

# Therapeutic Lifestyle Change

April 23, 2021, Live Via Zoom

**“We were never designed for the sedentary, indoor, sleep-deprived, socially-isolated, fast-food-laden, frenetic pace of modern life.”**

Stephen Ilardi, Ph.D.

Despite a sharp increase in treatment utilization in recent decades – including a 300% increase in antidepressant prescribing since 1990 – the societal burden of depression and related mental illness continues to *rise*. Why? The explanation is multifaceted, but one cause stands out clearly: humans are poorly adapted to the sedentary, indoor, fast-food-laden, socially isolated, sleep-deprived, frenzied, screen-addicted pace of modern American life – and the result is an epidemic of suffering and mental disorder. Fortunately, it is possible to leverage such knowledge in the psychotherapy setting to help clients experience profound neuropsychiatric improvements – often more robust than those observed in more traditional therapy – through evidence-based lifestyle changes.

**In this workshop, we will explore the scientific support for seven lifestyle-based strategies, with a focus on how to integrate them into routine therapeutic practice:**

- physical activity
- bright light therapy
- nutritional intervention
- anti-ruminative strategies
- the gut-brain-microbe axis
- habits of healthy sleep
- enhanced social connection and belonging



## Learning Objectives:

At the end of this presentation, participants will be able to:

- ✓ Describe the concept of diseases of civilization and its applicability to three common DSM-5 diagnoses;
- ✓ Identify 6 modifiable lifestyle domains of relevance to the onset and maintenance of major depressive disorder;
- ✓ Elucidate the clinical significance of the gut-brain-microbe axis;
- ✓ See full list of Learning Objectives at: <https://www.nebpsych.org/event-4116306>

## Presenter Stephen Ilardi, Ph.D.

**Stephen Ilardi, Ph.D.** is a professor of clinical psychology at the University of Kansas and the author of over 60 publications on mental illness. His **bestselling book**, *The Depression Cure*, outlines a novel evidence-based treatment built upon a simple premise: Humans were never designed for the sedentary, indoor, socially isolated, sleep deprived, screen addicted, fast-food-laden, frenzied pace of modern life. His related **TEDx talk**, *Depression Is a Disease of Civilization*, has also found a receptive audience and has been viewed online over 2 million times. Through his active clinical practice, Dr. Ilardi has treated several hundred depressed and anxiety-disordered patients. He has also served as a longtime NBA consultant (most recently with the Houston Rockets) and a contributing analyst and writer for ESPN.

REGISTER  
NOW!



Register Online at: <https://www.nebpsych.org/event-4116306>



**\*Continuing Education: 6 (six) CEs** for psychologists and approved for mental health practice.



Check out Dr. Ilardi's **TEDx talk** *Depression Is a Disease of Civilization*



NPA Endorses The Trust and its insurance programs.

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# Therapeutic Lifestyle Change

NPA 2021 Spring Conference – Live Webinar Presentation

Friday, April 23, 2021 9:00 AM – 4:00 PM CDT

## Zoom Registration/Connection

After registering, you will receive a confirmation email with a link to finalize your registration with Zoom. You need to complete this last step in order to finalize your registration and receive your personal link to join the webinar.

## Continuing Education

The Nebraska Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Nebraska Psychological Association maintains responsibility for this program and its contents. Participants attending this conference can receive 6 CEs for psychologists. Full attendance at the workshop is required to receive CE credit for psychologists. No partial credit is awarded; late arrival or early departure will preclude awarding of CE credits for psychologists. Those arriving more than 15 minutes after the scheduled start time or leaving before the workshop is completed will not receive CE credits. This program meets the criteria of an approved continuing education program for mental health practice.

Written notification is required on or before April 19, 2021, for complete refund of registration fee.

In accordance with Title III of the Americans with Disabilities Act, registrants are asked to advise NPA of any disability so we can make necessary arrangements to accommodate you.

All questions, comments and complaints should be directed to the NPA Central Office, 402-475-0709, 877-355-7934 or [npa@nebpsych.org](mailto:npa@nebpsych.org).

**Register online at: <https://www.nebpsych.org/event-4116306>**

### Please register me for:

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