

## Doctor of Naturopathic Medicine Course Descriptions

### Biomedical Sciences - NMBS

The biomedical sciences provide students with a foundation for understanding the cellular and biological structure, function, and intricacies of the human body and the spectrum of health, resiliency, and disease. A companion lab provides opportunities for examination of histological features, anatomical structure, and physiological function. Topics are generally oriented around systems biology and integrated to provide a frame of reference throughout. Variations between diverse individuals and populations are investigated in the context of determinants of health.

Course #	Course Name	Course Description
NMBS501	Human Anatomy	The Human Anatomy course provides students with a foundational knowledge of human gross anatomy, using lecture, radiographic imaging, digital media, textual guides, clinical correlates, and problem-based learning. Students identify and describe the structures of the human body, and explain their functions.
NMBS501L	Anatomy Lab	In this experiential companion course to Human Anatomy, lecture concepts are reinforced through hands-on practicum, simulations, models, radiographic images, and exploration of anatomical structures and landmarks as an aid to understanding human gross anatomy.
NMBS503	Fundamentals of Biomedicine I	In Fundamentals I, students learn the essentials of biochemistry relevant to human physiology, health, and disease, including the biosynthesis, degradation, and role of macromolecules; hormonal regulation and interrelationships; fuel metabolism, major metabolic pathways, and intermediary metabolism.
NMBS507	Spectrum of Health: Systems I	In Spectrum of Health: Systems I, students are introduced to cell and membrane biology and begin organ systems physiology, with an emphasis on musculoskeletal, neurological, and integumentary systems. The focus topic for this course is the integumentary system with an introduction to clinical characteristics, pathogenesis, and healing mechanisms of dermatological conditions.
NMBS507L	Systems I Lab	In Systems I Lab, students explore histological features, anatomical structure, and physiological function with the aid of digital learning tools, models, hands-on practice, and beginning physical exam skills to assist their understanding of the musculoskeletal, neurological, and integumentary systems.
NMBS512	Fundamentals of Biomedicine II	In Fundamentals of Biomedicine II, students are introduced to the cellular, molecular, and biochemical aspects of the immune system and explore basic principles of immunity, clinical characteristics and pathogenesis of immune conditions, and infectious disease. Students identify and examine microorganisms associated with human disease, including epidemiology, modes of transmission, virulence, general pathology of bacteria, viruses, parasites, and fungi.

NMBS515	Spectrum of Health: Systems II	In Spectrum of Health: Systems II, students explore the molecular, biochemical, and cellular mechanisms that enable the cardiovascular, pulmonary, and renal systems to regulate homeostasis, and the special senses of the HEENT system to perceive stimuli.
NMBS515L	Systems II Lab	In Systems II Lab, students explore histological features, anatomical structure, and physiological function of the cardiovascular, pulmonary, renal, and HEENT systems through digital learning tools, physiological function tests, models, hands-on practice, and beginning physical exam skills.
NMBS523	Fundamentals of Biomedicine III	Fundamentals of Biomedicine III introduces students to the essentials of embryology, human genetic concepts, and individual genetic variations, as relevant to human physiology, pathogenesis, and prognosis. Students develop an understanding of the relationship between embryonic development and underlying genetic mechanisms of congenital abnormalities and their impact on health.
NMBS525	Spectrum of Health: Systems III	Spectrum of Health: Systems III focuses on the normal and pathological anatomy, histology, and physiology of the gastrointestinal, reproductive, endocrine, metabolic, and hematopoietic systems. Students are introduced to the clinical characteristics, pathogenesis, and healing mechanisms of various conditions of the endocrine and metabolic systems.
NMBS525L	Systems III Lab	In Systems III Lab, students utilize microscopy, physiological function tests, computer simulation, and developing physical exam skills to aid their understanding of the gastroenterological, reproductive, endocrine, metabolic, and hematologic systems.

### Clinical Education - NMCE, NMCO

Clinic Education is the practical correlation to and application of the didactic curriculum. Supervised and mentored by licensed faculty, students observe clinical encounters and practice all aspects of patient care and naturopathic medicine.

