**Bridging Counseling and Wellness: Integrative Mental Health Solutions**

A 3-Day Continuing Education Workshop Hosted by The Kid’s Therapy Center: Kids Therapy Training Institute

October 16th – 18th, 2025

Bismarck, ND

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| Thursday, October 16th | |  | |
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| **8:00AM – 8:30AM:**  *Doors Open*  **8:30 AM – 9:00 AM:** *Welcome & Introduction – Meet your hosts.*   * *Valerie Meyers-Bitz – Our story; from a clinic that specialized in trauma to a clinic that integrates wellness and hope.*   **9:00 AM – 9:30 AM:** *Dwight Franklin: The Body & Mental Health – Review of physiological indicators (digestion, blood sugar, immune response) that may manifest as mood or behavioral symptoms.*   * *Valerie Meyers-Bitz – What is integrative mental health -Brain and Body connection.* * *Dwight Franklin - Terms that you may hear: Detoxing, Methylation, Homocysteine, and Histamine.*   **9:30 AM – 10:00 AM:** *Rethinking Symptoms –* *The Body’s Clues – Beyond behaviors: exploring trauma, environment, genetics, toxins; practice asking lifestyle-based questions.*   * *Valerie Meyers-Bitz:*    + *Stress Meter: What is beneath the behaviors?*   + *Relooking at patient symptoms and listening for clues.* * *Dwight Franklin:*   + *What factors are interconnected: environmental, trauma, genetics, toxins, etc.*   + *Looking for red flags or overflow: blood sugar, sleep, hormones, negative/stuck/racing thoughts, etc.*   + *How lifestyles can shape symptoms.*   **10:00 AM -10:15 AM:**  *Morning Break*  **10:15 AM: Story -** *Valerie Meyers-Bitz*    **10:30 AM – 11:15 AM:**  *Dr. Deedra Wells: The Gut–Brain Connection*   * *Neurotransmitters and the digestive tract.* * *Microbiome and implications for psychoeducation.*   **11:15 AM – 12:00 PM:** *Dwight Franklin: Genetics & Epigenetics– From 'it runs in the family' to hope through change.*   * *How to be mindful of genetics and how can lifestyle choices influence gene expression.* * *Gene Variations and how this influences practice: MTHFR, COMT, MTRR, DAO, etc.* * *Detoxification of pathways.*   **12:00 PM – 1:00 PM:** *Lunch (on your own; pre-order options available)*  **1:00 PM – 2:00 PM:** *Valerie Meyers-Bitz – Movement & Mood*   * *Regulating the nervous system through physical activity.* * *Somatic practices, trauma-informed yoga, and exercise for mental health.* * *Improving individual focus and regulating neurotransmitters.*   **2:00 PM – 3:00 PM:**  *Dr. Deedra Wells - Hormones & Mental Health*   * *Review of hormonal influences across the lifespan and their effect on mood, life stage changes, and testing.*   **3:00 PM – 3:15 PM:**  *Afternoon Break*  **3:15 PM – 4:00 PM:**  *Interdisciplinary Panel - Valerie Meyers-Bitz, Dr. Deedra Wells, Dwight Franklin*   * *Perspectives from multiple providers; emphasis on collaboration and scope of practice.*   **4:00 PM – 4:30 PM:** *Reflection & Q&A – Group discussion and application strategies.*  **6:30 PM – 8:30 PM:** *Dwight Franklin - Optional Evening Session - Genetics: A Deeper Look with Dr. Dwight*   * *Live Case Study: Walking through actual genetic profiles and learning to spot patterns.* * *Deep Dives: Uncover connection’s hidden gene-by-gene and how they relate to symptoms.* * *Implementation: How to create actionable steps and strategies for clients.* * *Helping clients understand their genetics and learning ways to summarize inform for them about their genetic report without overwhelming them*. | |  |

