

## PRESS RELEASE

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FOR IMMEDIATE RELEASE

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### Sarah Beth Anderson Receives Rural Scholarship From the NBCC Foundation



Boone, NC—The NBCC Foundation, an affiliate of the National Board for Certified Counselors, Inc. (NBCC), recently awarded a \$8,000 2017 NBCC Foundation rural scholarship to Sarah Beth Anderson, of Boone, North Carolina. The rural scholarship is awarded to counseling students who are from rural communities and commit to practicing in rural areas upon graduation.

The mission of the NBCC Foundation is to leverage the power of counseling by strategically focusing resources for positive change. The Foundation created the rural scholarship in 2009 to improve access to counseling services in rural communities, which suffer disproportionately from a lack of mental health care. Nearly 100 students from across the country applied for the five 2017 rural scholarships.

As a rural scholarship recipient, Anderson will receive \$8,000 to support her counseling education and recognize her commitment to the underserved. A graduate of Tennessee Tech University, in Cookeville, Anderson is currently a master's student in the clinical mental health counseling program with a concentration in body-centered therapy and a certificate in expressive arts therapy at Appalachian State University, in Boone, North Carolina. Upon graduation, Anderson's goals are to work towards the opening of a collective, intermodal and trauma-informed counseling center that provides evidence-based talk, expressive arts, mindfulness and body-centered therapies for individuals, groups, couples and families of rural populations in the Southeastern Appalachian region of the United States. She would like to provide a space where clients can feel safe, feel heard, and be given appropriate resources on their journey towards mental, physical and emotional well-being. Additionally, she hopes to contribute to the development of community-building, networking, and self-care opportunities for helping professionals within the community and region in the rural area in which she plans to work. As a recipient of this scholarship, Anderson will have the opportunity to attend further professional, evidence-based and trauma-informed conferences and trainings that will aid in equipping her to serve the underserved, marginalized populations as well as to advocate for mental health and the helping professions within rural regions.

The NBCC Foundation has also awarded six \$8,000 [military scholarships](#) to increase the number of counselors serving fellow military personnel, veterans and their families. The Foundation plans to continue offering scholarships to increase the number of counselors in the areas where they are needed most and will open the next application period in September 2017. For more information or to make a gift in support of scholars like these, please visit [www.nbccf.org](http://www.nbccf.org).

#### 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 (NCCs) 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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