



The best way to predict the future is to create it. ~ Peter Drucker

Viewbook 2011-2012



Our mission is to educate and train physicians, practitioners and pre-professionals in the art, science and research of natural medicine.



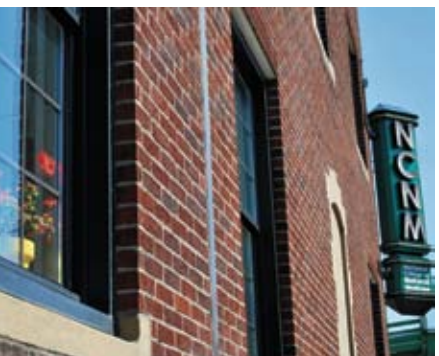
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“Now, more than ever before, we are preparing our students for powerful careers in the rapidly emerging field of natural medicine. We see an NCNM that serves thousands of students and patients in the coming years. We see a future as natural as it is friendly, as green as it is prosperous. We see a confident NCNM, as natural medicine is fully integrated within a complex and evolving healthcare landscape.”

*~David J. Schleich, PhD
NCNM President*



Research

The Helfgott Research Institute is a recognized leader in complementary and alternative medicine research the world over. The student research program makes exciting new natural medicine studies accessible to students, providing the opportunity to participate in ongoing research studies or to design an original study alone or with a team of other student researchers.

NCNM's Helfgott Research Institute was awarded a National Institutes of Health grant to incorporate more evidence-based content into the college curricula. As a result, NCNM, in partnership with the Oregon Health & Science University, created the Research in Complementary and Alternative Medicine Program to expand faculty and student research literacy skills, and help to increase quality and quantity of research content in classes.

Numerous Helfgott research projects have received NIH grants, awards and press coverage. Projects include studies investigating carpal tunnel syndrome, psoriasis, osteoporosis, cancer, diabetes and insomnia.

NCNM is now accepting applications for its new Master of Science in Integrative Medicine Research (MSiMR) degree program.

Patient Care

NCNM Teaching Clinic

The NCNM Clinic—the largest natural medicine clinic in Portland—offers patients a full spectrum of naturopathic and classical Chinese medicine treatments. Our teaching clinic is dedicated to providing comprehensive patient care, where students assist doctors in all aspects of diagnosis and treatment, learning skills required for expert patient treatment.

The clinic's peaceful atmosphere reflects the healing philosophy of natural medicine. The clinic has an extensive medicinary of naturopathic products and more than 300 Chinese herbs, which are blended and formulated onsite. Our state-licensed laboratory provides in-house lab tests for patients, producing quick results and diagnoses in patient treatment.

Community Clinics

By working with diverse communities, students gain an appreciation of different practice settings and patient populations. We currently provide patient care at nearly 20 community clinics located throughout the greater Portland area, giving students the opportunity to help low-income patients who require treatment for a wide range of health concerns.

The College

NCNM is proud of its longstanding legacy of academic excellence. Founded in 1956, NCNM is the oldest college of naturopathic medicine established in North America. NCNM continues its vision of innovation and leadership by offering superior education and training in natural medicine to new generations of physicians and practitioners.

NCNM offers four exceptional degree programs: **Doctor of Naturopathic Medicine (ND)**, **Master of Science in Oriental Medicine (MSOM)**, **Master of Acupuncture**

(MAc) and Master of Science in Integrative Medicine Research (MSiMR). Our campus, located in the heart of Portland, Oregon, offers students and faculty the benefits and advantages of city living at its most sustainable within an urban setting infused with natural beauty, culture and social conscience. In addition to our onsite teaching clinic, NCNM has access to nearly 20 local clinics offering diverse clinical experiences to students. The college supports a tightly-knit, inspiring learning environment, and a vital, groundbreaking research community.





