

Naturopath

Foreign Credential Recognition, Alternative Careers,
and Training Options

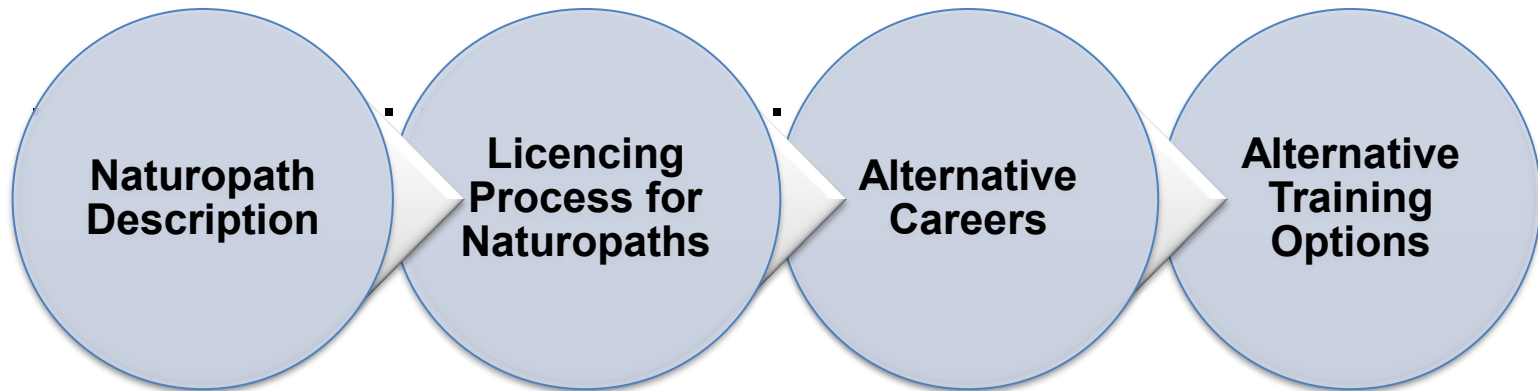
Land Acknowledgement

Manitoba Start acknowledges that we are gathered on Treaty 1 territory, the traditional lands of the Anishinaabeg, Anishininewuk, Dakota Oyate, Denesuline, and Nehethowuk nations and the Homeland of the Red River Métis.

We acknowledge that our water is sourced from Shoal Lake 40 First Nation.

As a newcomer organization, we commit to learning about the histories, cultures, and rights of the Indigenous communities. We strive to build a respectful and supportive relationship for all.

Career Development Manitoba



What Roles do Naturopaths in Canada Perform?



Naturopathic Physician's

[NOC website](#)



Job Duties

- Diagnose patients' diseases and disorders
- Employ natural methods of healing such as acupuncture and acupressure, spinal manipulation, reflexology, hydrotherapy, herbal medicines, biochemical therapy, clinical nutrition, homeopathy and counselling in their treatment.

Employment requirements

- A university degree in pre-medical science is required.
- Completion of a university program in naturopathic medicine, obtained abroad or a four-year program in naturopathic medicine from a private institute is required.
- A licence is required in Nova Scotia, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia.

Naturopathy Pathway

Assessment of
eligibility prior
to application
to regulatory
body

Licensing
Exam (NPLEX
Part 1 & 2)

Application to
**Manitoban
Naturopathic
Association
(MNA)** to
obtain
licensure

Eligibility Requirements

For licensure with the Manitoba Naturopathic Association (MNA), you must have completed both requirements:

- Completion of a 3 or 4 year bachelor's degree.
- Completion of a 4-year accredited naturopathic medicine degree program.
 - A list of accredited naturopathic colleges may be found [here](#)



