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

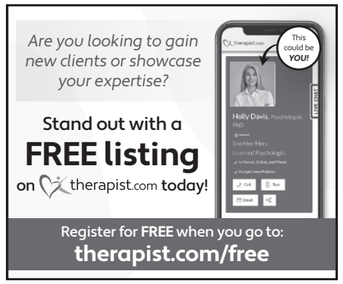
What You Need to Know about Somatic Therapies
The spectrum of somatic and bodywork therapies
Acupuncture
The NADA protocol for addictions
Cranial electrical stimulation for PTSD, insomnia, and optimal cognition
When to refer

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

Learning Objectives can be viewed at pesi.com/webcast/87190



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- **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

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8:00 Program begins
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**Professional standards apply. Visit www.evergreencertifications.com/cmhimp for professional requirements.*

Meet Your Speaker

Vicki Steine, DSC, LCSW, has been a social worker for more than 25 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. She has no relevant financial relationships with ineligible organizations.

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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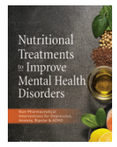
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