



Welcome to The Center for Nutritional Psychology, and Happy New Year! On behalf of the CNP team, we are excited to share with you the following updates regarding the growth of our organization:

- **CNP Library Membership:** CNP's Library Membership is launching *tomorrow*, January 15, 2022! Several years in the making, the Library Membership provides the first database in the world that consolidates research in the DMHR. See section below for more information and tutorial video!
- **CE for Dietitians:** We have submitted our application to the Commission on Dietetic Registration (CDR) to become an approved sponsor of continuing education for licensed dietitians! Upon approval, our courses will provide licensed dietitians and DTRs with CE credit. A special thank you to Dr. Anthony Todd Nichols (PhD), Eileen Santana (RD, CDN), Deborah Orlick Levy (MS, RDN), and Dori Coetzee (MS, RDN) for their support in this process.
- **CNP Blog Reviewer Team established:** We welcome members of the CNP Blog Reviewer Team! This team will review all CNP blog articles before they are published on our website. If you specialize in a related area and would like to be considered for a blog reviewer position, please email admin@nutritional-psychology.org.
- **New NPRL Research Categories!** Take a look at three new research categories that have been added to the NP Research Library: Sport and Disordered Eating, Medicinal Mushrooms and Mental Health, and Dietary Intake Timing (Chrono-nutrition).
- **NEW Course Scholarship Program!** To support access to nutritional psychology education, twice per year, CNP will be awarding scholarships to enroll in NP 110: Introduction to Nutritional Psychology Methods! A special thank you to CNP Contributor Cassidy Axelrod for developing this program. More information below.

Lots on the horizon! Thanks for being a part of our growing community, for your interest in nutritional psychology, and for your continued support of this field.

Sincerely,
Ephi Lu
CNP Executive Director



NEW CNP LIBRARY MEMBERSHIP LAUNCHES JANUARY 15, 2022!

Several years in the making, the CNP Library Membership launches tomorrow, January 15th! This database is not only designed to give you access to five curated research libraries, but also allows you to explore and work with current research in the way that best suits your professional, academic, or personal needs. Members obtain exclusive access to:

- Five carefully curated, searchable online libraries containing 45+ research categories and links to 3,000+ research publications informing the field of NP
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- CNP-written summaries of each study for ease of reading
- Monthly animated videos exploring cutting-edge NP research studies
- A platform for developing your own personalized NP Research Library where you can save, sort, favorite, take notes, view citations, and download CNP Summaries and key study information
- Members-only discounts for ALL [nutritional psychology courses](#)

[LEARN MORE](#)

FAQs

I'm a professional. How can I use the Library Membership to benefit my career?

The CNP Library Membership can support your career-oriented goals. By becoming a member, you obtain access to an organized database of 3,000+ research publication links — all of which inform our understanding of nutritional psychology and the diet-mental health relationship. As a professional in mental health, nutrition, or a related field, you can add value to your professional projects, your research, and your students' or clients' lives through education and the provision of relevant resources.*

***The CNP Library Membership is not designed for medical treatment, prevention, or diagnostics. Professionals should adhere to their fields' scope of practice guidelines.**

I'm not a professional in a related field. How can the Membership help me? The CNP Library Membership will benefit organizational representatives, students, and other interested individuals, too! Whether you are preparing curricula, conducting research, conceptualizing speeches, writing articles for publication, working on a thesis, dissertation, or report, or if you're just interested in nutritional psychology and would like to understand the research behind it, this program is for you. It will give you the organizational tools you need to efficiently explore nutritional psychology, build your knowledge, and meet your personal, professional, and academic goals.

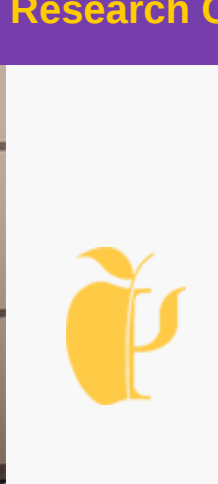
What organizational tools does the Library Membership provide?

