

## NUTRITIONAL AND INTEGRATIVE MEDICINE CERTIFICATE RETREAT FOR MENTAL HEALTH PROFESSIONALS

Clinicians often say to me: “I want to include Nutritional and Integrative Medicine methods into my practice but I am not sure where to begin or how to do this? And, “What am I allowed to do”?

Many clients are already *self-prescribing* based on information obtained on the Internet or their friends. While many of these clinical methods have few negative side effects, some herbal supplements, juice fasts and other apparently healthy activities can have significant adverse outcomes if not tailored to the individual's psychobiology.

This training will provides state-of-the-art, clinical skills you need to help your clients safely navigate nutritional and integrative medicine.

You will also have opportunity to discuss cases, ask questions, develop new assessment skills and explore both metaphorical and scientific language that allows for effective communication with clients. Guest speakers who are leading voices in their respective disciplines, Judith Pentz, MD and Dr Mary Ann Osborn, Nurse Practitioner, will join us during the retreat to share their specific areas of expertise.

This content-rich retreat is organized with plenty of down time for rest, rejuvenation and relaxation in the pool or even for nourishing naps and massages. The Sedona Mago Retreat Center is in the magnificent desert landscape with labyrinths, walking paths, night skies and sunny days in which to rejuvenate while learning integrative clinical skills.

I look forward to seeing you in Sedona!

Best,

Leslie Korn, Ph.D., MPH, LMHC



Limited availability! Register today at  
[www.pesi.com/SedonaApril](http://www.pesi.com/SedonaApril)

## How to Register

For additional details: [www.pesi.com/SedonaApril](http://www.pesi.com/SedonaApril)

Choose the easiest  
registration method for you:

**1 Please complete entire form** (to notify you of retreat changes);  
*please print; staple duplicate forms.*

ONLINE	<a href="http://pesi.com/SedonaApril">pesi.com/SedonaApril</a>
PHONE	800-844-8260 Please have credit card available
FAX	800-554-9775
MAIL	PESI PO BOX 1000 Eau Claire, WI 54702-1000

RETREAT LOCATION  
Sedona Mago Retreat Center  
3500 E. Bill Gray Rd  
Sedona, AZ, 86336  
(800) 875-2256

*For your convenience, confirmations are sent via email.*

**2 Tuition and 4-nights stay (594385ED)**  
**April 18-22, 2018**  
*Registration closes April 1<sup>st</sup>*

- ☐ Early bird by 2/5/2018 \$1,799 per person  
☐ Standard \$1,999 per person

**\*\*Bring a friend and SAVE \$200 each!**

Tuition and 4 nights stay, double occupancy\*

- ☐ Early bird by 2/5/2018 \$1,599 per person  
☐ Standard \$1,799 per person

To register for double occupancy, please submit both registration forms at the same time  
Roommate's name: \_\_\_\_\_

**3 Please indicate method of payment.**

- ☐ Check enclosed payable to **PESI, Inc.** Card Number: \_\_\_\_\_  
☐ Am. Exp. (15 Digits) Card Expires: \_\_\_\_/\_\_\_\_/\_\_\_\_ V-Code #: \_\_\_\_  
☐ VISA (13-16 Digits) Signature: \_\_\_\_\_  
☐ MC (16 Digits) \_\_\_\_\_  
☐ Discover Novus (16 Digits) \_\_\_\_\_

Total

For cancellation policy and FAQ go to: [www.pesi.com/SedonaApril](http://www.pesi.com/SedonaApril)

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## Lead Instructor

Leslie Korn, PhD, MPH, LMHC

is a renowned integrative medicine clinician and educator specializing in the use of nutritional, herbal and culinary medicine for the treatment of trauma and emotional and chronic physical illness. She is known for her dynamism and humor as a speaker. She has provided over 50,000 hours of treatment in private practice for diverse populations. Her clinical practice focuses on providing clients effective alternatives to psychotropics. She completed her graduate education in the departments of psychiatry and public health at Harvard Medical School and her life training in the jungle of Mexico where she lived and worked alongside local healers for over 25 years. She directed a naturopathic medicine and training clinic facilitating health, culinary and fitness retreats. She is licensed and certified in nutritional therapy, mental health counseling, and bodywork (Polarity and Cranial Sacral and medical massage therapies) and is an approved clinical supervisor. She introduced somatic therapies for complex trauma patients in out-patient psychiatry at Harvard Medical school in 1985 and served as a consultant in ethnomedicine to the Trauma Clinic, Boston. She is the former clinical director and faculty of New England School of Acupuncture and faculty at the National College of Naturopathic Medicine. She is the author of the seminal book on the body and complex trauma: *Rhythms of Recovery Trauma, Nature and the Body, Nutrition Essentials for Mental Health, Eat Right Feel Right and The Good Mood Kitchen*. She was a founder of the National Certification Board for Therapeutic Massage and Bodywork, a Fulbright scholar in Herbal Medicine and an NIH-funded scientist, in mind/body medicine. She is an approved clinical supervisor, core faculty at Capella University, and is the research director at the Center for World Indigenous Studies where she designs culinary and herbal medicine programs with tribal communities engaged in developing integrative medicine programs.

