



SCNM *Now*

The National Newsletter of Southwest College of Naturopathic Medicine

www.scnm.edu

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SCNM Graduates Attain **TOP** Hospital-Based Residencies

Heather Paulson and Jenna Blasi, 2007 SCNM alumni, have been selected to fill two of four distance site hospital-based residencies in the United States. This is a major accomplishment for SCNM graduates due to the highly competitive nature of the residencies.

Paulson will be a first year resident at Goshen Hospital in Goshen, Ind., in the Goshen Center for Cancer Care. She will also be treating patients at the Women's Retreat Center at Goshen General Hospital. Paulson will be mentored by Dr. Marcia Prengruber, Director of Integrative Medicine at Goshen and current President of the Council on Naturopathic Medical Education. Her colleagues will include a diverse staff of MDs and nurses.

Goshen Center for Cancer Care is a "Commission on Cancer" recognized center and offers innovative treatments such as tomotherapy, selective internal radiation therapy, and has some of the leading oncologists in the fields of melanoma, liver cancer, breast cancer, and radiation oncology. The Center for Cancer Care provides integrative treatment of the whole patient by offering [continued on page 4]

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Success Within SCNM's Career Services Center

The effort of SCNM's Career Services Center has made large strides since its initiation in 2001. The July 2007 graduating class has become the first class to reach a pre-graduation placement rate of 75%. Prior to graduation, graduates have found professional positions, are in the midst of opening their own practices, are moving forward with additional education/training, and have been offered a place within highly competitive national residencies.

The graduates from July 2007 will be practicing in the United States and in foreign countries. Cheryl Keita will oversee a new medical center wing for obstetrics in Tanzania, Africa. Jerry Taylor, Jr., will be working for the Cree-Chippewa Indian tribe in Montana and Brandie Gowey will be spending time in Nepal to work with orphanages in creating more Naturopathic pediatric protocols under the pediatric direction of Dr. Matt Baral. Stephanie Bethune will be working in Kona, Hawaii, with Dr. Michael Traub, former president of AANP and the 2006 AANP Physician of the Year. She will work with Dr. Traub at his private practice and will be on



staff at the local hospital in Waimea. Other students will be opening a Naturopathic practice in Westminster, England while Leila Fosdick, Natalie Krok, and Nicole Antonucci Taylor have been selected for a residency at Southwest Naturopathic Medical Center where there will be five residents. The possibilities are endless and the uniqueness of how a graduate can use the doctorate of Naturopathic Medicine is limited only by the person owning it.

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From the

President's Office



Dr. Paul Mittman
President & CEO

Over the years, I've traveled quite a bit on behalf of the College, usually to large U.S. cities and usually for accreditation, recruitment, fundraising or legislative matters. I must say that Fairbanks, Alaska, is the furthest flung locale I've visited in North America. The town of Fairbanks may look like many Western towns, but somehow you can feel that something's different. Of course stepping into bright sunlight upon leaving a restaurant at 10 p.m. isn't an everyday experience in the lower 48.

I'm writing this article in an empty exam room at the Alaska Center for Natural Medicine in Fairbanks, Alaska, where, in a couple of months a first-year resident will be working. The Center is the College's newest Distant Residency site, joining the growing number of residency positions overseen by the College.

Southwest College has a long commitment to developing post-graduate opportunities. For the past five years, the Career Center, the first of its kind at a Naturopathic medical school, combined career counseling, coordinated networking and posted physician openings at scnm.edu.

When Dr. Christine Girard arrived two and a half years ago, she began to dramatically improve and expand the College's Residency program. These efforts really bore fruit this year when the Council on Naturopathic Medical Education RECOGNIZED Southwest College as a SPONSOR of Approved Programs in postdoctoral naturopathic medical education. We are now embarking on an ambitious plan to significantly expand the number of post-graduate positions. Our goal is to make residency positions available

to every SCNM graduate. It is a tall order, but we are making major progress.

