

Outline

Assessment & Treatment Planning

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 & obesity
- Physiological causes of fatigue, depression and anxiety
- Anxiety/anger and hypoglycemia

Simple Screening Tools to Identify Nutritional Deficiencies Contributing to:

- Anxiety
- Depression
- ADHD
- Fatigue
- Anger
- Lack of mental clarity
- Other mental health concerns

Symptoms of Deficiencies and Co-Morbid Conditions

- Alcoholism
- Type 2 diabetes
- Anxiety or hypoglycemia?
- Depressed, fatigued or malnourished?
- Hormonal imbalance

Referring to Complementary and Alternative Medicine (CAM) and Primary Care Providers

- When to refer
- Who to refer a client to
- Where to find appropriate providers
- 5 Questions to ask before referring

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

Non-Pharmaceutical Treatment Strategies

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

- Fats: the good, the bad, and the ugly
- Sleep: how to go to sleep, how to stay asleep, how to wake up
- Reduce night terrors
- Move your body
- Feed your brain

Holistic Assessment and Treatment Interventions for:

- ADHD
- Anxiety disorders
- PTSD
- Depression
- Addictions
- Bipolar
- Clients who want to stop their medications
- Psychosomatic symptoms
- Side effects of medications
- Pain syndromes
- Pre-menstrual syndrome and menopausal symptoms

Interventions in Action - Working together to learn and role playing

- How to assess diet, exercise, and sleep without shaming a client
 - Diet and exercise history assessment
- Improve energy and mental clarity through 3 days of protein
 - Protein for All program
 - Special concerns – vegetarian, gluten free, or those that don't cook
- The power of movement – when is it helpful vs. too much?
- Action items for discussing weight and diabetes with clients

Objectives

1. Articulate which nutrients are beneficial for reducing symptoms of anxiety, anger and depression.
2. Assess clients' potential nutritional deficiencies that could be negatively affecting their mental health.
3. Communicate the potential complications of combining nutritional supplements and psychotropic medications as related to clinical treatment.
4. Analyze the impact of fats and proteins on clients' mental and physical health.
5. Determine when and how to refer clients to Complementary and Alternative Medicine providers.
6. Incorporate complementary strategies to help improve your client's energy and mental clarity.
7. Identify physiological causes of fatigue, depression, and anxiety to improve treatment outcomes.
8. Differentiate between mental illness versus nutritional and hormonal imbalances as it relates to clinical practice.
9. Distinguish symptoms of nutritional deficiencies to inform the clinician's choice of treatment interventions.
10. Integrate holistic assessment and treatment interventions to improve client level of functioning.
11. Assess diet, exercise, and sleep in session without shaming a client.
12. Evaluate how improved nutrition can improve therapeutic outcomes for clients with ADHD, anxiety, depression, addictions, and other mental health disorders.

Speaker

Kristen Allott, ND, LAc, is a high energy and enthusiastic speaker who is passionate about integrative medicine. As a licensed naturopathic physician and acupuncturist, she has a private practice where she specializes in working with the clients of mental health professionals and is passionate about achievable results. Dr. Allott has developed a reputation for assisting clients in making simple changes in their food choices and for addressing nutritional deficiencies that contribute to the symptoms of anxiety, depression, addictions and other mental health disorders. Dr. Allott regularly presents at psychiatric nurse practitioner conventions on non-pharmaceutical interventions for mental health. Additionally, she consults with Court Improvement Training Academy (CITA) at the University of Washington to develop the Protein for All Project to optimize the brains in the high stakes environment of Juvenile and Family Court System in the State of Washington.

Dr. Allott has worked as a residential counselor for adolescents in mental health crises and advocated for the educational rights for individuals with learning disabilities. She is on the academic faculty at Bastyr University and serves as a guest lecturer for a variety of groups. As a physician and acupuncturist, she enjoys studying how daily life affects the biochemistry, physiology, and qi (energy) of the body. As a black belt in Aikido, she has studied the intimate connections between the mind, emotions and body.

Speaker Disclosures:

Financial: Kristen Allott is in private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Kristen Allott references the off-label use of Nordic Naturals and Carlson's during her presentation.

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Details Inside

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We have all had clients who come into the office in a depressed or anxious state, and yet they cannot identify just what is bothering them. Children are brought in with symptoms of ADHD, clients with addictions struggle to gain control of themselves, and others suffer with physical complaints in addition to mental health issues. It's frustrating when traditional talk therapy is not quite enough to break through and it feels like something else is needed to meet your treatment goals.

That missing piece you're looking for? It's here - the mind-body connection.

Kristen Allott is a naturopathic physician specializing in alternative and nutritional approaches to mental health disorders, and she is here to help you bring this missing piece to your clients.

Imagine an increase in your clients' energy and mental clarity, allowing them to be more engaged in the therapeutic process. Simplify sessions when you readily have dozens of effective, simple strategies at your fingertips that enhance and complement your current treatment interventions. Feel your confidence improve when you identify nutritional deficiencies that contribute to anxiety, anger, depression, PTSD or ADHD.

Don't risk missing out on this key piece of treatment - sign up today to improve outcomes for your clients!

Live Seminar & Webcast Schedule (Both Days) (Times listed in Eastern)

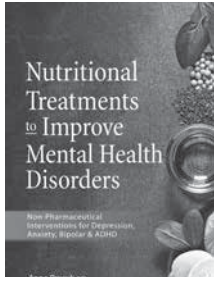
- 7:30 Registration/Morning Coffee & Tea
- 8:00 Program begins
- 11:50-1:00 Lunch (on your own)
- 4:00 Program ends

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.



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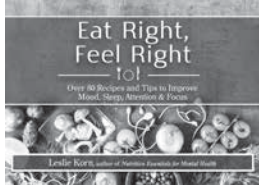
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Nutritional Treatments to Improve Mental Health Disorders Non-Pharmaceutical Interventions for Depression, Anxiety, Bipolar & ADHD

By Anne Procyk, ND

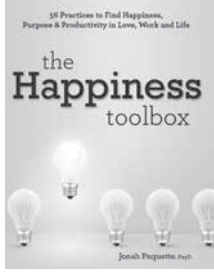
A biology-based approach to think more holistically about assessment, diagnosis and treatment of mental health issues. Strategies include correcting vitamin and mineral deficiencies that contribute to mental health symptoms; eating the right food to optimize focus and performance; tools to improve sleep; and tips to identify common hormonal imbalances misdiagnosed as mental illness. Case studies and handouts.



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

By Leslie Korn, PhD, MPH, LMHC

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.



The Happiness Toolbox 56 Practices to Find Happiness, Purpose & Productivity in Love, Work and Life

By Jonah Paquette, Psy.D.

So many books, websites, apps, and podcasts claim they contain the secrets to finding happiness. But rarely are they backed by research or real tools - instead just anecdotal fairy tales that work for a select few.

The Happiness Toolbox is here to help, by providing you with science-backed exercises to change your life. An interactive journaling format helps you learn how to choose happiness by adding simple habits into your daily life - putting you in a long-lasting and fulfilling state of mind.



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