



**SONORAN
UNIVERSITY**
OF HEALTH SCIENCES



**COLLEGE OF
NATUROPATHIC
MEDICINE** 2023–2024

WHERE NATURE MEETS NURTURE.

At Sonoran University of Health Sciences, we seek people—like you—who love science and marvel at the healing power of nature, and who recognize there is more to health than many realize. We give you the supportive environment you need to thrive during the most challenging and exhilarating years of your life. Our education will change your life, and the career will make the world a better place.^[1]

Do you have the mind of a doctor and the heart of a healer? Find your future at Sonoran University.

Sonoran University prepares its students to make a difference in the rapidly changing field of healthcare.^[2] From our integrated curriculum and wide scope of practice to our state-of-the-art medical center and a strong sense of community, Sonoran University's rich learning environment focuses on innovation and cutting-edge research while honoring the principles of naturopathic medicine.^[3] Sonoran University is a place where passionate, like-minded students, faculty, and staff come together to make a difference in people's lives.

We believe in applying the evidence-based approach of science to time-tested natural healing therapies.^[4] Our graduates go on to successful careers—including establishing flourishing practices, either on their own or alongside conventional medical practitioners, while simultaneously helping shape the way our world views healthcare.^[5]



MESSAGE FROM THE PRESIDENT

To paraphrase Winston Churchill, in your career as a naturopathic physician you will make a life by giving to others—improving the health and wellbeing of your patients, their families, and their communities. Sonoran University’s College of Naturopathic Medicine shapes a healthier future in three ways: by supporting students as they train to excel as naturopathic physicians, by enhancing the health and wellbeing of our patients and communities, and by discovering effective treatments for humanity grounded in the healing power of nature. As a Sonoran University medical student, you will have the opportunity to participate in all three.

The College of Naturopathic Medicine is measured by the success of its students and alumni, including graduation rates and professional licensure scores. Read on to learn how best practices in teaching and learning, innovative technology and curricular design, faculty support and development, and collaboration between Academic, Student Affairs and Inclusive Excellence departments foster student success. The pages ahead will give you a sense of an educational experience to develop your mind as a doctor and your heart as a healer.

Yours in health,

A handwritten signature in black ink that reads "Paul Mittman". The signature is fluid and cursive.

Paul Mittman, ND, EdD

President & CEO



WHY SONORAN UNIVERSITY?

BE A FORCE OF NATURE.

Sonoran University of Health Sciences is dedicated to a team-based and patient-centered approach to healthcare. Blending patient care with innovative research and a leading naturopathic curriculum, Sonoran University students and graduates are using a uniquely different mindset to change healthcare.^[6]

Founded in 1992, Sonoran University has a long history of providing education and care for those looking for integrative healthcare.^[7] From our inception, we've blended new ways of learning and teaching with timeless principles of naturopathic and conventional medicine.

For 28 years, Sonoran University was a single degree college. Now, we are a full-fledged university with multiple degree offerings.^[8] We remain committed to our founders' vision of making Sonoran University of Health Sciences a force for change to help transform healthcare. Sonoran is much more than a bricks-and-mortar academic institution. It's a place where passionate, like-minded students, faculty and staff come together to make a difference in people's lives.

Sonoran University of Health Sciences is a social profit (not for profit) institution licensed by the Arizona Board for Private Post Secondary Education, regionally accredited by the Higher Learning Commission, programmatically accredited by the Council on Naturopathic Medical Education, and approved by the State Authorization Reciprocity Agreement. For more information on accreditation, please refer to sonoran.edu/about-sonoran/accreditation.

MISSION

SHAPING A HEALTHIER FUTURE.

Sonoran University of Health Sciences shapes a healthier future by supporting students as they train to excel as healthcare professionals, by enhancing the health and wellbeing of our patients and communities, and by discovering effective treatments for humanity grounded in the healing power of nature.

VISION

A world that embraces the healing power of nature.



WE LIVE OUR VALUES.



We Shape the Future



We Love



We Achieve Excellence



We Are Resilient



We Do the Right Thing

HERE'S WHAT MAKES SONORAN UNIVERSITY GREAT.



▲ LOCATION

Naturopathic medicine in Arizona has the widest scope of practice in North America, providing Sonoran University students the broadest training in all facets of naturopathic medicine.^[10]



▲ COMMUNITY

Enjoy a collaborative, intimate campus with the amenities of a modern campus including access to a fitness center, healthy café, yoga studio, teaching kitchen, and two onsite medical clinics.^[9]



▲ RESEARCH

Students participate in research bridging the gap between naturopathic and conventional medicine. The Ric Scalzo Institute for Botanical Research explores the molecular biology of medicinal plants, including how botanicals act on a cellular level, in Biosafety Level II, analytical chemistry, and isolation laboratories. **To learn more, visit sonoran.edu/research**

