

# WHAT IS GHT ACADEMY?



GHT Academy encompasses a variety of live and on demand training curriculums and guides for all health care practitioners. We also offer a comprehensive 6-month membership program meticulously crafted to empower clinicians with the practical tools they need to effectively apply their knowledge.

Our mission at GHT Academy is to help clinicians and coaches bridge the gap between education and clinical application and transform the way that you are able to support your patients. We understand the mix of excitement and overwhelm that can come with this journey. Our goal is to support you in building the confidence and toolkit that you need to practice functional medicine successfully.

GHT Academy's 6-month membership program is our most sought after leg of GHT Academy. In our first year we had nurse practitioners, physician assistants, chiropractors, registered dietitians, certified nutrition specialists, health coaches and more join us to level up their approach to health care. We are looking forward to what our next membership cohort will bring and we hope that you will consider joining us!

*Hello there*

# WE HEARD YOU WERE CURIOUS ABOUT GHT ACADEMY.

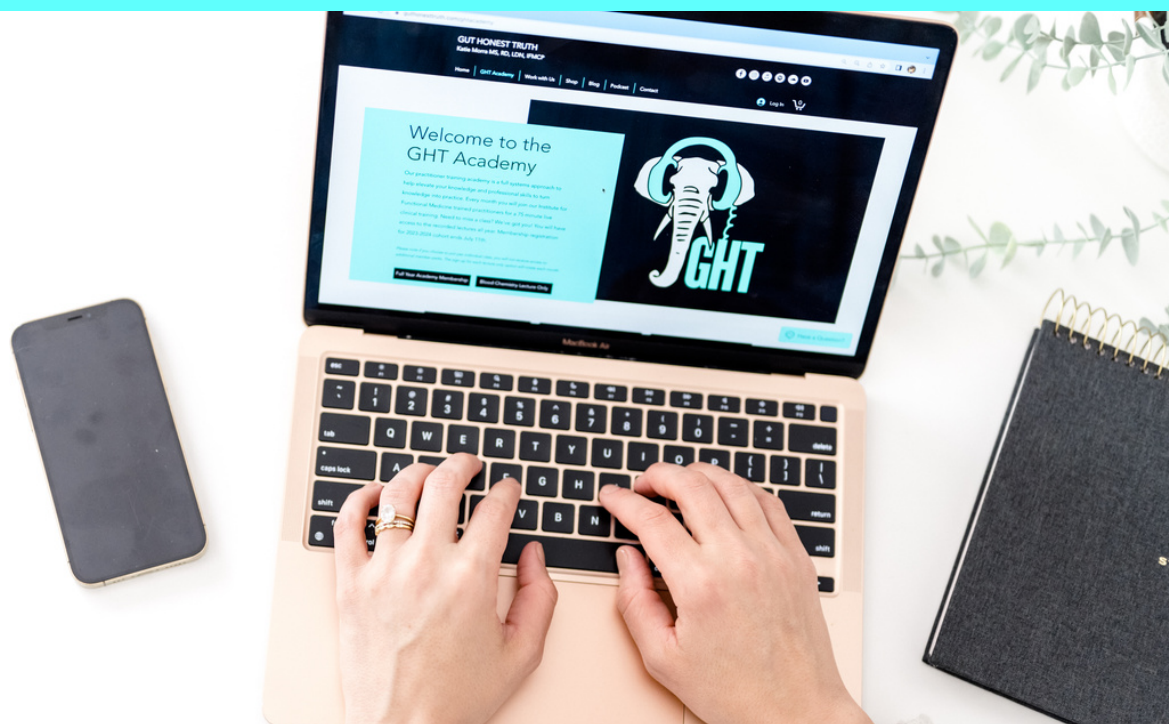
I have been in the functional medicine space for over a decade and had the privilege of training under some of the best programs in the world. And while I'm so grateful for every opportunity I've had, there was always been one thing missing from many of these programs: giving you a day-to-day deeper understanding of tests and treatments.

I had a really rare and wonderful opportunity for many years to work with thousands of functional medicine patients and their clinical labs. This allowed me to gain extensive experience building tried and true protocols which I understand isn't always the opportunity clinicians receive. This is where GHT Academy comes in.

