

OUTLINE

The Complex Relationship Between Mental and Physical Health

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
Applying breathing exercises for mental health
Enhance sleep and address insomnia

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, ashwagandha
Melatonin
Interactions with pharmaceuticals

Assessments and Evidence-Based Research

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
Anxiety and digestion
The Second Brain: Microbiome, probiotics and GABA, and anxiety
Sleep, adrenal health, and rhythms
Alcohol abuse
Genetics, depression and brain
PTSD and auto immune, addictions and cognition
ADHD, ASD and food sensitivities
Integrative approach recovery from addictions

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

Assessments Using Integrative Approaches

Conduct a basic nutritional food/mood assessment
Conduct an adrenal stress and biological rhythm assessment
The Cultural Formulation Interview
Basic lab tests for optimal mental health

Clinical Applications – Non-Pharmaceutical Treatment Strategies

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

Unique Issues Across the Lifespan

Children: Supporting sleep, focus, mood and attention
Alternatives to psychotropics for ADHD
Preventing cognitive decline
Nutrition and integrative methods to support people with dementia and their caregivers

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

Apply Techniques Within Your Scope of Practice

Ethics, law and competency
Nutritional therapies
Culinary medicine
Behavioral medicine
Nutritional supplementation
Herbal medicine
Integrative detoxification for addiction

Learning Objectives can be viewed at pesi.com/webcast/89813

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- ◆ **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



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Live Webinar Schedule - all 3 days (Times listed in Mountain)

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

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

Meet Your Speaker

Vicki Steine, DSc, LCSW, BCHN, IFNCP, 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, OCD, Tourettes' syndrome, addiction, and trauma 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 an episode of debilitating depression.

Speaker Disclosure:

Financial: Vicki Steine maintains a private practice. She receives a speaking honorarium and recording royalties 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 and the National Association of Nutrition Practitioners.

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This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage and Family Therapists, Nurses, 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.

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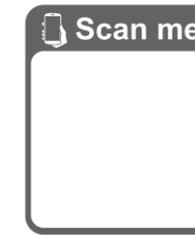


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