



Dimensions of Wellness: The Holistic & Cross-Cultural Approach in Counseling



FEATURING:

- A holistic approach to wellness counseling
- Tools for culturally competent care

Tuesday, April 15, 2025

11:45 AM – 1:00 PM ET

Live Stream Series

(Online Synchronous Training)

\$14.99 Early Bird Registration

After April 1st 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 PhD 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 including 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

The focus on wellness has become increasingly prevalent in multidisciplinary areas of health and mental health research. Wellness is rooted in the foundational framework of counseling, and it is a multidimensional holistic concept that impacts all facets of everyday life including the lives of educators, students and clients. Wellness counseling is transtheoretical, meaning it can be applied across cultures. Counseling is an integrative approach that often goes beyond Western centric talk therapy. There is a growing need for counselors skilled in diverse culturally sensitive wellness approaches. This presentation will examine wellness through a multicultural lens and explore current wellness trends in counseling research and practice. Wellness is an active process of growth and change to reach your fullest health and well-being. Integrating wellness counseling and tools such as mindfulness, allows clients to process trauma symptoms in the body, regulate their nervous system, and regulate their emotions, thoughts, and behaviors. Holistic wellness involves focusing on present thoughts, feelings, and actions to heighten awareness and consciousness. It integrates the mind, body, and spirit for overall well-being. Practiced through eight dimensions, it aids in managing stress and anxiety.

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

1. Examine wellness counseling and how holistic wellness can be integrated into counseling through focus on mind-body-spirit
2. Identify wellness practices and analyze barriers to integrating wellness
3. Discover culturally competent ways to use holistic wellness with diverse 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 Clinical 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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