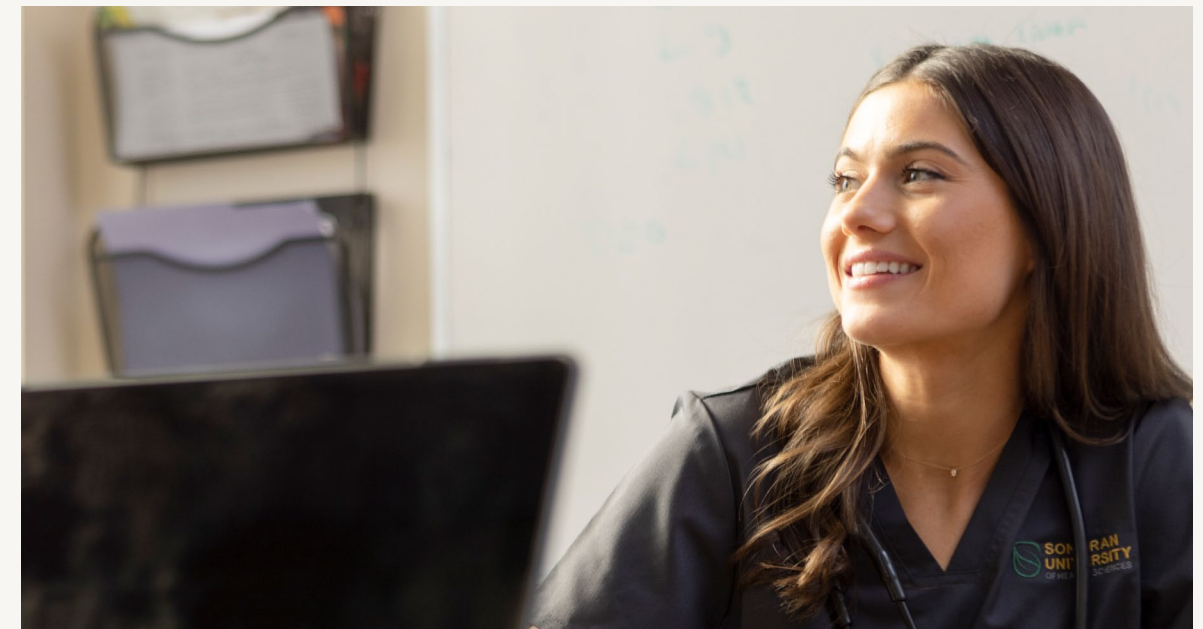


▲ **OUTREACH**

Sonoran University provides free care in underserved communities and support for organizations like Naturopaths Without Borders connects students to a diverse range of patients and health conditions.^[11]

▶ **CAREER SUCCESS**

Sonoran University has a comprehensive suite of career services available to naturopathic medical students, ensuring students have access to career opportunities upon and beyond graduation.^[12]



▲ **ACADEMIC & CLINICAL EXPERIENCES**

Passion for teaching and a profound belief in naturopathic medicine binds Sonoran University faculty. This creates a strong didactic and clinical education experience.^[13]



EXPERIENCE A STATE-OF-THE-ART CAMPUS.

Situated on 8 acres, our multi-building campus is in Tempe, Arizona. It centers around a 48,000-square-foot, LEED-platinum building, the Mr. Andrew C.G. & Dr. Ruth Tan Lim Commons, and features an on-site medical center, the integrative Neil Riordan Center for Regenerative Medicine, Ric Scalzo Institute for Botanical Research, and state-of-the-art classrooms, labs and more.

A virtual tour is available online at:
sonoran.edu/admissions/visit-sonoran

CAMPUS HIGHLIGHTS

- ▶ Neil Riordan Center for Regenerative Medicine
- ▶ Teaching Kitchen
- ▶ Fitness Studio
- ▶ Yoga Studio
- ▶ Medicinary
- ▶ Library
- ▶ Cadaver Lab
- ▶ Medicinal Herb Garden
- ▶ Eco-Conscious Building and Solar Panels
- ▶ Ric Scalzo Institute for Botanical Research





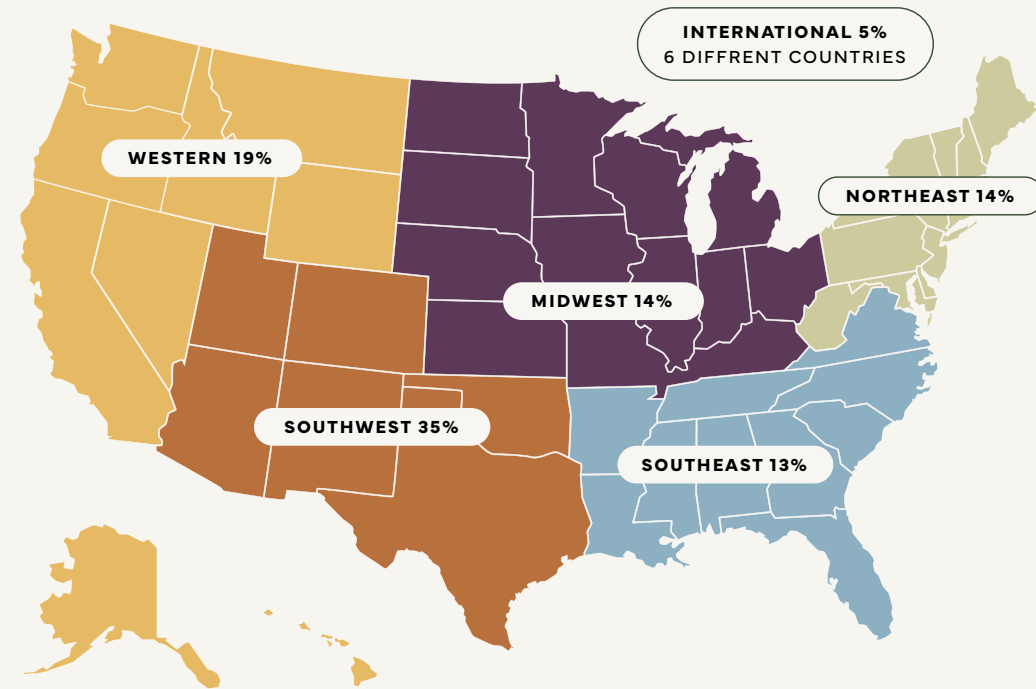
ARE WE SURROUNDED BY A BUSTLING CITY OR A SERENE LANDSCAPE?

YES.

At Sonoran University, we're lucky to call Arizona home. With more than 300 days of sunshine each year, Arizona is a destination for nature and outdoor enthusiasts. Enjoy hiking, biking, boating, swimming, golfing, horseback riding—and even skiing or snowboarding during the winter. Take a weekend trip to Arizona destinations like Sedona, Tucson, the Grand Canyon, Mogollon Rim and the White Mountains. Phoenix's central location also makes it easy to drive to the bright lights of Las Vegas and the beaches of southern California or Mexico. No matter how you spend your free time, **Arizona is the place to be.**

YOU'LL FIT RIGHT IN.

