



Canadian Ketogenic Diet Network

Metabolic Psychiatry Intensive Day: Nutrition and Ketogenic Diet Therapy

JUNE 11, 2026

08:00-5:00 p.m.

McMaster University –Peter George Centre for Living and Learning

Join registered dietitians, researchers, and health care professionals for an engaging, interactive and evidence informed intensive day of learning and dialogue.

Program

Moderator: Dr. Fabiano Gomes

<p>A Clinical Perspective on the Metabolic Effects of Ketogenic Diet Therapy in Epilepsy Management Dr. Paula Marques – Epileptologist Hamilton Health Sciences</p>
<p>Mental Health in Epilepsy Dr. Nevena Simic – Neuropsychologist Hamilton Health Sciences</p>
<p>Targeting Depression Through Nutrition: Evidence-Based Interventions Registered Dietitian</p>
<p>Metabolic Psychiatry – Are We Ready For Prime Time? Dr. Fabiano Gomes – Psychiatrist St Joseph’s Health Care Hamilton</p>
<p>Neuro-metabolic Components of Depression & the Role of Ketogenic Diet Dr .Elisa Brietzke Queen’s University and Kingston General Health Sciences</p>
<p>Ketogenic Diet Therapy in Major Depressive Disorder Low and Slow Initiation & Maintenance – Pilot Study Lessons Learned Jennifer Fabe – Clinical Specialist Registered Dietitian St Joseph’s Health Care Hamilton and Hamilton Health Sciences</p>
<p>Maintenance part 1 – Optimizing The Ketogenic Diet for Long Term Health Julia Celestini – Ketogenic Dietitian Hamilton Health Sciences</p>
<p>Maintenance part 2 – Tools for Personalizing, Implementing, and Monitoring the Ketogenic Diet Sarah Tiessen – Ketogenic Dietitian Hamilton Health Sciences</p>

Stay Tuned - Beginning in Summer 2026

– Ketogenic Diet Monthly Webinar Conference Series -

Ketogenic Diet Therapy to support Epilepsy, Metabolic Disorders and Metabolic Psychiatry
Theme: Identifying Barriers to Implementing Ketogenic Diet Therapy & Strategies to Overcome