



## NO TIME? STUDY AT HOME!

Course Format Options:

### OPTION 1: Live Online Seminars

Convenient LIVE Credit Hours

- Taught in "real-time" with LIVE credit
- Live online seminars work on PC, MAC, and other handheld devices such as iPad or iPhone
- Interactive classrooms
- All you need is an internet connection, speakers or headset
- Automated testing and certificate generation

### OPTION 2: On-Demand Seminars

- Pre-recorded seminars - home study credit
- Complete at your own pace
- Automated testing and certificate generation
- On-demand seminars work on PC, MAC, and other handheld devices such as iPad or iPhone
- All you need is an internet connection, speakers or headset

## Unlimited CE 1-Year Membership

**1 Price - Unlimited CE Credit - 1 Year**

What comes with a membership:

- Free unlimited access to all online courses - live online seminars & on-demand seminars
- 250+ online courses per year at no additional charge
- CE credits are included with membership - NO additional fees
- Course lengths available: 1, 2, 3, and 6 hour formats - AM & PM classes
- Automated online testing and certificate

**All courses can be purchased separately - a membership is not required**

Registration cancellation requests are accepted up to seven days prior to the seminar date, and a \$20 nonrefundable cancellation fee will be charged per person. If a seminar cannot be held due to reasons beyond CE International's control (weather, etc.), refunds will not be granted; however, the seminar will be rescheduled. Parking is not included in registration fee.

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## NUTRITIONAL PSYCHIATRY

6 Contact Hours — All Professionals

Workshops, Online Seminars & Home Study Courses

Register Online: **[ceinternational.com](http://ceinternational.com)**

Or call toll-free: 1-800-577-5703

### WHO SHOULD ATTEND:

- Pharmacists
- Nursing Professionals
- Dietitians
- Physical Therapy Professionals
- Occupational Therapy Professionals
- Mental Health Counselors, Therapists Social Workers
- Medical Professionals

# Nutritional Psychiatry

## Your Brain On Food

Diet & Mental  
Health • Depression  
& Anxiety • ADHD •  
Autism • Leaky Gut  
& Brain Health •  
Food Addiction &  
Brain Signals •  
Binge Eating  
Disorder • Dietary  
Supplements &  
More

### Course Objectives:

- State the relationship between diet, nutrition and mental health.
- Define key targets for nutritional intervention: The immune system, brain plasticity and the microbiome-gut-brain axis.
- List dietary deficiencies that contribute to the development of mental health disorders.
- Explain the connection between intestinal inflammation, brain inflammation and mood disorders.
- Recognize the research on the role of diet and dietary supplements in treating depression and anxiety.
- Define dietary strategies for treating children and adults with ADHD.
- Identify the research on nutrition and dietary interventions for autism spectrum disorder.
- Explain the relationship between leaky gut, ADHD, and autism along with how inflammation affects behavior.
- List the five main types of overeating and how diet affects neurotransmitters.
- Explain the science of food addiction and brain signals.
- Name diet strategies for treating binge eating behavior.

Register Online: [ceinternational.com](http://ceinternational.com)

### Continuing Education Seminar Locations and Dates:

**JACKSONVILLE, FL:** Mon., June 24, 2019 • Holiday Inn • 11083 Nurseryfields Dr  
**PORT ST LUCIE, FL:** Tue., June 25, 2019 • Civic Center • 9221 SE Civic Center Place

**LIVE ONLINE:** Fri., June 21, 2019 • The Internet

**ON-DEMAND:** Unable to attend? Take on-demand

Course Description

Nutritional psychiatry is a growing discipline that focuses on the use of food and supplements to provide these essential nutrients as part of an integrated or alternative treatment for mental health disorders. The link between poor mental health has long been recognized by dietitians working in the field of psychiatry. Recently, psychiatrists are now becoming increasingly aware of the benefits of using nutritional approaches to mental health, calling for research into this new field of treatment.

