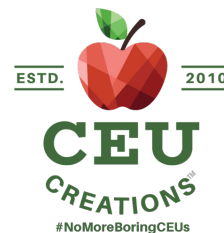


# The Gut-Brain Connection: Integrative Approaches to Mental Health & Wellbeing



## FEATURING:

- The gut-brain connection, hormonal shifts, and their impact on mental health
- Ethical, culturally competent, and nutrition-based mental health interventions

**Friday, August 1, 2025**  
**9:00 a.m. – 3:00 p.m. Eastern time**

Livestream Series  
(Online Synchronous Training)

**\$74.99 Early Bird Registration**  
*After July 18th, registration is \$99.99*

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and Save Members!**



Please scan QR Code  
or register online at  
[www.ceucreationsinc.com](http://www.ceucreationsinc.com)

## 5 CREDIT HOURS APPROVED FOR:

- **Social Workers**  
ASWB ACE – 3 Clinical and 2 Ethics CE credits  
New York State Education Department's State Board for Social Work – 5 Contact hours
- **Counselors** – 5 Contact hours including 2 Ethics\*  
NBCC ACEP – 5 Contact hours  
NY State Education Department's State Board for Mental Health Practitioners – 5 Contact hours
- **Nurses**  
California Board of Registered Nursing – 5 Contact hours
- **Case Managers**  
CCMC – 5 Contact hours

*\* Some states do not recognize Ethics hours for counselors. In those cases, contact hours will be awarded.*

Attendance or applied credit certificate available for other credentials.  
**Please make sure to check with your own state board to ensure transferability of CE credit.**

## PRESENTED BY:



### **Rajitha Bommakanti, RN, BSN, NBC-HWC, CCM, FCN, and culinary coach**

Rajitha Bommakanti, RN, BSN, NBC-HWC, CCM, FCN, and culinary coach, has been practicing nursing for over 30 years in various medical specialties as a nurse case manager and is a national board-certified health and wellness coach. In her nursing journey, Rajitha has seen gaps in patient care and the impact chronic medical conditions have on her patients' quality of life. She wanted to make a difference, so she moved into a health coaching/transformation space where she is a health partner in educating, inspiring, and empowering people to make small changes to their lives to improve their health. Rajitha is a habit change specialist.



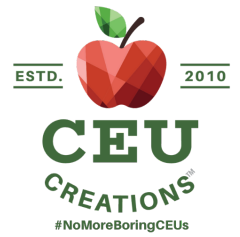
### **Vanessa Holliman, LCSW, Certified Holistic Health Practitioner, founder of BEing Wholistic**

Vanessa Holliman is a licensed clinical social worker, certified holistic health practitioner, founder of BEing Wholistic and practices integrative mind-body-spirit social work. Vanessa's work is rooted in the belief that healing trauma requires addressing the whole person—mind, body, and spirit. With training in therapy, nutrition, functional movement, astrology, and energy modalities like sound healing and Reiki, she has developed an integrated approach to help clients reconnect with their true self. Vanessa blends clinical trauma treatments with spiritual practices, using tools like trauma-informed astrology-assisted therapy, crystals, Reiki and symbolic rituals to create a personalized healing journey. Her passion lies in guiding survivors of trauma toward wholeness by merging evidence-based practices with the profound wisdom of astrology, somatics, and resilience training. Whether through individual support or in group settings, Vanessa's mission is to help clients navigate life's transitions, break free from limiting beliefs, and align with the life they are meant to live.

*Thank you to our sponsors for your generous support!*

*For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations at [support@ceucreationsinc.com](mailto:support@ceucreationsinc.com).*

# The Gut-Brain Connection: Integrative Approaches to Mental Health & Wellbeing



## AGENDA (all times are Eastern)

8:45 a.m. – 9:00 a.m.	Log In and Virtual Networking
9:00 a.m. – 11:40 a.m.	Presentation: Rajitha Bommakanti, RN, BSN, NBC-HWC, CCM, FCN, and culinary coach (includes a 10-minute break)
11:40 a.m. – 12:20 p.m.	Lunch
12:20 p.m. – 3:00 p.m.	Presentation: Vanessa Holliman, LCSW, Certified Holistic Health Practitioner, founder of BEing Wholistic (includes a 10-minute break)

This full-day training explores the intricate relationship between gut health, hormonal changes (perimenopause/menopause), and mental health. Participants will gain an understanding of how gut microbiota influence brain function, mood regulation, and overall well-being. The training will examine the impact of hormonal shifts on mental health and how nutrition, lifestyle, and clinical interventions can serve as alternative or complementary approaches to traditional mental health treatments.

Through evidence-based research, case studies, and interactive discussions, social workers, clinicians, and healthcare providers will learn practical tools to assess and support clients experiencing mental health challenges through a holistic, gut-centered approach. Ethical considerations and culturally competent strategies will also be addressed to ensure responsible and effective application in clinical practice.

## BY ATTENDING OUR WORKSHOP, YOU WILL BE ABLE TO:

1. Explain the gut-brain connection and its role in mental health, including how gut microbiota influence mood, cognition, and emotional regulation.
2. Identify the impact of perimenopause and menopause on mental health, including physiological and psychological symptoms associated with hormonal shifts.
3. Assess nutritional and lifestyle factors that contribute to gut health and their implications for mental well-being in diverse populations.
4. Evaluate alternative and integrative treatment approaches for mental health conditions, including nutritional psychiatry, probiotics, and dietary interventions.
5. Apply ethical and culturally competent strategies to integrate gut health and nutrition-based interventions into clinical practice while maintaining scope of practice and client autonomy.

*Course Interaction and Technical Requirements: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is not required. You will receive a reminder email approximately 24 hours prior to the start of the training and a link to the webinar will be in your CEU Creations account.*


**To receive credit, you must log in on time, attend the entire presentation, and complete an online evaluation. Your attendance is calculated using Zoom analytics. Once your evaluation is complete, your certificate will be available in your CEU Creations account within 24 hours.**

Target audience: Social workers, counselors, nurses, case managers, and other healthcare professionals.

**SOCIAL WORKERS:** CEU Creations, #1239, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: [11/22/24-11/22/27]. Social workers completing this course receive 3 Clinical and 2 Ethics continuing education credits.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0616. This activity is approved for 5 Contact hours.

**COUNSELORS:** 5 Contact hours including 2 Ethics hours.

 CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0199. This activity is approved for 5 Contact hours.

**NURSES:** 5 Contact hours. CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP17905. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

**Cancellation Policy:** Registrants **must** cancel via email at [support@ceucrationsinc.com](mailto:support@ceucrationsinc.com) (contacting other staff members/leadership does not guarantee your cancellation.) No faxes or mail cancellations will be accepted. Cancellation fee: \$25. Refunds will not be given for cancellations within five (5) business days prior to the workshop date.