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Drug Free Solutions to Mental Health Disorders: Nutrition, Mindfulness & Detoxification

Featuring
Dr. Charles Gant MD, ND

- Improve cognitive therapy results with simple nutritional and detoxification interventions.
- Drug-free, nutritional, adjunctive therapies to improve psychotherapy outcomes for emotional disturbances and mood disorders.
- Simple nutritional and natural corrections of the 7 main kinds of neurotransmitter imbalances.

Drug Free Solutions to Mental Health Disorders:

*Treating Mental Health Disorders
Through Nutrition, Mindfulness
& Detoxification*

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which is happening all around you.

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Drug Free Solutions to Mental Health Disorders: Nutrition, Mindfulness & Detoxification

The treatment of mental disorders in a natural, science-based manner is an idea whose time has come. Your clients are becoming increasingly knowledgeable about this information and often know more about these topics than medical and mental health professionals. Get informed. Don't be left out of a revolution which is happening all around you.

Dr. Charles Gant pioneered many of the nutritional and detoxification treatments for substance use and other mental disorders and is a renowned researcher and presenter. Through the use of case studies, power point presentations, humor and exercises, participants will get a working knowledge of the information presented here and will not be able to go back to work in a "business as usual" way. The information learned in this workshop will catalyze a scientific curiosity and encourage participants to investigate further to extend their scope of practice.

You will be amazed by the results when you make the benefits of nutritional science, detoxification interventions and metabolic balancing available to your patients and clients. You will get a head start on other professionals who remain "stuck" in the older, increasingly obsolete paradigms of mental health treatment which simply don't work. You will increasingly discover new opportunities in their professional careers as these emergent paradigm shifts become mainstream.

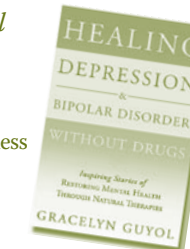
**Save by including this book with seminar registration!*

Healing Depression and Bipolar Disorder Without Drugs

Inspiring Stories of Recovering Mental Health Through Natural Therapies

By Gracelyn Guyol

Each chapter of this patient-targeted primer on mental health and wellness begins with the story of one individual who has cured either depression or bipolar disorder holistically. The second half of the chapter explains in simple terms how that substance or therapy impacts the brain. From a college basketball star whose relief came from vitamin, mineral, and amino acid supplements to a dentist whose violent outbursts and bipolar swings were due to mercury poisoning, the stories reveal that alternative methods, used under the guidance of experienced healthcare professionals, can successfully restore mental health.



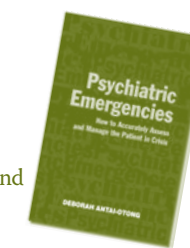
**Save by including this book with seminar registration!*

Psychiatric Emergencies

By Deborah Antai-Otong

Health care providers will find this refreshing and holistic book a necessity in recognizing and assessing psychiatric problems promptly and accurately, intervening safely, and initiating appropriate treatment and resultant case disposition decisions.

The book covers psychiatric emergencies and prominent psychiatric disorders seen in diverse clinical settings: alcohol and drug-related emergencies, delirium, suicidal and violent behaviors, domestic violence, rape, depression and anxiety disorders, acute psychosis, and others. A test for continuing education credit is included with this title.



Outline

Beyond Psychotherapy and Drug Therapy

- Introduction to drug-free, natural nutritionally-focused treatments, the paradigm for the future.
- The diagnostic dilemma heterogeneity (multi-causality) of mental disorders as defined by the DSM IV.

The Seven R's: A Roadmap to Brain Healing

- Replenish with food
- Revive the GI tract (herbs)
- Reduce oxidative stress
- Reduce inflammation
- Remove neurotoxins
- Restore neurotransmitters
- Relinquish physical and emotional hurt and distress

AD/HD

- Introduction to the risk factor model of mental disorders
- The heterogeneity (multi-causality) of mental disorders as defined by the DSM IV.
- Simple, rational and natural ways to reverse AD/HD.
- Brief discussion of other childhood disorders and where/how to access help.
- The meaning of mindfulness (brief exercises).

Substance Abuse and Dependence

- Biomechanical causes
- Natural paradigms to reverse the causes.
- Other non-drug addictions (e.g., gambling).

