

# Orthomolecular Applications in Integrative Psychiatry

Online Courses for Healthcare Professionals



Benefit from decades of clinical experience and supportive research evidence as you acquire the knowledge to improve mental health outcomes.

Guided by Dr. James Greenblatt, board-certified psychiatrist and thought-leader in integrative medicine, this course series examines the established evidence for orthomolecular applications in psychiatry. Each course reinforces the importance of evaluating an individual's nutritional biochemistry as a factor in the pathogenesis of mental health disorders, enabling clinicians to confidently and effectively improve their ability to diagnosis and treat patients.

- Register to participate in individual courses, or receive a bundle discount when registering for the three-course series. **ADHD Course recordings (January 2018) currently available on demand.**
- Each course includes a PDF manual to support learning and clinical applications.
- A certificate of participation will be provided upon completion of course modules.

Course modules are presented as live webinars and recorded for ongoing access by registrants. Live presentations begin at 8:00 pm EST.



## DEPRESSION COURSE BEGINS MARCH 1

This four-module course is designed to provide health care professionals with a framework for integrating nutritional diagnosis and treatment in the clinical management of Depression.

### Module 1 – Biochemical Model – March 1

Modern psychopharmacology is focused on the regulation of neurotransmitters in the treatment of depression and other mental illness. Nutritional psychiatry provides a new model for supporting specific biochemical pathways and co-factors necessary for optimal neurotransmitter function on a personalized basis. The first module explores individual genetic and epigenetic factors, ground-breaking research into the connection between the gut and brain, and the roles of inflammation and immunity in producing depressive symptoms.

### Module 2 – Macronutrients – March 8

Sufficient quantities and proportions of carbohydrates, proteins, and fats are often considered for overall health and wellness, but the nutrient and energy demands of the brain are often overlooked. As a highly metabolic organ, the brain relies on significant supplies of glucose, amino acids, and essential fatty acids for optimal structure and function. Modern diets typically provide plentiful calories but lack vital nutrients that enhance neurotransmitter function and stability. This module focuses on nutritional approaches for supporting neural integrity and connectivity to reduce the risk of depression.

### Module 3 – Micronutrients: Minerals – March 15

Neurotransmitters in the brain are tightly regulated to support cognition, mood, and behavior. Synthesis and control of these powerful neurochemicals require the presence of adequate vitamin and mineral cofactors often found to be deficient in depression and other mental disorders. This module outlines how to support and balance a number of micronutrients associated with depressive symptoms. Celiac Disease and other gastrointestinal conditions that result in micronutrient deficiencies or excesses are also considered.

#### Module 4 – Micronutrients: Vitamins – March 29

The final module continues the exploration of micronutrient metabolism in the etiology of depression, focusing primarily on the comprehensive roles of B-vitamins and Vitamin D in optimizing brain and overall health. Identifying individual genetic abnormalities underlying micronutrient digestion, absorption, and utilization are discussed in conjunction with creating personalized treatment strategies that augment, reduce, or eliminate the need for medication.

Course Registration Fee \$189.00 CAD



Module 1 – Schizophrenia in Perspective – May 3  
Module 2 – Orthomolecular History – May 10  
Module 3 – Vitamin Deficiencies – May 17  
Module 4 – Inflammation, Gluten, Dairy – May 24  
Module 5 – Orthomolecular Treatment – May 31

**SCHIZOPHRENIA & PSYCHOSIS** – This five-module course incorporates the theories of orthomolecular medicine into nutritional psychiatry, presenting decades of research evidence supporting improved patient outcomes.



**ADHD** – This three-module course is designed to provide health care professionals with a framework for integrating nutritional diagnosis and treatment in the clinical management of Attention Deficit Hyperactivity Disorder.

This course content is available on demand. Register today to access four hours of MP4 video recordings and the course manual.



Course Instructor:

**JAMES M. GREENBLATT, MD**

A pioneer in the field of integrative medicine, James M. Greenblatt MD has treated patients with complex behavioral and mood disorders since 1990. He currently serves as the Chief Medical Officer at Walden Behavioral Care in Waltham, MA, and as Assistant Clinical

Professor of Psychiatry at Tufts University School of Medicine and Dartmouth College Geisel School of Medicine.

For the last three decades, Dr. Greenblatt has devoted his career to educating his colleagues, clinicians, and patients how integrative medicine can have profound effects on mental wellness and how to employ balanced, integrative strategies in the treatment of mental illness.

Dr. Greenblatt has published multiple books on integrative psychiatry, including: *Answers to Anorexia* (2011); *The Breakthrough Depression Solution* (2012); *Answers to Binge Eating* (2014); *Integrative Therapies for Depression: Redefining Models for Assessment, Treatment, and Prevention* (2015); *Nutritional Lithium: The Cinderella Story* (2016); *The Breakthrough Depression Solution 2nd eds.* (2016); and *Finally Focused: The Breakthrough Natural Treatment Plan for ADHD That Restores Attention, Minimizes Hyperactivity, and Helps Eliminate Drug Side Effects* (2017).

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