

Nicole Laurent | Curriculum Vitae

2015 NE 96th Court, Vancouver, WA 98664 | 425.647.5775 | nicole@mentalhealthketo.com

Education

Maryland University of Integrative Health, Online Program 2020

Post-Master's Certificate in Nutrition and Integrative Health

Areas of Concentration: Nutritional biochemistry, Human Nutrition: Macronutrients & Micronutrients, and Integrative Client Care: Nutrition Assessment, Applied Biochemistry and Treatment Planning.

Argosy University, Seattle, Washington 2007

Masters of Arts (M.A.) in Clinical Psychology

Areas of Concentration: Neuropsychology; Alcohol & Substance Abuse; formerly known as Washington School of Professional Psychology

Washington School of Professional Psychology, Seattle, Washington 2004

Bachelor of Arts (B.A.) in Psychology

Areas of Concentration: Abnormal Psychology, Cognitive Psychology, Counseling Theories

Professional / Community Activities

Clinician Advisory Committee 2023-Current

Baszucki Family Foundation

As a Clinical Advisor to Metabolic, I leverage my expertise in psychiatry, metabolism, and nutrition to contribute to the development of strategies aimed at improving education, clinical practice, clinician training, outreach, network building, and similar activities in Metabolic Psychiatry. This role requires direct work with stakeholders to coordinate a financially-sustainable global effort, participation in various meetings, and providing input on the selection and implementation of interventions, protocols, and clinical domains relating to metabolic psychiatry. Additionally, I contribute to the development of forward-thinking strategies and provide guidance to implement opportunities to address barriers facing metabolic psychiatry and to bring training and information to clinicians.

Thriving Minds: Keto and Metabolic Brain Health Program 2023-Current

Online Program

Development of coaching and support program for individuals leaving clinical research trials wishing to continue a ketogenic diet for continued treatment of serious mental illness. Participants receive group and online support, guidance on the continuation of their ketogenic diet for brain health and exposure to a variety of lifestyle factors and their behavioral implementation toward continued improvement.

Brain Fog Recovery Program 2022-Current

Online Program

Development of group education intervention allowing consumers to learn how to treat neurological symptoms with health guidance and education of ketogenic diets and supportive nutritional therapies. Consumers are assisted using life coaching and functional and nutritional psychiatry principles to alleviate chronic and recurrent neurological symptoms that disrupt functioning and quality of life. Designed to be deployed on a large scale to be able to reach and help as many people as possible.

Mental Health Keto Blog 2021-Current

Educational Website

Creation and maintenance of a website designed to allow the public to explore the potential of a ketogenic diet for the treatment of mental illness and neurological disorders. Articles look at the underlying factors of neurotransmitter imbalance, brain hypometabolism, neuroinflammation and oxidative stress in a variety of DSM-V diagnoses. Articles then explain the current research in nontechnical terms so that readers can understand how ketogenic diets treat those underlying factors.

Licensed Mental Health Counselor (LMHC)

2007-Current

Family Renewal DBA Mental Health Keto – Vancouver, Washington

Formerly Eastside Family Renewal Service - Private practice with special focus on couple/martial therapy while also serving individuals and families using Evidence-Based Behavioral Practices to treat a variety of internalizing and externalizing disorders and affecting relationships and functioning. Assessment to develop working case conceptualizations informing treatment and designed to meet collaborative goals and treat a variety of populations. Clients are assisted using Behavioral Therapy (BT), Cognitive Therapy (CT), Cognitive-Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT) and Eye Movement Desensitization and Processing Therapy (EMDR). Current focus of practice integrates the use of nutritional therapies (ketogenic diet) for mental illness and neurological disorders with traditional psychotherapies.

Teaching Experience

Workshop – “Nutritional Therapies for Mental Health”

2022

Lecture provided to licensed mental health professionals in the greater Vancouver, WA and Portland, OR area. Learning objectives included nutrition as a potential first-line treatment for mental illness, understanding of cofactors and their role in neurotransmitter production and brain health and survey ketogenic diets as a treatment for mental illness.

