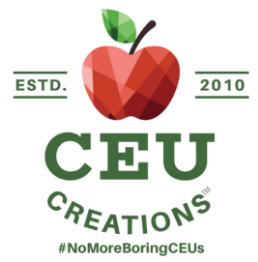


Emotionally Focused Therapy (EFT): Approach to Improving Emotional Bond and Attachment



FEATURING:

- Key principles of emotionally focused therapy (EFT) to build secure, resilient relationships.
- Practical EFT strategies to enhance communication and emotional connection.

Tuesday, June 10, 2025
12:00 p.m. – 1:00 p.m. ET

Livestream Series
(Online Synchronous Training)

\$14.99 Early Bird Registration

After May 27th, registration is \$19.99

**FREE for Plus U Bundle
and Save Members!**

Please scan QR Code
or 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
- **Counselors**
NBCC ACEP – 1 contact hour
New York State Education Department's State Board for Mental Health Practitioners – 1 Contact Hour
- **Nurses**
California Board of Registered Nursing – 1 Contact Hour
- **Case Managers**
CCMC – 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 inclusion (DEI) and workplace wellness.

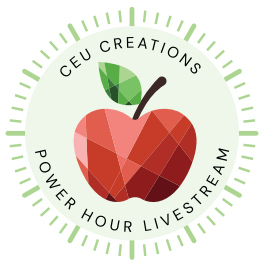
Dr. Shama has a PhD in counselor education and supervision with a specialization in cross-cultural psychology and organizational leadership. She is a national certified counselor, a certified clinical mental health counselor, a board-certified telemental health provider, licensed professional counselor, and an approved clinical supervisor.

Her research presentations and publication focus on topics 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 conducting consultations, workshops, and presentations to create awareness and destigmatize mental health and wellness for the BIPOC (black, indigenous, and people of color) community on an individual and organizational level by increasing their access to effective and culturally responsive treatment.

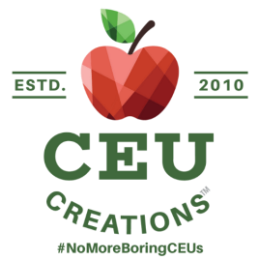
Thank you to our sponsors for your generous support!

For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations at support@ceucreationsinc.com.

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Emotionally Focused Therapy (EFT): Approach to Improving Emotional Bond and Attachment



AGENDA (all times are Eastern)

11:45 a.m. – 12:00 p.m. Log In and Virtual Networking

12:00 p.m. – 1:00 p.m. Presentation

Healthy relationships require self-awareness and effective communication. Grounded in attachment theory, EFT operates on the premise that secure emotional bonds are fundamental to the well-being and longevity of healthy relationships. Through a blend of experiential techniques, empathetic exploration, and restructuring of negative interaction patterns, EFT facilitates a deeper understanding and validation of emotional needs, fostering a secure attachment and enhancing relational satisfaction. EFT offers a structured framework comprising three key stages: de-escalation, restructuring, and consolidation. By creating a safe therapeutic environment, promoting healthier communication patterns and fostering greater emotional accessibility, EFT empowers individuals and couples to cultivate secure attachments and foster resilience and intimacy within their relationships.

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

1. Identify attachment formation and style during childhood.
2. Analyze the relationship between core beliefs formed from attachment and unhealthy relationship cycles.
3. Describe emotionally focused therapy as a modality to increase awareness and insight into traumatic events from childhood.
4. Apply EFT framework and techniques to cultivate secure attachments.

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 class with a link to the webinar.

To receive credit, you must log in on time, attend the entire presentation, and complete an online 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, 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 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.

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.

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.

Cancellation Policy: Registrants **must** cancel via email at support@ceucrationsinc.com (contacting other staff members/leadership does not guarantee your cancellation). No 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.