Naturopathic Medicine



Classical Chinese Medicine

The Programs

THE SCHOOL OF NATUROPATHIC MEDICINE

trains students to be primary care physicians with an expertise in natural medicine. It is a distinct system of health care—an art, science, philosophy and practice of diagnosing, treating and preventing disease. The naturopathic approach creates the conditions for health to flourish. Its focus in treating disease is through the stimulation, enhancement, and support of the inherent healing power of the body.

Doctor of Naturopathic Medicine

The Doctor of Naturopathic Medicine degree is an intensive four-year program that prepares candidates for state board licensing examinations and clinical practice. The program at NCNM emphasizes a distinctive approach to health and healing that considers the whole person when treating specific conditions, and seeks to diagnose and treat the root causes of illness whenever possible.

Naturopathic Residency Program

NCNM's naturopathic residency program is rigorous and competitive, and provides invaluable clinical experience to assist students in completing the transition toward becoming practicing physicians. In addition to completing a Doctor of Naturopathic Medicine degree from an accredited institution, candidates must demonstrate professionalism, maturity, commitment to serve, excellent clinical abilities and an aptitude for enhancing their clinical skills.

All residency sites provide general family medicine with varying areas of emphasis including community medicine, women's health, integrated naturopathic and Chinese medicine, cardiology, functional medicine, IV therapy and other innovative naturopathic therapies.

THE SCHOOL OF CLASSICAL CHINESE MEDICINE

was created to honor and restore the deep wisdom and holistic spirit of the classical teachings of Chinese medicine. Its most pure intention is *tian ren heyi*—fostering universal harmony. Lineage-based teaching methods promote the understanding that all of life is sacred, interconnected and reflected in the microcosm of the human being.

Students learn to understand Western scientific knowledge from a classical Chinese perspective and come to appreciate that Chinese medicine is itself a profound science that integrates both systematic and intuitive aspects of medicine.

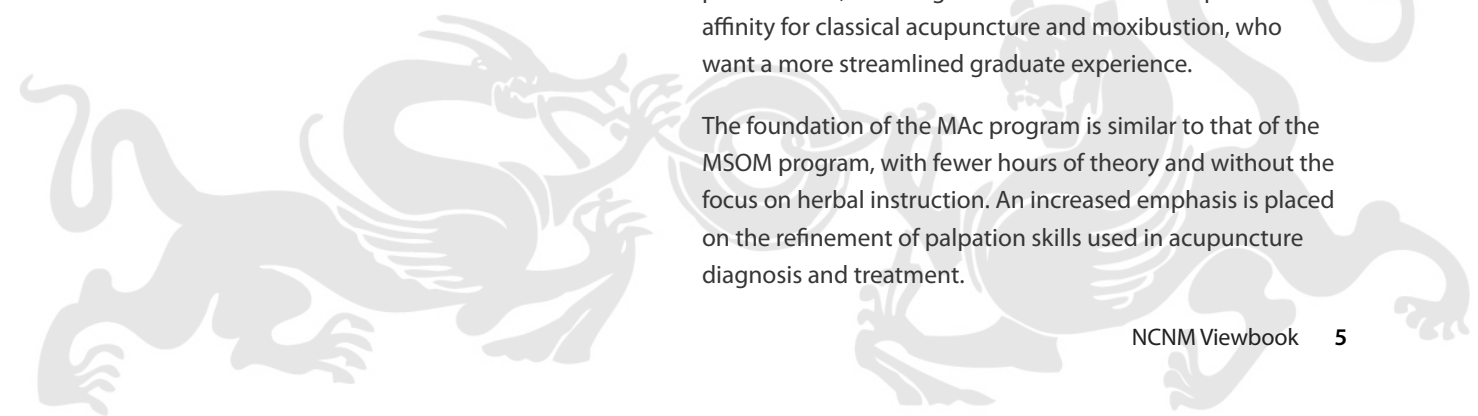
Master of Science in Oriental Medicine

The Master of Science in Oriental Medicine (MSOM) is a four-year program in which students are immersed in the classical foundations of the medicine; receive a holistic Chinese medicine education in Western medical sciences; and are trained in the clinical application of the major modalities of herbal formulation, acupuncture, moxibustion, Asian bodywork, qigong and nutrition. The curriculum has a strong focus on personal and professional cultivation to optimize students' proficiency as practitioners and to support their health as they progress through school.

