

★★ CERTIFICATION RETREAT ★★
IN SCOTTSDALE, ARIZONA

NUTRITIONAL AND INTEGRATIVE MEDICINE FOR MENTAL HEALTH PROFESSIONALS

Clinicians often say to me: "I want to include Nutritional and Integrative Medicine methods into my practice but I am not sure where to begin or how to do this? And, "What am I allowed to do"?"

Many clients are already self-prescribing based on information obtained on the Internet or their friends. While many of these clinical methods have few negative side effects, some herbal supplements, juice fasts and other apparently healthy activities can have significant adverse outcomes if not tailored to the individual's psychobiology.

This training will provide state-of-the-art, clinical skills you need to help your clients safely navigate nutritional and integrative medicine.

You will also have opportunity to discuss cases, ask questions, develop new assessment skills and explore both metaphorical and scientific language that allows for effective communication with clients. Guest speaker Dr. Mary Ann Osborne, Nurse Practitioner, will join us during the retreat to share her specific area of expertise.

This content-rich retreat is organized with plenty of down time for rest, rejuvenation and relaxation in the pools or even for nourishing naps and massages.

The Scottsdale Resort at McCormick Ranch is in the magnificent desert landscape with gardens, nearby hiking paths, night skies and sunny days in which to rejuvenate while learning integrative clinical skills.

I look forward to seeing you in Scottsdale!

Leslie Korn, Ph.D., MPH, LMHC

Target Audience: Counselors • Dietitians • Social Workers • Psychotherapists • Psychologists
Marriage & Family Therapists • Dietitians • Nurses • Nurse Practitioner • Addiction Counselors
Occupational Therapists • Occupational Therapy Assistants • Mental Health Professionals

Limited availability pesi.com/express/70550

Retreat Location



Indulge yourself at a desert escape, relaxation is a way of life at The Scottsdale Resort at McCormick Ranch. Combining modern accommodations with amenities that capture the elegance of historic haciendas of the past, the Scottsdale Resort at McCormick Ranch is a luxury vacation retreat.

Resort Highlights

- AAA Four Diamond Retreat
- Gorgeous Desert Oasis Setting
- Locally Sourced, Artisan Cuisine
- Indulgent Luna Spa
- 36-hole Championship McCormick Ranch Golf Club
- State-of-the-art Fitness Center
- Two Refreshing, Glistening Outdoor Pools
- Luxuriously Appointed Guest Rooms
- Hike Over 11 Miles of Paved Trails



7700 East McCormick Parkway • Scottsdale AZ, 85258
www.destinationhotels.com/scottsdale-resort

Reserve today! pesi.com/express/70550

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IN SCOTTSDALE, ARIZONA

NUTRITIONAL AND INTEGRATIVE MEDICINE FOR MENTAL HEALTH PROFESSIONALS

November 6-10, 2019

The Scottsdale Resort at McCormick Ranch
Scottsdale, AZ

Reserve today! Limited availability pesi.com/express/70550



Become a Certified Mental Health Integrative Medicine Provider (CMHIMP).
& Earn up to 20 CE Hours!

In a retreat setting!

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Retreat Content

CLINICAL APPLICATION AND EVIDENCE-BASED RESEARCH

Nutritional therapies
Culinary medicine
Behavioral medicine
Nutritional supplementation
Herbal medicine
Hydrotherapies for mood management
Aromatherapy
Bodywork therapies
Acupuncture and cranial electrical stimulation
Sound and music for insomnia and mood
Light & dark therapies
Stage appropriate yoga for anxiety, pain and PTSD
Integrative detoxification for addiction

Assessments

Learn to conduct a basic nutritional food/mood assessment
Learn to conduct an adrenal stress and biological rhythm assessment
Culture and ethnicity assessment and treatment
The Cultural Formulation Interview and CAM methods
3 Basic lab tests for optimal mental health

THE PSYCHOLOGY OF CHANGE USING INTEGRATIVE APPROACHES

Balancing the Sleep/Wake Cycle in Depression, Bipolar and PTSD

Balance circadian rhythm in depression, bipolar, PTSD
Apply special yogic breathing exercises for mental health
Enhance sleep and address insomnia

The Complex Relationships between Mental and Physical Health

Strategies to reduce inflammation: the major factor in depression, anxiety, bipolar and ADHD
Chronic illness, fibromyalgia
Anxiety and digestion
The second brain: microbiome, probiotics and GABA and anxiety
Sleep, adrenal health and rhythms
Anger, alcohol abuse and liver health
Genetics, depression and brain
PTSD and auto immune, addictions and cognition
ADHD, ASD and food sensitivities
Integrative approach recovery from addictions

Beyond Pharmaceutical Management

Address clients concerns and provide alternatives to psychotropics
Herbal medicine for mental health
Strategies for coming off or reducing psychotropic
Ayurvedic medicine and mental health
Exercise: aerobic, anaerobic, yoga, core, land and water based
Sound and music for insomnia, anxiety and anger
Toning, binaural music

