



2016 Annual Conference
Multiculturalism and Social
Justice at the Crossroads:
Creating a Multidimensional
Intersectionality Lens

November 3-5, 2016

Embassy Suites by Hilton Baltimore at BWI Airport
Baltimore, MD

MCA EXECUTIVE COMMITTEE

President:	Christian D. Chan
Past-President:	Dr. Stephanie F. Dailey
President-Elect:	Karol Taylor
Executive Director:	Dr. Marsha B. Riggio
Treasurer:	LaNail Plummer
Secretary:	Catherine Eaton
Member-at-Large:	Sarah Gilden

MCA PROGRAM PLANNING COMMITTEE

Christian D. Chan
Dr. Marsha Riggio
Lenese Stephens
Sarah Vayda
Marilyn Raedeke
Rachel Sessions
Chunnu Bhatia
Miranda Mayo

Maryland Counseling Association is an NBCC Approved Continuing Education Provider, ACEP No. 2021. The ACEP solely is responsible for this program, including the awarding of NBCC credit. MCA ACEP contact LaNail Plummer, treasurer@mdcounseling.org.



MCA 2016 ANNUAL CONFERENCE

Conference Activities At-A-Glance

Thursday, November 3

Time	Activity	Location
12:30 AM – 5:00 PM	Registration for Preconference Session	Friendship Foyer
1:00 PM-5:00 PM	Preconference: Supervision Training – Dr. Marsha Riggio	LAX 1

Friday, November 4

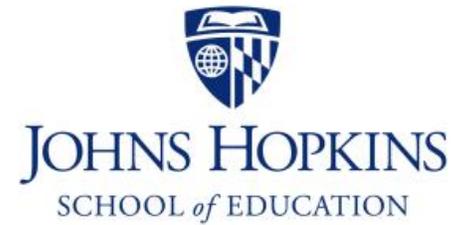
Time	Activity	Location
7:30 AM – 5:00 PM	Registration	Friendship Foyer
8:00 AM-5:00 PM	Exhibitors	Friendship Foyer
8:00 AM-8:30 AM	Breakfast	Terrace
8:30 AM – 8:45 AM	Opening Remarks: Christian D. Chan, MCA President	Friendship Room
8:45 AM – 10:15 AM	Keynote Session: Dr. Courtland Lee	Friendship Room
10:25 AM – 10:40 AM	MCA Business Meeting	Friendship Room
10:50 AM – 12:40 PM	Education and Roundtable Sessions	Room Located by Session
12:05 PM – 1:30 PM	Lunch	Bistro (12:00), Terrace (12:30)
12:50 PM – 1:20 PM	Awards Luncheon Awards Presented by Maya Georgieva, MCA Awards Committee Chair	Terrace
1:25 PM – 5:30 PM	Education and Roundtable Sessions	Room Located by Session
5:30 PM – 7:30 PM	MCA Social	Atrium

Saturday, November 5

Time	Activity	Location
7:30 AM – 1:00 PM	Registration	Friendship Foyer
8:00 AM-12:00 PM	Exhibitors	Friendship Foyer
8:00 AM-8:30 AM	Light Breakfast	Terrace
8:15 AM – 12:05 PM	Education and Roundtable Sessions	Room Located by Session
8:15 AM – 12:05 PM	Poster Sessions	Friendship Foyer
12:20 PM – 1:00 PM	Lunch on Your Own	Bistro
1:00 PM – 4:10 PM	Division and Committee Business Meetings	Friendship Room 1/2
1:00 PM – 5:00 PM	Post-Conference Session: American Red Cross Disaster Mental Health Training	Friendship Room

Please note there are two different time tracks due to 50-minute sessions and 75-minute education sessions.

CONFERENCE SPONSORS AND EXHIBITORS



www.crossroadspsych.net



Riggio Supervision Services
www.riggioconsulting.com

Thank you to our conference
BRONZE SPONSOR!

The CACREP-Accredited MA in Clinical Mental Health Counseling and EdD in Counselor Education and Supervision programs at the Washington DC in Arlington, Virginia campus are dedicated to both the academic preparation and comprehensive supervision of counselors across multiple settings.