Master of Acupuncture

The Master of Acupuncture (MAc) three-year program, and the new five-year program for licensed healthcare professionals, are designed for students with a special affinity for classical acupuncture and moxibustion, who want a more streamlined graduate experience.

The foundation of the MAc program is similar to that of the MSOM program, with fewer hours of theory and without the focus on herbal instruction. An increased emphasis is placed on the refinement of palpation skills used in acupuncture diagnosis and treatment.



Our Faculty

A key consideration in deciding where to get medical training is the quality of the faculty. You want to learn from the best. The NCNM roster includes some of the most renowned names in natural medicine. Our faculty members are talented and eclectic physicians, practitioners and scientists. They have a wide breadth of experience, knowledge and backgrounds. Experts by every standard, our teaching staff publish books and scientific papers, and are sought after to lecture nationally and internationally. Teaching NCNM medical students—training and preparing the physicians and practitioners of the future—is a vocation our faculty practice with passion and dedication. You'll find them warm and engaging; busy, but ready to share a cup of tea at the local café with their students. Most importantly, you'll find them willing to make your education the very best it can be.

Meet the rest of our esteemed faculty: www.ncnm.edu/faculty

"The health effects of nature are subtle, but nature can improve our mental and physical health."

~Dr. Kurt Beil

"Preparing students to become highly qualified Chinese medicine practitioners is important—and rewarding."

~Professor Rihui Long

"What I love about teaching at NCNM is seeing students develop and mature year after year into physicians and then watching them help their patients."

~Dr. Dohn Kruschwitz



Dr. Kurt Beil, Adjunct Faculty & Postdoctoral Research Fellow

"Health is affected by environmental factors as much as it is by the individual choices we make in our lives. The natural environment is a balanced and sustainable system—and has been for billions of years—so it provides a good context for creating optimum health. Research shows that the natural environment offers us multiple health benefits, but modern society has lost its connection with the natural world and health has suffered as a result. I came to natural medicine research to help people restore and value their connection with nature.

"When people want to relax and enjoy themselves, they don't draw up a chair by a busy intersection—they go the beach, take a walk in the woods, or work in their garden. The health effects of nature are subtle, but nature can improve our mental and physical health. Intrinsically, we understand that certain natural places are beneficial for our health. My work helps to develop evidence-based studies to show what we intuitively know is true. Teaching environmental medicine at NCNM and being part of its extraordinary legacy is an honor."

Kurt Beil, ND, MSOM, MPH, LAc, received his BA in Biological Sciences from Northwestern University in Illinois. He graduated with two degrees from NCNM in 2006 and received a Master of Public Health from Portland State University (PSU) in 2010. An NCNM adjunct professor in environmental medicine, integrative microbiology and public health since 2007, Dr. Beil has presented his research at conferences throughout the world. He is an NCNM Vanguard team member on the National Institutes of Health R25 research education grant initiative and the recipient of the PSU Miller Grant Award for sustainability research. Dr. Beil likes to live in balance with the natural world and hopes to bring that sense of harmony to his students, patients and the community.

Professor Rihui Long, Chief Medical Officer, Classical Chinese Medicine

"Before I came to NCNM to teach 14 years ago, I was an associate professor at Chengdu University of Traditional Chinese Medicine. During the Cultural Revolution, the past was rejected and the ancient roots were stripped from the medicine in an attempt to bring Western medical standards to the practice of Chinese medicine. Fortunately, the classical texts survived and many of us studied them for years to understand and learn.

"NCNM's Chinese medicine program offers students a diversity of lineages through its faculty, all contributing to a rich student learning experience. I love NCNM—my passion is teaching classical Chinese medicine! Preparing students to become highly qualified Chinese medicine practitioners is important—and rewarding. I know that I am making a difference in many lives as I help my students lay a solid foundation in the fundamentals of Chinese medicine."

