

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

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 • Psychologists • Case Managers • Psychotherapists • Social Workers
Dietitians • Marriage & Family Therapists • Addiction Counselors • Therapists • Nurses • Chiropractors
Other Mental Health Professionals

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.

**FREE
- CE -
ONLINE COURSE**

Shame Shields

BRENÉ BROWN, PH.D.

1 CE HOUR

HURRY OFFER EXPIRES
January 15, 2018

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Nutritional and Integrative Interventions for Mental Health Disorders

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

Wichita, KS

Wednesday, February 14, 2018

Topeka, KS

Thursday, February 15, 2018

Overland Park, KS

Friday, February 16, 2018

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

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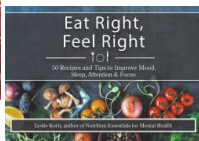
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Nutritional and Integrative Interventions for Mental Health Disorders

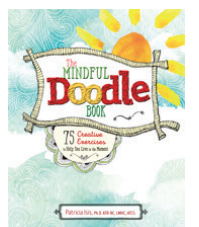
Non-Pharmaceutical Interventions for Depression, Anxiety, Bipolar & ADHD



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

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

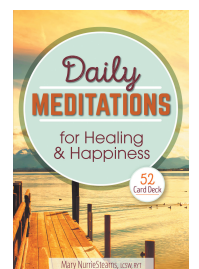
Improve mood, sleep and focus with these 50 nutrient rich tips and easy recipes. Eat Right, Feel Right teaches you the do's and don'ts of using ingredients in entrees, snacks, soups, smoothies and dressings to make you an at-home mental health chef.



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 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-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), 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.

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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.

ADDITION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC 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 programming. Full attendance is required; no partial credit will be awarded for partial attendance.

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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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For your convenience, confirmations are sent via email.

2 Check location: (make copy of locations)

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February 14, 2018

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TOPEKA, KS

February 15, 2018

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OVERLAND PARK, KS

February 16, 2018

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ADA needs:

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.

Tuition Options:

\$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.

Groups of 5 or more: Call 800-844-8260 for discounts.

Discounted Military Rate: PESI Inc. is proud to offer a \$20 tuition discount on live seminar tuition for veterans and active duty military personnel. **Advance registration by phone required.**

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TUITION WITH SEMINAR MANUAL

\$199.99 - choose one of the options below:

- per person for 2 or more preregistering together —OR—
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\$219.99 standard

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CAN'T ATTEND THE SEMINAR?

Nutritional and Integrative Interventions for Mental Health Disorders

___ 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:
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*Shipping is \$6.95 first item + \$2.00 each add'l item. Product total \$ _____

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TOTAL _____



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

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