

THE NEURONUTRIENT THERAPY INSTITUTE
Training, Consultation, and Certification
Director, Julia Ross, MA, MFT, NTS

DISTANCE TRAINING and CERTIFICATION: OPTION ONE
ADVANCED TRAINING AND CLINIC EXTERNSHIP
FOR INDIVIDUAL PRACTITIONERS

The NNTI Option One Certification Program is composed of five elements:

- I. Attendance at, or review of CD's of, three training seminars
- II. Assigned readings and case write-ups
- III. Individual case consultation by phone, email, or Skype
- IV. A 4-8 day externship at the Recovery Systems Clinic.
- V. Group meetings: Supportive case discussion and supervision

Our primary focus is the promotion of optimal appetite-and-mood-regulating neurotransmission using amino acid precursor therapy. We will also address the following, associated issues.

- Insomnia
- Energy Deficits
- Alternatives to antidepressants
- Chemical Dependency
- Other issues raised by individual certification candidates as they pertain to specific cases, including Bipolar Spectrum Disorder
- Pyroluria
- Thyroid Dysfunction
- Adrenal Dysfunction
- ADHD

APPLICATION AND ADMISSION PROCESS

Licensed or certified integrative health practitioners from a variety of specialties are welcome to apply for admission to the NNTI Option One Program. They must already be in practice and able to readily implement the NNTI strategies into existing casework. They'll need to follow at least 20 clients for at least six sessions each and be able to write up and submit at least eight cases over a 12-month period. Finally, they will need to be able to travel to California for at least four days to participate in live casework at Julia Ross' clinic.

To Apply:

- 1) Email a letter describing your background and interest in this advanced training process along with your C.V. to NNTI at recoverysysclinic@gmail.com.
- 2) You will be contacted and, if your application is accepted, an admissions interview will be set up by phone or Skype.

Contact the NeuroNutrient Therapy Institute/Recovery Systems Clinic for information.
415-383-3611 ext. 2. recoverysysclinic@gmail.com

THE OPTION ONE PROGRAM

I. **Training in NeuroNutrient Therapy: Live, CD, or DVD**

In addition to an Introductory Two-day Core Training in Amino Acid Therapy (live or via prerecorded media), several Advanced Topics will be required for certification. These topics will be provided through live or recorded presentations, selected readings, and/or other educational processes and materials tailored to individual needs. They will include:

- Treating Chemical Dependency and Carbohydrate Addiction Nutritionally (12 hr/10 set CD set with a syllabus)
- Alternatives to Antidepressant Drugs: Effective NeuroNutrient and Adjunctive Therapies (2.5 hr DVD)

II. **Individual Case Study Via Teleconsultation and Email**

- While initial readings and CD sets are reviewed, a monthly written progress report will be submitted with the option of attending individual or group meetings by phone or Skype.
- Once casework implementing neurotransmitter restoration has begun, we will meet once per month to discuss cases and related issues for a minimum of six months. Julia Ross or other experienced Institute instructors will direct the sessions. Each participant will need to prepare at least one written case to discuss each month, and will fax them ahead of time, along with Amino Acid Therapy Charts, Precautions forms, assessment/history/progress summaries, and additional symptom questionnaires, as needed.
- Reading assignments will be coordinated with each session's contents.
- Two Sessions exclusively devoted to trainees' own emotional, physical, and dietary health will be set up as a means of learning from the inside out – and of identifying and eliminating inevitable personal blind spots.

III. **Externship at the Recovery Systems Clinic**

After candidates have completed the Core Two-day Training in Amino Acid Therapy, and while they are fulfilling other Advanced Topics Trainings required, and have begun seeing and reporting on their own cases, they can set up in-office externship time at the Recovery Systems Clinic. Candidates may be active participants or primarily observers, depending on their level of training and expertise. Julia and her clinic's practitioners will demonstrate initial bio-psycho-social interviewing at the clinic and trainees will participate in client intakes, nutritional workups and follow-ups, as well as staff case-review meetings. They will also meet individually with Julia and other clinical staff members to discuss the cases they are being exposed to. The number of days and the timing of externships will vary.