MCA members can receive a 30% tuition discount as a new student to an Argosy University Counseling degree program. Stop by our exhibitor table during the conference to learn more.

www.argosy.edu



Keynote Speaker

Dr. Courtland Lee



Courtland Lee is a Professor in the Counselor Education Program at The Chicago School of Professional Psychology – DC. He is the author, editor, or co-editor of books on multicultural counseling, counseling and social justice, and counseling African American males. In addition, he has published numerous book chapters and articles on counseling across cultures. Dr. Lee is also a Fellow and Past-President of the American Counseling Association and Past-President of the Association for Multicultural Counseling and Development.

Keynote – “I am Many”: Understanding the Complexity of Identity in Counseling across Cultures

The often seemingly chaotic nature of culture may impact identity development in a complex manner. Dr. Lee will discuss the complexity of culture as it relates to personality and identity development by exploring the concept of intersectionality. He will provide the essential implications of intersectionality for culturally competent counseling.

MESSAGE FROM THE PRESIDENT

The challenge of social justice is to evoke a sense of community that we need to make our nation a better place, just as we make it a safer place.

—Marian Wright Edelman

Greetings!

Welcome to the Maryland Counseling Association 2016 Annual Conference in Baltimore, MD – we are celebrating our 49th year! Thank you for taking the time to join us this year, as we embark on a journey for 3 days with connecting, learning, networking, and mentoring. I am thrilled to meet new colleagues while connecting with old friends, as we walk together in this journey.

The program planning committee has worked diligently to coordinate a conference that would bring your voice as counselors together with the communities we serve, given that much of our critical awareness enhances a particular art in the many professional roles we embody as scholar, counselor, and advocate. As I reflect on this theme, it is one opportunity to organize together as a community and to co-construct knowledge by changing the way we think about cultural and social identities. We are not only comprised of one social identity, but multiple social identities situated in contextual and historical systems impacting our relationships with clients, consumers, and students. The kind of change we foresee to remove barriers to wellness for the populations we serve occurs in the collaborative relationships with our clients, consumers, and students, but it also exists within social structures. The counseling philosophy ties heavily into an understanding of empowerment at the micro-, meso-, and macro- levels. As I review the program, there are numerous education, roundtable, and poster sessions that answered the call to bring multiple narratives of social and cultural identity in a variety of contexts.

I am proud to mention that Dr. Courtland Lee, a Past-President of the American Counseling Association (ACA) and a visionary in multiculturalism and social justice, is serving as our keynote speaker for the conference this year. Join me in celebrating an individual who offers us many years of inspiration, accolades, history, and leadership!

We have excitingly revived a MCA Awards Program, where we plan to recognize colleagues for their contributions to the communities in the state of Maryland and MCA. The luncheon will be a wonderful time to celebrate our colleagues' accomplishments.

This conference is only the beginning as a launching point for how we continue to enhance the methods to help the communities we serve to not only adapt, but also thrive. Please join us and connect with us because we want to make the organization a home for you!

Enjoy the conference and reach out to anyone with a flower pin if you need assistance!

Sincerely,

Christian D. Chan, MA, NCC
President
Maryland Counseling Association

Thursday, November 3

Preconference Session: Supervision Continuing Education Training – 1:00 – 5:00 PM

Friday, November 4

Opening Remarks – 8:30 AM to 8:45 AM

Keynote Speech: Dr. Courtland Lee – 8:45 AM to 10:15 AM

Brief MCA Business Meeting – 10:20 AM to 10:40 AM

***NOTE: Presenter credentials are listed according to the information provided on the proposal submissions.**

10:50 AM – 12:05 PM: 75-Minute Education Sessions

All Counseling is Multicultural

Friendship 1

Dr. Norma Day-Vines, PhD, The Johns Hopkins University and Dr. Aparna Ramaswamy, PhD, LCPC-S, NCC, The Johns Hopkins University

This presentation addresses the counselor's effort to explore or broach the intersecting dimensions of race, ethnicity, gender, sexuality, religiosity, spirituality, cultural and racial identity with clients from marginalized groups. This presentation will also incorporate the needs and interests of ethnic minority counselors as they broach racial and cultural factors with their clients, by integrating multicultural practices such as meditation and mindfulness.

