

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 Webinar Schedule (Times listed in Central)

9:00 Program begins
12:50-2:00 Lunch Break
5:00 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.

Limited time only

Create your **FREE** directory listing



therapist.com

Go to therapist.com/tcom to learn more.

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
Wednesday, September 13, 2023

Can't Attend Live? Get the On-Demand Training!



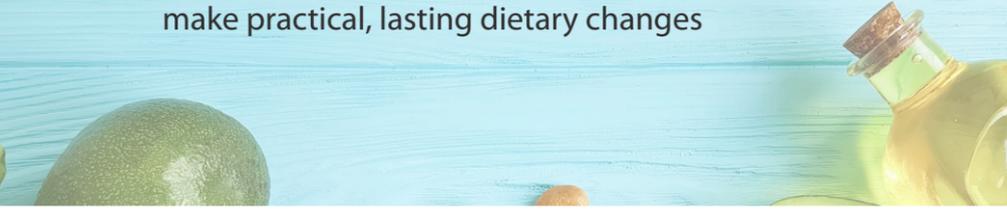
REGISTER NOW:
pesi.com/webcast/89590

Live Online —or— On-Demand!

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
Wednesday, September 13, 2023

Can't Attend Live? Get the On-Demand Training!

Register Now: pesi.com/webcast/89590



A NON-PROFIT ORGANIZATION CONNECTING
KNOWLEDGE WITH NEED SINCE 1979

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, CIMHP 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 800-726-3888 and we will make it right.

PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at 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 **Hails Keene** at hkeene@pesi.com.

Meet Your Speaker

Kathleen D. Zamperini, LPC, NCGC-1, CIMHP, 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 Integrative Mental Health Professional. 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 was previously the director of counseling for a large social service agency 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 a published author and receives royalties. Kathleen Zamperini receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Kathleen Zamperini has no relevant non-financial relationships.

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, and Social Workers.**

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. 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 6.0 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 professional development. Approved provider# 3322. This Distance Learning-Interactive activity is offered at .6 CEUs Intermediate, OT Service Delivery. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

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.

ACE 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, 2023 - January 27, 2026. Social Workers completing this course receive 6.25 Clinical 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.

Self-study credit: To check availability for your profession, go to www.pesi.com or call 800-726-3888 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, PESI AU, PESI UK, and Psychotherapy Networker.

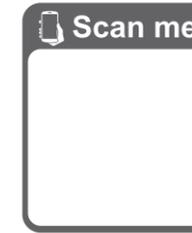


For all credit approvals and details, visit: pesi.com/webcast/89590

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs



Register Online at:
pesi.com/webcast/89590

Live Interactive Webinar (Option 1)

September 13, 2023 [PWZ89589]

\$249.99 tuition

9am Central 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 to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$249.99 [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 800-726-3888 to check for availability.

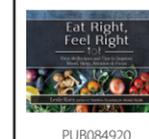
DVD (Option 3)

\$249.99 [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 800-726-3888 to check for availability and pricing

Special Offer! Up To 25% Off!

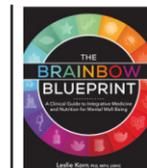


Eat Right, Feel Right

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

Leslie Korn, PhD, MPH, LMHC

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



The Brainbow Blueprint

A Clinical Guide to Integrative Medicine and Nutrition for Mental Well Being

Leslie Korn, PhD, MPH, LMHC

~~\$36.99~~ **\$29.99***

* Discount Included with purchase of the Webinar