Special Emphasis Certifications

If candidates for certification would like to emphasize a category of specialization such as the treatment of eating disorders, or chemical dependency, adjustments in the curriculum may be made and additional assignments and consultation required.

FINAL CERTIFICATION PROCESS

NNTI instructors may listen to a client interview, live or taped, and review two written case summaries with initial and extended treatment suggestions and patient/client responses. Then the instructor will conduct an in-person or Skype interview of the practitioner, review progress to-date, and confer certification, or make specific suggestions for additional training.

POST-CERTIFICATION BENEFITS

A list of Certified Practitioners will be posted on both dietcure.com and moodcure.com and at the Clinic's intake desk. Certified clinicians who would like to conduct their own clinical trainings can post promotional materials on the websites and they may become expert instructors.

RECERTIFICATION REQUIREMENTS

For the first two years, two cases will be presented annually and discussed with Julia Ross or other Institute staff members. Staff suggestions must be followed up and implementation confirmed in order for a certified practitioner to retain certification and referral status the following year.

After two years, case write-ups will be required only at the discretion of the Institute staff. Attendance at occasional continuing education seminars (by phone or live) may also be required.

SUMMARY OF CERTIFICATION HOURS AND COSTS

Core Training Requirements:

- Amino Acid Therapy: Two training days worth of CDs and an extensive syllabus
- Treating Chemical Dependency and Carbohydrate Addiction: Two training days and syllabus (12 CEUs* for LAc's)
- Alternatives to Antidepressants: 2.5 hour DVD with updated written materials

Cost (26.5 hours) \$500 – 600

Individual Case Consultation Requirements:

Individual tele-meetings with Julia Ross or other instructor's will be coordinated with assigned reading:

- 1) Using yourself as a subject for neuronutrient therapy – 2 hours average
- 2) Case consults – at least 10 hours one-to-one, plus up to 12 hours group tele-meetings
- 3) Final meeting to review progress for certification – (1-2 hours)
- 4) Email correspondence regarding written cases submitted

Cost (approx.) \$1500

Externship Costs:

The 12-25 hours spent at the Recovery Systems Clinic.

Cost (12-25 hours) \$150/day (2-4 days)

ESTIMATED TOTAL COST: \$2500 - \$3000 (depending on costs of trainings and number of individual consults provided.)

***Different groups LAc, BBS, etc., calculate the same hours differently.**

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HOW YOUR PRACTICE WOULD BENEFIT FROM ADVANCED TRAINING AND CERTIFICATION IN NEURONUTRIENT THERAPY:

Mastering amino acid therapy and related techniques will dramatically improve your ability to help the 80% or more of your case load struggling with, compulsive carbohydrate consumption, negative moods, blood sugar disorders, fatigue, and insomnia.

• **Appetite Control:** “If only my patients would follow a healthy diet.” Unfortunately, willpower alone, even bolstered by the threat or reality of severe illness, often cannot withstand the overwhelming cravings for sugars and refined starches that afflict so many Americans. These cravings, typically generated by neurotransmitter deficiencies, make it impossible for many people, even the most health-conscious and well-intentioned, to stick to the wholesome foods they need (and would prefer to eat!) Amino Acid therapy can quickly eliminate their cravings for empty and toxic calories, giving them tremendous mental and physical health advantages and putting an end to unneeded weight gain and blood sugar instability. This applies most particularly to our epidemic of diabetes, but other epidemic killers such as heart disease and cancer are also closely associated with diets high in refined sugars and starches and other toxic foods.

• **Mood Enhancement:** “My patient is so depressed and discouraged that she’s hardly getting in to her appointments and I don’t know what to do anymore except send her for medication”. Many practitioners now find depression and anxiety to be the most common problem they’re presented with. Significant mood problems not only afflict at least 50% of the

US population they are also risk factors for diabetes, heart disease, cancer and many other physical health disorders. Eliminating depression and anxiety without drugs, and calming the stress response using simple neurotransmitter restoration therapies will allow you to deliver treatment results otherwise impossible to attain.

