

## 3-Day Certified Integrative Mental Health Provider (CIMHP) Training Course

Integrative Mental Health Counseling is a progressive form of therapy that combines different therapeutic tools and approaches to fit the needs of the individual client. Using integrative therapies, we modify standard treatments to fill in developmental gaps that affect each client in different ways.

Become a Certified Mental Health Integrative Medicine Professional and learn how to empower your clients to take control of their health to reach all their goals—from weight loss to stress management, resolving chronic conditions through mind body medicine, to nutrition, exercise, sleep, gut health and more.

By combining elements drawn from different schools of thought and research, integrative therapy becomes a more flexible and inclusive approach to treatment. Drawing on a holistic approach to mental and physical health we look at the whole person. Counselors can motivate, empower and inspire wellness by combining a unique approach to look at how healing the body heals the mind and how healing the mind heals the body.

Our clients present with a lifetime of symptoms. Using an integrative methodology, we can teach them to become self-sufficient by learning to observe the body's responses to various lifestyle and dietary modifications. Thus, choosing health promoting behaviors. Our body's work as a system and we can rebalance this system by developing strategies to incorporate into client care. Providing the newest science of nutrition, stress management and building resiliency.

As a Certified Integrative Mental Health Provider, you will enhance their clinical skills to help facilitate behavior and lifestyle change that will have a lasting, positive impact on their well-being.

As a clinician, you can go beyond therapy by supporting your clients in good health, awareness, and empowerment to heal their bodies and minds.



**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](http://www.pesi.com/info) or 800-726-3888 and we will make it right.

### Target Audience:

Counselors • Marriage and Family Therapists • Nurse Practitioners (NP) • Psychologists  
Registered Dietitians • Registered Nurses (non-Psychiatric Nurses) • Social Workers  
Other licensed mental health professionals

## Your Speaker:



**Colleen A. Burns is a Licensed Mental Health Counselor, LMHC, Licensed Alcohol and Drug Counselor LADCI, a Certified Integrative Health Coach and Certified Mind-Body Practitioner.** She has over 20 years of experience in counseling individuals and families and is the founder of Restore Body Balance in Brookline, MA, where she guides clients as an integrative health counselor, using tailored whole-health programs to meet the needs of each client. Ms. Burns injects

emerging research into her practice and her vast expertise and pivotal methodology of combining traditional psychotherapy with adjunct therapies allows her clients to experience the full breadth of long-lasting changes in their lives.

Ms. Burns received a Master's in counseling psychology from Boston College, MA. She has worked for public and private sector organizations, as well as nonprofit agencies and government-sponsored programs. Ms. Burns was a staff clinician at McLean Hospital, Harvard Medical School, has lectured nationally at conferences and co-authored a treatment manual for the Center for Substance Abuse Treatment (CSAT), a National Institute on Drug Abuse-(NIDA) funded study.

### Speaker Disclosures:

Financial: Colleen Burns maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Colleen Burns is a member of the American Psychological Association; and the National Association for Addiction Professionals.

### CERTIFICATION MADE SIMPLE!



- No hidden fees – PESI pays for your application fee (a \$149.99 value)!
- Simply complete this live event and the post-event evaluation included in this training, and your application to be **Certified Integrative Mental Health Provider** through Evergreen Certifications is complete.\*

Attendees will receive documentation of CIMHP designation from Evergreen Certifications 4 to 6 weeks following the program.  
\*Professional standards apply. Visit [www.evergreencertifications.com/CIMHP](http://www.evergreencertifications.com/CIMHP) for professional requirements.

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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.

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## Live Online Certification Training

# 3-Day Certified Integrative Mental Health Provider (CIMHP) Training Course

## Live Interactive Webinar

Monday - Wednesday, November 15 - 17, 2021

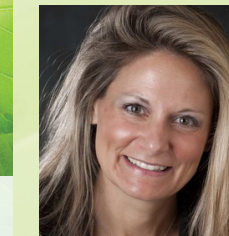
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## Live Online Certification Training

# 3-Day Certified Integrative Mental Health Provider (CIMHP) Training Course



**Colleen A. Burns, LMHC, LADCI, Certified Integrative Health Coach and Certified Mind-Body Practitioner**



**Limited Time Offer**  
Your Certification Application Fee (\$249 value!) Included - On PESI!  
See details inside

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# Day 1 Course Outline

## Morning Session:

### STRESS MANAGEMENT AND BUILDING RESILIENCY

- “Lifestyle” practices to support resiliency
- The stress experience and the mind-body connection
- Strategies for eliciting the relaxation response
- Neuroplasticity: Using the habituated brain

### THE SYMPATHETIC AND PARASYMPATHETIC NERVOUS SYSTEMS

- Evidenced-based practices in integrative medicine to support behavior change
- Ways to elicit the “relaxation response” to antidote stress
- When and where to use mind-body approaches - inside and outside treatment
- Six ways to fight stress fast

### POSITIVE PSYCHOLOGY AND GRATITUDE

- The science behind gratitude and abundance
- Self-compassion and renewal is the key to change
- Outline how positive psychology can increase resilience to psychological stress and physical disorders

- Gratitude & breaking free of the vicious cycle of negative thoughts

## Afternoon Session:

### THE SCIENCE OF HABIT LOOPS

- How the brain forms new habits
- The connection between stress, impulse control and neurotransmitters
- Why will-power isn’t enough!
- Brain-based tools for retraining the habit brain

