



PRESS RELEASE

NBCC Foundation

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FOR IMMEDIATE RELEASE

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Tina Lott-Kamara Awarded \$20,000 Counseling Fellowship From NBCC and Affiliates

Chicago, IL—The NBCC Foundation, an affiliate of the National Board for Certified Counselors (NBCC), recently selected Tina Lott-Kamara, of Chicago, Illinois, for the National Board for Certified Counselors Minority Fellowship Program (NBCC MFP). As an NBCC MFP Fellow, Lott-Kamara 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 Lott-Kamara and the 22 other doctoral counseling students selected to receive the fellowship award. Lott-Kamara is a graduate of Chicago State University, in Illinois, and is both a student and graduate of Governors State University, in University Park, Illinois, where she is currently pursuing a doctoral degree in counselor education and supervision. Lott-Kamara is currently working on her dissertation addressing the impact of stigma amongst people living with severe and chronic mental illness. It is her belief that negative self-stigma attitudes compounds symptomatology within this group and inhibits optimal growth, symptom management and overall life satisfaction. Lott-Kamara is currently a clinical supervisor at Thresholds, a not-for-profit mental health agency in an impoverished area on the south side of Chicago. She primarily works with African-American persons diagnosed with schizophrenia and bipolar disorder. Lott-Kamara works in an area that is lacking adequate mental health services and for this reason, she has chosen to continue to provide services at this location. This fellowship will assist Lott-Kamara in becoming more involved in developing and implementing evidenced based strategies that help to reduce the impact of stigma by attending workshops and conferences within the profession that have similar goals. Furthermore, this fellowship will allow for Lott-Kamara to participate in ongoing research that addresses this population.

The Foundation plans to open the next NBCC MFP application period in September 2016. 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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