

Monthly Newsletter

STUDENT ISSUE

SEPTEMBER 2025

**TE WIKI O
TE REO MĀORI**
14–20 o Hepetema 2025



TE WIKI O TE REO MĀORI
AKE AKE AKE
MŌ AKE TONU TE REO

Here's what has happened in the last month and what's to come!

I am writing this during Te Wiki o te Reo Māori, although you may not see it until the week has passed. How fantastic that we have reached 50 years of celebrating te reo.

Last week I wrote about health, and at the time I was feeling fortunate that we had not seen too much illness at the college over winter. However, since the start of September we've had a number of people going down with sickness, many are at a low ebb. I know this is also true for students on campus. We heard this morning that many of our mainland students, particularly in the Christchurch region, have been unwell. We are all looking forward to the spring break, with fingers crossed for a bit of sunshine.

Since our last newsletter, I was fortunate to attend the Pacific Health Symposium along with several other staff.

It was wonderful to see so many students present, when I asked, I was told there were 27 of you there! I also became an instant mushroom enthusiast after Lee Carroll's inspiring presentations, undoubtedly the highlight for me. I don't know how many of you have tried growing mushrooms from a purchased block, but it has been a lot of fun and I thoroughly recommend it. Another highlight of the symposium was reconnecting with past graduates and meeting some of you for the first time, thank you for coming up and saying hello.

Unfortunately, I missed the annual NZAMH conference in Christchurch, which sounded fantastic from Karen M's account. Keep an eye out for the next big conference, NMHNZ in Wellington this coming March.

Our September SPCNM staff spotlight is on Maria Hayes, our Academic Director.

Maria has been with us for almost two years and oversees our academic programmes. She brings a great breadth of experience in programme design and the Code of Practice, to name just a couple of her strengths. We benefit greatly from her background in other tertiary institutions, as many of us know only SPCNM. Maria also comes from a natural medicine background as a massage therapist. Thank you for all the support you provide, Maria, we are delighted to have you back with us on campus this week too!

Robyn Carruthers

GRAD CHATS KEY TAKEAWAYS - REBEKAH PADDY



1. Be the Practitioner They Chose: Clients come to you because they want something different from conventional medicine. Trust that they value naturopathy and the unique perspective you bring.

2. Advocacy is Part of the Job: Sometimes your biggest role is to advocate for your clients with their GP or specialists. Writing clear, evidence-backed letters can open doors to tests, referrals, and better outcomes.

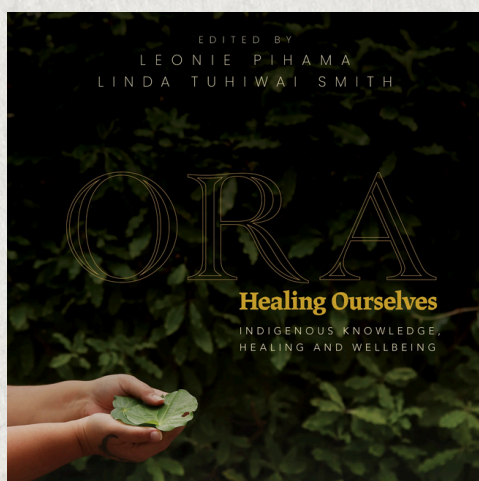
3. Clarity Builds Confidence: Clients often arrive overwhelmed and confused. A simple written summary of your plan can “unfuddle” them, restore confidence, and strengthen trust in your care.

4. Collaboration Over Competition: Work with medical professionals, not against them. Refer when needed, use the research to back up your recommendations, and position yourself as part of your client’s wider health team.

5. Mind & Body Cannot Be Separated: Lasting results come when you acknowledge the role of stress, trauma, and mental health. Build a network of trusted mind-body practitioners to support your clients holistically.

6. The Power of Community: Surround yourself with other practitioners, mentors, and peers. Clinical success isn’t built in isolation—it grows in supportive, collaborative environments like Motherwell and SPCNM’s Grad Chats.

7. Keep Learning Beyond Graduation: Your qualification is the foundation, not the finish line. Ongoing study, workshops, and professional development keep your practice fresh and effective.



Book of the Month

Ora: Healing Ourselves - Indigenous Knowledge Healing and Wellbeing
Linda Tuhiwai Smith, Leonie Pihama

This collection brings together indigenous thinkers and practitioners from Aotearoa and internationally to discuss the effects of trauma on indigenous peoples across social, economic, political and cultural environments.



Podcast of the Month

Kiwaha - Give it a go!
A chance to learn a few super simple sayings in te reo Māori that you can use in your everyday conversations.

Each 5-8 minute episode gives you practical phrases you can try straight away, perfect for building confidence and weaving more te reo Māori into your everyday life as a student and future practitioner.

