

FOUR-HOUR LIVE WEBINAR

Tuition: \$69

(REGISTRATION FORM)

NUTRITIONAL PSYCHIATRY & BRAIN HEALTH

Please Check One Option Below:

LIVE WEBINAR:

Sat., Nov. 13, 2021, 12:00 PM – 4:30 PM, (Eastern Time)
or 11:00 AM – 3:30 PM, (Central Time)
or 9:00 AM – 1:30 PM, (Pacific Time)

Sat., Dec. 18, 2021, 12:00 PM – 4:30 PM, (Eastern Time)
or 11:00 AM – 3:30 PM, (Central Time)
or 9:00 AM – 1:30 PM, (Pacific Time)

\$69 – Pre-Registration Rate: Live Webinar with 4 hours of CE credit.

Registrants will need a computer with a good Internet connection and audio speakers (or headphones) to participate in the live Webinar.

\$69 – DVD or streaming video available for homestudy credit.

\$55 – DVD or streaming video only without homestudy test.

*Please note special discounts for homestudy purchase are available for students who are registered for webinars. Please email INR at info@biocorp.com for more information.

Name (please print) _____

Home Address _____

City/State _____ Zip _____

Work Phone _____ Home Phone _____

Fax _____

Email _____

Profession _____ License No. _____

Pharmacists only: NABP # _____ Date of Birth mm / dd / yy

Payment by (please check one):

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There are four ways to register:

- 1) **Internet:** www.INRseminars.com
- 2) **Mail:** INR, P.O. Box 5757, Concord, CA 94524-0757
(Make check payable to INR.)
- 3) **Fax:** (925) 687-0860
- 4) **Phone:** 1-800-937-6878

Inquiries for Customer Service: 1-877-246-6336 or (925) 609-2820

Purchase orders are accepted. Tax Identification No. 94-2948967

ACCREDITATION

To obtain the 4 contact hours associated with this course, the health care professional will need to sign in, attend the course, and complete program evaluation forms. At the end of the program, the health care professional successfully completing the course will receive a statement of credit. This is an intermediate-level course.

NURSES (RNs, NPs, & LPNs)

Institute for Natural Resources (INR) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This program provides 4 contact hours for nurses and includes one Rx contact hour of pharmacology CE. INR has been accredited as a continuing education provider by the Florida Board of Nursing (#50-3026), the Iowa Board of Nursing (#288) for 4 contact hours, and the California Board of Registered Nursing (CEP #06136) and the Kansas Board of Nursing (#LT0140-0927) for 4.8 contact hours.

DENTAL PROFESSIONALS

INR is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. INR designates this activity for 4 hours of continuing education credits. Under Approval No. 21-183, the New Jersey Board of Dentistry has approved this course for 4 hours of continuing education credits.

PHARMACISTS

Institute for Natural Resources is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The ACPE universal activity number (UAN) for this course is 0751-0000-20-086-L04-P. This is a knowledge-based CPE activity.



REGISTERED DIETITIANS & DTRS

INR, under Provider Number IN001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 4 hours worth of 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. CDR is the credentialing agency for the Academy of Nutrition and Dietetics. This course has Activity Number 158388 and Performance Indicators: 8.1.1, 8.1.2, 8.1.3, and 8.1.4. CPE Level: II.



PSYCHOLOGISTS

Institute for Natural Resources (INR) is recognized by NY SED State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0042. Under CE Broker #50-3026, INR is an approved provider by the Florida Board of Psychology. The Institute for Natural Resources (INR) is approved by the CPA OPD to sponsor continuing professional education for psychologists. INR maintains responsibility for this program and its content. Psychologists must attend the seminar in its entirety and complete the course evaluation in order to receive credit. Under Sponsor #268.000096, the Illinois Dept of Prof Regulation for Psychologist Licensing and Disciplinary Board has approved INR as a CE sponsor. Under License #PSY000214, the Pennsylvania Board of Psychology has approved INR as a sponsor/provider of CE programs.

MENTAL HEALTH COUNSELORS & ADDICTION COUNSELORS

Under Sponsor #00088989 and Approval #60007930360, CRCC has approved this course for four contact hours. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #MHC-0089. Under Sponsor #197-000240, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for professional/clinical counselors. INR is approved by the NAADAC Approved Education Provider Program, Provider #182846.

SOCIAL WORKERS & MARRIAGE & FAMILY THERAPISTS

Institute for Natural Resources, #1356, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Natural Resources maintains responsibility for this course. ACE provider approval period: 02/28/2019 – 02/28/2022. Social workers completing this course receive 4 clinical continuing education credits. Institute for Natural Resources (INR), SW CPE is recognized by the NY SED State Board for Social Work as an approved provider of continuing education for licensed social workers #0195. This course "Nutritional Psychiatry & Brain Health", Approval #210305-1256 provided by INR, is approved for continuing education by the New Jersey Social Work Continuing Education Approval Collaborative, which is administered by NASW-NJ. CE Approval Collaborative Approval Period: 09/01/20 through 08/31/22. New Jersey social workers will receive four (4) Clinical CE credits for participating in this course. The California Board of Behavioral Sciences will accept courses approved by ASWB. Under Sponsor #159-000260, the Illinois Dept of Prof Regulation has approved INR as a sponsor of continuing social work education. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0055. Under Sponsor #168.000243, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for marriage and family therapists. Under CE approval #NVCEP2021, the Nevada Board of Examiners for MFT and CPC has approved INR as a sponsor.