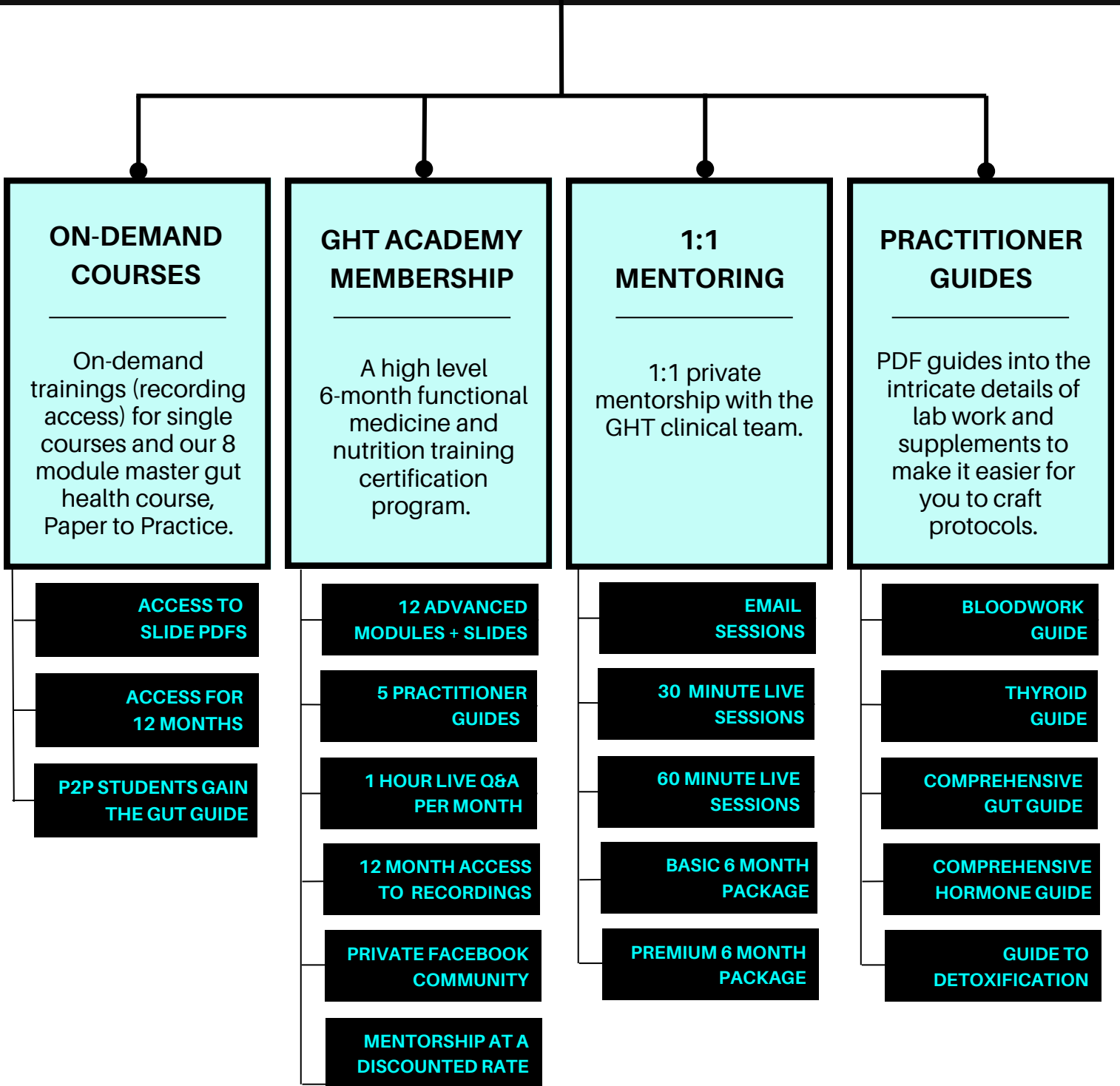
GHT Academy was created to help clinicians and coaches bridge the gap between education and clinical application and transform the way that you are able to support your patients. GHT Academy was created with the success of you, your business and your patients healing success in mind. Our team's goal is for you to leave this program not only with a profound understanding of functional medicine but also with the confidence to put the information and protocols you'll receive into practice come Monday morning.



