

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

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.

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

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

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

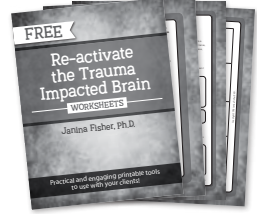
Education and awareness for clients – the basic food assessment you can use  
Practical strategies to help clients eat healthy on a budget  
How to apply techniques ethically and responsibly  
When to refer to a medical practitioner  
The risks and limitations of research studies  
Resources for clients

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.

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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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Wednesday, March 4, 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



# 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.*

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**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.

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**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).

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**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.

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### **NURSES, NURSE PRACTITIONERS, AND CLINICAL NURSE SPECIALISTS:**

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Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

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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.

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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.

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## REGISTRATION FORM

### FOOD AND MOOD

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

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

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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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- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, first come, first serve.
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