The Louisiana Psychological Association's

Fall–Winter Workshop

Advances in Health Psychology

Friday, November 1
2019

The Lake House
12312 Old Hammond Hwy

Baton Rouge

Join us to explore the latest research and practice guidelines for lifestyle and behavioral factors impacting mental and physical health — nutrition and biochemistry, stress, exercise, pain and other topics.
"We live in a **transformational moment** for understanding the etiology of mental disorders.

"The previous leap in understanding occurred 60 years ago, which led us to incorporate psychopharmacology into our curricula to address the chemical basis of neurotransmitter function, especially as explained through the then-popular catecholamine hypothesis.

"The current revolution is broader, consisting of the rapidly accumulating **knowledge** of how inflammation, microbiome imbalance (gut dysbiosis), oxidative stress, and impaired mitochondrial output affect brain function."

We now have "... interventions for fighting inflammation, restoring normal gut function, reducing oxidative stress, and improving mitochondrial metabolism, incorporate lifestyle variables, including nutrients and probiotics," that help "... in alleviating the suffering of individuals with mental disorders."

Dr. Bonnie Kaplan
The Lake House
12312 Old Hammond Hwy
Baton Rouge

Enjoy the beautiful, luxurious and private setting of premier location in Baton Rouge, The Lake House.

Share time with colleagues for a delicious Lunch & Learn.
Fees & Information

<table>
<thead>
<tr>
<th>Membership</th>
<th>Fee</th>
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<tbody>
<tr>
<td>LPA Members</td>
<td>$120</td>
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<tr>
<td>Non-Members</td>
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<td>Academic/Scientists</td>
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<td>Students</td>
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Breakfast/lunch included

Continuing Professional Development:
In-class credits 7
(Includes 1.5 in Ethics)

Schedule:

8:45 am  | Introduction
9:00 am  | Bonnie Kaplan, PhD
12:15 pm | Lunch & Learn
2:00 to 4:30 | Panel Presentations and Discussions with Dr. Linda Brannon, Dr. Susan Andrews, Dr. Charles Frey, IV, and others

Online Registration opens Soon at:
louisianapsychologicalassociation.org

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