Rihui Long earned his Master of Medicine at China's Chengdu University of Traditional Chinese Medicine. Professor Long is the chief medical officer of classical Chinese medicine at the NCNM Clinic. With nearly 30 years of clinical experience, he treats a broad range of conditions and is an expert in digestive disorders, women's health and cancer. He is an authority on the seminal ancient Chinese text, Neijing—also known as The Yellow Emperor's Classic of Internal Medicine. Professor Long believes that in addition to technique and clinical skills, it's very important for students to learn how to communicate with their patients.



Dr. Dohn Kruschwitz, Associate Professor

"I became a naturopathic doctor after finishing med school and going into practice as a medical doctor—I'm often asked why. The short answer is that there was a gradual evolution that led me from A to B based on my own health issues and experiences with patients who did not respond to allopathic treatment for chronic conditions. This still happens: Patients come to natural medicine because they want other opinions—what has been done for them isn't working. So after being in private practice and practicing emergency medicine, I applied to NCNM and graduated in 1997. In a way, I see this as my third medical life—and my best one, by far.

"NCNM Clinic is very collegial—and our practitioners all learn from each other. One of the best things that we do at NCNM Clinic is to provide a great clinical training experience. What I love about teaching at NCNM is seeing students develop and mature year after year into physicians and then watching them help their patients. It's very rewarding to know that I have played a part in that."

Dohn Kruschwitz, ND, MD, received his medical doctorate degree from the University of Iowa College of Medicine in 1966. He spent more than 25 years practicing family and emergency medicine in the Midwest. It was during this time that he became interested in alternative medicine. He completed the naturopathic doctoral program at NCNM in 1997; he began teaching medicine at NCNM where he helped develop the first certified naturopathic residency training program in the country. He teaches minor surgery and clinical medicine, and supervises student interns on clinic rotations. He served as NCNM's chief medical officer from 2008–2011.



Our Students

NCNM students are intelligent, motivated high achievers who want to make the world a better place. A diverse bunch, they include dancers, photographers, engineers and hospital lab technicians. They've raised children, guided river expeditions, worked in Mexican orphanages and run marathons. Above all, NCNM students are forward thinking.

Ultimately, NCNM students are healers with a dream for medicine that offers preventive, compassionate care.

They have chosen a profession that offers unlimited opportunity for lifelong learning and personal transformation. They want to contribute to the health and well-being of patients seeking healthcare assistance from knowledgeable, caring practitioners.

"I visited all the schools before coming here because I knew that wherever I moved I was going to be there for quite awhile. I'm a single mom and my daughter Leila was then a toddler, so I knew it would be challenging. When I visited NCNM, I saw a lot of collegiality among the students and the school felt very community oriented. I knew that having community support would be paramount in my transformation as a naturopathic physician."

—Nathalie Paravicini, ND 4



"Another aspect that is quite unique to NCNM is the network of community clinics; students encounter a diverse patient population with varying needs and resources. I've done most of the community clinic shifts and they provide such a rich, down-to-earth experience! I facilitated the entry of Spanish speakers into our community clinics, which helped make clinics more accessible to the Hispanic community. Working with patients who come from a variety of different backgrounds has been a valuable part of my education."

—Nathalie Paravicini, ND 4

"Before I came to NCNM, I knew I wanted to be a physician, but I wasn't happy with the medical model. When I first looked at grad schools, I was considering careers in psychology, physiology or naturopathy. I was intrigued with healing and natural medicine, so when I visited NCNM, there was a gut-level reaction that this was the right place for me. That decision eventually led me to NCNM's Helfgott Research Institute, where I'm developing a solid foundation for a potential career in research. With faculty support, I've been able to execute and complete two research studies of my own design on meditation and the mind-body intervention. I'm now writing papers and doing presentations all over the world—most recently at the International Society for Complementary Medicine Research Conference held in Norway."