OCCUPATIONAL THERAPISTS & OTAs

INR is an AOTA Approved Provider of continuing education. Provider #5347. INR has assigned 0.4 AOTA CEUs for this course. The category of this course is Foundational Knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

PHYSICAL THERAPISTS & PTAs

The Florida Physical Therapy Association has approved this course for 4 contact hours (Approval # CE 21-718825). Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors. INR is recognized as an approval agency to approve providers offering

ACCREDITATION (cont.'d)

continuing competency courses by the Physical Therapy Board of California. This course has been approved by the Institute for Natural Resources (INR) for 4 continuing competency units. The NY SED has approved INR as a sponsor of continuing physical therapy education. Under Sponsor #216-000264, the Illinois Dept of Prof Regulation has approved INR as a sponsor for continuing physical therapy education.

CASE MANAGERS

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs).

NURSING HOME ADMINISTRATORS (Distance Learning)

This program has been submitted for Continuing Education through NAB/NCERS for 4 total participant hours from NAB/NCERS. Please visit <https://www.nabweb.org/continuing-education> and choose "NAB Approved CE Database" for the most current approved courses.

MASSAGE THERAPISTS

Institute for Natural Resources is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. Provider #299936-00.



OTHER HEALTH PROFESSIONALS

Participants successfully completing this course will receive course completion certificates. For rules governing continuing education credit, participants should contact their respective regulatory boards.

(A 4-HOUR INTERACTIVE LIVE WEBINAR)

SCHEDULE

Please see the Registration Form for the seminar schedule.

Please register early. Space is limited. Registrations are subject to cancellation after the scheduled start time. A transfer can be made from one Webinar to another if space is available. Registrants cancelling up to 72 hours before a Webinar will receive a tuition refund less a \$25.00 administrative fee or, if requested, a full-value voucher, good for one year, for a future Webinar. Cancellation or voucher requests must be made in writing. If a Webinar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled Webinar or a full-value voucher, good for one year, for a future Webinar. A \$25.00 service charge applies to each returned check. Nonpayment of full tuition may, at the sponsor's option, result in cancellation of CE credits issued. The syllabus is not available for separate purchase. A \$15.00 fee will be charged for the issuance of a duplicate certificate. Fees subject to change without notice.

SPONSOR

INR (Institute for Natural Resources) is a non-profit scientific organization dedicated to research and education in the fields of science and medicine. INR is the nation's largest provider of live continuing education programs, offering over 600 live seminars yearly.

INR has no ties to any commercial organizations and sells no products of any kind, except educational materials. Neither INR nor any instructor has a material or other financial relationship with any health care-related business that may be mentioned in an educational program. If INR were ever to use an instructor who had a material or other financial relationship with an entity mentioned in an educational program, that relationship would be disclosed at the beginning of the program. INR takes all steps to ensure that all relevant program decisions are made free of the control of a commercial interest as defined in applicable regulatory policies, standard, and guidelines. INR does not solicit or receive gifts or grants from any source, has no connection with any religious or political entities, and is totally supported by its course tuition.

INR's address and other contact information follows:

P.O. Box 5757, Concord, CA 94524-0757

Customer service: 1-877-246-6336 or (925) 609-2820

Fax: (925) 687-0860

E-Mail: info@inrseminars.com; website, www.INRseminars.com

Tax Identification Number 94-2948967.

Education expenses (including enrollment fees, books, tapes, travel costs) may be deductible if they improve or maintain professional skills. Treas. Reg. Sec. 1.162-5. Recording of the seminar, or any portion, by any means is strictly prohibited. INR's liability to any registrant for any reason shall not exceed the amount of tuition paid by such registrant.

For American Disability Act (ADA) accommodations or for addressing a grievance, please send the request by email to info@inrseminars.com or by fax to (925) 363-7798. For ADA matters (including sign-language interpreters), INR would appreciate advance notice so as to ensure our ability to provide the appropriate accommodation.

NUTRITIONAL PSYCHIATRY & BRAIN HEALTH

Frequently Asked Questions

Q: How can I take this Webinar?

This Webinar can be taken in several formats:

- A live Webinar.
- An audio-visual DVD or streaming video for home-study credit (valid for such professions such as nursing, dental, pharmacy, dietetics, occupational therapy, social work, and possibly other professions.)
- An audio-visual DVD or streaming video without credit (available, for a reduced fee).

Q: What do I have to do to complete the live Seminar/Webinar successfully?