The affiliation with the Alaska Center for Natural Medicine is especially exciting. The Center, owned by Heather Carmichael, Lac, and Scott Luper, ND, is a busy multi-disciplinary family practice that has served Fairbankians since Heather and Scott moved their practice across town four years ago. In addition to providing a large number of patients for a first year resident, Heather and Scott are outstanding teachers – Scott taught Clinical Diagnosis at Southwest College and Heather taught Acupuncture from 1997-2000. Both held clinical faculty positions and excelled in patient care and supervision of students. Scott and Heather are joined by Amy Williamson, ND (SCNM 2002), Nam Jeon, LAc, Shilo Hargrave, Lac, and Guy Patterson, M.Ed.

For years only a small number of residency positions have been available to graduates of Naturopathic medical schools. While Naturopathic medical students receive an excellent education, an additional year of supervised clinical training is often immensely beneficial. Today, all Naturopathic medical schools are expanding residency offerings. At Southwest College we are vigorously pursuing this goal.

Who knows? Maybe my next residency site visit will be in Hawaii.

Peace,

Dr. Paul Mittman, President/CEO 



Scott Luper, ND, and Heather Carmichael, Lac

A Teacher of Profound Healing



about dr. stephen messer

Dr. Stephen Messer received his undergraduate degree from City College of the City University of New York and a Masters in Education from the University of Pennsylvania. In 1979, he graduated from National College of Naturopathic Medicine. He obtained hundreds of hours in post-graduate homeopathic education and training with the International Foundation for Homeopathy (IFH) and the Eizayaga Homeopathic Seminars, and in 1988, was among the first group in the U.S. to obtain board certification in homeopathy, the Diplomate of the Homeopathic Academy of Naturopathic Physicians (DHANP). In the same year, Dr. Messer became a professor of the Eizayaga method. In April 2007, he was awarded the prestigious Henry Williams Professional Service Award by the National Center for Homeopathy.

Growing up in the South Bronx, in New York City, Dr. Stephen Messer dreamed of becoming a physicist, and knew nothing of Naturopathic Medicine, much less homeopathy. While in college Dr. Messer had an epiphany that he wanted to have a medical career helping others. "I was walking down the street and it hit me," he said. Veterinary school was his first inclination, but he soon realized he did not want to be a vet and so returned to school to complete his Masters in Education, and then taught science and biology in middle and high school for several years

Dr. Messer was inspired to become a Naturopathic Doctor (ND). One night, in the spring of 1975, "I literally woke up in the middle of the night, at about three in the morning, and knew I wanted to be a naturopath but knew almost nothing about Naturopathy." A letter in Prevention Magazine from an ND had been Dr. Messer's only introduction to Naturopathic Medicine, but he was absolutely certain that it was what he wanted to do. He immediately, searched for, and found, National College of Naturopathic Medicine (NCNM), the only school then operating.

While a medical student at NCNM, Dr. Messer discovered homeopathy. "As soon as I started to learn about homeopathy, which was very shortly after beginning, I got the feeling this was what I was going to do." Dr. Messer said he loves homeopathy because it has the potential for profound healing, is the most holistic of all the healing arts, and is intellectually challenging. "In practice, I also love it because in order to successfully apply homeopathy you have to have a meaningful relationship with the patient." Though he deeply respects all the Naturopathic modalities, he truly enjoys the process of

homeopathy. "For me the most fun is to sit and talk to someone, to have a conversation, to have a dialogue. And I get to do that in my work"

Upon graduating from NCNM in 1979, Dr. Messer opened a private practice in Eugene, Ore., where he practiced for 21 years. While in practice, Dr. Messer actively participated in the growth of naturopathic and homeopathic medicine.

After 400 hours of post-graduate training, Dr. Messer became a professor of the Eizayaga Method, which he explains as "a very practical approach for homeopathic practice." In 1981 and '82 he helped found the Homeopathic Academy of Naturopathic Physicians and served on, and off, the board for 15 years. Since 1986, he has also continuously served on the board of the National Center for Homeopathy and ran their prestigious summer school program for ten years.

In 2000, Dr. Messer agreed to come to Southwest College of Naturopathic Medicine (SCNM) as the Dolisos Chair of Homeopathy, the first funded chair of homeopathy in Naturopathic Medicine. "Homeopathy is sometimes almost miraculous in its ability to treat what nothing else can," said Dr. Messer.