—Drew Litchy, 2011 ND graduate



"I'm passionate about Chinese medicine! Unlike traditional Chinese medicine, which developed during the Cultural Revolution, classical Chinese medicine retains the medicine's essence. That's what I wanted to learn, the philosophy of my ancestors. When I came to NCNM I was so impressed—I couldn't find this kind of school in Taiwan or China. I didn't expect to find this kind of school and this caliber of teaching here in the States! I was really thrilled when I found it. When I'm in Heiner's class, I am moved to tears by how much he loves classical Chinese medicine. In some ways, he is more Chinese than the Chinese! All of NCNM's CCM faculty are amazing!"

Ms. Yao is a highly specialized software engineer from Taiwan who works at a major technology company while studying for her Master of Science in Oriental Medicine degree at NCNM.

—Cecilia Yao, MSOM 3

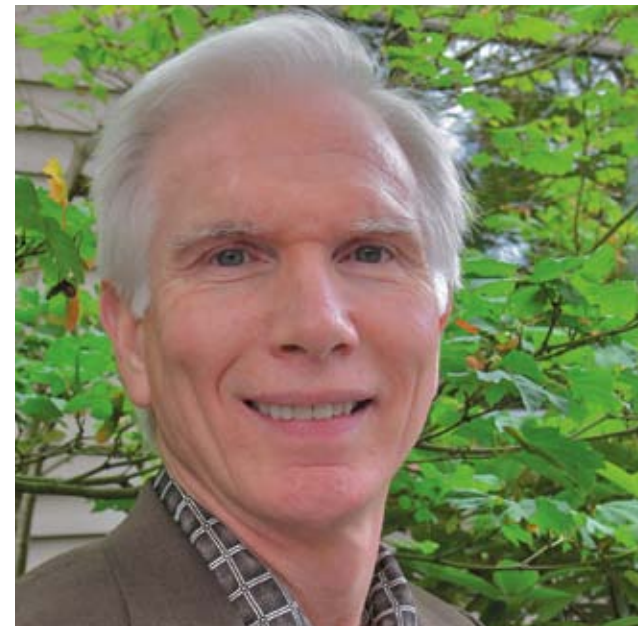




Our Alumni

NCNM's Alumni Association is here to support and connect you with resources, opportunities and each other. After graduation, networking is vital to your success. Our alumni, 2,000-strong, are spread across the U.S. and several continents. They're active in their communities and value a continued link to NCNM. Your ongoing relationship with NCNM is a resource that keeps you connected and informed. NCNM is expanding its

alumni outreach to keep you updated about the college, the profession and each other through newsletters, email and social media. NCNM also keeps you current with your state licensure requirements through its growing roster of continuing education courses available online and through webinars and DVDs. If you would like to visit with one of our alumni in your area, please call NCNM's Office of Admissions for a referral. Your success is our priority!



Rick Marinelli, ND, MSOM, LAc

"Attending NCNM in the late 1970s and early 1980s was absolutely pivotal in my professional career as a naturopathic physician, acupuncturist, lecturer and organizational leader. The educational and clinical experience that NCNM offered, even then, included the most cutting-edge integrative model of the time, including courses now considered the foundation of prevention and optimal health care: nutrition (the basis for health and treatment of disease); acupuncture (for neuroendocrine and pain regulation); mind-body medicine and mindfulness; physical medicine techniques; and the host of natural medicines, which are recognized as crucial for health and are the basis of most good drugs. I am grateful for the opportunities that have been afforded me from the lessons I learned during my time at NCNM."

Dr. Rick Marinelli received his degree in naturopathic medicine from NCNM in 1982. His professional practice has spanned nearly 30 years and his expertise in regenerative therapies and pain management reflects his intense interest in helping others have a healthier, more productive life. In addition to his private practice, Dr. Marinelli has been instrumental in advancing the profession of natural medicine throughout the U.S. He was appointed by Oregon Governor Ted Kulongoski to serve on the Commission of Oregon Pain Management, and is the immediate past president of the American Academy of Pain Management, as well as the Oregon Board of Naturopathic Examiners. A former NCNM faculty member, Dr. Marinelli is a gifted teacher who lectures throughout North America and is the recipient of numerous honors for his contributions to health care. Dr. Marinelli serves on the NCNM Board of Regents. He practices in Portland.



