



Palm Beach County
Board of County Commissioners

Palm Beach County
Youth Services Department
Residential Treatment and Family Counseling Division
Education & Training Center



What is Sexual Assault? Understanding its Impact

Presented by Kelly Dambra, M.A., LMHC and
Christel Brydegaard, M.S., LMHC

Wednesday, April 15, 2026

9:30 am - 11:30 am

Location: Zoom Remote Video Conference

Once registration is confirmed, link to access the training will be provided

Registration Fee:

There is no cost associated with this presentation

Continuing Education:

2 CE credits will be offered

Registration Link:

<https://www.surveymonkey.com/r/QC25X7H>

If you have trouble accessing the survey, please copy the link and paste it directly into your browser.

Registration closes at 3:00 pm on April 14, 2026

In order to receive a certificate you must be present for the entire training. Zoom monitors attendance from the time each participant logs in and out of the training. Exceptions will not be granted.

Description:

Individuals who experience sexual abuse are at greater risk for developing mental and physical health concerns. This presentation will provide an overview of sexual assault, including definition, statistics, and consent. Attendees will be able to discuss the impact of sexual assault across demographics and explain ways to recognize and respond to sexual assault. Lastly, the presentation will provide treatment recommendations for working with individuals who have been impacted by sexual assault.

Learning Objectives:

At the conclusion of the training, participants will be able to:

1. Define sexual assault and consent
2. Discuss the impact of sexual assault across demographics
3. Identify ways to recognize and respond to sexual assault

Presenters:



Kelly Dambra, M.A. LMHC received her undergraduate degree in psychology (minor in criminal justice) from Nova Southeastern University and her Masters degree in Clinical Psychology from the University of Central Florida. She has spent the last 9 years treating trauma victims of all violent crimes at Palm Beach County Victim Services and Rape Crisis Center. Along with individual and family therapy sessions, Kelly also leads successful support groups for survivors of domestic violence and sexual assault.



Christel Brydegaard, M.S. LMHC, NCC received her undergraduate degree in psychology (minor in sociology) from Florida Atlantic University and her Masters degree in Clinical Mental Health Counseling from Nova Southeastern University. Christel also completed the National Certified Counselor Examination in addition to her Florida Licensure. Christel has extensive trauma therapy experience and has worked with neglected and abused teens in the Florida foster care system. Christel completed her graduate school internship with PBC Victim Services and Rape Crisis Center from 2016-2017 and has been working there as a licensed therapist since November of 2019; treating trauma victims of all violent crimes. Along with individual and family therapy sessions, Christel also leads successful support groups for survivors of domestic violence and sexual assault.

Disclaimer: The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

Continuing Education Information:

Youth Services Department, Palm Beach County is approved by the American Psychological Association to sponsor continuing education for psychologists. Youth Services Department, Palm Beach County maintains responsibility for this program and its content.

Youth Services Department, Palm Beach County is also approved to provide continuing education to LCSW's, LMFT's, and LMHC's by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider # 50-533, expires March 31, 2027).

In order to receive Continuing Education credits, you must complete an electronic form at the conclusion of the training verifying your name and professional license number. Certificates will be emailed once your information has been confirmed.

All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Space is Limited: Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

What to Bring: A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

Accommodations for the differently abled: Individuals needing special accommodations, please contact [Cristal Montepeque](mailto:Cristal.Montepeque@pbcgov.org) at (561) 233-4460.

Registration contact person: Cristal Montepeque at (561) 233-4460 or CMontepeque@pbcgov.org

For information about other Education & Training Center trainings/workshops and clinical services please visit our website at

www.pbcgov.com/youthservices/EducationCenter

or call (561) 233-4460