

OUTLINE

Underlying Factors of Depression, Anxiety, Bipolar and ADHD

- Transcending Mind-Body Separation: Understanding the Complex Relationships
- The Factors that Cause “Chemical Imbalance”
- Beyond Pharmaceutical Management

Accelerate Your Therapeutic Results

- Food: The Good, the Bad, and the Fake
- Sleep: The 4 Habits Critical to Refreshing Sleep
- Exercise: Elevate Serotonin and Regulate Stress Hormones
- Stress: A Holistic Approach

How the Essential Nutrients Impact Mental Health

- Fats: Essential Fatty Acids, Toxic Fats, Fish Oil
- Protein: The Building Blocks of Happiness
- Vitamins: B-Vitamins, 5-MTHF, Vitamin D
- Minerals: Magnesium, Calcium

Recognizing When “Mental Illness” Is Something Else

- Hormones
- Blood Sugar and Hypoglycemia
- Inflammation
- Genetic Variations
- Digestion

Keeping Your Clients Safe: The Truth About Popular Supplements

- 5-HTP, St. Johns Wort
- Melatonin
- Adaptogens: Ginseng, Licorice, Ashwaganda
- Interactions with Pharmaceuticals

Non-Pharmaceutical Treatment Plans for:

- Depression
- Anxiety
- Bipolar
- ADHD
- Anger/Irritability
- Obesity
- Addictions

Building an Integrative Health Team

- When to Refer
- Who to Refer a Client to
- Where to Find the Right Provider

Live Seminar Schedule

- 7:30 a.m. Registration/Morning Coffee & Tea
- 8:00 a.m. Program begins
- 11:50 a.m. - 1:00 p.m. Lunch (on your own)
- 4:00 p.m. Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

OBJECTIVES

- 1 Articulate how integrative interventions facilitate better treatment outcomes in depression, anxiety, bipolar and ADHD.


2 Determine the nutrients shown to improve brain function for your clients.

3 Evaluate how improved nutrition can improve therapeutic outcomes for clients with depression, anxiety, bipolar and ADHD.
- 4 Analyze the differences between mental illness versus nutritional and hormonal imbalances.

5 Assess the impact hormones can have on mental health assessment and treatment.

6 Evaluate the impact of blood sugar and genetic variations on mental health disorders and effective treatment.

Target Audience: Counselors • Psychologists • Case Managers • Psychotherapists • Social Workers
Dieticians • Marriage & Family Therapists • Addiction Counselors • Therapists • Nurses • Nurse Practitioners and Physician Assistants • Other Mental Health Professionals



Applications of the Adult Attachment Interview

DR. DAN SIEGEL

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Nutritional and Integrative Interventions for Mental Health Disorders

Non-Pharmaceutical Interventions for Depression, Anxiety, Bipolar & ADHD

Fairfax, VA

Wednesday, October 11, 2017

Timonium, MD

Thursday, October 12, 2017

Columbia, MD

Friday, October 13, 2017

Nutritional and Integrative Interventions for Mental Health Disorders

Non-Pharmaceutical Interventions for Depression, Anxiety, Bipolar & ADHD

- 4 habits that sabotage mental health
- Top 7 nutrients essential for neurotransmitter balance
- Common hormonal imbalances misdiagnosed as mental illness
- Immediately implement new tools into your clinical practice

Fairfax, VA

Wednesday, October 11, 2017

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Nutritional and Integrative Interventions for Mental Health Disorders

Non-Pharmaceutical Interventions for Depression, Anxiety, Bipolar & ADHD

Join Anne Procyk, ND, as she teaches you how to think more holistically about diagnosis, nutritional deficiencies, and hormonal imbalances that may contribute to mental health disorders. Nutritional psychology is an emerging field outlining how nutrients can affect mood and behavior. Many clients see a reduction in symptoms when integrating non-pharmaceutical interventions to treat depression, anxiety, bipolar and ADHD. You will learn the underlying causes and symptoms of these disorders, to more accurately diagnose and treat your clients.

