101 Trauma-Informed Interventions

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"101 Trauma-Informed Interventions" provides an accessible functional "playbook" for the mental health clinician the principles and practices necessary to provide clients with nutritional counseling to improve mood and mental health. Integrating clinical evidence with the author's extensive clinical experience, it takes clinicians step-by-step through the foundational elements of nutritional interventions into mental health treatment. Thorough, clinical, and conversational, the book presents foundational knowledge and practical takeaways through exercises. Readers will learn why nutritional interventions in mental health - the role of various nutrients in supporting both the brain and the gut, the "second brain" - physical nutritionists with knowledge and expertise in specific mental disorders - Assessment techniques for evaluating a client's unique nutritional needs, and counseling methods for challenging the prevailing process of nutritional change - "Coping" protocols for use in service access and accommodation, shelter, and support to improve mental health and nutrition outcomes - How to select and analyze clients' dietary patterns - How to design and deliver the principles of mind-body interventions - Specific exercises for practical application - "Mindful Eating" exercises - How to intervene effectively with clients who are resistant, disengaged, and disinterested - How to intervene effectively with clients who are resistant, disengaged, and disinterested. The book is a comprehensive, practical guide for mental health professionals who want to integrate nutritional interventions into their practice. It is an essential resource for mental health clinicians, including psychiatrists, psychologists, social workers, nurses, and therapists, who work with clients with trauma-related mental health conditions, including but not limited to anxiety, depression, and PTSD. It is also a valuable resource for students and trainees in mental health who want to learn how to integrate nutritional interventions into their practice.

Nutrition Essentials for Mental Health

"Nutrition Essentials for Mental Health" is an important book for professionals working with clients who have mental health conditions. The book provides a comprehensive overview of the role of nutrition in mental health, including the relationship between diet, nutrition, and mental health. The book is written in an accessible and practical style, making it suitable for mental health professionals and students alike. The book covers a wide range of topics, including the role of nutrients in brain function, the impact of stress on nutrition, and the role of nutrition in the treatment of mental health disorders. The book is a valuable resource for mental health professionals who want to improve their understanding of the relationship between nutrition and mental health and incorporate this knowledge into their practice.