

Naturopath

Naturopaths believe that the body has the power to heal itself, and that illness can be treated without using drugs or surgery. They look at the body as a whole when prescribing treatment to their patients, taking into account their general health, diet, psychological condition and lifestyle.

The Work

You could be:

- asking the patient about their state of health, medical history and diet and lifestyle
- doing an examination, which may involve carrying out tests such as saliva hormone levels and examining the iris (iridology)
- looking to see if superficial symptoms may be hiding more serious medical conditions
- using a variety of treatments over a number of sessions, including exercise and relaxation, manipulation, massage, hydrotherapy, phytotherapy, acupuncture, detoxification, electrotherapy, osteopathy, homeopathic and herbal medicines and nutrition
- giving advice on diet and lifestyle
- using counselling and other techniques to help your client deal with the possible psychological causes for the physical condition
- teaching your patient to adopt a positive mental attitude, and about self-care for better health
- advising your patient to see a doctor or other therapist
- keeping records of patients and their progress and general records involved with running a business.

Pay

Most naturopaths are self-employed or work on a freelance basis so their earnings will vary. They normally charge a sessional rate of £50 up to £80 for each initial one-hour session and up to £45 to £55 for half-hour follow-up session. Naturopaths who have established a successful reputation sometimes charge more.

Conditions

- You work in a consulting room in a clinic.
- You might work from your own home.
- You may visit patients in their homes, so you might have to travel.
- Working hours vary and you may have to work evenings or weekends, especially as you build up your patient base.

Getting In

- At present there is no statutory regulation of naturopaths but you should be registered with the General Council and Register of Naturopaths (GCRN).
- The GCRN recognises courses run by the [British College of Osteopathic Medicine \(BCOM\)](#) – at present these are all in England.
- The [College of Naturopathic Medicine](#) also offers courses in naturopathic medicine that are accredited by

the [General Naturopathic Council](#).

- You will require a satisfactory criminal record check from Disclosure Scotland to show that you are suitable for this type of work. Contact [Disclosure Scotland](#) for details on the type you would need.

You usually start by working as an assistant to an established naturopath. Most naturopaths run their own businesses.

What Does It Take

You should be:

- able to communicate with people from all backgrounds and of all ages
- a good listener
- understanding and sympathetic
- practical and analytical when giving treatment and advice
- able to explain treatments clearly
- upbeat and positive in your own approach
- perceptive
- reliable and able to inspire confidence.

Training

- You can achieve GCRN registration by completing a degree programme at a World Naturopathic Federation (WNF) educational establishment. In the UK, this is [The School of Health](#).
- If you have a qualification from another establishment, you can achieve GCRN registration by completing 2,500 hours of academic studies and 500 hours supervised clinical practice.
- Once you have gained your qualification, training is on the job, with short courses to keep you up to date.

Getting On

- Once registered with the GCRN, you can also register with the [Complementary and Natural Healthcare Council](#).
- With experience you might set up and increase the size of your business.
- You might combine your work with teaching or research.
- You might also qualify in other complementary therapies such as osteopathy, acupuncture, homeopathy and medical herbalism.
- It might help if you can move around the country.

Contacts

British College of Osteopathic Medicine

Tel: 020 7435 6464

Email: info@bcom.ac.uk

Website: www.bcom.ac.uk

X: [@OfficialBCOM](#)

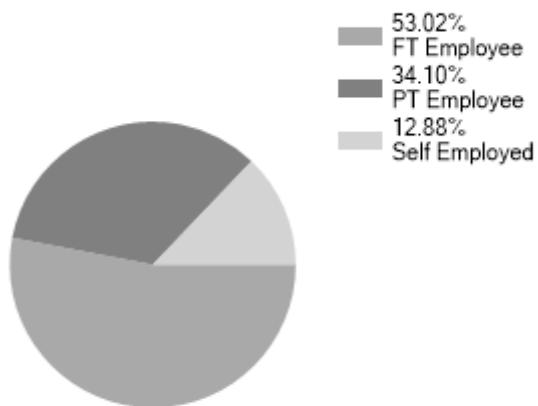
Facebook: www.facebook.com/BritishCollegeOfOsteopathicMedicine

General Council and Register of Naturopaths (GCRN)

Tel: 01458 840072
Email: admin@gcrn.org.uk
Website: www.gcrn.org.uk
X: [@gcrnuk](https://twitter.com/gcrnuk)
Facebook: www.facebook.com/GCRN.BNA

Statistics

Employment Status UK %

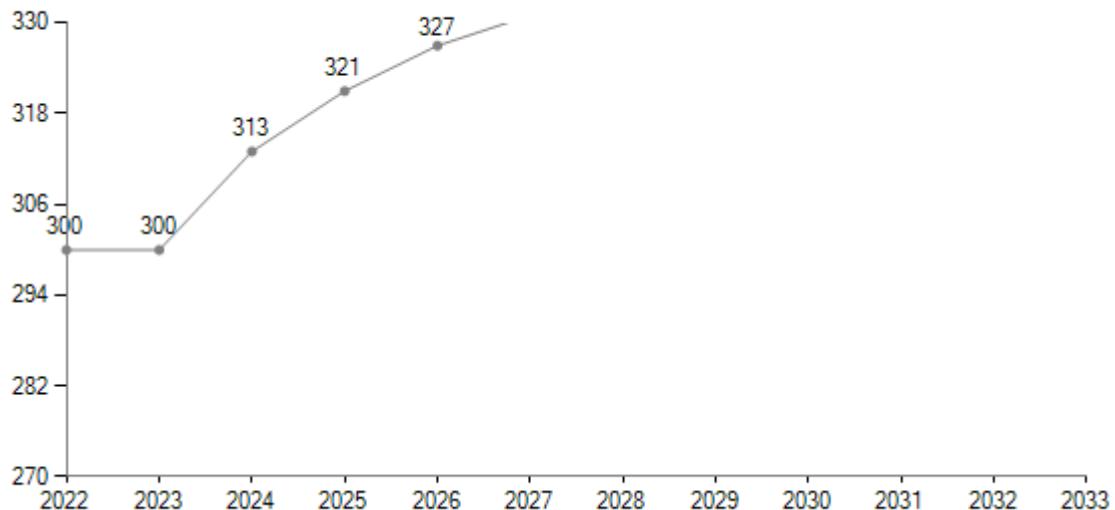


Past Unemployment - Scotland

No Claimant statistics available for Scotland.

LMI data powered by [LMI for All](#)

Predicted Employment in Scotland



LMI data powered by [Lightcast](#)