.

The naturopathic physician is defined by the U.S. Department of Labor as one who:

"Diagnoses, treats, and cares for patients, using a system of practice that bases treatment of physiological functions and abnormal conditions on natural laws governing [the] human body: Utilizes physiological, psychological, and mechanical methods, such as air, water, light, heat, earth, phytotherapy, food and herb therapy, psychotherapy, electrotherapy, physiotherapy, minor and orificial surgery, mechanotherapy, naturopathic corrections and manipulation, and natural methods and modalities, together with natural medicines, natural processed foods and herbs and nature's remedies. Excludes major surgery, therapeutic use of x-ray and radium, and use of drugs, except those assimilable substances containing elements or compounds which are components of body tissues and are physiologically compatible to body processes for maintenance of life." (Yet many states have broad drug formularies that allow NDs to prescribe drugs.)

It should be noted that the state of Utah requires a one-year residency before licensing NDs. Like other physicians, recently graduated NDs are encouraged to seek additional clinical experience under the supervision of a licensed physician in the form of residencies and mentorships.

LICENSING AND CERTIFICATION OF NATUROPATHIC PHYSICIANS

Naturopathic physicians practice in most states and Canadian provinces, as well as foreign countries under various legal provisions. States and Canadian provinces licensing NDs, at publication, are Alaska, Arizona, British Columbia, California, Connecticut, Hawaii, Idaho, Kansas, Maine, Manitoba, Montana, New Hampshire, Ontario, Oregon,

Saskatchewan, Utah, Vermont, Washington, and Washington DC. In other United States and Canadian jurisdictions, a varying scope of naturopathic practice may be permitted or protected by court decisions, attorney general opinions, or local regulations.

Efforts to enact licensing laws are underway in several states. Legislation is in the final stages of consideration in New York, New Mexico and North Carolina. The best sources of current information about the legal status of naturopathic medicine in a particular area are the American Association of Naturopathic Physicians (8201 Greensboro Drive, Suite 300, McLean, VA 22102 or www.naturopathic.org), state or provincial naturopathic associations, and individual naturopathic physicians practicing in that area.

Currently all states that license naturopathic physicians require graduation from a residential course of study offered through a college approved by the examining jurisdiction. NCNM meets all requirements and is accredited by the Council on Naturopathic Medical Education (CNME). Completion of the ND degree at NCNM or another recognized institution qualifies candidates to sit for a board licensing examination that every applicant must pass to be licensed. Similarly, NCNM graduates are eligible to sit for examination in Canadian provinces that license naturopathic medicine. While each jurisdiction has its own examination requirements, an increasing number use the Naturopathic Physicians License Exam (NPLEX) as part or all of the required testing.

DIAGNOSTIC TECHNIQUES

NDs are trained in conventional diagnostic techniques such as physical exam, laboratory testing, differential diagnosis, x-ray and ultrasound imaging, and psychological assessment. In addition, NDs use specialized laboratory tests that assess physiological function, as well as other observational and physical techniques. NDs endeavor to identify disease states in the context of the individual's overall health.

THERAPEUTIC TECHNIQUES

Botanical Medicine: Many plant substances are powerful medicines. Where isolated chemically derived drugs may address only a single problem, botanical medicines are able to address a variety of problems simultaneously. When properly administered, most botanical medicines can be applied effectively with minimal chance of side effects.

Clinical Nutrition: Food is the best medicine and is a cornerstone of naturopathic practice. Many medical conditions can be treated more effectively with foods and nutritional supplements than they can by other means, with fewer complications and side effects. NDs use diet, natural hygiene, fasting, and nutritional supplementation in their practices.

Homeopathic Medicine: Homeopathic medicine is treatment of disease/symptoms using correctly prescribed, minimal doses of natural substances (plant, animal, mineral), which, if taken in larger doses, would *cause* disease/symptoms – the acting principle being “like cures like”. It promotes the return to health on physical, mental and spiritual levels.

Mind/Body Medicine: Mental attitudes and emotional states may influence, or even cause, physical illness. Counseling, nutritional balancing, stress management, biofeedback, and other therapies are used to help patients heal psychologically.

