7-Night Caribbean Mental Health and Nutrition Cruise

March 28 – April 4, 2027 · From Fort Lauderdale, FL

Objectives

1. Evaluate mood and behavior in clients using micro-and macronutrients.
2. Justify how macronutrients and micronutrients affect mood and behavior in clients.
3. Determine how gluten and casein sensitivity may influence the presentation of depression, psychosis and ASD in clients.
4. Apply integrated and nutritional medicine safely and ethically within your professional discipline's scope of practice.
5. Correlate assessments to differentiate between a clinical presentation of mental illnesses vs. nutritional and/or hormonal imbalances.
6. Construct treatment plans through six unique nutritional methods for clients with mood lability.
7. Determine key nutrients that support the function of both the brain and the gut, the "second brain".
8. Implement evidence-based protocols for nutritional approaches for six DSM-5 categories
9. Evaluate how client eating patterns may influence their mental health by using a food-mood assessment tool
10. Develop a Cultural Formulation tool using the DSM-5 to inform your treatment planning process
11. Apply at least one stage-specific nutritional methods to assist clients in all stages of life.
12. Distinguish practical tools to assist clients in understanding comprehensive non-pharmaceutical treatment strategies and protocols and how they can use those to help manage their mental health.
13. Evaluate nutrition-based alternatives to psychotropics for ADHD.
14. Utilize at least one strategy to enhance digestion to decrease anxiety.
15. Inspect the presented research on how essential fatty acids can help clients diagnosed with mood disorders alleviate symptoms (as is within your scope of practice)

16. Design a plan to increase serotonin through nutrition and exercise.
17. Evaluate the impact of blood sugar and genetic variation on mental health disorders.
18. Analyze the efficacy of comprehensive elimination diets in order to alleviate symptoms of depression, anxiety and fatigue.
19. Create an integrative health team to improve clinical outcomes.