



Presents

Nutrition and Integrative Health Strategies for Mental Health

Anne Procyk, ND

October 5, 2018

9 AM – 4:00 PM

Course Description

Improve your clients' mental health and accelerate your therapeutic results by learning non-pharmaceutical interventions to treat depression, anxiety, bipolar and ADD. Join Dr. Anne Procyk, ND, as she teaches you how to start thinking more holistically about mental health diagnosis, treatment, and the "chemical imbalances" at the core of mental illness. Many of these imbalances result from nutritional deficiencies that the current medical system often overlooks. Dr. Procyk identifies the nutrients most essential to achieve neurotransmitter balance, and delivers clear nutritional strategies that can be easily incorporated into your client's treatment plan.

This seminar will break through hasty diagnosis and cookbook prescribing by teaching you how to address underlying causes, work directly with patients on the core issues, and recognize when integrating with other practitioners is necessary to address deeper hormonal imbalances that manifest as symptoms of mental illness. Through case analysis, you will experience how addressing these fundamental physical issues will strengthen the deep transformational emotional healing your therapy offers. Leave this seminar with the tools and understanding necessary to immediately incorporate these strategies into your clinical practice.

Biography

Dr. Anne Procyk uses her scientific background and dedication to the art of healing to practice holistic family healthcare. This holistic approach has led her to the forefront of understanding the complex relationships between physical and mental health. She has given lectures to both lay people and health professionals, and has appeared on TV and been featured in books on integrative strategies for dealing with depression, bipolar, and ADD. Her 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 is a dynamic speaker who will inspire you to apply your new tools and transform your practice.

Anne Procyk, ND 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.

Who Should Attend

This course is designed for social workers, and other professionals in the addictions and mental health field, to further develop awareness of lifestyle factors that contribute directly to health and disease, including mental illness, clinicians need an experienced, reputable source from which to learn the tools most clinically relevant to their practice. Many practitioners are searching for valid, evidence based therapies to augment the traditional methods they learned in school. Those who use an integrative approach dramatically improve their patients' outcomes by addressing these foundational lifestyle issues at the core of the disorders they are treating, and often report a higher degree of professional satisfaction. This full day seminar will teach intermediate level clinicians how to start thinking more holistically about diagnosis and treatment, and how to address the core building blocks essential for mental health that the current medical system usually overlooks. Attendees will leave with the tools and understanding necessary to immediately incorporate these fundamentals into their practice.

Course Objectives

- 1) Identify the top 7 nutrients essential for neurotransmitter balance
- 2) Explain how nutritional interventions can improve therapeutic outcomes
- 3) Describe strategies for assessing and treating depression, anxiety, bipolar, ADD
- 4) Identify 3 common hormonal imbalances commonly misdiagnosed as mental illness
- 5) Summarize the impact of blood sugar and genetic variations on mental health

Agenda / Outline

The New Integrated Model of Mental Health Care (9:00 AM – 10:00 AM)

Transcending the Mind-Body Separation

Dig Deeper: What is causing the “chemical imbalance?”

Beyond Pharmaceutical Management versus “Complementary and Alternative”

Integrative mental health care improves outcomes

How therapists who address nutrition accelerate their therapeutic results

The Physical Basis of Mental Health (10:00 AM – 10:30 AM)

Food: The Good, the Bad, and the Fake

Exercise: the drug-free way to elevate serotonin and regulate stress hormones

Sleep: the 4 Essential habits for refreshing sleep

The Most Important Nutrients for Mental Health (10:30 AM – 12:00 PM)

Fats: essential fatty acids, toxic fats, how fish oil feeds the brain

Protein: tyrosine, tryptohan, and other amino acids necessary for happiness

Carbohydrates: The true complex carbohydrates, inositol

Vitamins: B vitamins, 5-MTHF, vitamin D

Minerals: Magnesium, Calcium, Zinc, Iodine

Supplemental Activated Nutrients: GABA, 5-HTP, SAMe

Other non-pharmaceutical strategies: St. John's Wort, Theanine

Lunch 12:00 – 1:00 PM

Taking it Home: How to Help Your Patients Tomorrow (1:00 PM – 2:00 PM)

Depression

Anxiety

Bipolar

ADD

Anger/Irritability

Obesity

Addictions

Keeping your Patients Safe: Pharmaceutical interactions with popular supplements

Recognizing when “mental illness” is something else (2:00 PM – 3:30 PM)

Hormones

Blood Sugar and Diabetes

Genetic variations

Inflammation

Stress: A Holistic Approach

Working with other practitioners

Q & A (3:30 PM – 4:00 PM)

Location: 330 Corporate Blvd., Robbinsville, NJ 08691

Date: Friday, October 5, 2018

Course Times: 8:30 am beverages and registration. 9:00 am – 4:00 pm workshop

Attendees will receive certificate of credit after completion of course and participant satisfaction evaluation.

Space is limited. Please visit our website www.ncaddnjinfo.org/Training/ for more information. If you have questions or concerns about registration, facilities or course administration call (609) 477-7034, or email hhill@ncaddnj.org if you need special accommodations. Please fax the completed registration form to (609) 689-0595. Payment may be made via PayPal online or by mailing a check payable to NCADD-NJ with your registration form. If you have questions or concerns about the course content, references or content evaluation, contact Dr. Anne Procyk drprocyk@thirdstonehealth.com

“Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of licensed social work 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 jurisdiction’s regulations and standards.”

“This course is approved by the Association of Social Work Boards - ASWB NJ CE Course Approval Program Provider #83 Course #1505 from 8/31/2017 to 8/31/2019. Social workers will receive the following type and number of credit(s): Clinical Social Work Practice 6”

“This training is approved by the Addiction Professionals Certification Board, Inc. and is accepted for either initial Licensed Alcohol and Drug Counselor or Certified Alcohol and Drug Counselor by the

New Jersey Department of Law and Public Safety, Division of Consumer Services, Marriage and Family Counseling Board. Besides also being accepted for all APCB, Inc. renewal certificates, it is also accepted for renewal for all Marriage and Family Board licenses, including the Licensed Professional Counselor, Licensed Marriage and Family Therapist, and other licenses”

APCBNJ Approval No.: 6100518REC6, CE Hours: 6

New Jersey Department of Education Professional Development Provider No. 1223

Complaints / Grievances Policy: Individuals with complaints and or grievances regarding course content or facilities may submit their complaint in writing within 10 business days of the event and address it to the attention of our Director of Care Coordination Services, Stacey Wolff, at 360 Corporate Blvd, Robbinsville NJ 08691. If not satisfied with the results of the complaint process, you have the option to register your complaint with the approval entity, with an option to appeal to your jurisdictional board.