

# ***Nutritional Psychiatry - We Are What We Eat: Exploring the Evidence For Dietary Modifications for Treatment of Mental Illness***

presented by

***Shivani Shah, MD***

**4/30/2025 12:00:00 PM**

**Institute of Living, Commons Building, Hartford Room**

**Learning Objectives:** *As a result of participating in this Live Activity, participants should be able to:*

- 1 Review current best practice and research outcomes in regards to behavioral health diagnosis*
- 2 Review current best practice and research outcomes regarding patient and family assessment*
- 3 Utilize current best practice and research outcomes to develop a treatment plan for a behavioral health patient*

**Accreditation Statement:** In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

**Credit Designation Statement:** Hartford Healthcare designates this Live Activity for 1.00 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with their participation. This activity is approved for 1.00 ANCC contact hour(s).

**Financial Disclosures:**

- Shivani Shah, MD : Nothing to disclose - 01/29/2025



