



Certified Mental Health & Nutrition Clinical Specialist (CMNCS) Certification Standards

1.0 Professional Standards

1.1 To be eligible for certification, the applicant must have earned a minimum of a master's degree in their profession AND hold a state or national license as listed below, with all training hours and supervision requirements completed to be licensed for independent practice in the state they are licensed in (or equivalent if practicing outside of the United States):

- Psychologist (LP or LCP)
- Counselor
 - LCMHC
 - LCP
 - LCPC
 - LMHC
 - LPC
 - LPCC
 - LPCMH
- Social Worker
 - LCSW
 - LCSW-C
 - LICSW
 - LISW
- LISW-CP
- LMSW if licensed in Michigan or Nebraska
- LMSW-ACP
- LSCSW
- Marriage and Family Therapist
 - LCMFT
 - LIMFT
 - LMFT
- Psychiatric Nurse Practitioner (NP)
- Psychiatrist (MD)
- Psychoanalyst (LP)
- Registered Dietician (RD)
- Naturopathic Doctor (ND)

1.2 By applying for certification, the applicant agrees to adhere to [Evergreen Certifications' Professional Code of Ethics](#)

2.0 Educational Standards

2.1 The candidate must meet the following education criteria (total minimum of 18 hours of continuing education training), including hours specific to:

General knowledge: to have basic knowledge and understanding related to the following areas:

- Clinical application and evidence-based research on nutritional psychology,
- The mind body connection (ex. mindfulness),
- Gut brain connection (ex. microbiome, inflammation, and the hypothalamic-pituitary adrenal axis)
- Nutrition and the effects of nutrition on clinical disorders, understand the impact of glucose on the brain and how it manifests in behavior and mood, and
- The foundations of a healthy lifestyle (being able to teach clients meal planning, dietary interventions, and fundamental food preparation)

Assessments: have knowledge and awareness of assessment tools that focus on the impact of food on mental health issues (ex. The 3-day Food Journal, and understand the role of functional test, elimination diets, and labs to request)

Conditions/Symptomology: identify symptoms that may indicate dietary-related behavioral problems

Treatment: provide psychoeducation on nutritional literacy and nutritional value of foods

Scope of Practice: knowing when and how to refer to other healthcare professionals, and understand how to ethically, safely, and legally use nutritional psychology to inform clinical practice

2.2 Suitable education sources are approved continuing education training as documented by certificates of completion from the accredited training organization.

Evergreen Certifications will accept courses that have been completed within 3 years of initial application for certification.

2.3 The applicant must read at least 2 books to further their understanding of mental health and nutrition. Sample books include (not an exclusive list):

- *Nutritional Treatments to Improve Mental Health Disorders* available on [Amazon](#)
- *Fuel Your Brain, Not Your Anxiety: Stop the Cycle of Worry, Fatigue, and Sugar Cravings* available on [Amazon](#)
- *Nutrition Essentials for Mental Health: A Complete Guide to the Food-Mood Connection* available on [Amazon](#)
- *The Mood Cure: The 4-Step Program to Take Charge of Your Emotions Today* available on [Amazon](#)
- *This is Your Brain on Food (An Indispensable Guide to the Surprising Foods that Fight Depression, Anxiety, PTSD, OCD, ADHD, and More)* available on [Amazon](#)
- *Brain Food: The Surprising Science of Eating for Cognitive Power* available on [Amazon](#)
- *Brain Body Diet: 40 Days to a Lean, Calm, Energized, and Happy Self* available on [Amazon](#)
- *Finally Focused: The Breakthrough Natural Treatment Plan for ADHD That Restores Attention, Minimizes Hyperactivity, and Helps Eliminate Drug Side Effects* available on [Amazon](#)
- *A Mind of Your Own* available on [Amazon](#)
- *Brain Inflamed* available on [Amazon](#)

3.0 Certification Application Process

Submit the following documentation:

1. A copy of the candidate's license
2. Copies of completion of training as outline in the Educational Standards
3. A signed application form with attestation that the candidate has met all the requirements as detailed herein
4. Payment of certification application fee

Evergreen Certifications will certify candidates who meet the above requirements.

Please note: Certification does not imply endorsement of clinical competency. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards. The Mental Health & Nutrition Clinical Specialist Certification does not provide practitioners a license to practice nutrition, this certification prepares professionals to understand the role nutrition plays in mental health and how to utilize food as a tool to facilitate behavioral change and improve clients' well-being.

4.0 Renewal of Certification

To maintain certification, a renewal is required. The steps to apply for a 2-year renewal are as follows:

1. Submit a copy of your professional licensure as well as a completion certificate for twelve (12) hours of continuing education training related to nutrition for mental health
2. Payment of renewal fee

Re-certification training hours need to have been taken in the time since you were certified or last recertified. Renewals are calculated from the date that your certification was issued.

If you allow your certification to lapse for more than 2 years, you are no longer eligible to renew your certification and instead can reapply for certification.