

CERTIFICATION RETREAT

Nutritional & Integrative Medicine 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. Asilomar Conference Grounds is a breathtakingly gorgeous beachfront land. Situated within the quaint and scenic town of Pacific Grove, California. Asilomar is an unforgettable escape from the demands of everyday life, located on beach with walking paths, night skies and sunny days in which to rejuvenate while learning integrative clinical skills.

I look forward to seeing you in California!

Best,

Leslie Korn, Ph.D., MPH, LMHC



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

Retreat Location



A refuge by the sea. Take a deep breath and settle in for a time of serene relaxation, reflection and rejuvenation. Celebrated as Monterey Peninsula's "Refuge by the Sea" - Asilomar State Beach and Conference Grounds is breathtakingly gorgeous.

Situated within the quaint and scenic town of Pacific Grove, Asilomar offers guests the simple comforts of cozy cottages and historic lodges - and an unforgettable escape from the demands of everyday life.

Retreat Highlights

- Secluded retreat, offering 107 acres of ecologically diverse beachfront land
- All guest rooms have private baths & complimentary Wi-Fi
- Daily food menu highlights fresh, seasonal, local produce procured directly from our network of regional, organic farmers
- A precious mile of sandy beach to soak up the sun and rocky coves along the Pacific coast
- Glistening outdoor heated pool
- Peaceful park trails to offer hiking and walking enthusiasts
- Bike a trail or beach - why not do both?
- Airport shuttle service to and from San Jose and San Francisco airports can be arranged in advance through Monterey Airbus (additional fees) Sky Harbor (additional fees)

Please note: mobility is needed from sleeping room, training room and dining hall.

Asilomar Retreat & Conference Grounds
800 Asilomar Avenue
Pacific Grove, CA 93950

SLEEPING ROOM RESERVATIONS

Room rates are per person, per night & includes meals.

\$300.15 Single Room **\$202.94** Double Room (per person)

For the discounted room rate, reservations MUST to be made directly through Asilomar's registration link below. Phone reservations will not have access to these reduced rates. 4 nights required.

<https://book.passkey.com/e/50001798>

**RESERVE
EARLY!
Rooms Sell
out Fast!**

CERTIFICATION RETREAT

Nutritional & Integrative Medicine

for Mental Health Professionals

August 26-30, 2020

Asilomar Retreat &
Conference Grounds
Pacific Grove, California



Reserve today limited availability! pesi.com/express/77666



Certification as a Mental Health
Integrative Medicine Provider (CMHIMP)
& up to 23.5 CE Hours included in the price!
Visit www.mhimi.com for certification requirements.

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000
A Division of PESI, Inc.

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In a retreat setting!



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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

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. Osborne 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.

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.

Retreat Schedule

Wednesday, August 26, 2020

4:00 pm Check in
5:00–6:00 pm Orientation
6:00–7:00 pm Dinner
7:30–9:00 pm Program*

Thursday-Saturday, August 27-29, 2020

7:30–9:00 am Breakfast
9:15–11:45 am Program*
12:00–1:00 pm Lunch
1:30–4:00 pm Program*
4:00–6:00 pm Rest and rejuvenation
6:00–7:00 pm Dinner
7:15–8:45 pm Case presentation, discussion and questions*

Sunday, August 30, 2020

7:30–9:00 am Breakfast
9:15–11:45 am Program*
12:00–1:00 pm Closing/social lunch

*CE is awarded during these specified times

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.*



Mental Health Integrative Medicine Institute

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 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.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 23.5 CE in the Counseling Services 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.

REGISTERED DIETITIANS & DIETETIC TECHNICIANS: PESI, Inc. PE001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR) from July 1, 2019 through June 30, 2022. Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 23.5 continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. This program/material is designated as LEVEL 2.

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 Credits™. 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.

How to Register
Certification Retreat: Nutritional & Integrative Medicine
for Mental Health Professionals

1 Please complete entire form

(to notify you of retreat changes); please print; staple duplicate forms.

Name _____
Profession _____
Address _____
City _____
County _____
State _____ Zip _____
Home/Cell Ph () _____
Work Ph () _____
E-mail address _____

E-mail required to receive registration confirmation, CE Certificate and retreat updates.

Choose the easiest registration method for you:

ONLINE pesi.com/express/77666
PHONE 800-844-8260
Please have credit card available
FAX 800-554-9775
MAIL PESI
PO BOX 1000
Eau Claire, WI
54702-1000

2 Registration (77666PCG)

August 26-30, 2020 (Registration closes July 27th)

☐ \$999 per person

Note: Registration does not include room and board. Use the link at the bottom of this page to gain access to the discounted room rates.

Registration Includes:

- CE Certificate & Course manual
- Dr. Korn's *Eat Right, Feel Right* book
- Certification application fee—a \$99.99 value!

3 Please indicate method of payment.

All registrations must be prepaid.

- ☐ Check enclosed payable to PESI, Inc.
- ☐ Purchase order enclosed (Fed ID # 26-3896894)
- ☐ MC ☐ VISA ☐ AE ☐ Discover Novus
- 16 digits 13-16 digits 15 digits 16 digits

Card # _____

Card Exp. _____ CV#*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (*American Express: 4-digit # above account # on face of card.)

For cancellation policy, FAQ and additional details go to: pesi.com/express/77666

SLEEPING ROOM RESERVATIONS

Room rates are per person, per night & includes meals.
\$300.15 Single Room **\$202.94** Double Room (per person)

For the discounted room rate, reservations MUST be made directly through Asilomar's registration link below. Phone reservations will not have access to these reduced rates. 4 nights required.

<https://book.passkey.com/e/50001798>

RESERVE
EARLY!
Rooms Sell
out Fast!

Go to pesi.com/express/77666 for key learning outcomes