## **OUTLINE**

## 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

Minerals: Magnesium, Calcium

## Recognizing When "Mental Illness" Is **Something Else**

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

#### Non-Pharmaceutical Treatment Plans for:

Interactions with Pharmaceuticals

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**

8:00 a.m. Program begins

**11:50 a.m. - 1:00 p.m.** Lunch (on your own)

For locations and maps, go to www.pesi.com,

7:30 a.m. Registration/Morning Coffee & Tea

4:00 p.m. Program ends

find your event, and click on the seminar title.

## **OBJECTIVES**

- 1 Investigate chemical imbalance holistically.
- 2 Articulate how integrative interventions facilitate a deeper level of healing.
- 3 Determine the nutrients critical for optimal brain function.
- Analyze how improved nutrition improves therapeutic outcomes.
- 5 Analyze the differences between mental illness and nutritional and hormonal imbalances.

- 6 Apply nutritional and integrative strategies for assessing and treating depression, anxiety, bipolar, ADHD.
- 7 Assess the impact of hormones on mental health assessment and treatment.
- 8 Evaluate the impact of blood sugar and genetic variations on mental health disorders and effective treatment

Target Audience: Counselors • Psychologists • Case Managers • Psychotherapists • Social Workers Dieticians • Marriage & Family Therapists • Addiction Counselors • Therapists • Nurses • Chiropractors Other Mental Health Professionals





A Bold New Paradigm For Healing Trauma

# Bessel van der Kolk

1 HOUR VIDEO

HURRY OFFER EXPIRES

July 15, 2017 qo.pesi.com/BESSELCE

# Nutritional and Integrative Interventions for Mental Health Disorders

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

King of Prussia, PA Tuesday, August 15, 2017

Cherry Hill. NJ Wednesday, August 16, 2017

Wilminaton. DE Thursday, August 17, 2017



**REGISTER NOW!** www.pesi.com/express/55559

# **Nutritional** and Integrative Interventions for Mental Health Disorders

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

- 4 habits that sabotage mental health
- Top 7 nutrients essential for neurotransmitter balance
- Common hormonal imbalances misdiagnosed as mental illness
- Immediately implement new tools into your clinical practice

Cherry Hill. NJ Wednesday, August 16, 2017

Wilmington, DE Thursday, August 17, 2017



King of Prussia, PA

Tuesday, August 15, 2017

**REGISTER NOW!** www.pesi.com/express/55559

## Nutritional and Integrative Interventions for Mental Health Disorders

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

oin 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. Improve your clients' mental health and accelerate your therapeutic results with 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 replace 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 from PESI, Inc. Non-financial: Dr. Anne Procyk is a member of the American Association of Naturopathic Physicians; and the Connecticut Naturopathic

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.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs 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.

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.

#### Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Claire Zelasko at czelasko@pesi.com or call 715-855-8194

### \*SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



## 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..



## The Mindful Doodle Book

75 Creative Exercises to Help You Live in the Moment By Patricia Isis, PH.D., LMHC, ATR-BC, ATCS

The Mindful Doodle Book: 75 Creative Exercises to Help You Live In the Moment combines the benefits of mindfulness and the intuitive expression of doodling to help you relax, find focus, and creatively express emotions through spontaneous artmaking.



## **Daily Meditations for Healing and Happiness** 52 Card Deck

By Mary NurrieStearns, MSW, LCSW, RYT

Transform your life with meditations for healing and happiness. This unique card deck gives you 52 simple meditations to connect you to the present moment, cultivate happiness, take loving care of your emotions, enhance your wellbeing, and develop gratitude. Select a card each day for a relaxing and renewing meditation.

## Questions? Call customer service at 800-844-8260

### **Live Seminar Continuing Education Credit Information**

Credits listed below are for full attendance at the live event only. Certificates of Completion are Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ms), and are in full attendance, a certificate of completion for full Certaelt will be suffered within 30 days following the event. For those in partial attendance (carrived late or left early), an adjusted certificate of completion reflecting partial credit will be sused within 30 days (fly our board allows). Please see Tive seminar schedule\* for full attendance start and end times. NOTE: Boards do not allow credit for breaks or funds.

f your profession is not listed, please contact your licensina board to determine your continuina e nts and check for reciprocal approval. For other credit inquiries not specified below, or questions nome study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the even faterials that are included in this course may include interventions and modalities that are beyond the horized practice of mental health professionals. As a licensed professional, you are responsible fo eviewing 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.

