



REASONS TO BECOME AN ND RESIDENT

One of the most important aspects of naturopathic medical training is the opportunity to work with patients in hands-on, clinical settings. AANMC member schools offer clinical experiences throughout the four-year course of study. However, in the interest of furthering their education and area of focus, many naturopathic doctors also choose to complete residencies upon graduation.

Why complete an ND residency?

- 1 Sharpen your clinical skills as a naturopathic doctor**
Residency provides focused opportunities to delve into more case complexity with autonomy and mentorship
- 2 Gain confidence**
Bolster your clinical confidence and proficiency through regular feedback from successful and experienced physicians
- 3 Increase competency in a specific area of care**
Graduates can gain valuable experience in specialty areas like oncology, regenerative medicine, pediatrics, women's health, primary care, and more
- 4 Network with future employers**
The invaluable experience gained through residency improves employment marketability and exposure to potential future employers
- 5 Gain a real-world understanding of running a successful practice**
Spending significant time in successful practices allows for more hands on experience in practice management, time to find and hone your clinical value proposition, and real-world practice ramping up your own clinical practice model

|| *Residency has been an incredible opportunity to further my learning in a supportive environment, helping me solidify my skills, build confidence and grow as a physician.* **||**
- B.W.

*Residencies are not required for licensure and practice (except in Utah), however many NDs elect to complete residencies for one to three years before striking out on their own. New NDs find the mentorship and patient interactions available in a residency setting invaluable in furthering their clinical expertise.



Thinking of applying?

It's never too soon to begin fostering mentorship and educational relationships. Here are some steps successful future residents take.

- 1 Create an account on the AANMC Residency Portal**
Do this early on in your student experience to begin to understand the process and requirements.
- 2 Review existing and prior residency sites on the AANMC Portal**
Contact residency locations you may be interested in and see if they accept preceptors.
- 3 Seek out your own opportunities**
Do you have a specific area of care you are interested in? A geographic location you are set on moving to? If so, look up conventional and naturopathic doctors who meet your needs. If they are not yet a participating site, they can apply to become a new site.
Connect them to residency@aanmc.org to start the process..
- 4 Foster academic and clinical relationships for references**
You will need at least three recommendations when applying.
- 5 Start your application early**
Remember, soliciting references, writing personal statements and gathering some of the background materials takes time. The deadline is sharp. Know all deadlines and plan accordingly.

“ *Residency was an amazing learning experience for me and I think that ND students should strongly consider applying upon graduation.*

My residency allowed me to further my education and be exposed to cases that I may have not seen otherwise.

My clinical knowledge has grown immensely throughout my time as a resident and has allowed me to become a more well-rounded physician.

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- T.S.

For more information, please visit aanmc.org/naturopathic-residencies

Each sponsor school must meet stringent requirements, which can be reviewed in the **[Handbook on CNME Postdoctoral Naturopathic Medical Education Sponsor Recognition Process and Standards](#)**

Licensed medical professionals and graduates of AANMC member schools are eligible and welcome to apply to host naturopathic medical residencies.

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