

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

Target Audience:

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

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.



If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-726-3888 and we will make it right.

Live Seminar & Webinar Schedule

(Listed in Mountain time) (All 3 days)

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (on your own)

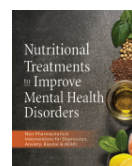
4:00 Program ends

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.

Recommended Reading:



Eat Right, Feel Right
Over 80 Recipes and Tips to Improve Mood,
Sleep, Attention & Focus
\$19.99 \$14.99*



Nutritional Treatments to Improve Mental Health Disorders
Non-Pharmaceutical Interventions for
Depression, Anxiety, Bipolar & ADHD
\$24.99 \$19.99*

Purchase this training for these exclusive savings!

Are you looking to gain new clients or showcase your expertise?

Stand out with a **FREE listing** on therapist.com today!

Register for FREE when you go to:
therapist.com/free

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
US POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO 32729

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



We Are Back! Join In Person or Online!

3-Day

Nutrition for Mental Health Certification Course



Denver, CO

Monday - Wednesday
November 7 - 9, 2022

Live Interactive Webinar

Monday - Wednesday
November 7 - 9, 2022



REGISTER NOW:
pesi.com/express/87743



We Are Back! Join In Person or Online!

3-Day

Nutrition for Mental Health Certification Course



BECOME A CERTIFIED INTEGRATIVE MENTAL HEALTH PROFESSIONAL!

This seminar meets ALL requirements to become a Certified Mental Health Professional (CIMHP) through Evergreen Certifications!
Professional standards apply, visit www.evergreencertifications.com/cimhp for full certification details.



Denver, CO

Monday - Wednesday
November 7 - 9, 2022

Live Interactive Webinar

Monday - Wednesday
November 7 - 9, 2022



REGISTER NOW:
pesi.com/express/87743

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

Objectives

- Evaluate mood and behavior in clients using micro-and macronutrients.
- Justify how macronutrients and micronutrients affect mood and behavior in clients.
- Determine how gluten and casein sensitivity may influence the presentation of depression, psychosis, and ASD in clients.
- Apply integrated and nutritional medicine safely and ethically within your professional discipline’s scope of practice.
- Correlate assessments to differentiate between a clinical presentation of mental illnesses vs. nutritional and/or hormonal imbalances.
- Construct treatment plans through six unique nutritional methods for clients with mood lability.
- Determine key nutrients that support the function of both the brain and the gut, the “second brain”.
- 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.
- Develop a Cultural Formulation tool using the DSM-5 to inform your treatment planning process.
- Appraise the research regarding any reported potential side effects of poly-medicine use through evaluation of drug-nutrient-herbal interactions to determine if you are working within your professional scope of practice.
- Apply stage-specific anaerobic and aerobic exercise and selfcare methods.
- Demonstrate breathing techniques to reduce hyperventilation for clients with anxiety disorders.
- Adapt complementary and alternative methods for children and teens with behavioral and mental health disorders such as ADHD and ODD.
- Assess when psychotropic medications, herbal medicines, and nutrients can be harmful to clients.
- Inspect the presented research on how essential fatty acids can help clients diagnosed with mood disorders alleviate symptoms (as is within your scope of practice).
- Hypothesize how circadian rhythms contribute to depression, PTSD and bipolar disorder.
- Evaluate the impact of blood sugar and genetic variations on mental health disorders.

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

Can’t attend in person? You can still join us!

Watch live Webinar from your home or office – Participate live in real-time while connecting and collaborating with peers, ask the presenter questions, earn a live CE certificate, free bonus – replay on demand access for 90 days (live CE is only available when viewed live) OR **Watch on-Demand** – learn at your own pace, lifetime access online to content and materials, earn a self-study certificate (CE hours and approvals may vary from live event, visit pesi.com for availability).

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 **Victoria Franz** at vf Franz@pesi.com or call **715-855-8108**.

CERTIFICATION MADE SIMPLE!



- No hidden fees – PESI pays for your application fee (a \$99 value)*!
- Simply complete this live event and the post-event evaluation included in this training, and your application to be a Certified Integrative Mental Health Professional (CIMHP) through Evergreen Certifications is complete.*

Attendees will receive documentation of CMHIMP designation from Evergreen Certifications 4 to 6 weeks following the program.