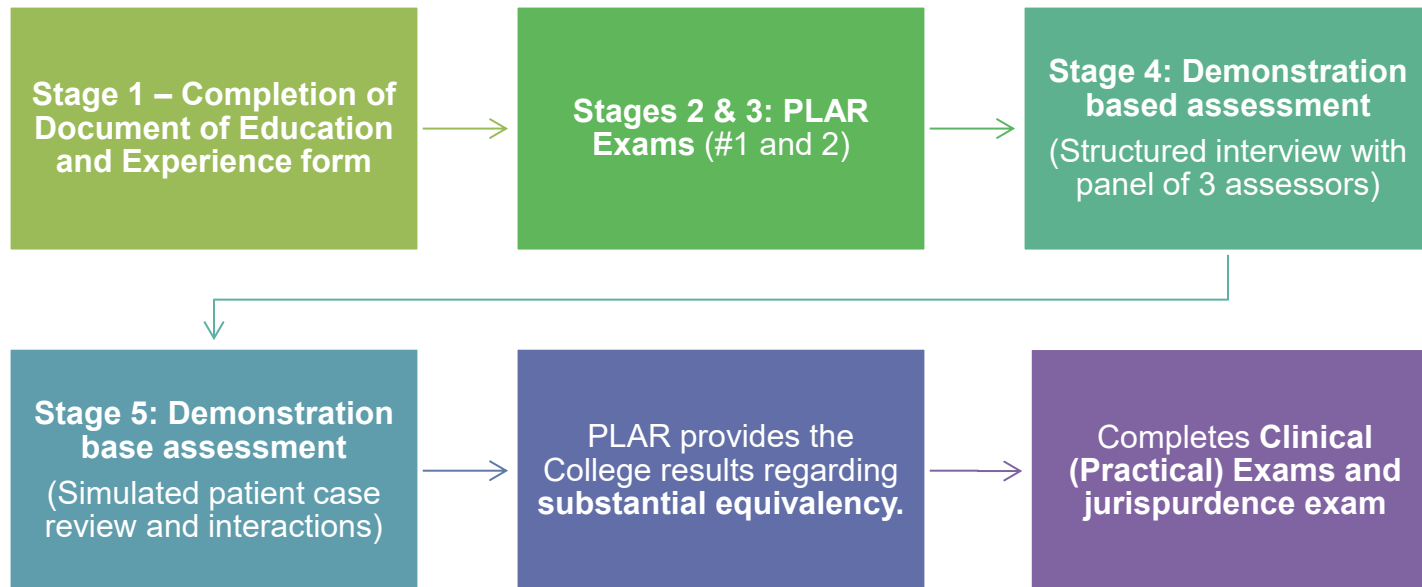
Prior Learning Assessment and Recognition Program (PLAR)

- Applicants who have not graduated from a naturopathic program accredited by the Council on Naturopathic Medical Education (CNME) may have their education and experience assessed through the College of Naturopaths of Ontario's **Prior Learning Assessment and Recognition Program**.
- Program allows the assessment with the same objective competency criteria as all applicants, regardless of where naturopathic training was obtained.
- Asked to demonstrate level of knowledge, skills and judgment in naturopathy to determine your readiness to practice safely, competently and ethically.

PLAR Requirements:

1. Proof of identity.
2. Proof of formal education.
 - Comparative Education Service (CES),
 - International Credentials Assessment Service of Canada (ICASC),
 - International Qualifications Assessment Service (IQAS),
 - International Credential Evaluation Service (ICES),
 - Ministry of Immigration, Francization and Integration (MIFI), or
 - World Education Services (WES).
3. Proof of language proficiency.
4. Submit a completed Document of Education and Experience Form.

Stages of PLAR



Language Proficiency

- If primary language or program **not** completed in **English or French**, language proficiency test is required, as noted in the College's Language Proficiency Policy.
- **The college requires test to be obtained from one of the following institutions:**
 - **Test of English as a Foreign Language (TOEFL iBT)** – Total score of 100 (including Home and Paper Edition) with a minimum of 25 on all skills (listening, reading, writing and speaking).
 - **The International English Language Testing System (IELTS)** – Level 7 (General) required on all skills (listening, reading, writing and speaking).
 - **Canadian Academic English Language Test (CAEL)** – A minimum overall score of 70.
 - **Canadian English Language Proficiency Index Program Test (CELPIP)** – Level 8 (General) required on all skills (Listening, reading, writing and speaking).
 - **Pearson Test of English (PTE Core)** – A minimum 69 in reading, minimum 79 in writing, minimum 71 in listening and a minimum 76 in speaking.
 - **Test d'Évaluation de Français (TEF)** (For demonstrating French proficiency only) – minimum 462 in reading, minimum 472 in writing, minimum 462 in listening and a minimum 494 in speaking.
 - **Test de connaissance du Français (TCF)** (For demonstrating French proficiency only) – minimum 499 in reading, minimum 12 in writing, minimum 503 in listening and a minimum 12 in speaking.

Document of Education and Experience Form (DEE)

- The **Document of Education and Experience** is a form for PLAR candidates to submit information regarding their education and experience in naturopathy for the paper-based assessment component of the PLAR process.
- **Contact for form:**
applications@collegeofnaturopaths.on.ca

