



The Journey of Healing and Growth: How Moana Can Teach Us All

Continuing Education for Mental Health Clinicians

CE hours are only awarded for instructional time, late arrivals or early departures will not be awarded CE hours

Designed for LMFTs, LPCCs, LCSWs, and LEPs of all levels, this course explores how Disney's *Moana* can serve as a clinical model to help adolescents connect with identity, community, and purpose. Participants will examine how the film's narrative, centered on bravery, renewal, and hope, can be utilized to help young people reframe personal wounds and challenges as opportunities for adventure, service, and discovery. Attendees will learn to translate these insights into practical interventions, including goal-directed behavior, resource acquisition, and narrative-based approaches that address anxiety and depression while fostering resilience through family history and meaningful connection.

By the end of the workshop, participants will be able to:

- * Identify 2 specific skills for calming anxiety in any situation.
- * Distinguish 1 skill for identifying life goals that optimize mental health and well-being.
- * Name 3 specific skills for supporting youth in identifying and acquiring optimal resources and skills to achieve goals.
- * Acquire 3 specific skills for identifying and successfully navigating obstacles to goal pursuit, addressing addiction risks and depression risks.

Upon completion of the course, you will receive a Certificate of Completion through email. If you do not receive your Certificate of Completion within ten business days, please contact CEU@WellnessTogether.org

Instruction Provided by:

Scott Leiker, LPCC, has over 20 years of experience as a therapist helping adolescents, adults, couples and families. Scott Leiker, LPCC also has over 10 years of experience training emerging clinicians. Scott Leiker, LPCC is especially interested in translating the insights of some of the most effective therapeutic approaches into practical interventions for young people and in creating frameworks for clinicians and helpers. His aim is to help them understand the similarities and differences of many of most commonly used psychological understandings and approaches to mental health treatment so that might be able to provide optimal mental health treatment.



1.0 Hour Available | No Additional Cost

CE hours are included for registered conference attendees who attend the course. No refunds will be provided. A CE certificate will be awarded at no additional cost to registered attendees present for the entirety of the course after completion of the course quiz, evaluation, and other required parts of the course.

For Accommodations or Grievances, please email CEU@WellnessTogether.org

Course meets the qualifications for 1.0 hour of Continuing Education Credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.

Wellness Together, Inc., Provider #141369, is approved by the California Association of Marriage and Family Therapists to sponsor Continuing Education for LMFTs, LCSWs, LPCCs, and LEPs. Wellness Together maintains responsibility for this course and its content.

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