

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
[Click to Register Online](#)

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.