Workshop – “DBT Skills Group for Therapists”

2016-2017

Weekly meeting group for licensed mental health therapists of diverse orientations wishing to learn the 2nd Ed. DBT Skill Training Manual by Marcia Linehan. Therapists were taught skills just as clients would be and required to do homework. Key concepts of both Individual DBT Therapy and Skills Training were discussed and practiced.

Academic/Professional Conferences

Panel Participant – “The year in Metabolic Psychiatry”

2023

Coparticipant 3rd International Keto Live Conference in Switzerland. Panel led by Dr Georgia Ede. Coparticipants included Dr Iain Campbell, Beth Zupcec Kania RDN, CD, Dr Ignacio Cuaranta and Jan Ellison Baszucki of the Baszucki Brain Research Fund and the Metabolic Mind Foundation.

Media Appearance/Interviews

"Ketosis and Mental Health with Nicole Laurent!" Boundless Body Radio, 18 March 2022.

"Effectiveness of KETO in treating Different types of Mental illness," Ketones and Coffee Podcast, 26 April 2022.

"Keto Diets & Mental Health (feat. Nicole Laurent)," Rough Edges with Sarah Fox, 3 May 2022.

"How a Ketogenic Diet Can Improve Mental Health with Nicole Laurent," Wellness Center Creators, 14 June 2022.

"Untitled" A Magical Life: Health, Wealth, and Weight Loss (Recorded 6/15/22; unreleased)

"Integrity (particularly around our health/food choices) - Nicole Laurent," What's the value? 18 July 2022.

"Less Medication, Mental Health Ketogenic Diet, & Better Health," Flavor in Your Ear with Marques Edwards, 22 July 2022.

"Ketogenic Diets Are Superior to Psychotropic Medications," Carnivore Camaraderie, 23 July 2022.

"Keto for Bipolar," Master Your Mental with Paris Prynkiewicz [Bipolar Education Podcast], 22 August 2022.

"Keto & Neurological Conditions with Nicole Laurent," Truehope Podcast, 22 October 2022.

"Brain Fog Is NOT NORMAL with Returning Guest Nicole Laurent!" Boundless Body Radio, 26 September 2022.

"Why women can't ignore their brain fog and the three steps to recover" 360 Podcast for Women, 18 December 2022.

"Nicole Laurent: Mental Health Keto" Carnivore Cast with Scott Myslinski, 26 December 2022.

"Ketogenic diets for mental health" I am Refocused Radio with Shemaiah Reed, 12 December 2022.

"Keto vs. Alcohol" Stairway to Redemption with Benyi Johnson, 16 December 2022.

"#Ketones #glucose: #best way to #feed your #brain: with Nicole Laurent" Beyond the Scale: True Healing with Lolly Ciesl, 5 January 2023.

"Nicole Laurent on Improving Mental Health with the Ketogenic Diet" Ketones and Coffee Podcast, 13, February 2023

Battle Warrior Podcast with Chad Smith (recorded 3/24/23; not yet released)

"Using Ketogenic Diets to Improve Brain Health with Nicole Laurent on Boundless Body Radio!" Boundless Body Radio, 5 April 2023

"Cognitive Health in in 2 Easy Steps with Nicole Laurent" Wholistic Natural Health Au, 8 May 2023

"Nicole Laurent, Keto for Mental Health" Off of the Couch, 27 May 2023

"Using Keto as an Adjuvant in Mental Health Therapy" BS Free MD with Drs. May and Tim Hindmarsh, 8 June 2023

"TBA" Healthy Mind, Healthy Life with Avik Chakraborty, recorded 7/5/23

"TBA" Mikkipedia, recorded 7/17/23

"TBA" Paint My Mind Podcast, recorded 7/27/23

Related Experience

International Society for Bipolar Disorder (ISBD) Conference 2023

Continuing Education

Attended live presentation describing connection between metabolism and mental health, intermittent fasting and ketogenic diets and their impact on metabolism. Review of the clinical research surrounding these dietary patterns and their potential effects on both mental and physical well-being. Taught by Matthew Bernstein, MD, Chief Medical Officer at Ellenhorn. Awarded 1 Contact Hour CEU Accredited by National Board Certified Counselor (NBCC).

