

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
- 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 a.m. Registration/Morning Coffee & Tea
- 8:00 a.m. Program begins
- 11:50 a.m. - 1:00 p.m. Lunch (on your own)
- 4:00 p.m. Program ends

For locations and maps, go to www.pesi.com, 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.
- 4

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



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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

Wilmington, DE

Thursday, August 17, 2017

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Nutritional
and Integrative
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for Mental Health
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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

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