

SMHP Accreditation Essay Template

We are looking for an essay of around 1,500 words. Please use a Times New Roman font with a line spacing 1.0 and 12pt font size. This should yield a document of less than 4 pages.

When composing the essay, use the guidelines below to focus your thoughts:

- Provide an overview of how you were introduced to the concept of dietary interventions to address chronic conditions and promote Optimal Health.
- Describe your practice and how you incorporate Therapeutic Carbohydrate Restriction either exclusively or as an option. If you offer it as an option, how do you come to that decision. Who makes the choice, you or your patient or client?
- Describe a minimum of 3 cases where a dietary and/or lifestyle intervention had favourable outcomes.
- Describe a minimum of 3 cases where a dietary and/or lifestyle intervention had unfavourable outcomes or where they provided you with challenges that needed to be overcome.
- Outline where you see your practice in the future.