

# The Knowledge Tree

1640 Powers Ferry Road, Building 9, Suite 250, Marietta, Georgia 30067, 404-913-2005, [www.TheKnowledgeTree.org](http://www.TheKnowledgeTree.org)

## Food and Mood: Improve Your Clinical Outcomes Using Nutrition and Lifestyle Interventions - 5 CEUs

### When & Where:

- **Date:** Friday, December 8, 2023
  - If you cannot attend this workshop on 12/8, you can pre-register for the on-demand version here: <https://www.theknowledgetree.org/p/food-and-mood-online/>
- **Time:** 11:00am - 5:00pm *Eastern Time*
- **CE Hours Included:** 5 Core (please see below for more details)
- **Location:** Live Interactive Webinar ("Synchronous") on Zoom
- **Investment:** \$120 before Monday, November 27th at 9:00am *Eastern Time*, \$135 after
- **Presented by:** Vicki Steine, DSc., LCSW, BCHN, IFNCP (see bio below)
- **Workshop Recording:** A recording of this workshop is available to review for 60 days after the presentation. However, participants must attend live to receive the "Synchronous" CE Certificate.
- **Instruction Level:** Intermediate
- **Target Audience:** Psychologists, Counselors, Social Workers, Marriage & Family Therapists, Psychotherapists, Other Mental Health Professionals

### Educational Objectives:

In this workshop, you will learn how to:

- Describe the difference between Functional and Western Medicine.
- Explain how macronutrients and micronutrients impact mental health
- Define "leaky gut" and its impact on mental health
- List the key nutrients that support the function of both the brain and the gut, the "second brain"
- Discuss the impact of toxins, inflammation, and poor nutrition on mental health
- Identify specific elimination diets that can support gut and mental health
- Describe the impact of sugar and ultra-processed food on mental health
- Demonstrate how to support clients with basic food planning
- Describe the impact that exercise and sleep have on mental health

### Workshop Description:

Have you ever wondered if what your clients eat might impact their behavior? Especially if you know they live on fast food and ultra-processed convenience foods? Did you know there is an entire field addressing this issue called Nutrition Psychiatry? Unfortunately, most of us weren't taught this information in our graduate programs, so where do we start? What about exercise and sleep? Is this even in our scope of practice?

In this workshop, you will learn how various nutrients impact mental health. We will explore the connection between the gut and the brain and how your client's physiology and individual biology affect their mental health. You will identify other factors that change your clients' health through inflammation and exposure to toxins. You will come to understand the connection between the brain and the body and what you can do to educate your clients and, in doing so, improve their overall health and your clinical interventions.

### Presented by: Vicki Steine, DSc., LCSW, BCHN, IFNCP



Vicki Steine has a Doctor of Science in Holistic Nutrition and is a Licensed Clinical Social Worker in private practice, working with children and adults. She specializes in treating neurological disorders, addiction, and trauma. Dr. Vicki is passionate about utilizing the brain/body connection in her practice, combining lifestyle education, mind/body therapies, and talk therapy in her work with clients.

She is a Board-Certified Nutrition Professional, Integrative Nutrition Certified Practitioner, Certified HeartMath Practitioner, and Brainspotting Therapist. She is also trained in Cognitive

Behavior Therapy and Exposure Therapy. She teaches both nationally and internationally on the integrative approach to psychotherapy.

**Agenda (*Eastern Time*):**

- 10:30am - 11:00am | Sign-In and Welcome
- 11:00am - 12:30pm | Session
- 12:30pm - 12:40pm | Break
- 12:40pm - 1:55pm | Session
- 1:55pm - 2:35pm | Lunch Break
- 2:35pm - 3:35pm | Session
- 3:35pm - 3:45pm | Break
- 3:45pm - 5:00pm | Session
- 5:00pm | Continuing Education Certificates Available

**5 Core CE Clock Hours Included - Details by License Type Below:**

- **PSYCHOLOGISTS:** The Knowledge Tree (TKT) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. TKT maintains responsibility for this program and its content. For more detailed information on the current CE ruling in Georgia, or if you are licensed in another state or country, please [click here](#).
- **COUNSELORS:** The Knowledge Tree has been approved by the National Board for Certified Counselors (NBCC) as an Approved Continuing Education Provider (ACEP), ACEP No. 7153. Programs that do not qualify for NBCC credit are clearly identified. The Knowledge Tree is solely responsible for all aspects of the programs. Please [click here](#) for more detailed CE information.
  - **Counselors Licensed in Canada:** TKT has applied for approval for this workshop through the Canadian Counseling and Psychotherapy Association (CCPA).
- **SOCIAL WORKERS:** TKT has applied for approval for this workshop through the Georgia Society for Clinical Social Work (GSCSW). If you are licensed in another state or country, please [click here](#) for more detailed information.
- **MARRIAGE & FAMILY THERAPISTS:** TKT has applied for approval for this workshop through the Georgia Association for Marriage & Family Therapy (GAMFT). If you are licensed in another state or country, please [click here](#) for more detailed information.

**Registration:** To register for individual workshops, you may use our online payment option, or to pay by check you may print and complete the Registration Form and mail or fax it to our office. The registration form is available on our website: [www.theknowledgetree.org](http://www.theknowledgetree.org)

**Multiple Workshop Special:** There is a 10% Discount with registration for two workshops. There is a 15% Discount with registrations for three or four workshops. There is a 20% Discount with registration for five or more workshops.

**Refund Policy:** Refunds will be given for cancellations received at least **five days** prior to the workshop.

**Attendance Policy:** 100% attendance is required at any CE program in order to receive credit for that CE program. No partial credit is given.

**We are an approved vendor for the U.S. Department of Veterans Affairs for easy reimbursement of educational expenses for VA employees.**

For more information about our workshops, please contact us at 404-913-2005 or email us at [workshops@theknowledgetree.org](mailto:workshops@theknowledgetree.org)