Shauna Birdsall, ND, FABNO

"During my initial interview at NCNM I was asked the question, "Are you ready to be a pioneer?" I have thought of that question many times during the years and about how it has really been the resounding theme of my career. NCNM prepared me to do a hospital-based residency at a time when residency opportunities were scarce. I continue to work in a hospital setting and love every minute of it. I have built many bridges in my career with the conventional medical community and have been able to take my career farther than I ever thought possible. I was recently elected the vice chief of staff of Cancer Treatment Centers of America at Western Regional Medical Center, which I think is a first for a naturopathic physician. I owe my education and my ability to pioneer new paths for naturopathic medicine to my training at NCNM."

Dr. Shauna Birdsall is a Fellow of the American Board of Naturopathic Oncology. Dr. Birdsall is the director of naturopathic medicine at Cancer Treatment Centers of America (CTCA) at Western Regional Medical Center. She earned a bachelor's degree from the University of California, Davis, and received her degree in naturopathic medicine from NCNM in 2000. She then completed a two-year residency training program in naturopathic medicine and oncology at CTCA's Midwestern Regional Medical Center. Prior to joining the Western team, Dr. Birdsall spent eight years as a naturopathic clinician at Midwestern, where she collaborated regularly with other CTCA clinicians to provide evidence-based naturopathic cancer care. She is the author of several research studies and has also been published in the journal Integrative Cancer Therapies. Dr. Birdsall is a member of the Oncology Association of Naturopathic Physicians, the American Society for Clinical Oncology, the Society for Integrative Oncology, and the American Association of Naturopathic Physicians.



The City

Home to more than two million residents, Portland is Oregon's largest metropolitan area. The "City of Roses" boasts a growing multi-cultural population and a thriving urban lifestyle as energizing as it is diverse. Portland offers an array of restaurants ranging from gourmet to bistro, and organic to vegetarian. Coffee houses, music clubs, galleries, and a wide range of event venues support a rich and colorful nightlife.

A small city with a big heart, Portland is proud of its reputation for progressive politics and social consciousness. Portland is also known for being forward-thinking. Consistently winning top prizes for sustainability, its 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 a great complement to the bicycling revolution happening in Portland.

The city boasts a number of natural forested areas, including the 5,100 wooded acres of Forest Park, the largest forested area in the U.S. situated within city

limits. Surrounded by sweeping vistas of natural beauty, Portland is ideally located near the Columbia and Willamette Rivers, and is close to an astonishing array of natural environments that include the Columbia Gorge, old-growth forests, coastal ocean towns, ancient volcanic mountains and high desert.

- Top 10 Green Cities, *Livability.com* (2011)
- Top 10 Cities for Public Transportation, *U.S. News & World Report* (Feb. 2011)
- Best Airport in World, *Zagat Survey* (2010)
- Best Places to Eat in North America, *Food + Wine Magazine* (Aug. 2010)
- Best Cities for New College Grads, *Bloomberg Businessweek* (July 2010)
- No. 1, The World's Best Street Food, *Budget Travel* (May 2010)
- No. 1, Bike-Friendly City, *U.S. Dept. of Transportation* (March 2011)
- No. 1, Pet-Friendly City in U.S., *Livability.com* (2011)
- No. 1, Beer City, *Travel + Leisure Magazine* (July 2011)
- No. 2, Best Farmers' Markets, *Travel + Leisure Magazine* (July 2011)
- No. 2, Busiest Library in the Nation, *U.S. Public Library Association* (Aug. 2011)

Learn more about Portland: www.ncnm.edu/portland.php



Get Acquainted

Selecting the right school is a big decision. We invite you to become acquainted with NCM, our students, faculty, programs and more at an Exploration Day. The day begins with a series of brief presentations from faculty and research staff about their work, natural medicine, and student opportunities at NCM. You'll also have a chance to meet current students, tour the campus and teaching clinic, and ask questions of the Admissions counselors about the application and selection process.

