

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 bodies 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 your clients' abilities to make behavior and lifestyle changes that will have a lasting, positive impact on their well-being.

As a clinician, you can teach skills that support your clients' good health, awareness, and ability to treat 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 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 is a member of the Local Multidisciplinary Response Team at Boston College and the owner of Better Business Globally, LLC. She receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Colleen Burns has no relevant non-financial relationships.

CERTIFICATION MADE SIMPLE!



- No hidden fees – PESI pays for your application fee (a \$99.99 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 for professional requirements.

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

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



NON-PROFIT ORGANIZATION
US POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO 32729

Group Training Solutions Made Easy!

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



www.pesi.com/inhouse

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

Live Online Certification Training

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

Live Interactive Webinar

Monday - Wednesday, June 20 - 22, 2022

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



REGISTER NOW:
pesi.com/webcast/87192

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 (\$99 value!) Included - On PESI!
See details inside

Live Interactive Webinar

Monday - Wednesday, June 20 - 22, 2022

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



REGISTER NOW:
pesi.com/webcast/87192

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 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

RESTORATIVE SLEEP & SLEEP HYGIENE

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

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, Nurses, Physicians, Psychologists, and Social Workers.**

For specific credit approvals and details, visit pesi.com/webcast/87192

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 webcast, 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.



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.



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

This program is Approved by the National Association of Social Workers (Approval # 886759332-3754) for 19.0 Social Work continuing education contact hours.

PESI, Inc. PE001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR) from July 1, 2019 through June 30, 2022. Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 19.0 CPEUs continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. This program/material is designated as LEVEL 2.

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 and Psychotherapy Networker.

Earn up to **19.0 CE** Hours for one low price!

For all credit approvals and details, visit: www.pesi.com/webcast/87192

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/87192

Live Webinar Schedule - all 3 days

(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.

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!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesi.com/webcast/87192

Live Interactive Webinar (Option 1)

June 20 - 22, 2022 PWZ87191

\$599.99 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 to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$599.99 POS058300

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)

\$599.99 RNV058300

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

Recommended Reading:



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*



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

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

*If mailing/faxing registration, find form at www.pesi.com/form or call 800-726-3888

ADA NEEDS

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

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



©2022