The Membership allows you to not only access the latest NP-related research, but also to work with it to best fit your needs. As a CNP Member, you can create your own custom lists of publications, compile favorites, and sort them by title, year, list, and citation. You can also take notes on your saved studies, view full citations, and download key study information. These features maximize your ability to use nutritional psychology research in the way that best fits you.

Featured Research Categories:



Diet and Body Image



Sport and Disordered Eating

News Articles

We regularly update our website with short articles informing you of what's happening in the field. Read the articles below, or visit [CNP News](#) for the full selection.

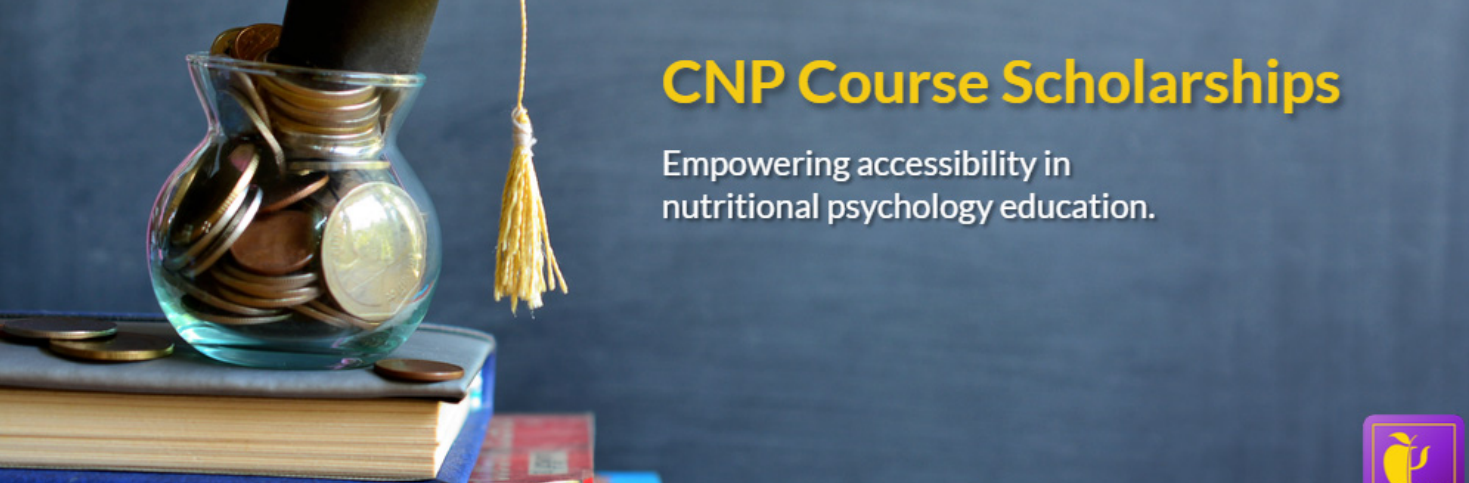


[Vegetarian Diet Quality Influences Mental Health](#)



[Junk Food and the Brain: How Modern Diets May Contribute to Angry Rhetoric](#)

[MORE NEWS](#)



CNP Course Scholarships

Empowering accessibility in nutritional psychology education.

