

# An Introduction to the Enneagram and Applications in Daily Practices



## FEATURING:

- A day of self-awareness and discovery as we explore the Enneagram tool
- Practical applications of the Enneagram as you work with clients, patients, and any other adults

**Friday, July 25, 2025**  
**9:00 a.m. – 3:00 p.m. Eastern time**

Livestream Series  
(Online Synchronous Training)

**\$74.99 Early Bird Registration**  
*After July 11th, registration is \$99.99*

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Please scan QR Code  
or register online at  
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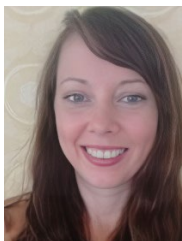
## 5 CREDIT HOURS APPROVED FOR:

- **Social Workers**  
ASWB ACE – 5 General CE credits  
New York State Education Department's State Board for Social Work – 5 Contact hours
- **Counselors**  
NBCC ACEP – 5 Contact hours  
New York State Education Department's State Board for Mental Health Practitioners – 5 Contact hours
- **Nurses**  
California Board of Registered Nursing – 5 Contact hours
- **Case Managers**  
CCMC – 5 Contact Hours

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.**

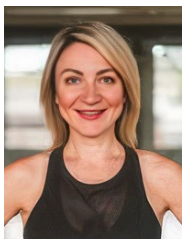
Participants will get the best experience if they visit <https://enneagramtest.net/> and take the test prior to the training. If you don't have a chance, a short test will be available to take at the beginning of the workshop.

## PRESENTED BY:



**Christy Bonner, LMFT, M. Div, Doctor of Ministry, Private Practitioner and Co-host of Enneagram+Yoga Podcast**

Christy Bonner is a licensed marriage and family therapist, a certified yoga instructor, and a board-certified chaplain. Her educational background includes a Bachelor of Arts from Emory and Henry College, a Master of Divinity from Emory University, and a Doctor of Ministry from Louisville Presbyterian Theological Seminary. She has a private practice, teaches yoga and co-hosts the podcast, Enneagram+Yoga. In her free time, she enjoys hiking, antiquing, and spending time with her family, friends, husband, and 2-year-old daughter.



**Yekaterina (Kat) Smith, E-RYT® 500, YACEP®, Co-host of Enneagram+Yoga Podcast**

As a yoga teacher, Kat feels a deep passion for practicing and instruction. Yoga empowers her to find her inner strength both on and off my mat. It helps Kat live her life with mindfulness and joy, as well as reach a balance of a healthy body and a peaceful mind. Kat feels honored and overjoyed to share her love of yoga with each and every one of her students. Kat is a graduate of the University of Tennessee Chattanooga. She holds an RYT 500 certification through Yoga Alliance and is the co-host of the Enneagram+Yoga podcast. Kat's website is [www.theyogasmith.com](http://www.theyogasmith.com). Kat lives on Signal Mountain and enjoys all her time spent with her husband Kevin and their two children, Olive and Reed. Namaste.

*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).*

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## AGENDA (all times are Eastern)

8:45 a.m. – 9:00 a.m.	Log In and Virtual Networking
9:00 a.m. – 10:00 a.m.	Overview of Each of the Nine Types, including an Enneagram quiz review: Christy Bonner, LMFT, M. Div, Doctor of Ministry
10:00 a.m. – 10:45 a.m.	Unconscious Childhood Messages & Needed Childhood Messages, Shadow Side and Needed Virtue for Each of the Nine Types: Christy Bonner
10:45 a.m. – 10:55 a.m.	Break
10:55 a.m. – 11:25 a.m.	Arrows of Stress and Arrows of Health, Wings: Christy Bonner
11:25 a.m. – 12:10 p.m.	The Use of the Enneagram in Psychotherapy: Christy Bonner
12:10 p.m. – 12:50 p.m.	Lunch Break
12:50 p.m. – 1:50 p.m.	Self-Care and Mantras Around Each Enneagram Type: Yekaterina (Kat) Smith, E-RYT® 500, YACEP®
1:50 p.m. – 2:00 p.m.	Break
2:00 p.m. – 3:00 p.m.	Interactive Breakout Session – Application of Enneagram in Practice and Brief Discussion: Jessica Patterson, LMSW, DSW

The Enneagram is a personality system that helps us understand ourselves and one another, like the Myers Briggs. This personality system is unique because it not only helps us understand our persona but also invites us to grow emotionally and spiritually. The Enneagram includes nine personalities and each of these personalities has considerable strengths and weaknesses. Each personality also has one particular Achilles heel, and once we become aware of this, we are more able to move toward transformation and life. The Enneagram says we have one primary number, but that all nine numbers live in us. This insight helps us know ourselves and those around us better – including clients, co-workers, and others – allowing for improved interactions and insight into psychotherapy as well. During our day of learning, we will be reviewing these nine Enneagram types, unconscious and needed childhood messages, arrows of strength, arrows of stress, and mantras around self-help with each Enneagram number. Using self-awareness and other interactive exercises, didactic learning, and insights of applying the Enneagram in day-to-day clinical practice, this introductory course will provide an excellent overview of this tool.

Participants will get the best experience during this event if they visit <https://enneagramtest.net/> and take the test prior to the training. If you don't have a chance, no worries, a short test will be available to take at the beginning of the workshop!

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

1. Identify at least three of the nine types of Enneagram personalities.
2. State how unconscious childhood messages and needed childhood messages can affect each “number” of the Enneagram.
3. Define the concept of “the arrows of strength” and the “arrows of stress” and the “wings” for each number.
4. Associate the mantras around self-care of each of the Enneagram numbers.
5. Identify ways the Enneagram might be used in psychotherapy and in our day-to-day dealings with others, including our clients/patients and co-workers.

*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 5 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 5 Contact hours.

**NURSES:** 5 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.

**COUNSELORS:** 5 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 5 Contact hours.

**Cancellation Policy:** Registrants **must** cancel via email at [support@ceucrationsinc.com](mailto: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.