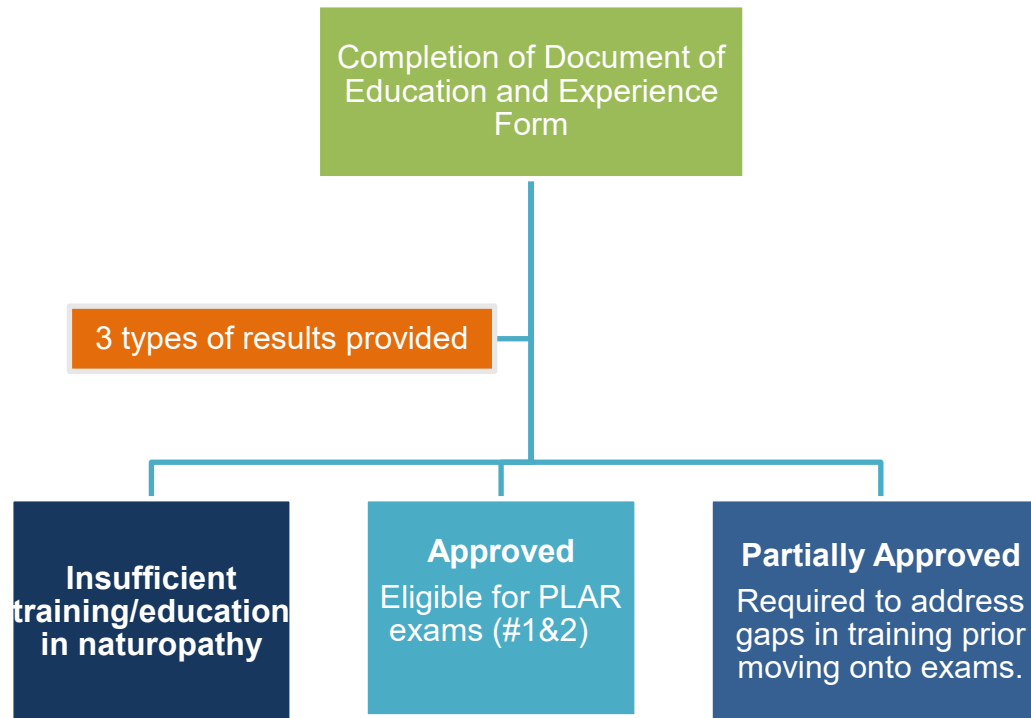
To complete the DEE, you must be prepared to:

- Collect documents from your past education and professional experience.
- Obtain all documents in any language other than English or French translated and sent directly to the College from a certified translator.
- Organise your education and experience by the noted requirements throughout the form.

Once your DEE and supporting documents have been obtained, a **trained PLAR Assessor will review them and record their findings.**

Assessment whether your education and experience satisfy the requirements to move **forward in the PLAR program, or whether gaps exist in your education and experience.**

PLAR



Manitoba Naturopathic Association (MNA)



