

SUPPLEMENT STRAIGHT TALK: HERBS & SUPPLEMENTS CLIENTS ASK ABOUT FOR SUPPORTING MOOD

Continuing Education (1 CE) for:

Nurses

Psychologists

Licensed Counselors

Social Workers

Innovative 1-2 hour program (you choose)

Very reasonable program fee: \$150-\$200

This seminar was created on request of a busy medical and mental health practice, Boston area, specifically with their behavioral health staff in mind. However it is also applicable for nursing and other staff in general medicine. The aim is to better prepare any health professionals who speak to patients about their medications and supplements to formulate better informed and more thoughtful responses to patients.

FULL DESCRIPTION: Faced with either situation, answering questions about supplements or herbs your clients may already be taking, or advising patients about the sound use of dietary supplements to support balanced mood and healthy neuroendocrine function, many licensed practitioners feel underprepared and default to giving little or no information at all. This seminar introduces A) the most popular herbs and supplements your clients may be self-administering and B) some safe and effective supplements and herbs for supporting positive and balanced mood C) observed versus theoretical or speculative safety issues surrounding the most popular herbs and supplements D) theoretical and observed herb-drug interactions. The instructor is a clinical herbalist, trained from 2003-2009, who has either worked in a clinic or been in practice as a health educator since 2008 and is dedicated to answering the trickier and pertinent questions surrounding the medicinal actions and safety of herbs, based on evidence generated by conventional research as well as empirical observations by practitioners. Though there are so many possible herbs and supplements that have been related to the following issues; depression, anxiety, and trauma, that all of these could not possibly be covered in one sitting, a selection of natural therapies that are timeless as well as currently popular herbs and supplements will be covered. -Level is intermediate - Participants are expected to gain whether they have prior knowledge or not -

Supplement Straight Talk: Herbs & Supplements Clients Ask About For Supporting Mood



CONTINUING EDUCATION CREDIT

- ▶ Nurses
- ▶ Psychologists
- ▶ Licensed Professional Counselors
- ▶ Social Workers
- ▶ 1 CE for all above, managed by Commonwealth Seminars

Questions: heatherirvine@gmail.com
Heather Irvine, Clinical Herbalist

For complete information about CE credit:
www.GivingTreeBotanicals.com

Gain information to help you respond to patient questions and comments about supplements and herbs, at least some of the most popular in the marketplace, particularly alternative medicines the public uses with interest in supporting positive or balanced mood. This seminar introduces A) The most popular herbs and supplements clients may use already B) Some safe and effective supplements C) Safety Issues D) Herb Drug Interactions

A selection of herbs which have been used in depression, anxiety and after trauma will be emphasized. The instructor is a clinical herbalist who identifies as an integrative herbalist and alternative health educator.

HEATHER IRVINE, GIVING TREE BOTANICALS

TOPICS:

- Selection of the most common herbs and supplements public use currently with aim of support for common health concerns and supporting positive mood
- Selection of over touted supplements – the claims, the facts and the gray area where public misled
- Some sound supplements/herbs which may support aspects of health and mood
- How the above work and the limitations
- Contraindications and safety issues
- Better answering client/patient questions about interactions
- A little bit of exposure to sources of more information for health care practitioners & the public

OBJECTIVES:

- Participants will gain better recognition, context and relevant knowledge of some supplements and herbs that the public uses and asks health care professionals for their impression of.
- Instructor will discuss and appraise the value of some of the leading herbs and supplements based on her training, current evidence and experience.
- Participants will be better prepared to inform and advise clients/patients with questions about adjuvant and health supportive herbs and supplements.

ALL PARTICIPANTS WITH THE ABOVE-NAMED LICENCES RECEIVE 1 CE -CONVENIENTLY -

Participants will be asked to fill out a brief evaluation form (of the presentation) which will be provided at the event. Participants will be handed printed instructions to log on to: <http://www.commonwealthseminars.com> where they can very easily obtain their certificate by selecting the program and entering a couple items to demonstrate and agree that they were in attendance. Certificates can be printed directly upon finish and are emailed to participants.

