



DOCTOR OF **Naturopathic Medicine**



As the home of naturopathic medicine,
our rigorous ND program is rooted in the healing power
of nature. We honor the traditions of naturopathic
medicine, enabling students to transform lives through
an integrative approach to health care.



DOCTOR OF **Naturopathic Medicine**

The Doctor of Naturopathic Medicine (ND) degree is an intensive four-year program that prepares uniquely skilled physicians to deliver comprehensive health care with a **heart**.

Our naturopathic approach to health care is highly personalized, with the intent to change lives. We teach our students to think, critique and develop their individual strengths as **healers**; to customize evidence-informed therapeutic options to each patient's situation and preferences; and to motivate and educate patients on how to live with less pain, burden and suffering. The entire program is focused on how to succeed in practice, how to curb the current epidemic of chronic disease, and how to make a meaningful and positive impact on the communities we serve.

PROGRAM OVERVIEW

The ND program combines primary care with the foundation of evidence-informed natural medicine. We focus on **experiential education** and our students benefit from a preceptorship program, simulation labs, diverse clinical experiences, internships and research.

Our curriculum is delivered in an innovative, clinically integrated system where students encounter real patients and clinical scenarios as early as their



71 **Motivated and inspired** FACULTY MENTORS

first year—followed by progressive and challenging clinical rotations during the rest of the program. This design prepares students to smoothly transition into the role of student-physician in their fourth year, taking care of their own patients under the watchful mentorship of accomplished academic and clinical teachers.

Students can expect a rigorous biomedical education, and our program is delivered through the core themes of cultural literacy, ethics and professionalism, evidence-informed practice, naturopathic philosophy, and practitioner cultivation. Each theme is led by one or more of our dedicated faculty to ensure that every block of the curriculum prepares the physicians of tomorrow to thrive in the current and challenging environments of healthcare provision in the U.S.

NATUROPATHIC MEDICINE PRINCIPLES

First, do no harm

Naturopathic physicians use the most natural, least invasive and least toxic therapies appropriate to the patient and condition they are treating.

The healing power of nature

The human body has a remarkable ability to heal itself when conditions of optimal health are established. A connection to nature greatly enhances this healing process.

Identify and treat the cause

Symptoms are signals of underlying imbalances and ailments that must be addressed in order to achieve healthy function.

Treat the whole person

Overall health is a reflection of physical, emotional and spiritual well-being. Each of these factors must be addressed in a healing regimen.


Doctor as teacher

Naturopathic physicians empower patients to care for their own health as much as possible.

Prevention

Naturopathic physicians address many aspects of health, including genetic susceptibility, lifestyle and environment, with the ultimate goal of disease prevention.



Our graduates complete
1,264 CLINICAL HOURS,
which include
 **500+**
PATIENT CONTACTS



CERTIFICATE AND CONCURRENT PROGRAM



options in research, Chinese medicine, midwifery and nutrition, among others

PATIENT CARE: PRIMARY CARE WITH A HEART

Our program fosters the development of a uniquely skilled type of physician, one who is capable of delivering comprehensive health care with a **heart**. Once the immediate needs of a patient are addressed, our physicians move on to wellness coaching and motivating their patients to live, eat, sleep and exercise better; manage stress; and reduce risk factors for chronic disease. Ultimately, we train our students to provide positive **transformation**, improve quality of life, and reduce burden where possible. This is primary care of the future, where terrible burdens of current chronic disease epidemics are delayed or altogether curbed by fundamental changes in lifestyle.

NUNM HEALTH CENTERS

NUNM is unique among naturopathic medical schools, with a Tier 4 Patient-Centered Primary Care Home (PCPCH), which has become widely accepted as an exemplary model for how primary care should be organized and delivered. Our interns are trained to use electronic medical records (EMR) equipped with evidence-informed therapeutics, evaluation and clinical decision guidance tools, and referrals to medical specialists—all in real time. Our EMR system allows for collaboration with clinics and hospitals in the Portland area—and links to health providers all across the nation. Our students learn how to anticipate, guide and coordinate the care of even the most complex of cases with specialists, behavioral and mental health providers, and community partners.

“The medical and clinical education at NUNM is like no other. To be able to integrate traditional therapies such as herbal medicine into a modern primary care model is why I wanted to practice medicine and become a physician.”

