

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 Webinar 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.

FREE PRINTABLE!

Food-Diary Worksheet and Clinical Checklist

Get yours today at www.pesi.com/cmhimpworksheets

Group Training Solutions Made Easy!

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

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

FOOD AND MOOD

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

LIVE Interactive Webinar
Friday, June 18, 2021

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

PESI®
www.pesi.com

REGISTER NOW:
pesi.com/webcast/85066

Join us online, for this live training!

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

LIVE Interactive Webinar
Friday, June 18, 2021

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

PESI®
www.pesi.com
A Non-Profit Organization Connecting Knowledge with Need Since 1979

REGISTER NOW:
pesi.com/webcast/85066

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.

Target Audience:

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



Risk Free Purchase! PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-844-8260 and we will make it right.

PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at www.pesi.com/info!

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

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 or call **715-855-8194**.

Meet Your 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 Disclosure:

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.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage and Family Therapists, Nurses, Occupational Therapists, Physicians, Psychologists, Social Workers.**

For specific credit approvals and details, visit www.pesi.com/webcast/85066

National CE Credit Approvals For Live Webinar

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). 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.



APPROVED PROVIDER OF CONTINUING EDUCATION by The American Occupational Therapy Association, Inc.

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.

Earn up to
6.25 CE
Hours for one
low price!



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.

This program is Approved by the National Association of Social Workers (Approval # 886759332-8283) for 6.0 Social Work continuing education contact hours.

Self-study credit: To check availability for your profession, go to www.pesi.com or call 800-844-8260 with your licensing board to verify acceptance of self-study credit for license renewal.

*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 Kids, PESI Rehab and Psychotherapy Networker.

For all credit approvals and details, visit: www.pesi.com/webcast/85066

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesi.com/webcast/85066

Live Interactive Webinar (Option 1)

June 18, 2021 PWZ85065

\$219.99 tuition

8am Eastern time

Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar

**Live CE is only available when viewed live*

Get a Group Discount! Contact us at [pesi.com/info](http://www.pesi.com/info) to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$219.99 POS055840

Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
 - Access to the program materials
 - Enjoy lifetime on-demand access
 - Earn a self-study CE certificate
- CE hours and approvals may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability.

DVD (Option 3)

\$219.99 RNV055840

DVD Experience:

- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability and pricing

Recommended Reading:

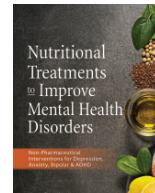


Eat Right, Feel Right
Over 80 Recipes and Tips to Improve Mood, Sleep, Attention & Focus

Leslie Korn, PhD, MPH, LMHC

~~\$19.99~~ **\$14.99***

PUB084920



Nutritional Treatments to Improve Mental Health Disorders
Non-Pharmaceutical Interventions for Depression, Anxiety, Bipolar & ADHD

R. Anne Procyk, ND

~~\$24.99~~ **\$19.99***

PUB085695

** Discount Included with purchase of the Webinar*

OTHER WAYS TO REGISTER

Phone: 800-844-8260

Fax: 800-554-9775

Mail: PESI, Inc.
PO Box 1000
Eau Claire, WI 54702-1000

*If mailing/faxing registration, find form at www.pesi.com/form or call 800-844-8260

ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS

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

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

