

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.



Live Event Speaker

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* (Routledge, 2012), *Nutrition Essentials for Mental Health* (W.W. Norton, 2016), *Eat Right Feel Right: Over 80 Recipes and Tips to Improve Mood, Sleep, Attention & Focus* (PESI, 2017), *Multicultural Counseling Workbook: Exercises, Worksheets & Games to Build Rapport with Diverse Clients* (PESI, 2015) and *The Good Mood Kitchen* (W.W. Norton, 2017). 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 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.

Course Schedule (All 3 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 • Occupational Therapists
Other Mental Health Professionals

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.



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. *Limited seats available; advance online registration required.*

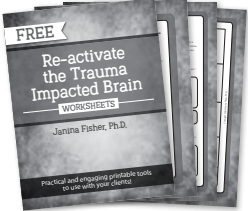
Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits may be available), a certificate to attend another seminar, or receive a tuition refund less a \$90 cancel fee. Substitutions are permitted at any time.

Seminar Online Course: You can purchase a self-study package on the subject and 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. When purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 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 Nicole Rate at nrate@pesi.com or call 715-855-5291.



FREE
Worksheets & Video
To Help The Traumatized Brain



www.pesi.com/traumabrainws

Bring any Training On-Site!

- Cost Effective for Groups
- Customizable
- Flexible

www.pesi.com/inhouse


CE credits included!

NON-PROFIT ORG
US POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO 32729

PESI, Inc.
PO Box 1000
Eau Claire, WI 54702-1000
A Division of PESI, Inc.


3-Day

Nutrition for Mental Health Certification Course




SEATTLE, WA
Wednesday-Friday
March 4-6, 2020

REGISTER NOW: pesi.com/express/77892



3-Day


Nutrition for Mental Health Certification Course



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

SEATTLE, WA
Wednesday-Friday
March 4-6, 2020

REGISTER NOW: pesi.com/express/77892



A Non-Profit Organization Connecting Knowledge with Need Since 1979

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

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.

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.

WASHINGTON COUNSELORS: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

REGISTERED DIETITIANS & DIETETIC TECHNICIANS: PESI, Inc. PE001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR) from July 1, 2019 through June 30, 2022. 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.

WASHINGTON MARRIAGE & FAMILY THERAPISTS: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

NURSES, NURSE PRACTITIONERS, AND CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 19.0 contact hours. Partial contact hours will be awarded for partial attendance.

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.

PSYCHOLOGISTS: This live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

CALIFORNIA PSYCHOLOGISTS: CE credit is available. PESI, Inc. is approved by the California Psychological Association to provide 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.

WASHINGTON PSYCHOLOGISTS: CE credit is available. This course consists of 19.0 continuing education credit hours for Washington Psychologists.

The Washington Examining Board of Psychology recognizes continuing education activities sponsored by regional or state psychological associations. PESI, Inc. is approved by the California Psychological Association to provide continuing education for psychologists. Provider #PES010. PESI maintains responsibility for this program and its contents.

WASHINGTON SOCIAL WORKERS: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

OTHER PROFESSIONS: This activity qualifies for 19.0 hours 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.



SCAN HERE

FOR A SPECIAL OFFER ON BOOKS & CARD DECKS

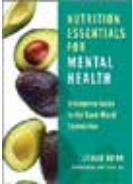
SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



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

By Leslie Korn, PhD, MPH, LMHC **YOUR SPEAKER**

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.



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

By Leslie Korn, PhD, MPH, LMHC **YOUR SPEAKER**

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.



