



NP 550: Scope of Practice and Ethics in Nutritional Psychology (APA/CDR/CAMFT)

8 CE
299 USD

NP 550: Scope of Practice and Ethics in Nutritional Psychology is a self-paced home study course designed for mental health and nutrition professionals **practicing at the intersection of nutrition and psychological care**. Across six modules that combine written instruction and video, the course examines **what scope of practice means in an interdisciplinary field whose boundaries are still being drawn** — and equips practitioners to work within them with clarity, humility, and confidence.

The course begins by **defining scope of practice as the intersection of legal authority, ethical obligations, and individual competence**. From there, it moves through the specific scopes of licensed mental health professionals, Registered Dietitian Nutritionists, and the broader landscape of certified and credentialed practitioners, including health and wellness coaches, community health workers, and peer support specialists. Each module grounds its content in the ethical codes and standards that govern real practice — APA, ACA, CDR, and NBHWC — and **translates them into decisions practitioners face in clinical moments**.

Later modules turn from definition to application. Learners **practice a structured ethical decision-making framework**, study models of interdisciplinary collaboration and warm referral, and develop documentation skills using a SOAP note framework adapted from the Psychonutritional Assessment Battery introduced in NP 510. The course closes with a **Capstone action plan** in which each participant defines their own scope-appropriate psychonutritional education activities, referral protocols, informed consent language, and continuing education goals.

By the end, learners can distinguish psychonutritional education from clinical intervention, recognize when a moment calls for facilitation versus referral, and practice in the space between disciplines with integrity. NP 550 is approved for 8 CE upon successful completion of the comprehensive final examination.

CNP is approved by the American Psychological Association (APA) to sponsor Continuing Education for Psychologists, Registered Dietitian Nutritionists (RD/RDN) and DTRs under Activity Type 742 Eligible Enduring through the Commission on Dietetic Registration (CDR). Course meets the qualifications for 8 hours of Continuing Education Credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Association of Marriage and Family Therapists (CAMFT) (Provider #1000102). CNP maintains responsibility for this program and its content.

LEARNING OBJECTIVES

Define scope-of-practice boundaries for licensed mental health professionals, registered dietitians, and certified and credentialed practitioners as they relate to incorporating NP into practice.

Distinguish between psychonutritional education (within scope) and clinical nutrition or mental health intervention (requiring licensure) using evidence-based guidelines.

Apply profession-specific ethical codes to real-world scenarios involving the relationship between nutrition and mental health.

Design an individualized action plan for ethically integrating psychonutritional education into one’s current professional practice.

Evaluate ethical dilemmas arising from interdisciplinary practice at the intersection of nutrition and mental health using structured decision-making models.

Develop informed consent practices, documentation protocols, and referral strategies appropriate to one’s professional scope.

Analyze state-level regulatory variations affecting the provision of nutrition information by non-dietetic professionals and mental health information by non-licensed counselors.

COURSE INSTRUCTORS

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COURSE POLICY

Target Audience: Mental health, nutrition, and allied professionals ready to incorporate clinical assessment in nutritional psychology into professional/clinical practice. This course is part of **Certificate 3** on Clinical Applications in Nutritional Psychology. **Suggested prerequisites** for this course are completion of all courses in **Certificate 1** (Theoretical Foundations) and **Certificate 2** (Biological Mechanisms).

CE hours do not include course materials designated as "Optional" or quizzes and exams. Course certificates are awarded upon successful completion of the course and its evaluation. If students do not receive their certificate they can email editor@nutritional-psychology.org. CNP maintains Learner records for 7 years.

This course is accessible for **3 months (90 days) from the date of enrollment**. The course itself cannot be downloaded; however, **Module Download Kits** with key information from each module can be downloaded when enrolled. Questions, concerns, or grievances may be directed to the course administrator, via the course messaging platform, or emailed to admin@nutritional-psychology.org. Failing a timely resolution, learners may follow instructions in the course **Conflict Resolution Procedure**.

The one-time course fee payment is due at the time of enrollment and is considered non-refundable. Exception for a partial refund (up to 75%) will be considered should the learner have proof of severe circumstances leaving them unable to complete the course.

