

## Outline

### How Food Affects Mood

Assess nutritional factors contributing to mental health conditions

5 substances that affect mood

7 practical interventions to improve mood

Research on nutrition's impact on mental health

*Case study – 24-year-old female – depression and anxiety*

### Practice Healthy Eating – Vitamins, Minerals and Antioxidants

B Vitamins for emotional health

Benefits of magnesium and common symptoms of magnesium deficiency

Antioxidants for emotional support

Recommendations within your scope of practice

Nutrients

Symptoms of deficiency

Best food sources

### The Connection Between Stimulants, Anxiety and Sleep

The truth about sugar, stimulants and processed food

History of processed food and what's gone wrong

Link between sugar and depression

The S.A.D. diet and diseases of affluence

*Case Study: the wife who loved coffee*

### The Skinny on Fat

Emotions and biochemical activity within the brain

Mediterranean food pyramid

Inflammation and mood disorders

Omega 3 fatty acids and good fat

Key nutrients to transform emotional health

### Nutritional Imbalances that Contribute to Depression

Lack of essential fats and vitamins

Blood sugar imbalances associated with excessive sugar and stimulant intake

Neurotransmitters and their effects when they are lacking in our system

Tune up your brain and neurotransmitters

Tune up your brain and neurotransmitters

### Your DNA is not Your Destiny

The role of epigenetics

Are diseases of the brain preventable?

CBT techniques to help clients change their thoughts and behavior toward food and eating

Clinical benefits of deep breathing

Incorporate wellness activities into treatment plans

Incorporate wellness activities into treatment plans

### Explore the Gut-Brain Link and Its Impact on Mental Health

Understand gut microbiome and dysbiosis from a therapist's perspective

Learn how proper digestion supports optimum mental health

The relationship between digestion and stress

Steps for proper digestion

### Ethical Considerations and Understanding Your Role as a Therapist

Education and awareness for clients – the basic food assessment you can use

Practical strategies to help clients eat healthy on a budget

How to apply techniques ethically and responsibly

When to refer to a medical practitioner

The risks and limitations of research studies

Resources for clients

### Live Seminar Schedule

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**11:50-1:00** Lunch (*on your own*)

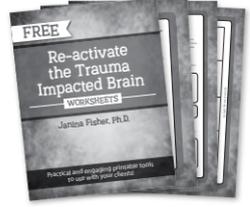
**4:00** Program ends

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.

## Objectives

1. Integrate psychoeducation regarding daily food choices with cognitive therapy.
2. Assess the impact of diet on treatment progress.
3. Incorporate diet changes into treatment plans for specific disorders.
4. Analyze the impact of sugar on depression.
5. Utilize CBT techniques to help clients improve their mood, sleep habits, and self-care.
6. Assess when a referral to a medical practitioner may be indicated.

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# FOOD AND MOOD

**A Therapist's Guide to The Role of Nutrition in Mental Health**

**Woburn, MA**  
Wednesday, March 4, 2020

**Waltham, MA**  
Thursday, March 5, 2020

**Dedham, MA**  
Friday, March 6, 2020

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# FOOD AND MOOD

## A Therapist's Guide to The Role of Nutrition in Mental Health

- Assessment tools to determine whether diet is impeding a client's progress
- Techniques to incorporate nutrition in treatment plans, within your scope of practice
- Improve treatment outcomes by helping clients make practical, lasting dietary changes

**TARGET AUDIENCE:** Counselors • Psychologists • Social Workers • Marriage and Family Therapists • Addictions Counselors  
Clinical Nurse Specialists • Nurses • Dieticians • Occupational Therapists



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# FOOD AND MOOD

## A Therapist's Guide to The Role of Nutrition in Mental Health

Diet is an often-ignored aspect in the prevention of poor mental health and the promotion of good emotional health. The causes of behavioral health problems are complex, and nutrition is a valuable yet often missing piece of the puzzle to help clients improve their emotional state.

Imagine if you could feel more confident talking with clients about nutrition from a therapist's point of view, and do so while adhering to our ethical code.

Kathleen Zamperini, LPC, NCC, NCGC-1, CMHIMP brings a unique perspective as a licensed professional counselor with a degree in nutrition and certification with the Mental Health Integrative Medical Institute. She uses the language of a therapist to explain key concepts of integrating a cognitive behavioral approach with nutritional strategies to improve treatment outcomes.

Discover the clinical applications to transform the way your clients view food and revolutionize your clinical toolbox to ethically educate clients about nutrition and how they can make lasting changes.

## Speaker

**Kathleen D. Zamperini, LPC, NCC, NCGC-1, CMHIMP** has a master's degree in counseling psychology and a master's degree in education with secondary guidance certification. She is a licensed professional counselor and is a Nationally Certified Gambling Counselor. Kathleen received a degree in holistic nutrition from the Canadian School of Natural Nutrition, and is a Certified Mental Health Integrative Medicine Provider. She has a passion for helping clients understand the role of nutrition in mental health. She has 30 years of counseling experience working with persons dealing with depression and anxiety, and is the director of counseling for a large social service agency, Catholic Charities, in Pittsburgh, PA. She has published articles in the National Gambling Association Newsletter on the role of nutrition in treating gambling addictions, and presented numerous presentations on this topic, including a statewide conference.

### Speaker Disclosures:

Financial: Kathleen Zamperini is the director of counseling for Catholic Charities of the Diocese of Pittsburgh. She receives a speaking honorarium from PESI, Inc.

Non-financial: Kathleen Zamperini is a member of the National Board for Certified Counselors.

**Questions?** Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://www.pesi.com/info).



**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 \$30 cancel fee. Substitutions are permitted at any time.

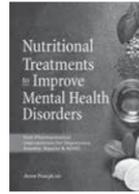
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PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

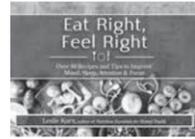
## RELATED PRODUCTS [ Save by including with your seminar registration ]



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

By R 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.

## Live Seminar Continuing Education Credit 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](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 profession's standards.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

**ADDICTION 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.

**MASSACHUSETTS COUNSELORS:** Application for MaMHCA/MMCEP continuing education credits has been submitted. For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/77887](http://www.pesi.com/events/detail/77887).

**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 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.

**MASSACHUSETTS MARRIAGE & FAMILY THERAPISTS:** This course has been submitted for review for continuing education approval. Credit is 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 6.3 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 6.0 contact hours or .6 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.

**PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

**PSYCHOLOGISTS:** This live 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 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.

**SOCIAL WORKERS:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**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.



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**3 Select Tuition**

**TUITION including seminar manual**

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 single registration postmarked 3 weeks prior to seminar date

**\$249.99** standard

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**\$24.99\*** *Nutritional Treatments to Improve Mental Health Disorders\**

(PUB085695)

**\$19.99\*** *Eat Right, Feel Right* book (PUB084920)

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## REGISTRATION FORM

### FOOD AND MOOD

#### A THERAPIST'S GUIDE TO THE ROLE OF NUTRITION IN MENTAL HEALTH

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

**Mail Code:** \_\_\_\_\_ See mail code box on reverse side above your name & address

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

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(PUB085695)

**\$19.99\*** *Eat Right, Feel Right* book (PUB084920)

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### ADA NEEDS

We would be happy to accommodate your ADA needs; please email [info@pesi.com](mailto: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.*

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