

3-Day Nutrition for Mental Health Certification Course

Here's what you'll learn in this certificate training...

- ◆ **Improve mood and behavior** in clients using micro- and macronutrients
- ◆ **Ideas for practical, affordable and individualized diets** along with optimal cooking methods and recipes
- ◆ **Safely and ethically apply integrated and nutritional medicine** within your professional discipline's scope of practice
- ◆ **Improve assessment** by learning to differentiate between a clinical presentation of mental illnesses vs. nutritional and/or hormonal imbalances
- ◆ **Customize treatment plans through six unique nutritional methods** for clients with mood lability
- ◆ **Nourish both the brain and the gut**, the "second brain," through key nutrients
- ◆ **Learn to identify gluten and casein sensitivity** with the presentation of depression, psychosis and ASD in clients
- ◆ **Implement evidence-based protocols** for nutritional and herbal approaches for six DSM-5® categories
- ◆ **Evaluate how client eating patterns may influence their mental health** by using a food-mood assessment tool
- ◆ **Increase compliance** by using the DSM-5® Cultural Formulation tool to inform your treatment planning process
- ◆ **Prevent side effects of polymedicine use** through evaluation of drug-nutrient-herbal interactions
- ◆ **Decrease dissociative symptoms in clients** through stage-specific anaerobic and aerobic exercise and self-care methods
- ◆ **Improve focus for clients with anxiety disorders** with breathing techniques to reduce hyperventilation
- ◆ **Adapt complementary and alternative methods for children and teens** with behavioral and mental health disorders such as ADHD and ODD
- ◆ **Learn when psychotropic medications, herbal medicines, and nutrients can be harmful to clients**
- ◆ **Improve anxiety and depression symptoms** with essential fatty acids
- ◆ **Discover how circadian rhythm contributes to depression, PTSD and bipolar disorder**
- ◆ **Evaluate the impact of blood sugar and genetic variations** on mental health disorders and effective treatment



BECOME CERTIFIED!

This seminar meets ALL the educational requirement when applying for certification in Certified Mental Health Integrative Medicine Provider (CMHIMP). Visit mhimi.com for the full certification requirements.

Earn Your
Certificate
Today!

Live Event 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.

Live Event Learning Objectives

Please visit www.pesi.com/express/70569 for learning objectives.

Course Schedule (All Days)

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

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

Target Audience:

Counselors • Case Managers • Psychotherapists • Social Workers • Dietitians • Marriage & Family Therapists
Psychologists • Addiction Counselors • Therapists • Nurses
Other Mental Health Professionals
Occupational Therapists

Questions? Call customer service at 800-844-8260



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. **Advanced online registration required.**

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 **Nicole Rate** at nrate@pesi.com or call 715-855-5291.

Hassle-Free Cancellation Policy:

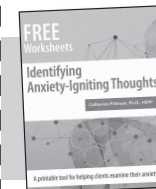
If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$90 cancel fee. Substitutions are permitted at any time.



FREE Worksheets

Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP



★ LIMITED-TIME OFFER ★
Plus, get an exclusive limited-time offer on Rewire the Anxious Brain Certificate Course

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3-Day Nutrition for Mental Health Certification Course



OAKLAND, CA

Wednesday - Friday
May 22-24, 2019



Register now: pesi.com/express/70569

Bonus! Become a Certified Mental Health Integrative Medicine Provider (CMHIMP)

OAKLAND, CA

Wednesday - Friday
May 22-24, 2019



A NON-PROFIT ORGANIZATION CONNECTING
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Register now: pesi.com/express/70569



Become
CMHIMP
Certified!