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| Friday, October 17th |
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| **8:00AM – 8:30AM:**  *Doors Open*  **8:30 AM – 9:00 AM:** *Registration & Welcome Back- Real World Discussion. Story by Valerie Meyers-Bitz*  **9:00 AM – 9:30 AM:** *Dr. Deedra Wells - Nutrition Basics*   * *Introduction to nutritional concepts relevant to mental health -low glycemic eating and blood sugar balance.* * *Nutrient density, reading labels, and building ‘Good, Better, Best’.*   **9:30 AM – 10:30 AM:**  *Hannah Woll - Nutrition for Emotional Balance*   * *Foods that fuel vs. foods that inflame the brain.* * *Treatment goals and therapeutic diets*   **10:30 AM -10:45 AM:**  *Morning Break*  **10:45 AM – 12:00 PM:** *Advanced Strategies & Testing*   * *Dwight Franklin - Overview of food sensitivity, OATs, and genetic testing.* * *Dr. Deedra Wells - General Labs: homocysteine, thyroid, cholesterol, and vitamin D*   **12:00 PM – 1:00 PM:** *Lunch (on your own; pre-order options available)*  **1:00 PM – 2:30 PM:** *Vitamins, Minerals and Herbs for Mental Wellness*   * *Dwight Franklin - B-vitamins, Magnesium* * *Dr. Deedra Wells - Omega-3s, Probiotics, Curcumin, Digestive Enzymes, Aloe, and more.*   **2:30 PM – 2:45 PM:**  *Afternoon Break*  **2:45 PM – 3:45 PM:** *Valerie Meyers-Bitz – Legal & Ethical Considerations*   * *Saying within scope and ensuring ethical practice is followed.* * *Legal and ethical disclaimers.* * *How to discuss supplements legally and ethically.*   **3:45 PM- 4:15 PM:** *Valerie Meyers-Bitz – Restructuring the Process*   * *Integrating lifestyle questions into intake, developing handouts, creating referral processes, and creating hope for all patients.*   **4:15 PM – 4:30 PM:** *Final Reflections & Action Steps, CEU distribution.*  **6:30 PM – 8:30 PM**:  *Valerie Meyers-Bitz and Dr. Deedra Wells – Optional Evening Session – Business Development for Integrative Practices*.   * *Building your team of referrals* * *Marketing holistic practices* * *How to incorporate informed consent, FDA disclaimers, and disclosures into the clinical setting when discussing education on supplements/wellness.* * *Wellness workflow: Starting at intake, treatment planning, and follow-up.* |

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| Saturday, October 18th |
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**11:00AM – 11:30AM:**

*Doors Open*

**11:00AM – 11:30AM:**

*Welcome and Introductions*

**11:30AM – 12:30 PM:**

*Becoming the Symptom Detective*

* *Learn how to spot patterns, connect the dots, and create next steps for lasting mental wellness.*
* *Mental health symptoms often tell a bigger story. Explore how to recognize key patterns like:*
  + *Low mood or low energy– may point to nutrient gaps, gut-brain concerns, or neurotransmitter imbalances.*

**12:30 PM – 1:30 PM:**  
*Lunch (on your own; pre-order options available)*

**1:30 PM – 2:45 PM:**

*The Mind in Overdrive*

* *Racing thoughts, worry, or perfectionism – can be linked to stress, food sensitivities, or genetic tendencies.*
* *Attention and focus struggles – sometimes tied to blood sugar, sleep, or dopamine pathways.*

**2:45 PM – 3:45 PM:**  
*The Stuck Mind*

* *Stuck in emotions to stuck in irrational thoughts. Laying our neurotransmitter, epigenetic, and lifestyle adjustments to allow for healthy thinking.*

**3:45 PM- 4:00 PM:**  
*The Energy Equation*

* *High energy and impulsivity – often related to diet, environment, or unmet movement needs.*

**4:00 PM – 4:30 PM:**  
*Final Reflections & Action Steps*