COURSE GUIDE FOR REGISTERED DIETITIANS

CPsyN™ Level 1 Course Guide

Psychonutrition training from New Approach Health

Emahlea Wilcher, MPH, MS, RD, LD

The complete offer

Complete Level 1 costs $997 and is CDR-approved for 37 CPEUs. Enrollment includes eight self-paced online modules, 27+ clinical tools, weekly live Q&A with Emahlea Wilcher and lifetime access.

Who it's for

Registered Dietitians who want to examine eating behavior, body signals, food and body concerns, and nutrition counseling. The material can inform individual nutrition care and an RD's professional adaptations for group education, online memberships and asynchronous client support.

What you'll study

Emahlea's Psychonutrition House™ framework organizes assessment, regulation, the dietitian–client relationship and case documentation. Lessons connect nutrition, psychology and eating behavior, with scope, referral and ethics introduced in Module 0.

How study fits around work

Work through the online modules at your own pace, return to lessons and tools, and bring questions about the material to weekly live Q&A. The curriculum builds toward an integrated case write-up.

Your instructor

Emahlea Wilcher holds a Master of Public Health in Nutritional Sciences and a Master of Science in Epidemiology, both from the University of Washington. She completed the UW Coordinated Dietetics Program and developed the Psychonutrition House™ framework. Her credentials are MPH, MS, RD, LD.

Meet Emahlea

Review Complete Level 1

THE EIGHT-MODULE CURRICULUM

See what each module covers

Module 0 · Foundations, scope and ethics

Clinical attunement, the Psychonutrition House™ framework, CDR scope, flexible boundaries, the Clinical Translation Guide and referral decisions.

Module 1 · Body signals and regulation

The gut–brain connection, heart rate variability, interoception, the window of tolerance and the assessment/regulation sequence, including HFSC.

Module 2 · Stress, eating patterns and assessment

Nutritional domains of chronic stress and burnout, screening instruments, protocols for use within scope and documentation.

Module 3 · Food and body concerns

Diet culture, internalized weight bias, cultural humility, the Functional Body Framework and Body Distress Response Protocol.

Module 4 · The dietitian–client relationship

Attachment patterns, co-regulation and the dietitian's responses within nutrition conversations.

Module 5 · Motivation and counseling

Motivational interviewing, OARS, change talk, autonomy and session design informed by self-determination theory.

Module 6 · Meaning-based food practices

Examining meaning-based practice within the Psychonutrition House™ framework.

Module 7 · Integration and documentation

Bringing the framework together through case assessment and documentation from intake to discharge.

Explore the curriculum and genuine course preview

PLAN YOUR LEARNING

Choose your next step

Learning-goal checklist

☐ Name one eating-behavior question you meet in practice.

☐ Identify the module that addresses that question.

☐ Inspect the actual Module 1 excerpt and blank HFSC tool preview.

☐ Choose a tool or counseling concept you want to examine.

☐ Write a question to bring to weekly live Q&A.

☐ Consider how you would document a case using the framework.

Completion and credit documentation

Complete the eight Level 1 modules and required case write-up to earn Certified Psychonutritionist™ Level 1 (CPsyN™) from New Approach Health. Complete Level 1 is CDR-approved for 37 CPEUs. Your personalized completion certificate can be printed or saved with your professional development records.

Choosing Complete Level 1 or Parts

Complete Level 1 includes all eight modules and the credential pathway. Individual Parts contain selected modules: Part I covers Modules 0–1 and is open to credentialed RDNs; Part II covers Modules 2–3 and requires Part I; Part III covers Modules 4–7 and requires Parts I and II. The Foundations Pass covers Module 0. Review the current course pages to choose an option.

Read the genuine Module 1 excerpt and see the HFSC preview

Review Complete Level 1 · $997 and enrollment options

Browse training guides

CDR Professional Development Portfolio Guide

Course descriptions and included materials are drawn from the existing CPsyN™ Level 1 curriculum. Author: Emahlea Wilcher, MPH, MS, RD, LD.