



**FOR IMMEDIATE RELEASE**

February 25, 2021

**Contact:** Michael Berton

**Phone:** (805) 963-7777 x112

**Email:** [mberton@sbnbcc.org](mailto:mberton@sbnbcc.org)

## **New Beginnings Counseling Center Provides Frontline Workers with Critical Vicarious Trauma Training**

(SANTA BARBARA, CALIF.) – In partnership with the UCSB Counseling and Psychological Services (CAPS), New Beginnings Counseling Center offered a clinical training on February 8 with Sherisa Dahlgren, LMFT. The training was called “Secondary Trauma Stress: Vicarious Trauma, Compassion Fatigue, and Burnout in the Mental Health Setting”, and was designed for professionals in the helping professions who have encountered high levels of exposure to trauma in their day-to-day work. The workshop was provided to over 70 mental health and social work professionals. Participants learned how to identify signs and symptoms of secondary trauma stress and how to take preventative measures to mitigate risk to trauma exposure in the workplace.

“I am so grateful that New Beginnings Counseling Center and UCSB CAPS prioritized providing such a valuable workshop for our community,” shares New Beginnings’ Interim Clinical Director, Paula Strauss. “We are seeing a surge of mental health issues arise during the pandemic, and our mental health and social work professionals have been doing such an amazing job of rising to the challenge to meet this need. However, who is taking care of them? Based on the feedback we received, this training helped our attendees feel supported and learn helpful tools for self-care.” The training met the requirements for two hours of continuing education for LMFTs, LPCCs, LEPs, LCSWs, and Psychologists. For more information, please visit <https://sbnbcc.org/clinical-training-with-sherisa-dahlgren-lmft/>

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).

###