**Speaker Disclosures:** Financial: Leslie Korn is in clinical practice. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Leslie Korn has no relevant non-financial relationship to disclose.



## Guest Presenters

Mary Ann Osborne, NP, has been a nurse practitioner for over 30 years. In 2001, she became the first nurse practitioner to graduate from the Fellowship in Integrative Medicine at the University of Arizona, Tucson. Dr. Osborn served in the Army Nurse Corps for 21 years. She is in a private practice specializing in women's health, cognitive health and Alzheimer's prevention in Colorado Springs.

**Speaker Disclosures:** Financial: Mary Ann Osborne is in private practice. She is a faculty member at the University of Portland. Ms. Osborne receives a speaking honorarium from PESI, Inc.  
Non-financial: Mary Ann Osborne is a member of the American Nurses Association; and the American Association of Nurse Practitioners.

Judith E. Pentz, MD, is a holistic, alternative and integrative psychiatrist with board certification in child, adolescent and adult psychiatry in practice in Albuquerque NM. She completed training in craniosacral therapy, EMDR, homeopathy Chi Gung and has studied with various healers exploring Chinese, Native American, Peruvian, Ayurvedic and Reiki healing traditions.

**Speaker Disclosures:** Financial: Judith Pentz is in private practice. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Judith Pentz has no relevant non-financial relationship to disclose.



PESI sponsored retreat located  
at Sedona Mago Retreat Center,  
Sedona, AZ



[www.pesi.com/SedonaApril](http://www.pesi.com/SedonaApril)

★★ CERTIFICATE PROGRAM ★★

# NUTRITIONAL AND INTEGRATIVE MEDICINE FOR MENTAL HEALTH PROFESSIONALS

April 18-22, 2018

Wednesday - Sunday  
Sedona Mago Retreat Center  
Sedona, Arizona

Reserve today!  
Limited availability

Earn Your  
Certificate &  
up to 23 CE Hours  
In a retreat setting!

[www.pesi.com/SedonaApril](http://www.pesi.com/SedonaApril)





Retreat Content

CLINICAL APPLICATION AND EVIDENCE-BASED RESEARCH

<b>Scope of Practice Information</b>	<b>Assessments</b>
Nutritional therapies	Learn to conduct a basic nutritional food/mood assessment
Culinary medicine	Learn to conduct an adrenal stress and biological rhythm assessment
Behavioral medicine	Culture and ethnicity assessment and treatment
Nutritional supplementation	The Cultural Formulation Interview and CAM methods
Herbal medicine	3 Basic lab tests for optimal mental health
Hydrotherapies for mood management	
Aromatherapy	
Bodywork therapies	
Acupuncture and cranial electrical stimulation	
Sound and music for insomnia and mood	
Light & dark therapies	
Stage appropriate yoga for anxiety, pain and PTSD	
Integrative detoxification for addiction	

THE PSYCHOLOGY OF CHANGE USING INTEGRATIVE APPROACHES

<b>Balancing the sleep/wake cycle in depression bipolar and PTSD</b>	<b>Beyond Pharmaceutical Management</b>
Balancing circadian rhythm in depression, bipolar, PTSD	Address clients concerns and provide alternatives to psychotropics
Applying special yogic breathing exercises for mental health	Herbal medicine for mental health
Enhance sleep and address insomnia	Strategies for coming off or reducing psychotropic
	Ayurvedic medicine and mental health
	Exercise: aerobic, anaerobic, yoga, core, land and water based
	Sound and music for insomnia, anxiety and anger
	Toning, binaural music
<b>The Complex Relationships between Mental and Physical Health</b>	<b>Nutrition, Diet and Culinary Medicine</b>
Strategies to reduce inflammation: the major factor in depression, anxiety, bipolar and ADHD	Food as “brain-mind-medicine”
Chronic illness, fibromyalgia	Fats: essential fatty acids, toxic fats, fish oil
Anxiety and digestion	Protein: the building blocks of happiness
The Second brain: microbiome, probiotics and GABA and anxiety	What nutrients improve mental health and cognitive function
Sleep, adrenal health and rhythms	Vitamins, minerals, glandulars and special nutrients for the non-nutritionist
Anger, alcohol abuse and liver health	Hormones
Genetics, depression and brain	Balance blood sugar to balance mood
PTSD and auto immune, addictions and cognition	Cultural and genetic variations
ADHD, ASD and food sensitivities	Enhance digestion for mental health
Integrative approach recovery from addictions	Thyroid function and mental health