Details Inside

Live Event Outline

The Complex Relationship between Mental and Physical Health

How Foods Affect Moods

Carbohydrates – A new way to think about cravings
Effects protein may have on depression and anxiety
Fats for mental health (depression, ADHD, bipolar)
The connection between food, depression, diabetes and obesity
Physiological causes of fatigue, depression and anxiety
Vitamins: B-Vitamins, 5-MTHF, Vitamin D
Minerals: Magnesium, calcium

Nutrition, Diet and Culinary Medicine

Food as “brain-mind-medicine”
Fats: Essential fatty acids, toxic fats, fish oil
Protein: the building blocks of happiness
Nutrients to improve mental health and cognitive function
Vitamins, minerals, glandulars, and special nutrients for the non-nutritionist
Regulate hormonal imbalance
Balance blood sugar to balance mood
Cultural and genetic variations
Enhance digestion for mental health
Thyroid function and mental health

The Truth About Popular Supplements and Herbal Medicine

Seven major herbs for PTSD, anxiety, depression, sleep, and cognitive health
Endocannabinoid deficit theory
Cannabis and psychedelic medicine
THC versus CBD
Evidence for medical cannabis for mental health
PTSD and chronic pain
Adaptogens: Ginseng, licorice, ashwaganda
Melatonin
Smell, mood, and cognition
Evidence for essential oils to alter mood and cognition
Interactions with pharmaceuticals

Physiological Factors of Depression, Anxiety, Bipolar and ADHD

Transcending mind-body separation: Understanding the complex relationships
The factors that cause “chemical imbalance”
Beyond pharmaceutical management
Balancing circadian rhythm
Apply breathing exercises for mental health
Enhance sleep and address insomnia

Seminar on CD or DVD 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 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.

Assessments and Evidence-Based Research

Assessments Using Integrative Approaches

Conduct a basic nutritional food/ mood assessment
Conduct an adrenal stress and biological rhythm assessment
Culture and ethnicity assessment and treatment
The Cultural Formulation Interview and CAM methods
Basic lab tests for optimal mental health

Simple Screening Tools to Identify Nutritional Deficiencies Contributing to:

Anxiety and PTSD
Depression
ADHD
Fatigue
Anger
Bipolar disorder
Lack of mental clarity
Other mental health concerns

Recognizing When “Mental Illness” is Something Else

Hormonal imbalance
Anxiety vs. hypoglycemia
Inflammation
Digestion
Depressed, fatigued or malnourished?
Side effects of medications

Symptoms of Nutritional Deficiencies and Co-Morbid Conditions

Strategies to reduce inflammation: The major factor in depression, anxiety, bipolar, and ADHD
Chronic illness, fibromyalgia
Anxiety and digestion
The Second brain: Microbiome, probiotics and GABA, and anxiety
Sleep, adrenal health, and rhythms
Anger, alcohol abuse and liver health
Genetics, depression and brain
PTSD and auto immune, addictions and cognition
ADHD, ASD, and food sensitivities
Integrative approach recovery from addictions

Clinical Applications – Non-Pharmaceutical Treatment Strategies

Holistic Treatment Interventions

Address clients concerns and provide alternatives to psychotropics
Herbal medicine for mental health
Strategies for clients who want to stop their medications
Ayurvedic medicine and mental health
Exercise: Elevate serotonin and regulate stress hormones
Sound and music for insomnia, anxiety and anger
Toning, binaural music

Comprehensive Non-Pharmaceutical Treatment Plans and Protocols for:

Depression & Seasonal Affect Disorder
Anxiety, PTSD, and complex trauma
Bipolar
ADHD
Body dysmorphia
OCD
Bulimia
Insomnia
Addictions
Obesity
Psychosomatic symptoms
Pre-menstrual syndrome and menopausal symptoms

Practical Tools to Accelerate Treatment Results, Improve Energy, and Gain Mental Clarity

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
Feed your brain

What You Need to Know about Somatic Therapies

The spectrum of somatic and bodywork therapies
Acupuncture
The NADA protocol for addictions
Cranial electrical stimulation for PTSD, insomnia, and optimal cognition
When to refer

