

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

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.

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 Pacific)

- 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.  
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A Therapist's Guide to The Role  
of Nutrition in Mental Health

LIVE Interactive Webinar  
Wednesday, October 11, 2023

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FOOD  
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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

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# 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



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## 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.



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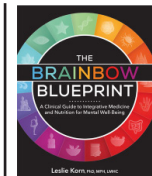
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