

PRESS RELEASE

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FOR IMMEDIATE RELEASE

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Lyda E. Holguin Palacios Awarded \$20,000 Counseling Fellowship From NBCC and Affiliates



Bethesda, MD—The NBCC Foundation, an affiliate of the National Board for Certified Counselors (NBCC), recently selected Lyda E. Holguin Palacios, of Bethesda, Maryland, for the National Board for Certified Counselors Minority Fellowship Program (NBCC MFP). As an NBCC MFP fellow, Holguin Palacios will receive funding and training to support her education and facilitate her service to underserved minority populations.

The NBCC MFP is made possible by a grant first awarded to NBCC by the Substance Abuse and Mental Health Services Administration (SAMHSA) in August 2012. The Foundation is contracted by NBCC to administer the NBCC MFP, as well as training and collaboration activities, such as [webinars](#), that are open to all National Certified Counselors (NCCs). The goal of the program is to strengthen the infrastructure that engages diverse individuals in counseling and increases the number of professional counselors providing effective,

culturally competent services to underserved populations.

The NBCC MFP will distribute \$20,000 to Holguin Palacios and the 22 other doctoral counseling students selected to receive the fellowship award. Holguin Palacios is a graduate of Pontificia Universidad Javeriana, in Cali, Colombia, Villanova University, in Pennsylvania, and the University of Delaware, in Newark. Holguin Palacios is currently a doctoral student in the counselor education and supervision program at the George Washington University, in Washington, D.C. Holguin Palacios is primarily interested in researching and understanding mental health issues in immigrant and minority populations compromised as a result of trauma, poverty, micro- and macroaggressions, and other remarkable factors associated with the process of cultural adjustment (e.g., barriers with language, legal status, finding jobs, and accessing education and health). Holguin Palacios is also interested in promoting research that is more inclusive and accurately represents the heterogeneity and diversity of Latinos in their research samples. Finding predictors of Latino immigrants' attitudes toward Latino diversity is one of her goals. Holguin Palacios is currently a fourth-year doctoral student, and one of her roles is supervising master's students' clinical internships at the GW Community Counseling Service Center. In addition, she is providing individual therapy at Northern Virginia Family Service Multicultural Center, mainly to Latino immigrants who have experienced trauma/torture and domestic violence. Holguin Palacios strongly believes the minority fellowship will help her to continue acquiring a solid education and training in the counseling profession and will better qualify her to provide effective treatments, provide support, and advocate for undeserved minorities and diverse populations residing in the United States. Finally, the MFP will offer her the financial support needed to achieve her American dream: a Ph.D. from an American university.

The NBCC Foundation has also awarded 30 \$8,000 master's-level fellowships through the [MFP-Youth](#) (MFP-Y) and 31 master's-level fellowships of up to \$11,000 through the [MFP-Addictions Counselors](#) (MFP-AC). The Foundation plans to open the next NBCC MFP application period in September 2017. To learn more about the NBCC MFP and its fellows, please visit www.nbccf.org/Programs/Fellows.

ABOUT THE NBCC FOUNDATION

The NBCC Foundation is the nonprofit affiliate of the National Board for Certified Counselors (NBCC), based in Greensboro, North Carolina. NBCC is the nation's premier professional certification board devoted to credentialing counselors who meet standards for the general and specialty practices of professional counseling. Currently, there are more than 60,000 National Certified Counselors in the United States and more than 50 countries. The Foundation's mission is to leverage the power of counseling by strategically focusing resources for positive change.

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