By providing tools that can eliminate more than 20 negative emotional states within 24 hours, including depression, anxiety, apathy, overstress, and chronic sadness, you will improve your clients’ quality of life enormously. These negative moods can often be permanently eliminated in only a few months of nutrient therapy, since the aminos are typically only needed short-term. (assuming that adequate protein is regularly consumed in the diet)

• **Psychological Healing:** Being able to distinguish neurochemical deficits, or “false” moods, from genuine emotional distress is crucial to this effort. Where current or past unresolved trauma play a role, the resulting stress will continue to erode neurotransmitter function (which may have been already deficient genetically) and overall health and well-being. It is important to know how to assess and address emotional needs and refer for psychotherapeutic help when needed. This training process will give you guidance in this vital aspect of holistic care. (If you are a psychotherapist you will be able to help your clients determine when psychotherapy may not be needed!

• **Alternatives to Antidepressants:** Over 40 million Americans are now using antidepressant drugs (SSRI’s and SNRIs). In 2009, they were the top selling drugs in the U.S. This despite the shocking reports exposing new, serious, and even fatal adverse effects steadily appearing since 2002. Unfortunately, most antidepressant-takers face daunting, sometimes insuperable, withdrawal symptoms and a return of often-unbearable mood problems when they try to stop taking these drugs. As a result of these withdrawal problems, effective advertising, and increasing rates of depression, the use of these drugs continue to increase. Neuronutrient therapy, in conjunction with a prescriber-monitored medication taper, typically removes all the discomfort of withdrawal, and restores optimal serotonin levels. This prevents the return of depression, anxiety, insomnia and the many other symptoms of serotonin deficiency. Permanently. And quickly!

• **Insomnia:** There are three types of insomnia that plague us in the “developing” world. Being able to identify and correct the particular brain/body/imbalance that cause them is an art you will

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master in this process.

• **Addiction Treatment:** Whether you know it or not, many of your clients are struggling to some degree with alcohol, drug, food, or behavioral addictions. Neurotransmitter deficiencies are at the root of all addiction whether it be to alcohol, marijuana, cocaine, Xanax, Oxycodone, tobacco or sex. The resulting negative moods and overpowering cravings continually drive addicts and alcoholics back to their neurotransmitter-altering substances. Amino acids and related therapies can eliminate even these notoriously treatment-resistant compulsions by helping to reprogram inherited deficits in neurotransmitter and blood sugar function. You will learn how to tactfully identify these problems and help create effective recovery strategies.

• **Chronic Fatigue:** Amino Acid Therapy can eliminate fatigue permanently and take effect in 15 minutes if the problem is one caused by deficiency of the stimulating catecholamine neurotransmitters. If additional causes of fatigue are related to diet, thyroid, or adrenal dysfunction, metal toxicity, or chronic bacterial, viral, or parasitic infestation, the certification process can help you assess, test, and treat or refer more effectively.

• **Chronic Pain Relief:** Pain medications are among the top selling and most addictive drugs in America. Chronic pain affects at least 50% of the general population and 75% of those seen by health care practitioners of all kinds. Pain tolerance is regulated largely by the neurotransmitters Endorphin, Gaba, and Serotonin. By restoring neurotransmitter function, pain levels may be dramatically and quickly reduced, while appropriate structural adjustments and/or other interventions are sought to remove any remaining causes of physical (or emotional) pain. The adjunctive use of Amino Acids to support acupuncture and other energy medicine methods, natural anti-inflammatories, and other techniques provides further powerful pain alleviation.

• **Systemic Healing:** Most clients/patients are struggling with a variety of systemic imbalances, many of which are closely tied to dietary and/or neurotransmitter dysfunction. The most common are digestive, thyroid, adrenal, and sex hormone problems. The system of evaluation and treatment of these and other common problems developed at Julia Ross's clinic and made available in this certification process is extremely effective. Many well-established programs across the country have consulted with the Institute to adapt their intake, assessment, and treatment procedures to this comprehensive mode.