Course #	Course Name	Course Description
NMCO500	Fieldwork	Fieldwork provides students with the opportunity to observe experienced healthcare providers in their private clinical practices.
NMCO501	Clinic Observation I	In Clinic Observation I students are placed with licensed healthcare providers to observe routine clinical encounters, including the therapeutic alliance and general clinic procedures.
NMCO511	Clinic Observation II	In Clinic Observation II students are placed with licensed healthcare providers to observe routine clinical encounters, including the therapeutic alliance, diagnosis and treatment, application or administration of therapeutic modalities, and general clinic procedures.
NMCO521	Clinic Entry	Clinic Entry orients students to the teaching clinic, including front desk, operations, dispensary, lab, and electronic health records. Students complete a written and practical exam to determine clinic readiness.

NMCE601	Clinic Practicum I	In Clinic Practicum I, students perform hydrotherapy and utilize patient education strategies in the clinical setting with an emphasis on listening skills and prevention ( <i>praevenire</i> ). Students practice their developing skills, including charting, basic assessment and examination, patient education, healing presence, and the therapeutic alliance.
NMCE611	Clinic Practicum II	In Clinic Practicum II, students perform hydrotherapy and support other students and staff in the clinic. Students practice their developing skills, including charting, basic assessment and examination, patient education, healing presence, and the therapeutic alliance.
NMCE621	Clinic Rotation I	In the Clinic Rotation series, students synthesize multiple aspects of medical education into practice in a supervised, team-based, clinical setting. As students progress, they take on an increasingly active role in the clinical encounter, from history taking, physical exam, and laboratory assessment, to generating a management plan, administering treatments, and communicating with other members of the patient's healthcare team. In Clinic Rotation I, students assist in the delivery and documentation of patient care and observe and participate in discrete aspects of the clinical encounter as directed by the senior team member.
NMCE701	Clinic Rotation II	In Clinic Rotation II, students participate in the delivery and documentation of patient care and observe and participate in discrete aspects of the clinical encounter as directed by the senior team member. Students identify low- and high-risk conditions and determine indications for patient consultation or referral.
NMCE713	Clinic Rotation III	In Clinic Rotation III, students gradually take on a more active role in the clinic, performing entire components of the clinical encounter, formulating treatment plans, projecting short- and long-term management, and transitioning into a primary role in the care team. Students must satisfactorily complete the Clinic Promotion Exam in order to proceed as primary student clinician.
NMCE723	Clinic Rotation IV	In Clinic Rotation IV, students complete their transition to the primary student practitioner role, performing all aspects of the clinical encounter, recommending assessment strategies, formulating treatment plans, projecting short- and long-term management strategies, and communicating with other members of the patient's healthcare team.
NMCE805	Clinic Rotation V	In Clinic Rotation V, students fully engage in the clinical encounter as the senior team member. Students are assisted by junior students, and demonstrate professionalism, sensitivity and leadership as they teach and model naturopathic medical care.
NMCE826	Clinic Rotation VI	In Clinic Rotation VI, primary students perform supervised patient care, mentor secondary students, and demonstrate competence expected of entry-level naturopathic doctors. Students receive assistance from junior students, and demonstrate professionalism, sensitivity and leadership as they teach and model naturopathic medical care. Achieving competency on the comprehensive Clinic Exit Exam is mandatory for successful completion of student clinical education.

## **Clinical Investigations and Applications- NMCI**

Clinical Investigations and Applications (CIA) is a companion course to the biomedical and clinical science classes. Throughout this series, students synthesize biomedical, clinical, and philosophical concepts gained from coursework into case-based learning and other experiential activities. Students become adept at constructing clinical questions, obtaining and analyzing relevant evidence, reflecting on assumptions and biases, and communicating and applying conclusions to enhance the informed practice of naturopathic medicine. Students learn to approach patient care through an equity lens by increasing awareness of personal, societal, political, and institutional biases and their impact on patient health and wellbeing. Critical thinking, clinical reasoning, skillful communication, effective teamwork, and developing cultural awareness and research literacy are emphasized. CIA spans the entire curriculum and students complete a portfolio project that is regularly assessed throughout the program.

