



**FOR IMMEDIATE RELEASE**

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## **New Beginnings Counseling Center Offers Clinical CEU Training “Vicarious Trauma/Compassion Fatigue/Burnout”**

(SANTA BARBARA, CALIF.) – In partnership with the UCSB Counseling and Psychological Services (CAPS), New Beginnings Counseling Center is pleased to offer a clinical training on February 8 from 10 am to 12 pm (online) with Sherisa Dahlgren, LMFT. The training is called “Secondary Trauma Stress: Vicarious Trauma, Compassion Fatigue, and Burnout in the Mental Health Setting”. The workshop is \$40 and meets the requirements for two hours of continuing education for LMFTs, LPCCs, LEPs, LCSWs, and Psychologists. To purchase a ticket to attend the workshop, please visit <https://bit.ly/38Hy3HG>

The training is designed for professionals in the helping professions who may encounter high levels of exposure to trauma in their day-to-day work. The workshop aims to analyze the various forms of secondary traumatic stress (e.g., vicarious trauma, compassion fatigue, and burnout) and explore ways to prevent over-exposure while optimizing each professional’s health and well-being. Participants will also learn how to identify signs and symptoms of secondary trauma stress, learn preventative measures for mitigating risk to trauma exposure in the workplace, and much more.

“Now more than ever, our community’s mental health and social work professionals are susceptible to secondary traumatic stress,” shares Interim Clinical Director, Paula Strauss. “Learning how to more effectively process the trauma experienced during client encounters will help mental health and social work professionals improve their own mental health, as well as the level of care they can provide to their clients.”

Sherisa Dahlgren, LMFT is an innovative creator of evidenced informed holistic treatment modalities for PTSD. Ms. Dahlgren holds specific expertise in integrating arts and holistic modalities into the healing of primary and secondary trauma. Through her consulting firm, Inherent Wellbeing, she provides experiential trainings on wellness strategies to address vicarious trauma, serves as interim executive capacity for organizations in transition, designs and implements resiliency based clinical approaches to PTSD, and creates sustainable work practices in under-resourced environments.

New Beginnings Counseling Center provides quality, affordable counseling, shelter, case management and education that strengthens our community and provides our clients with the ability to lead healthy and productive lives. New Beginnings Counseling Center, located at 324 East Carrillo Street, Suite C, Santa Barbara, CA 93101, is a nonprofit 501(c)(3) organization. For more information, please contact our development department at (805) 963-7777 x112 or email at [development@sbnbcc.org](mailto:development@sbnbcc.org).

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