NUNM WELCOMES STUDENTS REGARDLESS OF AGE, SEX, RACE, NATIONAL OR ETHNIC ORIGIN, RELIGION, DISABILITY, VETERAN STATUS, SEXUAL ORIENTATION, GENDER, GENDER IDENTITY, MARITAL STATUS OR FAMILY RELATIONSHIP.
The University

We are proud of our longstanding legacy of academic excellence. Founded in 1956, National University of Natural Medicine is the oldest accredited naturopathic medical school established in North America. NUNM continues its vision of innovation and leadership by offering superior education and training in natural medicine to new generations of physicians, practitioners and medical researchers.

NUNM offers nine accredited degree programs in naturopathic medicine, Chinese medicine, integrative medicine research, nutrition, global health, integrative mental health and integrative health sciences. 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. The college supports a tightly knit, inspiring learning environment, and a vital, groundbreaking research community.

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

Take a virtual tour!

nunm.edu/campus-tour/
Patient Care

The NUNM Health Centers offer patients a full spectrum of naturopathic and Chinese medicine. Our clinics are dedicated to comprehensive patient treatment, where students develop expert skills while assisting doctors in all aspects of preventive care, diagnosis and treatment.

NUNM Health Centers—Lair Hill, located on campus, has an extensive medicinary of natural products and hundreds of Chinese herbs that are blended and formulated on-site. Our state-licensed laboratory offers comprehensive diagnostic services for patients, optimizing both patient care and student education.

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 the NUNM Health Centers—Lair Hill and Beaverton, we provide health services in partnership with 15 community clinics throughout the greater Portland area. This network of collaborative clinics gives our give students the opportunity to help medically underserved and diverse patient populations that require treatment for a wide range of health concerns.

In conjunction with other agencies and as a member of the Coalition of Community Health Clinics, NUNM offers low-cost medical care at sites that serve homeless youth, seniors and LGBTQ. Our clinics also treat patients with drug and alcohol addictions, HIV and immunocompromised systems, and numerous other other conditions.
The College of Naturopathic Medicine at NUNM is the oldest accredited naturopathic medicine program in North America. It carries the longstanding traditions and history of the early pioneers of naturopathic medicine, who valiantly worked to establish time-tested natural therapies. At the same time, naturopathic medicine has kept pace with the times we live in, changing and incorporating 21st-century medical protocols that allow our graduates to work as individual practitioners, or side-by-side with their conventional counterparts in integrative hospitals and clinics throughout the country.

The mission of NUNM’s naturopathic program is to educate and train physicians in the art, science and research of natural medicine. We teach students to assess and treat all aspects of a patient’s health by looking at the whole person, not just their symptoms or medical conditions. The goal of naturopathic medicine is to help the patient achieve and maintain optimum health. Naturopathic physicians are trained as primary care providers with expertise in prevention and natural medicine.

NUNM Health Centers—Lair Hill is a Tier 3 Patient-Centered Primary Care Home (PCPCH)—the highest level a clinic can achieve.

NUNM Health Centers serve tens of thousands of patient visits annually.

Our graduates complete 1,264 clinical hours, which include 500+ patient contacts throughout the program.

Doctor of Naturopathic Medicine (ND)
Curriculum Overview

FIRST YEAR
• Introduction to naturopathic theory, philosophy and therapeutics
• Structure and function of the body, including anatomy, physiology and biochemistry
• Microbiology, public health and immunology
• Evidence-informed practice
• Clinic observation

SECOND & THIRD YEAR
• Disease diagnosis
  • Pathology
  • Physical exam skills
  • Laboratory diagnosis
  • Diagnostic imaging
• Health optimization and disease management, including therapeutic application of treatment modalities
  • Botanical medicine
  • Clinical nutrition
  • Homeopathy
  • Hydrotherapy
  • IV therapy
  • Lifestyle counseling
  • Minor surgery
  • Pharmacology
  • Physical medicine
• Clinical rotations in hydrotherapy and general medicine

FOURTH YEAR
• Case management and clinical training working side-by-side with licensed physicians
• Focused training in advanced pathology, preventive medicine, disease diagnosis, treatment and management
The College of Classical Chinese Medicine (CCM) aims to strengthen the profession’s connection with its ancient roots. The most powerful expression of this medicine rests in the wisdom of sages who were deeply attuned to the rhythms of nature and had a profound understanding of the relationships between the macrocosm and microcosm. Although this knowledge was recorded in the classical texts of Chinese medicine, we’ve lost touch with the original meaning and central importance of these texts in modern times.