STUDENT POPULATION



34.1
AVERAGE AGE



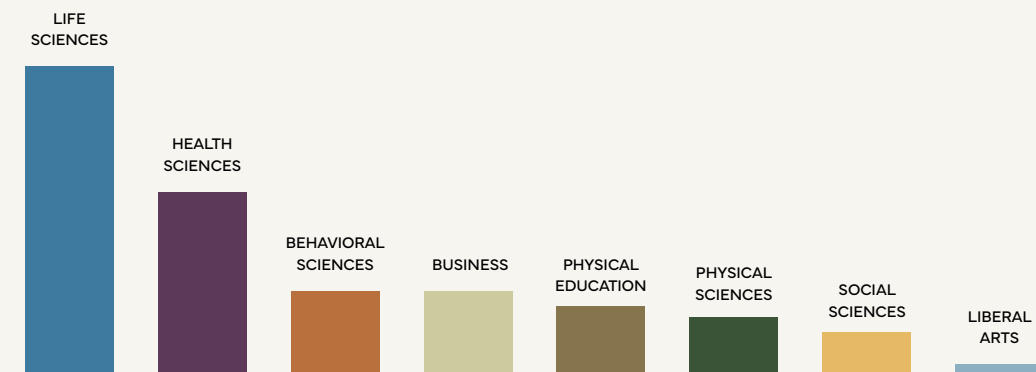
ETHNICITY

57%
WHITE

13%
HISPANIC
LATINO

15%
BLACK
AFRICAN AMERICAN

UNDERGRAD DEGREES



5%
ASIAN

4%
UNKNOWN

5%
2+ RACES

1%
NATIVE INDIAN
OR ALASKA NATIVE

February 2023 survey of Sonoran University ND Student Population.

HERE'S WHAT OUR ALUMNI ARE UP TO.

HIGH JOB SATISFACTION

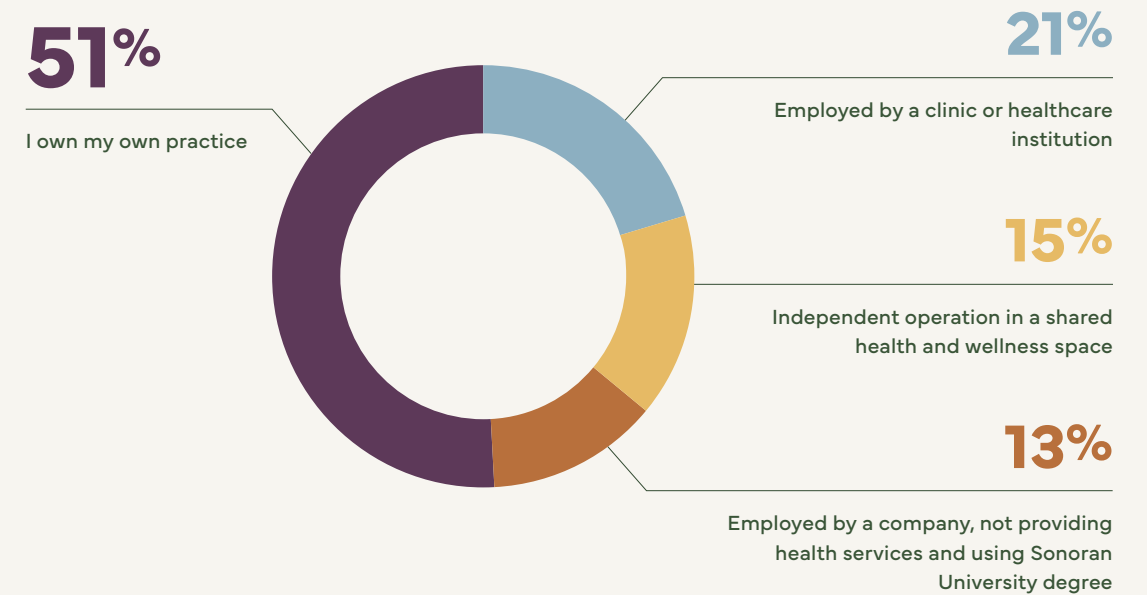
CAREER CHOICE



WORK-LIFE BALANCE



SONORAN UNIVERSITY ALUMNI PRACTICE TYPES



93%
believe the ND program at Sonoran University had a positive impact on their ability to pursue career goals

84%
are satisfied with the prestige of their job/employs

88%
have a better quality of life since becoming an ND

92%
consider themselves successful

August 2018 survey of Sonoran University Alumni employed in ND related field.

“A GREATER IMPACT ON THE HEALTH OF PEOPLE AND COMMUNITIES, ON FUTURE HEALERS, LEADERS, AND HUMANITY.”

— Paul Mittman, ND, EdD | President & CEO



SONORAN UNIVERSITY COLLEGE OF NATUROPATHIC MEDICINE OVERVIEW

WHERE TRADITION MEETS INNOVATION.

Sonoran University has the only accredited, full-time, four-year Doctor of Naturopathic Medicine degree program in the southwest.^[14] Our innovative curriculum consists of rigorous academic study and extensive supervised clinical experiences in a variety of settings, including our onsite Sonoran University Medical Center and Sonoran University Neil Riordan Center for Regenerative Medicine.^[15] In addition to exposure to the widest scope of naturopathic therapies, you will also study the basic sciences that form the foundation across medical education.^[16] Clinical milestones are achieved throughout the program and provide the appropriate progression of medical education for graduates to become successful naturopathic physicians.^[17] Plus, this education sets up students for the Naturopathic Physician Licensing Board Examination (NPLEX) and students in our program consistently score higher than average.^[18] This proves that our graduates are ready to become successful practitioners.

MESSAGE FROM THE DEAN

Hello Future Doctor,

Your journey begins here—in the College of Naturopathic Medicine, where you become part of the change you want to see in medicine and healthcare. Being a naturopathic doctor means treating the whole person with a profound understanding of the patient as an individual. At Sonoran University of Health Sciences, the healing power of nature takes shape through rigorous evidence-based training and research. Naturopathic doctors are at the forefront of preventative medicine by guiding patients to achieve optimal health outcomes. Illustrated in the core principles of naturopathic medicine:

- ▶ Do No Harm
- ▶ The Healing Power of Nature
- ▶ Identify and Treat the Cause
- ▶ Treat the Whole Person
- ▶ Doctor as Teacher
- ▶ Practice Prevention

These principles are the foundation of naturopathic medicine, aiding in discovering and treating chronic diseases, diabetes, and non-opioid pain management. When you become an ND, you join a respected and rewarding profession. Sonoran University is here to inspire, nurture, and support you, a new generation of doctors. We provide the landscape, but the focus is your journey.

Yours in health,



Jessica Mitchell, ND

Dean, College of Naturopathic Medicine



WHAT IS NATUROPATHIC MEDICINE?

