

# Nurturing the Immune-Mind Alliance for Mood and Emotional Wellbeing

**PRESENTED BY:**  
Claire Murray

## OVERVIEW

Join us for a thought-provoking webinar especially for naturopaths and nutritionists working with complex, multifactorial health concerns. With mood and mental health disorders on the rise, and many patients not responding to conventional treatments, it's time to explore the deeper, interconnected roots of these conditions. This webinar will examine how communication between the psyche, immune system, nervous system, and gut shapes mental health across the lifespan, from early development through to adulthood.

## WHY ATTEND?

- Deepen your clinical understanding of psychoneuroimmunology - the immune-mood-gut axis
- Translate emerging science into practical strategies for improved prescribing and outcomes
- Equip yourself with tools to support patients who haven't responded to conventional treatments

**Reserve your place now and discover how strengthening the dialogue between the psyche, immune system, nervous system, and gut can revolutionise your clinical approach to supporting mood and emotional wellbeing.**

PRICE:

**PracConnect Basic - \$20<sub>AUD</sub>**

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Webinar

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CPE POINT

## LEARNING OUTCOMES

**At the end of this webinar, you will be able to explain:**

- The bidirectional communication between the nervous and immune systems, and how it influences mental health
- How sickness behaviour from infection and immune activation can mimic or trigger mood disorders
- The effects of chronic stress on immune dysregulation and inflammation
- How inflammation and gut dysbiosis contribute to depression and anxiety
- Evidence-based insights into how probiotics and microbial modulation can enhance immune-mood communication

## DATE

WEDNESDAY 27th August 2025

LIVE - 6pm – 7:15pm AEST including Q&A