- Laboratory Testing

Schizophrenia: New hope On the Horizon

- Drs. Abram Hoffer niacin and neuroplasticity
- Clancie McKenzie (2 trauma PTSD model)
- Linus Pauling (father of orthomolecular medicine and psychiatry)
- Putting the models together

Mood Disorders, Sleep Disorders, OCD and Anxiety Disorders:

- Simple causes and simple interventions which work.
- The importance of detoxification of heavy metals (neuro-excito-toxins), especially mercury.
- The "Mad Hatter" Syndrome

Dementia, Including Alzheimer's Disease and Dementia Due to Vascular, Head Trauma and Parkinson's Disease

- Simple paradigms to stop the degeneration and enhance the regeneration of neurons.
- A role for psychopharmacology, proportional to the scope of irreversible brain injury.

Eating Disorders, Including Anorexia and Bulimia

- Carboholism: dispelling the nonsense around carbohydrates from an anthropological perspective.
- The menace which processed carbohydrates pose to health

Summary of Practical Interventions for Mental Disorders

- A few medico-legal considerations:
- staying within your scope of practice
- where you can get further training and certifications
- networking with other professionals.

Peer Review:

This seminar has been reviewed by the following professionals for quality assurance.

Cathy Moonshine, PhD, MAC, CADC III
CATHY MOONSHINE, PHD, MAC, CADC III

Jill McCarthy, MSW, LCSW
JILL MCCARTHY, MSW, LCSW

Objectives

- 1 Understand the true meaning of the DSM IV definition of mental disorders as heterogeneous (many causalities).
- 2 Contrast drug treatments (disease suppression) and drug free nutritional treatments (life enhancement) goals and objectives, and define appropriate roles for both in the treatment of mental disorders.
- 3 Compare the four main kinds of interventions utilized by both Conventional and Non-conventional and distinguish subspecialties in each area and their roles.
- 4 Differentiate the four kinds of molecular interventions (nutritional/detoxification, bio-identical hormones, herbal and pharmaceutical) and critique these based on safety, efficacy, cost and difficulty of administration for various acute and chronic disorders.
- 5 Contrast Orthomolecular approach (nutritional restoration, detoxification, bio-identical hormone replacement approach) with pharmacological approach and discuss how both approaches can be combined to provide the best care.
- 6 Solve once and for all the media squabble between Tom Cruise and Brooke Shield. Who is right, who is wrong, or are they both partly wrong and both partly right?

Speaker

Dr. Charles Gant, MD, is currently licensed to practice medicine in New York and has practiced integrative medicine for over three decades. Dr. Gant is best known for his work in complementary/alternative (CAM), integrative and orthomolecular medicine approaches to the treatment of mental disorders. He received his BS in chemistry from Hampden-Sydney College, his medical degree from the University of Virginia Medical School, and his Ph.D. in psychology from Columbia Pacific University. Dr. Gant pioneered many of the nutritional and detoxification treatments for substance use and other mental disorders while serving as the medical director of Tully Hill Hospital, as medical consultant at Syracuse Behavioral Healthcare and as a psychiatric consultant at numerous substance abuse and mental health clinics throughout Central New York. These protocols are currently being duplicated around the country by many healthcare practitioners and they promise to improve treatment outcomes and bring authentic healing to those suffering from mental disorders. Dr. Gant currently practices at the National Integrated Health Associates.

Hassle-Free Cancellation Policy:

If you contact us before the seminar date, you can exchange for a CD/manual package on the subject, a certificate to attend another PESI seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

CD/Manual Package:

If your schedule won't allow you to attend the seminar, you can purchase a self-study package on the topic. You'll receive a high-quality CD, a manual and one post-test. Additional post-tests are available for \$49 each. Check with your licensing board to see if self-study credits may be earned. Order by using the form on this brochure or call 800-843-7763.

credit information:

Psychologists: PESI, LLC is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI, LLC maintains responsibility for this program and its content. PESI is offering this activity for 6 hours of continuing education credit. Full attendance is required. No partial credit will be offered for partial attendance.

Counselors: PESI, LLC is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. Provider #: 5896. We adhere to NBCC Continuing Education Guidelines. This course qualifies for 6.25 contact hours.

Addiction Counselors: PESI, LLC is a Provider approved by NAADAC Approved Education Provider Program. Provider #: 366. This course qualifies for 7.5 contact hours. Full attendance is required. Partial credit will not be issued for partial attendance.

Nurses/Nurse Practitioners/Clinical Nurse Specialists: PESI, LLC is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. No partial contact hours will be issued for partial attendance.