Nutrition, Diet and Culinary Medicine

Food as "brain-mind-medicine"
Fats: essential fatty acids, toxic fats, fish oil
Protein: the building blocks of happiness
What nutrients improve mental health and cognitive function

Vitamins, minerals, glandulars and special nutrients for the non-nutritionist
Hormones
Balance blood sugar to balance mood
Cultural and genetic variations
Enhance digestion for mental health
Thyroid function and mental health

Herbal Medicine

Seven major herbs for PTSD, anxiety, depression, sleep and cognitive health
Endocannabinoid deficit theory
Cannabis and psychedelic medicine
THC versus CBD
Evidence for medical cannabis for mental health
PTSD and chronic pain
Smell, mood and cognition
Evidence for essential oils to alter mood and cognition

Special Issues Across the Lifespan

Children: supporting sleep, focus, mood and attention
Alternatives to psychotropics for ADHD
Middle life: peri-menopause, menopause, andropause
Prevent cognitive decline
Nutrition and integrative methods to support people with dementia and their caregivers

Somatic Therapies, Acupuncture and New Approaches

Spectrum of somatic and bodywork therapies
NADA protocol for addictions
Cranial electrical stimulation for PTSD, insomnia and optimal cognition

Comprehensive Non-Pharmaceutical Treatment Plans and Protocols for Treating the DSM-5™ Disorders:

Depression & Seasonal Affect Disorder
Anxiety, PTSD and Complex Trauma
Bipolar
ADHD
Body Dysmorphia
OCD
Bulimia
Insomnia
Addictions

Develop a Niche Practice

Scope of your practice: ethics, law and competency
Build an integrative health team
When and where to refer clients
Where to find the right provider
Develop a niche practice as a certified specialist
Professional organizations and more training
Controversies and hot topics

Go to
pesi.com/express/70550
for key learning outcomes

Retreat Schedule

Wednesday, November 6, 2019

4:00pm Check In
7:00–9:00pm Educational Program*

Thursday-Saturday, November 7-9, 2019

9am–12:30pm Educational Program*
12:30–1:30pm Lunch
1:30-3pm Free Time
3:30–5:30pm Educational Program*

Sunday-November 10, 2019

9–10:30am Educational Program*
12:00pm Check Out

All day break-stations & lunch will be provided Thursday – Saturday workshops

*CE is awarded during these specified times

Lead Presenter



Leslie 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 is known for her dynamism and humor as a speaker. She has provided over 50,000 hours of treatment in private practice for diverse populations. Her clinical practice focuses on providing clients effective alternatives to psychotropics. She completed her graduate education in the departments of psychiatry and public health at Harvard Medical School and her life training in the jungle of Mexico where she lived and worked alongside local healers for over 25 years. She directed a naturopathic medicine and training clinic facilitating health, culinary and fitness retreats. She is licensed and certified in nutritional therapy, mental health counseling, and bodywork (Polarity and Cranial Sacral and medical massage therapies) and is an approved clinical supervisor. She introduced somatic therapies for complex trauma patients in out-patient psychiatry at Harvard Medical school in 1985 and served as a consultant in ethnomedicine to the Trauma Clinic, Boston. She is the former clinical director and faculty of New England School of Acupuncture and faculty at the National College of Naturopathic Medicine.

She is the author of the seminal book on the body and complex trauma: *Rhythms of Recovery: Trauma, Nature and the Body* (Routledge, 2012), *Nutrition Essentials for Mental Health* (W.W. Norton, 2016), *Eat Right Feel Right: Over 80 Recipes and Tips to Improve Mood, Sleep, Attention & Focus* (PESI, 2017), *Multicultural Counseling Workbook: Exercises, Worksheets & Games to Build Rapport with Diverse Clients* (PESI, 2015) and *The Good Mood Kitchen* (W.W. Norton, 2017). She was a founder of the National Certification Board for Therapeutic Massage and Bodywork, a Fulbright scholar in Herbal Medicine and an NIH-funded scientist, in mind/body medicine. She is an approved clinical supervisor and is the research director at the Center for World Indigenous Studies where she designs culinary and herbal medicine programs with tribal communities engaged in developing integrative medicine programs.

Speaker Disclosures:

Financial: Leslie Korn is in clinical practice. She receives a speaking honorarium from PESI, Inc. Non-financial: Leslie Korn has no relevant non-financial relationship to disclose.

Guest Presenter

Mary Ann Osborne, NP has been a nurse practitioner for over 30 years. In 2001, she became the first nurse practitioner to graduate from the Fellowship in Integrative Medicine at the University of Arizona, Tucson. Dr. Osborn served in the Army Nurse Corps for 21 years. She is in a private practice specializing in women's health, cognitive health and Alzheimer's prevention in Colorado Springs.