Through case analysis, you will experience how addressing core physical and nutritional needs can greatly increase therapeutic results. You will discover the nutrients most essential to help treat your most depressed and anxious clients, and learn simple strategies that can be integrated with pharmaceutical interventions. Leave this seminar with the tools and understanding necessary to immediately incorporate these strategies into your clinical practice.

SPEAKER



Anne Procyk, ND, is a naturopathic physician practicing nutritional and integrative medicine to treat mental health disorders at Third Stone Integrative Health Center. She is on the forefront in understanding the complex relationships between physical and mental health. Dr. Procyk's thorough understanding of the latest research combined with her daily clinical experience give her the ability to translate voluminous and sometimes contradictory information into clear and effective strategies for real world

patients. She has given numerous lectures, has been featured in a number of books and made several television appearances; Dr. Procyk is a sought after leading expert on integrative strategies for dealing with depression, bipolar, and ADHD. She is a dynamic speaker who will inspire you to apply your new tools and transform your practice.

Dr. Procyk founded and currently sees patients at Third Stone Integrative Health Center in Essex, CT. She earned her doctorate at National College of Naturopathic medicine and graduated cum laude from Carleton College with degrees in chemistry and medical ethics. She is a member of the American Association of Naturopathic Physicians, the Connecticut Naturopathic Physicians Association, and the Association for the Advancement of Restorative Medicine.

Speaker Disclosure:
Financial: Dr. Anne Procyk is the Medical Director at Third Stone Integrative Health Center. She receives a speaking honorarium from PESI, Inc.
Non-financial: Dr. Anne Procyk is a member of the American Association of Naturopathic Physicians; and the Connecticut Naturopathic Physicians Association.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards. A licensee who practices beyond the authorized scope of practice could be charged with unprofessional conduct.

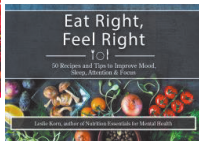
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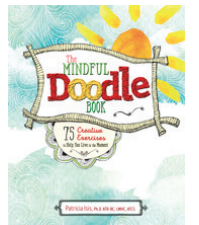


Eat Right, Feel Right

50 Recipes and Tips to Improve Mood, Sleep, Attention & Focus

By Leslie Korn, PH.D., MPH, LMHC

Improve mood, sleep and focus with these 50 nutrient rich tips and easy recipes. Eat Right, Feel Right teaches you the do's and don'ts of using ingredients in entrees, snacks, soups, smoothies and dressings to make you an at-home mental health chef.

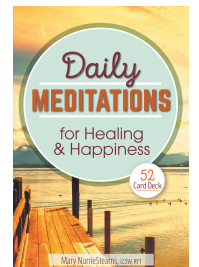


The Mindful Doodle Book

75 Creative Exercises to Help You Live in the Moment

By Patricia Isis, PH.D., LMHC, ATR-BC, ATCS

The Mindful Doodle Book: 75 Creative Exercises to Help You Live In the Moment combines the benefits of mindfulness and the intuitive expression of doodling to help you relax, find focus, and creatively express emotions through spontaneous artmaking.



Daily Meditations for Healing and Happiness

52 Card Deck

By Mary NurrieStearns, MSW, LCSW, RYT

Transform your life with meditations for healing and happiness. This unique card deck gives you 52 simple meditations to connect you to the present moment, cultivate happiness, take loving care of your emotions, enhance your wellbeing, and develop gratitude. Select a card each day for a relaxing and renewing meditation.

Questions? Call customer service at 800-844-8260

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days if your board allows. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the counseling services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

DISTRICT OF COLUMBIA COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The District of Columbia Municipal Regulations for Professional Counseling recognizes courses and providers that are approved by the American Psychological Association. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

MARYLAND COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

VIRGINIA COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Virginia Board of Counseling recognizes courses and providers that are approved by the American Psychological Association or NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.



REGISTERED DIETITIANS & DIETETIC TECHNICIANS, REGISTERED: PESI, Inc. PE001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR) from June 1, 2015 through May 31, 2018. Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6.0 continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. This program/material is designated as LEVEL 2.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity meets the criteria for a American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities.

This activity qualifies for 6.25 contact hours.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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