Iowa Nurses: PESI, LLC, is an approved provider by the Iowa Board of Nursing. Provider #: 346. Full Attendance at this course qualifies for 6.3 contact hours. Full attendance is required. No partial contact hours will be issued for partial attendance.

Case Managers: This course has been submitted to the Commission for Case Manager Certification for approval. Full attendance is required.

Registered Dietitians & Dietetic Technicians, Registered: PESI, LLC, PE001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR) from June 1, 2006 through May 31, 2009. Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6.0 continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. This program/material is designated as LEVEL 2.

District of Columbia Social Workers: PESI, LLC, 1030, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), (1-800-225-6880) through the Approved Continuing Education (ACE) program. PESI, LLC maintains responsibility for the program. Licensed Social Workers should contact their individual state boards to review continuing education requirements for licensure renewal. The District of Columbia Social Work Board recognizes courses and providers that are approved through the ACE program by the ASWB. District of Columbia Social Workers will receive 6.25 continuing education clock hours in participating in this course, based on 380 instructional minutes.

District of Columbia Occupational Therapists and Occupational Therapy Assistants: This course has been submitted to the District of Columbia Board of Occupational Therapy for review.

District of Columbia Physical Therapists and Physical Therapy Assistants: This course has been submitted to the District of Columbia Board of Physical Therapy for review.

Maryland Social Workers: PESI, LLC, 1030, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), (1-800-225-6880)

through the Approved Continuing Education (ACE) program. PESI, LLC, maintains responsibility for the program. Licensed Social Workers should contact their individual state boards to review continuing education requirements for licensure renewal. The Maryland State Board of Social Work Examiners, Department of Health and Mental Hygiene recognizes courses and providers that are approved through the ACE program by the ASWB. Maryland Social Workers will receive 6.25 continuing education clock hours in participating in this course.

Maryland Marriage and Family Therapists: PESI, LLC is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. Provider #: 5896. The Maryland Board of Professional Counselors and Therapists recognizes courses and providers that are approved through the National Board for Certified Counselors. Maryland Marriage and Family Therapists will receive 6.25 Category A CEUs for full attendance at this course.

Maryland Physical Therapists and Physical Therapy Assistants: This course has been submitted to the Maryland Board of Physical Therapy Examiners for review.

Maryland Occupational Therapists and Occupational Therapy Assistants: This course has been submitted to the Maryland Board of Occupational Therapy for review.

Virginia Social Workers: PESI, LLC, 1030, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), (1-800-225-6880) through the Approved Continuing Education (ACE) program. PESI, LLC maintains responsibility for the program. Licensed Social Workers should contact their individual state boards to review continuing education requirements for licensure renewal. The Virginia Board of Social Work recognizes courses and providers that are approved through the ACE program by the ASWB. Virginia Social Workers will receive 6.25 continuing education clock hours in participating in this course.

Virginia Marriage and Family Therapists: PESI, LLC is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. Provider #: 5896. The Virginia Board of Counseling recognizes courses and providers that are approved through the National Board for Certified Counselors. Virginia Marriage and Family Therapists will earn 6.25 continuing education credits for attendance at this seminar.

Virginia Occupational Therapists: The Virginia Occupational Therapy Board does not preapprove providers or courses. This course is designed to qualify for 6.0 continuing education credits.

Virginia Physical Therapists: The Virginia Board of Physical Therapy does not preapprove providers or courses. This course is designed to qualify for 6.0 continuing education credits.

Seminar Planning Committee: *Relevant Content Expertise* - Dr. Charles Gant; *Target Audience* - Cathy Moonshine, PhD, MAC, CADC III, Jill McCarthy, MSW, LCSW; *Senior Activity Planner* - Michael Olson, MS; *Nurse Planners* - Julie Conner, RN, MSN, Jeanne Green, RN, BC, MSN

If your profession is not listed, please contact your board to determine your continuing education requirements and check for reciprocal approval. Many boards will approve this seminar based on other board approvals shown here. PESI, LLC provides all attendees with documentation of attendance.

Seminar Schedule:

7:30 Registration/Continental Breakfast
8:00 Program begins
11:50-1:00 Lunch (*on your own*)
4:00 Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

Seminar Manual Included:

Each registrant will receive a copy of the seminar materials written by Dr. Charles Gant. The manual is a handy guide during the seminar and a valuable reference afterward.

QUESTIONS? Call 800-844-8260 or e-mail us at: info@pesi.com.

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