Minor Surgery: Naturopathic physicians do in-office minor surgery, including repair of superficial wounds and removal of foreign bodies, cysts, and other superficial lesions.

Naturopathic Obstetrics/midwifery: Trained and certified NDs provide childbirth care in an out-of-hospital setting. They offer prenatal and postnatal care using modern diagnostic techniques combined with ancient midwifery wisdom. The naturopathic approach strengthens healthy body functions so that complications associated with pregnancy may be prevented.

Classical Chinese Medicine: Within the ND program, classical Chinese medicine is a healing philosophy that is complementary to naturopathic medicine. Classical Chinese medical theory offers an important understanding of the unity of the body and mind, while adding to the Western understanding of physiology.

Physical Medicine: Naturopathic medicine has its own methods of therapeutic manipulation of soft tissue, muscles, bones, and spine. NDs also use ultrasound, diathermy, exercise, massage, water, heat and cold, and gentle electrical therapies.

Naturopathic practice also includes the use of any medicinal substances which contain elements that are components of bodily tissues or can be utilized by the body for the maintenance of life and the repair of tissues. The current scope of practice excludes major surgery and the use of most synthetic drugs.

“Scope of practice” is specifically defined by the legislation in the various states and provinces that license or regulate naturopathic medicine, and practice varies significantly among states, provinces, and countries.

ND PROGRAM OF STUDY

The ND degree course of study at NCNM is an intensive four-year doctoral program that prepares candidates for national (NPLEX) and state board licensing examinations and the general practice of naturopathic medicine. Upon graduation, alumni are eligible to sit for board examinations in states and provinces that license naturopathic physicians. The core, or required, curriculum provides the foundation and skills necessary for naturopathic family practice.

First year studies include the normal structure and function of the body with a solid introduction to naturopathic theory, philosophy, and therapeutics. To enter second year clinical training, students must pass the hydrotherapy lecture and lab course.

Second year focuses on the study of disease and diagnosis, while beginning the botanical, therapeutic manipulation, clinical nutrition, and homeopathic medicine sequences. To enter into third year clinical training, students must pass all basic sciences and diagnostic courses, as well as a clinic entrance examination (Graduate Proficiency Assessment 1).

Third year continues to focus on the botanical, manipulation, clinical nutrition, and homeopathic medicine sequences, begins the organ systems courses (which emphasize case management), and gives major emphasis to clinical training. Students must pass a clinical primary status exam (Graduate Proficiency Assessment 2) to proceed in the clinic.

Fourth year continues the organ systems courses. The major focus of the fourth year is practical clinical training, working side by side with licensed physicians caring for patients. A clinic proficiency exam (Graduate Proficiency Assessment 3) ensures clinical competency prior to graduation.

Because the program is rigorous and the course load heavy, students may choose to complete the ND degree in five rather than four years. In some cases, students may be required to be in the five-year track. Students may take no more than seven years to complete the ND program and no more than nine years to complete the dual program.

MASTER OF SCIENCE IN ORIENTAL MEDICINE

CHINESE MEDICINE AS EXPLAINED BY THE CLASSICS

The antiquity, beauty, and efficacy of Chinese medicine have drawn Western scholars for generations. As modern China sought credibility for its age-old system of medicine, and as Westerners have striven to understand it within their own scientific context, each has emphasized only select pieces from the rich tapestry of Chinese medicine.

In contrast, the MSOM degree program at NCM emphasizes the holistic spirit of the classic teachings of Oriental medicine. This 3,468 hour academic and clinical program, taught over four years, was developed and is taught by practitioners trained in China. The history and philosophy of this challenging system of thought combines the art and science of a medicine developed over millennia. This course of study will take you outside the Western concept of science into an approach that integrates the systematic and intuitive aspects of medicine while remaining observable and reproducible.

The classical Chinese medicine approach is especially suited to give new insights into the treatment of difficult and recalcitrant diseases. By bringing the legacy of an independent medical system into modern Western practices, our program is specifically designed to inspire practitioners to confidently treat chronic diseases that are difficult to cure or even diagnose.