<b>Course #</b>	<b>Course Name</b>	<b>Course Description</b>
NMCI509	Clinical Investigations and Applications I	In CIA-1, students become familiar with the concepts of Journal Club and experiential learning as they investigate introductory topics in naturopathic principles and determinants of health. Students practice constructing clinical questions and examine clinical correlations related to musculoskeletal, neurological, and integumentary systems. Introductory clinical presentation, assessment, and differential diagnosis for acute and chronic conditions of the integumentary system will be explored.
NMCI510	Clinical Investigations and Applications II	In CIA-II, students continue with Journal Club activities and deepen their research literacy through the examination of research design and fundamental statistical analysis, and constructing sound clinical questions. Drawing from public data, students are introduced to population health outcomes and assessment in the context of public health. Students explore clinical correlations related to the cardiovascular, pulmonary, renal, HEENT, and immune systems.
NMCI521	Clinical Investigations and Applications III	In CIA-III, students are introduced to the critical appraisal of clinical and epidemiological research. Students investigate how the determinants of health, sociopolitical justice, and health disparities are reflected in clinical and epidemiological research, and their relationship to naturopathic principles and the therapeutic order. Students explore clinical correlations related to gastroenterology, reproductive, endocrine, metabolic, and hematopoietic systems. Clinical presentation, assessment, and differential diagnosis for acute and chronic conditions of the endocrine and metabolic systems are introduced.
NMCI601	Clinical Investigations and Applications IV	In CIA-IV, students practice critically appraising the medical literature and applying evidence related to risk factors, determinants of health, behaviors that create or compromise health and wellbeing, prevention, case management, and therapeutic considerations for acute and chronic conditions related to advanced topics in neurology, musculoskeletal and hematological systems, and oncology.
NMCI612	Clinical Investigations and Applications V	In CIA-V, students practice critically appraising the medical literature and applying evidence related to risk factors, determinants of health, prevention, case management, and therapeutic considerations for acute and chronic conditions related to advanced topics in cardiology, pulmonology, gastroenterology, proctology, and environmental medicine.

NMCI622	Clinical Investigations and Applications VI	In CIA-VI, students critically appraise the medical literature and apply evidence related to risk factors, determinants of health, prevention, case management, and therapeutic considerations for acute and chronic conditions related to advanced topics in genitourinary, endocrinology, and emergency medicine.
NMCI703	Clinical Investigations and Applications VII	In CIA-VII, students continue with Journal Club activities, critically appraising the medical literature and applying evidence related to risk factors, determinants of health, prevention, case management, and therapeutic considerations for acute and chronic conditions related to advanced topics in women's and men's health and the EENT system. Critical thinking, clinical reasoning, skillful communication, effective teamwork, and demonstrating cultural awareness and research literacy are emphasized. Students incorporate relevant cases from clinical experiences to enrich their learning experience.
NMCI715	Clinical Investigations and Applications VIII	In CIA-VIII, students continue with Journal Club activities, critically appraising the medical literature and applying evidence related to risk factors, determinants of health, prevention, management, and therapeutic considerations for acute and chronic conditions related to advanced topics in pediatrics, obstetrics, dermatology, minor surgery, and IV therapeutics. Critical thinking, clinical reasoning, skillful communication, effective teamwork, and demonstrating cultural awareness and research literacy are emphasized. Students incorporate relevant clinical cases to enrich the learning experience and begin applying concepts of outcomes assessment to real-world examples.
NMCI723	Clinical Investigations and Applications IX	In CIA-IX, students will continue with Journal Club activities, critically appraising the medical literature and reporting on evidence related to risk factors, determinants of health, prevention, management, and therapeutic considerations for acute and chronic conditions related to advanced topics in geriatrics, immunology, and rheumatology. Critical thinking, clinical reasoning, skillful communication, effective teamwork, and demonstrating cultural awareness and research literacy will be emphasized. Students incorporate relevant clinical cases to enrich the learning experience and apply concepts of outcomes assessment to real-world examples.