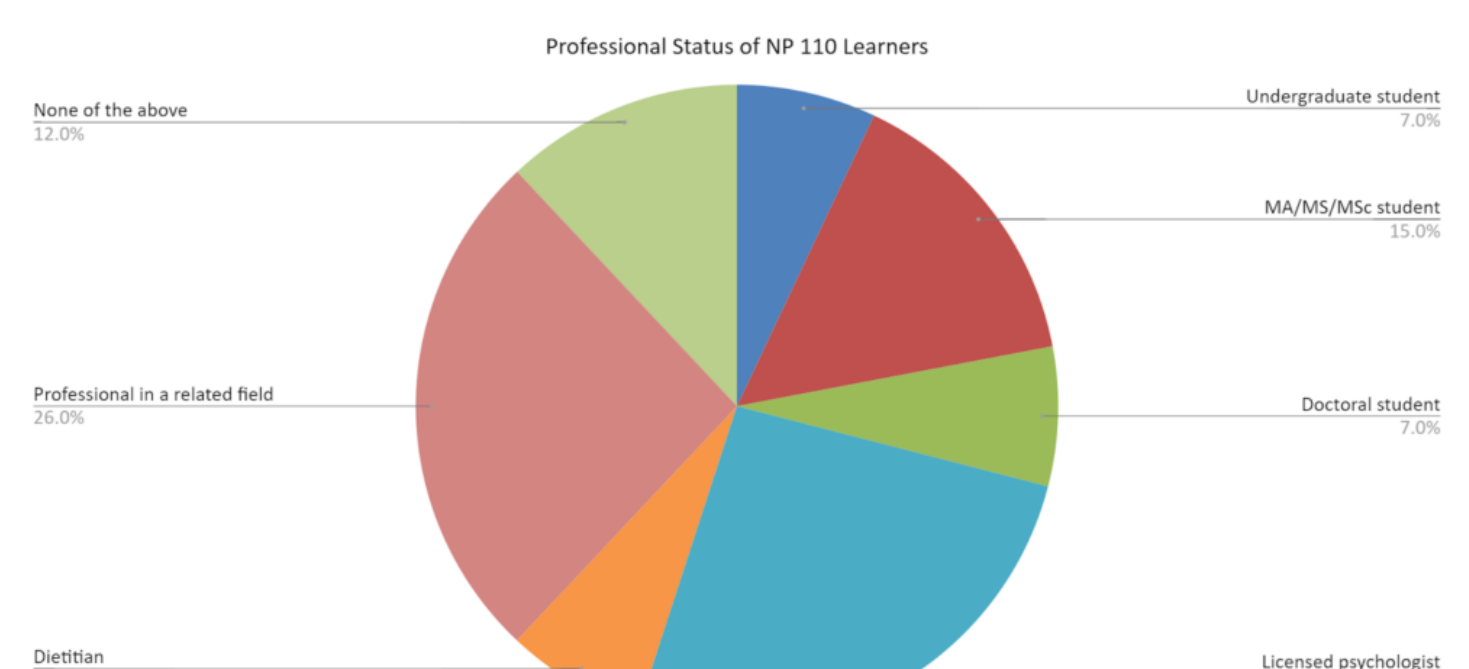
To support access to nutritional psychology education, CNP will be sponsoring three scholarships for NP 110: Introduction to Nutritional Psychology Methods twice a year. We understand that the cost of higher and continuing education can be prohibitive. In addressing this barrier, we hope to provide students, professionals, and other interested individuals who are not otherwise able to access our courses with the opportunity to study nutritional psychology.

By providing this opportunity, we hope to facilitate greater awareness of the diet-mental health relationship and the need for a nutritional component to mental healthcare. CNP strives to provide equitable learning opportunities and promote inclusivity for all who are drawn to this field.

[LEARN MORE](#)

CNP Course Updates

- **NP 120 is in development:** NP 120: The Microbiome Gut-Brain Axis and Mental Health is now scheduled for release in late Spring of 2022! This second course in the *Certificate in Nutritional Psychology* will present a central mechanism involved in the diet-mental health relationship. Visit our [Education](#) page for more information.
- **UPDATE in the number of CE credits provided by NP 110:** Beginning in March of 2022, NP 110 will be worth 10 CE credits instead of 8. If you have successfully completed NP 110 and would benefit from these updated 2 CE credits, please email us through the NP 110 course platform.
- **Evaluations:** In preparation for our yearly review of NP 110, we are reviewing your NP 110 course evaluations and incorporating these findings into the course going forward. Here's a quick look at the diverse professional backgrounds of learners who have enrolled in NP 110 so far:



Welcome New CNP Contributors!

CNP Contributors are the lifeblood of the CNP Team! Who are they? Typically, CNP Contributors are volunteers with formal education, training, and expertise, or a deep interest in an area relevant to the diet-mental health relationship. They are also dedicated to supporting the inclusion of nutritional psychology within mental healthcare, and have established foundational knowledge in the field by completing NP 110.



