

## NUTRITIONAL AND INTEGRATIVE MEDICINE CERTIFICATION RETREAT FOR MENTAL HEALTH PROFESSIONALS

Clinicians often say to me: "I want to include Nutritional and Integrative Medicine methods into my practice but I am not sure where to begin or how to do this? And, "What am I allowed to do?"

Many clients are already *self-prescribing* based on information obtained on the Internet or their friends. While many of these clinical methods have few negative side effects, some herbal supplements, juice fasts and other apparently healthy activities can have significant adverse outcomes if not tailored to the individual's psychobiology.

This training will provide state-of-the-art, clinical skills you need to help your clients safely navigate nutritional and integrative medicine.

You will also have opportunity to discuss cases, ask questions, develop new assessment skills and explore both metaphorical and scientific language that allows for effective communication with clients. Guest speaker Dr. Mary Ann Osborne, Nurse Practitioner, will join us during the retreat to share her specific area of expertise.

This content-rich retreat is organized with plenty of down time for rest, rejuvenation and relaxation in the pool or even for nourishing naps and massages. The Sedona Mago Retreat Center is in the magnificent desert landscape with labyrinths, walking paths, night skies and sunny days in which to rejuvenate while learning integrative clinical skills.

I look forward to seeing you in Sedona!

Best,

*Leslie Korn, Ph.D., MPH, LMHC*



Limited availability! Register today at [pesi.com/express/76494](http://pesi.com/express/76494)

## How to Register

Choose the easiest registration method for you:

**ONLINE** [pesi.com/express/76494](http://pesi.com/express/76494)  
**PHONE** 800-844-8260  
 Please have credit card available  
**FAX** 800-554-9775  
**MAIL** PESI, Inc.  
 PO BOX 1000  
 Eau Claire, WI  
 54702-1000

**RETREAT LOCATION**  
 Sedona Mago Retreat Center  
 3500 E. Bill Gray Rd  
 Sedona, AZ, 86336  
 (800) 875-2256

\* Mobility needed to walk to training, dining and sleeping rooms.

**2 Tuition and 4-night stay (764945ED)**

**May 12-16, 2021**  
*Registration closes April 28*  
 Early bird by February 26, 2021 \$1,899 per person  
 Standard \$2,099 per person

**\*\*Bring a colleague and SAVE \$200 each!**

Tuition and 4-night stay, double occupancy\*  
 Early bird by February 26, 2021 \$1,699 per person  
 Standard \$1,899 per person

To register for double occupancy, please submit both registration forms at the same time

Roommate's name: \_\_\_\_\_

**1 Please complete entire form** (to notify you of retreat changes);  
 Please print; staple duplicate forms.

Name \_\_\_\_\_  
 Profession \_\_\_\_\_  
 Dept./Floor/Suite \_\_\_\_\_  
 City \_\_\_\_\_  
 County \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home/Cell Ph ( ) \_\_\_\_\_  
 Dept. Ph ( ) \_\_\_\_\_  
 E-mail address \_\_\_\_\_

### Tuition Includes:

- Certification application fee — a \$99.99 value!
- CE Certificate & Course manual
- Dr. Korn's Eat Right, Feel Right book
- Healthful pesco-vegetarian cuisine (3 meals daily)
- Yoga mat for use during your stay

**3 Please indicate method of payment.**

Check enclosed payable to **PESI, Inc.** Card Number: \_\_\_\_\_  
 Am. Exp. (15 Digits) Card Expires: \_\_\_\_/\_\_\_\_/\_\_\_\_ V-Code #: \_\_\_\_  
 VISA (13-16 Digits) Signature: \_\_\_\_\_  
 MC (16 Digits)  
 Discover Novus (16 Digits)

Total \_\_\_\_\_

For cancellation policy, FAQ and additional details go to:

[pesi.com/express/76494](http://pesi.com/express/76494)



**Lead Instructor**  
**Leslie Korn, PhD, MPH, LMHC** is a renowned integrative medicine clinician and educator specializing in the use of nutritional, herbal and culinary medicine for the treatment of trauma and emotional and chronic physical illness. She is known for her dynamism and humor as a speaker. She has provided over 50,000 hours of treatment in private practice for diverse populations. Her clinical practice focuses on providing clients effective alternatives to psychotropics. She completed her graduate education in the departments of psychiatry and public health at Harvard Medical School and her life training in the jungle of Mexico where she lived and worked alongside local healers for over 25 years. She directed a naturopathic medicine and training clinic facilitating health, culinary and fitness retreats. She is licensed and certified in nutritional therapy, mental health counseling, and bodywork (Polarity and Cranial Sacral and medical massage therapies) and is an approved clinical supervisor. She introduced somatic therapies for complex trauma patients in out-patient psychiatry at Harvard Medical school in 1985 and served as a consultant in ethnomedicine to the Trauma Clinic, Boston. She is the former clinical director and faculty of New England School of Acupuncture and faculty at the National College of Naturopathic Medicine. She is the author of the seminal book on the body and complex trauma: *Rhythms of Recovery Trauma, Nature and the Body, Nutrition Essentials for Mental Health, Eat Right Feel Right and The Good Mood Kitchen*. She was a founder of the National Certification Board for Therapeutic Massage and Bodywork, a Fulbright scholar in Herbal Medicine and an NIH-funded scientist, in mind/body medicine. She is an approved clinical supervisor, core faculty at Capella University, and is the research director at the Center for World Indigenous Studies where she designs culinary and herbal medicine programs with tribal communities engaged in developing integrative medicine programs.

