



2019

# ACNEM TRAINING

MENTAL HEALTH

PERTH  
27-28 JULY

**REGISTER ONLINE AT ACNEM.ORG**

This module will address a number of the most common functional mental health conditions that present to clinic.

Conditions to be covered include depression, anxiety and addiction. Our highly regarded presenters will bring their clinical experience and knowledge on the application of nutritional and environmental medicine in collaboration with conventional medical practice.

Current scientific evidence for the effectiveness of treatment modalities will be presented including nutraceutical prescription, dietary manipulation, lifestyle modification and environmental factors, alongside the range of available testing and investigation options.

**2 days face-to-face + required activities**

For more information and to register online visit [acnem.org](http://acnem.org)

## SPECIALISED CONTENT WILL COVER:

- ✓ The contributing NEM factors to common mental health conditions including depression and anxiety
- ✓ The investigative methods for assessing mental health from a NEM perspective
- ✓ The role of specific dietary and environmental approaches for the management of anxiety
- ✓ Evidence-based lifestyle interventions that can assist in the management of addictions
- ✓ Nutritional treatment and management of mild-to-moderate depression

## SPEAKERS INCLUDE:



**Rachel Arthur**

BHSc, BNat

Respected and widely published naturopath and registered nutritionist specialising in integrative nutrition



**Dr Sanjeev Sharma**

MBBS, MD(Psych), FRANZCP

Consultant Psychiatrist with an interest in General Adult Psychiatry



**Dr Nicole Nelson**

FRACGP, BPHARM, MBBS

Medical doctor with a background in pharmacy and general practice

**RACGP &  
ACCRM  
CPD POINTS  
MAY APPLY**

**EARLY BIRD  
AND MEMBER  
DISCOUNTS  
APPLY**



AUSTRALASIAN COLLEGE OF NUTRITIONAL AND ENVIRONMENTAL MEDICINE  
PROVIDING POST GRADUATE EDUCATION TO DOCTORS AND HEALTHCARE PROFESSIONALS FOR OVER 30 YEARS.

ONLINE COURSES ALSO AVAILABLE - VISIT [ACNEM.ORG](http://ACNEM.ORG) FOR MORE INFORMATION | +61 3 9583 1320 | [EDUCATION@ACNEM.ORG](mailto:EDUCATION@ACNEM.ORG)

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