*Katie Morra*



# THE GHT ACADEMY UMBRELLA



# PLANNING CALENDAR

## July- Dec 2024

---

### JULY

Blood Chemistry  
from a Functional  
Lens

Released on July 1st

### AUGUST

Hypothyroidism:  
From Testing to  
Healing

Released on July 1st

### SEPTEMBER

H pylori:  
the Great Evader

Released on August 1st

### OCTOBER

SIBO: Uncovering  
and Addressing the  
Root Causes

Released on August 1st

### NOVEMBER

Healing with the  
GI Map

Released on September 1st

### DECEMBER

Breaking Down the  
DUTCH test:  
Cortisol

Released on September 1st

### JANUARY

Breaking Down the  
DUTCH test:  
Androgens

Released on October 1st

### FEBRUARY

Breaking Down the  
DUTCH test:  
Progesterone

Released on October 1st

### MARCH

Breaking Down the  
DUTCH test:  
Estrogen

Released on November 1st

### APRIL

Gut & Hormones:  
Connecting the  
Dots

Released on November 1st

### MAY

Detox 101:  
Environmental  
Impact

Released on December 1st

### JUNE

Toxic Burden: The  
Unseen Triggers

Released on December 1st

# JULY 2024

# COURSE CURRICULUM

## **Blood Chemistry from a Functional Lens**

Setting the stage by diving into the biomarkers and patterns associated with the blood work ordered by most PCPs and results that your patient may enter your office with already

## **Hypothyroidism: From Testing to Healing**

Going beyond a TSH and T4 by diving into a full thyroid panel and how to support patients and the most common triggers affecting their thyroid function.

## **H pylori: the Great Evader**

The most comprehensive continuing education dive into Helicobacter pylori from symptoms to testing to treatments available.

## **SIBO: Getting to the Root Cause**

A deep dive into the top contributors of small intestinal bacterial overgrowth (and SIF) and what you can do about each. You will learn how to test for SIBO and post-infectious IBS, as well as the difference between testing methodologies.

## **Healing with the GI Map**

A deep dive into understanding the delicate balance of the microbiome- from viruses, parasites, dysbiosis, candida and Intestinal health - you will learn how to interpret and treat using the most talked about stool test on the market, the GI Map

## **Breaking Down the DUTCH test: Cortisol**

A deep dive into the why, how, who, where and when of cortisol imbalances. Learn how to interpret a DUTCH Adrenal test with CAR and which specific lifestyle and supplement support may benefit each cortisol pattern.

## **Breaking Down the DUTCH test: Androgens/Progesterone/Estrogen**

Three separate lectures to break down and understand the detailed and complicated DUTCH Complete test. Start to understand why each hormone gets high or low, the hormones relationships to one another, the 3 phases of estrogen detoxification and how to support your clients with hormone imbalances.

## **Gut & Hormones: Connecting the Dots**

Let's piece this all together! You now understand the hormone and gut work up - but where do you begin? How does the gut impact our hormones, fertility, menopause and more?

## **Detox 101: Environmental Impact**

Learn about what impacts our detox system, how to test for environmental toxins, detox phases and how to best support your clients throughout the process.

## **Toxic Burden: Mold & Metals**

A deep dive into mold and heavy metals- where they come from, how to test them both in a home and in the individual and different approaches for addressing symptoms and clearance

# MEMBERSHIP FAQs

Have a question and you haven't found the answer yet?  
Check out our most frequently asked questions or [submit a form](#) to us.

## WHAT'S INCLUDED AS A MEMBER?

12 lectures + access to recordings for a full year, 6 hours of live Q&A, bonus mini lab trainings, 5 advanced practitioner guides, access to our private Facebook community and 20% off private mentoring while your membership is active.

## HOW MUCH DOES IT COST?

Please use our contact form for more information or to set up an application call with our team.

## CAN I RECEIVE CEUs?

Our July 2024 cohort offers 1.25 CPE hours to both Registered Dietitians and Certified Nutrition Specialists per module. If you are a member that adds up to 15 CPE hours for the full year. We are hopeful to continue this next year.

