

TITLE IV-E COLLABORATIVE Presents

# Nutritional and Integrative Interventions for Mental Health Disorders

*Vanessa Ruiz, ND*

Tuesday, March 24, 2020

9:00 AM to 5:00 PM; Registration 8:30 AM  
Campbell Community Center, Rm J-69  
1 W. Campbell Avenue, Campbell

**Vanessa Ruiz, ND**, is a naturopathic physician and registered nurse. She utilizes natural therapies in an integrative setting at Integrative Mental Health Center in Scottsdale, AZ. Dr. Ruiz specializes in natural therapies for PTSD and generalized anxiety disorder. She earned her doctorate of naturopathic medicine at Southwest College in Tempe AZ, with a focus on homeopathy. She has been featured in YRM Podcast and the "Dig Deep Documentary" for her work in complex trauma. She has been a practicing nurse for over 10 years, in the areas of pediatrics, geriatrics and global health. She is the founder of Nurses for Natural Health, an organization dedicated to educating and empowering nurses in natural health. In her spare time, she volunteers for the Medical Reserve Corps of NY, Naturopaths without Borders and Homeopaths without Borders. sessions and group therapy.

Join Vanessa Ruiz, ND, as she teaches you how to think more holistically about diagnosis, nutritional deficiencies, and hormonal imbalances that may contribute to mental health disorders. Nutritional psychology is an emerging field outlining how nutrients can affect mood and behavior. Many clients see a reduction in symptoms when integrating non-pharmaceutical interventions to treat depression, anxiety, bipolar and ADHD. You will learn the underlying causes and symptoms of these disorders, to more accurately diagnose and treat your clients.

Through case analysis, you will experience how addressing core physical and nutritional needs can greatly increase therapeutic results. You will discover the nutrients most essential to help treat your most depressed and anxious clients, and learn simple strategies that can be integrated with pharmaceutical interventions. Leave this seminar with the tools and understanding necessary to immediately incorporate these strategies into your clinical practice.

## Non-Pharmaceutical Interventions for Depression, Anxiety, Bipolar & ADHD

Learning Objectives:

- 4 habits that sabotage mental health
- 7 nutrients essential for neurotransmitter balance
- Common hormonal imbalances misdiagnosed as mental illness
- Immediately implement new tools into your clinical practice

This course qualifies for 7 hours of continuing education. Continuing education (CE) hours are available to maintain the following licenses with the Board of Behavioral Sciences (BBS): Marriage and Family Therapists, Licensed Clinical Social Workers, and Licensed Professional Clinical Counselors. West Valley College is an accredited post-secondary institution and is recognized by the BBS as an approved continuing education provider. The college is accredited by the Accrediting Commission for Community and Junior Colleges of the Western Association of schools and colleges pursuant to Section 1887.4.3.

### Eligible County Employees



For questions contact Staff Development & Training at [Rianna.Garcia01@ssa.sccgov.org](mailto:Rianna.Garcia01@ssa.sccgov.org)

*\*Must obtain Supervisor approval prior to registering\**

### Eligible Non-County Employees

Register on-line here:

<https://register.asapconnected.com/Courses.aspx?CourseGroupID=28977>

If you have questions please email us at:

[T4e.collaborative@gmail.com](mailto:T4e.collaborative@gmail.com)