Treating the whole person requires a profound understanding of the patient as an individual. Naturopathic doctors identify the underlying cause of a condition and combine the best of conventional medicine and alternative therapies to help achieve optimal health. By expertly guiding the patient toward positive lifestyle changes, naturopathic doctors are the foremost experts in evidence-based natural medicine.^[19]

Naturopathic medicine is also at the forefront of treating chronic diseases including heart disease, cancer, and diabetes as well as non-opioid pain management. When you become a naturopathic doctor, you will be joining a respected and financially rewarding profession helping to solve significant medical challenges and improve the lives of your patients.^[20]



PRINCIPLES OF NATUROPATHIC MEDICINE

HEALING COMES FROM WITHIN.

Naturopathic medicine views each patient as an integrated being, honoring a patient's inherent healing potential, identifying underlying causes, treating the whole person, beginning with least invasive therapies, and working in partnership with patients to make life-sustaining changes.

FIRST DO NO HARM

This principle is core to naturopathic practice, where we approach care through utilizing the most natural, least invasive or toxic therapies.

THE HEALING POWER OF NATURE

Naturopathic providers recognize the body's inherent healing wisdom and work to harness that healing power to guide patients to wellness and total health.

IDENTIFY AND TREAT THE CAUSES

This principle guides naturopathic physicians to not only address the reported symptoms, but to uncover the root cause and heal the body as an integrated whole.

DOCTOR AS TEACHER

Through an education and trust-based relationship, naturopathic providers seek to not only heal patients, but educate them by elevating patient health literacy and ensure patients are empowered with a better understanding of their wellness.

TREAT THE WHOLE PERSON

Naturopathic physicians understand how interconnected the body is, acknowledging that the restoration of balance and health comes through treating the body as a whole.

PREVENTION

Comprehensive naturopathic care employs all principles to identify potential areas of imbalance to prevent illness.

STEPS OF NATUROPATHIC THERAPEUTIC ORDER

WE FOLLOW THESE STEPS.

The Therapeutic Order guides the practice of naturopathic medicine. Followed in order, naturopathic physicians seek the root cause and move to methods that invoke the body's natural healing powers, determining how supplementary naturopathic techniques may aid the body before addressing any physical alignments to restore structural integrity to the body. If patients find that they're unable to find relief through natural symptom relief methods, only then do naturopathic physicians employ synthetic symptom relief tactics or high-force interventions.

1

ESTABLISH THE CONDITIONS FOR HEALTH

Ultimately, naturopathic physicians aim to bring patients back to health, so physicians start with removing any obstacles to health by creating a plan with the patient to address these obstacles. Oftentimes these obstacles include diet, excessive stress, destructive coping mechanisms, inadequate rest, and more. Removing obstacles to cure is core to the expression of the Naturopathic Philosophical Principle: Treat the Cause.

2

STIMULATE THE *VIS MEDICATRIX NATURAE* AND SELF-HEALING PROCESSES

Naturopathic physicians believe in the body's innate ability to heal itself and stimulate a patient's healing nature through therapies like acupuncture, homeopathy, botanical medicine, nutrition, and more.

3

SUPPORT AND BALANCE PHYSIOLOGIC AND BIOENERGETIC SYSTEMS

Sometimes body functions need more than stimulation to improve, this is when naturopathic physicians employ their vast knowledge to aid in restoring optimal function to an entire physiologic or organ system. Modalities employed can include professional grade supplements, endocrine balancing, manual therapies, and more.

4

ADDRESS OR CORRECT STRUCTURAL INTEGRITY

If patients require the use of physical therapies, naturopathic physicians call on treatments like massage therapy, spinal manipulation, cranio-sacral therapy, and more to improve and maintain skeletal integrity.

5

ADDRESS PATHOLOGY USING SPECIFIC NATURAL SUBSTANCES OR INTERVENTIONS

While naturopathic physicians aim to restore health by addressing the body as a whole and not just symptoms, there are instances where specific pathologies must be addressed and managed. In cases like these, naturopathic physicians utilize effective natural substances that are unlikely to cause toxic burden and can effectively relieve symptoms that cause suffering.

6

ADDRESS PATHOLOGY USING PHARMACEUTICAL OR SYNTHETIC SUBSTANCES

Naturopathic physicians aim to avoid this step, but if necessary, they may employ the use of synthetic or pharmaceutical substances to restrain or manage symptoms that impact a patient's quality of life or safety.

7

SUPPRESS OF SURGICALLY REMOVE PATHOLOGY

Sometimes it is necessary for the interest of patient health, comfort, and safety to suppress pathological symptoms prior to addressing underlying causal factors and ultimately restoring health.

Finnell JS, Snider P, Myers SP, Zeff J. A Hierarchy of Healing: Origins of the Therapeutic Order and Implications for Research. *Integr Med (Encinitas)*. 2019 Jun;18(3):54-59. PMID: 32549816; PMCID: PMC7217399.



BOTANICA
HAND

STUDENT
SONORAN
UNIVERSITY

PRINCIPLES and PRACTICE of PHYTOTHERAPY

Netter's
Anatomy Flash Cards
Second Edition

FIXING YOUR
FEET



CURRICULUM HIGHLIGHTS

KNOWLEDGE IS POWER.

- ▶ Clinical courses start on the first day and continue throughout the curriculum.
- ▶ Integration of content by body systems.
- ▶ Case-based instruction and testing in preparation for Objective Structural Clinical Examination (OSCE) and Naturopathic Physician Licensing Board Examination (NPLEX) Parts I & II.
- ▶ Field observation shadowing community physicians in the first 2 years of study.
- ▶ Elective offsite program shadowing physicians in the fourth year of study.
- ▶ Standardized patient program.
- ▶ Dedicated focus on your future career as a naturopathic doctor.
- ▶ Exclusive honors tracks in community health, pediatrics, regenerative medicine, and nature cure are available for select students who apply.
- ▶ Concurrent enrollment allows students to take advantage of multiple degree programs to maximize their time at Sonoran University and graduate with two healthcare degrees.

BREAKING DOWN THE PROGRAM YEAR-BY-YEAR

4-YEAR PROGRAM

YEAR 1

BASIC SCIENCES

Biochemistry/Medical Genetics
Microbiology
Immunology
Anatomy & Physiology
Integrated Case Studies

RESEARCH

INTRODUCTION TO CLINICAL PRACTICE

Start thinking like a doctor on your first day. Year one begins with patient interviewing, ethics, jurisprudence, and community health. You'll make oral case presentations, practice skills on one another and standardized patients, practice charting, and begin field observation.

