

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

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.

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.

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




### Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available

[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
EAU CLAIRE, WI  
PERMIT NO. 32729

PESI, Inc.  
P.O. Box 1000  
Eau Claire, WI 54702-1000



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


LIVE Interactive Webcast  
Friday, January 15, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW:  
[pesi.com/webcast/84245](http://pesi.com/webcast/84245)

### 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 Interactive Webcast  
Friday, January 15, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



A Non-Profit Organization Connecting Knowledge with Need Since 1979

REGISTER NOW:  
[pesi.com/webcast/84245](http://pesi.com/webcast/84245)



# 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, 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, 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 has no relevant non-financial relationship to disclose.

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 live webcast, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

**Digital Seminar or DVD:** You can purchase a self-study package on the subject and you and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

**Have a seminar idea? A manuscript to publish?** The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Claire Zelasko** at [czelasko@pesi.com](mailto:czelasko@pesi.com) or call **715-855-8194**.



## Online Learning Made Easy!

Join us on January 15, 2021, for this live, interactive webcast!

Connect, collaborate and learn with our online seminars! It’s easy, webcasts provide everything you need for an online educational experience including real-time video and audio, view slides on your computer screen, and the ability to ask your questions. Seminar materials are available for download. Bonus, registration includes 3 month access to the on-demand seminar for you to watch again!

**It’s easy and convenient!**

**Register now! [pesi.com/webcast/84245](http://pesi.com/webcast/84245)**

**Train your whole organization**

**Purchase one full-price registration → train unlimited additional attendees for only \$49.99 each**

• Watch and participate in real time

• One CE Certificate is included

• **BONUS!** Receive free on-demand access for 3 months with registration!

### CE CREDIT AVAILABLE FOR WEBCAST – UP TO 6.25 HOURS!

This continuing education activity is designed to meet state board requirements for the following professionals. For specific credit approvals and details, visit [pesi.com/webcast/84245](http://pesi.com/webcast/84245).

**Addiction Counselors** – AK, AL, AR, AZ, CA, CO, CT, DE, FL, GA, IA, ID, IN, KS, KY, LA, MA, MD, ME, MI, MN, MS, MT, NC, ND, NE, NH, NJ, NM, NV, OK, OR, RI, SC, SD, TN, TX, UT, VA, VT, WA, WI, WV

**Counselors** – AK, AL, AZ, CA, CO, CT, DC, DE, FL, HI, IA, IL, IN, KS, MD, ME, MI, MN, MO, MT, NC, ND, NE, NH, NJ, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

**Marriage and Family Therapists** – AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, HI, IA, IL, IN, KS, MD, ME, MI, MN, MO, MT, NC, NE, NH, NJ, NM, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

**Nurses** – All States

**Occupational Therapists** – All States

**Physicians**– All States

**Psychologists** – AK, AR, AZ, CA, CO, CT, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, MD, ME, MI, MN, MO, MS, MT, NC (Category B), ND, NE, NH, NJ, NM, NV, NY, OH, OK, OR, PA, SC (Category B), SD, TN, TX, UT, VA, WA, WI, WV

**Social Workers** – AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MS, MT, NC, ND, NE, NH, NM, NV, NY, OH, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, VT, WA, WI, WY

**For specific credit approvals and details, visit [pesi.com/webcast/84245](http://pesi.com/webcast/84245).**

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

### National Approvals

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and 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.

This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.25 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.

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.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



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.



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.

\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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.

## REGISTRATION FORM

### FOOD AND MOOD: A THERAPIST’S GUIDE TO THE ROLE OF NUTRITION IN MENTAL HEALTH

**SAVE TIME! Express Register Online: [pesi.com/webcast/84245](http://pesi.com/webcast/84245)**

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

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

Name \_\_\_\_\_ Profession \_\_\_\_\_

Billing Address \_\_\_\_\_ ☐ Home ☐ Work

Company Name (if work address): \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\*Cell Ph ( ) \_\_\_\_\_ Work Ph ( ) \_\_\_\_\_  
\*Required for event updates

**2 Pick Your Training** (make copy for your records)

☐ **LIVE Interactive Webcast**

**January 15, 2021** **PWZ84244**

**\$219.99** tuition\*

8am Central time

Includes:

Real-time Q&A with Speaker

Live CE Certificate

Downloadable Manual

**FREE BONUS:**

Replay On-demand Access for 90 Days Afterwards

☐ **Digital Seminar** **POS055840**

**\$219.99\*\***

Includes:

Self-study CE Certificate

Lifetime On-demand Access

Downloadable Manual

☐ **DVD** **RNV055840**

**\$219.99\*\*\***

Includes:

Lifetime Access

Downloadable Manual

**3 Select Payment Method**

**All registrations must be prepaid.**

☐ Check enclosed payable to **PESI, Inc.**

☐ Purchase order enclosed (Fed ID # 26-3896894)

☐ MC 16 digits ☐ VISA 13-16 digits ☐ AE 15 digits ☐ Discover Novus 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ CVV#: \_\_\_\_\_

Signature \_\_\_\_\_

(\*MC/Visa/Discover: last 3-digit # on signature panel on back of card.) (\*American Express: 4-digit # above account # on face of card.)

#### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

#### QUESTIONS

Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](http://pesi.com/info)

#### OTHER WAYS TO REGISTER

Fax: 800-554-9775  
Mail: PESI, Inc.  
PO Box 1000  
Eau Claire, WI 54702-1000

Phone: 800-844-8260

Online: [pesi.com/webcast/84245](http://pesi.com/webcast/84245)

By placing this order you agree to continue to receive exclusive offers and resources from the best professionals in the world as outlined in our (PESI) privacy policy. Please visit [pesi.com/privacy](http://pesi.com/privacy) for more information.

Total \_\_\_\_\_  
Shipping - \$6.95 (DVD only) \_\_\_\_\_  
**Subtotal** \_\_\_\_\_  
Tax \_\_\_\_\_  
**TOTAL** \_\_\_\_\_

\* For webcasts, add applicable tax in HI, NM  
\*\*For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IN, IA, ID, KY, LA, ME, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.  
\*\*\*For DVD orders, add applicable tax except in AK, DE, MT, NH, OR  
CE hours and approvals on products may differ from live CE approvals.  
Additional CE participant prices may vary.