Speaker Disclosures:

Financial: Mary Ann Osborne is in private practice. She is a faculty member at the University of Portland. Ms. Osborne receives a speaking honorarium from PESI, Inc. Non-financial: Mary Ann Osborne is a member of the American Nurses Association; and the American Association of Nurse Practitioners.



BECOME CERTIFIED!

This retreat meets ALL the educational requirements when applying to become a Certified Mental Health Integrative Medicine Provider (CMHIMP).

\$50 OFF

Certification Application Fee

Use Code: **KRETREAT11**

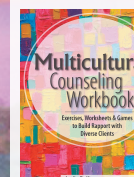
Expires 12/31/2019

Visit mhimi.com for the full certification requirements.

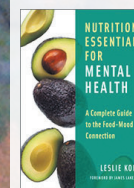


PUBLICATIONS FROM LESLIE KORN, PH.D., MPH, LMHC

AVAILABLE FOR PURCHASE AT THE RETREAT.



Multicultural Counseling Workbook
Use this powerful tool to explore cultural communities, religion, spirituality, gender, sexuality and disabilities. You'll find unique activities to help you reflect on your own attitudes, prejudices, and develop new skills for working with and building rapport with diverse clients.



Nutrition Essentials for Mental Health: A Complete Guide to the Food-Mood Connection

Diet is an essential component of a client's clinical profile. Few therapists, however, have any nutritional training, and many don't know where to begin. In *Nutrition Essentials for Mental Health*, Leslie Korn provides clinicians with a practical guide to the complex relationship between what we eat and the way we think, feel, and interact with the world.

YOUR REGISTRATION INCLUDES A COPY OF DR. KORN'S RECIPE BOOK "EAT RIGHT, FEEL RIGHT!"

DISTRIBUTED AT THE RETREAT



Eat Right, Feel Right: Over 80 Recipes and Tips to Improve Mood, Sleep, Attention & Focus

Improve mood, sleep and focus with these nutrient-rich recipes and handy tips. *Eat Right, Feel Right* teaches you the do's and don'ts of using ingredients in entrees, snacks, soups, smoothies and dressings to make you an at-home mental health chef.

Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health 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 professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDITION COUNSELORS: This course has been approved by PESI, Inc. as a NAADAC Approved Education Provider, for 20.00 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 20.00 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

REGISTERED DIETITIANS & DIETETIC TECHNICIANS, REGISTERED: PESI, Inc. PE001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR) from July 1, 2018 through June 30, 2019. Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 20.00 continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. This program/material is designated as LEVEL 2.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 1200 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 20.0 contact hours. Partial contact hours will be awarded for partial attendance.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 20.0 contact hours or 2.0 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PSYCHOLOGISTS: This activity consists of 20.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance. PESI, Inc. designates this live activity for a maximum of 20.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

SOCIAL WORKERS: This intermediate activity consists of 20.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

OTHER PROFESSIONS: This activity qualifies for 1200 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

CERTIFICATE RETREAT IN SCOTTSDALE, ARIZONA NUTRITIONAL AND INTEGRATIVE MEDICINE FOR MENTAL HEALTH PROFESSIONALS

November 6-10, 2019

How to Register

Online:
pesi.com/express/70550

Other ways to register:

PHONE 800-844-8260

Please have credit card available

FAX 800-554-9775

MAIL PESI, Inc.
PO BOX 1000
Eau Claire, WI
54702-1000

1 Please complete entire form (to notify you of retreat changes):
please print; staple duplicate forms.

Name _____

Profession _____

Address _____

City _____

County _____

State _____

Zip _____

Cell Ph () _____

Work Ph () _____

E-mail address _____

Registrant's email required to receive your certificate of completion and registration confirmation. For your convenience, confirmations are sent via email.

2 Tuition and 4-night stay (70550SCO)
November 6-10, 2019
Registration closes October 23rd

Early bird by 9/1/2019 \$1,899 per person
 Standard \$2,099 per person

****Bring a friend and SAVE \$200 each!**
Tuition and 4-night stay, double occupancy*

Early bird by 9/1/2019 \$1,699 per person
 Standard \$1,899 per person

To register for double occupancy, please submit both registration forms at the same time

Roommate's name: _____

3 Please indicate method of payment.

Check enclosed payable to PESI, Inc.

Am. Exp. (15 Digits) VISA (13-16 Digits) MC (16 Digits) Discover Novus (16 Digits)

Card Number: _____

Card Expires ____/____/____ V-Code #: _____

Signature _____

Tuition Includes:

- 4-Night Stay
- Dr. Korn's *Eat Right, Feel Right* Book
- CE Certificate & Course Manual
- All-Day Break Stations (Thursday – Saturday)
- Lunch (Thursday-Saturday)

_____ Total

For cancellation policy, FAQ and additional details go to:

pesi.com/express/70550