

# **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

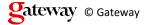
Most naturopaths are self-employed or work on a freelance basis so their earnings will vary. They normally charge a sessional rate of £50 up to £80 for each initial one-hour session and up to £45 to £55 for half-hour follow-up session. Naturopaths who have established a successful reputation sometimes 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 <u>British College of Osteopathic Medicine (BCOM)</u> at present these are all in England.
- The <u>College of Naturopathic Medicine</u> 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 <u>Disclosure Scotland</u> 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
- 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**

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**General Council and Register of Naturopaths (GCRN)** 



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# **Statistics**

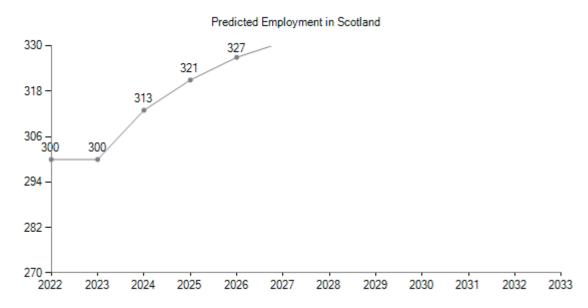




### **Past Unemployment - Scotland**

No Claimant statistics available for Scotland.

LMI data powered by LMI for All



LMI data powered by Lightcast

