

OUTLINE

Underlying Factors of Depression, Anxiety, Bipolar and ADHD

- Transcending Mind-Body Separation: Understanding the Complex Relationships
- The Factors that Cause “Chemical Imbalance”
- Beyond Pharmaceutical Management

Accelerate Your Therapeutic Results

- 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

How the Essential Nutrients Impact Mental Health

- Fats: Essential Fatty Acids, Toxic Fats, Fish Oil
- Protein: The Building Blocks of Happiness
- Vitamins: B-Vitamins, 5-MTHF, Vitamin D
- Minerals: Magnesium, Calcium

Recognizing When “Mental Illness” Is Something Else

- Hormones
- Blood Sugar and Hypoglycemia
- Inflammation
- Genetic Variations
- Digestion

OBJECTIVES

- 1

Articulate how integrative interventions facilitate better treatment outcomes in depression, anxiety, bipolar and ADHD.
- 2

Determine the nutrients shown to improve brain function for your clients.
- 3

Evaluate how improved nutrition can improve therapeutic outcomes for clients with depression, anxiety, bipolar and ADHD.
- 4

Analyze the differences between mental illness versus nutritional and hormonal imbalances.
- 5

Assess the impact hormones can have on mental health assessment and treatment.
- 6

Evaluate the impact of blood sugar and genetic variations on mental health disorders and effective treatment.

TARGET AUDIENCE:

Counselors • Case Managers • Psychotherapists • Social Workers • Dieticians • Psychologists
Marriage & Family Therapists • Addiction Counselors • Therapists • Nurses • Physicians
Occupational Therapists • Occupational Therapy Assistants • Other Mental Health Professionals



BECOME
CERTIFIED!

This course counts toward the educational hours required for certification in **Certified Mental Health Integrative Medicine Provider (CMHIMP)**.
Visit www.evergreencertifications.com/CMHIMP for the full certification requirements.

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

Keeping Your Clients Safe: The Truth About Popular Supplements

- 5-HTP, St. Johns Wort
- Melatonin
- Adaptogens: Ginseng, Licorice, Ashwaganda
- Interactions with Pharmaceuticals

Non-Pharmaceutical Treatment Plans for:

- Depression
- Anxiety
- Bipolar
- ADHD
- Anger/Irritability
- Obesity
- Addictions

Building an Integrative Health Team

- When to Refer
- Who to Refer a Client to
- Where to Find the Right Provider

Live Webcast Schedule
(Times listed in Eastern)

- 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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Nutritional
and Integrative
Interventions
for Mental Health
Disorders

Non-Pharmaceutical Interventions
for Depression, Anxiety, Bipolar & ADHD

LIVE Interactive Webcast
Monday, October 12, 2020

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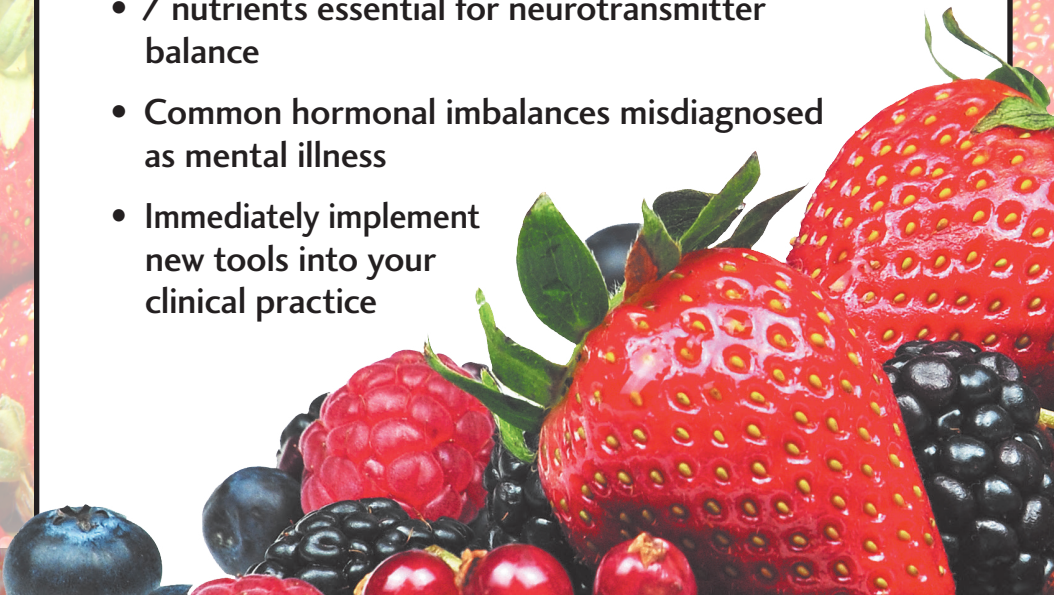
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Nutritional
and Integrative
Interventions
for Mental Health
Disorders

