

### Integrating Lifestyle and Psychology

#### Abstract

Historically, mental health and physical healthcare have been split, treated as two distinct facets of health; however, this is a flawed approach. In reality, mental and physical healthcare are strongly linked and are bidirectionally related. In this seminar, the influences of physical healthcare maintenance on mental health are explored, including the roles of nutrition, physical activity, and sleep hygiene in both engendering and treating various psychiatric conditions. The various mechanisms responsible for this influence will be explored. Furthermore, the presentation will address how to effectively address this link within the therapeutic setting, while advocating for related behavioral change, in order to maintain a wholistic approach to healthcare.

#### Biography

Joseph Taliercio, PhD, is a Clinical Assistant Professor of Psychology in Psychiatry at Weill Cornell Medical College and a clinical psychologist at New York-Presbyterian Brooklyn Methodist Hospital's Integrated Behavioral Health program - where he serves as a member of a treatment team that attempts to blend both mental health and physical health services within a single location. He specializes in cognitive behavioral and dialectical behavioral therapies, drawing from multicultural, systems, and clinical-health psychology perspectives. He earned his MA and PhD in clinical psychology from Hofstra University, composing both his master's thesis and doctorate dissertation on healthcare integration, specifically assessing potential influences of sleep hygiene and physical activity in those living with schizophrenia. He completed his predoctoral internship at Mount Sinai's Elmhurst Hospital Center in integrated behavioral health, where he remained active throughout the peak of the COVID-19 pandemic, and rotated between a variety of rotations, including infectious disease, community health, and a dual-diagnosis unit. Dr. Taliercio's clinical and research interests span integrated care, emerging adulthood, serious mental illness, and ecopsychology. His recent published work focuses on the psychological impacts of climate change, including the effects of extreme heat and the importance of effective communication of science. As a member of the joint Outreach and Advocacy Committee of the American Psychological and Psychiatric Associations, the American Psychological Association's Climate Change Community of Scholars and Practitioners, and the Union of Concerned Scientists, he regularly engages in legislative outreach, has been featured in both popular press, including CNN and NPR, and peer-reviewed journals, and presents at national conferences, all to further legislative, popular, and scientific conversations related to integrated health, psychology, and ecopsychology.

#### Learning Objectives

1. Describe how sleep, nutrition, and exercise all directly related to one's mental health.
2. Incorporate an integrated treatment approach into both treatment conceptualizations and treatment planning.
3. Explain the underlying mechanisms that link physical health and mental health.

#### Suggested Reading

1. Baranwal, N., Yu, P. K., & Siegel, N. S. (2023). Sleep physiology, pathophysiology, and sleep hygiene. *Progress in Cardiovascular Diseases*, 77, 59–69. <https://doi.org/10.1016/j.pcad.2023.02.005>
2. Grajek, M., Krupa-Kotara, K., Bialek-Dratwa, A., Sobczyk, K., Grot, M., Kowalski, O., & Staszkiewicz, W. (2022). Nutrition and mental health: A review of current knowledge about the impact of diet on mental health. *Frontiers in Nutrition*, 9, 943998. <https://doi.org/10.3389/fnut.2022.943998>
3. Mahindru, A., Patil, P., & Agrawal, V. (2023). Role of Physical Activity on Mental Health and Well-Being: A review. *Cureus*, 15(1), e33475. <https://doi.org/10.7759/cureus.33475>



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Tuesday January 13th 2026 | 7pm-8pm

<https://weillcornell.zoom.us/s/92477153371>  
Passcode: 728638

#### CONTINUING EDUCATION (Optional)

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 Content is appropriate for beginner, intermediate and advanced level practitioners.

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