## **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

### **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
- 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 Webcast Schedule** (Times listed in Central)

**8:00** Program begins

11:50-1:00 Lunch Break

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

# LIVE WEBCAST

Friday, August 28, 2020

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## Join us online, for this live training!

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

# **LIVE WEBCAST** Friday, August 28, 2020

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## 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.

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

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Counselors: AK, AL, AZ, CA, CO, CT, DE, FL, HI, IA, IL, IN, KS, MD, ME, MI, MO, MT, NC, NE, NH, NJ, NV, OR, PA, RI, SC, SD, TN, TX, UT,

Marriage and Family Therapists: AK, AL, AR, AZ, CA, CO, DE, FL, IA, IL, IN, KS, MD, ME, MI, MO, MT, NC, NE, NH, NJ, NM, NV, OR, PA, RI, SC, SD, TN, TX, UT, VA, WY

#### Nurses: All States

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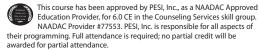
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Credits listed are for full attendance at the live webcast only. The CE passing the online post-test evaluation (80% passing score). Additional participants can receive a CE certificate by adding a post-test evaluation to their account for \$49.99 USD. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



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