HISTORY OF THE MASTER OF SCIENCE IN ORIENTAL MEDICINE

Historically it has been the didactic direction of the College to emphasize the “classical” traditions of Oriental medicine. The academic backgrounds of the Department Dean and all core faculty members are distinguished by extensive training in the classical tradition of Oriental medicine. The mission statement of the classical Chinese medicine (CCM) program was designed to include several items that specifically define its traditional orientation.

MISSION OF THE MASTER OF SCIENCE IN ORIENTAL MEDICINE

The mission of the Master of Science in Oriental Medicine degree program is to educate students to become health care professionals in the practice of Oriental medicine as illustrated by the classics. Above all, the program is intended to impart to its students the holistic spirit of Oriental medicine.

Specifically through the MSOM coursework, the program seeks to accomplish the following:

- Instruct health care practitioners in the art and science of Chinese medicine
- Immerse students in the culture of Chinese medicine by combining emphasis on Scholarly erudition and attention for multi-layered detail with the “atmosphere” – inspiring aspects of holistic life science
- Cultivate respect for Oriental medicine as an independent science that has its own parameters and does not require validation by other scientific systems
- Honor the philosophical precepts that are shared by naturopathic medicine and classical Chinese medicine—belief in the healing power of nature, focus on identifying the root causes of disease, and treatment of the person as a multifaceted entity
- Foster awareness of the historical development of Oriental medicine, including knowledge of the major schools of Chinese medical thought
- Present Oriental medicine as a renaissance-style art that is embedded in and closely related to other traditional arts and sciences
- Educate students to effectively treat disease, especially chronic and recalcitrant disorders, by training them broadly and equally in all major modalities of Oriental medicine, while at the same time affecting them to acquire a distinguishing sense regarding the clinical situation under which each of these modalities should be applied

EDUCATIONAL OBJECTIVES OF THE MSOM PROGRAM

The program seeks to educate students in the practice of Oriental medicine as illustrated by the classics and to share the holistic spirit of Oriental medicine. Specifically, through the MSOM coursework and training, graduates will be able to do the following:

- Diagnose according to the traditional parameters of Oriental diagnosis
- Master the theory and practice of the main modalities of Chinese medicine
- Acquire a distinguishing sense regarding the clinical situations under which each of them should be applied
- Engage in scholarly discourse regarding the nature and origin of Chinese medicine
- Work cooperatively with other health care practitioners for optimal patient care

LICENSING AND CERTIFICATION OF ACUPUNCTURISTS & ORIENTAL MEDICINE PRACTITIONERS

Graduates of the MSOM program are eligible to apply for acupuncture licensure in the state of Oregon and to take all exams administered by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), which most states use

as a basis for licensure. For additional information, contact NCCAOM, 11 Canal Center Plaza, Suite 300, Alexandria, VA 22314, 703-548-9004, www.nccaom.org.

In addition, the MSOM Program is approved by the California Acupuncture Board, allowing graduates to sit for the California licensing exam, and is on the State of New Mexico education program approved list. For additional information concerning acupuncture licensure in the State of California, contact the California Acupuncture Board, 444 N. 3rd Street, Suite 260, Sacramento, CA 95814-0226, 916-445-3021, www.acupuncture.ca.gov. For additional information concerning licensure in the State of New Mexico, contact the Board of Acupuncture and Oriental Medicine, 2550 Cerrillos Road, Santa Fe, NM 97505, 505-476-4630, www.rld.state.nm.us/b&c/acupuncture.

ORGANIZATION AND GOVERNANCE

NCNM is a nonprofit 501(c)3 corporation organized under Oregon law. The College is governed by a Board of Directors whose members serve three-year terms and represent the general community. The Board of Directors oversees the organization and exercises management through the President. NCNM's day-to-day operations are performed by the President, administration, faculty, and staff.

