

Essentials of Nutritional Psychiatry

Full-Day Workshop Agenda

9:30 – 16:00

Università degli Studi di Firenze
Aula Mazzetti – Campus Morgagni B1
Viale Giovanni Battista Morgagni 48, Firenze

This full-day workshop explores key concepts and practical applications of Nutritional Psychiatry for mental health care professionals, researchers and educators.

9:30 – 10:00

Registration & Welcome

- Registration and informal networking
- Introduction to workshop objectives and structure
- Brief overview of Nutritional Psychiatry and the rationale for integrating nutrition into mental health care
- Short participant introductions / icebreaker activity

10:00 – 10:30

Session 1 – The Role of Diet in the Management of Mental Health Disorders

- Overview of the relationship between diet and mental health
- Evidence supporting dietary approaches in mental health treatment
- Major dietary patterns associated with mental health outcomes
- Current recommendations and position statements from professional bodies
- Moving beyond “wellness culture”: evidence-based nutritional psychiatry

10:30 – 10:45

Small Group Discussion – What does Nutritional Psychiatry mean for your work or research?

- Relevance to participants’ clinical or research context
- Opportunities for integration
- Current barriers or misconceptions in the field
- Areas where participants would like greater confidence or training

10:45 – 11:15

Session 2 – Biological Mechanisms in Nutritional Psychiatry

- The microbiota–gut–brain axis
- Neurotransmitter synthesis and regulation

- Inflammation and immune system modulation
- Why dietary patterns matter more than isolated nutrients

11:15 – 11:30

Morning Break

11:30 – 12:00

Session 3 – Interactive Discussion: Integrating Nutritional Psychiatry Across Practice, Education & Research

- Integrating Nutritional Psychiatry across clinical practice, education, research, and public health
- Scope of practice considerations across disciplines
- Embedding Nutritional Psychiatry into professional training and education
- Communicating evidence responsibly and avoiding oversimplification
- Practical implementation challenges within real-world settings
- Working within limited time, funding, and resource environments

12:00 – 12:45

Lunch Break

12:45 – 13:15

Walking & Talking Session: Reflection and Informal Discussion

- What has challenged your thinking so far?
- What feels most applicable to your work?
- How do we discuss nutrition without becoming prescriptive or reductionistic?

13:15 – 14:00

Session 4 – Diet and Gut-Related Treatment Approaches

- Dietary approaches for depression and severe mental health disorders
- Mediterranean-style dietary patterns
- Restrictive diets – evidence and implementation
- Fibre, dietary diversity, and psychobiotics
- Nutraceuticals and phytochemicals

14:00 – 14:45

Case Study Discussion Session

- Integrating nutrition into mental health care
- Identifying realistic dietary priorities
- Barriers to behaviour change
- Scope of practice considerations
- Multidisciplinary collaboration

- Communicating evidence without overwhelm or rigidity

14:45 – 15:00

Afternoon Break

15:00 – 15:30

Session 5 – Principles of Behaviour Change in Nutritional Psychiatry

- Motivational interviewing principles
- Enhancing autonomy and reducing shame
- Supporting sustainable dietary change
- Setting realistic and achievable goals
- Avoiding perfectionism and “all-or-nothing” thinking

15:30 – 16:00

Closing Discussion, Q&A & Key Takeaways

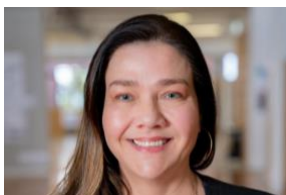
- Major learnings from the day
- One practical change participants will take into practice or research
- Future directions for Nutritional Psychiatry
- Open Q&A and discussion
- Workshop evaluation and feedback

Workshop speakers

This workshop will be delivered by Professor Felice Jacka and Dr Tetyana Rocks from the Food & Mood Centre, Deakin University, Australia.



Professor **Felice Jacka** is a leading international expert in Nutritional Psychiatry and the founder and director of the Food & Mood Centre at Deakin University. Her pioneering research has been central to advancing the scientific understanding of the relationship between diet, nutrition and mental health.



Dr **Tetyana Rocks** is Director of the Food & Mood Academy at Deakin University. Her work focuses on translating Nutritional Psychiatry evidence into practice, education and public health, supporting the integration of nutrition into mental health care and professional training.