International Society for Bipolar Disorder (ISBD) Conference 2023

Continuing Education

Attended Chicago conference providing recent education regarding diagnosis, treatment and research on Bipolar disorder. Attended session focus was on chronotherapy, sleep and ketogenic diet research. Awarded 7.0 live clock-hours accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC).

- Keto Live** 2023
Continuing Education
 Attended the 3rd International Keto Live Conference in Switzerland titled “Ketogenic Metabolic Therapies – a Prevention and Treatment of Non-Communicable Diseases.” Topics included neuropsychiatry, insulin resistance, cancer, and diabetes. The conference was certified as Continuing Medical Education by The Swiss Society for Medical Oncology (SSMO) with 29 Credits, The Swiss Society for Endocrinology and Diabetology (SGED) with 14 Credit, The Swiss Association for Dietitians and Nutritionists (SVDE – ASDD) for 18 points and The Swiss Neurological Society (SNG) with 2 Credits.
- Suicide Risk Assessment and Management** 2023
Continuing Education
 This course on suicide covered various important aspects related to suicide risk assessment and management within a clinical context. It emphasized the significance of understanding risk factors, warning signs, and protective factors in evaluating the level of suicide risk. The course highlighted the importance of thorough assessment, documentation, and involving the patient's family in the treatment process. It also discussed common mistakes made by therapists in working with suicidal patients. 6 CE units earned and approved by the American Psychological Association via BehavioralHealthCE. Taught by Jackson Rainer, Ph.D, ABPP.
- Telemental Health: Ethical Challenges and Risk Management** 2023
Continuing Education
 This course covered telemental health, telecommunications, client dynamics, jurisdiction, research on efficacy, ethics, standards of care, and confidentiality in remote mental health services. It also explored the impact of technology on the treatment experience, media and social networks, two case studies, and the challenges and barriers associated with telemental health practice. 3 CE units earned and approved by the American Psychological Association via BehavioralHealthCE. Taught by Jackson Rainer, Ph.D, ABPP.
- Becoming a Culturally Competent Mental Health Practitioner** 2023
Continuing Education
 This course covered topics such as culture, race, ethnicity, multiculturalism, and diversity. Review of cultural bias in mental health treatment and the importance of developing cultural competencies. Course emphasis was on increasing cultural awareness, cultivating cultural empathy, and fostering multicultural sensitivity. 4 CE units earned approved by the American Psychological Association via BehavioralHealthCE. Taught by William W. Deardorff, Ph.D, ABPP
- Incorporating Intensive 1:1 Therapy Sessions Into Your Practice** 2023
Continuing Education
 Virtual live workshop presented on May 3rd by Kevin Cornelius, LMFT of the Feeling Good Institute. Education regarding benefits of intensive one-on-one psychotherapy for mood problems and habits/addictions, incorporation of intensive one-on-one therapy into practice, and patient selection criteria for improved outcomes. 1 CE unit earned.
- Ketogenic Therapeutics Mastery – Advanced Ketogenic Metabolic Therapies** 2023
Continuing Education

Training designed for Registered Dietitian Nutritionists, neurologists, physicians, pharmacists, physician assistants, nurses, licensed nutritionists. Learning focused on KMT use to manage a variety of conditions, including autism, certain cancers, endocrine disorders such as diabetes, obesity, and PCOS, genetic metabolic disorders, psychiatric conditions like bi-polar disorder, depression, and schizophrenia, microbiome and plant-based diets, migraine headaches, multiple sclerosis, Parkinson's disease, Alzheimer's disease, and pregnancy. Strategies for screening candidates for KMT, personalizing treatment, selecting appropriate supplements, and managing difficult conditions through case reports and critical thinking skills were also covered in-depth. Course taught by Beth Zupec-Kania, RDN, CD and Denise Potter, RDN, CSP, CDCES. 20 Continuing Professional Education Units (CPE's) from The Academy of Nutrition and Dietetics approved for Registered Dietitian Nutritionists. Certificate of Completion.

