

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 Webcast Schedule (all 3 days)  
(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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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

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 Tourette’s 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.

**Target Audience** Counselors • Case Managers • Psychotherapists • Social Workers • Dietitians  
Marriage & Family Therapists • Psychologists • Addiction Counselors • Therapists • Nurses • Occupational Therapists  
Other Mental Health Professionals




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