## Clinical Sciences - NMCS

In each of the following clinical science courses, students will integrate naturopathic philosophy with biomedical knowledge of the clinical topic to optimize health, assess, prevent, diagnose, and treat conditions related to that system. Naturopathic and conventional therapeutics will be explored in the context of evidence-informed practice, and students will learn to educate patients about the health of that system.

Course #	Course Name	Course Description
NMCS601	Brain and Behavior	In Brain and Behavior, students investigate how specific components of the nervous system give rise to distinctive behaviors and how pathological changes within the nervous system contribute to neurological and psychiatric disorders. Students learn clinically relevant structures, pathways, circuits, and vascular relationships within the brain and spinal cord and how they relate to consciousness, language, memory, dementia, stroke, addiction, and other common disorders. Students practice counseling techniques for neuropsychobehavioral conditions, specialized clinical history taking (including DSM), and physical and laboratory assessment of common neurological and psychological disorders.
NMCS605	Musculoskeletal and Neurology	In Musculoskeletal and Neurology, students review anatomy and physiology as they relate to the health, function, dysfunction, and disease states of the musculoskeletal and peripheral nervous systems. Students integrate naturopathic philosophy with biomedical knowledge of the musculoskeletal and peripheral nervous systems to optimize health of, assess, prevent, diagnose and treat conditions within these systems and consult or refer when appropriate. Students learn strategies for educating patients about prevention, health, and wellness relative to these systems and practice clinical history taking and specialized physical and laboratory diagnostic assessment.
NMCS609	Hematology and Oncology	In Hematology and Oncology, students integrate naturopathic philosophy with biomedical knowledge of the hematologic system and oncology to optimize health of, assess, prevent, diagnose and treat conditions within these systems and consult or refer when appropriate. Students learn to educate patients on the health of their hematologic system and oncological risk factors and practice clinical history taking and specialized physical and laboratory diagnostic assessment of the hematologic system and oncology.
NMCS614	Cardiology and Pulmonology	In Cardiology and Pulmonology, students integrate naturopathic philosophy with biomedical knowledge of the cardiovascular and pulmonary systems to optimize health of, assess, prevent, diagnose and treat conditions within these systems and consult or refer when appropriate. Students learn to educate patients on the health of their cardiovascular and pulmonary systems and practice clinical history taking and specialized physical and laboratory diagnostic assessment of these systems.

NMCS618	Gastroenterology and Proctology	In Gastroenterology and Proctology, students integrate naturopathic philosophy with biomedical knowledge of the gastroenterologic system to optimize health of, assess, prevent, diagnose and treat conditions within these systems and consult or refer when appropriate. Students learn to educate patients on the health of their gastroenterologic system and practice clinical history taking and specialized physical and laboratory diagnostic assessment of this system.
NMCS620	Environmental Medicine	Environmental Medicine explores the history of environmental medicine and the foundational theories that underlie our understanding of the relationship of individuals and populations with their immediate environment and the natural world. Students learn to assess environmental factors and exposures that impact health, educate patients and health professionals about interactions between humans and their environment and the effects the natural world has on the human organism in the context of naturopathic philosophy; identify and discuss adverse reactions to toxic exposures; and formulate naturopathic medical assessment, diagnosis and treatment plans using conventional and integrative environmental medicine tools and perspectives.
NMCS621	Genitourinary	In Genitourinary, students integrate naturopathic philosophy with biomedical knowledge of the genitourinary system to optimize health of, assess, prevent, diagnose and treat conditions within these systems and consult or refer when appropriate. Students learn to educate patients on the health of their genitourinary system and practice clinical history taking and specialized physical and laboratory diagnostic assessment of this system.
NMCS627	Emergency Medicine	In Emergency Medicine, students engage their biomedical knowledge of the human body to assess, diagnose, triage, treat and refer emergent conditions. Naturopathic philosophy and the therapeutic order are discussed in the context of emergency situations and their followup. Students learn to communicate with patients and provider about emergency medical conditions and practice clinical history taking and specialized physical and laboratory diagnostic assessment pertinent to outpatient emergency medicine. Students develop skills in first aid and become certified in CPR.
NMCS629	Endocrinology	In Endocrinology, students integrate naturopathic philosophy with biomedical knowledge of the endocrine system to optimize health, assess, prevent, diagnose, and treat endocrinological conditions and consult or refer when appropriate. Students learn to educate patients on the health of their endocrine system and practice clinical history taking and specialized physical and laboratory diagnostic assessment relevant to this system.
NMCS703	Women's Health	In Women's Health, students integrate naturopathic philosophy with biomedical knowledge of the gynecologic and female reproductive systems to optimize health of, assess, prevent, diagnose and treat conditions within these systems and consult or refer when appropriate. Students learn to educate patients on the health of their gynecologic and female reproductive systems and practice clinical history taking and specialized physical and laboratory diagnostic assessment pertaining to women's health.