It is now known that many mental health conditions are caused by inflammation in the brain which ultimately causes our brain cells to die. This inflammatory response starts in our gut and is associated with a lack of nutrients from our food such as magnesium, omega-3 fatty acids, probiotics, vitamins and minerals that are all essential for the optimal function of our bodies.

This course explores the current research regarding nutritional psychiatry focusing on mood disorders, depression, anxiety, ADHD, autism, microbiome-gut-brain axis, obesity, food addiction and binge-eating disorder. Intermediate level.

This course can be attended either live onsite, live online or on-demand.



Accreditations

Nurses (RN, LPN, NP, etc) - 6 Contact Hours

This course is sponsored by MED2000 who is an approved provider by the Alabama State Nurses Association, which is accredited as an approver of continuing education in nursing by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). Nursing professionals in all states receive credit for courses.

MED2000 is a registered provider with the Florida Board of Nursing.

Pharmacists - 6 Contact Hours

This course is sponsored by MED2000 who is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. ACPE UAN: 0826-9999-19-010-L01-P, IRD: 3-1-19. Knowledge based activity.

Occupational Therapy Professionals (OT, OTA) - 6 Contact Hours

This course is sponsored by MED2000 who is an approved provider by the American Occupational Therapy Association. Category 1. MED2000 is an approved provider by the FL Board of OT Practice (#133).

Physical Therapy Professionals - (PT/PTA) - (6 Contact Hours)

Florida: Approved by the Florida Physical Therapy Association ((CE19-647667).

Registered Dietitians, DTRs & Nutritionists - 6 CPEs (6 Contact Hours)

This course is sponsored by MED2000 who is a Continuing Professional Education (CPE) Accredited Provider (ME001) with the Commission on Dietetic Registration (CDR). (CPE level I and II).

Clinical Social Work, Marriage & Family Therapy and Mental Health Counseling (6 Contact Hours)

The Florida Board of Clinical Social Work, Marriage & Family Therapy and Mental Health Counseling has approved MED2000 has a provider of continuing education.

MED2000 is a registered provider with CE Broker. Course credit is submitted to CE Broker.

CE Broker course tracking number: 20-647667

Faculty

Ginger Schirmer, PhD, RD obtained her doctoral degree from Auburn University with a specialty in biochemistry and a Master of Science in Exercise Science. Dr. Schirmer is a nationally recognized speaker and lectures extensively to medical professionals and has authored several educational books. Dr. Schirmer has written over 200 educational courses for medical professionals including this course. She has been an invited nutrition expert for TV and radio news shows nationally. Dr. Schirmer has over 30 years experience in working with patients in private practice and educating medical professionals and has a special research interest in autoimmune diseases, neurodegenerative disorders and metabolic diseases.

Nutritional Psychiatry Course Agenda

8:10 A.M.—8:25 A.M. Registration  
8:30 A.M.—3:30 P.M. **Workshop.** Lunch 12-12:50 PM (on own). Certificates distributed upon course completion (full attendance and completion of course evaluation required).

Nutritional Psychiatry: The Relationship Between Diet, Nutrition & Mental Health

- Key targets for nutritional intervention: Immune system, oxidative biology, brain plasticity and the microbiome-gut-brain axis.
- Dietary nutrient deficiencies that contribute to the development of mental health disorders.
- Essential vitamins, minerals, and fatty acids. How to fuel the brain to optimize function.
- Drug vs nutritional therapy for treatment of common mental disorders - benefits of both.
  - Major depression, bipolar disorder, schizophrenia, and obsessive compulsive disorder.
- Diet, microbiome, and their affect on psychiatric disorders.
- Neurotransmitters and diet. The Intestinal microbiome and serotonin production.

