

## PRESS RELEASE

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FOR IMMEDIATE RELEASE

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### **Karishma A. Sarfani Awarded \$15,000 Counseling Fellowship From NBCC and Affiliates**



San Antonio, TX—The NBCC Foundation, an affiliate of the National Board for Certified Counselors (NBCC), recently selected Karishma A. Sarfani, of San Antonio, Texas, for the NBCC Minority Fellowship Program-Addictions Counselors (MFP-AC). As an NBCC MFP-AC Fellow, Sarfani will receive funding and training to support her education and facilitate her addictions counseling service to underserved minority populations.

The NBCC MFP-AC is made possible by a grant awarded to the NBCC Foundation in collaboration with the Association for Addiction Professionals (NAADAC) by the Substance Abuse and Mental Health Services Administration (SAMHSA). The Foundation administers the MFP-AC, including training and collaboration activities, such as [webinars](#), that are open to all National Certified Counselors (NCCs). The goal of the program is to reduce health disparities and improve behavioral health care outcomes for

racially and ethnically diverse populations by increasing the available number of culturally competent behavioral health professionals.

The NBCC Foundation MFP will distribute up to \$15,000 to Sarfani and the other 39 master's-level addictions counseling students selected to receive the fellowship award. Sarfani is a graduate of The University of Texas at Austin, and is currently a master's student in the addictions counseling program at Texas Tech University, in Lubbock. Upon graduation, Sarfani intends to work with transition-age youth, particularly those who identify within the gambling addiction and substance abuse spectrum. She would also like to work with people who are often marginalized, such as ethnic minorities and people living in the U.S. as first generation citizens for whom mental health services are not typically available. Earning this fellowship will allow Sarfani to attend counseling conferences to establish a stronger professional identity as a counselor, learn evidence-based practices to better serve overlooked populations, and advocate for the profession of addictions counseling.

The NBCC Foundation has also awarded 20 \$20,000 [doctoral fellowships](#) through the Minority Fellowship Program and 30 \$10,000 [master's-level fellowships](#) through the MFP-Mental Health Counseling-Master's (MFP-MHC-M). The Foundation plans to open the next NBCC MFP-AC application period in fall 2019. To learn more about the NBCC MFP and its fellows, please visit <http://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 65,000 board 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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