

Exploring Clinical Nutrition for Psychiatry: Nutrition and Mental Health

presented by

Dr. Erica E. Watson, DHSc

Dr. Erica E. Watson is a compassionate health provider, a STEM professional, and empathetic advocate and activist for patients. She is keenly interested in cardiometabolic disorders, social-emotional health, nutritional interventions for chronic disease, trauma, and community health and medicine. As a clinical nutritionist with a strong background in health equity and trauma-informed care, Dr. Watson enjoys supporting patients by providing highly individualized and collaborative plans and supports. She also oversees a small bilingual (Spanish/English) blood pressure clinic for predominantly Black and Brown populations, hosts a webcast about nutrition and health equity, and looks forward to becoming certified in American College of Lifestyle Medicine.

During her free time Dr. Watson most enjoys being with her family. Whenever possible, she reads on mental health, human pathology, and clinical nutrition studies. She absolutely loves hosting "Watson Food Parties," and takes just about every opportunity she can to hike, cook, and learn.

3/27/2025 8:00:00 AM

<https://hartfordhealthcare.zoom.us/j/98339366969>

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

- 1. Describe the concept of nutrition, by identifying lifestyle practices and metabolic processes.*
- 2. Evaluate the relationship between clinical nutrition and mental health, by discussing patient experiences and case studies.*
- 3. Discuss nutrition options for optimal mental health, by evaluating various nutrients, foods, and meals.*

Accreditation: 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.

Physicians: Hartford HealthCare designates this Live Activity for a maximum of **1.25 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This activity is designated for a maximum of **1.25 ANCC contact hours**.

Psychologists: Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Social Workers: As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive **1.25 general** continuing education credits.

Other Learners: All other learners will receive a Certificate of Participation for **1.25** hours of education. Consult your professional licensing board regarding the applicability and acceptance of certificates of participation for educational activities certified for **AMA PRA Category 1 Credit™** from organizations accredited by Joint Accreditation for Interprofessional Continuing Education.

Financial Disclosures:

- Dr. Erica E Watson, DHSc: Nothing to disclose - 02/18/2025