The Good Mood Kitchen: Simple Recipes and Nutrition Tips for Emotional Balance Simple Recipes and Nutrition Tips for Emotional Balance

By Leslie Korn, PhD, MPH, LMHC **YOUR SPEAKER**

Revolutionize your personal cooking and eating habits for optimal energy, health, and emotional well-being. This book of mood-savvy tips, tools, and delicious recipes guides you step by step through all the essentials. It features dozens of easy-to-understand graphics, lists, and charts to help prioritize choices for maximum benefit. This is the essential dietary road map for anyone interested in improved mental well-being. Explore tasty, life-changing ways



Natural Woman: Herbal Remedies for Radiant Health at Every Age and Stage of Life

By Leslie Korn, PhD, MPH, LMHC **YOUR SPEAKER**

Here's the go-to herbal sourcebook that women can reference throughout every age and stage of their lives, with remedies using common herbs and plants, to heal and support body, mind, and spirit. The book is organized by disease or discomfort in order to help the reader search easily for the herbal support they may need. Includes herbal treatments for sleep disorders, menstrual issues, autoimmune conditions, digestive issues, anxiety, fertility, childbirth and post-partum recovery, skin ailments, and much more—including common discomforts that affect children.

REGISTRATION FORM
3-DAY NUTRITION FOR MENTAL HEALTH
CERTIFICATION COURSE

SAVE TIME! Express Register Online: pesi.com/express/77892

1 Please complete entire form if sending by mail please print legibly ©2019

Mail Code: _____ See mail code box on reverse side above your name & address

*Email address _____
*Email required to receive registration confirmation, CE certificate, and/or digital product.

Name _____ Profession _____

Billing Address _____ ☐ Home ☐ Work

Company Name (if work address): _____

City _____ County _____ State _____ Zip _____

*Cell Ph () _____ Work Ph () _____
*Required for event updates

2 Select Location (make copy for your records)

☐ **SEATTLE, WA • March 4-6, 2020 (77892SEA)**
Embassy Suites Hotel • 15920 W Valley Hwy • 98188 • (425) 227-8844

3 Select Tuition

TUITION including seminar manual

\$599.99 – choose one of the options below:

- ☐ per person for 2 or more preregistering together —OR—
☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$699.99** standard

ADD-ON PRODUCTS — Save on Shipping! —Products Distributed at Seminar

- ☐ **\$19.99*** *Eat Right, Feel Right* book (PUB084920)
☐ **\$42.50*** *Nutrition Essentials for Mental Health* book (SAM084310)
☐ **\$24.95*** *The Good Mood Kitchen* book (SAM086080)
☐ **\$24.95*** *Natural Woman* book (SAM086210)

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Select Payment Method

All registrations must be prepaid.

- ☐ Check enclosed payable to **PESI, Inc.**
☐ Purchase order enclosed (Fed ID # 26-3896894)
☐ MC ☐ VISA ☐ AE ☐ Discover Novus
16 digits 13-16 digits 15 digits 16 digits

Card # _____

Card Exp. _____ CVV#*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (*American Express: 4-digit # above account # on face of card.)

ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

- **FREE Military Tuition:** PESI Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. *Limited seats available; advance online registration required.*
- **\$90 Tuition:** If you are interested in being our registration coordinator for all three days, go to: www.pesi.com/coord for availability and job description, first come, first serve.
- **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 for details.

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

OTHER WAYS TO REGISTER

Fax: 800-554-9775
Mail: PESI, Inc.
PO Box 1000
Eau Claire, WI 54702-1000
Phone: 800-844-8260
Online: pesi.com/express/77892

CAN'T ATTEND THE SEMINAR?

3-Day Advanced Nutritional and Integrative Medicine for Mental Health Professionals

Online Course*
\$399.99 (CRS054470) (Email required)

Product total _____
Subtotal _____
Tax _____
TOTAL _____

*For online courses, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, ID, IN, IA, KY, LA, ME, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WV.
CE hours and approvals on products may differ from live CE approvals.

BECOME CERTIFIED!

2 Easy Steps to Certification

1. Attend this 3-Day event with Leslie Korn, PhD, MPH, LMHC
2. Apply for CMHIMP certification with the Mental Health Integrative Medicine Institute (www.mhimi.com)