Phone: 204-947-0381

Mail: Manitoba Naturopathic Association

1661 Portage Ave., Suite 307

Winnipeg, MB R3J 3T7

Registrar: registrarmna@gmail.com

Administrator: directormna@gmail.com



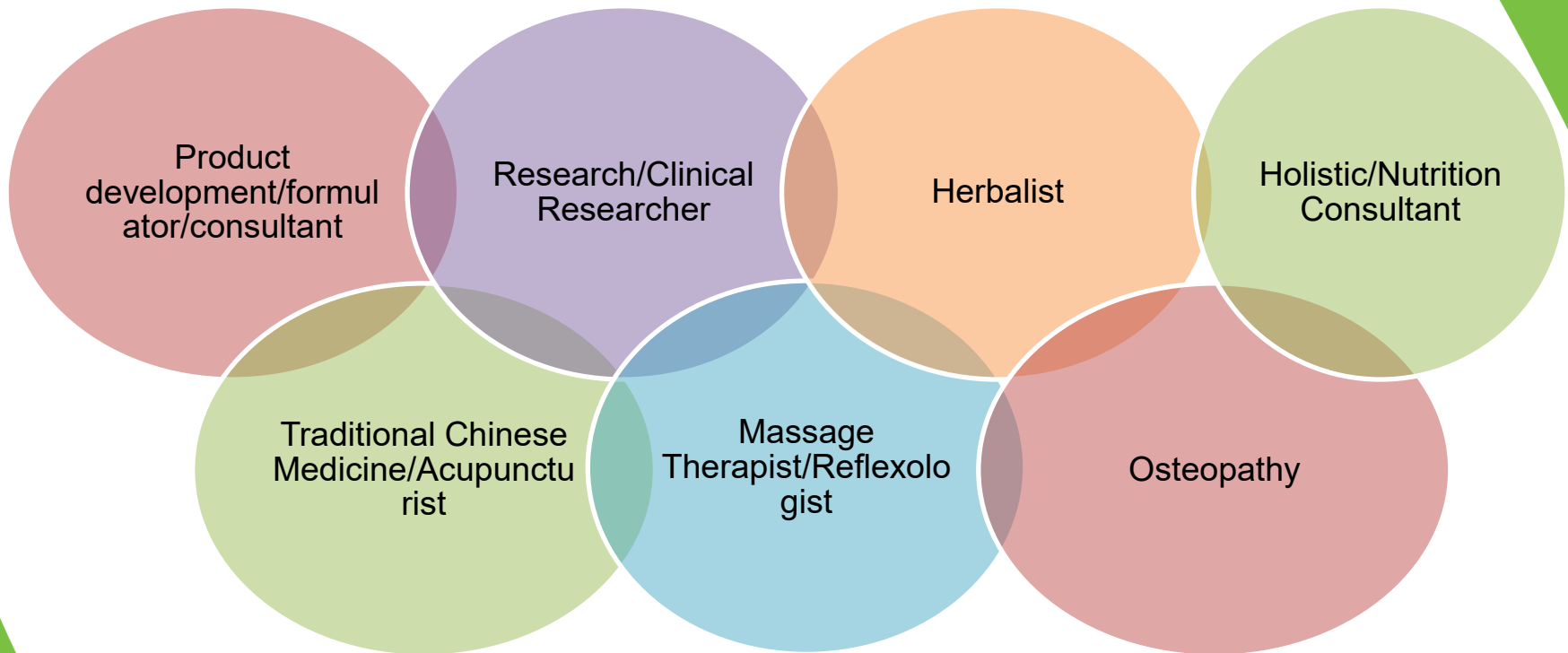
Online: www.cndmb.org

Alternative Careers for Naturopaths



Career Development Manitoba

Manitoba



For more information visit [NOC website](#)

Career Development Manitoba

Manitoba



Registered
Dietician

Community
Health Worker

Health
Educator/Trainer

Regulatory
Consultant

Health Coach

Homeopathy/Reflexology

Nutraceutical/Supplement Industry
Consultant

For more information visit [NOC website](#)

Alternative Training Options



Alternative Training Options

Health & Wellness Coaching
Certification

Herbalism and Botanical
Medicine

Nutritionist/Dietician

Massage Therapy

Reflexology

Career Planning Can Help You

Enter the workforce

Plan for education

Deal with changing workplace demands

Anticipate trends or changes

Upgrade or maintain your skills

Develop skills for managing your career

Reflecting on Barriers and Strengths



Setting Short and Long-term Goals

Set SMART Goals
What? When?
How?

**How much time do
you have
to complete
each step?**

**What resources
might you need?
Who can help?**

Career and Education Plan

Name and Client ID: Amina Okafor (141362)

Short Term Goal 1

Community Health Worker

Short Term Goal 2

Support Worker

Long Term Goal

Naturopath

Achieving and
Maintaining Long-Term
Employment

- Maintaining long term employment and Career Management – An ongoing process:
 - a. Continuous learning – develop new skills or refine existing skills
 - b. Professional development – take courses, attend workshops, read, network, volunteer
 - c. Balancing work and life – reflect on values, priorities and life circumstance
- Other: Complete licensure process to become a Professional Naturopath

Researching Post
Secondary Training

- Research education and training options Date: Apr 16, 2026
- Identify post-secondary institution Date: Apr 18, 2026
- Verify admissions requirements Date: May 20, 2026
- Research funding options (Employment MB, SEED Recognition Counts, Student Aid, etc.) Date: Apr 18, 2026
- Other: Review PLAR requirements Date: Jun 1, 2026

Qualification
Recognition

- Research your regulated profession or trade Date: Feb 14, 2026
- Contact regulatory body Date: Feb 14, 2026
- Identify necessary requirements (language level, transcript, syllabus, etc.) Date: Feb 16, 2026
- Research Funding Options (Immigrant Access fund, Employment MB, SEED Recognition Counts, MB Student Aid, bursaries, financial institutions, etc.) Date: Feb 18, 2026
- Other: Schedule meeting with SEED Date: Mar 20, 2026

Skill
Development

- Research job specific training (First Aid/CPR, fork lift, security guard license, etc.) Date: Mar 10, 2026
- Complete computer assessments sent by facilitator/coach; consider computer training Date: Mar 20, 2026
- Consider volunteering (visit www.volunteermanitoba.ca) Date: Mar 10, 2026
- Language assessment at WELARC Date: Mar 12, 2026
- Obtain Driver's license Date: Apr 10, 2026
- Other: Find related volunteer positions Date: Mar 20, 2026

Job Search
Preparation

- Complete Career Development Workshop at Manitoba Start Date: Feb 16, 2026
 - Finalize marketing materials (resume, cover letter, references) Date: Feb 18, 2026
 - Apply for Security Clearance Checks (criminal record check, child abuse registry, adult abuse registry, immunizations record) Date: May 20, 2026
 - Other: Date: Mar 1, 2026
- Prepare a list of employers to apply after finalizing resume and cover letter with Career Coach.