

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](http://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 • Case Managers • Psychotherapists • Social Workers • Dieticians • Marriage & Family Therapists • Addiction Counselors • Therapists • Nurses • Chiropractors • Other Mental Health Professionals

Questions? Call customer service at 800-844-8260

*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.

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Nutritional  
and Integrative  
Interventions  
for Mental Health  
Disorders

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

South Bend, IN  
Wednesday, July 11, 2018

Fort Wayne, IN  
Thursday, July 12, 2018

Indianapolis, IN  
Friday, July 13, 2018

Nutritional  
and Integrative  
Interventions  
for Mental Health  
Disorders

Non-Pharmaceutical Interventions  
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- 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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# Nutritional and Integrative Interventions for Mental Health Disorders

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

Join Hillary Lim, 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

**Hillary Lim, ND**, is one of the few physicians in America that uses natural medicine to treat behavioral, developmental, and other mental concerns in children. Dr. Lim treats every patient as an individual, and addresses all aspects of her patients' well being, including diet, supplements, physical misalignments/bony compressions, conventional medicine, and specialized therapies. In addition to her training as a physician, she is a trained homeopathic doctor, acupuncturist, herbalist, hydrotherapist and a highly trained craniosacral therapist with Upledger Institute training for working with infants and children.

Dr. Lim received a Doctorate of Naturopathic Medicine from the Southwest College of Naturopathic Medicine (SCNM) in Tempe, Arizona. She spent the last two years of her training working one-on-one with children with ASD, ADHD and other developmental disorders. After seeing the amazing results of using homeopathic medicine and other therapies on children affected by these "disorders", she knew that this was her calling. She has been focusing her practice on these individuals ever since. She truly cares about her patients and takes the time to get to know each of them individually as she guides them on their path.

**Speaker Disclosure:**  
Financial: Hillary Lim is a naturopathic physician for Integrative Mental Health Center. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Hillary Lim is a member of the Pediatric Association of Naturopathic Practitioners; Psychiatric Association of Naturopathic Physicians; and American Association of Naturopathic Physicians.

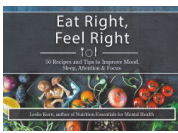
Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries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

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



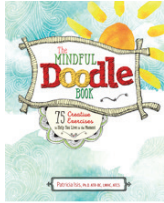
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**50 Recipes and Tips to Improve Mood, Sleep, Attention & Focus**

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.



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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.

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QUESTIONS? Call **800-844-8260** or e-mail us at [info@pesi.com](mailto:info@pesi.com).

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