Ketogenic Therapeutics Mastery – Foundational Course 2023
Continuing Education

Training designed for Registered Dietitian Nutritionists, neurologists, physicians, pharmacists, physician assistants, nurses, licensed nutritionists. Learning focused on safe management of patients on KMT and covered various topics such as enteral nutrition, commercial formulas, and blended feeds for KMT. Use of professional tools to calculate macronutrients, design diets, and prescribe supplements, and determine appropriate vitamin/mineral/ketone and other supplements for KMT was covered in depth. Real-world case studies were utilized to illustrate concepts and enhance practical knowledge, with a particular emphasis on infant, adult, and pediatric epilepsy. Course taught by Beth Zupec-Kania, RDN, CD and Denise Potter, RDN, CSP, CDCES. 20 Continuing Professional Education Units (CPE's) from The Academy of Nutrition and Dietetics approved for Registered Dietitian Nutritionists. Certificate of Completion.

Akathisia 101 2023
Continuing Education

Online course provided by the Medication-Induced Suicide Prevention and Education Foundation in Memory of Stewart Dolin (MISSD). Course objectives outlined and achieved were to understand, identify and respond to akathisia. Approved by the National Association of Social Workers for 1 continuing education contact hour (approval #886789474-6468)

Symposium for Metabolic Health – San Diego 2022
Continuing Education

Online certificate of participation from CPD Standards Office. Activity designated for 28 Prescribed Category 1 CME Credit(s). 28 CME Credit(s) earned. Topics included but were not limited to Ketogenic Therapies for Neurological & Neurodegenerative Disorders, general low-carb nutrition and metabolic health. 28 CME Credit(s) earned.

Complex Mood Disorders: Practical Strategies and Tools for Bipolar Disorder, Depression and Insomnia 2022
Continuing Education

Self-study course providing a comprehensive overview of mood disorders and their management strategies. Topics included distinguishing phases of mood, such as depression, hypomania, mixed states, and euthymia and interventions to improve treatment using biological clock, light boxes, routines and evidence-based treatments for insomnia. Course taught by Chris Aiken, MD through Pesi. 5.25 CEUs by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program was earned.

Lessons from Treating Suicidal Veterans: The Latest Interventions 2022
Continuing Education

Self-study course providing training crises response planning with suicidal veterans using narrative-based assessment with suicidal individuals and how to use Crisis Prevention Plan for managing suicidal risk. Course taught by Justin Baker, PhD, ABPP via Pesi. 1.0 Clinical continuing education credits awarded by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program.

Deeper Dimension in CBT: Getting at the Root Cause 2022
Continuing Education

Online in person training (7 hours) using CBT techniques for patients struggling with anxiety, depression, relationship issues and addictions. Taught by Jill Levitt, PhD and David Burns, MD. NBCC accredited 7 CEU's provided for counseling psychology training.

Metabolic Health Summit 2022
Continuing Education

Online certificate of participation from Cedars-Sinai Medical Center. Activity designated for 22 AMA PRA Category 1 Credit(s). Topics included but were not limited to Metabolic Psychiatry and the use of Ketogenic Diets for mental illness and neurological disorders. 22 AMA PRA Category 1 Credit(s) earned.

Functional and Integrative Approach to Anxiety Treatment 2021
Continuing Education

Webinar training overviewing functional medicine approaches to anxiety incorporating nutritional considerations of amino acid precursors, vitamin and mineral cofactors. Offered by Psychiatry Redefined. Taught by James Greenblatt, MD. No CEU or CMEs provided. Certificate of Completion.