NMCS707	Men's Health	In Men's Health, students integrate naturopathic philosophy with biomedical knowledge of the male reproductive system to optimize health of, assess, prevent, diagnose and treat conditions within these systems and consult or refer when appropriate. Students learn to educate patients on the health of their male reproductive system and practice clinical history taking and specialized physical and laboratory diagnostic assessment pertaining to men's health.
NMCS709	EENT	In EENT, students integrate naturopathic philosophy with biomedical knowledge of the ophthalmic and otolaryngic systems to optimize health of, assess, prevent, diagnose and treat conditions within these systems and consult or refer when appropriate. Students learn to educate patients on the health of these systems and practice relevant clinical history taking and specialized physical and laboratory diagnostic assessment.
NMCS711	Obstetrics and Pediatrics	In this combined Obstetrics and Pediatrics course, students integrate naturopathic philosophy with biomedical knowledge of the special conditions of pregnancy, lactation, and postpartum and pediatric patients to optimize health of, assess, prevent, diagnose and treat conditions within these special physiological states and patient populations, and consult or refer when appropriate. Students learn to educate pregnant, postpartum, and pediatric patients and their caregivers and practice clinical history taking and specialized physical and laboratory diagnostic assessment relevant to these populations.
NMCS717	Dermatology and Minor Surgery	In this combined Dermatology and Minor Surgery course, students integrate naturopathic philosophy with biomedical knowledge of the dermatologic system to optimize health of, assess, prevent, diagnose and treat related conditions and consult or refer when appropriate. Students learn minor office procedures for assessment and treatment of dermatologic conditions and superficial wounds. Students educate patients on dermatological health and wound care and practice relevant clinical history taking, specialized physical and laboratory diagnostic assessment, and minor surgical procedures.
NMCS722	Geriatrics	In Geriatrics, students integrate naturopathic philosophy with biomedical knowledge of the geriatric patient population to optimize health of, assess, prevent, diagnose and treat conditions within this patient population and consult or refer when appropriate. Students learn to educate geriatric patients on their health and practice clinical history taking and specialized physical and laboratory diagnostic assessment of the geriatric patient population.
NMCS726	Rheumatology and Clinical Immunology	In Rheumatology and Clinical Immunology, students integrate naturopathic philosophy with biomedical knowledge of the rheumatologic and immune systems to optimize health of, assess, prevent, diagnose and treat conditions within these systems and consult or refer when appropriate. Students learn to educate patients on the health of their immune system and practice clinical history taking and specialized physical and laboratory diagnostic assessment relevant to rheumatologic conditions and the immune system.

## **Integrative Health - NMIH**

In the Integrative Health courses and topics, students explore the historical, global, cross-cultural, sociopolitical, environmental, and economic factors related to health; the role of government, community, providers, individuals, and healthcare delivery models in creating conditions and policies that promote health; and research tools and methods that can be used to assess benefits and outcomes.