*Professional standards apply. Visit www.evergreencertifications.com/cmhimp for professional requirements.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “live seminar schedule” for full attendance start and end times. The CE certificate for the live, webcast can be downloaded after completing the webcast and passing the online post-test evaluation (80% passing score). NOTE: Boards do not allow credit for breaks or lunch. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event. Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. 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 professions standards. The planning committee and staff who controlled the content of this activity have no relevant financial relationships to disclose. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, and Psychotherapy Networker.

Addiction Counselors: This activity consists of 19.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Counselors: This intermediate activity consists of 19.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Colorado Counselors: Professional development hours (PDH) are available. This live professional development activity consists of 19.0 PDH in the Coursework category. It is designed to meet the requirements of the Colorado State Board of Licensed Professional Counselor Examiners. Licensees can accrue up to 20 PDH in the Coursework category during each renewal cycle. Please save the certificate of completion in case it is requested by the board.

Marriage & Family Therapists: This activity consists of 1140 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: 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. Partial contact hours will be awarded for partial attendance.

Occupational Therapists & Occupational Therapy Assistants: PESI, Inc. is an AOTA Approved Provider of professional development. Approved provider# 3322. This Live activity is offered at 1.9 CEUs Intermediate, OT Service Delivery . The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Psychologists: This live activity consists of 19.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements.

Social Workers: This intermediate level activity consists of 19.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Colorado Social Workers: PESI, Inc. is an approved provider with the Colorado Chapter of the National Association of Social Workers. Provider #1413. This course has been approved for 19.0 continuing education hours.

Other Professions: This activity qualifies for 1140 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

For all credit approvals and details, visit: www.pesi.com/express/87743

Here’s What Your Colleagues Are Saying!

“Excellent course that covered a lot of material...Vicki was able to keep my interest for the entire program.”
– Darlene R., nurse practitioner

“Vicki was amazing! I loved learning from her, and she was so very knowledgeable and personable!”
– Christina S., counselor

“I am impressed by the scope of this seminar!” – Laura S., social worker

“Vicki was super knowledgeable in her field and told lots of relevant client stories. Excellent!!!” – Deborah B., dietician

“It was an incredible training that will influence my practice for the rest of my career.” – Hannah M., psychologist

SIGN UP TODAY!

3-Day Nutrition for Mental Health Certification Course

SAVE TIME! Express Register Online: pesi.com/express/87743

1

Please complete entire form if sending by mail

please print legibly

©2022

GREEN BUSINESS

*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

Live Training Options

(make copy for your records)

A

SELECT LOCATION

☐ DENVER, CO • November 7 - 9, 2022

87743DEN

Embassy Suites Denver Tech Center North
7525 East Hampden Ave • 80231 • (303) 696-6644

☐ LIVE VIDEO WEBINAR • November 7 - 9, 2022

PLW87743

Broadcast LIVE to your computer!

B

SELECT LIVE IN-PERSON TUITION includes downloadable seminar manual

\$599.99

– choose one of the options below:

☐ per person for 2 or more preregistering together —OR—

☐ single registration postmarked 3 weeks prior to seminar date

☐ \$699.99 standard

WEBINAR TUITION includes downloadable seminar manual

☐ \$599.99 registration (add tax in HI & NM)

3

Home Study Options

☐ On-Demand Digital Seminar \$599.99*

POS055250

☐ DVD \$599.99**

RNV055250

* plus applicable sales tax, visit www.pesi.com/faq for more information

4

Recommended Reading

☐ \$19.99 \$14.99** Eat Right, Feel Right

PUB084920

☐ \$24.99 \$19.99** Nutritional Treatments to Improve Mental Health Disorders book

PUB085695

**Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

OTHER WAYS TO REGISTER

Fax: 800-554-9775

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

Phone: 800-726-3888

Online: pesi.com/express/87743

5

Select Payment Method

All registrations must be prepaid.

☐ Check enclosed payable to PESI, Inc.

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

☐ MC ☐ VISA ☐ AE ☐ Discover Novus

16 digits 13-16 digits 15 digits 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.)