**Speaker Disclosures:**  
**Financial:** Leslie Korn is in clinical practice. She receives a speaking honorarium from PESI, Inc.  
**Non-financial:** Leslie Korn has no relevant non-financial relationship to disclose.

**Guest Presenter**  
**Mary Ann Osborne, DNP, FNP** has been a nurse practitioner for over 30 years. In 2001, she became the first nurse practitioner to graduate from the Fellowship in Integrative Medicine at the University of Arizona, Tucson. Dr. Osborn served in the Army Nurse Corps for 21 years. She is in a private practice specializing in women's health, cognitive health and Alzheimer's prevention in Colorado Springs.

**Speaker Disclosures:**  
**Financial:** Mary Ann Osborne is in private practice. She is a faculty member at the University of Portland. Ms. Osborne receives a speaking honorarium from PESI, Inc.  
**Non-financial:** Mary Ann Osborne is a member of the American Nurses Association; and the American Association of Nurse Practitioners.

PESI sponsored retreat located at Sedona Mago Retreat Center, Sedona, AZ

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## ★★ CERTIFICATION RETREAT ★★

# NUTRITIONAL AND INTEGRATIVE MEDICINE FOR MENTAL HEALTH PROFESSIONALS

**May 12-16, 2021**  
 Wednesday - Sunday  
 Sedona Mago Retreat Center  
 Sedona, Arizona



**Become a Certified Mental Health Integrative Medicine Provider (CMHIMP) & Earn up to 23 CE Hours!**  
*In a retreat setting!*



Reserve today limited availability! [pesi.com/express/76494](http://pesi.com/express/76494)

# Retreat Content

## CLINICAL APPLICATION AND EVIDENCE-BASED RESEARCH

Nutritional therapies  
Culinary medicine  
Behavioral medicine  
Nutritional supplementation  
Herbal medicine  
Hydrotherapies for mood management  
Aromatherapy  
Bodywork therapies  
Acupuncture and cranial electrical stimulation  
Sound and music for insomnia and mood  
Light & dark therapies  
Stage appropriate yoga for anxiety, pain and PTSD  
Integrative detoxification for addiction

### Assessments

Learn to conduct a basic nutritional food/mood assessment  
Learn to conduct an adrenal stress and biological rhythm assessment  
Culture and ethnicity assessment and treatment  
The Cultural Formulation Interview and CAM methods  
3 Basic lab tests for optimal mental health

## THE PSYCHOLOGY OF CHANGE USING INTEGRATIVE APPROACHES

### Balance the Sleep/Wake Cycle in Depression Bipolar and PTSD

Balance circadian rhythm in depression, bipolar, PTSD  
Apply special yogic breathing exercises for mental health  
Enhance sleep and address insomnia

### The Complex Relationships Between Mental and Physical Health

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  
The Science and practice of detoxification

### Beyond Pharmaceutical Management

Address clients concerns and provide alternatives to psychotropics  
Herbal medicine for mental health  
Strategies for coming off or reducing psychotropic medications  
Ayurvedic medicine and mental health  
Exercise: aerobic, anaerobic, yoga, core, land and water based  
Sound and music for insomnia, anxiety and anger  
Toning, binaural music

### Nutrition, Diet and Culinary Medicine

Food as "brain-mind-medicine"  
Fats: essential fatty acids, toxic fats, fish oil  
Protein: the building blocks of happiness  
What nutrients improve mental health and cognitive function  
Vitamins, minerals, glandulars and special nutrients for the non-nutritionist  
Hormones  
Balance blood sugar to balance mood  
Cultural and genetic variations  
Enhance digestion for mental health  
Thyroid function and mental health

### 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  
Smell, mood and cognition  
Evidence for essential oils to alter mood and cognition

### Special Issues Across the Lifespan

Children: supporting sleep, focus, mood and attention  
Alternatives to psychotropics for ADHD  
Middle life: peri-menopause, menopause, andropause  
Prevent cognitive decline  
Nutrition and integrative methods to support people with dementia and their caregivers

### Somatic Therapies, Acupuncture and New Approaches

Spectrum of somatic and bodywork therapies  
NADA protocol for addictions  
Cranial electrical stimulation for PTSD, insomnia and optimal cognition

### Comprehensive Non-Pharmaceutical Treatment Plans and Protocols for Treating the DSM-5™ Disorders:

Depression & Seasonal Affect Disorder  
Anxiety, PTSD and Complex Trauma  
Bipolar  
ADHD  
Body Dysmorphia  
OCD  
Bulimia  
Insomnia  
Addictions

### Develop a Niche Practice

Scope of your practice: ethics, law and competency  
Build an integrative health team  
When and where to refer clients  
Where to find the right provider  
Develop a niche practice as a certified specialist  
Professional organizations and more training  
Controversies and hot topics

## BECOME CERTIFIED! Included with registration!

- ✓ No hidden fees – PESI pays for your application fee (a \$99.99 value)!
- ✓ Certification form will be handed out at retreat.
- ✓ Simply complete this live event and you're a Certified Mental Health Integrative Medicine Provider through the Mental Health Integrative Medicine Institute.\*

Hassle free! Attendees who complete the training will receive documentation of certification from Mental Health Integrative Medicine Institute Specialists 4 to 6 weeks following the program.  
\*Professional standards apply. Visit <https://www.mhimi.com/customer-care/faq> for answers to frequently asked certification questions and certification standards.