—Emma Petshow, ND ('18)

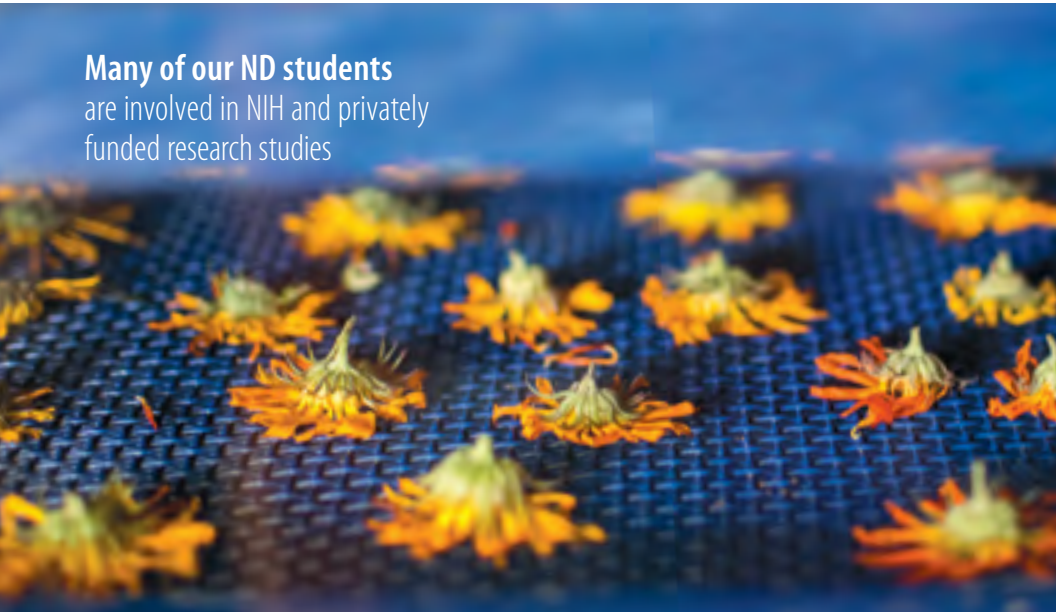
Dr. Petshow is a second-year resident at NUNM Health Centers. Her clinical interests include primary care, cardiopulmonary medicine, sports medicine, and women's health.

COMMUNITY HEALTH COLLABORATIVES

By working with diverse communities, students gain an appreciation of different practice settings and become skilled at meeting the needs of various patient populations. In addition to NUNM's PCPCH-recognized health center, we provide health services throughout the greater Portland area via a network of community health centers. This gives our students the opportunity to help medically underserved and diverse patient populations that require treatment for a wide range of health concerns.

As a member of the Coalition of Community Health Centers, our clinics provide an important safety-net for the underserved members of our community. These clinics offer low-cost medical care at sites that serve seniors, LGBTQ, homeless, domestic abuse survivors, undocumented and uninsurable families, and patients with drug and alcohol addictions.

Many of our ND students
are involved in NIH and privately
funded research studies





\$6,497,519
Total NIH research
grants awarded
(since 2005)

RESIDENCY

NUNM leads the profession—we developed and administer the first and largest accredited graduate naturopathic medical education program.

Our naturopathic residency program is rigorous and competitive, and provides invaluable clinical experience to assist students in completing the transition toward becoming practicing physicians. With established residency programs both locally and throughout the United States, we are proud to work with specialty providers and renowned hospitals—including integrative rotations in partnership with Oregon Health & Science University.

Proud to offer
16 ON-SITE RESIDENCIES! 

CAREER PREPARATION

Start with the end in mind. We prepare you for a lifelong practice of **healing**, and our goal is to ensure our graduates are competitive in their career by defining their objective and pursuing it through adaptability and focus.

Our career center offers customized one-on-one career and business development support to launch your career. We will guide you through developing a resume and/or curriculum vitae, and creating elevator pitches, career plans and business plans.

Our ND graduates move into fulfilling careers in private practice, integrative care with conventional providers, research, public policy work and academia. One year out from graduation, **95% of our Class of 2017 alumni** are working in the industry utilizing skills and credentials directly attributable to their training at NUNM.