BOARD OF DIRECTORS

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Staff Representative	<i>Tommi Stock</i>
Student Representative	<i>Kris Ritchey, ND 2</i>

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Sally Barrett

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Admissions Counselor, *Adalissete Garcia*
Admissions Counselor, *Brenda Lashbrook, MA*
Admissions Coordinator, *Scott Moore*

Department of Advancement and Public Relations

Director of Advancement and Public Relations, *Susan Hunter, MA*
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ACADEMIC AFFAIRS

Department of Naturopathic Medicine

Dean of Naturopathic Medicine, *Rita Bettenburg, ND*
Associate Dean for Academic Affairs, *Dohn Kruschwitz, MD, ND*

Department of Classical Chinese Medicine

Dean of Classical Chinese Medicine, *Heiner Fruehauf, MA, PhD*
Associate Dean for Academic Affairs, *Laurie Regan, ND, PhD*
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Doctor of Medicine (China)

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Dean of Clinics, *Tamara Staudt, ND, MSOM*

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Research Coordinator, *Margaret Warman, MPhil, MEd*

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Library Director, *Rick Severson, MLS, PhD*
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Director of Financial Aid, *Laurie Radford*
Financial Aid Counselor, *Eric Triplett*

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Assistant Registrar, *Stephen Smith*

NCNM FACULTY

DEPARTMENT OF NATUROPATHIC MEDICINE

Full Time Faculty

Richard Barrett, Associate Professor; ND, National College of Naturopathic Medicine, 1986.

Audrey Bergsma, Instructor; ND, National College of Naturopathic Medicine, 1996.

Rita Bettenburg, Associate Professor; ND, National College of Naturopathic Medicine, 1989.

John Brons, Associate Professor; PhD, UCLA, 1978; MAcOM, Oregon College of Oriental Medicine, 1993.

Gregory Garcia, Assistant Professor; ND, National College of Naturopathic Medicine, 1988; MAcOM, Oregon College of Oriental Medicine, 2000.

William J. Keppler, Professor; PhD, University of Illinois, 1965.

Dohn Kruschwitz, Associate Professor; MD, University of Iowa College of Medicine, 1966; ND, National College of Naturopathic Medicine, 1997.

David R. Odiorne, Professor; DC, Palmer College of Chiropractic, 1981.

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Judy Peabody, Assistant Professor; ND, National College of Naturopathic Medicine, 1988.

Michelle Salob, Instructor; ND, National College of Naturopathic Medicine, 2001.

Steven Sandberg-Lewis, Professor; ND, National College of Naturopathic Medicine, 1978.

Nancy A. Scarlett, Assistant Professor; ND, National College of Naturopathic Medicine, 1997.

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Will Taylor, Associate Professor; MD, University of Vermont College of Medicine, 1983.

Dickson Thom, Professor; DDS, University of Toronto, 1974; ND, National College of Naturopathic Medicine, 1989.

Robert Wilson, Assistant Professor; MS, Michigan Technological University, 1972; ND, National College of Naturopathic Medicine, 1993.

Kimberly Windstar, Assistant Professor; MEd, California State College, 1982; ND, National College of Naturopathic Medicine, 1991.

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Sharleen Andrews-Miller

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Amanda Barry, MS, University of Wisconsin-Madison, 2002.
Eric Blake, ND, National College of Naturopathic Medicine, 2004.
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Bracey Dangerfield, PhD, Maharishi International University, 1992.
Daniel DeLapp, Associate Professor; DC, Los Angeles College of Chiropractic, 1986; MAcOM, Oregon College of Oriental Medicine, 1996; ND, National College of Naturopathic Medicine, 1997.
Trish Egan, MFA, University of Portland, 1993.
Robert Ellis, Assistant Professor; PhD, Microbiology, University of Health Sciences/Chicago Medical School, 1983.
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Mark Kaminski, Professor; MS, Northwestern University, 1979.
Rosetta Koach, ND, National College of Naturopathic Medicine, 1999.
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Janis M. LaRue, JD, University of Detroit Mercy, 1980.
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Ken Weizer, ND, National College of Naturopathic Medicine, 1999.
Kate Wiggan, ND, National College of Naturopathic Medicine, 2004.
Katherine Zieman, ND, National College of Naturopathic Medicine, 1993.

DEPARTMENT OF CLASSICAL CHINESE MEDICINE

Full Time Faculty

Xiaoli Chen, Instructor; Master of Medicine, Doctor of Medicine (China), Chengdu University of TCM, 1987, 1994.
Jim Cleaver, Instructor.
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