

## **Nutrition and Integrative Medicine for Mental Health**

March 29, 2020 – April 2, 2020

Presenters: Leslie Korn, Ph.D., MPH, LMHC

Program Location: Kripalu Center for Yoga & Health, Stockbridge, MA.

### **Program**

Do you have clients who seek advice and alternatives to medication and standard treatments? In this certificate program, Leslie E. Korn provides an extensive roadmap for the practical application of integrative medicine for conditions including depression, anxiety, insomnia, bipolar disorder, PTSD, and ADHD. Ethics and scope of practice, along with detoxification and alternatives to psychotropics will be addressed.

Covering topics such as culinary, behavioral, and herbal medicine; nutritional therapies and supplementation; aromatherapy; bodywork, yoga; and more, this immersion teaches you how to

- Implement evidence-based protocols for nutritional and herbal approaches
- Balance circadian rhythm in people with depression, bipolar disorder, and PTSD
- Demonstrate the use of a food/mood assessment to evaluate client eating patterns and how those patterns may influence their mental health
- Present stage-specific anaerobic and aerobic exercise and self-care methods to decrease dissociative symptoms in clients.

At the end of this program, you will have received the advanced knowledge and practical methods to treat, educate, coach, and refer clients appropriately, based on their needs.

The target professional audience is for introductory to advanced mental health and healthcare professionals.

### **Sunday, March 29, 2020**

5:30pm-7:00pm – Dinner

#### **7:30pm-9:00pm - Program Session (No Psych. CE Hours Available For This Session)**

Welcome and Introduction

Introduction to Nutrition and Integrative Medicine

Yoga Exercise and sound

Initial Yoga exercises

### **Monday, March 30, 2020**

7:00am-8:30am – Breakfast

#### **8:30am-10:00am - Session**

Ethics, Scope and Culture

Mental and Physical Assessment

*Learning Objectives:*

- *Summarize and incorporate ethical and scope of practice considerations relative to integrated and nutritional medicine with respect to your own professional discipline.*
- *Apply the use of a food mood assessment to evaluate client eating patterns and how those patterns may influence their mental health.*

10:00am-10:15am – Break

**10:15am-11:30am – Program Session**

Food mood diary practice

Q+A

*Learning Objectives:*

- *Conduct a basic nutritional food/mood assessment*
- *Apply the use of a food mood assessment to evaluate client eating patterns and how those patterns may influence their mental health.*

11:30am-1:30pm – Lunch

**1:45pm-3:45pm – Program Session**

Circadian Rhythm

Ultradian Rhythm experiential

Yoga exercises

*Learning Objectives:*

- *Describe the science and application of circadian rhythm as it contributes to depression, PTSD and bipolar disorder.*
- *Conduct an adrenal stress and biological rhythm assessment*
- *Practice stage-specific anaerobic and aerobic exercise and yoga self-care methods to decrease dissociative symptoms in clients.*
- *Practice breathing techniques to reduce hyperventilation and improve focus among clients with anxiety disorders.*

5:30pm-7:00pm - Dinner

**Tuesday, March 31, 2020**

7:00am-8:30am – Breakfast

**8:30am-10:00am – Program Session**

Digestion and Mental health

*Learning Objectives:*

- *Describe the science for the “second brain”; the gut-brain axis communication system of neurotransmitters.*
- *Define how gluten and casein sensitivity contributes to depression, psychosis and ASD in clients.*
- *Assess the impact of blood sugar on mood disorders.*

10:00am-10:15am – Break

**10:15am-11:30am – Program Session**

Culinary medicine

Cases

Q&A

*Learning Objectives:*

- *Define specific foods and culinary preparation methods that reduce systemic inflammatory process*

- *Summarize the scientific research that links diet and nutrition to mental illness and its implications for treatment.*

11:30am-1:30pm – Lunch

**1:45pm-3:45pm – Program Session**

Nutritional Therapies

Cases

Q+A

*Learning Objectives:*

- *Summarize how certain micronutrients and macro nutrients affect mood and behavior in clients.*
- *Summarize the evidence for the use of essential fatty acids for anxiety and depression.*
- *Define 4 nutrients substitutions to reduce self-harming behavior*
- *Define six nutritional methods for treating clients who present with mood lability.*
- *Define how Vitamin B-12 affects cognitive function*

5:30pm-7:00pm - Dinner

**Wednesday, April 1, 2020**

7:00am-8:30am – Breakfast

**8:30am-10:00am – Program Session**

Somatic and Energy Therapies

*Learning Objectives:*

- *Define the psychophysiological effects of bodywork and massage*
- *Differentiate among somatic and acupuncture methods for application and appropriate referral*