In the classroom, Dr. Messer enjoys interacting with his students, challenging them – "Students might call me intense," he said – while maintaining a sense of entertainment and enjoyment. Dr. Messer is a strong proponent of the philosophy of "learning by doing." He feels the most valuable instruction happens in the clinic. "You prepare to learn in the classroom, but you really learn in the clinic... The real essence of what we teach at SCNM, is in clinic." That is why, in addition to teaching in the classroom, Dr. Messer supervises student rotations at Southwest Naturopathic Medical Center.

Dr. Messer stresses the importance of consistency in the department. There are many styles of homeopathy, and some schools emphasize teaching from all of these styles; however, Dr. Messer is clear when he states "students learn one way here." He feels if the students learn one style extremely well, they can perform more competently when beginning their practices. Dr. Messer is rightfully proud of the curriculum he has created for the Homeopathy Department. "I'm really, really pleased with the program and the results we get... It's almost as if my personal teaching is less relevant than the teaching program I've created. And I'm most proud of that."

By Kristina Hopkins 



Explore Your Possibilities in Naturopathic Medicine



Natural medicine your natural habitat? Looking for an education OR treatment in the most effective preventive therapies? Spend a day with the experts during SCNM's Naturopathic Discovery Day.

Saturday, November 10, 2007
10 am – 4 pm

or

Tuesday, November 13, 2007
5 pm – 8 pm

Visit www.scnm.edu/discoveryday to register for this free event.

Learn more at

The AANMC Naturopathic Medicine Informational Forums

You'll enjoy a series of presentations and panel discussions with leading professionals in the field of Naturopathic Medicine. Representatives from each accredited Naturopathic medical college will be on hand to answer your questions about Naturopathic medical education.

Find us in a city near you. To register, visit

www.aanmc.org/register.



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Naturopathic support, nutritional consultations, and psychoneuroimmunology support.

The Women's Retreat Center, an extension of Goshen General Hospital, is a center designed by women for women. The Retreat Center helps women take charge of their health by offering an educational center, integrative care, and preventive medicine. Dr. Laura Morris is the medical director and fellowship-trained breast disease specialist who will mentor Paulson in this area.



Heather Paulson

As a resident, Paulson will be spending the majority of her time at the Center for Cancer Care working closely with the medical, surgical, and radiation oncologists in the development and implementation of cancer treatment plans that use integrative approaches to healing. "I am very excited about the opportunity to expand my clinical knowledge at Goshen General Hospital where my continuing education will be diversified through many specialty departments (pediatrics, cardiology, neurology, emergency medicine, etc) and at the same time refining my skills as a naturopathic oncologist," said Paulson.

Jenna Blasi was selected for the Integrative Medical Residency Program affiliated with Griffin Hospital in Derby, Conn., and the University of Bridgeport College of Naturopathic Medicine.

"Both I and my family are very excited about moving to Connecticut," said Blasi. "I had several opportunities to choose from and knew that this would be the best."



Jenna Blasi

At the Integrative Medicine Center (IMC), which is affiliated with Yale Preventative Research Center (PRC) at Griffin Hospital, Blasi will be working closely with conventional practitioners (MDs or a nurse practitioner) and a supervising ND to come up with appropriate diagnoses and treatment plans for patients. To increase patient exposures and familiarization with conventional assessments and treatments, she will have clinical rotations in different departments at Griffin Hospital and its affiliated clinics.

In March 2007, the residency program at Southwest College of Naturopathic Medicine became certified by the CNME. This certification not only grows the SCNM Residency Program within Southwest Naturopathic Medical Center, but it allows SCNM to have approved residency distance sites. To date, SCNM has approved two distance-site residencies for the Fall 2007; one in the Phoenix area and one in Alaska. There are three more sites that are currently being considered for future placement. For more information on the SCNM Residency Program see page 6.

By Salina Bazarro, MBA 

Alumni in Action



Dr. Mike Smith

While an athlete in college, Dr. Mike Smith experienced a chance meeting that put him on the path to becoming a Naturopathic physician. A nutritionist came to speak to his rowing team and this was when he became very interested in how nutrition could change a person's life. After making his own dietary changes and seeing significant changes first hand,

Dr. Smith began researching nutrition and found Naturopathic Medicine. He realized that this type of medicine was everything he was looking for and he knew he wanted to truly help people become well.

