

# Poetic Pathways: Enhancing Connection and Cognition through Creative Expression in Aging and Dementia



## FEATURING:

- Real-world examples and poetry exercises that ignite memory, connection, and creativity
- Adaptable strategies to bring meaningful expression to aging adults and individuals living with dementia

**Thursday, August 28, 2025**  
**6:00 p.m. – 8:00 p.m. Eastern**

## COMPLIMENTARY LIVESTREAM EVENT!

GENEROUSLY SPONSORED BY:



Please scan QR Code  
or register online at  
[www.ceucreationsinc.com](http://www.ceucreationsinc.com)



## 2 CREDIT HOURS APPROVED FOR:

- **Social Workers**  
ASWB ACE – 2 General CE credits  
New York State Education Department's State Board for Social Work – 2 Contact hours
- **Counselors**  
NBCC ACEP – 2 Contact hours  
NY State Education Department's State Board for Mental Health Practitioners – 2 Contact hours
- **Nurses**  
California Board of Registered Nursing – 2 Contact hours
- **Case Managers**  
CCMC – 2 Contact hours
- **Long-Term Care Administrators**  
NAB/NCERS – 2 Participant Hours (Pending)

Attendance or applied credit certificate available for other credentials.  
Please make sure to check with your own state board to ensure transferability of CE credit.

## PRESENTED BY:



**Sara J. English, PhD,  
LMSW, CPG**

Associate Professor of  
Social Work at Winthrop  
University

Dr. Sara J. English is an Associate Professor of Social Work and the faculty advisor for the Gerontology Minor Program at Winthrop University. She is a Certified Gerontology Professional (CPG) and AGE-SW fellow, and has presented her research at local, national, and international venues, including at the University of Bath and the University of Iceland, as well as in South Africa and New Zealand. She serves as the NASW-SC representative to the Alzheimer's Advisory Board for the South Carolina Lieutenant Governor's Office on Aging and was recognized by the NASW-SC as the Social Work Educator of the Year for 2022. Dr. English is the faculty representative for Phi Alpha social work honor society and serves as president of Winthrop's chapter of Phi Kappa Phi national honor society.

Dr. English studies the power of non-familial relationships among staff and residents of institutional settings. Dr. English also explores how simple mindfulness practices can enhance mental health and well-being, and was selected as Winthrop University's Thompson Scholar for the academic year 2023-2024, creating a student-focused mindfulness program. She is passionate about utilizing the arts and mindfulness practices to enhance the lives of older persons and those who love them.

*Thank you to our sponsors for your generous support!*

*For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations at [support@ceucreationsinc.com](mailto:support@ceucreationsinc.com).*

# Poetic Pathways: Enhancing Connection and Cognition through Creative Expression in Aging and Dementia



## AGENDA (all times are Eastern)

5:45 p.m. – 6:00 p.m.	Log in and Virtual Networking
6:00 p.m. – 8:00 p.m.	Presentation   Sarah J. English, PhD, LMSW, CPG

This 2-hour interactive workshop explores the innovative and therapeutic use of poetry prompts with older adults, including those living with dementia. Facilitated by Sarah English, a seasoned educator and practitioner in creative aging, this session will delve into her research findings, clinical applications, and lived experiences using poetry as a tool to enhance communication, identity, memory, and emotional expression among cognitively impaired and aging individuals.

Participants will examine the role of creative expression in maintaining personhood, preserving dignity, and fostering meaningful engagement in individuals who may be experiencing isolation, cognitive decline, or loss of verbal fluency. The training will also discuss how poetry can serve as a trauma-informed and ethically grounded approach to care. Attendees will have the opportunity to engage in guided poetry prompt exercises and receive adaptable templates for clinical or community practice.

### By the end of the session, the participant will be able to:

1. Explain the cognitive, emotional, and psychosocial benefits of using poetry prompts with older adults and individuals with dementia, referencing current research and case examples.
2. Describe at least three ways poetry interventions can support communication and emotional processing in people with memory loss or verbal limitations.
3. Identify ethical considerations and person-centered practices when facilitating creative expression with aging and cognitively impaired populations.
4. Demonstrate how to implement a basic poetry prompt activity adapted for individuals with mild to moderate cognitive impairment.

*Course Interaction and Technical Requirements: This live webinar is interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is not required. You will receive a reminder email approximately 24 hours prior to the start of the training and a link to the webinar will be in your CEU Creations account.*

*To receive credit, you must log in on time, attend the entire presentation, and complete an online evaluation at the conclusion of the event. Your attendance is calculated using Zoom analytics. Once your evaluation is complete, your certificate will be available in your CEU Creations account within 72 hours.*

Target audience: Social workers, counselors, nurses, case managers, and other healthcare professionals.

**SOCIAL WORKERS:** CEU Creations, #1239, 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: 11/22/24-11/22/27. Social workers completing this course receive 2 General continuing education credits.

CEU Creations, 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-0616. This activity is approved for 2 Contact hours.

**COUNSELORS:** 2 Contact hours.



CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0199. This activity is approved for 2 Contact hours.

**NURSES:** 2 contact hours. CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP17905. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

**Cancellation Policy:** Registrants must cancel their registration in their CEU Creations account. No email, faxes, or mail cancellations will be accepted. Cancellation fee: \$25. Refunds will not be given for cancellations within five (5) business days prior to the workshop date.