



Demystifying Counseling Immigrants in the U.S.



FEATURING:

• Shama Panjwani, PhD, LPC, ACS, NCC, CCMHC, Asian Indian Speaker and Expert in Trauma and Informed Care • 1 Cultural Competence CE

Tuesday, March 18, 2025

11:45 AM – 1:00 PM ET

Live Stream Series

(Online Synchronous Training)

\$14.99 Early Bird Registration

After March 4th registration is \$19.99



Please register online at
www.ceucreationsinc.com

1 CREDIT HOUR APPROVED FOR:

- **Social Workers**
ASWB ACE – 1 CE Credit
New York State Education Department's State Board for Social Work – 1 Contact Hour
- **Case Managers**
CCMC – 1 Contact Hour
- **Nurses**
California Board of Registered Nursing – 1 Contact Hour
- **Counselors**
NBCC ACEP – 1 Contact Hour
New York State Education Department's State Board for Mental Health Practitioners – 1 Contact Hour

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:



**Shama Panjwani,
PhD, LPC, ACS,
NCC, CCMHC**

Dr. Shama Panjwani is an Asian Indian speaker and expert in trauma-informed care, focusing on attachment, immigration, cultural/racial, and intergenerational traumas while integrating holistic wellness approaches to addressing trauma in a culturally competent manner. She is currently a professor in the clinical mental health counseling program at Keiser University. Dr. Shama has a private practice, SoHolisticEnergy Counseling & Consultation, LLC, where she provides clinical services to clients and supervisees. She also provides consulting services to organizations and institutions on Diversity, Equity, and Inclusivity (DEI) and Workplace Wellness.

Dr. Shama has a Ph.D. in counselor education and supervision with a specialization in Cross-Cultural Psychology and Organizational Leadership. She is a national certified counselor, a certified clinical mental health counselor, a board certified telemental health provider, licensed professional counselor and an approved clinical supervisor.

Her research presentations and publication focus on topics such as: reducing mental health stigma, immigration, acculturation, trauma, social justice and advocacy, multiculturalism and diversity, psychedelic-assisted therapy, crisis counseling, as well as approaches used to increase cross-cultural awareness and wellness, and leadership skills within academia and other institutions. She has been working in the mental health field for more than nine years. She is actively involved in doing consultations, workshops, and presentations to create awareness and destigmatize mental health and wellness for the BIPOC (Black Indigenous People of Color) community on an individual and organizational level by increasing their access to effective and culturally responsive treatment.

Thank you to our sponsors for their generous support!

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AGENDA

11:45 AM - 12:00 PM ET:	Log In and Virtual Networking
12:00 PM - 1:00 PM ET:	Presentation
1:00 PM ET:	Closing/Evaluation

When individuals migrate to the United States, they do so in search for better opportunities or to escape persecution and dangers in their home country. Some may have supportive family or friends who already reside in the U.S. and know the lay of the land, while others are left to figure it out on their own. Quality of life for immigrants may be poor due to the lack of community resources and support (Garcini, et al., 2017). Finding a place to live, a place of employment, schools for their children, and focusing on their academic experience at universities can be difficult without someone to guide them. Employment opportunities are limited without proper language skills, education, status to work, or social connections. Acculturation can create identity confusion. Children may feel torn between following the family's cultural values and the values of the country in which they now live. Additionally, acculturation can be accompanied by prejudice and discrimination making it difficult to adapt and causing mental health issues (Panjwani, 2020). On the other hand, acculturation can be positive if immigrants are educated, supported, and accepted by those around them (Fiske, et al., 2010). It can allow them to be tolerant of different cultures and be open to learning and experiencing the best of both worlds. Mental health professionals can better support the immigrant population by incorporating cultural responsiveness. Advocacy for resources and policy changes could also lead to better well-being for this population.

BY THE END OF THIS SESSION, THE PARTICIPANT WILL BE ABLE TO:

1. Identify misperceptions and myths about immigrants in the U.S, review immigration trends in the U.S., and understand common mental health issues faced by immigrant clients.
2. Examine cultural considerations and ways to effectively work with immigrants in counseling.
3. Discuss ethical considerations and implications of working with immigrant clients.

Course Interaction and Technical Requirements: This live webinar is fully 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 an email approximately 24 hours prior to the start of the event with a link to the webinar.

In order to receive credit, you must log in on time, attend the entire presentation, and complete an evaluation within 30 minutes of the conclusion of the event. Attendance log and Zoom analytics will be reviewed by the CE Director. Certificates will be provided in approximately 5 business days.


Target audience: Social workers, case managers, counselors, discharge planners, nurses 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 1 Cultural Competence continuing education credit.

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 1 contact hour.

NURSES: 1 Contact Hour - 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.

COUNSELORS: 1 Contact Hour

 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 1 contact hour.

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