



CME / CE Activity Detail Page

Impact of Traumatic Stress on Nutritional Behavior - National Academy of Neuronutrition

Activity Date: November 6, 2026

Activity Type: Live

Activity Website: www.neuronutrition.org

CE: 1 total credit

JA-PARS Activity ID: 203772810

ACPE UAN - Pharmacists: UAN JA4008385-9999-26-129-L99-P

ACPE UAN - Pharmacy Technicians: UAN JA4008385-9999-26-129-L99-T

This activity offers 2 CE credit(s) for:

1. Physicians (*AMA PRA Category 1 Credit™*)
2. Nurses (ANCC NCPD)
3. Pharmacists (ACPE CPE)
4. Physician Associates (AAPA Category 1)
5. Social Workers (ASWB ACE)
6. Psychologists (APA CE)
7. Dietitians (CDR CPEUs)
8. Dentists (ADA-CERP CE)
9. Athletic Trainers (BOC Category A)
10. Interprofessional Continuing Education (IPCE)
11. Other*

*All other attendees receive a participation certificate for the credit type their licensing body accepts

COMMERCIAL SUPPORT:

This activity has been supported by educational grants from Healthie, Inc. The grantors had no input into the content of this activity.

FACULTY:

Timothy Frie, MS, CN, CNE



INSTRUCTIONS FOR LEARNING

This live webinar gives healthcare professionals the opportunity to build their understanding of how traumatic stress can influence nutritional behavior, with emphasis on interpreting eating-related behaviors within a patient's physiological and psychosocial context. Content is delivered through a live online presentation that uses a shared scientific framework applicable across disciplines. It includes neurobiological, cognitive, behavioral, sensory, and contextual influences on eating, recognizes trauma-related influences on nutritional behavior, and applies trauma-informed considerations to evaluation, communication, care planning, and interdisciplinary collaboration. To claim credit, learners must attend sessions and complete the post-activity evaluation survey. Through this activity, learners will strengthen their ability to recognize and respond to trauma-related influences on nutritional behavior within their scope of practice.

STATEMENT OF NEED

Traumatic stress and nutrition are often addressed in separate areas of healthcare practice, despite evidence that trauma-related symptoms interact with eating behavior and the course of feeding and eating disorders. A 2025 integrated umbrella and scoping review of 199 publications found a consistent association between trauma and eating disorders, greater emotional and behavioral dysregulation among people with co-occurring trauma, and a more complex clinical course, along with limited clinical guidance on the intersection (Moroshko et al., 2025). A 2026 review describes reciprocal relationships between PTSD and eating-disorder symptoms and notes that PTSD is associated with greater treatment dropout and poorer outcomes (Trottier, 2026). A 2026 review of PTSD and appetite dysregulation also describes neurobiological links among traumatic-stress circuitry, reward processing, satiety regulation, and disordered eating (Krattli et al., 2026). A practice gap exists between recognizing that traumatic stress affects health and applying that knowledge to nutritional behavior. Healthcare professionals may recognize trauma in a patient's history yet interpret eating behavior mainly through intake, nutrition knowledge, motivation, adherence, or diagnosed eating pathology. This can overlook stress-related changes in appetite, interoception, executive functioning, autonomic activity, learned associations, reward processing, sensory experience, and perceived safety that influence whether, when, what, and how a person eats.



LEARNING OBJECTIVES

After participating in this activity, learners will be able to:

1. Recognize nutritional behaviors that may be influenced by traumatic stress.
2. Explain how stress-related changes in arousal, interoception, executive functioning, learning, reward processing, appetite regulation, and autonomic activity can influence eating.
3. Distinguish observation from interpretation when evaluating nutritional behavior within a patient's physiological and psychosocial context.
4. Incorporate trauma-informed considerations into nutritional health evaluation, communication, care planning, and interdisciplinary collaboration.

TARGET AUDIENCE

This activity is designed for Physicians, Nurses, Pharmacists, Physician Assistants, Dentists, Social Workers, Psychologists, Dietitians, Athletic Trainers, and other healthcare professionals involved in addressing nutritional behavior, traumatic stress, and mental health.