HISTORY AND PHILOSOPHY OF NATUROPATHIC MEDICINE

YEAR 2

GENERAL MEDICAL DIAGNOSIS

CLINICAL PRACTICE

Participate in the field observation program, perform physical exams on standardized patients, continue charting in the electronic health records system, and perform in-depth case analysis.

THERAPEUTICS I

Botanical Medicine
Environmental Medicine
Homeopathy
Hydrotherapy
Mind-Body Medicine
Nutrition
Chinese Medicine
Pharmacology
Physical Medicine

PRACTICE MANAGEMENT

NPLEX I REVIEW COURSE

Built into curriculum at end of year 2 to help you prepare for board exams.

MEDICINARY, LAB & IV THERAPY POSTS

DIDACTIC SELECTIVES

YEAR 3

CLERKSHIPS

Begin practicing excellent patient care under the supervision of an attending physician.

GENERAL MEDICAL PRACTICE

Cardiovascular Health
Dermatology
EENT
Endocrinology
Gastroenterology
Gynecology/Obstetrics
Heratology
Pediatrics
Pulmonology

THERAPEUTICS II

Botanical Medicine
Homeopathy
Mind-Body Medicine
Minor Surgery
Nutrition
Chinese Medicine

PRACTICE MANAGEMENT

EMERGENCY MEDICINE

OBJECTIVE STRUCTURED CLINICAL EXAM (OSCE)

DIDACTIC SELECTIVES

YEAR 4

CLERKSHIPS

Continue treating patients under the supervision of an attending physician.

GENERAL MEDICAL PRACTICE

Geriatrics
Men's Health
Neurology
Oncology
Orthopedics
Rheumatology
Urology

THERAPEUTICS III

Mind-Body Medicine
Minor Surgery

NPLEX II REVIEW COURSE

Built into curriculum at end of year 4 to help you prepare for board exams.

DIDACTIC & CLINICAL SELECTIVES

HONORS TRACKS APPLICATION PERIODS
QUARTER 11 (YR. 3)

BREAKING DOWN THE PROGRAM YEAR-BY-YEAR

5-YEAR PROGRAM

YEAR 1

BASIC SCIENCES

Anatomy & Physiology
Integrated Case Studies

YEAR 2

BASIC SCIENCES

Biochemistry/Medical Genetics
Microbiology
Immunology
Integrated Case Studies

RESEARCH

INTRODUCTION TO CLINICAL PRACTICE

Start thinking like a doctor on your first day. Year one begins with patient interviewing, ethics, jurisprudence, and community health. You'll make oral case presentations, practice skills on one another and standardized patients, practice charting, and begin field observation.

HISTORY AND PHILOSOPHY OF NATUROPATHIC MEDICINE

YEAR 3

GENERAL MEDICAL DIAGNOSIS

CLINICAL PRACTICE

Participate in the field observation program, perform physical exams on standardized patients, continue charting in the electronic health records system, and perform in-depth case analysis.

THERAPEUTICS I

Botanical Medicine
Environmental Medicine
Homeopathy
Hydrotherapy
Mind-Body Medicine
Nutrition
Chinese Medicine
Pharmacology
Physical Medicine

PRACTICE MANAGEMENT

NPLEX I REVIEW COURSE

Built into curriculum at end of year 3 to help you prepare for board exams.

MEDICINARY, LAB & IV THERAPY POSTS

DIDACTIC SELECTIVES

YEAR 4

CLERKSHIPS

Begin practicing excellent patient care under the supervision of an attending physician.

GENERAL MEDICAL PRACTICE

Cardiovascular Health
Dermatology
EENT
Endocrinology
Gastroenterology
Gynecology/Obstetrics
Heratology
Pediatrics
Pulmonology

THERAPEUTICS II

Botanical Medicine
Homeopathy
Mind-Body Medicine
Minor Surgery
Nutrition
Chinese Medicine

PRACTICE MANAGEMENT

EMERGENCY MEDICINE

DIDACTIC SELECTIVES

YEAR 5

CLERKSHIPS

Continue treating patients under the supervision of an attending physician.

GENERAL MEDICAL PRACTICE

Geriatrics
Men's Health
Neurology
Oncology
Orthopedics
Rheumatology
Urology

THERAPEUTICS III

Mind-Body Medicine
Minor Surgery

PRACTICE MANAGEMENT

DIDACTIC AND CLINICAL SELECTIVES

NPLEX II REVIEW COURSE

Built into curriculum at end of year 5 to help you prepare for board exams.

HONORS TRACKS APPLICATION PERIODS
QUARTER 11 (YR. 3)



CONCURRENT DEGREES

EARN TWO DEGREES SIMULTANEOUSLY.

Sonoran University offers a pathway to allow students to earn two degrees at once. While working toward a Doctorate of Naturopathic Medicine degree from Sonoran University, you can also earn a:

- ▶ **Master of Clinical Nutrition (MSCN)**
from Sonoran University of Health Sciences
- ▶ **Master of Nutrition Business Leadership (MSNBL)**
from Sonoran University of Health Sciences
- ▶ **Master of Science in Acupuncture (LAC)**
from Phoenix Institute of Herbal Medicine & Acupuncture
- ▶ **Master of Science in Public Health**
from the University of Arizona's Mel & Enid Zuckerman College of Public Health

HONORS TRACKS^[21]

DIVE HEADFIRST INTO YOUR PASSION.

Focus in: Community Health • Nature Cure • Pediatrics • Regenerative Medicine

Designed for students who want a focus, Sonoran University's community health, nature cure, pediatrics and regenerative medicine tracks are designed for students who are looking to have an emphasis on a particular area of naturopathic medicine.

Each track is exclusive and centered around the student's professional and educational development. Students are given preferential scheduling for student clinical rotations, a more hands-on clinical focus and mentorship from doctors.

When it comes to postgraduate preparation, these focused areas of clinical education can help elevate students' CVs and portfolios. They also help position students for competitive postgraduate opportunities and residencies.

Each honors track is granted through application only. Applications are due at the end of the third week of Quarter 11 and begin in Quarter 12 of the program.

WE TEACH THESE THERAPIES.