10:00am-10:15am – Break

**10:15am-11:30am – Program Session**

Detoxification

Q&A

*Learning Objectives:*

- *Define the function of phase two detoxification in the liver and its relationship to mental health*
- *Identify the role of magnesium baths to aid relaxation and anxiety reduction*

11:30am-1:30pm – Lunch

**1:45pm-3:45pm – Program Session**

Entheogens and Herbal Medicine for Mental Health

Q+A

*Learning Objectives:*

- *Define the evidence for the use of 3 anxiolytic herbs*
- *Summarize the evidence for the use of entheogens (psychedelics) for the treatment of PTSD and death anxiety*

- *Identify the traditional cultural uses of entheogens as it relates to cultural competency and mental health*

5:30pm-7:00pm - Dinner

### **Thursday, April 2, 2020**

7:00am-8:30am – Breakfast

### **9:00pm-11:30pm - Program Session**

Protocols and Next Steps

Q&A

*Learning Objectives:*

- *Define the methods for developing an integrative self-care protocol using diet nutrients and herbs*
- *Assess drug-nutrient-herbal interactions for clients in order to prevent side effects of polymedicine use.*

### **Presenter(s) Bio**

Leslie E 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 completed her graduate education in psychiatry and public health at Harvard Medical School and her life training in the jungles of Mexico, where she lived and worked alongside local healers for more than 25 years. Leslie introduced somatic therapies for complex trauma patients in outpatient psychiatry at Harvard Medical School in 1985. She is the author of nine books including, *Rhythms of Recovery: Trauma, Nature and the Body*, the seminal book on the body and complex trauma, *Nutrition Essentials for Mental Health*; *The Good Mood Kitchen*; and the forthcoming *Natural Woman: Herbal Remedies for Radiant Health at Every Age and Stage of Life*. She was a Fulbright Scholar and an NIH-funded scientist in mind-body medicine. She is also the director of the Center for Traditional Medicine, a project of [cwis.org](http://cwis.org).

Learn more about this presenter's work:

- [drlesliekorn.com](http://drlesliekorn.com)
- [Center for Traditional Medicine](#)
- [Facebook](#)
- [YouTube](#)

### **Program Costs and Registration**

Please visit [www.kripalu.org](http://www.kripalu.org)

### **Cancellation Policy**

Continuing Education payments will be refunded in full if you cancel 14 or more days prior to your arrival date. If you cancel less than 14 days before your arrival date, or you do not show up, you will not be eligible for a refund or credit.

## **Conflict of Interest/Commercial Support**

Programs indicating the availability of psychology CE credits have been reviewed to be free of any potential conflict of interest and/or commercial support unless otherwise noted.

## **Grievance Policy**

To request a copy of Kripalu's CE grievance procedure, please contact the Continuing Education Coordinator at [cec@kripalu.org](mailto:cec@kripalu.org) or 413.448.3127.

## **Certificate Issuance**

You will receive your certificate, via email, within 6–8 weeks of your program's end date.

### **Psychology – 16.75 CE Hours**

R. Cassidy Seminars is approved by the American Psychological Association to sponsor continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program and its content. 16.75 CE hours.

Participants must have paid tuition fee and CE fee to Kripalu, signed in and out each day, attended the entire program, and completed a CE application through Kripalu, and an evaluation through R. Cassidy Seminars in order to receive a certificate. Failure to sign in or out each day will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

The CE application can be obtained at the front desk of Kripalu. R. Cassidy Seminars will email a program evaluation to the participant. Once completed, a CE certificate will be generated.

### **Social Work – 18 CE Credits**

Programs have been approved for Category 1 Continuing Education hours for relicensure, in accordance with 258 CMR through the collaborative of NASW and the Boston College and Simmons College Schools of Social Work. Kripalu is not recognized by the state of New York to offer continuing education credits to social workers through the Collaborative of NASW-MA Chapter and the Boston College and Simmons College Schools of Social Work.

Participants must have paid tuition fee and CE fee to Kripalu, attended the entire program, and completed a CE application and program-specific evaluation through Kripalu.

The CE application and evaluation can be obtained at Kripalu's front desk upon arrival.

### **Nursing – 20.1 CE Credits**

Nursing Continuing Education Credits provided through Berkshire Area Health Education Center (AHEC). This course is designed for Registered and Licensed Practical Nurses, CNA's, and other health care and human service professionals and meets the requirements nursing contact hours as specified by the Massachusetts Board of Registration in Nursing - 244 CMR 5.04.

Participants must have paid tuition fee and CE fee to Kripalu, signed in each day, attended the entire program, and completed a CE application and program-specific evaluation through Kripalu.

The CE application and evaluation can be obtained at Kripalu's front desk upon arrival.

*For additional CE information, please visit <https://kripalu.org/content/continuing-education-credits>*