Real Food for Thought: Considering Nutrition in Mental Health Practice
presented by Amy B. Otzel, M.A., M.S., LPC

March 5, 2015
2:00 PM - 4:00 PM
Connecticut Clearinghouse
334 Farmington Ave.
Plainville, CT 06062
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Learning Objectives - Participants Will:

1. Summarize nutrition as an application of complementary and alternative medicine (CAM) practice
2. Describe the relationship shared between nutrition and mental health
3. Identify avenues for further resource, research review, and networking
4. Explain the impact of stress on factors of nutrition and mental health
5. Assess areas of nutrition as CAM interests for further personal/professional learning
6. Formulate personal ideas on how you might apply knowledge of and/or in corporate nutrition as CAM into your therapeutic approach

Amy B. Otzel is a warrior of wellness that moves with a purpose! After serving as a U.S. Army behavioral health Sergeant in both garrison and combat theater, Amy went on to earn an M.A. degree in Psychology, an M.S. degree in Professional Counseling, licensing as a professional counselor, and teacher certifications in Breath~Body~Mind™ and Holistic Stress Management. She continues to march on in pursuit of an M.A. degree in Integrative Health & Healing and board certification as a Health & Wellness Coach.