After recognizing that Naturopathic Medicine was his future, Dr. Smith applied to the Naturopathic medical schools around the nation. He was accepted at SCNM and Bastyr. After interviewing at both, Dr. Smith said he felt drawn to SCNM. He felt "welcomed and taken care of through the entire process." The idea that SCNM was a younger school also attracted him. The thought of growth and influence in the community was extremely appealing and he knew SCNM was right for him.

In his very first year at SCNM, Dr. Smith became president of the Student Government Association and quickly became involved with all facets of the SCNM community. Upon graduating in 2004, Dr. Smith accepted a one-year residency at Southwest Naturopathic Medical Center where he received advanced training in homeopathy and clinical nutrition. During his residency Dr. Smith and his wife explored what their next step should be. "We had young children and felt it might be better for me to build a practice on the East coast somewhere," said Dr. Smith. "We were from Buffalo, but when we considered North Carolina we knew it was the perfect place for us. Charlotte is wonderful. It's beautiful and green, and my children are enjoying it so much."

Dr. Smith founded Carolina's Natural Health Center offering holistic family health care. His clinic houses two

Naturopathic doctors, three massage therapists, an acupuncturist, and offers services in hypnotherapy, counseling, meditation and colon hydrotherapy to name a few. Dr. Smith puts a strong emphasis on homeopathy, using it to treat most chronic and acute conditions and also has extensive experience using nutrition to treat various conditions, most notably diabetes. "This integrated clinic, where a patient could get all kinds of services in one place, was pretty much my idea of what I wanted to do all along," he said. "It didn't take long for my team to come together. I did a lot of networking and then the 'right people' just starting showing up."

Dr. Smith is very excited about the growth of the ND profession. "There is more public awareness and more of a need now for this type of medicine than ever before," he said. "People hunger for what we offer." It was the summer of 2006 when Dr. Smith started his practice in North Carolina and it has grown into one of the largest practices in Matthews, NC. "We have patients book three weeks out. There is no shortage of folks who need our help."

To create additional public awareness of his clinic and Naturopathic Medicine, Dr. Smith takes matters into his own hands and enjoys going out to talk to the community about the need for NDs, what NDs can offer and general information about Naturopathic Medicine. In addition, he speaks to recent ND graduates and ensures them that NDs can start their own practice and succeed, whether they are practicing in a licensed or unlicensed state. "There is a huge unfulfilled need and desire for Naturopathic Medicine, and the opportunities are endless," he added.

By Salina Bazaruto, MBA 

Celebrity in Our Midst?

Are you making headlines? We'd like to let everyone know. If you've been published or featured on radio, television or in newspaper and magazines, we'd like to show our current student body copies of these articles. The Advancement Department now has a "Wall of Fame" for our alumni in the student study space upstairs in our main campus building. The features we post on the wall are inspirations to the students, reminding them that they too can not only succeed as physicians but make a difference in the world by sharing the positive message of Naturopathic Medicine to the media.

Please send original issues of newspaper or magazine articles to:

Southwest College of
Naturopathic Medicine
c/o Salina Bazaruto,
2140 E. Broadway Rd.,
Tempe, Ariz., 85282.

SCNM Residency Program

Grows by Leaps and Bounds

The residency program at Southwest College of Naturopathic Medicine (SCNM) became certified by the Council on Naturopathic Medical Education (CNME) in March 2007. Additionally SCNM received CNME approval as a certified sponsor of residency programs. Only SCNM and Bastyr University share this distinction. This certification not only grows the residency program at SCNM within the Naturopathic medical center but it allows SCNM to have approved residency distance sites. Through much guidance and persistence of Dr. Christine Girard, Chief Medical Officer, the residency program at SCNM has become equal to our contemporaries.

Centro de Salud Familiar in Phoenix, Ariz., has become the first SCNM distance site residency. Drs. Ann Lovick and Tamara Torres, SCNM alumna, will be among the first to begin their residency with Drs. Sam and Cathy Walker. Dr. Scott Luper and Heather Carmichael, Lac, founders of the Alaska Center for Natural Medicine in Fairbanks, Alas., are currently in the interview process for their first resident.