ADDICTION COUNSELORS: This course has been approved by PESL Inc. as a NAADAG Approved Education Provider, for 6.0 CE in the Counseling Services skill group, NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their progr attendance is required; no partial credit will be awarded for partial attendance.

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 requirem

**DELAWARE COUNSELORS:** This intermediate activity is approved for 6.25 clock hours of contin ducation instruction. The State Board of Delaware Board of Mental Health and Chemical endency Professionals recognizes courses and providers that are approved by the America Psychological Association or NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board

MARYLAND COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of tendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board

NEW JERSEY COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The New Jersey Board of Marriage and Family that are approved by the American Psychological Association or NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.



REGISTERED DIETITIANS & DIETETIC TECHNICIANS, REGISTERED: PESI, Inc. the Commission on Dietetic Registration (CDR) from June 1, 2015 through May will receive 6.0 continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Accreditation does not constitute endorsement by CDR of a provider, program, or materials. This program/material is designated as LEVEL 2

education instruction. Credit requirements and approvals vary per state board regulation ou 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 NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity meets

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing

the criteria for a American Nurses Credentialing Center (ANCC) Activity PESI, Inc, is an proved provider by the American Psychological Association, which is recogn the ANCC for behavioral health related activities

This activity qualifies for 6.25 contact hours

**PSYCHOLOGISTS:** PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI mainta esponsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit, Full attendance is required; no partial credits will be offered for partial attendance

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as provider for social work continuing education by the Association of cial Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program, PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for uing education credits. Social workers participating in this course will rece 6.25 (Clinical) continuing education clock hours for this intermediate course A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation

NEW JERSEY SOCIAL WORKERS: This course is approved by the Association of Social Work Boards - ASWB NJ CE Course Approval Program Provider #10 Course #1481 from 7/17/2017 to 7/17/2019. Social workers will receive the following type

ASWB NJ Continuing Education Course Approval Program for the New Jersey Board of Social Work Exami

PENNSYLVANIA SOCIAL WORKERS, MARRIAGE & FAMILY THERAPISTS AND PROFESSIONAL COUNSELORS: The Pennsylvania State Board of Social Workers accept continuing education programs that are sponsored by providers approved by the American Psychological Association and the ASWB. This course will qualify for 6.0 credits, Full attendance is required, variable credits may not be awarded pe the Pennsylvania State Board.

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

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com.

**How to Register:** NUTRITIONAL AND INTEGRATIVE INTERVENTIONS FOR MENTAL HEALTH DISORDERS: NON-PHARMACEUTICAL INTERVENTIONS FOR DEPRESSION, ANXIETY, BIPOLAR & ADHD

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## **■ KING OF PRUSSIA, PA** August 15, 2017 55559KOP

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- per person for 2 or more preregistering together —OR— ☐ single registration postmarked 3 weeks prior to seminar date
- **\$219.99** standard

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\*Attendees add applicable state and local taxes except in AK\_DE\_MT\_NH\_OF

## 4 Indicate method of payment:

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**REGISTER NOW** 

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

\$30 Tuition: If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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Cannot be combined with other discounts

CAN'T ATTEND THE SEMINAR? Nutritional and Integrative Interventions for Mental Seminar on DVD\* (Video) \$199.99 (RNV045975) Seminar on CD\* (Audio) \$169.99 (RNA045975) Eat Right, Feel Right book\* \$19.99 (PUB084920) The Mindful Doodle Book\* \$19.99 (PUB084400) Daily Meditations for Healing and Happiness: 52 Card Deck\* \$16.99 (PUB084265) Product total \$ \*Shipping is \$6.95 first item + \$2.00 \*Shipping Subtotal \*Residents add applicable state \*\*Tax and local taxes except in AK, DE, MT. NH. OR

