

MOOD AND FOOD WORKSHOP

Trainer: Bridin McKenna

UKCP Reg. Psychotherapist & Eating Disorder Clinician

Monday 27th February 2017

10am – 4.30pm

Brownlow Community Hub

7 Brownlow Road, Craigavon, BT65 5DL

Cost: £30 per person

Lunch and refreshments provided



To book a space at this event please contact:

Darren Curtis 02895 363966 or 07725232566

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About the Workshop:

How can food affect your mood?

What we eat affects is well evidenced to affect how we feel. This workshop seeks to explore the biological and physiological processes at work that may be caused by the client's dietary habits.

On this 1 day workshop you will learn:

- The role of nutrition and the link to mood disorders
- Essential neurotransmitters and nutritional deficiencies
- The physiological and psychological impact of stress and nutritional deficiencies.
- Adrenal and thyroid function
- The effects of under-eating
- Sugar and the brain
- Candida, gluten intolerance and the link to mental health
- How to recognise when your client has an eating disorder and what to do about it
- How to assess the link to depression, generalised anxiety disorders, panic attacks, addictions and fibromyalgia as nutritional imbalances
- Food and mood diaries as a therapeutic and motivational tool
- How an exploration of a client's food and eating patterns can be integrated into a therapy or practice session
- How to consider the impact of a client's lifestyle on body, mind and emotion as the standard approach to therapy
- How to engage and enable clients to make informed choices about their ongoing self-care and mental wellbeing
- How blood sugars affect mood and energy and how this can be effectively managed through what and how we eat
- How our thoughts, feelings and behaviour are all affected by our brain chemistry and can be influenced by food
- The pathway to serotonin the feel good chemical how it is produced and what is needed to enhance it through the use of food

To learn more about the course and Trainer Bridin McKenna, follow the link

http://life-therapies.com/wp-content/uploads/2017/01/food_and_mood17.pdf