### MINDFULNESS-BASED COGNITIVE BEHAVIORAL THERAPY

- Cognitive reappraisal and positive expectation to stop allostatic loading
- Master the O.N.E. technique
- Learn how to integrate tools into clinical practice via evidenced-based techniques
- Techniques from mindful cognitive behavior therapy

### MINDFULNESS AND MEDITATION

- Health-related benefits of contemporary meditative practices
- The science behind mindfulness and meditation, why meditation works and how it changes your brain
- Teach clients to begin a daily practice to ease symptoms of depression & anxiety

# Day 2 Course Outline

## Morning session:

### INFLAMMATION

- Inflammation and the mind-body connection
- Acute and chronic inflammation
- Stress, sleep, mood, nutrition
- Identify lifestyle factors contributing to inflammation
- The links of inflammation, to stress, disease, anxiety and depression
- The enteric nervous system

### GUT HEALTH, THE BRAIN AND THE MICROBIOME

- Sympathetic and parasympathetic nervous system
- Rest and digest vs. fight or flight
- A user’s guide to the gut brain axis
- This axis that connects the brain, central nervous system and the digestive tract is the basis for understanding our microbiome

### NUTRITION AND MENTAL HEALTH

- Nutrition and links to mental and physical health
- Clinicians in the kitchen: Nutritional involvement in mood disorders
- Using motivational interviewing
- Evidenced-based education on how nutrition impacts mental health
- The role of sugar and fats on mood related disorders

- Chemicals and additives in food and their effect on mental and physical health

- The link between nutrition and mental health

- Recognize nutritional deficiencies signs and symptoms

- Identify why food is medicine

- Food allergens, lactose intolerance and mood

- Minerals & vitamins, magnesium, omega’s, B vitamins

- Supplements

- Clinical therapies

- Key nutrients for pain, mood, attention and cognition

- Prebiotics and probiotics

## Afternoon Session:

### PHYSICAL HEALTH AND IMPACTS ON MENTAL HEALTH

- Using exercise to reduce anxiety and depression
- Walking meditation
- Stretching
- Yoga
- Pilates

### RESTORATIVE SLEEP & SLEEP HYGIENE

- Science of sleep, from weight to mood
- Sleeping pills and supplements
- Questionnaire for clients rating their sleep habits

# Day 3 Course Outline

## Morning Session:

### THE ANCIENT WISDOM OF OTHER CULTURES

- Ayurvedic and Chinese medicine
- Chinese medicine, acupressure and acupuncture
- Ancient ways of eating and cooking
- Movement from Tai Chi to meditation
- Introduction to the concept of the Blue Zones & culture

### LIVING IN A TOXIC ENVIRONMENT, PHYSICALLY AND EMOTIONALLY

- A toxic environment - it’s more than chemicals
- Protect the brain and body from toxins in food, air, water, and environment
- Check list for clients
- How toxins can harm parts of the brain and body
- Key food groups that are involved in detoxification
- Teach clients how to create a safe, non-toxic environment

### Hormones

- Hormones every clinician should understand
- Signs your hormones are out-of-whack
- Develop a treatment plan to address hormonal shifts, including referrals
- Tools to help clients recognize when and if hormones are not functioning properly
- Steps to take when addressing with a medical provider

- Relapse prevention
- Normalize neurotransmitters and mood
- Insulin, glucose, B6 & B12

### MINDFULNESS AND MEDITATION AID IN RECOVER AND RELAPSE PREVENTION

- How mindfulness and meditation promote self-care
- Incorporating a meditative practice in recovery
- Adopting a healthy lifestyle

### CBD WELLNESS AND EDUCATION

- The Natural Endocannabinoid System
- Your brain is a cannabinoid playground
- CBD terminology
- Regulation
- CBD with zero THC
- Teas, tinctures and terpenes
- Cautionary statements

### SCOPE OF PRACTICE

- Clinician’s scope of practice, nature of the research and limitations
- Focus on safe areas to intervene and make suggestions
- Conditions for referral
- When to recommend, suggest & limits of liability
- What clinicians can do with CIMHP

Learning Objectives can be viewed at [pesi.com/webcast/86175](http://pesi.com/webcast/86175)

### Live Webinar Schedule - all 3 days (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.

## Afternoon Session:

### ON THE ROAD TO RECOVERY: SUBSTANCE MISUSE AND RELAPSE

- Support recovery with diet and lifestyle behaviors
- Relapse prevention techniques and tools

### IMPACT OF DIET AND NUTRITION ON RECOVERY:

- How we feed ourselves is part of recovery
- Vitamin and mineral deficiencies
- Sugar and caffeine
- Self-medication hypotheses
- Nutrition impacts cravings

# SIGN UP-TODAY!

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## CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals and details, visit [pesi.com/webcast/86175](http://pesi.com/webcast/86175)

### 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.



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 19.0 contact hours.

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This activity is pending approval from the National Association of Social Workers.

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## Recommended Reading:



PUB084920

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

By Leslie Korn, PhD, MPH, LMHC  
**\$19.99 \$14.99\***



PUB085695

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

By R Anne Procyk, ND  
**\$24.99- \$19.99\***

**\* Discount Included with purchase of the Webinar**

### OTHER WAYS TO REGISTER

Phone: **800-726-3888**

Fax: 800-554-9775

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\*If mailing/faxing registration, find form at [www.pesi.com/form](http://www.pesi.com/form) or call 800-726-3888

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### QUESTIONS

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### TAXES AND SHIPPING

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