Underlying Factors of Depression, Anxiety, Bipolar and ADHD

Transcending Mind-Body Separation: Understanding the Complex Relationships

The Factors that Cause "Chemical Imbalance"

Beyond Pharmaceutical Management

Accelerate Your Therapeutic Results

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

How the Essential Nutrients Impact Mental Health

Fats: Essential Fatty Acids, Toxic Fats, Fish Oil Protein: The Building Blocks of Happiness Vitamins: B-Vitamins, 5-MTHF, Vitamin D

Recognizing When "Mental Illness" Is Something Else

Minerals: Magnesium, Calcium

Hormones

Blood Sugar and Hypoglycemia

Inflammation

Genetic Variations

Digestion

Keeping Your Clients Safe: The Truth About Popular Supplements

5-HTP, St. Johns Wort

Melatonin

Adaptogens: Ginseng, Licorice, Ashwaganda Interactions with Pharmaceuticals

Non-Pharmaceutical Treatment Plans for:

Depression

Anxiety

Bipolar

ADHD

Anger/Irritability

Obesity

Addictions

Building an Integrative Health Team

When to Refer

Who to Refer a Client to

Where to Find the Right Provider

Live Seminar Schedule

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.

OBJECTIVES

- 1 Articulate how integrative interventions facilitate better treatment outcomes in depression, anxiety, bipolar and ADHD.
- **2** Determine the nutrients shown to improve brain function for your clients.
- **3** Evaluate how improved nutrition can improve therapeutic outcomes for clients with depression, anxiety, bipolar and ADHD.
- 4 Analyze the differences between mental illness versus nutritional and hormonal imbalances.
- 5 Assess the impact hormones can have on mental health assessment and treatment.
- 6 Evaluate the impact of blood sugar and genetic variations on mental health disorders and effective treatment.

TARGET AUDIENCE

Counselors • Case Managers • Psychotherapists • Social Workers • Dieticians • Psychologists • Occupational Therapists • Occupational Therapy Assistants • Marriage & Family Therapists • Addiction Counselors

Therapists • Nurses • Other Mental Health Professionals

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may

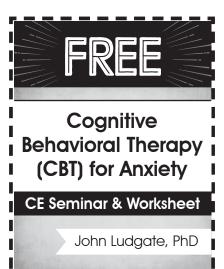
be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Seminar on DVD or CD Package:

You can purchase a self-study package on the subject. You will receive a set of DVDs or CDs that include a digital copy of the seminar manual and post-test/ evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

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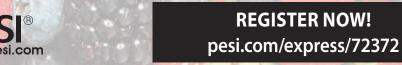
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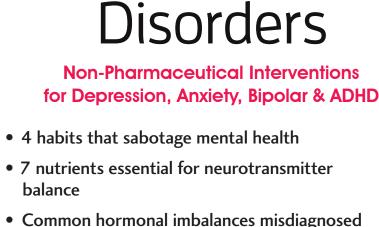
Nutritional and Integrative Interventions for Mental Health Disorders

Non-Pharmaceutical Interventions for Depression, Anxiety, Bipolar & ADHD

Trevose, PA
Tuesday, August 27, 2019

King of Prussia, PA Wednesday, August 28, 2019 Cherry Hill, NJ Thursday, August 29, 2019





Nutritional

and Integrative

Interventions

for Mental Health

Trevose, PATuesday, August 27, 2019

as mental illness

Immediately implement

new tools into your clinical practice

King of Prussia, PA Wednesday, August 28, 2019

Cherry Hill, NJ Thursday, August 29, 2019



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Nutritional and Integrative Interventions for Mental Health Disorders

Non-Pharmaceutical Interventions for Depression, Anxiety, Bipolar & ADHD

Join Anne Procyk, ND, as she teaches you how to think more holistically about diagnosis, nutritional deficiencies, and hormonal imbalances that may contribute to mental health disorders. Nutritional psychology is an emerging field outlining how nutrients can affect mood and behavior. Many clients see a reduction in symptoms when integrating non-pharmaceutical interventions to treat depression, anxiety, bipolar and ADHD. You will learn the underlying causes and symptoms of these disorders, to more accurately diagnose and treat your clients.

