

Nutrition Essentials for Mental Health

Strategies to Enhance Mood and Well-Being

LESLIE KORN

If we are what we eat, then beyond the mind-body connection there's also a food-mind-body connection. This workshop will explore the latest nutritional research to inform psychotherapeutic practice and how diet can affect mood, as well as the links between depression, inflammation, and cognitive function. Ethics and scope of practice, why there is no one right diet for everyone, the application of the food mood diary and analysis, engaging and motivating your client for change, specific dietary nutrient and herbal protocols for depression anxiety, insomnia, cognitive health and PTSD, and alternatives to psychotropics.

You'll explore how to:

- Provide your clients with a comprehensive overview of the basic principles of good nutrition, food preparation, and mindful eating
- Assess the conflicting research and differing recommendations about nutritional practices and alternatives to medicines that foster mental health
- Determine the benefits, risks, and deficits of a variety of popular diet types, from carnivore to vegan, depending on the needs of a given client
- Foundational nutrients for mental health

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Learning Objectives:

1. Prepare clients with a comprehensive overview of the basic principles of good nutrition, food preparation, and mindful eating to improve symptoms and well-being.
2. Assess the conflicting research and differing recommendations about nutritional practices and alternatives to medicines that foster mental health.
3. Determine the benefits, risks, and deficits of a variety of popular diet types, from carnivore to vegan, depending on the needs of a given client.
4. Demonstrate to clients the latest research on how diets can affect mood.
5. Analyze with clients the links between depression, inflammation, and cognitive function.
6. Evaluate foundation protocols for specific DSM categories of Mental Illness

Outline:

1. Provide clients with a comprehensive overview of the basic principles of good nutrition, food preparation, and mindful eating to improve symptoms and well-being.
 - a. Discuss the role of proteins, carbohydrates and fats on brain mind function
2. Assess the conflicting research and differing recommendations about nutritional practices and alternatives to medicines that foster mental health.
 - a. Provide a range of research and explore its application and value to clinical practice
3. Determine the benefits, risks, and deficits of a variety of popular diet types, from carnivore to vegan, depending on the needs of a given client.
 - a. Identify bioindividuality concepts and the importance of non-ideological approaches
4. Explain to clients the latest research on how diets can affect mood.
5. Identify and how foods and herbs are precursors to amino acids and neurotransmitters
6. Discuss with clients the links between depression, inflammation, and cognitive function.
 - a. Explore the research on pro inflammatory foods and inflammatory and mitochondrial dysfunction in depression and memory.
7. Provide foundation protocols for specific DSM categories of Mental Illness
 - a. Identify specific nutrient protocols that can be applied to depression, anxiety and sleep maintenance insomnia

Reference List

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