

FREE
COMMUNITY EVENT

Virtual Psychiatric Grand Rounds

Tuesday, March 24, 2026

Noon to 1:30 p.m. PDT

(No meals or breaks provided)

SPEAKERS:

Debbie Allen, MSW, LCSW, DCSW
Mariela Marin, LMFT

Please register at:

[cottagehealth.org/
psychgrandrounds](http://cottagehealth.org/psychgrandrounds)

After registering you will receive a confirmation email containing information about joining the training.

This is a free community event. No consequence for non-attendance.



Bearing Witness: Immigration Policy and the Therapeutic Relationship

The presentation will review recent trends in immigration policy that have a direct impact on children and families living in the CA Central Coastal region. We contend that no one is untouched, and the harm of recent actions has had a wide impact on local communities who are struggling to respond. There is an increasing need for culturally responsive psychotherapy with treatment providers who represent the communities they serve. The TST-R Model will be explored as an example of an evidence-based application of clinical treatment that provides cultural brokers along with psychotherapists to immigrant families. Several case compositions will be presented to illustrate the therapeutic issues and the importance of the therapeutic relationship.

LEARNING OBJECTIVES:

Participants will be able to:

- Describe three categories of migration-related trauma and explain how the “context of reception” impacts the mental health of immigrant children and families.
- Name four of the core principles and partnership-based delivery of Trauma Systems Therapy for Refugees (TST-R).
- Identify the four essential functions of the cultural broker in bridging cross-cultural differences.
- Provide at least one clinical case example that shows how immigrant policies exacerbate mental health symptoms.



DEBBIE ALLEN, LCSW, DCSW, is a psychotherapist, educator, and advocate with over three decades of experience in clinical social work with diverse families. Debbie is a supervisor and clinician with Family Therapy Institute of Santa Barbara as well as maintaining a small private practice in Ventura. Debbie serves as an Adjunct Professor at Antioch University Santa Barbara, where she trains the next generation of therapists in clinical skills, family systems, and adolescent psychotherapy. Her diverse expertise spans multisystemic family therapy, Attachment-Focused EMDR, and Gottman Method Couples Therapy, allowing her to integrate research-backed methods into a holistic, body-mind-spirit approach. As a Board Member of FamiliesACT! and a past “Social Worker of the Year,” Debbie is deeply committed to social justice and community advocacy. Whether working with neurodivergent youth, families in transition, or couples seeking deeper intimacy, she facilitates change by identifying the inherent strengths in individuals to help them release unwanted patterns and foster personal empowerment.



MARIELA MARIN, LMFT is a Licensed Marriage Family Therapist, Teaching Faculty, Director of Latinx Mental Health Concentration and a first generation, bilingual Latinx person dedicated to the work of honoring, healing, empowering, and celebrating community through the promotion of mental health and wellness. Additionally, Mariela is the Executive Director of Community Counseling and Education Center (CCEC), which allows them the opportunity to work not only directly with the community, but also with talented trainees and associates. Prior to that, they have always worked in the nonprofit sector serving abused

and neglected children, the LGBTQ community, and monolingual Spanish speakers. They believe in the human spirit and our ability to constantly grow, learn, evolve, and heal with the support we can offer each other and access from our ancestors. They work from a person-centered perspective rooted in liberation psychology to support healing for individuals and communities.

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PROGRAM COORDINATOR

Paul Erickson, MD

ADMINISTRATIVE COORDINATOR

Frances McKinney

EDUCATION CONSULTANTS

Kim Blair, BSN, RN-BC, PMH

Stephanie Molina, LMFT, CEAP

Tamara Norton, MHS, CPCS

TARGET AUDIENCE

Addiction Counselors

Clinical Nurse Specialists

Counselors

Marriage & Family Therapists

Nurse Practitioners

Nurses

Occupational Therapists

Occupational Therapy Assistants

Other Mental Health Professionals

Pharmacists

Physicians

Psychologists

Psychotherapists

Social Workers

02/2026 RLC

CAMFT / BRN CONTINUING EDUCATION CREDITS FOR COTTAGE HEALTH EMPLOYEES

Attendance for the full hour and Zoom registration is required to receive credit. CE credit is not offered for meals or breaks.

LMFTS, LCSWS, LPCCS AND LEPS: Course meets the qualifications for one hour of continuing education credit as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider #57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.

REGISTERED NURSES (RNS): Provider approved by the California Board of Registered Nursing, Provider #00252 for 1.0 contact hour.

CERTIFICATES: Cottage Health employees will receive certificates in Compass Learning after completed evaluation is processed.

FOR PHYSICIANS AND PSYCHOLOGISTS

PHYSICIANS: The Santa Barbara County Consortium for Continuing Medical Education is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.



The Santa Barbara County Consortium for Continuing Medical Education designates each live activity listed for a maximum of *1.0 AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: Please contact Tamara Norton if you would like to receive a Certificate of Attendance for this event at tnorton@sbch.org and 805-569-7245.

Notes

GRIEVANCES: Contact the Education and Nursing Professional Development Department at 805-569-7325.

SPECIAL ACCOMMODATION: If you are in need of special accommodation, contact the Education and Nursing Professional Development Department at 805-569-7325.

DISCLOSURES: The planners and speakers of this live internet activity have stated that they do not have any current relationships with ineligible companies. This activity did not receive commercial support.