Should an Exploration Day not fit into your schedule, individual visits are welcomed. Please call at least two weeks prior to your visit. This allows us to help you make your time with us as productive and informative as possible. Campus tours are available at set times that vary throughout the year. Our professors and current students welcome visitors to class, but to avoid conflicts such as examination periods, please contact the Office of Admissions before visiting classes.

If natural medicine is your dream, if you want to change the future of health care—we can't wait to meet you!

To register for an Exploration Day, or arrange a private tour with our Admissions staff, please visit www.ncnm.edu/tour or call 503.552.1660.

Exploration Day Calendar

2011:	2012:
Aug. 26, 2011 (Friday)	Jan. 20, 2012 (Friday)
Sep. 24, 2011 (Saturday)	Feb. 17, 2012 (Friday)
October 2011 (No Event)	March 2012 (No Event)
Nov. 18, 2011 (Friday)	Apr. 20, 2012 (Friday)
December 2011 (No Event)	May 25, 2012 (Friday)

Facts at a Glance

PROGRAMS AND TRACKS

Naturopathic Medicine:

Doctor of Naturopathic Medicine (ND)

Classical Chinese Medicine:

Master of Science in Oriental Medicine (MSOM)

Master of Acupuncture (MAc)

Concurrent Track:

ND/MSOM

ND/MAc

NCNM Research Department:

Master of Integrative Medicine Research (MSiMR)

ENROLLMENT: 551

ND:	359
CCM:	104
ND/CCM:	88
Faculty to Student Ratio ND:	Clinic: 10:1 Lecture: 14:1
Faculty to Student Ratio CCM:	Clinic: 5:1 Lecture: 7:1
Average GPA:	3.40
Average Age:	28
Women:	79%
Ethnic Diversity:	28%

ACADEMIC YEAR – 2011/2012

Matriculation: Fall and Winter Quarters

Fall Quarter Begins:	Sep. 12, 2011
Winter Quarter Begins:	Jan. 9, 2012
Spring Quarter Begins:	April 9, 2012

APPLICATION DEADLINES

Fall 2012

First Priority Deadline:	Nov. 1, 2011
Second Priority Deadline:	Feb. 1, 2012

Winter 2013

First Priority Deadline:	March 1, 2012
Second Priority Deadline:	July 1, 2012

To apply, or for more information:

Online: www.ncnm.edu

Phone: 503.552.1660

Toll free: 877.669.8737

Email: admissions@ncnm.edu

MSOM

MSOM Prerequisites

General Chemistry	One course required
General Biology	One course required
Physics	One course required
Social Sciences and Humanities	Two courses required

MAC

MAC Prerequisites

General Chemistry	One course required
General Biology	One course required
Physics	One course required
Social Sciences and Humanities	Two courses required

ND Prerequisites

ND

Mathematics <i>Algebra, calculus or math-based statistics</i>	One course required
General Chemistry with lab <i>Science-major level</i>	Two courses required
Organic Chemistry <i>Science-major level</i>	Two courses required
OR	
Organic Chemistry <i>and</i> Biochemistry <i>Science-major level</i>	One course required; One course required

General Biology with lab <i>Science-major level</i> <i>Must cover cellular biology</i>	Two courses required
Physics <i>Must cover mechanics</i>	One course required
OR	
Kinesiology <i>Must be approved</i>	One course required
Social Science <i>One course must be in human psychology</i>	Two courses required
Humanities <i>One course must be English composition</i>	Two courses required

MSiMR Prerequisites

MSiMR

General Chemistry	Two courses required
General Biology with lab	One course required
Math <i>Pre-calculus, calculus 1, or math-based statistics</i>	Two courses required

Social Science <i>Human psychology</i>	One course required
Humanities <i>English composition</i>	One course required