Non-Pharmaceutical Interventions
for Depression, Anxiety, Bipolar & ADHD

- 4 habits that sabotage mental health
- 7 nutrients essential for neurotransmitter balance
- Common hormonal imbalances misdiagnosed as mental illness
- Immediately implement new tools into your clinical practice



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Nutritional and Integrative Interventions
for Mental Health Disorders

Non-Pharmaceutical Interventions for Depression, Anxiety, Bipolar & ADHD

Join Vicki Steine, DSC, LCSW, as she teaches you how to think more holistically about diagnosis, nutritional deficiencies, and hormonal imbalances that may contribute to mental health disorders. Nutritional psychology is an emerging field outlining how nutrients can affect mood and behavior. Many clients see a reduction in symptoms when integrating non-pharmaceutical interventions to treat depression, anxiety, bipolar and ADHD. You will learn the underlying causes and symptoms of these disorders, to more accurately diagnose and treat your clients.

Through case analysis, you will experience how addressing core physical and nutritional needs can greatly increase therapeutic results. You will discover the nutrients most essential to help treat your most depressed and anxious clients, and learn simple strategies that can be integrated with pharmaceutical interventions. Leave this seminar with the tools and understanding necessary to immediately incorporate these strategies into your clinical practice.

SPEAKER

Vicki Steine, DSC, LCSW, has been a social worker for 18 years, working in both inpatient and outpatient settings, and works with children and adults with ADHD, anxiety, depression, and Tourettes’ syndrome in her private practice in the Atlanta area. Dr. Steine received her Master’s in social work from the University of Georgia and her Doctorate of Science in holistic nutrition from Hawthorn University. She is Board Certified in Holistic Nutrition through the National Association of Nutrition Professionals, a Nutrition Certified Practitioner through the Integrated and Functional Nutrition Academy, and is a member of the National Association of Social Workers. Dr. Steine enjoys combining her skills as a social worker and nutrition educator to help her clients who struggle with staying organized, keeping focused at work or school, and overcoming the anxiety and depression that often prevents them from fully living their lives. She integrates nutrition, mind-body exercises, and traditional psychotherapy methods, like Cognitive Behavior Therapy, to help her clients get on with living their lives optimally. She has spoken at many conferences and delivered workshops providing education to professionals and lay people alike on the benefits of nutrition and improving mental health. Dr. Steine has had personal success using a holistic approach, including nutrition and supplements, to recover from a near death boating accident and debilitating depression.

Speaker Disclosure:
Financial: Vicki Steine maintains a private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Vicki Steine is a member of the National Association of Social Workers; the National Association of Nutrition Practitioners; and the Southeastern Brainspotting Institute. She indicates she has a bias toward functional and integrative medicine in treating long term health care/issues.

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To inquire about credit in other states or home study credit, please contact cepesi@pesi.com or 800-844-8260 before the event.

National Approvals

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PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.

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, 2020 - January 27, 2023. 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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