UPCOMING EVENTS

BEYOND THE CLINIC: MASTERING MIND, BODY & BUSINESS

20th NOVEMBER 2025 *6:00 PM TO 8:30 PM

SPCNM CAMPUS, ELLERSLIE
EARLY BIRD TICKETS \$25.00

**Join us from 5:30pm for networking and herbal tea, with the event beginning at 6:00pm.*

REGISTRATION: 

YOUR TICKET INCLUDES A LIGHT DINNER BETWEEN SPEAKERS AND A GOODIE BAG.



Hear from leading experts in pricing, profit, and mind-body therapy as they share strategies to help you step into success and master both the business and human side of clinical practice.

NATALIE COOMBE
Expert Women's Pricing & Profit Coach

"TALK TITLE YET TO BE RELEASED, KEEP YOUR EYES PEELED!"

DR MORELLA LASCURAIN
Clinical Hypnotherapist and Mind Body Practitioner

MASTERING THE MADNESS: ADDRESSING THE MIND-BODY CONNECTION IN MENOPAUSE

BROUGHT TO YOU BY THE SPCNM ALUMNI ASSOCIATION

Scan QR code to purchase ticket

SOUTH PACIFIC COLLEGE OF NATURAL MEDICINE

GROW YOUR OWN: A DIY URBAN VEGGIE & HERB GARDEN MASTERCLASS

PLUS A TOUR OF THE SPCNM MEDICINAL HERB GARDEN!

WHAT YOU WILL LEARN

1. **How to start** – soil, sun, water, and containers
2. **How to plant** – simple steps with seeds and seedlings
3. **How to thrive** – seasonal tips, pest control, and harvesting fresh kai

Book now – limited spaces available!

27TH SEPTEMBER '25

From 10.00 AM – 11:30 AM
SPCNM Campus 8–12 Arthur Street, Ellerslie, Auckland

COMMUNITY WORKSHOP



Hosted by gardening expert & author of 'The Everyday Herbalist' Jane Wrigglesworth

More information can be seen at:

www.spcnmac.nz

[@spcnm.nz](https://twitter.com/spcnm.nz)

[Tickets here](#)

2CPE



THE BOOKED-OUT & PROFITABLE PRACTITIONER

BUILD A THRIVING PRACTICE THAT CLIENTS STAY COMMITTED TO



Presented by
Katherine Maslen



★★★★★

Create a **FREE** Bio Concepts practitioner account to attend our LIVE 2-PART Webinar Series via www.bioconcepts.com.au

[Register here](#)

PATHWAYS TO PRACTICE: AUSTRALIA

AN EXCLUSIVE GRAD CHATS EVENT

Discover what it really means to practise naturopathy in Australia, from qualifications to associations to career opportunities, with SPCNM grads who are already there.



Brianna James

Naturopath & Medical Herbalist
Private Practice (The Wellness Recipe) • Adelaide Naturopathic
Adelaide



Nicole Fonua

Naturopath & Medical Herbalist
Private Practice (Nicole Fonua Naturopathy) • Renner Health
Perth



Te Moana Beeby

Clinical Nutritionist & Naturopath
Private Practice • Practitioner Account Manager Integra
Brisbane

What we will cover + Q & A

- Whether additional study is required
- How professional associations view a 3-year qualification
- Where you can work with a 3-year qualification, and any limitations in clinics or health stores.

Wednesday 1st October
7 pm to 8 pm

Zoom link is the same as Grad Chats on Moodle under Student Resources in Graduate Support

Zoom link = Usual Grad Chats link

GRADUATE SPOTLIGHT - CAITLIN SHARLAND

BNatMed graduate Caitlin, winner of the 2024 Clinical Excellence Award, has been carving out a unique and inspiring path in naturopathy. After launching her clinic, Therese Health, she has now taken her practice overseas, working online from Amsterdam while raising her family. None of these life hurdles have slowed her momentum. Caitlin continues to grow and support women to feel empowered in their health journeys, particularly in navigating the challenges of fertility and pregnancy. Most recently, she was featured on a podcast with New Zealand TV personality Kimberley Crossman, sharing her insights on naturopathic support for fertility.

Balancing roles: How have you approached the challenge of building a sustainable and thriving naturopathic practice while also navigating motherhood?

For me, motherhood will always come first, it's the very reason I started my practice. I see the role of motherhood alongside business as something to be appreciated and celebrated, and I want to empower other women to know that you can be both: an amazing mother and a successful business owner. Navigating the two has taught me that there's no rush to the finish line. It's a slow burn, and that's actually the beauty of it, being able to sit in the momentum, grow steadily, and appreciate the end goal.

This is my forever career, and I know I'm only at the beginning. But my children are in such a young, beautiful stage of life that passes quickly, and I want to be present for that too. Practically, it means being intentional, choosing which activities and milestones I need to show up for as a mum, while also having the discipline to prioritise and protect the time I need to dedicate to work. That way, I can show up fully in both roles.



I knew I wanted to create a space that offered the kind of care and understanding I needed at that time, and that's what Therese Health has become.