Doctor of Naturopathic Medicine—Four-Year Program

FIRST YEAR		THIRD YEAR	
	CREDITS		CREDITS
Structure and Function I – III	39.00	Reproductive (Andrology, Gynecology and Natural Childbirth)	14.50
Anatomy I & II	11.00	Rheumatology and Clinical Immunology	6.00
Naturopathic History and Philosophy I & II	2.00	EENT: Eyes, Ears, Nose and Throat	7.25
Naturopathic Medicine Retreat	0.75	Dermatology and Minor Surgery	10.50
Microbiology, Public Health and Immunology	5.00	Psychology and Mental Health	7.00
Intro to Medical Systems	2.00	Pediatrics and Geriatrics	8.00
Intro to Therapeutic Modalities I & II	17.50	Parenteral Therapy and Environmental Medicine	6.00
Clinical Observation I & II	2.25	Business Seminars	2.00
Preceptorship (<i>credits charged in 4th year</i>)	0.00	Community Education	2.00
Intro to Community Education	0.25	Preceptorship (<i>credits charged in 4th year</i>)	0.00
Early Electives (e.g., Massage, NW Herbs, etc.)	3.00	Secondary Clinical Rotations	7.50
SECOND YEAR		FOURTH YEAR	
Musculoskeletal, Orthopedics, Exercise Physiology and Rehabilitation	18.00	Primary Clinical Rotations	32.50
Neurology	7.25	Grand Rounds	4.50
Intro to Clinic	0.25	Case Integration Mentorship I – IV	6.00
Cardiology and Pulmonology	13.50	Jurisprudence	1.00
Hematology and Oncology	8.75	Business Seminars	3.50
Gastroenterology and Proctology	10.75	Preceptorship	9.00
Urology and Nephrology	8.50	Electives: Special Topics, Advanced Topics and Advanced Therapeutic Courses	13.00
Metabolism and Endocrinology	10.00		
Preceptorship (<i>credits charged in 4th year</i>)	0.00		
Hydrotherapy Clinical Rotation	2.00		
		TOTAL REQUIRED CREDITS	302

BOARD EXAM PREPARATION

95% of our students pass the national clinical licensing exam (NPLEX) on their first attempt. NUNM provides exemplary board preparation courses and tools to help our students, which consistently results in the highest NPLEX II scores of all the ND programs.



ESTIMATED PROGRAM COST

For current tuition and fee information, please visit nunm.edu.

ADMISSIONS REQUIREMENTS

GPA: 3.0 or higher (strongly recommended)

Course Prerequisites:

General Biology	Two courses
Chemistry	Four courses
General Physics	One course
Mathematics	One course
English Composition	One course
Psychology	One course
Social Sciences & Humanities	Two courses

Visit nunm.edu for detailed admissions requirements, prerequisites and required documents.

FINANCIAL AID

Graduate school is a significant investment in your future. Our goal is to help you understand the financial aid process and options, and provide students with the best aid package available. More than 96% of students receive some sort of financial aid at NUNM.

VISIT US

To learn more about NUNM and our programs, we invite you to become acquainted with our students, faculty, programs and more. Schedule a tour of NUNM. If naturopathic medicine is your dream, if you want to change the future of health care—we can't wait to meet you!

To arrange a tour with our Admissions team, please visit nunm.edu/tour or call 877.669.8737 or 503.552.1660.



**THE BEST BIKE
CITIES IN AMERICA**
Bicycling Magazine (Oct. 10, 2018)



**THE GREENEST
CITIES IN THE U.S.**
Newsweek (Oct. 15, 2018)



PORTLAND

A haven for green living

Our location in the heart of Portland, Oregon, is ideal. Residents enjoy the benefits and advantages of city living with an emphasis on sustainability. A small city with a big heart, Portland is proud of its reputation for progressive politics and social consciousness. Consistently winning top prizes for sustainability, Portland's innovative urban planning is a model of livability that keeps urban sprawl in check while promoting distinctive, vibrant neighborhoods and luxuriant, tree-filled parks. Its extensive mass transit system is

No.2

AMERICA'S BEST CITIES FOR VEGETARIANS & VEGANS

Well+Good (Oct. 15, 2018)

a great complement to the bicycling revolution happening throughout the Portland metro area.



No.1 TOP 10 BEST FOOD CITIES IN AMERICA

Jetsetter (April 11, 2019)

NUNM's campus is nestled in progressive Portland. Our students are close-knit, and you will become part of a group of individuals seeking to transform their own communities through health—naturally.

"NUNM is a pioneering institution, which provides **an unparalleled education that is patient-centered** and includes all the various aspects of naturopathic medicine taught by the experts. Choosing to go to NUNM was a no-brainer."

—Mackenzie C. Howard

Naturopathic Medicine Program, Class of 2021



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