



Southern Arizona Psychological Association (SAPA)

We are What We Eat: Optimizing Psychological Outcomes through Nutrition Interventions

Hana Abdulaziz Feeney, MS, RD

Tuesday, April 18, 2017 Mountain Oyster Club

Description

The presentation discusses how to optimize one's mental health treatment through nurturing one's physical health. Vitamins, minerals, essential fatty acids, and chronic inflammation, the enteric nervous system and microbiome play important roles in the health of both the body and the mind. This presentation focuses on nutrient deficiencies, inflammation and the gut-brain connection. The presentation also provides education on dietary interventions that can enhance patients' mental health. It reviews how the collaborative relationship between a dietitian and clinician can help the patient make long-term lifestyle changes to optimize outcomes for mental health.

Who should attend? Psychologists, behavioral health practitioners, health care professionals, and any other interested parties.

This introductory level presentation will help participants.

1. Discuss how nutrition has the potential to augment psychological treatment of mental health patients.
2. List nutrient deficiencies associated with anxiety and depression.
3. List dietary supplements to consider in the treatment of obsessive compulsive disorder and anxiety disorders.
4. Explain how the intestinal microbiome plays a role in mental health and how diet impacts the microbiome.
5. List specific strains of bacteria associated with various psychological conditions.
6. Discuss the importance of working collaboratively with a dietitian to provide optimum care for mental health patients.

About the Speaker

Hana Abdulaziz Feeney is the founder of the integrative nutrition practice, Nourishing Results. Hana is a registered dietitian-nutritionist, has a bachelor's degree in Exercise Science and a master's degree in Nutritional Sciences. Her dietitian internship was through St. Mary's and St. Joseph's hospitals in Tucson. Hana worked at the Canyon Ranch Health Resort and the University of Arizona Campus Health Service before going into private practice. Hana is on the board of the Southern Arizona Celiac Support Group and serves on the Executive Committee of the International Association of Eating Disorder Professionals Tucson Chapter. Hana provides individual consultation and coaching, group classes and consults for the University of Arizona Center for Integrative Medicine.

Date: Tuesday, April 18, 2017

Location: Mountain Oyster Club, 6400 E. El Dorado Plaza # 100, Tucson, AZ 85715

Time: 11:45 Check in
12:00 Lunch
12:30-1:30 Presentation

CEs: 1 CE

Registration Fees:

SAPA Members: Early Bird \$27 until 4/3/17; Regular \$30;Walk-in \$40
Non-SAPA: \$35;Walk-in \$45
Students/Interns:\$15

You will be able to indicate any needed accommodations or dietary preferences when you register. Walk-in space is limited and cannot be guaranteed. Lunch choice cannot be guaranteed for walk-ins.

Registration deadline is 4/13/17. Register online at SAPAonline.org or go directly to the [registration page](#). For questions about this event, contact SAPAweb@gmail.com. Cancellation/refund deadline is 4/13/17.

Continuation Education Credits:



These events are offered for one (1) Category 1 CE Credit. Participants must sign in, be present for the entire presentation, and complete the Evaluation Questionnaire in order to obtain a CE Certificate. The Southern Arizona Psychological Association (SAPA) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. SAPA maintains responsibility for all of its programs and content. Southern Arizona Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. Southern Arizona Psychological Association maintains responsibility for this program and its content.