<b>Course #</b>	<b>Course Name</b>	<b>Course Description</b>
NMIH505	Evolution of Medicine	In Evolution of Medicine, students gain an understanding of the historical, global, cross-cultural, and political development of naturopathic medical theory, ethics and practice. Current and historical interprofessional relationships, and the social and environmental justice issues impacting naturopathic practice, policy, education, and research will be examined.
NMIH510	Public Health	In Public Health, students learn to apply the principles of epidemiology to identify key factors affecting the health of populations, including determinants of health, health disparities, and culturally sensitive ways of delivering healthcare. Students examine the roles and intersections of the government, community, medical provider, and the individual in population health. Various healthcare delivery models will be explored to deepen student awareness of planetary, environmental, and sociopolitical factors that influence health policy.
NMIH514	Bioinformatics I	Bioinformatics is a two-class series in which students learn to utilize genetic and microbial bioinformatics data, assess and implement medical data technology, and understand current use of medical data and computationally assisted medicine.
NMIH520	Constitutional Assessment	Constitutional Assessment introduces students to the spectrum of assessment across healthcare traditions and professions. Students enhance their skills of observation and assessment by drawing from traditional healing disciplines; compare, contrast, and select between various integrative medical diagnostic and assessment strategies; and communicate their applications in the context of naturopathic philosophy, principles, medical theory, and therapeutic order.
NMIH525	Determinants of Health I	Determinants of Health is a three-course series in which students learn how social, emotional, economic, political, genetic and epigenetic, constitutional, environmental and ecologic factors affect health, wellbeing, and outcomes, and how to expand patient assessment to address these factors. Determinants of Health I focuses on assessment of inborn determinants of health including genetics, epigenetics, and personal history.
NMIH605	Research for the Clinician	Research for the Clinician builds upon students' growing research literacy to provide clinically relevant applications. Students relate the principles of evidence-informed medicine to the practice of naturopathic medicine. They deepen their analysis of published medical research, formulate clinical questions, select appropriate study design, and use study results with real patient examples. Outcomes assessment as it relates to clinical practice is emphasized.
NMIH614	Determinants of Health II	Determinants of Health II focuses on assessment of environmental determinants of health, including environmental exposures, occupational health, social equity and lifestyle choices and behaviors that promote or compromise health.

NMIH714	Determinants of Health III	Determinants of Health III focuses on assessment of social determinants of health, including population behaviors, community resources, health policies, public funding, and disparities and social justice in healthcare access and delivery.
NMIH727	Bioinformatics II	In Bioinformatics II, students learn to apply bioinformatics to health and disease, and utilize clinical modeling to facilitate improved clinical decision making and outcomes assessment.

### Practice Management - NMPM

The practice management series prepare students to employ sound business techniques, proven marketing strategies, cutting-edge technology, and ethical and legal practices to create a successful, sustainable career.

Course #	Course Name	Course Description
NMPM610	Practice Management I	Practice Management is a five-course series in which students explore practical aspects critical to career success, personal growth, financial stability, and quality of life for naturopathic doctors. In Practice Management I, students explore the current professional landscape for naturopathic doctors, identify career opportunities available to NDs, construct a professional curriculum vitae, and assemble a practice management binder.
NMPM715	Practice Management II	In Practice Management II, students deepen their business foundation by learning the basics of small-business accounting, generating hypothetical business and real-life personal budgets, and creating a business plan for a private practice.
NMPM721	Practice Management III	In Practice Management III, students learn the basic duties of clinic management and operations, explore various technological practice tools, and determine challenges to maintaining environmental sustainability in a naturopathic medical practice. Strategies and possible solutions will be considered.
NMPM726	Jurisprudence	In Jurisprudence, students identify and demonstrate how to engage with legal, ethical, and compliance issues that naturopathic doctors may encounter, including licensure, privacy and health communication, malpractice and liability insurance, partnerships and other group entities, and business law.
NMPM801	Practice Management IV	In Practice Management IV, students select and personalize practice paperwork, investigate the relationship between medical outcomes and financial goals, and create tentative work schedules which include these and other clinical and management duties. Students also engage in a medical leadership or service activity and share this experience with colleagues.
NMPM813	Practice Management V	In Practice Management V, students individualize their business knowledge by determining their target patient population, generating and testing marketing systems, proposing patient recruitment and retention schedules, and reviewing checklists of legal and logistical steps to prepare for clinical practice.

