



Madison Brame

From: Monicka Fosnocht <mfosnocht@sdsu.edu>
Sent: Thursday, February 1, 2024 2:13 PM
To: IRRC; monickafosnocht@gmail.com
Subject: Regulation #16A-4953: Registration of Naturopathic Doctors

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Dear Chairman George D. Bedwick and Independent Regulatory Review Commission Members,

I am contacting you to voice my support for the regulation implementing the Naturopathic Doctors Registration Act (Regulation #16A-4953: Registration of Naturopathic Doctors).

My name is Dr. Monicka Fosnocht and I am a licensed naturopathic doctor in the state of California, as well as a (master's-level) professional clinical counselor. I specialize in integrative mental health and recently moved back to Pennsylvania (as I am from this beautiful state,) and I wanted to be able to bring back the wealth of knowledge I gained in my graduate studies to provide quality mental health care to my community.

Pennsylvania's restrictions around the ability for NDs/NMDs such as myself to practice naturopathic medicine in the ways we were trained to do so is disheartening. ND training includes almost identical basic and clinical sciences courses to MDs and DOs (complete with two-step licensing examinations, akin to USMLE), with the addition of training in modalities (such as counseling psychology and botanical medicine) that allow us to practice within our honorable philosophy: Find and treat the root cause, treat the whole person, treat with the least invasive, most effective treatments first, educate and empower our patients to make good, long-standing health/lifestyle choices, and support them through the belief that all humans bodies and minds are trying to heal: we just need to take the time and have the determination to find and remove obstacles to cure, and provide the body with what it needs to function optimally.

I graduated from Penn State with a bachelor's of science in psychology and a minor in natural science. I have an advanced graduate certificate in biomedical engineering, a master's degree in clinical counseling psychology, and a doctorate in naturopathic medicine. I have been on research teams every step of the way, giving back to the scientific community and challenging outdated understandings of humans and how we heal. I have been involved in cutting-edge research around epigenetics-tailored treatments for veterans with mental health conditions, including PTSD. I am also a teaching professor who wants to be able to have access to doctorate-level teaching positions. I would very much appreciate the ability to clarify that my experience and degree path is different from anyone else, claiming to have the training, experience, and/or ability to practice naturopathic medicine.

I am a competent, capable doctor, who would like to be able to accurately identify and market myself for those who are looking for my expertise. It is frustrating and dangerous to both those who underwent naturopathic medical training and to those who did not to try to place us in the same categories. The general public needs to know that a naturopath or holistic healer is not a doctor who graduated from an accredited university with a research-backed naturopathic medical program. This standard is held and respected in nearly all other "doctorate" categories. One day, I hope to take part in the fight for your trust in practicing medicine here through licensure, but today, we are simply asking for the bare minimum of that same respect by registering naturopathic doctors.

Thank you for your time and consideration, and please do not hesitate to reach out with any additional questions (610-883-3038).

Respectfully,
Dr. Monicka Fosnocht

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Crisis Text line: Text HOME to 741741
National Suicide Prevention Lifeline: 1-800-273-8255*