Continuing Education credit for this program is awarded by Commonwealth Educational

Seminars (CES) for the following professions:

Social Workers: CES, provider #1117, is approved as a Provider for Social Work Continuing Education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. CES maintains responsibility for the program. ASWB Approval Period: 10/5/15 through 10/5/18. Social Workers should contact their regulatory board to determine course approval. Social Workers participating in this course will receive 1.0 clinical continuing education clock hour.

Licensed Professional Counselors/Licensed Mental Health Counselors: Commonwealth Educational Seminars (CES) is entitled to grant continuing education credit for LPCs/LMHCs in the following states: AZ, AR, CA, CO, CT, DE, DC, FL, GA, HI, ID, IL, IN, IA, KS, KY, ME, MA, MO, NE, NH, NJ, NM, NC, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WY. CES maintains responsibility for this program. LPCs/LMHCs completing the program will receive 1.0 continuing education hours of credit.

HEATHER IRVINE, GIVING TREE BOTANICALS

Psychologists: Commonwealth Educational Seminars (CES) is approved by the American Psychological Association (APA) to offer continuing education credit programs. Commonwealth Educational Seminars maintains responsibility for this program and its content. Psychologists receive 1.0 hours of continuing education credit upon completing this program.

Nurses: As an American Psychological Association approved provider CES programs are accepted by the American Nurses Credentialing Center (ANCC). Every state Board of Nursing accepts ANCC approved programs except California and Iowa, however CES is also an approved Continuing Education provider by the California Board of Registered Nursing, (Provider Number CEP15567) which is also accepted by the Iowa Board of Nursing. Nurses completing this program receive 1.0 CE hours of credit.

CANCELLATION/REFUNDS:

As we understand that medical practices are busy and experience unpredictable events and influx requiring maximum staff attention there will be no cancellation fee in the event your organization needs to reschedule the program. There is a fee of \$50 to cancel a program less than a week before the scheduled date if there is not reasonable attempt to reschedule the seminar. This particular program is available through December 5, 2018.

ACCESSIBILITY:

Commonwealth Educational Seminars' training facilities are handicap accessible. The seminars presented by this presenter, Heather Irvine, Giving Tree Botanicals, LLC, are typically delivered at the workplace of the health practice/professionals requesting training. If this is not the case, or you are an attendee interested in ensuring accommodations for handicap accessibility, please call Heather Irvine, Giving Tree Botanicals, LLC, 802-595-5687.

GRIEVANCE POLICY:

Commonwealth Educational Seminars (CES) seeks to ensure equitable treatment of every person and to make every attempt to resolve grievances in a fair manner. Please submit a written grievance to CES, 1020 Osterville West Barnstable Rd, Marstons Mills, MA 02648. Grievances will initially be directed to the training instructor. Grievances would receive, to the best of our ability, corrective action in order to prevent further problems. If you have questions or concerns, contact Commonwealth Educational Seminars at (800) 376-3345.

INSTRUCTOR BRIEF:

Herbal and health educator, trained in three respected botanical medicine programs, dedicated to delivering balanced, high quality information to a range of audiences - Leader of two college courses in botanical medicine for a degree program in Wellness and Alternative Medicine and the course, Medicinal Actions and Chemistry at the Vermont Center Integrative Herbalism – Presenter at national events such as the American Herbalists Guild Symposium. I was a science student at Cornell in 2002 when I was introduced to botanical medicine. Initially I was a skeptic and I understand some of the reasons for skepticism, however I have trained and practiced extensively, seen what herbs can and cannot do, on paper and in a human being. My work as an integrative herbalist is bridging the gap between botanical medicine and conventional health professions. I regularly remind consumers to be prudent and providers to be open minded and always continue learning. If you wish, please contact me at heatherirvine@gmail.com for more information about my training and approach.