The residencies at Southwest Naturopathic Medical Center start on November 1 and continue through October 31 of the following year. Dr. Christine Sorenson, Residency Director, stated, "We are proud to say that our residents are among the top paid." The residents currently finishing out their residency through SCNM are Drs. Schuyler McHenry, Barbara Ezrre, Courtney Crance and Katie Swedrock. "It's amazing that they are

entering the last quarter of their residency," said Dr. Sorenson, "We hold a graduation ceremony at the end of each residency and this year we will celebrate on October 27 in Scottsdale in the Biltmore Fashion Park."

The SCNM Residency Program has grown to support five residents. On November 1st, SCNM will welcome a new group of residents. This includes 2007 SCNM graduates Drs. Leila Turner, Natalie Krok, Nicole Taylor and MaryK Geyer. Dr. Shane Johnson from Bastyr University will also be among the new residents for 2007-2008.

Currently SCNM residencies are focusing on family practice and general medicine. The hopes for the future include broadening these residencies to emphasis on differed areas of medicine. For 2008, SCNM would like to include Drs. Peter D'Adamo and James Sensenig as distant site residencies.

"As we grow, so will the number of residents per year along with more distant sites and opportunities," said Dr. Sorenson, "I am proud to be the residency director and excited with our growth potential. Someday, the dream of all ND graduates having a residency will be a reality."

By Salina Bazurto, MBA 



Stephanie Mehrtens, MAEd
Dean of Students

SCNM Welcomes New Dean of Students

Southwest College of Naturopathic Medicine is pleased to announce the hiring of Stephanie Mehrtens as Dean of Students. Stephanie most recently served as the Director of Student Services at DeVry University carrying the same roles and responsibilities.

Stephanie has had a wide variety of experience in both corporate and academic environments. In the fast-paced environment of the corporate world, she conducted training and coaching on customer service above and beyond the basics. She moved on to academia as a career counselor and in 1999 worked at Arizona State University. With her leadership experience at ASU, she moved on to a more challenging position as the Director of Student Services at DeVry University. Her focus and leadership was on initiatives

related to retention and student life, including one-on-one counseling of students in highly complex and stressful situations, student organizations, sports and activities geared toward student interests, as well as coordinating a student ambassador program.

Stephanie not only acts as the student voice on the SCNM campus maintaining an open-door policy for all students, but she holds partnerships with faculty and staff with high regard in order to maintain the balance of policy/procedures and recognition of individual student situations. "I am so excited to be here!" says Mehrtens. "Everyone has made me feel like part of the family and I'm looking forward to meeting all of the students and developing positive relationships to help students succeed personally and professionally."

Stephanie holds a Master of Education degree with a counseling major from Northern Illinois University and a bachelor's degree in Psychology from Loyola University of Chicago.

By Salina Bazurto, MBA 

Student Life at SCNM



Hanifah Tauheedah
Muhammad,
SCNM Student
Ambassador

Hanifah Tauheedah Muhammad is the Student Ambassador at Southwest College of Naturopathic Medicine. She was born in New Jersey and her father was in the US Army which allowed her to live in numerous places including Germany. She always wanted to be a physician, but more specifically an Obstetrician/Midwife. "For a long time I kept a picture of the obstetrician that delivered me in my drawer," says Hanifah, "I thought she was so special and I always believed that being a physician was the best way I could give back and be of service to others and express my gratitude for the greatness of life."

Hanifah attended Spellman College where she received a Bachelor of Arts in Psychology and Morehouse School of Medicine where she received her Master of Public Health in International Health. She spent much time living and traveling to many places in the United States and abroad including Europe, Africa and Haiti. Prior to coming to SCNM, Hanifah taught undergraduate courses in Public Health at Morehouse College and assisted with grant development and research at the Center on Health Disparities in Atlanta, Ga.

Hanifah explains that she always knew about the Naturopathic philosophy because it was a philosophy she held as her own; however, she did not discover the actual profession until she was deciding on how she wanted to pursue a career in healing. "I decided that if conventional medicine was called 'allo-pathic' medicine, then maybe natural medicine would be called 'naturo-pathic' medicine," said Hanifah. "Although I was thoroughly interested in Naturopathy, I wrestled with the idea of going to both allopathic and Naturopathic school. My first search on the Internet for 'Naturopathic Medicine' brought up SCNM."