Through case analysis, you will experience how addressing core physical and nutritional needs can greatly increase therapeutic results. You will discover the nutrients most essential to help treat your most depressed and anxious clients, and learn simple strategies that can be integrated with pharmaceutical interventions. Leave this seminar with the tools and understanding necessary to immediately incorporate these strategies into your clinical practice.

SPEAKER



Anne Procyk, ND, is a naturopathic physician practicing nutritional and integrative medicine to treat mental health disorders at Third Stone Integrative Health Center. She is on the forefront in understanding the complex relationships between physical and mental health. Dr. Procyk's thorough understanding of the latest research combined with her daily clinical experience give her the ability to translate voluminous and sometimes contradictory information into clear and effective strategies for real world patients. She has given numerous

lectures, has been featured in a number of books and made several television appearances; Dr. Procyk is a sought after leading expert on integrative strategies for dealing with depression, bipolar, and ADHD. She is a dynamic speaker who will inspire you to apply your new tools and transform your practice.

Dr. Procyk founded and currently sees patients at Third Stone Integrative Health Center in Essex, CT. She earned her doctorate at National College of Naturopathic medicine and graduated cum laude from Carleton College with degrees in chemistry and medical ethics. She is a member of the American Association of Naturopathic Physicians, the Connecticut Naturopathic Physicians Association, and the Association for the Advancement of Restorative Medicine.

Speaker Disclosure:

Financial: Dr. Anne Procyk is the Medical Director at Third Stone Integrative Health Center. She receives a speaking honorarium

Non-financial: Dr. Anne Procyk is a member of the American Association of Naturopathic Physicians; and the Connecticut Naturopathic Physicians Association.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. 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 professions standards. A licensee who practices beyond the authorized scope of practice could be charged with unprofessional conduct.



This course counts toward the educational hours required for certification in Certified Mental Health Integrative Medicine Provider (CMHIMP).

Visit mhimi.com for the full certification requirements.

Questions? Call customer service at 800-844-8260

A manuscript to publish?

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



Nutritional Treatments to Improve Mental Health Disorders Non-Pharmaceutical Interventions for Depression, Anxiety, Bipolar & ADHD By Anne Procyk, ND YOUR PRESENTER

A biology-based approach to think more holistically about assessment, diagnosis and treatment of mental health issues. Strategies include correcting vitamin and mineral deficiencies that contribute to mental health symptoms; eating the right food to optimize focus and performance; tools to improve sleep; and tips to identify common hormonal imbalances misdiagnosed as mental illness. Case studies and handouts.



Eat Right, Feel Right: 50 Recipes and Tips to Improve Mood, Sleep, **Attention & Focus**

By Leslie Korn, PH.D., MPH, LMHC

Improve mood, sleep and focus with these 50 nutrient rich tips and easy recipes. Eat Right, Feel Right teaches you the do's and don'ts of using ingredients in entrees, snacks, soups, smoothies and dressings to make you an at-home mental health chef.

LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial

attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. 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 cepesi@pesi. com or 800-844-8260 before the event. Materials that are included in this course may include interventions and

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PENNSYLVANIA ADDICTION COUNSELORS: This course has been reviewed and approved for by the Pennsylvania Certification Board. This course will award 6.25 PCB Approved Hours of Education. (Valid for PA locations only)

COUNSELORS: This intermediate activity consists of 6.25 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.

DELAWARE COUNSELORS: This intermediate activity consists of 6.25 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.

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REGISTERED DIETITIANS & DIETETIC TECHNICIANS, REGISTERED: PESI, Inc. PE001, is a Continuing

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contact hours will be awarded for partial attendance.

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ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing

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PSYCHOLOGISTS: This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CF approvals, several of which PESI offers. For a full list, please see your State Board regulations at https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/ This Intermediate activity consists of 6.25 clock hours of continuing education instruction.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements

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