

Time Frame	Content (Topics)	Objectives	Faculty
State the timeframes for each session	Provide an outline of the content of each session/objective	List all course behavioral objectives under the timeframe they will be addressed.	List the faculty for each session
Day 1 8-9	What is Nutritional Psychiatry	Describe Nutritional Psychiatry	Drew Ramsey, MD
Day 1 9-9:30	Brain basics	Explain the basics of relevant brain structure and neurotransmitters	Drew Ramsey, MD
Day 1 9:30-10	Relevant Studies	Orient participants to relevant literature/studies on brain health and food	Drew Ramsey, MD
Day 2 9-10	Effects of processed food/the standard american diet on the brain	Discuss how food has changed over time and the effects of new dietary patterns on the brain. Discuss relevant studies.	Drew Ramsey, MD
Day 2 10-10:30	Microbiome and Gut Brain Axis	Describe relevant data on the gut-brain axis.	Drew Ramsey, MD
Day 2 10:30-11	Relevant Mental Health conditions	Describe mental health conditions that are best targeted by nutritional interventions. Describe symptoms and diagnosis of these mental health conditions.	Drew Ramsey, MD
11-11:30	When to use food interventions/when NOT to use	Describe context for prescribing food and patient situations where it is appropriate and inappropriate.	Drew Ramsey, MD
11:30-12	Basic mental health assessments and safety	Demonstrate mental health assessments. Ensure participants are aware of important safety concerns when working with patients with mental health concerns.	Drew Ramsey, MD
2:30-3:30	Key Nutrients	Describe key evidence-based nutrients relevant in the treatment of mental health conditions.	Drew Ramsey, MD
3:30-4	Food categories	Describe relevant food categories to be used when working with patients.	Drew Ramsey, MD
4-4:30	Key Interventions for Depression	Describe key evidence-based interventions for the treatment of depression.	Drew Ramsey, MD
4:30-5	Key Interventions for Anxiety	Describe key evidence-based interventions for the treatment of anxiety.	Drew Ramsey, MD

	Key Interventions for other mental health conditions	Describe key evidence-based interventions for the treatment of other mental health conditions such as bipolar disorder.	Drew Ramsey, MD
Day 3 9-9:30	How To Do An Assessment	Demonstrate a mental health assessment in nutritional psychiatry context.	Drew Ramsey, MD
9:30-10	Practice Session	Participants will practice assessments.	Drew Ramsey, MD
10-10:30	Basic Labs and blood work	Describe labs used in nutritional psychiatry. Describe how to read such labs and interventions based on labs.	Drew Ramsey, MD
10:30-11	Motivational Interviewing/coaching	Describe key components of motivational interviewing and demonstrate such skills.	Drew Ramsey, MD
11-12	Implementation	Describe how to use all the information discussed thus far in a nutritional psychiatry intervention and demonstrate with a participant.	Drew Ramsey, MD