NUNM’s CCM programs provide classical, lineage-based training within the structure of a modern graduate curriculum. Core classes are informed by the classical texts and infused with case discussion and lineage transmission. A strong cultivation component includes 10 weekend qigong and taiji retreats held in ancient forest, mountain and hot-springs settings. In the clinic, our students transition from observing expert faculty engaged in practice, to treating patients themselves under the generous guidance of the same seasoned supervisors.

Our collegial community strives to integrate the wisdom and practices of ancient whole-systems science into modern medicine to produce truly effective, patient-centered health care. We encourage you to explore whether it is your yuanfen (destiny) to join us on this challenging and inspiring journey.

The Master of Science in Oriental Medicine (MSOM) degree is a 219-credit, four-year program in which students are immersed in the classical foundations of the medicine, receive a holistic 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 Doctor of Science in Oriental Medicine (DSOM) degree is a 267-credit, four-year program within which the MSOM curriculum is fully nested. In addition, DSOM students learn to read and translate the classical texts of Chinese medicine, and to apply the resulting knowledge in a patient-centered and collaborative clinical setting.

Graduates of the DSOM program have completed all of the requirements of the MSOM program, and therefore also receive the MSOM degree. The MSOM degree is accredited by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM) and qualifies graduates to apply for licensure in Oregon and other states, and to take all of the AOM examinations administered by NCCAOM—used in most states as the basis for licensure.

The DSOM is eligible for accreditation by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM); 8941 Aztec Drive, Eden Prairie, MN 55347 (952-212-2434); and NUNM is currently seeking ACAOM candidacy/accreditation for the program. However, NUNM can provide no assurance that candidacy or accreditation will be granted by ACAOM.

The DSOM program is accredited by the Northwest Commission on Colleges and Universities, which is located at: 8060 165th Avenue NE, Suite 100, Redmond, WA 98052. Phone: 425.558.4224.

NUNM provides the most comprehensive classical Chinese medicine training in the U.S.

Our CCM curricula have a strong focus on personal and professional cultivation to optimize students’ proficiency as practitioners.

College of Classical Chinese Medicine

Photo credit: Lena Du
Master of Science in Oriental Medicine (MSOM)
*Doctor of Science in Oriental Medicine (DSOM)

Curriculum Overview

FIRST YEAR
Immersion in the Way of Classical Chinese Medicine
• Foundational theory, history and cultural context
• Introduction to acupuncture, Chinese herbs and CCM diagnosis
• Cultivation: qigong, palpation skills, perceptual awareness
• Introduction to business practices and preparation for clinic
* Fundamentals of classical Chinese language

SECOND YEAR
Deepening Theory, Skills and Cultivation
• Chinese pathology, and cosmology and symbolism
• Continuing acupuncture and Chinese herbs, including food as medicine
• Biomedicine by organ system
• Cultivation: qigong, practitioner cultivation, business
• Clinic observation (observing CCM clinical faculty in practice)
* Shanghanlun and Jingui Yaolüe

THIRD YEAR
Clinical Reasoning and Skill Refinement
• Clinical medicine and case analysis (integrating CCM, TCM and biomedical approaches)
• Advanced theory and techniques
• Chinese medical psychology
• Biomedicine by organ system; public health
• Cultivation: qigong, perception skills, business
• Fully supervised mentoring in the clinic
* Advanced cosmology and symbolism
* Huangdi Neijing

FOURTH YEAR
Becoming a CCM Practitioner
• Deepening lineage training (Traditional Mentorship Tutorial series)
• Case analysis (student cases)
• Cultivation: taiji, patient-practitioner skills, business
• Clinic internship, including a “fixed” rotation with chosen clinical supervisor
* Doctoral capstone project
* Systems-based medicine
* Correspondences between Chinese and biomedical models of disease
The School of Research & Graduate Studies trains students in nutrition, global health, mental health, and the design and development of integrative medicine research studies. Our programs develop a deeper understanding about natural forms of medicine, that food is medicine, that health disparities can be leveled. Our programs will transform you and cultivate your passion as an integrative medicine professional.

