**Psychiatry & Psychotherapy Podcast Series: Episode237: Ketogenic Diet Review and Update**

April 24, 2025 – December 31, 2025

**Purpose**

This episode will discuss how metabolism and lifestyle impact mental health, drawing on his extensive background in psychiatry, leadership, and advocacy.

**Target Audience**

Specialties – Family Medicine, Medicine, Psychiatry & Human Behavior

**Activity Objectives**

1 Analyze the emerging interest in targeting metabolic dysfunction as a pathway to improve both mental health and neurological conditions, with particular focus on the ketogenic diet's dual benefits in treating epilepsy and psychiatric disorders.

2 Examine the bidirectional relationship between metabolic and psychiatric disorders, and evaluate the clinical implications of integrating metabolic interventions into psychiatric care to improve both mental and physical health outcomes.

3 Explain the pharmacokinetic interaction between cigarette smoking and clozapine metabolism.

4 Apply principles of patient-centered care to safely integrate ketogenic diets into psychiatric treatment plans, including monitoring, medication adjustments, and interdisciplinary collaboration.

**Accreditation Statement**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, Irvine School of Medicine and Emotion Connection, LLC.  The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians. to provide continuing medical education for physicians.

**Designation Statement**

The University of California, Irvine School of Medicine designates this Enduring Material for a maximum of 1.75 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**California Assembly Bill 1195 and 241**

This activity is in compliance with California Assembly Bill 1195 and 241, which require CME activities with patient care components to include curriculum in the subjects of cultural and linguistic competency & implicit bias. It is the intent of AB 1195 and AB 241 to encourage physicians and surgeons, CME providers in the State of California, and the Accreditation Council for Continuing Medical Education to meet the cultural and linguistic concerns of a diverse patient population and reduce health disparities through appropriate professional development. Please see the CME website, <https://www.meded.uci.edu/CME/> for AB 1195 and AB 241 resources.



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**Faculty & Planner Disclosures**

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| **Name of individual** | **Individual's role in activity** | **Nature of Relationship(s) / Name of Ineligible Company(s)** |
| David Puder, MD | Course Director, Faculty | Nothing to disclose - 09/30/2024 |
| Matt Bernstein, MD | Faculty | Nothing to disclose - 04/11/2025 |

**Agenda**

**[INSERT AGENDA HERE MANUALLY]**

**Acknowledgement of Commercial Support**

No commercial support has been received for this activity.