The University of Arizona Center for Integrative Medicine presents the Second Integrative Mental Health Conference

April 15-17, 2019
Hilton SF Union Square
San Francisco, CA

Patients are increasingly looking for mental health care options that go beyond medications and conventional therapy, turning to alternative and complimentary medicine. And with good reason. Scientific evidence for the effectiveness of integrative treatment modalities continues to expand and includes research on nutrition, dietary supplements, mind-body interventions, spiritual counseling, adequate sleep, positive psychology, and psychedelics, in addition to conventional treatments.

Why You Should Attend

The Integrative Mental Health Conference will help prepare mental health professionals to advise their patients about integrative methods to enhance mental well-being. This conference will provide you with essential information on:

- The use of diet and nutritional supplements to foster mental wellbeing
- The ways in which mind-body connections, mindfulness, and spirituality are essential components of mental health
- The integrative treatment of common mental health conditions.
- A variety of successful models to incorporate integrative mental health into clinical practice
- Emerging research about brain biology, microbiome, psychedelics, positive psychology, addiction, and trauma.

The Integrative Mental Health Conference will offer a great chance for healthcare professionals to learn integrative care techniques and network with like-minded physicians, psychologists, nurses, social workers, counselors, and therapists.

Mark your calendars and for more information visit www.azcim.org/mentalhealth.