Master of Science in Nutrition (MScN)

The Master of Science in Nutrition degree focuses on whole, unprocessed foods and traditional diets. Our Food is Medicine philosophy is represented in every course, and the program integrates nutritional biochemistry and pathophysiology with advanced clinical nutrition education. The curriculum provides a solid foundation in holistic nutrition and food systems complemented by skills-training in cooking, teaching and nutritional counseling.

Curriculum Overview
- Fundamentals of nutrition, pathophysiology, nutritional biochemistry
- Nutritional assessment, lifecycle nutrition
- Farm to table, medical nutrition therapy, healing foods
- Health coaching, nutritional counseling, psychology of eating
- Public health and community nutrition, food policy
- Electives include: detox diets, fad diets, gluten-free cooking, vegan diets, sports nutrition, food allergies
Master of Science in Global Health (MScGH)

The Master of Science in Global Health degree is designed for students who wish to understand the complexity of global health challenges and contribute to solutions in a meaningful way. Our program combines public health with traditional medicine; emphasizes health disparities and social justice; and provides a whole-systems approach to global health. You won’t just study in a classroom, you’ll have the opportunity to travel internationally to hone your skills in the field.

Curriculum Overview
- Foundations of global health, discussion series, practicum
- Social and behavioral foundations, global health programs: design and evaluation
- Epidemiology, biostatistics, public health policy
- Fieldwork, cultural immersion trips, global health conferences
- Electives include: maternal and child health, ethnography, community health, medical anthropology, grant writing

Master of Science in Integrative Mental Health (MSiMH)

The Master of Science in Integrative Mental Health degree is one of the first programs in the country to integrate both conventional and complementary approaches to mental health care. We believe that the more healing work you have personally experienced, the more you are able to help others, and thus this program begins with a deep dive inward. We invite students to explore, appreciate and transform their own psychological material as a way of learning how to help their future clients do the same. In addition to experiential work, this program provides a strong foundation in diagnosis, assessment and treatment, including pharmacology, herbal medicine, nutritional supplements and dietary science.

Curriculum Overview
- Counseling skills, psychotherapeutics, psychopharmacology
- Psychological diagnosis, biopsychosocial assessment
- Personal and professional growth, psychological character development
- Culturalism, diversity, social justice, ethics of the therapeutic relationship
- Group supervision and clinical experience
- Electives include: addictions, body image and disordered eating, trauma work, working with autism spectrum disorders, psychology of sexual orientation, applied mindfulness, expressive art therapies, crisis management and psychological first aid, nutrition for mental health
The Master of Science in Integrative Medicine Research degree is designed for those interested in a strong foundation in research and study design in natural medicine. As the need for evidence-based medicine grows stronger, the demand for research skills among clinicians is increasing. This program aims to train researchers, clinician-researchers and evidence-based clinicians by offering courses that cater to multiple career paths.

Our students build the evidence base for integrative medicine through applied, basic and clinical research. The research conducted at our Helfgott Research Institute aims to advance the art and science of healing by developing a deeper understanding about natural forms of medicine. Areas of research include nutrition, acupuncture, botanicals, mind-body medicine and environmental medicine.

Curriculum Overview

- Introduction to integrative medicine, research methodology, biostatistics, research and ethics, laboratory methods
- Anatomy and physiology, integrative immunology, integrative microbiology
- Epidemiology, nutrition, public health policy
- Bioethics, technical writing
- Research project with experienced integrative medicine investigators
- Electives include: integrative oncology, women’s health, mind-body therapies, botanical medicine, grant writing
With the increasing popularity of natural and integrative medicine, as well as the rapid growth of healthcare occupations, NUNM now offers two Bachelor of Science degrees—one in integrative health sciences and one in nutrition, wherein students complete the final two years of their degree. If you’re interested in pursuing a career, further study and/or research in the natural health sciences, these programs are for you.

### Bachelor of Science in Nutrition (BScN)

The Bachelor of Science in Nutrition program covers one of today’s hottest topics. The curriculum explores the nature of American food systems, food security, and the powerful role nutrition plays in disease prevention and well-being. Students also gain a solid understanding of basic sciences such as anatomy, chemistry and physiology, as well as essential skills in evidence-based practice, biostatistics, ethical decision-making and cultural competency. Electives and a final capstone project present opportunities to dig even deeper.

