Behavioral Health Counseling Services

PathPoint now offers confidential counseling to help you throughout the many stages of your life. Our highly-trained and supervised therapists and interns provide services to children, adolescents, and adults that are individualized, client centered, and strength based. Conveniently located in downtown Santa Barbara, we offer both day and evening appointments.

Some of the areas we specialize in include:

- Relationship Issues or Difficulties
- Coping with Chronic or Terminal Illness
- General, Major, and Post-Partum Depression
- Anxiety Disorders
- Mood Disorders
- Grief and Loss
- Addictions Counseling
- Personal Growth
- Identifying Goals
- Navigating Life Changes
- Stress Management
- Parenting Support
- Work or School Pressure
- Peer Pressure
- Self-Esteem

For more information, including in-depth profiles of our clinicians, please visit www.PathPoint.org

OR CONTACT US AT 805-963-1086
Jennifer Newbold is a Licensed Marriage and Family Therapist (LMFT) and has been with PathPoint since 1986. As Vice President, she oversees all of Behavioral Health services including Marriage and Family Therapist Interns (MFTI). Jennifer received her Bachelor's degree in Sociology from the University of California, Santa Barbara and a Master's Degree in Clinical Psychology from Antioch University of Santa Barbara. Providing therapy for people with a variety of struggles strengthened her ability to adjust the treatment to meet the individual's needs. In addition to her experience of providing short and long-term therapy to adults in PathPoint's Counseling Center, Daisy holds the title of Case Manager for PathPoint's Paths to Recovery program.

Daisy Pereda is a registered Marriage and Family Therapist Intern (MFTI) who received her Bachelor's Degree in Communication from the University of California, Santa Barbara and a Master's Degree in Clinical Psychology from Antioch University of Santa Barbara. Providing therapy for people with a variety of struggles strengthened her ability to adjust the treatment to meet the individual's needs. In addition to her experience of providing short and long-term therapy to adults in PathPoint's Counseling Center, Daisy holds the title of Case Manager for PathPoint's Paths to Recovery program.

Ellen Cook is dually certified as an Alcohol and Drug Counselor as well as a Marriage and Family Therapy Intern. Ellen received her degree the University of Maryland. Ellen started practicing as a counselor for Maryland Family Resources, offering services to children and adults who were referred and often mandated to see a counselor by Children's Protective Services, the Board of Education, and other community agencies. Ellen joined the PathPoint's Paths to Recovery team in 2011 where she currently serves as the Team Leader and Co-Occurring Disorders Specialist.

Kimberly A. Fouche’ is a registered Marriage and Family Therapy Intern. She obtained her Bachelor of Science Degree in Organizational Management with a Minor in Psychology from Ashford University of Iowa, as well as her Masters of Science degree in Marriage and Family Therapy from California State Lutheran University in Thousand Oaks, CA. Kimberley has a background with a diverse population. Kimberley works with many different therapeutic modalities helping clients with issues including trauma, sexual abuse, substance abuse, addiction, anxiety, depression and PTSD just to name a few.

Lauren Hawksworth is a licensed Marriage and Family Therapist and has over thirty years of experience in the mental health field. Her background includes working with developmentally disabled children at St. Vincent's and Seton School both as a psychotherapist and a residential instructor. She first began working at PathPoint's program at Casa Del Mural, where she provided services to individuals with moderate to severe mental illnesses. For the past seven years, Lauren has been Case Manager for PathPoint’s Paths to Recovery program where she partners with individuals experiencing chronic mental illnesses.