

The NET – The Bay Area Mental Health Providers Network

United Way Service Center, 1300-A Bay Area Blvd, Conference Room A

December 9, 2025

11:00 am - 11:30 am Networking

11:30 am – 1:00 pm Program with 1.5 CEUs

No charge for Members, \$10 for Non-Members

Unwrap the Joy – Not the Bottle

Presented by

Traci Gauen, MA, LPC-S, LCDC



Traci graduated *Magna Cum Laude* from Baylor University with a degree in Psychology and is a proud member of Phi Beta Kappa. She earned her master's degree in Clinical Psychology from Sam Houston State University and is a Licensed Professional Counselor Supervisor as well as a Licensed Chemical Dependency Counselor.

Since joining the Prevention and Recovery Center (PaRC) in 2011, Traci has gained extensive experience treating patients with chronic pain, substance use disorders, and mental health challenges. Her work spans both adult and adolescent populations, reflecting her commitment to compassionate, evidence-based care.

Outside of her professional life, Traci enjoys spending time outdoors with her children and challenging herself with a good game of chess.

Learning Objectives

- Recognize the signs of burnout during the holiday season
- Learn practical strategies to prevent holiday burnout
- Explore healthy ways to cope with spending the holidays alone
- Understand the impact of people-pleasing tendencies during the holidays

Come Join US!