Acupuncture & Traditional Chinese Medicine

Botanical Medicine

Environmental Medicine

Homeopathy

Hydrotherapy

Injection Therapies

IV Therapies

Mind-Body Medicine

Mindfulness Techniques

Minor Surgery

Nutrition

Pharmacotherapy

Physical Medicine

Sports Medicine



Hands on learning in our Lim Commons teaching kitchen.



Students studying for an upcoming exam in our Academic Building classrooms.



PROGRAM OUTCOMES

LEARN A THING OR TWO HUNDRED.

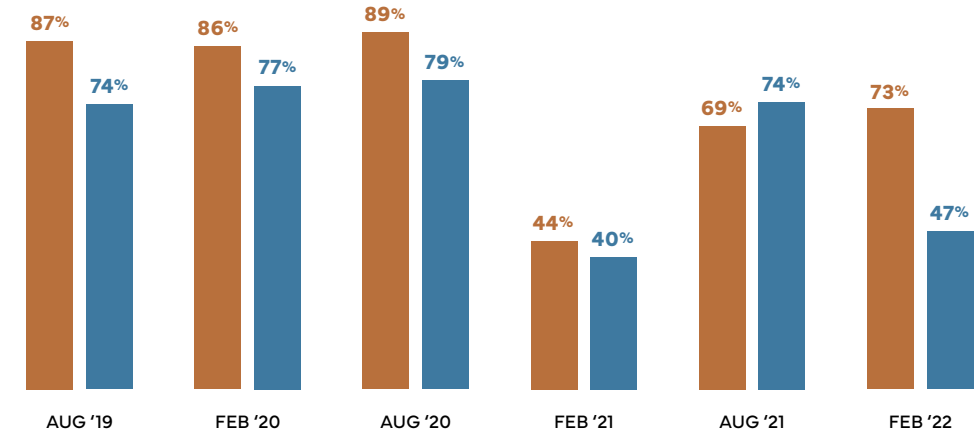
Equipped with a broad understanding of both evidence-based science and naturopathic principles, you'll transition from a student to a practicing naturopathic physician, researcher, nutraceutical engineer, public health professional, or educator. Regardless of your path, you are entering a dynamic and growing profession.^[22]

If you choose to stay in Arizona after graduation, the state offers one of the largest scopes of practice for licensed naturopathic physicians. This gives naturopathic doctors prescriptive authority, the ability to administer IV-therapy, as well as practice acupuncture.^[23]

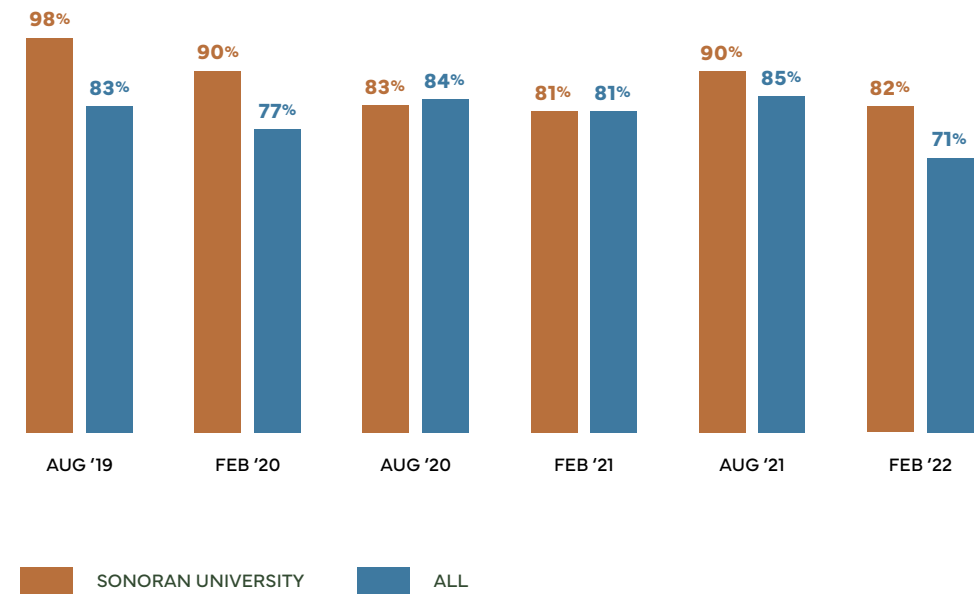
► **ABOUT NPLEX**

The purpose of Naturopathic Physician Licensing Board Examination (NPLEX) is to provide excellent board examinations that are reliable and offer a valid assessment of a candidate's readiness to be a safe practitioner. NPLEX follows the testing standards set forth in the Standards for Educational and Psychological Testing (compiled by the American Educational Research Association, the American Psychological Association, and the National Council on Measurement in Education).

NPLEX I FIRST-TIME PASS-RATES



NPLEX II FIRST-TIME PASS-RATES



**“GIVE PATIENTS THE BEST
OUTCOME WITH TRAINING
IN BOTH ALLOPATHIC
AND TRADITIONAL
NATUROPATHIC
THERAPEUTICS.”**

— Jessica Mitchell, ND | Dean, College of Naturopathic Medicine



STUDENT RESOURCES

A NATURALLY SUPPORTIVE ENVIRONMENT.

- ▶ Student Support Center
- ▶ Career Center
- ▶ Counseling
- ▶ Learning Specialist
- ▶ Advising
- ▶ Financial Aid
- ▶ IT Help Desk
- ▶ Doctoré Development Center
- ▶ Licensing Exam Preparation
- ▶ Student Government Association
- ▶ Student Healthcare Support
- ▶ Student Rate in the Medicinary
- ▶ Library & Medical Catalog Resources

STUDENT ORGANIZATIONS

BE PART OF SOMETHING GREAT.

- ▶ Applied Kinesiology
- ▶ Botanical Medicine Club
- ▶ Energia Club
- ▶ Entheogenic Research Awareness (ERA)
- ▶ GenX Med
- ▶ LGBTQ+ Club
- ▶ N-ACT
- ▶ MOSAIC
- ▶ Natural Aesthetics Club
- ▶ Natural Speakers Club
- ▶ Naturopathic Midwifery Club
- ▶ Naturopathic Society
- ▶ Naturopreneur Society
- ▶ Naturopaths Without Borders (Founded at Sonoran University)
- ▶ Perspective
- ▶ Sports Medicine Club
- ▶ Student of Naturopathic Oncology Club
- ▶ Student Veterans of America

WORLD-CLASS CLINICS.