To obtain the 4 contact hours associated with this course, the health professional will need to sign-in (by typing in the chat-box), attend the course online, and complete the program evaluation form and post-test electronically. At the end of the program, after all the evaluation and post-tests are accounted for, the health professional successfully completing the program will receive a statement of credit. This will take approximately 3 to 5 business days. This is an intermediate-level course.

Q: How long does it take to receive a Seminar/Webinar Completion Certificate?

At a live seminar, certificates are given out at the end of the seminar. With all other presentations (e.g., electronic), receipt of the certificate typically takes 3 to 5 days after all materials are submitted.

Q: How will I know that my profession qualifies for continuing education credit?

Please see the section marked Accreditation. All professions for which INR (Institute for Natural Resources) has approval are listed in the Accreditation section.

Q: What happens if I have technical difficulties watching or hearing a Webinar (in effect a live broadcast of a seminar)?

You will receive a voucher equal to the tuition paid. This voucher will be good for a future seminar or Webinar. The voucher is good for one year.

Q: My profession is not listed on the brochure. Is it possible to obtain continuing-education credit?

Possibly. Please contact INR's customer-service office at <info@inrseminars.com> or at 1-877 246-6336. The customer-service office can tell you if INR has approval for your profession.

Disclaimer: These live interactive INR presentations provide continuing education for health care and mental health professionals with the understanding that each participant is responsible to utilize the information gained in an appropriate manner congruent with his/her/their scope of licenses.

PROGRAM/LECTURE

NUTRITIONAL PSYCHIATRY –

HOW MOOD FOLLOWS FOOD. WHAT DO WE KNOW?

- **The SAD Diet (Standard American Diet) and Depression.** Which Comes First: Poor Diet or Depression?
- **The Inflamed Mind:** Seeing Depression Through the Lens of Inflammation. Role of an Anti-Inflammatory Diet.
- **Depressed Gut?** How to Nourish Your Second (Gut) Brain.
- **Microbes, Diet and Mental Health.** Feeding and Harnessing Your Trillions of Microbial Companions to Improve Mental Health. How Microbes “Set the Tone” on Your Immune System.
- **Supplements to Ease Depression?** Nutraceuticals? Vitamin D? Omega 3 Fatty Acids? Psychobiotics? Recognizing Tricky Language Supplement Companies Use to Sell Products.
- **What to eat?** A Whole Foods Approach. Mediterranean Diet. Keto Diet?
- **Starting Early.** How Diet During Pregnancy Can Program a Child’s Emotional Health and Risk for Neuropsychiatric Disorders.
- **Stress, Anxiety and Nutrition.** Nutritional Strategies to Reduce Anxiety and Build Greater Resilience. Eating During COVID-19 to Improve Mood and Manage Stress.
- **Tired?** No Energy? Food Cravings? Could it be your diet? Stop the cycle!
- **The Obesity-Diet-Depression Link.**
- **Orthorexia:** The Extreme Quest for the Perfect Diet.

NUTRITION & COGNITION

- **Smart Foods?** Crucial Brain Foods for Children.
- **Does a “Western Diet” Shrink the Brain?** Culinary Culprits. Is Gluten Really Harmful for the Brain? Alcohol and Cognition: What Do We Know?
- **Is There a Link Between Weight and Memory?** The Obesity-Cognition Connection.
- **Healthy Heart = Healthy Brain.** Role of a Healthy-Heart Diet.
- **Preserving and Improving Memory as We Age:** Nutritional Strategies for Healthy Brain Aging. How Eating More Plants can Sustain Your Brain. Can Boosting Brain Ketone Preserve Memory? What is the Evidence for Dietary Supplements?
- **Gut Microbes and Dementia.**
- **Intermittent Fasting and Calorie Restriction to Slow Brain Aging:** Is it Worth the Effort?

LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) list key nutritional factors that are essential for a healthy brain throughout the lifespan, and how these potentially impact both mental health and cognitive function.
- 2) explain how inflammation can contribute to depression and other psychiatric disorders, as well as the role of an anti-inflammatory diet.
- 3) describe how poor gut health and an altered gut microbiota could lead to neuro-psychiatric and neurodegenerative consequences.
- 4) outline the components of an optimal diet to improve mental and cognitive health, as well as the strength of evidence to support the use of dietary supplements.
- 5) explain the link between diet and stress, anxiety, fatigue and food cravings.
- 6) describe how the information in this course can be utilized to improve patient care and patient outcomes.

INSTRUCTOR

Dr. Gina Willett (Ph.D., R.D.) Dr. Willett is a nationally known speaker in the areas of health and wellness. Dr. Willett has a doctoral degree in nutritional science and a master's degree in epidemiology and preventive medicine from the University of Wisconsin, Madison. She also has a master's degree in health education from the University of Oklahoma, Oklahoma City. Dr. Willett is a registered dietitian who has worked as both a clinical dietitian and as a health promotion coordinator. She served her country as an officer in the United States Air Force. In addition, Dr Willett has served as an assistant professor at the University of Richmond in Virginia. For the past twenty years, she has developed and presented continuing education programs to over 100,000 healthcare providers across the country.

INR reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of INR.