Biological Models for Suicide Prevention 2021
Continuing Education

Webinar training covers the latest research on low-dose nutritional lithium orotate supplementation, its use as a functional intervention for neurologic and psychiatric illness, dose-response curves, dose and dose parameters. Offered by Psychiatry Redefined. Taught by James Greenblatt, MD. No CEU or CMEs provided. Certificate of Completion.

Supplements for Happiness and Health: Lithium 2021
Continuing Education

Webinar training covering latest research use of low-dose nutritional lithium orotate supplementation, its use as a functional intervention for neurologic and psychiatric illness, dose-response curves, dose and dose parameters. Offered by Psychiatry Redefined. Taught by James Greenblatt, MD. No CEU or CMEs provided. Certificate of Completion.

PCOS: How Reproductive, Metabolic and Mental Health Issues Can Intersect 2021
Continuing Education

Webinar training covering latest research in polycystic ovarian syndrome (PCOS) including development, influences by genetics, hormones, gut microbiome and causative mechanisms in the alterations of the immune system, cardiometabolic and brain health. Offered by Psychiatry Redefined. Taught by Felice Gersh, MD. No CEU or CMEs provided. Certificate of Completion.

Ten Cognitive Therapy Role-Playing Techniques: Rapid Change 2021
Continuing Education

Online in person training (7 hours) using CBT techniques for patients struggling with anxiety, depression, relationship issues and addictions. Taught by Jill Levitt, PhD and David Burns, MD. NBCC accredited 7 CEU's provided for counseling psychology training.

Ketogenic Diets for Mental Health Clinician Training 2021
Continuing Education

Online in person training (7.5 hours) on the theoretical and clinical application of the therapeutic carbohydrate restriction for the treatment of neurological and psychiatric disorders. Topics included nutritional components as well as topics related to medication management. Presented by Georgia Ede, MD. Program accredited for Continuing Medical Units. No CEU's provided for counseling psychology training.

Neurology – Nutrition-Network.org 2021
Continuing Education

Online training material on the clinical application of the Therapeutic Carbohydrate Restriction for the prevention, treatment, and reversal of neurological and associated conditions, tailored to meet the needs of medical and allied healthcare professionals. Presented by Nutrition Network (South Africa). No CEU's provided due to differing governing bodies.

Certified Mental Health Integrative Medicine Provider (CMHIMP) 2021
Continuing Education

Advanced Nutritional and Integrative Medicine for Mental Health Professionals. Comprehensive online certification training by Dr. Leslie Korn with focus on alleviating symptoms of mental illness using holistic wellness, nutrition and behavioral change. Presented by PESI Continuing Education providing 19 CEU credits for Counselors.

Learn to Identify and Modify Self-Defeating Beliefs 2021
Continuing Education

Virtual live workshop presented on February 28th by David Burns, PhD and Jill Levitt Ph,D of the Feeling Good Institute. Learning focus on cognitive and behavioral techniques to challenge and ameliorate self-defeating beliefs related to perfectionism, 7 CE credits earned.

Brain Health: Mood, Metabolism, and Cognition 2020
Continuing Education

Virtual workshop presented on November 9th by Dr. Juan Pascual of UT Medical Center and Dr. Mackenzie Cervenka of Johns Hopkins University of the National Institute of Neurological Disorders and Stroke (Bethesda, Maryland). No continuing education credits offered. Topics included dietary components, microbiome, biomarkers, and research on implementation.

Brain Health: Mood, Metabolism, and Cognition 2020
Continuing Education

In-person instruction in Nutritional Psychiatry and how diet can be used to improve mental health. Topics included neurodegenerative and neuropsychiatric disorders, impact of obesity and diabetes on cognitive and mental health, factors in Western diet adversely affecting brain and behavior, role of digestive health, oral health, diet, sleep, exercise, stress management and access to nature in brain health. Provided by Institute for Natural Resources (INR) providing 6 CEU credits approved by the National Association of Social Workers (NASW).