SONORAN UNIVERSITY NEIL RIORDAN CENTER FOR REGENERATIVE MEDICINE

For two generations the name Riordan has been synonymous with medical advances harnessing the body's innate healing ability.^[24] Neil Riordan Center for Regenerative Medicine is building on this legacy, turning the tide from symptom suppression to regeneration and healing. Opened in late 2018, the Neil Riordan Center for Regenerative Medicine is located in a 6,200-square-foot space on the ground floor of the Sonoran University Lim Commons building.^[25] Through patient care, research, and medical education, the Neil Riordan Center for Regenerative Medicine is helping to usher in a new era of non-opioid approaches to treating pain and chronic disease.^[26]

Patient Care Features:

- ▶ 10 examination rooms
- ▶ 2 open treatment bays
- ▶ 2 counseling rooms
- ▶ Newly expanded surgical suite
- ▶ C-arm fluoroscope
- ▶ Ultrasound-guided injection therapies

SONORAN UNIVERSITY MEDICAL CENTER

The Sonoran University Medical Center creates a clinical environment unique to any naturopathic clinical setting.^[27] Hydrotherapy, a core modality in naturopathic medicine and an important component of European water spas, comprises nearly thirty percent of the Center and includes a custom-designed steam area, two saunas (far infrared/radiant), and a hydrotherapy/color therapy suite. There are also two minor surgery suites with high-definition video equipment for recording or transmitting certain procedures, with patient consent, for learning purposes. Intravenous therapies, which can be a prominent treatment method for many health conditions, are provided in the IV Suite.

Patient Care Features:

- ▶ 27 examination rooms
- ▶ Minor surgery suite
- ▶ IV therapy suite
- ▶ Hydrotherapy suite
- ▶ Telemedicine

LABORATORY

Our laboratory is a COLA-accredited, moderate-complexity laboratory with experienced, certified laboratory personnel.^[28] We offer diagnostic laboratory testing in a personal and caring environment.

MEDICINARY

Sonoran University's Medicinary offers an expansive collection of the highest quality, professional-grade supplements, herbs and health products.^[29] Located on campus in Tempe, we are a convenient and reliable resource for patients visiting the Sonoran University Medical Center and Sonoran University Neil Riordan Center for Regenerative Medicine, as well as the general public.



A clinical student on rotation at the Roosevelt Health Center.



Clinic shift at the Neil Riordan Center for Regenerative Medicine.



COMMUNITY IMPACT PROGRAMS

- ▶ **CHANGING LIVES***
Recovery program offering long-term, comprehensive services for women and their children
- ▶ **HAMILTON ELEMENTARY SCHOOL CLINIC***
Primary healthcare for student & families from the Murphy School District
- ▶ **MISSION OF MERCY**
Medical mobile unit & family practice for the uninsured
- ▶ **ROOSEVELT HEALTH CENTER***
Primary healthcare for students & families from the Roosevelt School District
- ▶ **SOJOURNER CENTER***
Women & pediatric healthcare for survivors of domestic violence
- ▶ **SOUTHWEST CENTER***
Primary & HIV/AIDS healthcare for LGBTQIA2S+ individuals

**Funded by Sage Foundation for Health*

COMMUNITY CLINICS

MAKING A DIFFERENCE IN OUR COMMUNITY.

The Sonoran University Sage Foundation for Health provides funding to community clinics throughout Maricopa County which are staffed with licensed faculty physicians and third- and fourth-year medical students from Sonoran University's College of Naturopathic Medicine.^[30] Patients include children in underserved and under-resourced school districts, survivors of domestic violence, women and children experiencing homelessness and recovering from trauma, LGBTQIA2S+ health, individuals coping with HIV/AIDS and patients recovering from drug and alcohol use.^[31]

Student physicians treat chronic and acute health conditions by working with patients to restore health and improve self-care choices through daily diet, exercise, and stress reduction treatment plans.^[32] These shifts give students a unique opportunity to provide treatment and gain skills and experience in a community healthcare setting, as well as enhance their cultural and patient-first competencies through working with a variety of patient populations. Treatments often include clinical nutrition, botanical medicine, physical medicine, acupuncture, homeopathy, and prescription medicines when necessary. Thanks to generous community support, services and treatments are provided to patients at no cost.^[33]

Clinical rotation training at Sonoran University is designed to provide an intuitive progression of medical education. Our demanding program exceeds the clinical education requirements as prescribed by the Council of Naturopathic Medical Education (CNME).^[34] Sonoran University offers a variety of clinical experiences, and our students treat patients using cutting-edge techniques like injection therapies for pain relief at the Neil Riordan Center for Regenerative Medicine.



REFERENCES

[HTTPS://WWW.SONORAN.EDU/PROGRAMS/COLLEGE-OF-NATUROPATHIC-MEDICINE/](https://www.sonoran.edu/programs/college-of-naturopathic-medicine/) (1-2, 17)

[HTTPS://WWW.SONORAN.EDU/ABOUT-SONORAN/FACILITIES/](https://www.sonoran.edu/about-sonoran/facilities/) (3)

[HTTPS://WWW.SONORAN.EDU/ABOUT-SONORAN/FACILITIES/BOTANICAL-RESEARCH-LAB/](https://www.sonoran.edu/about-sonoran/facilities/botanical-research-lab/) (4, 28)

[HTTPS://WWW.SONORAN.EDU/SONORAN-ALUMNI/](https://www.sonoran.edu/sonoran-alumni/) (5, 22-23)

[HTTPS://WWW.SONORAN.EDU/ABOUT-SONORAN/HISTORY/](https://www.sonoran.edu/about-sonoran/history/) (9)

[HTTPS://WWW.SONORAN.EDU/PROGRAMS/COLLEGE-OF-NATUROPATHIC-MEDICINE/SCOPE-OF-PRACTICE/ND-LICENSURE-DISCLOSURE/](https://www.sonoran.edu/programs/college-of-naturopathic-medicine/scope-of-practice/nd-licensure-disclosure/) (10, 14, 16)

[HTTPS://WWW.SONORAN.EDU/ABOUT-SONORAN/COMMUNITY-OUTREACH-2/](https://www.sonoran.edu/about-sonoran/community-outreach-2/) (11, 31, 32)