## DO I GET ACCESS TO THE RECORDINGS?

GHT Academy members will receive access to the recordings for a full year regardless of this being a 6 month certification program.

## WILL EVERY COHORT'S CURRICULUM BE THE SAME?

We are hopeful to launch a second tier program in 2025 but all members must go through our tier one program to be considered for tier two.

# MEMBERSHIP FAQs

Have a question and you haven't found the answer yet?  
Check out our most frequently asked questions or [submit a form](#) to us.

## DO I GET 1:1 MENTORSHIP?

You do not need to be a GHT Academy member in order to take advantage of [1:1: private mentoring](#) with GHT clinicians. If you are a member, you will receive a 20% discount on mentoring as long as your membership is active.

## IS THERE A PEER COMMUNITY?

Absolutely! We have a private facebook community monitored by the GHT team where all GHT Academy members are welcome to present cases and ask questions to their peers.

## WHO ARE THE LECTURERS?

Our on-demand lectures are given by clinicians that have been trained through GHT Academy, the Institute for Functional Medicine, the Kharrazian Institute and more. All live Q&As will be led by our founder, Katie Morra MS, RD, LDN, IFMCP.

## WHAT IF I CAN'T MAKE A LIVE Q&A

Do not worry - these are recorded and uploaded for your review right after the event. You may also submit questions ahead of time to be addressed during the live event.

## CAN I ASK QUESTIONS IN LIVE LECTURES?

Please do! During our live trainings we have a clinician monitoring the chat box, responding to questions, and jotting down more complex questions for the live Q&A that takes place after each training with the lecturer.

# 1:1 PRIVATE MENTORSHIP

The most invaluable training our clinical team ever did was time spent 1-on-1 with our mentors. This was where knowledge and confidence really took off so we could continue mastering our craft. Private mentoring allows you to spend 1:1 time with our clinical team reviewing client cases, developing protocols or working through creating your next service offering. Be sure to download the scheduling instructions once you are signed up.



## PRIVATE 1-ON-1 ATTENTION

Schedule a time with Katie Morra MS, RD, LDN, IFMCP to focus on you and your growth



## REVIEW PATIENT CASES

Stuck on next steps with complicated patients or want to review cases for upcoming sessions? This is your time!



## EVALUATE LAB RESULTS

New to a specific test? Let's ensure you understand how to evaluate each test so you feel confident ordering, interpreting, and utilizing them in your clinical practice.



## DESIGN PROTOCOLS

Protocol development can be overwhelming. Thankfully our team has been doing this for a decade and can help you design them for your clientele.



## WHY INVEST IN GHT'S PRIVATE MENTORING:

You need private mentoring if you:

- ✓ own a practice/coaching business but have not worked in the field post schooling
- ✓ only do solo work where you have no team or mentor to ask for guidance and feedback
- ✓ find yourself spending 1+ hours on each case prep or note
- ✓ second and triple guess your protocols and understanding of functional labs
- ✓ want to have more effective and efficient outcomes early on with your clients
- ✓ want to stop referring out for cases in your niche that you want to actually take on
- ✓ are struggling to create offerings, better deal with administrative tasks, not understanding where to start, improving your website and much more...

## 01

### EMAIL MENTORING

One email, up to 5 questions per email. Please allow 72 hours for a response. Full case studies are not included. You may submit a summary of the lab(s), symptoms and proposed thoughts for feedback. Example of a brief lab summary: "GI Map: HP+ low normal, giardia+, B hominis +, low normal elastase 323, low secretory IgA <250. SIBO+ 57 ppm H2, methane 22 ppm. Thyroid + TPO 57, hormones WNL"

## 02

### VIRTUAL SESSION

60 Minute & 30 Minute Options. All new mentees must start with a full hour session. On average we tend to be able to thoroughly cover 1-3 cases per hour, depending on complexity, number of labs and how much previous experience you have. Please submit your cases and business questions 3+ days prior to your session.

## 03

### 6 MONTH PACKAGE

Basic & Premium Options- spots are limited. Both packages are a combination of virtual sessions and emails. Contact us for more information.