



MASSEY UNIVERSITY  
CENTRE FOR PSYCHOLOGY

## Workshop : Nutritional Therapies for Psychological Symptoms

**Presenter:** Professor Julia Rucklidge  
Department of Psychology  
University of Canterbury

**Date:** Thursday 6 June 2019  
9:00am – 4:30pm

**Venue:** MBS 2.15, East Precinct, Massey  
University, Albany Expressway,  
Albany, Auckland



### Overview of the training

*Despite the advent of medications and other therapies over the last 50 years, the rates of mental illness have been on the rise rather than a decline. Over the last decade, scientists have been uncovering an uncomfortable truth: What we eat is affecting our mental health.*

In this workshop, Prof Rucklidge will discuss the data that describe an alarming picture of food choices serving as risk factors to all kinds of psychiatric problems; she will then introduce the recent paradigm shift of using broad based micronutrients, probiotics and other nutrients like omega 3s to treat these challenges, reviewing the hypothesized mechanisms of action and the evidence to date. The talk will challenge our current treatment regime for mental disorders and suggest one alternative course of action. She will discuss practical ways that psychologists could implement this research into every day practice.

Target audience: mental health professionals, psychologists, psychiatrists, allied health professionals, students

### About the presenter

Julia is a Professor of Clinical Psychology in the Department of Psychology at the University of Canterbury, Christchurch, New Zealand. Originally from Toronto, Canada, she did her undergraduate training in neurobiology at McGill University in Montreal. She then completed a Master's and PhD at the University of Calgary in clinical psychology followed by a two year post-doctoral fellowship at the Hospital for Sick Children in Toronto. In 2000, she joined the Department of Psychology where she teaches child psychology in the Clinical Psychology Programme and more recently, introduced the topic of Mental Health and Nutrition into the wider psychology programme. Her interests in nutrition and mental illness grew out of her own research showing poor outcomes for children with significant psychiatric illness despite receiving conventional treatments for their conditions. In the last decade, she has been running

clinical trials investigating the role of broad-spectrum micronutrients in the expression of mental illness, specifically ADHD, Bipolar Disorder, anxiety and stress and PTSD associated with the Canterbury earthquakes. Julia has over 100 peer-reviewed studies and is the recipient of the Ballin Award 2015 from the NZ Psychologist Society, an award that recognises notably significant contributions to the development or enhancement of clinical psychology in Aotearoa New Zealand. She was also named in the top 100 Most Influential Women in 2018 by Westpac Trust. Her 2014 TEDx talk has been viewed over one million times. She is passionate about helping people explore alternative treatments for their psychiatric symptoms. Her current research interests can be found at: <http://www.psyc.canterbury.ac.nz/people/rucklidge.shtml>

## Cost

\$250 for professionals

\$200 for Massey University staff (*permanent and fixed term*)

\$125 for students (*full time only*)

Morning tea, lunch and afternoon tea is provided and included in the fee. Certificates of attendance are provided to all attendees who complete the workshop.

Numbers are limited and places will be allocated in order of receipt of registration.

## How to Register

Please complete the [online registration form](#) for each attendee. [Secure credit card payment](#) can be made for one or multiple attendees or contact Helen for alternative payment options:

Helen McMaster, Centre for Psychology, Massey University,

Phone : 09 213-6095

Email : [H.McMaster@massey.ac.nz](mailto:H.McMaster@massey.ac.nz)

## Cancellation Policy

If the workshop is cancelled due to lack of enrolments, a full refund will be given.

Refund requests received more than one week before the workshop will be refunded in full, requests received less than one week will incur a 50% charge.

No refunds will be made for non-attendance at the Workshop.