



Nutritional Psychology Program Options and Paths

Approved University-Level Continuing Education (CE) for Mental Health, Nutrition, and allied Health Professionals



CNP offers several options within its Nutritional Psychology program. You can take an individual course, complete a certificate, or follow the pathway to earn your Micro-Degree in Nutritional Psychology. Review your options to decide which is best for you.

Option A: Take individual courses

Select a course from our [Course list](#). This is an excellent option if you need targeted knowledge or continuing education credits.

Option B: Complete a certificate in a specialized area

Foundations (Certificate #1 – NP-F)



Courses: NP 110, NP 310, NP 320

Focus: Excellent option for those wanting to understand the conceptual/theoretical basis of NP.

Duration: 9 months. Each course is self-paced but must be completed within three months.

Cost: \$627 (excluding add-ons)

CE: 26.25 APA/CDR/CAMFT or 25 NBCC

Biological Mechanisms (Certificate #2 – NP-M)



Courses: NP 120 Part I & II, NP 150 Part I & II

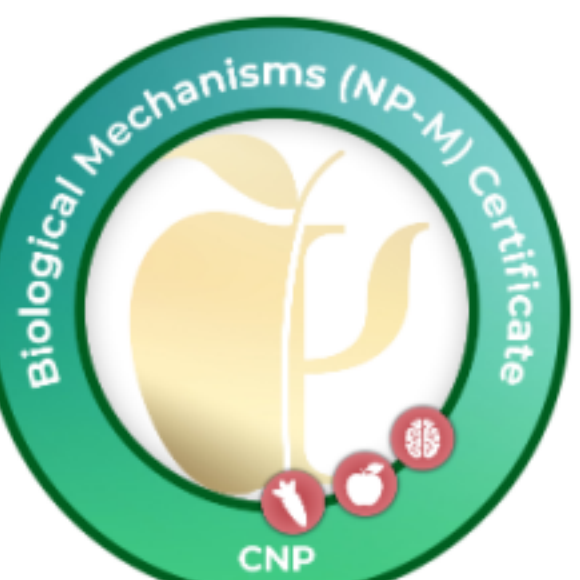
Focus: Excellent option for those wanting a biological understanding of the mechanisms in the DMHR.

Duration: 16 months. Each course is self-paced but must be completed within four months.

Cost: \$1,077

CE: 116.75 APA/CDR/CAMFT or 106 NBCC

Clinical Applications (Certificate #3 – NP-A)



Courses: NP 510, NP 520 Parts I & II, NP 550 + Capstone

Focus: Assessment, case formulation, and intervention strategies for clinical applications.

Duration: TBD (in development)

Cost: TBD (in development)

CE: TBD (in development)

Option C: Earn Your Micro-Degree (NP-FMA) in Nutritional Psychology

To earn your your Micro-Degree in Nutritional Psychology, follow the recommended pathway:

Certificate #1 (NP-F) + Certificate #2 (NP-M) + Certificate #3 (NP-A)



CNP NP 110 Course Scholarship

If program cost feels out of reach, we understand. Our scholarship program is offered twice a year (**December** and **May**) to help participation access NP 110—please see our course [Scholarships](#) page and feel welcome to apply. Six NP 110 scholarships are made available each year.

The Center for Nutritional Psychology is approved to sponsor Continuing Education Credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Association of Marriage and Family Therapists (CAMFT)(CAMFT Provider #1000102), Psychologists by The American Psychological Association (APA), National Certified Counselors by the National Board of Certified Counselors, and Registered Dietitians by the Commission on Dietetic Registration through Activity Type 742 Eligible Enduring. CNP is responsible for this program and its content.