Unique Issues Across the Lifespan

Children: Supporting sleep, focus, mood and attention
Alternatives to psychotropics for ADHD
Middle life: Peri-menopause, menopause, andropause
Preventing cognitive decline
Nutrition and integrative methods to support people with dementia and their caregivers

Apply Techniques Within Your Scope of Practice

Ethics, law and competency
Nutritional therapies
Culinary medicine
Behavioral medicine
Nutritional supplementation
Herbal medicine
Hydrotherapies for mood management
Bodywork therapies
Acupuncture and cranial electrical stimulation
Sound and music for insomnia and mood
Stage appropriate yoga for anxiety, pain and PTSD
Integrative detoxification for addiction

Build an Integrative Health Team

When and where to refer clients
How to find the right provider
Questions to ask before referring
Develop a niche practice as a certified specialist
Professional organizations and more training
Controversies and hot topics

Live Course Continuing Education Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “LIVE SEMINAR SCHEDULE” on this brochure 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 profession's 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 19.0 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.

CALIFORNIA ALCOHOLISM & DRUG ABUSE COUNSELORS: PESI, Inc. is an approved provider by the CCAPP-EL Provider #: OS-03-036-1017. This activity meets the qualifications for 19.0 CEHs (continuing education hours).

COUNSELORS: This intermediate activity consists of 19.0 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.

REGISTERED DIETITIANS & DIETETIC TECHNICIANS, REGISTERED: PESI, Inc. PE001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR) from July 1, 2018 through June 30, 2019. Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 19.0 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 1140 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.

NURSES/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity consists of 19.0 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 this activity and contact your state board or organization to determine specific filing requirements.

CALIFORNIA NURSES: PESI, Inc. is a provider approved by the California Board of Registered Nursing, Provider Number 13305 for 19.0 contact hours. Full attendance is required. No partial contact hours will be issued for partial attendance. Please bring your license number to the seminar; certificates of successful completion will not be issued without your license number.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322.

Full attendance at this course qualifies for 19.0 contact hours or 1.9 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.

CALIFORNIA PSYCHOLOGISTS: PESI, Inc. is approved by the CPA OPD to sponsor continuing education for psychologists. Provider #PES010. PESI maintains responsibility for this program and its contents. PESI is offering this activity for 19.0 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

SOCIAL WORKERS: This intermediate activity consists of 19.0 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.

CALIFORNIA SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS/ LICENSED EDUCATIONAL PSYCHOLOGISTS: This intermediate activity consists of 19.0 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.

OTHER PROFESSIONS: This activity qualifies for 1140 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.



QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com.

How to Register: 3-DAY NUTRITION FOR MENTAL HEALTH CERTIFICATION COURSE

ONLINE
pesi.com/express/70569

PHONE
800-844-8260
Please have credit card available

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2 Check seminar(s): (make copy for your records)

OAKLAND, CA	
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1 Please complete entire form (to notify you of seminar changes): please print; staple duplicate forms.

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State _____ Zip _____

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*E-mail address _____

*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

3 Check tuition: (includes manual)

- ☐ **\$549.99** per person postmarked 3 weeks prior to event **or** per person for 2 or more preregistering together
- ☐ **\$599.99** standard tuition per person

ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

- ☐ **\$24.99* Nutritional Treatments to Improve Mental Health Disorders**
- ☐ **\$19.99* Eat Right, Feel Right** book
- ☐ **\$34.99* Somatic Psychotherapy Toolbox** book

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.
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PLEASE RETURN ENTIRE REGISTRATION FORM

ADA NEEDS

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

WALK-INS

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.

TUITION OPTIONS

- 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. *Advanced online registration required.*
- \$90 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- Groups of 5 or more:** Call 800-844-8260 for discounts.
- Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*

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BECOME CERTIFIED!

2 Easy Steps to Certification

- Attend this 3-Day event with Anne Procyk, ND
- Apply for CMHIMP certification with the Mental Health Integrative Medicine Institute (www.mhimi.com).



Mental Health Integrative
Medicine Institute