Go to [pesi.com/express/76494](https://pesi.com/express/76494) for key learning outcomes

**Target Audience:** Counselors • Social Workers • Psychotherapists • Psychologists  
Marriage & Family Therapists • Physicians • Nurses • Nurse Practitioner • Addiction Counselors  
Occupational Therapists • Occupational Therapy Assistants • Mental Health Professionals

# Retreat Schedule

## Wednesday, May 12, 2021

3:00pm Check in  
4:00–5:30pm Orientation & tour of the property  
5:30–6:30pm Dinner  
7:00–9:00pm Program\*

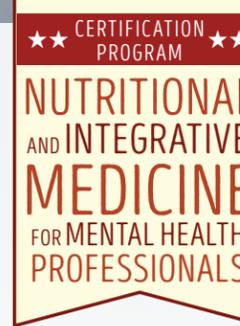
## Thursday-Saturday, May 13-15, 2021

6:15–7:30am Optional: morning meditation or quiet walk  
7:00–8:15am Breakfast  
8:30–11:30am Program\*  
11:30am–1:00pm Lunch  
1:30–3:30pm Program\*  
3:30–5:30pm Rest and rejuvenation: *Options include Chi Gong, exercise and breathing, massage or meditation (fees charged by the center may apply for massage)*  
5:30–7:00pm Dinner  
7:15–8:45pm Case presentation, discussion and questions\*

## Sunday, May 14, 2021

6:15–7:30am Optional: morning meditation or quiet walk  
7:00–8:00am Breakfast  
8:30–10:30am Program\*  
11:30am–1:00pm Closing/social lunch

\* CE is awarded during these specified times.



## PUBLICATIONS FROM LESLIE KORN, PH.D., MPH, LMHC

AVAILABLE FOR PURCHASE AT THE RETREAT.



### Nutrition Essentials for Mental Health: A Complete Guide to the Food-Mood Connection

Diet is an essential component of a client's clinical profile. Few therapists, however, have any nutritional training, and many don't know where to begin. In Nutrition Essentials for Mental Health, Leslie Korn provides clinicians with a practical guide to the complex relationship between what we eat and the way we think, feel, and interact with the world.



### The Good Mood Kitchen: Simple Recipes and Nutrition Tips for Emotional Balance

Revolutionize your personal cooking and eating habits for optimal energy, health, and emotional well-being. This book of mood-savvy tips, tools, and delicious recipes guides you step by step through all the essentials. It features dozens of easy-to-understand graphics, lists, and charts to help prioritize choices for maximum benefit.



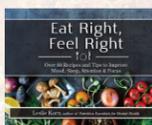
### Natural Woman: Herbal Remedies for Radiant Health at Every Age and Stage of Life

Here's the go-to herbal sourcebook that women can reference throughout every age and stage of their lives, with remedies using common herbs and plants, to heal and support body, mind, and spirit.

The book is organized by disease or discomfort in order to help the reader search easily for the herbal support they may need. Includes herbal treatments for sleep disorders, menstrual issues, autoimmune conditions, digestive issues, anxiety, fertility, childbirth and post-partum recovery, skin ailments, and much more—including common discomforts that affect children.

YOUR REGISTRATION INCLUDES A COPY OF DR. KORN'S RECIPE BOOK "EAT RIGHT, FEEL RIGHT!"

### DISTRIBUTED AT THE RETREAT



### Eat Right, Feel Right: Over 80 Recipes and Tips to Improve Mood, Sleep, Attention & Focus

Improve mood, sleep and focus with these nutrient-rich recipes and handy tips. 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.



## 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" 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](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

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.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**ADDITIONAL COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 23.5 CE in the skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

**COUNSELORS:** This intermediate activity consists of 23.5 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.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 1410 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**NURSES, NURSE PRACTITIONERS, AND CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 23.5 contact hours. Partial contact hours will be awarded for partial attendance.

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 23.5 contact hours or 2.35 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

### PSYCHOLOGISTS & PHYSICIANS:

**PHYSICIANS:** PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 23.5 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity.

**PSYCHOLOGISTS:** 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. This activity consists of 23.5 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

**SOCIAL WORKERS:** This intermediate level activity consists of 23.5 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.

**OTHER PROFESSIONS:** This activity qualifies for 1410 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.

For additional information: [pesi.com/express/76494](https://pesi.com/express/76494)



For cancellation policy and FAQ go to: [pesi.com/express/76494](https://pesi.com/express/76494)