



A Course in Nutritional Psychiatry

Healthcare Education Certificate Program

A 2-month, 15-hour course on how food and nutrients influence brain function and mental health — covering depression, anxiety, ADHD, dementia, OCD, and related conditions.

INVESTMENT

₹24,999

DURATION

2 MONTHS

SCHEDULE

1 CLASS / WEEK

CLASS LENGTH

2 HOURS

LED BY

Princy Rasaniya

NUTRITION COACH

ENROLL

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Where Nutrition Science Meets Mental Health

Nutritional psychiatry is one of the fastest-growing areas in integrative health — exploring how what we eat shapes mood, cognition, and mental wellbeing. Over 2 months, this course walks through the science connecting diet and brain function, and how nutritional approaches relate to common mental health conditions such as depression, anxiety, ADHD, dementia, and OCD.

What You Will Gain

- A working understanding of how nutrition and brain function are connected
- Insight into psychoactive foods and their effect on mood and cognition
- Awareness of nutritional considerations across major mental health conditions
- A framework for thinking about diet alongside mental wellbeing, not as a replacement for clinical care
- An industry-recognized certificate in a rapidly emerging specialty

Who Should Enroll

- Nutritionists and dietitians expanding into mental health-informed practice
- Psychologists, counsellors, and allied mental health professionals
- Wellness and fitness coaches interested in the diet–mood connection
- Anyone curious about the emerging science of food and the brain

Nutritional Psychiatry

This single, focused module takes you across the full landscape of nutritional psychiatry — from the foundational science to condition-specific applications.

1. Introduction

- Foundations of nutritional psychiatry as an emerging field

2. Nutrition for Psychoactive Foods

- How specific foods and compounds influence mood and cognition

3. Brain and Brain Function

- Core brain structure and function relevant to nutrition science

4. Depression and Its Types

- Nutritional factors and considerations linked to depressive disorders

5. Insomnia

- The relationship between diet and sleep quality

6. Bipolar Disorder

- Nutritional considerations relevant to mood stability

7. Eating Disorder

- A nutritional psychiatry perspective on disordered eating

8. ADHD

- Diet and attention-related conditions

9. Anxiety and Eating Disorders

- Nutritional links to anxiety and related eating patterns

10. Dementia

- Nutrition's role in cognitive decline and brain aging

11. Obsessive Compulsive Disorder

- Nutritional psychiatry perspectives on OCD

Meet Your Instructor



Princy Rasaniya

Clinical Dietician & Diabetes Educator

**Bsc (FSN), P.G in Dietetics, Msc (DFSM), CDE
With 14 years of Experience**

Princy brings practical, real-world nutrition coaching experience to this diploma, guiding learners from foundational science to hands-on clinical diet planning.

✉ hello@acmeskillverse.com

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ENROLL NOW — START YOUR JOURNEY IN NUTRITIONAL PSYCHIATRY