



Cost: \$299

10 CE APA/CDR and NBCC 8

NP 110: Introduction to Nutritional Psychology Methods (APA/CDR/NBCC)

This course offers an **evidence-based introduction** to the emerging field of Nutritional Psychology (NP). Drawing on thousands of research studies, this course introduces new **interdisciplinary language, concepts, and methods** to explore the connections between the **psychological and nutritional sciences**. This course provide a strong foundation for the exploration of the diet-mental health relationship (DMHR) within NP, and serves as the starting point for all Continuing Education within NP.

The **six primary relationships within nutritional psychology** are introduced and include: 1) the Diet-Psychological, 2) Diet-Behavioral, 3) Diet-Cognitive, 4) Diet-Interoceptive, 5) Diet-Sensory-Perceptual, and 6) Diet-Psychosocial Relationships. It also introduces the **primary dietary patterns** systematically studied in nutritional psychology research, including the Mediterranean Diet, DASH diet, MIND diet, AHEI, DII, and Ketogenic diets.

Learners completing this course will have a solid foundation in the conceptualization and methods used in nutritional psychology, and will be prepared to continue in their journey through the **Theoretical Foundations Certificate in Nutritional Psychology (NP-F)** and beyond to achieve their **Micro-Degree in Nutritional Psychology (NP-FMA)**.

CNP is approved by the American Psychological Association (APA) to sponsor Continuing Education for Psychologists, RDs/DTRs under Activity Type 742 Eligible Enduring through the Commission on Dietetic Registration (CDR), and National Certified Counselors through the National Board of Certified Counselors (NBCC). CNP maintains responsibility for this program and its content.

LEARNING OBJECTIVES

State the definition of Nutritional Psychology (NP)

List each of the six elements within nutritional psychology

Define at least two of the six elements within NP

Describe two research studies demonstrating the Diet-Mental Health Relationship (DMHR)

State two types of research methods used in NP-related research

Identify two dietary patterns often used in NP-related research

Explain proper scope of practice for using the information included within this course in the clinical setting

INSTRUCTORS

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

Vladimir Hedrih, Ph.D.
Contributor,
Research Methods

Stephanie Greunke, MS/RD
Contributor, Dietetics

Kristine Lokken, Ph.D.
Contributor, Cognition

Chelsea Louise Doswell, MS
Contributor, Interoception

Olga Barishnikova, BS
Course Administrator

POLICY INFORMATION

No prerequisites are required to take this course, which can be taken alone, or together with NP 310 and NP 320 in the **Theoretical Foundations (NP-F) Certificate**. The NP-F provides 26.25 CE for APA/CDR and CAMFT professionals and 25 CE for NBCC professionals. The NP-F is one of the three Certificates that must be completed to obtain the Micro-Degree in NP (NP-FMHA).

This course is accessible for 3 months (90 days) from date of enrollment. The course itself cannot be downloaded but "**Module Download Kits**" containing key information from each module can be downloaded while enrolled.

Questions, concerns, or grievances may be directed to the course administrator via the course messaging platform, or emailed to editor@nutritional-psychology.org. Failing a timely resolution, learners may follow instructions in the course [Conflict Resolution Procedure](#).

CE hours do not include meals or breaks. Course certificates are awarded upon successful completion of the course and it's evaluation. If students do not receive their certificate they can email editor@nutritional-psychology.org. CNP maintains course records for 7 years.

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.

