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 speakers who are leading voices in their respective disciplines, Judith Pentz, MD and Dr. Mary Ann Osborne, Nurse Practitioner, will join us during the retreat to share their specific areas of expertise.

This content-rich retreat is organized with plenty of downtime 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

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Become a Certified Mental Health Integrative Medicine Provider (CMHIMP).
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In a retreat setting!
THE PSYCHOLOGY OF CHANGE

Assessments

The Cultural Formulation Interview and CAM methods

Sleep, adrenal health and rhythms

3 Basic lab tests for optimal mental health

Strategies to reduce inflammation: the major factor in

Culinary medicine

Balancing the Sleep/Wake Cycle in

Light & dark therapies

Herbal medicine for mental health

Alternatives to psychotropics for ADHD

Addictions

Scope of your practice: ethics, law and competency

When and where to refer clients

Children: supporting sleep, focus, mood and attention

Vitamins, minerals, glandulars and special nutrients for the

Herbal Medicine

New Approaches

Nutrition and integrative methods to support people with

dementia and their caregivers

Non-financial: Judith Pentz has no relevant non-financial relationship to disclose.

Non-financial: Mary Ann Osborne is a member of the American Nurses Association; and the American Association of Nurse Practitioners.

has been a nurse practitioner for over 30 years. In 2001, she became the first nurse practitioner to

be approved as a clinical supervisor. She introduced somatic therapies for complex

and training clinic facilitating health, culinary and fitness retreats. She is

an approved clinical supervisor. She introduced somatic therapies for complex

and training clinic facilitating health, culinary and fitness retreats. She is

the departments of psychiatry and public health at Harvard Medical School

bodywork (Polarity and Cranial Sacral and medical massage therapies) and is

an educator specializing in the use of nutritional, herbal


certification requirements.

This live activity consists of 20.0

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beyond the authorized practice of mental health professionals. As a licensed professional,

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