

The Wellness Forum Institute for Health Studies

Winter Semester 2020 Class Offerings

Courses Offered as Part of the Nutrition Educator Program

Clinical Skills

\$440

Topics include preparing for appointments, motivational interviewing, goal setting, developing action plans, identifying and overcoming barriers to success, follow-up and accountability.

Children's Health

\$480

Topics include nutrition and pregnancy, lactation, the development of taste and eating habits, age-appropriate nutritional guidelines from toddler to adolescence, nutritional challenges with children, common health issues of children, nutritional interventions for common childhood conditions.

Business Training for Health Professionals \$240

Topics include business basics, goal setting, business plan development, pricing of services, marketing on a budget, developing seminars, sales skills, client retention, and referrals

Psychology I

\$400

Topics include PTSD, Psychosis, Depression and Despair, Bipolar, Anxiety (includes OCD and panic disorder), ADHD and Behavior Disorders in Children, Addiction.

The Diet and Lifestyle Intervention Course

This program will teach you how to develop a practice using diet and lifestyle as primary intervention tools; and specific protocols for helping people to regain/maintain their health. It is designed for doctors, physician assistants, dietitians, nurses, physical therapists, nutritionists, and all health professionals, but participation is open to anyone. Topics include diabetes, heart disease, autoimmune diseases, gastrointestinal diseases, women's health, men's health, children's health, vaccinations, mental health, cancer treatment, and musculoskeletal conditions **Tuition \$745**

You do not have to be a practitioner to take this course; laypersons are welcome too!

Why and How to Withdraw From Psychiatric Drugs

Program Description: Research does not support the idea that "chemical imbalances in the brain" are the cause of mental illness. Yet today, 25% of Americans, including millions of children, are taking psychiatric drugs for conditions ranging from ADHD to schizophrenia. Research shows that psychiatric drugs are not effective (barely better than placebo). Instead, the drugs have significant side effects that are often disabling and sometimes life-threatening. Furthermore, the drugs do not address the underlying causes of the individual's suffering and

impairment such as childhood or adult losses and trauma, emotional conflicts in the family, poor self-discipline, difficulties focusing and persisting, real life crises, and self-defeating attitudes.

This unique program was developed by Wellness Forum Institute and psychiatrist Peter Breggin, M.D., a leading promoter of empathic therapy and a pioneering researcher in the toxic effects of psychiatric drugs and how to withdraw from them.

Although there are many books and classes that address aspects of drug withdrawal, there are no formal and comprehensive training programs that teach practitioners, patients and families “the whole story” – the actual causes of psychological issues, the consequences of drugging, and effective methods for helping people to extract themselves from “the psychiatric mill.”

This course is for anyone who has an interest or personal involvement in this issue, including medical doctors, psychologists, social workers, clergy and others who want to help patients withdraw from drugs; family members and friends of those who take the drugs; and patients who want to take control of their health.

Tuition \$2884.00