

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.



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Live Seminar & Webinar Schedule

(Listed in Central 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***

Purchase this training for these exclusive savings!



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

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We Are Back! Join In Person or Online!

3-Day

Nutrition for Mental Health Certification Course



Oakbrook Terrace, IL
Monday - Wednesday
April 24 - 26, 2023

Live Interactive Webinar
Monday - Wednesday
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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.



Oakbrook Terrace, IL
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Live Interactive Webinar
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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

- 1. Evaluate mood and behavior in clients using micro-and macronutrients.
- 2. Justify how macronutrients and micronutrients affect mood and behavior in clients.
- 3. Determine how gluten and casein sensitivity may influence the presentation of depression, psychosis, and ASD in clients.
- 4. Apply integrated and nutritional medicine safely and ethically within your professional discipline’s scope of practice.
- 5. Correlate assessments to differentiate between a clinical presentation of mental illnesses vs. nutritional and/or hormonal imbalances.
- 6. Construct treatment plans through six unique nutritional methods for clients with mood lability.
- 7. Determine key nutrients that support the function of both the brain and the gut, the “second brain”.
- 8. Implement evidence-based protocols for nutritional and herbal approaches for six DSM-5* categories.
- 9. Evaluate how client eating patterns may influence their mental health by using a food-mood assessment tool.
- 10. Develop a Cultural Formulation tool using the DSM-5 to inform your treatment planning process.
- 11. 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.
- 12. Apply stage-specific anaerobic and aerobic exercise and selfcare methods.
- 13. Demonstrate breathing techniques to reduce hyperventilation for clients with anxiety disorders.
- 14. Adapt complementary and alternative methods for children and teens with behavioral and mental health disorders such as ADHD and ODD.
- 15. Assess when psychotropic medications, herbal medicines, and nutrients can be harmful to clients.
- 16. 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).
- 17. Hypothesize how circadian rhythms contribute to depression, PTSD and bipolar disorder.
- 18. Evaluate the impact of blood sugar and genetic variations on mental health disorders.

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 CIMHP designation from Evergreen Certifications 4 to 6 weeks following the program.

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

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Please see "live seminar schedule" for full attendance start and end times. For the in-person event, after attendance has been verified, pre-registered attendees will need to log into their online account to access the online evaluation and certificate of completion. For those in partial attendance (arrived late or left early), a letter of attendance will be available in the attendee online account after completion of the evaluation. An adjusted certificate of completion reflecting partial credit will be sent within 30 days (if your board allows). The CE certificate for the live webinar can be downloaded after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. 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 cepsi@pesi.com or 800-726-3888 before the event. Materials that are included 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. For planning committee disclosures, please see the "credit approvals and details" URL below. 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, PESI UK, PESI AU, 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.

Illinois Addiction Counselors: This course has been submitted to the IADOPACA for review.

Case Managers: This course has been submitted to the Commission for Case Manager Certification for approval. Full attendance is required.

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.

Illinois Counselors: CE credit is available. This course consists of 19.0 continuing education clock hours for Illinois Counselors. The Illinois Division of Professional Regulation, Administrative Code Section 1375.220(c), confirms acceptance of continuing education programs relevant to counseling that are provided by a Social Work Continuing Education Sponsor approved by the Division. PESI, Inc is an approved provider with the State of Illinois, Department of Financial and Professional Regulation, Division of Professional Regulation. License #: 159-000154. Full attendance is required. No partial contact hours will be issued for partial attendance. Full attendance at this course qualifies for 19.0 contact hours.

Indiana Counselors: This intermediate activity consists of 19.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

For all credit approvals and details, visit: www.pesi.com/express/88505

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/88505

©2022 EVERGREEN CERTIFICATIONS

1 Please complete entire form if sending by mail *please print legibly*

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2 Live Training Options (make copy for your records)

A SELECT LOCATION

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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

5 Select Payment Method

All registrations must be prepaid.

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IN-PERSON SAFETY
As you prepare to make face-to-face learning a part of your professional development, we want you to know that your safety is ALWAYS our top priority. We are fully committed to monitoring and implementing all best practices outlined by state and local regulations.

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

SAME DAY REGISTRATION
Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS
Advance registration required. Cannot be combined with other discounts.

- **Get a Group Discount!** Contact us at pesi.com/info to save for groups of 5 or more
- **FREE Military Tuition:** Free live seminars for veterans and active duty military, limited seats available. advanced registration online required
- **\$150 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, first come, first serve.
- **Discounted Student Rate:** 50% off standard tuition on live events for students. Current student schedule with registration form required or visit www.pesi.com/students for details.

QUESTIONS
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