Ms. Cassidy Axelrod
(MS, CNS (cand)), Director of Scholarship

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Deborah Orlick Levy
(MS, RDN), Blog Reviewer

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Eileen Santana
(RD, CDN), Blog Reviewer

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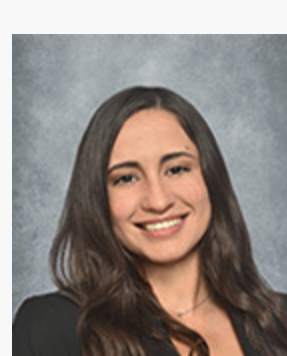
Nanette Stroebele Benschop
(PhD), Blog Reviewer

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Anthony Todd Nichols
(PhD), Blog Reviewer

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Claudia Santana Ochoa
(MS), CE Programming

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Nutritional Psychology Courses and Education: NP 100 Series

The NP 100 course series lays the theoretical foundation of nutritional psychology. This series provides an evidence-based, conceptual basis for the eventual application of DMHR tools within clinical practice, and will constitute the next-generation *Certificate in Nutritional Psychology*. It is currently in development and is projected to include 3 courses.

NP 110: Introduction to Nutritional Psychology Methods (Available now!). NP 110 is the foundational course in nutritional psychology. It defines key terms, concepts, and language, and establishes the evidence base characterizing the diet-mental health relationship. This course serves as a prerequisite for all future coursework in NP. Learn more about NP 110 and enroll today through our website.

NP 120: Microbiome Gut-Brain Axis and Mental Health (Available in late spring 2022). This course is projected to be worth 8-10 CE credits. Its purpose is to provide you with a solid understanding of the mechanisms involved in the microbiota, gut, and brain communication processes that influence psychological health. Hira Shaheen , MD, Shareen Behairy, PhD (cand), and Lisa Hannaby , PGDip, PGCE, MBPSS, are assisting in the development of this course.

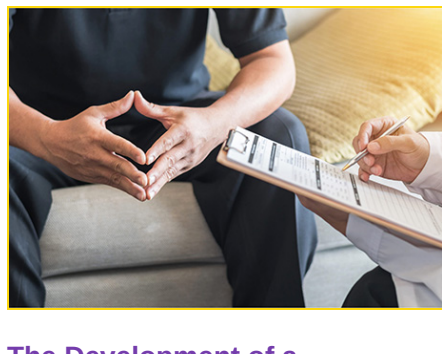
NP 150: Mechanisms in the DMHR (Available in summer of 2022). This course explains the varied mechanisms by which the DMHR exists, including the inflammatory, oxidative, mitochondrial, neurotransmitter, microbiota and Gut-Brain Axis, HPA Axis, neuroinflammatory, and other pathways. Nicole Barile , Ph.D., NTP, is the lead author of NP 150.

CNP Blog Articles

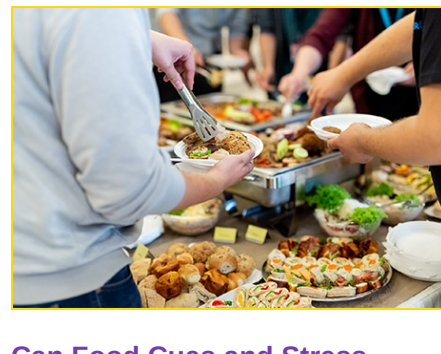
Our talented staff and CNP Contributors have authored a number of highly informative articles. They describe the field of nutritional psychology and discuss select research findings. If you're interested in learning more about cutting-edge studies in the field, check out the articles below!



[Is Diet Affecting Children's Mood, Happiness, and Well-being?](#)

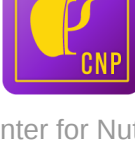


[The Development of a Nutritional Screening Tool for Mental Health Settings: The NutriMental Screener](#)



[Can Food Cues and Stress Influence What We Eat?](#)

[VIEW ALL BLOG POSTS](#)



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