

OUTLINE

Underlying Factors of Depression, Anxiety, Bipolar and ADHD

Transcending Mind-Body Separation:  
Understand 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

Recognize When “Mental Illness” Is Something Else

Hormones  
Blood Sugar and Hypoglycemia  
Inflammation  
Genetic Variations  
Digestion

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.

**Target Audience:** Counselors • Psychologists  
Case Managers • Psychotherapists • Dieticians  
Social Workers • Marriage & Family Therapists  
Addiction Counselors • Therapists • Nurses  
Chiropractors • Other Mental Health Professionals



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. Advance registration by phone required.

Keep 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

Build 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](http://www.pesi.com), find your event, and click on the seminar title.

FREE  
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Shame Shields

BRENÉ BROWN, Ph.D.

1 CE HOUR

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Nutritional  
and Integrative  
Interventions  
for Mental Health  
Disorders

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



Cheyenne, WY  
Wednesday, April 18, 2018

Colorado Springs, CO  
Thursday, April 19, 2018

Aurora, CO  
Friday, April 20, 2018

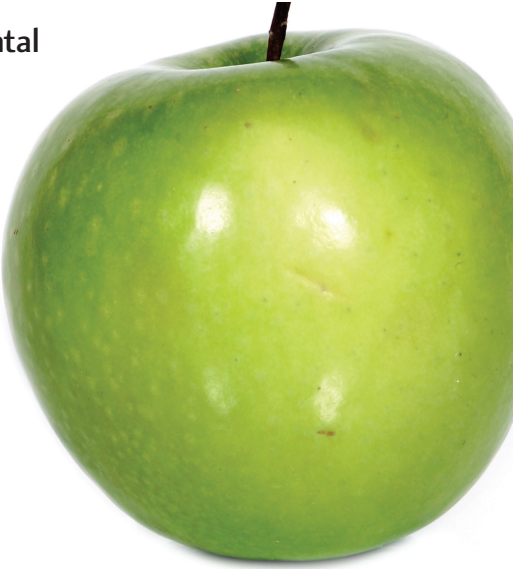


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Nutritional  
and Integrative  
Interventions  
for Mental Health  
Disorders

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

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



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Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Teresa Fisher at [tfisher@pesi.com](mailto:tfisher@pesi.com) or call (715) 855-8214.

# Nutritional and Integrative Interventions for Mental Health Disorders

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

Join Karen Lamb, ND, LPC, 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



**Dr. Karen Lamb, ND, LPC**, is both a Naturopathic doctor and licensed counselor, and the principal of Pura Vida Natural Medicine. Located in Wheat Ridge, Colorado, her practice focuses primarily on natural treatments for psychiatric conditions. Dr. Lamb is most passionate about natural and mindfulness-based physical and cognitive interventions for mental health, with a goal of inspiring and motivating her patients to move towards their best health.

After completing her graduate education in Counseling Psychology at Arizona State University she began a two-year residency in Mindfulness and Dialectical Behavioral Therapy. During her residency, Dr. Lamb treated high-risk patients whose diagnoses included Borderline Personality disorder, Bipolar disorder, and other serious mental health conditions. Although her counseling background allowed for great healing, Dr. Lamb continuously identified a link between mental and physical well-being, and recognized the need for physical interventions in order to achieve complete wellness. The four-year Doctoral Program at Southwest College of Naturopathic Medicine provided Dr. Lamb with the additional tools necessary to facilitate total mind-body health for her patients.

Dr. Lamb's specialty as a Psychiatric Naturopathic Doctor and Counselor is finding and understanding the root cause of chronic physical and/or psychological diseases. She uses natural, safe and effective treatments to unlock the body's immense potential for regeneration and healing. The underlying goal is always to seek the most empowering path towards wellness that supports autonomy and success for each individual.

In addition to clinical practice, Dr. Lamb has taught Medical Psychotherapy at Southwest College of Naturopathic Medicine as well as a Naturopathic Mindfulness-based course titled Stress Management Tools at Arizona State University. She serves as a member of the board of directors for the Psychiatric Association of Naturopathic Physicians and manages memberships and professional development.

### Speaker Disclosure:

Financial: Dr. Karen Lamb is the owner of Pura Vida Natural Medicine. She is a speaker who receives an honorarium for PESI, Inc.

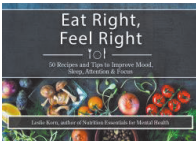
Non-financial: Dr. Karen Lamb is a member of the Psychiatric Association of Naturopathic Physicians.

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.

**Seminar on DVD or CD Package:** You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

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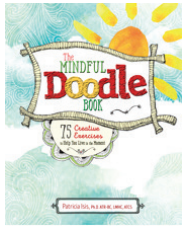


## Eat Right, Feel Right

### 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 [cepsi@pesi.com](mailto:cepsi@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.

**ADDITION 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.

**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 intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

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

**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 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.

**COLORADO SOCIAL WORKERS:** PESI, Inc. is an approved provider with the Colorado Chapter of the National Association of Social Workers. Provider #1413. This course has been approved for 6.3 continuing education hours. Please make sure to bring your license number to the seminar so that we can report your attendance NASWCO.

**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.



PLEASE RETURN ENTIRE REGISTRATION FORM

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NUTRITIONAL AND INTEGRATIVE INTERVENTIONS FOR MENTAL HEALTH DISORDERS:  
NON-PHARMACEUTICAL INTERVENTIONS FOR DEPRESSION, ANXIETY, BIPOLAR & ADHD

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### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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- **FREE MILITARY TUITION:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Advance registration by phone required.*
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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#### TUITION with seminar manual

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