## **Philosophy and Practice - NMPP**

Practitioner's Journey is a series that spans the entire curriculum as students examine the personal, professional, technical, and clinical skills, behaviors, and attitudes associated with becoming a compassionate and competent doctor. Topics explored throughout the series include: practitioner development, communication, cultural awareness, relationship-centered care, interprofessional collaboration, and all aspects of the clinical encounter. This series prepares students for clinical practice and provides a forum for the discussion, exploration, and assimilation of the transformative student practitioner experience. Two retreats are scheduled at the beginning and end of the student experience.

<b>Course #</b>	<b>Course Name</b>	<b>Course Description</b>
NMPP501	Practitioner's Journey I	In Practitioner's Journey I, students are introduced to the concepts of healing presence and relationship-centered care. Relationship to self is explored through the development of observational skills, mindfulness, self-awareness, and self-care practices. Students receive training in HIPAA and relevant OSHA regulations; and are introduced to basic counseling skills, physical and clinical assessment, teaching and learning styles relevant to patient education; and professional, legal, and ethical behaviors.
NMPP512	Practitioner's Journey II	In Practitioner's Journey II, students are introduced to factors common to psychological wellbeing, the therapeutic alliance, counseling skills fundamental to the patient interview, and how to chart findings. Students continue developing observational skills; mindfulness, self-awareness, and self-care practices; healing presence; teaching and learning strategies for patient education; and physical and clinical assessment with an emphasis on cardiovascular, pulmonary, renal, and HEENT systems.
NMPP520	Naturopathic Medicine Retreat I	Naturopathic Medicine Retreat I deepens student preparation for the program that will transform them into naturopathic doctors. In this one day intensive, students discuss and experience nature-cure assessment and therapies as self-care practices, practice professional leadership skills, and explore naturopathic philosophy in a natural setting.
NMPP523	Practitioner's Journey III	Practitioner's Journey III introduces students to the concept of Informed Consent, electronic health records, and coding and billing, as well as counseling skills and ethical and legal issues related to delivering sensitive information. Students practice the patient interview, focusing on First Do No Harm ( <i>primum non nocere</i> ), and physical and clinical assessment with an emphasis on gastroenterological, reproductive, endocrine, metabolic, hematologic systems, and oncology. Transformational language, intention, and listening skills and their impact on rapport, relationships, and health are explored.
NMPP601	Practitioner's Journey IV	In Practitioner's Journey IV, students develop skills in lab techniques, such as phlebotomy, and learn to perform laboratory procedures common to clinical practice. Relationship to Other (i.e., the patient) as the foundation of Relationship-Centered Care, and legal and ethical issues related to general patient care and end-of-life issues are explored.
NMPP612	Practitioner's Journey V	Practitioner's Journey V draws on research and contemplative practices to help students understand the impact of emotions on healing presence. Students explore the role of emotional qualities such as empathy, trust, service, and resilience in the therapeutic alliance.