Diabetes 2020
Continuing Education

Designed for nurses and behavioral health professionals involved in the care of patients with diabetes. Learning included pathophysiology, acute and chronic complications and behavioral management of diabetes. Presented by NetCE Continuing Education and provides 15 CEU credits from the Association of Social Work Boards (ASWB).

Treating metabolic syndrome, type 2 diabetes, and obesity with therapeutic carbohydrate restriction 2020

Continuing Education

Review of information for necessary care by physicians, nurses, and nutritionists using therapeutic carbohydrate restriction. Material covered evaluation of what patient populations would benefit or should be excluded, beginning and sustaining and how to monitor, evaluate and troubleshoot implementation. Presented by the Postgraduate Institute for Medicine. Provides 3 credits of Registered Dietician Training.

Alzheimer Disease 2018

Continuing Education

Review of information for necessary care by physicians, nurses, behavioral health professionals, caregivers, and other healthcare professionals. Learning provided for members of interdisciplinary teams and to support an interdisciplinary team approach. Presented by NetCE Continuing Education and Approved by the National Board for Certified Counselors (NBCC) providing 7.5 NBCC hours; 15 CEU credits from the Association of Social Work Boards (ASWB).

Posttraumatic Growth: Training for Mental Health Professionals 2018

Continuing Education

Included element of posttraumatic growth, specific techniques to recognize and facilitate, relationship to Post-Traumatic Stress Disorder (PTSD) and review of latest research. Presented by Keith Meyers, M.S., LMHC through Mental Health Professionals, LLC. Approved by Washington Mental Health Counselors Association (WMHCA) providing 6 CE Credit Hours. Vancouver, Washington.

Behavioral Addictions 2018

Continuing Education

Provided latest clinical and empirical evidence addressing behavioral addictions, including phenomenology, epidemiology, comorbidity, neurobiologic mechanisms, genetic contributions, treatment response, and prevention. Discussion of behavioral disorders proposed for inclusion as behavioral addictions and differentiation with impulse control disorders. Presented by NetCE Continuing Education and Approved by the National Board for Certified Counselors (NBCC) providing 6 NBCC hours; 15 CEU credits from the Association of Social Work Boards (ASWB).

Professional Workshops

CEU Teaching – “Nutritional Therapies for Mental Health” 2022

Developed curriculum and recorded webinar for a 1.5 CEU credit offering taught and distributed through The Hive Collective for mental health counselors. The curriculum includes nutrient intake, insufficiency, deficiency, psychiatric symptoms that result, how to determine when a referral is warranted for a functional nutrition analysis by a professional, and what therapies are available.

Clinical Interests

Current

- Metabolic and Nutritional Therapies for Neurological and Mood Disorders
- Enhancement of Metabolic Therapies with Functional Nutrition Practices

Past

- Neuropsychological structures and processes underlying effective therapeutic techniques
- CBT, DBT, CT and Behavioral Modification, Motivational Interviewing, and Person-Centered therapies delivered in a culturally relevant way.

Awards

Metabolic Mind Award

2022

I was honored to be one of seven recipients of the Metabolic Mind Award in 2022, an award that recognizes individuals for their exceptional contributions to advancing the understanding of Ketogenic Metabolic Therapy for mental health. The Baszucki Brain Research Fund and the Milken Institute, two esteemed organizations in the field of neuroscience, jointly administer this award, which honors pioneers and leaders in the field for their significant contributions to treating patients, developing training programs, conducting observational research, and raising awareness of this treatment option for neuropsychiatric conditions.

Professional Organizations

- International Neurological Ketogenic Society (www.neuroketo.org)

Certifications

- Certified Mental Health Integrative Medicine Provider (CMHIMP) from Evergreen Certifications

Licenses / Registrations

- Licensed Mental Health Counselor Associate in State of Washington, # LH6055044