

CE Information Packet

Nutritional Psychiatry Training for Healthcare Professionals

10.25 CE hours

Target Audience:

This course is designed for physicians, nurses, psychologists, social workers and counselors and other mental health professionals. No knowledge in the area of nutritional psychiatry needed. This is a beginner level activity.

Course Objectives:

After attending this course, attendees will be better able to:

1. Describe Nutritional Psychiatry
2. Discuss how food has changed over time and the effects of new dietary patterns on the brain and cite relevant studies.
3. Describe mental health conditions that are best targeted by nutritional interventions and describe symptoms and diagnosis of these mental health conditions.
4. Describe context for prescribing food and patient situations where it is appropriate and inappropriate.
5. Describe key evidence-based nutrients relevant in the treatment of mental health conditions.
6. Describe relevant food categories to be used when working with patients.
7. Describe key evidence-based interventions for the treatment of depression anxiety, and of other mental health conditions such as bipolar disorder.
8. Describe how to conduct a mental health assessment in nutritional psychiatry context.
9. Review key components of the therapeutic relationship to be used to optimize nutritional psychiatry interventions

Schedule:

- **Module 1:** Introduction to Nutritional Psychiatry (36 Mins)
- **Module 2:** Nutritional Psychiatry Fundamentals (51 Mins)
- **Module 3:** Nutritional Psychiatry Evidence (95 Mins)
- **Module 4:** Key Nutrients & Food Categories (53 Mins)
- **Module 5:** Key Nutrients & Food Categories Continued (118 Mins)
- **Module 6:** Nutritional Psychiatry in Clinical Practice (262 Mins)

CE Credit Information:

This non-live distance learning course is approved for 10.25 CE hours.

The Institute Better Health (IBH), has been approved as a provider of continuing education and continuing medical education by the organizations listed below. IBH as the approved sponsor maintains responsibility for the educational activity offered and for following the standards and regulations for the organizations listed below.

COUNSELORS: Institute for Better Health is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0063. Counselors may earn 10.25 contact hours.

EDUCATORS: The Institute for Better Health has been approved by the Washington State Professional Educator Standards Board (WESPSB), a member of NASDTEC, as a Clock Hour Provider for Educators. Learners may claim one Clock Hour for each activity hour attended. Please contact your individual state boards for information regarding reciprocity and any additional requirements.

NURSES: Institute for Better Health, Inc is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Provider approved by the CA Board of Registered Nursing (BRN Provider CEP#2672) for 10.25 CEH's.

PSYCHOLOGISTS: Institute for Better Health is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. Institute for Better Health maintains responsibility for this program and its content.

Institute for Better Health, Inc. is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0007. Psychologists may earn 10.25 contact hours.

SOCIAL WORKERS: Institute for Better Health (IBH) SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0091. This course is approved for 10.25 contact hours.

NOTE: Many state boards accept offerings accredited by national or other state organizations. If your state is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted.

Course launch

11/1/2020

Course CE review date:

11/1/2023

Speaker/Planner Conflict of Interest Disclosures:

The Institute for Better Health, Inc. is responsible for the content, quality and scientific integrity of all CE/CME activities certified for credit. When an educational activity is offered for medical (CME), Nursing (UNA-ANCC) and/or Psychology (APA) continuing education credit, participants must be informed as to the source, amount, nature, and disposition of any funding used to support the activity, whether in the form of educational grants, cash contributions, or in-kind contributions.

Individuals in a position to influence course content must also disclose whether they have one or more relevant financial relationships with individuals and companies who have a financial interest in activity content.

All those in a position to control the content of an education activity are asked to disclose any relevant financial relationships they have with any commercial interest.

There was no commercial support for this activity.

The planners and presenters have no relevant financial relationships to disclose.

Course References:


- 1) Peralta, N. et al. A Mediterranean-style dietary intervention supplemented with fish oil improves diet quality and mental health in people with depression: A randomized controlled trial (HELFIMED). Nutritional Neuroscience. 2017 Dec 7:1-14. <https://www.ncbi.nlm.nih.gov/pubmed/29215971>
- 2) Ramsey, D and LaChance, L. Antidepressant foods: An evidence-based nutrient profiling system for depression. World Journal of Psychiatry. 2018 Sep 20; 8(3): 97–104. Published online 2018 Sep 20. doi: [10.5498/wjp.v8.i3.97](https://doi.org/10.5498/wjp.v8.i3.97)
- 3) Jacka, F. et al. A randomised controlled trial of dietary improvement for adults with major depression (the 'SMILES' trial) BMC Medicine January 2017 15:23 <https://doi.org/10.1186/s12916-017-0791-y>

CE Course Completion Requirements:

Attendees must complete the course in full. No partial credit will be awarded. Upon conclusion of the course, attendees must submit a course evaluation and post test (with a passing score of 80%). Upon receipt, attendees will be issued a CE certificate of completion.

How to Obtain Your CE/CME Certificate:

Upon completion of the course, you will be emailed an instruction page on how to access the post-workshop website hosted through Intitute for Better Health (IBH). You will receive a unique website link to follow in order to access the post-workshop evaluation, test and certificate processing site. Below is an outline of the requirements.

1. In your internet browser, visit the link that will be supplied to you once you've completed the course in full. By following this link, you will arrive on the IBH-Join Event webpage.
2. In the first field provided, enter the email address you used to register for the course.
 - If this is your first time logging into the IBH event page, you will need to complete all required fields including your address.
 - Returning attendees only need to enter your email address. Type your email address and hit ENTER on your keyboard. This will direct returning attendees straight to your customer account page.
3. The course you recently completed will be pre-populated into your account. Click on the "Certificate" button located below the title of the conference, that looks like this:

4. A pop-up menu will appear with the next steps. You will need to complete these steps from top to bottom (post-test (if applicable), evaluation, affidavit).
5. Click "Download your Certificate", or have your certificate emailed to you.

For questions regarding CE information and the certificate process, please email staff@ibh.com.

You will have 30 days from the course completion date to visit this site and complete all steps to earn your CE Certificate. Please be sure to complete this process soon after the course to ensure you get your certificate before the 30-day deadline.