<b>Herbal Medicine</b>	<b>Comprehensive Non-Pharmaceutical Treatment Plans and Protocols for Treating the DSM-5™ Disorders:</b>
Seven major herbs for PTSD, anxiety, depression, sleep and cognitive health	Depression & Seasonal Affect Disorder
Endocannabinoid deficit theory	Anxiety, PTSD and Complex Trauma
Cannabis and psychedelic medicine	Bipolar
THC versus CBD	ADHD
Evidence for medical cannabis for mental health	Body Dysmorphia
PTSD and chronic pain	OCD
Smell, mood and cognition	Bulimia
Evidence for essential oils to alter mood and cognition	Insomnia
	Addictions

<b>Special Issues Across the Lifespan</b>	<b>Develop a Niche Practice</b>
Children: supporting sleep, focus, mood and attention	The ethics and scope of your practice: ethics, law and competency
Alternatives to psychotropics for ADHD	Build an integrative health team
Middle life: peri-menopause, menopause, andropause	When and where to refer clients
Preventing cognitive decline	Where to find the right provider
Nutrition and integrative methods to support people with dementia and their caregivers	Develop a niche practice as a certified specialist
	Professional organizations and more training
	Controversies and hot topics

<b>Somatic Therapies, Acupuncture and New Approaches</b>
The spectrum of somatic and bodywork therapies
The NADA protocol for addictions
Cranial electrical stimulation for PTSD, insomnia and optimal cognition



Go to [www.pesi.com/SedonaApril](http://www.pesi.com/SedonaApril) for Key Learning Outcomes

**Target Audience:** Psychologists • Counselors • Social Workers • Psychotherapists  
Marriage & Family Therapists • Nurses • Nurse Practitioner • Addiction Counselors  
Occupational Therapists • Occupational Therapy Assistants • Mental Health Professionals

Retreat Schedule  
April 18 - 22, 2018

<b>Wednesday</b>	
3:00 pm	Check in & tour of the property
4:00–5:30 pm	Orientation
5:30 pm	Dinner (15-minute instruction-culinary medicine)
7:00 -9:00 pm	Program

<b>Thursday, Friday and Saturday</b>	
6:15–7:30 am	Optional Morning meditation, yoga or quiet walk
7:30–8:30 am	Breakfast (15-minute instruction culinary medicine)
8:45–11:45 am	Program
11:45 am–1:30 pm	Lunch (15-minute Instruction-culinary medicine)
1:30–3:30 pm	Program
3:30–5:15 pm	Rest and rejuvenation* (non-CE hours)
5:15–6:30 pm	Dinner (15-minute Instruction-culinary medicine)
7:15–8:15 pm	Case presentation, discussion and questions
*Afternoon options:	Chi gong, exercise and breathing, massage or meditation (fees charged by the center may apply for massage)


<b>Sunday</b>	
6:15 - 7:30 am	Optional Morning meditation, yoga or quiet walk
7:30 - 8:30 am	Breakfast (15-minute instruction culinary medicine)
8:45 – 11:45 am	Program
11:45 am – 1:30 pm	Closing/social lunch

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PUBLICATIONS FROM  
LESLIE KORN, PH.D., MPH, LMHC  
AVAILABLE FOR PURCHASE AT THE RETREAT.



Multicultural Counseling Workbook

Use this powerful tool to explore cultural communities, religion, spirituality, gender, sexuality and disabilities. You'll find unique activities to help you reflect on your own attitudes, prejudices, and develop new skills for working with and building rapport with diverse clients.



Nutrition Essentials for Mental Health:  
A Complete Guide to the Food-Mood Connection

Diet is an essential component of a client's clinical profile. Few therapists, however, have any nutritional training, and many don't know where to begin. In Nutrition Essentials for Mental Health, Leslie Korn provides clinicians with a practical guide to the complex relationship between what we eat and the way we think, feel, and interact with the world.

YOUR REGISTRATION INCLUDES A COPY OF DR. KORN'S  
RECIPE BOOK “EAT RIGHT, FEEL RIGHT!”  
DISTRIBUTED AT THE RETREAT



Eat Right, Feel Right:  
Over 80 Recipes and Tips to Improve Mood, Sleep, Attention & Focus

Improve mood, sleep and focus with these nutrient-rich recipes and handy tips. 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.



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](mailto: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 23.0 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 23.0 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.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 1380 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 23.0 contact hours.

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 23.0 contact hours or 2.30 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**PSYCHOLOGISTS:** This course is for informational purposes only. No continuing education credit is available for this event.

**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](http://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 23.0 (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 1380 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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