PTSD and Dementia: An Exploration of Brain Health and Trauma

Clinical Course

2 CE credits

Location: LIVE INTERACTIVE Webinar

Date: April 21, 2027

Time: 1pm – 3:10pm ET (10-minute break included)

Course Description: Recent research and growing social awareness have highlighted how psychological trauma and chronic stress can contribute to mental illness and affect brain health, potentially increasing the risk of dementia. Studies also suggest a bidirectional relationship between PTSD and dementia: not only can PTSD increase the likelihood of developing dementia, but individuals with dementia may also experience the re-emergence of traumatic memories as coping skills and memory suppression abilities decline. This clinical course will explore the impact of chronic stress and trauma on brain health. Through case discussions, participants will learn about potential triggers and behaviors associated with the resurfacing of traumatic memories, and how these experiences may appear to others. The course will conclude with an overview of trauma-informed care, offering a universal framework to create supportive, safe, and trust-filled environments for individuals living with dementia. Participants will have opportunities to ask questions, engage in instructor-led discussions, and participate in real-time dialogue to deepen their understanding of trauma, dementia, and best practices for care.

From this course attendees will be able to:

1. Explain how psychological trauma and chronic stress can impact brain health and contribute to the risk of dementia.
2. Describe the bidirectional relationship between PTSD and dementia, including how traumatic memories may re-emerge.
3. Identify potential triggers and behaviors associated with resurfacing traumatic memories in individuals with dementia.
4. Apply principles of trauma-informed care to create supportive, safe, and trust-filled environments.
5. Use practical strategies to respond effectively to behaviors linked to trauma and stress in dementia care.

Program Goals and Target Audience: To educate social workers, case managers, paraprofessionals, and health care professionals of all levels about dementia care and supporting those affected by dementia-related illnesses.

Content Level: Beginner, Intermediate

Presenter Bio: Jennifer Reeder LCSW; SIFI

Jennifer Reeder is the Senior Director of Education and Social Services for the Alzheimer's Foundation of America, overseeing various programs including AFA's National toll-free Helpline staffed by licensed social workers, and the Professional Trainings and Education Division. Ms. Reeder graduated from Temple University in 2011 with a Master of Social Work, and promptly entered the not-for-profit sector providing in-home therapy to families in the Philadelphia and NYC area for 10 years, utilizing her certification in Ecosystemic Structural Family Therapy. Ms. Reeder takes pride in providing clinical guidance to AFA's licensed social workers, overseeing therapeutic programs for community members, and developing strengths-based, culturally informed education for professionals in dementia care.

Fee and Registration Information: Cost is $25 and includes 2 CE credits.
To begin registration follow this link: https://alzfdn.org/professional-trainings/

Once the first step of payment process is completed a link will be emailed to register on the platform ZOOM. Attendees will receive a final email with a link to log on to the actual webinar at the specific start date and time. Registration remains open until start of the live webinar. Cancellations must be received 24 hours prior to the live webinar to receive a refund.

Course Completion and CE Information:

- Attendees are only eligible for CE credits if they attend the ENTIRE course
- Licensed social workers must attend the entire course and complete an online course evaluation. AFA will email all registrants who attended the entire course with a link to the evaluation which is completed through SurveyMonkey.
- Other professionals seeking CEs must also attend the entire course and complete the online evaluation.
- Certificates of completion will be emailed or mailed within 10 business days of course completion.

Alzheimer's Foundation of America, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0222.

The Alzheimer's Foundation of America #1898, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 7/25/2024 – 7/25/2027. Social workers completing this course receive 2 clinical continuing education credits. **(Please note: New Jersey is not currently covered under our ASWB accreditation, please check back soon).**

For questions, concerns, or to request accessibility accommodations, please call: 866-232-8484 or email The AFA Education Team – education@alzfdn.org

System Requirements

- An internet connection – broadband wired or wireless (3G or 4G/LTE)
- Speakers and a microphone – built-in, USB plug-in, or wireless Bluetooth
- A webcam or HD webcam - built-in, USB plug-in, or:
    - An HD cam or HD camcorder with a video-capture card
      Note: See the list of supported devices.
    - Virtual camera software for use with broadcasting software like OBS or IP cameras
      Note: For macOS, Zoom client 5.1.1 or higher is required.

Supported operating systems

- macOS X with macOS X (10.10) or later
- Windows 11*
  ***Note**: Windows 11 is supported on version 5.9.0 or higher.
- Windows 10*
  ***Note**: Devices running Windows 10 must run Windows 10 Home, Pro, or Enterprise. S Mode is not supported.
- Windows 8 or 8.1
- Windows 7
- Ubuntu 12.04 or higher
- Mint 17.1 or higher
- Red Hat Enterprise Linux 6.4 or higher
- Oracle Linux 6.4 or higher

- CentOS 6.4 or higher
- Fedora 21 or higher
- OpenSUSE 13.2 or higher
- ArchLinux (64-bit only)

Supported tablet and mobile devices

- iOS and Android devices
- Blackberry devices
- Surface PRO 2 or higher, running Windows 8.1 or higher
  Notes:
- Tablet PCs running Windows 10 must run Windows 10 Home, Pro, or Enterprise. S Mode is not supported.
- Tablet PCs only support the desktop client.

Supported browsers

- **Windows**: Edge 12+, Firefox 27+, Chrome 30+
- **macOS**: Safari 7+, Firefox 27+, Chrome 30+
- **Linux**: Firefox 27+, Chrome 30+

High-DPI support

- High-DPI displays are supported in Zoom version 3.5 or higher

Bandwidth requirements

The bandwidth used by Zoom will be optimized for the best experience based on the participant‘s’ network. It will automatically adjust for 3G, WiFi, or wired environments.

Recommended bandwidth for meetings and webinar panelists:

- For 1:1 video calling:
  - For high-quality video: 600kbps (up/down)
  - For 720p HD video: 1.2Mbps (up/down)
  - For 1080p HD video: 3.8Mbps/3.0Mbps (up/down)
- For group video calling:
  - For high-quality video: 1.0 Mbps/600kbps (up/down)
  - For 720p HD video: 2.6Mbps/1.8Mbps (up/down)
  - For 1080p HD video: 3.8Mbps/3.0Mbps (up/down)
  - For gallery view receiving: 2.0Mbps (25 views), 4.0Mbps (49 views)



- For screen sharing only (no video thumbnail): 50-75kbps
- For screen sharing with video thumbnail: 50-150kbps
- For audio VoiP: 60-80kbps
- For Zoom Phone: 60-100kbps