In June 2005, almost one year after Hanifah had partially-filled out the SCNM application online, and while still working as a public health research associate and assistant faculty at an undergraduate all-male college, her supervisor handed her an SCNM events flyer. Recruiters were in town for a college fair being held that day. "He ordered me to take the day off only

if I went to the fair. All of the Naturopathic colleges were present, but it was the SCNM representative I met who was absolutely wonderful and inspiring. She loved the school and it showed. I completed my essays that evening and submitted my application. Within 72 hours I was scheduled for a June interview and in August 2005, I joined one of the largest, most passionate, loving, down-to-earth, and supportive classes to enter SCNM. There was just something about SCNM that felt really, really good. I was supposed to be here."

Hanifah explains that the most challenging aspect of her education at SCNM has been the amount and wealth of information both in and out of class. "I can be an overachiever at times, and I want to master everything that is given to me, and sometimes I have to settle for knowing it now and coming back to it later." The most rewarding aspect of her education, besides the wealth of knowledge, is the love and support that she receives from her classmates and the student body on a daily basis. "I am a single mother, with no family anywhere near the west coast. I moved here with my five-year-old daughter. Most of the time, I suffer from 'I can do it all...I don't need any help' syndrome. But the love and support that I have received from my classmates and the student body, including personal, educational, and social support has been a wonderful learning experience for me. It has taught me that I don't have to do it all by myself...even if I can."

Upon graduating in 2009, Hanifah plans to continue training in Chinese medicine and midwifery. She would like to train abroad, particularly in Africa and the Caribbean, in the areas of HIV and infectious diseases. "I plan to work in private practice and education as a family practitioner of Naturopathic Obstetrics. My goal is to create a birthing center."



In addition to being the SCNM Student Ambassador, Hanifah has served as the NPBOMEX student representative for the Student Government Association, a general member of NPAC and is currently the secretary of Imhotep Circle. Imhotep Circle is a community service organization that works to provide health educational services and promote healthy lifestyles to underserved communities of the Phoenix area.

By Salina Bazarro, MBA 



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The geographical distribution of where these graduates are starting their practice is broad. Most of the July 2007 graduates will be practicing in Arizona, but Texas, Oregon, North Carolina, Utah, Connecticut, Washington DC, Hawaii, California, Vermont and Montana will be getting some new NDs in the area too.

In 2002, Joanna Hagan, Director of Career Services, began compiling information on how many graduates would have a job upon graduating and how many jobs were attained prior to graduation. The first measured graduating class in Summer 2002 had a pre-graduation placement of 44%. In the past five years, this has increased by 31%. Prior to this year's graduation, the average summer graduates over the past three years have been at a 66% placement rate; however, that average has now been raised to 70%. A contributor to this year's high graduation placement rate is due to the fact that this is the highest number of SCNM graduates that has attained national residencies. Almost 10% of the pre-graduation placements are in Naturopathic residencies. The vast majority of graduates (58%) will be practicing with other NDs honing in on their clinical and business management skills before embarking on a solo practice. The other graduates will be working with MDs, DOs or other practitioners prior to opening a solo practice or being part of a group practice. Of this summer class, 20% will be opening a solo Naturopathic practice immediately after graduation.

SCNM was the first of the accredited Naturopathic medical college to create a Career Services Center as part of the SCNM strategic commitment to the success of its graduates. The Career Services Center supports the Naturopathic profession by providing resources for SCNM prospective and current students as well as alumni. Some of the Career Services Center activities throughout the year include sponsoring lectures from

successful practitioners for current students, facilitating opportunities for community service at national conferences, finding Naturopathic and other professional conferences in the local area for students to attend and network, reviewing student and alumni CV's, and performing mock interviews with the Director of Career Services. "Individual advising is always encouraged and about 40% or more of students take advantage of this service," stated Joanna Hagan, Director of Career Services, "As part of the business practice management courses, additional information is given to students about career positioning, networking and contract negotiating."



Joanna Hagan, Director of Career Services, with Dr. Susan Godman, 1999 SCNM Alumna

The SCNM Career Services Center is nationally and internationally known as a source for information about the profession pertaining to professional development, career paths, incomes, and business information. On average, there are approximately 70 active positions or opportunities at any one time on the website.

"We look to constantly improve the results until 100% of each and every class has been placed each and every year with a position prior to graduation," Hagan added.

By Salina Bazurto, MBA 