NMPP623	Practitioner's Journey VI	In Practitioner's Journey VI, students continue exploring healing presence and the therapeutic alliance, focusing on the patient's wider circle of support, including family members, caregivers, and other healthcare providers. Students examine their personal strengths, challenges, and biases in the context of cultural awareness.
NMPP701	Practitioner's Journey VII	Practitioner's Journey VII introduces students to the concept of Relationship to Colleagues and Community as aspects of relationship-centered care. Students explore their roles as team members in the integrative care setting and the larger community of health and social services. Presentations during the Grand Rounds portion of this course introduces students to the expertise and experience of faculty, peers, community practitioners and specialists. Clinical case discussion focuses on the application of naturopathic principles to patient care, and assessing and promoting behavioral change.
NMPP712	Practitioner's Journey VIII	In Practitioner's Journey VIII, students discuss professionalism, communication, ethics, and performance in the integrative care setting and investigate strategies for enhancing continuity, efficacy, and safety in relationship-centered care.
NMPP723	Practitioner's Journey IX	In Practitioner's Journey IX, students explore patient decision-making in the context of interprofessional collaboration and relationship-centered care. Students deepen their skills in conflict resolution, negotiation, and evaluating effectiveness through ongoing assessment of patient outcomes.
NMPP800	Naturopathic Medicine Retreat II	Naturopathic Medicine Retreat II is an experiential immersion in naturopathic philosophy, principles, theory, and practice at the culmination of the curriculum. Students explore, share, and reflect on their experiences during this pivotal transition between student and doctor.
NMPP810	Practitioner's Journey X	In Practitioner's Journey X, students explore the practitioner's role in relation to <i>community and systems</i> , assessing health policies, health disparities, and social justice in community health systems. Students deepen their understanding of the social, economic, and political context within which healthcare is delivered; and continue to explore interprofessional collaboration opportunities and referral skills through attendance and participation in Grand Round presentations from faculty, peers, community practitioners, and specialists.
NMPP821	Practitioner's Journey XI	In this final Practitioner's Journey course, students continue to deepen their healing presence and solidify their counseling, learning, teaching and interprofessional collaboration and referral skills through attendance and participation in Grand Round presentations from faculty, peers, community practitioners and specialists.

## **Therapeutics - NMTH**

The Therapeutics series prepares students to apply and administer treatments and therapies, including botanical medicine, homeopathy, counseling, pharmacology, physical medicine, hydrotherapy, and IV therapies.

<b>Course #</b>	<b>Course Name</b>	<b>Course Description</b>
NMTH510	Intro to Therapeutics I	Intro to Therapeutics is a two-course series in which students explore the history and wise practice of medicine, including mechanisms of action, indications and contraindications for naturopathic therapeutics. In Intro to Therapeutics I, students establish foundational skills in counseling, homeopathy, botanical medicine, and phytopharmacognosy and prepare oral and topical homeopathic, botanical, and nutritive medicines.
NMTH523	Intro to Therapeutics II	In Intro to Therapeutics II, students explore the history & mechanisms of action of and indications and contraindications for clinical nutrition, pharmacology, hard and soft tissue manipulation, and movement therapies. Students develop skills in performing orthopedic exams.
NMTH525	Hydrotherapy	Hydrotherapy introduces students to the historical and philosophical foundations for the application of heat, cold, and water-based therapies. Students learn mechanisms of action, indications, contraindications, and evidence for the practice of hydrotherapy as a tool for managing specific conditions and promoting overall health. Students practice performing hydrotherapy techniques and procedures.
NMTH601	Physiotherapy Lab	Physiotherapy Lab is a companion course for Musculoskeletal and Neurology. Students are introduced to the historical and philosophical foundations of physiotherapy and learn the mechanisms of action, indications, contraindications, evidence, and appropriate techniques for delivering physiotherapeutic interventions to address specific conditions. Students develop their skills by performing physiotherapy techniques and procedures.
NMTH621	Physical Medicine	Physical Medicine introduces students to the historical and philosophical foundations of manual therapies. Mechanisms of action, indications, contraindications, evidence, and appropriate techniques to deliver physical medicine are explored. Students practice performing physical medicine and develop their skills in manual therapies.
NMTH719	IV Therapeutics	IV Therapeutics introduces students to the history and philosophical foundations of specialized intravenous nutrient, amino acid, and botanical therapies. Students learn the mechanisms of action, indications, contraindications, and evidence, as well as appropriate protocols, product handling, and techniques for delivering IV therapy. Students develop skills in performing IV therapy and learn to assess risk, determine efficacy, and address adverse reactions.