

**FEBRUARY 16, 2024**  
**10:00 - 11:30 AM**

**1.5**  
**CEUs**



**DOORS OPEN AT 9:30 FOR COFFEE & CONNECTING**

# TRAUMA-INFORMED YOGA FOR DEMENTIA HEALTH

## PRESENTED BY ADRIENNE IONE, PSYD

Adrienne Ione serves the global community as a dedicated and curious geriatric integrative health practitioner. As a dementia consultant, personal trainer, trauma-informed yoga therapist, and health psychologist, she is passionate about the wellbeing of people ages 65 and greater. When she is not working with participants or writing, she's painting, playing music, or spending time outdoors with her family.



Adrienne received her doctorate in Psychology from Breyer State Theological University and is a Certified Dementia Practitioner. She is currently enrolled in an Ayurveda Practitioner Certification program through Yogamu Institute and the Government of India.

## LEARNING OBJECTIVES

- Two examples of using trauma informed language when communicating with people living with dementia.
- Describe 3 ways the breath is affected by trauma, aging and dementia.
- Explain at least 3 yogic-science based approaches to treat behavioral and psychological symptoms of dementia.

In order to more fully understand the dementia-grief relationship, through the use of attachment dimensions, let's first turn our attention toward unpacking other layers of a person living with dementia: aging and trauma. We will do this in the context of a global community and investigate the relationships between the brain and body in three different states: aging, trauma, and dementia. Within these three states we will look at three components to the body (lungs, kidneys, and liver) and learn a novel nonpharmacological treatment method of BPSD, one that is based in yogic science.

**Live Event**  
**In person &**  
**on Zoom**

**TRINITY PRESBYTERIAN CHURCH/  
BRYANT NEIGHBORHOOD CENTER**  
**1615 6TH AVE | TACOMA 98405**

**Free for Members**  
**\$20 for non members**

This workshop has been approved for 1.5 CEUs by the Washington Chapter of the National Association of Social Workers (NASW) for LICSWs and Associates, LMFTs and Associates, and LMHCs and Associates.

PCCA provider number is 1975-277.

[www.pccawa.org](http://www.pccawa.org)