



## **Certified Mental Health Integrative Medicine Provider (CMHIMP)**

### Certification Requirements

- A. The candidate must be a licensed:
- Psychologist
  - Social Worker
  - Licensed Professional Counselor
  - Marriage and Family Therapist
  - Nurse Practitioner
  - Physician's Assistant
  - Registered Nurse
  - Occupational Therapist/Occupational Therapist Assistant
  - Speech & Language Pathologists
  - Naturopathic Doctor
  - Chiropractor
  - Physical Therapist
  - Registered Dieticians
  - Psychiatrist
  - Medical Doctor
- B. The licensed professional in (A) must:
- Be in good standing with the State Board that licenses him/her, including not being on probationary status for any reason.
  - Not have been ethically or professionally denied application to or renewal of his/her professional membership in local, state or national associations to which he/she is qualified within the past 5 years.
  - Not have had his/her professional or medical privileges restricted, revoked, or revised in any formal institutional setting (e.g., hospital, clinic or other clinical setting) based upon professional malpractice within the last 5 years.
- C. The candidate must meet the following education criteria:
- Complete a minimum of 18 education hours in Nutrition & Integrative Medicine for Mental Health including hours specific to: (a) scope of practice (b) clinical application & evidence-based research of nutritional therapies, cultural medicine, nutritional supplementation, herbal medicine, acupuncture, aromatherapy, somatic therapies, detoxification for addiction (c) assessments for nutritional food & mood, adrenal stress, basic lab tests (d) the relationship of mental and physical health, (e) How to rule out physical causes mental health presentations (f) addressing under/over eating and obesity

- Comprehensive non-pharmaceutical treatment planning and protocols for DSM-5™ Disorders to include (a) depression (b) anxiety, PTSD and complex trauma (c) bipolar (d) ADHD (e) body dysmorphia (f) OCD (g) bulimia (h) insomnia (i) addictions
  - Examples include but are not limited to:
    - i. Coursework from an accredited college or university as documented by a copy of the course syllabus and a transcript showing completion of the course
    - ii. Approved Continuing Education as documented by certificates of completion from vendor.
- D. The candidate must attest that he/she has conducted a minimum of 20 sessions with clients in which nutritional and integrative medicine approaches were discussed as part of a comprehensive treatment plan.

#### Documentation of Eligibility and Requirements

1. Completed certification application form
2. Copy of the candidate's State license
3. Copies of CEU certificates or transcripts evidencing successful completion of coursework
4. Attestation statement

The Institute of Nutrition & Integrative Medicine will certify candidates who meet and attest to the above requirements. Certification does not imply endorsement of clinical competency.

#### **Renewal of Certification Criteria**

To maintain Certification, a certification holder must have taken an additional six hours of continuing education credits annually specific to nutrition and integrative/complementary and alternative treatment approaches for mental health issues.