I'll admit, when I moved abroad to support my husband's career, I was nervous about shifting to a virtual clinic. I had always loved the in-person connection. But in this season of motherhood, online practice has been such a gift. I can show up for clients while my daughter sleeps, I can connect with women from all over the world, and my practice has actually grown because of it. It's shown me that virtual care can be just as powerful, if not more, and it's given me the opportunity to expand my reach while staying present for my family.



Motherhood has shaped not only how I live, but also how I practise. It's given me a deeper understanding of the challenges and emotions other mothers face, which allows me to support them more authentically in their own journeys. And because my work is also my passion, it doesn't feel like a burden, it feels like something that's mine, something that lights me up, even when it requires long hours. For me, the two worlds tie together beautifully.

Clinical inspiration: What inspired you to create Therese Health, and how has the transition to working internationally and online shaped your practice?

Therese Health is a tribute to my grandmother, the name is a play on words that means "to raise health." That phrase really holds the heart of my work: to raise the bar in women's health, to help women feel well, thrive, and be deeply supported.

My own journey with fertility and health challenges has been a big influence too. Those experiences shaped me as both a woman and a practitioner, and they taught me what was missing in this industry.

Changing perspectives: What perceptions or attitudes towards naturopathy have you noticed while working overseas, and how do they compare with New Zealand?

I've been quite surprised at how many people in Europe don't really know what a naturopath is. In New Zealand, it feels more established, whereas here the industry is still emerging. That said, people are very familiar with homeopathics and natural remedies, and it's amazing that you can walk into a pharmacy and see so many herbal medicines and supplements available on the shelves. There's a real cultural awareness around natural treatments and not over-prescribing, which I love.

CAITLIN SHARLAND CONTINUED

But what's missing here is the whole-person care that naturopathy provides, creating truly individualised health plans, building practitioner-client relationships, and educating women on alternatives to conventional approaches. For example, in women's health, the pill is still very commonly prescribed as the main solution, without much conversation about other supportive modalities. That gap makes it a very exciting space to be working in.

This move has also taught me the importance of being proactive, creating opportunities, seeking out like-minded people, and building a community rather than waiting for it. It's opened up connections not only with clients but also with other wellness brands and networks, and that expansion has been invaluable. I now get to build community across New Zealand and Australia while also laying strong foundations in Europe. And with my first event in Amsterdam coming up on cycles and women's hormones, as well as a masterclass later in the year, I feel really excited about the growth and direction of Th rese Health internationally.

Looking ahead: You've already achieved so much in a short time, from award recognition to international work and media features. What's next for you, and what excites you most about the future of your practice?

What excites me most is that Th rese Health is evolving into something much bigger than a naturopathic practice. My vision is for it to become a fully functioning health clinic where women, in every season of life, can access truly integrative, patient-centred care.



It will be a space that brings together different modalities, where women feel connected, supported, and empowered to thrive.

I'm also preparing to launch my own supplement range, create educational masterclasses, particularly around hormones, puberty, and areas where the bar is still too low, and continue sharing the vital role of the mind-body connection in true healing. For me, Th rese Health is not just a practice, it's a brand and a movement: there will be supplements, an app, workshops, retreats, and eventually even merchandise, all built around community.

And honestly, part of this is about not letting people put me in a box. So many assume being a naturopath is the end goal, but there are so many avenues to expand a brand and create impact. Sometimes being "a little bit delusional" is a gift, because you see what's possible beyond the limits, you dream bigger, and you build with that vision in mind. I'm not in a rush, each step will be authentic and aligned, but the expansion I see for Th rese Health goes far beyond being just a clinic. It's about creating a whole ecosystem where women feel seen, heard, and connected. @caitlin.therese.naturopath

SPCNM STUDENT COUNCIL UPDATE

Here is your current Student Council, please feel free to reach out to any of the members if you need support or have questions.

- **Kelly Biling** – Lead, BNM Years 1 & 2
- **Casey Ward** – Co-ordinator, BNM Year 1
- **Kyla Osborne** – BNM Year 1
- **Malin Grund** – BNM Year 1
- **Sandra Power** – BNM Year 2
- **Isobel Rippingale** – BNM Year 2
- **Mandy Hampshire** – BNM Year 2
- **Paula Ka** – BNM Year 2
- **Moana Mourie** – BNM Year 2
- **Greta Bear** – BNM Year 3
- **Cynthia Stephen** – BNM Year 3
- **Daryl Gove** – Personal Interest Paper, Year 2
- **Jasmin Orto** – Nutrition Diploma, Year 1

WhatsApp Group:

Student Sharing Hub

Share and discover a variety of naturopathic and nutrition resources - from favorite podcasts to books, films and helpful articles.

Connect and collaborate with fellow students of SPCNM for support and shared learning.

Ask questions and exchange insights anytime. It's a safe space to grow together in our natural health journey.

Contact your Student Council representatives for more information

Join the student sharing hub to have your voice heard and connect with fellow students.

CONTACT PAIGE	NEXT ISSUE
paige.dunlop@spcnm.ac.nz	15th October