**Curriculum Overview**

- Nutrition: whole food, public health, community nutrition, diet and disease, food security, nutritional epidemiology, American food systems
- Natural sciences: anatomy and physiology, organic chemistry, biochemistry, genetics
- Practical skills: biostatistics, practical math, evidence-based practice
- Social sciences: cultural competency skills, ethical decision-making, self-reflection and self-management, expository writing
- Electives allow students to dive deeper into a topic of interest
- Nutrition capstone

### Bachelor of Science in Integrative Health Sciences (BSiHS)

The Bachelor of Science in Integrative Health Sciences program is an excellent first step for pre-professional natural medicine students. Students learn how botanical medicine, whole-food nutrition and mind-body medicine fit with and complement modern biomedicine. In addition, training in basic sciences like anatomy and chemistry, coupled with skills in cultural competency, biostatistics and evidence-based practice provide essential tools for today’s healthcare practitioner. Electives and a final capstone project encourage deeper explorations.

**Curriculum Overview**

- Integrative health sciences: immunology, mind-body medicine, exercise science, prevention and wellness, nutrition, botanical medicine, integrative medicine, whole food
- Natural sciences: anatomy and physiology, organic chemistry, biochemistry, physics, genetics
- Practical skills: biostatistics, practical math, evidence-based practice
- Social sciences: cultural competency skills, ethical decision-making, self-reflection and self-management, expository writing
- Electives allow students to dive deeper into a topic of interest
- Integrative health sciences capstone
Portland, Oregon

Home to more than two million residents, Portland is Oregon’s largest metropolitan area. The “City of Roses” boasts a growing multicultural population and a thriving urban lifestyle as energizing as it is diverse. Portland offers an array of food carts and 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 throughout the Portland metro area.

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 on 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.

Best of Portland

No. 1, The 10 Best Food Cities in America | The Washington Post (Dec. 21, 2015)
No. 1, America’s Greenest Cities | Travel + Leisure (April 1, 2015)
World’s Best Cycling Cities | CNN (Oct. 8, 2014)
Best Beer City in the World | The Beer Connoisseur (June 16, 2015)
Most Bike-Friendly Cities in America | Forbes (May 17, 2016)
The Office of Student Life serves as a resource to students—enhancing community, facilitating communication, and advocating for students as they navigate through their academic programs at NUNM. In addition to accessibility services; facilitating the Crisis Assessment and Response Team (CARE); and organizing new student orientation and commencement; Student Life also supports counseling, diversity and inclusion, student activities and the Center for Academic Success.

**Counseling**
NUNM offers free in–house counseling sessions to students. Services include individual and couple therapy, and community referrals to support students in their academic success and overall wellness.

**Student Activities**
The Office of Student Life hosts on- and off-site activities for students, and advises the Student Government Association and student clubs. There are many active student groups on campus, including professional organizations and clubs of common interests and leisure.

**Diversity and Inclusion**
NUNM provides leadership in developing programs and services that support inclusion, celebrate diversity and raise cultural awareness. The Office of Student Life promotes the NUNM Allies and Actively Working to Achieve Real Equity (AWARE) groups, and also supports staff advocates for the development of all students.

**Center for Academic Success**
Located within the Office of Student Life, the Center for Academic Success offers resources to students for academic advising, disability services, study skills and tutoring.
CONCURRENT TRACK
Students may undertake any two programs concurrently, and more than 30% of NUNM students do. Degree combinations include, but are not limited to, ND/MSOM, ND/MSiMR, MSOM/MScN and more.

FACTS AT A GLANCE

635* TOTAL STUDENTS

447 ENROLLED IN A SINGLE PROGRAM

188 ENROLLED IN CONCURRENT PROGRAMS

443 College of Naturopathic Medicine

139 College of Classical Chinese Medicine

189 School of Research & Graduate Studies

*AS OF FALL 2015

DEMOGRAPHICS

77% FEMALE | 23% MALE

3.42 AVERAGE GPA

22% ETHNIC DIVERSITY

29 MEDIAN AGE

FACULTY TO STUDENT RATIO

Naturopathic Medicine

CLINIC 1:5
LECTURE 1:14

Classical Chinese Medicine

CLINIC 1:4
LECTURE 1:7

Research & Graduate Studies

LECTURE 1:10

139
College of Classical Chinese Medicine

189
School of Research & Graduate Studies

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