

## 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](mailto:info@bcom.ac.uk)

Website: [www.bcom.ac.uk](http://www.bcom.ac.uk)

X: @OfficialBCOM

Facebook: [www.facebook.com/BritishCollegeOfOsteopathicMedicine](https://www.facebook.com/BritishCollegeOfOsteopathicMedicine)

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

Tel: 01458 840072

Email: [admin@gcrn.org.uk](mailto:admin@gcrn.org.uk)

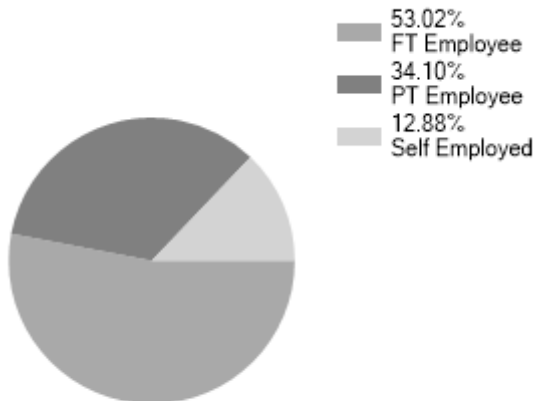
Website: [www.gcrn.org.uk](http://www.gcrn.org.uk)

X: @gcrnuk

Facebook: [www.facebook.com/GCRN.BNA](https://www.facebook.com/GCRN.BNA)

## Statistics

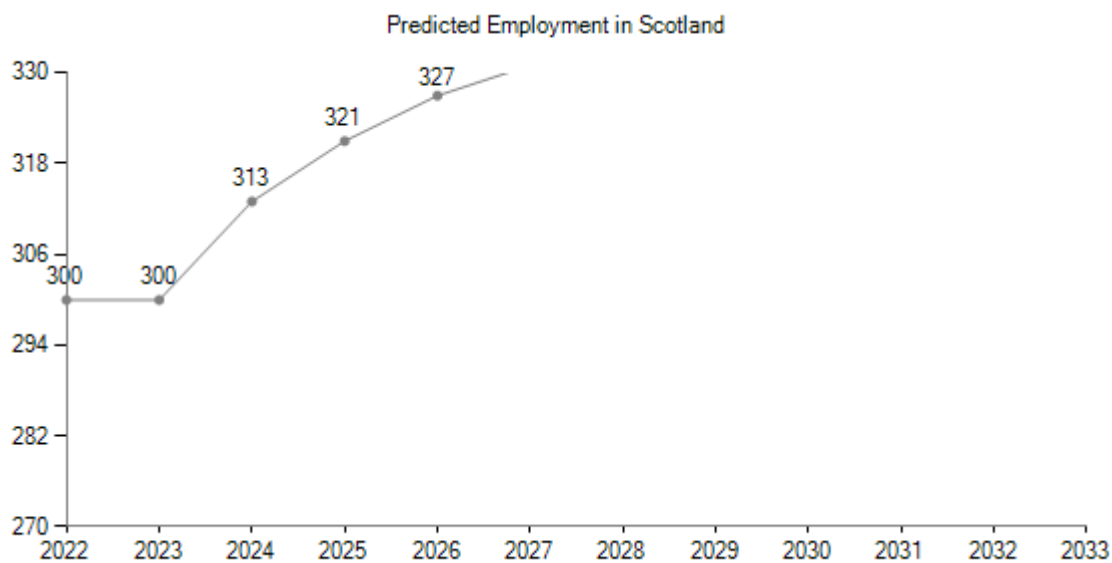
Employment Status UK %



## Past Unemployment - Scotland

No Claimant statistics available for Scotland.

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



LMI data powered by [Lightcast](#)