[HTTPS://WWW.SONORAN.EDU/STUDENT-LIFE/STUDENT-RESOURCES/CAREER-SERVICES/](https://www.sonoran.edu/student-life/student-resources/career-services/) (12)

[HTTPS://WWW.SONORAN.EDU/ABOUT-SONORAN/SONORAN-FACULTY/](https://www.sonoran.edu/about-sonoran/sonoran-faculty/) (13)

[HTTPS://WWW.SONORAN.EDU/PROGRAMS/COLLEGE-OF-NATUROPATHIC-MEDICINE/NPLEX-EXAM-PREPARATION/](https://www.sonoran.edu/programs/college-of-naturopathic-medicine/nplex-exam-preparation/) (18)

[HTTPS://WWW.SONORAN.EDU/PROGRAMS/COLLEGE-OF-NATUROPATHIC-MEDICINE/NATUROPATHIC-MEDICINE/](https://www.sonoran.edu/programs/college-of-naturopathic-medicine/naturopathic-medicine/) (19)

[HTTPS://WWW.SONORAN.EDU/PROGRAMS/COLLEGE-OF-NATUROPATHIC-MEDICINE/NATUROPATHIC-MEDICINE/](https://www.sonoran.edu/programs/college-of-naturopathic-medicine/naturopathic-medicine/) (20)

[HTTPS://WWW.SONORAN.EDU/PROGRAMS/COLLEGE-OF-NATUROPATHIC-MEDICINE/HONORS-TRACKS/](https://www.sonoran.edu/programs/college-of-naturopathic-medicine/honors-tracks/) (21)

[HTTPS://WWW.SONORAN.EDU/ABOUT-SONORAN/FACILITIES/NEIL-RIORDAN-CENTER-FOR-REGENERATIVE-MEDICINE/](https://www.sonoran.edu/about-sonoran/facilities/neil-riordan-center-for-regenerative-medicine/) (24-26)

[HTTPS://WWW.SONORAN.EDU/ABOUT-SONORAN/FACILITIES/SONORAN-MEDICAL-CENTER/](https://www.sonoran.edu/about-sonoran/facilities/sonoran-medical-center/) (27)

[HTTPS://WWW.SONORAN.EDU/ABOUT-SONORAN/FACILITIES/MEDICINARY/](https://www.sonoran.edu/about-sonoran/facilities/medicinary/) (29)

[HTTPS://SAGE.SONORAN.EDU](https://sage.sonoran.edu) (30, 33)

[HTTPS://WWW.SONORAN.EDU/FUTURE-OF-MEDICINE/](https://www.sonoran.edu/future-of-medicine/) (34)



READY TO APPLY?

REQUIREMENTS FOR APPLYING

- ▶ To apply to Sonoran University’s Doctor of Naturopathic Medicine program, prospective students must complete a baccalaureate degree from an accredited four-year college or university as well as have completed the required prerequisite coursework with a minimum GPA of 3.0.
- ▶ We encourage applicants to send unofficial transcripts for a free prerequisite evaluation. Email your unofficial transcripts to admissions@sonoran.edu and include your full name, mailing address, and phone number.

APPLICATION PROCESS DETAILS

- ▶ Applicants are considered based on academic performance, occupational history, professional potential, maturity, concern for others, and an appreciation of natural medicine.
- ▶ Sonoran University accepts applications on a rolling basis for both Spring and Fall cohorts.
- ▶ Application requirements, deadlines, and a link to Sonoran University’s application are available at sonoran.edu/admissions/requirements or by calling **888-882-7266**
- ▶ Applications may be submitted online via the Doctor of Naturopathic Medicine Centralized Application Service at ndcas.liaisoncas.com or to Sonoran University Admissions directly: sonoran.edu/admissions/apply
- ▶ Tuition, books, and living expenses may be covered by federal financial aid for those who qualify. Approximately 90% of Sonoran University students receive financial aid in the form of Federal Stafford loans. For more information on applying for financial aid, contact the Sonoran University Financial Aid Office toll-free at **888-882-7266** or email finaid@sonoran.edu

SUBJECT	SEMESTER CREDITS	QUARTER CREDITS	NOTES
Biology	12	18	Courses with lab for science majors.
Organic Chemistry	3	4.5	Courses with lab for science majors.
Biochemistry or Organic Chemistry II	3	4.5	Courses with lab for science majors. Lab optional.
Psychology	3	4.5	Developmental Psychology recommended.
English	6	9	Three (3) English composition credits required.
Humanities	6	9	Acceptable coursework includes philosophy, art, history, foreign language, religion, women’s studies.

WHERE DO WE GO FROM HERE?

Sonoran University of Health Sciences is committed to continuing our mission to shape a healthier future by supporting students as they train to excel as healthcare professionals, by enhancing the health and wellbeing of our patients and communities, and by discovering effective treatments for humanity grounded in the healing power of nature. To learn how you can make a lasting impact and for more information on the College of Naturopathic Medicine, contact the Office of Admissions.

CHECKLIST

- Non-refundable application fee of \$115
- Three (3) Letters of Recommendation:
 - One (1) academic
 - One (1) from a regulated healthcare professional
 - One (1) additional from either of the two categories or a past employer or volunteer supervisor
- Personal essay
- Curriculum Vitae (CV) or resume
- Transcripts from all post-secondary institutions attended
- Application submitted through the Sonoran University's Admissions Portal: sonoran.edu/admissions/apply or via ndcas.liasoncas.com

Qualified applicants will be offered an in-person or virtual interview.

NOTES



**SONORAN
UNIVERSITY**
OF HEALTH SCIENCES

College of
Naturopathic
Medicine

OFFICE OF ADMISSIONS

2140 East Broadway Rd.

Tempe, Arizona 85282

1.888.882.7266

admissions@sonoran.edu

sonoran.edu

FIND US ON



Sonoran University
of Health Sciences



@SonoranUniversity



Sonoran University
College of Naturopathic
Medicine

ACCREDITATION

Sonoran University of Health Sciences is accredited by the Higher Learning Commission. Sonoran University's ND program is accredited by the Council on Naturopathic Medical Education (CNME), a professional accrediting agency for naturopathic medical programs. Both accreditors are recognized by the U.S. Department of Education.