Leaky Gut, the Intestinal Microbiome, and Mood Disorders

- Leaky gut syndrome: The connection between intestinal permeability, inflammation and mental health disorders.
- Connecting intestinal inflammation, brain inflammation and mood disorders.
- Diet and dietary supplements to heal a leaky gut, reduce inflammation and improve mood.
- The role of gluten and dairy in increasing inflammation and intestinal permeability.
- Food and mood. “Western” vs “Mediterranean” diets on brain health.

Depression, Anxiety, Diet & Dietary Supplements

- Foods that can trigger depression: Alcohol, sugar, artificial sweeteners, processed foods and more.
- Psychobiome feeding mind: polyphenolics in depression and anxiety.
- Depression and diets: Foods that help depression. Is there an anti-depression diet?
- Ketogenic, plant-based and intermittent fasting diets - treatment for depression/anxiety?
- Drug-nutrient interactions of commonly used medications to treat depression/anxiety.
- Probiotics and Prebiotics: Review of current research on their role in treatment therapy.

ADHD Diets for Children & Adults: Do They Work?

- Elimination diets and ADHD - What works and why? Paleo and “whole” food diet plans.
- Artificial colors, especially red and yellow - review of current research.
- Food additives such as aspartame, MSG, and nitrites - their affect on hyperactivity.
- Leaky gut and ADHD. How gut inflammation affects behavior.
- Microbiome: Can a fecal transplant cure ADHD. A look at the new science.
- Dietary supplements: Omega-3 fatty acids, zinc, vitamin D, probiotics and more.

Diet for Autism: What Works?

- Gluten and casein proteins: Their physiological role in gastrointestinal inflammation.
- Leaky gut and autism. Common GI disorders in autistic patients.
- Autism and the microbiome: Fecal transplant shows early promise against autism.
- Nutrition and dietary interventions for autism spectrum disorder: A systemic review.

Obesity, Food Addiction, & Binge Eating Disorder

- Food addiction and brain signals: GLP-1 and its influence in obesity and food addiction.
- The science behind overeating. What drives the behavior?
- Compulsive overeating, impulsive overeating, impulsive-compulsive overeating, anxious overeating and emotional overeating. Review of brain chemistry.
- Overeating, obesity, and dopamine receptors. Diet strategies to boost dopamine levels.
- Diet strategies for binge eating behavior. How select foods increase binge-eating behavior.
- The role of neurotransmitters in human behavior. Hard-wired or dietary correction?

Registration Form

- Register Online: **ceinternational.com**
- Phone: 800-577-5703
- Fax form or PO to: 214-666-3937
- Mail form with payment to:  
CE International, PO Box 600173, Dallas, TX 75360

Contact Us

Text: 214-624-9870 or email: info@ceinternational.com

Select Seminar Date:

☐ Jacksonville, FL, Mon., June 24, 2019

☐ Port St. Lucie, FL, Tue, June 25, 2019

Live Online: ☐ Fri., June 21, 2019

- ☐ Not able to attend? Take as on-demand home study
- ☐ Other online courses & CE Memberships - view website

|                                                         |                             |                                                                                                |
|---------------------------------------------------------|-----------------------------|------------------------------------------------------------------------------------------------|
| Name (Please Print)                                     |                             |                                                                                                |
| Address                                                 |                             |                                                                                                |
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| Daytime Phone                                           |                             |                                                                                                |
| E-mail Address                                          |                             |                                                                                                |
| Profession                                              | License number (FL only)    |                                                                                                |
| Pharmacist NABP e-Profile ID                            | DOB (mm/dd) Pharmacist only |                                                                                                |
| <b>Pricing Information Seminar</b>                      |                             |                                                                                                |
|                                                         | Early*                      | Regular                                                                                        |
| Single Registration                                     | \$84                        | \$94                                                                                           |
| 3 or more (must register together)                      | \$79 ea                     | \$89 ea                                                                                        |
| * Registrations received 10 days prior to seminar date. |                             |                                                                                                |
| <b>Payment Information</b>                              |                             |                                                                                                |
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