



NP 110: Introduction to Nutritional Psychology Methods

The Center for Nutritional Psychology (CNP), a 501(c)3 non-profit organization

Total Cost: \$299

CE Credits: 10

CPE Credits: 10



Have you experienced a connection between what you eat and how you feel? Would you like to receive a formal and systematic education in how diet and mood, behavior, and cognition interconnect to influence thoughts, feelings, and experiences? NP 110 is an online, self-paced university-level course providing an evidence-based introduction to the theoretical foundation supporting the development of nutritional psychology. This course consolidates hundreds of research studies to inform new language, concepts, and methods characterizing the diet-mental health relationship (DMHR) and is for use within nutritional psychology education.

NP 110 is the first in a three-course series comprising the Introductory Certificate in Nutritional Psychology. Other courses include NP 120: *Microbiota Gut-Brain Axis & Mental Health* and NP 150: *Mechanisms in the DMHR*.

CNP is approved by the American Psychological Association (APA) to sponsor continuing education for Psychologists, the California Association of Marriage and Family Therapists (Provider #1000102) for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences (BBS), and the Commission on Dietetic Registration (CDR) for Registered Dietitians and Dietetic Technicians. Check with your licensing board to determine other CE acceptance for this course.

LEARNING OBJECTIVES

1. State the definition of Nutritional Psychology (NP)
2. List each of the six elements within nutritional psychology
3. Define at least two of the six elements within NP
4. Describe two research studies demonstrating the Diet-Mental Health Relationship (DMHR)
5. State two types of research methods used in NP-related research
6. Identify two dietary patterns often used in NP-related research
7. Explain proper scope of practice for using the information included within this course in the clinical setting

INSTRUCTORS

Instructor bios can be found at nutritional-psychology.org/np110

Ephi Lu, M.S. Dip. C.N.
Course Design

Kristine Lokken, Ph.D.
Contributor, Cognition

Stephanie Greunke, MS/RD
Contributor, Dietetics

Cleo Protogerous, Ph.D.
Contributor,
Research Methods

Chelsea Louise Doswell, BA
Contributor, Interoception

Olga Barishnikova, BS
Course Administrator

POLICY INFORMATION

No prerequisites are required to take this course. NP 110 is not required to take NP 120 or 150 but completion of the NP 100 certificate is required to enroll in the NP 200 certificate.

Payment of the one-time course fee is due at time of enrollment and is non-refundable except for CNP's consideration of a partial refund (up to 75%) should the student have severely challenging circumstances leaving them unable to complete the course. If more than the first three modules have been completed, no refund will be considered. CNP reserves the right to refuse requests.

Learner questions, concerns, or grievances may be directed to the course instructor. Failing a timely resolution, learners may follow instructions provided in the course Conflict Resolution Procedures, or contact the CNP Editor at editor@nutritional-psychology. CNP reserves the right to refuse requests.

In the case of non-attendance, a refund will only be issued if the learner satisfies the criteria for "a severely challenging circumstance" as determined by CNP. Learners requesting accommodations may contact the course instructor.