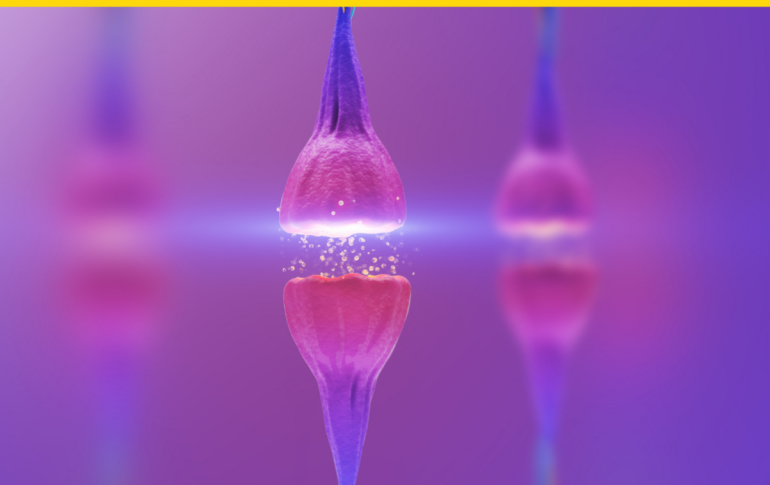




NP 110: Introduction to Nutritional Psychology Methods



ABOUT THIS COURSE

NP 110 is a fully online course designed to provide students, professionals, and other interested individuals with a foundation in the science of Nutritional Psychology. The course covers key terms and concepts, different research methods, scientific findings in the field, and basic scope of practice guidelines.

Available beginning **March 2021**.

Cost: TBD

Medium: Fully Online

CE Credits: TBD

LEARNING OBJECTIVES

1. Define key terms and definitions used within the field of NP.
2. Explain basic concepts, terms, and methods used in Nutritional Psychology
3. Recite the six elements informing the conceptualization of NP.
4. Describe key research studies supporting the field of NP.
5. Claim mastery of the introductory knowledge necessary to proceed to future courses in NP.
6. Demonstrate the ability to identify types of research methods generally used in NP.
7. Cite the Scope of Practice Guideline associated with u using the course information within a clinical setting.
8. Demonstrate the ability to identify 3 key research studies demonstrating the connection between dietary intake and depression.



INSTRUCTOR CREDENTIALS

Full instructor bios are available online at nutritional-psychology.org.

Ephimia Morphew Lu, M.S., Dip.C.N.

Lead Course Developer

Kristine Looken, Ph.D

Diet and Cognition Module

Chelsea Louise-Doswell, B.A., JFKU NP Certified

Diet and Interoception Module

Cleo Protogerous, Ph.D

Course Reviewer

For more information, visit nutritional-psychology.org

Questions? Email info@nutritional-psychology.org

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