It is particularly relevant for physicians, nurses, physician assistants, clinical pharmacists, psychologists, social workers, registered dietitians and nutritionists, athletic trainers, and dentists who encounter nutritional behavior, traumatic stress, mental health concerns, or behavior change in their work.

DISCLOSURE DECLARATION:

It is the policy of Pinnacle Conference, LLC, to ensure independence, balance, objectivity, scientific rigor, and integrity in all of their CE activities. Faculty must disclose to the participants any relationships with commercial companies whose products or devices may be mentioned in faculty presentations, or with the commercial supporter of this CE activity. Pinnacle Conference, LLC, has evaluated, identified, and mitigated any potential conflicts of interest through a rigorous content validation procedure, use of evidence-based data/research, and a multidisciplinary peer review process. The following information is for participant information only. It is not assumed that these relationships will have a negative impact on the presentations.

Faculty Disclosures

Timothy Frie, MS, CN, CNE, has nothing to disclose.



Planning Committee

Timothy Frie, MS, CN, CNE, has nothing to disclose.

Courtney Tracy, PsyD, discloses a financial relationship: stock options in Personal Day

Pamela Mehta, MD, has nothing to disclose.

Content Reviewer

Shafqat Abbas, PharmD, has nothing to disclose.

All relevant financial relationships have been evaluated and mitigated.

Unlabeled Use Disclosure

Faculty of this CME/CE activity may include discussions of products or devices that are not currently labeled for use by the FDA. The faculty have been informed of their responsibility to disclose to the audience if they will be discussing off-label or investigational uses (any uses not approved by the FDA) of products or devices. Pinnacle Conference, LLC, the faculty, planners, and National Academy of Neuronutrition do not endorse the use of any product outside of the FDA-labeled indications. Medical professionals should not utilize the procedures, products, or diagnosis techniques discussed during this activity without evaluation of their patient for contraindications or dangers of use.

CREDIT INFORMATION

Jointly Accredited Provider

In support of improving patient care, this activity has been planned and implemented by National Academy of Neuronutrition and Pinnacle Conference, LLC. Pinnacle Conference, LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physicians - ACCME

Pinnacle Conference, LLC, designates this live activity for a maximum of 1 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Note to Nurse Practitioners: Nurse practitioners can apply for *AMA PRA Category 1 Credits™* through the American Academy of Nurse Practitioners (AANP). AANP will accept *AMA PRA Category 1 Credit™* from Jointly Accredited Organizations. Nurse practitioners can also apply for credit through their state boards.



Nurses - ANCC

This activity is designated for 1 contact hour.

Pharmacists - ACPE

To receive CPE credit through CPE Monitor, please ensure you have provided your NABP ePID number and DOB appropriately. If you are unsure or would like to confirm, please contact ce@learnatpinnacle.com within 60 days of completing the activity.

Physician Associates - AAPA



Pinnacle Conference, LLC has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Psychologists - APA



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Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Athletic Trainers - BOC



Pinnacle Conference, LLC (BOC AP#: JA4008385) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of (1) Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.



Registered Dietitians - CDR



Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (1 IPCE credits = 1 CPEU). If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (1 hour/60 minutes = 1 CPEU). RDs and DTRs are to select activity type 102 in their Activity Logs. Performance Indicator selection is at the learner's discretion.

Social Workers - ASWB



As a Jointly Accredited Organization, Pinnacle Conference, LLC is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program.

Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1 General continuing education credits.

Dentists - ADA-CERP CE



Pinnacle Conference, LLC is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Concerns or complaints about a CE provider may be directed to the provider or to



the Commission for Continuing Education Provider Recognition at [ADA.org/CERP](https://ada.org/CERP).
Pinnacle Conference, LLC designates this activity for 1 continuing education credits.

(IPCE) Interprofessional Continuing Education Credit



This activity was planned by and for the healthcare team, and learners will receive 1 Interprofessional Continuing Education (IPCE) credits for learning and change.