Family-Culture Oppression: The Pressure to be "Normal" and Adolescents' Mental Health

Friendship 2

Dr. Luane Oprea, PhD, LPC, Trinity Washington University

Family-culture oppression is the pressure to be "normal" in which parents want their adolescents to "not be different" from their parents. Parents use fear and control of adolescents' choices and experiences, a form of oppression that has detrimental effects on mental health such as self-rejection, cutting, suicide, sexual orientation repression, spiritual development, and bullying. Case studies will be presented with examples of family-culture oppression, treatment, and recommendations.

10:50 AM – 11:40 AM: 50-Minute Education Sessions

Investigating Perceptions of Mental Health in the Indian Diaspora: A Pilot Study

LAX 1

Dr. Shannon Shoemaker, PhD, NCC, Marymount University

This presentation delves into the perceptions of mental health in members of the Indian diaspora in the United States. Three participants answered questions about their personal experiences and perceptions of mental illness, filtered through their cultural lens of being born and raised in India. The presentations seeks to educate counselors to provide better services for clients of the Indian diaspora here in the United States.

An Applied Systemic Ecological Approach to Intersectionality: A Shared Journey for Counselors, Refugees, and Immigrants

LAX 2

Dr. Vivian Lee, EdD, NCC, The Johns Hopkins University

An applied systemic ecological approach offers counselors a holistic perspective on intersectionality when assisting refugees and immigrants to rebuild their lives in host nations. Emphasis will be placed on counselor's reflexivity regarding their own intersectionality relative to their clients and the prevailing national discourse and ideologies. Applicability to other populations will be presented.

10:50 AM – 11:40 AM: 50-Minute Roundtable Sessions

Gender, Ethnicity, and Acculturation in Intergenerational Conflict of Asian Americans

Heathrow 1

Monica Paige Band, MA, CRC, NCC, Marymount University

The presenter will introduce intersectionality as a theoretical framework to co-construct an experience with the attendees of the round table. The presenter will facilitate a discussion surrounding issues related to dimensions of diversity within the Asian American population, focusing on acculturation level, gender, intergenerational stress, and power relations. The presenter will apply these issues to general Asian American needs in counseling and college career counseling settings.

Pushing Through Boundaries on Purpose: CRT and Counselor Development

Heathrow 2

Dr. Daryl Thorne, EdD, LCPC, NCC, Trinity Washington University

The postpartum period is a vulnerable time for the well-being of women and their families. The medicalization of childbirth has introduced trauma into the birth experience of many women. This presentation explores how patriarchy has infused the childbirth experience, creating a dehumanizing, and damaging outcome for many women. Strategies for assessment of such trauma are provided and counseling implications with effective interventions when working with postpartum population are presented.

11:50 AM – 12:40 PM: 50-Minute Education Sessions

How We Are Incorporating ASERVIC and AMCD Competencies into Our Curriculum?

LAX 1

Dr. Sophia A. Ogunlana, EdD, Jacqueline D. Owens, and Dr. Anita Graham-Phillips, PhD, LCSW, Lancaster Bible College

Think about your graduate program, how prepared were you to work with clients on spiritual and multicultural issues? Were spiritual topics discussed or ignored? Did you feel ready to apply the ASERVIC and AMCD competencies? No worries! In this session, presenters will highlight the following: potential barriers to integrating spirituality and diversity issues into counseling programs, best practices, and strategies to apply the competencies within graduate counseling programs.

The Impact of Continuous Trauma on the Black Community in Contemporary Society

LAX 2

Dr. Don Trahan, Jr., PhD, LPCC, NCC, ACS, Argosy University – Washington, DC, Tony Spann, MA, LPC, Private Practice, Howard University, and Dr. David Ford, PhD, LPC, NCC, ACS, James Madison University

This presentation will inform participants concerning the social and environmental factors that impact the African American community that either perpetuate negative self-concept and for the African American community. The discussion will support participants to develop integrative techniques to

improve self-identity, empowerment, and positive self-image of oneself. Lastly, it is important to identify and understand social justice factors surrounding the African American community.

11:50 AM – 12:40 PM: 50-Minute Roundtable Sessions

Integration of Religious and Spiritual Values in Group Therapy

Heathrow 1

Dr. Shannon Shoemaker, PhD, NCC, Marymount University

This session is designed to give practical information in a discussion format on how to incorporate interventions and discussions about spirituality and religion in a group setting. Barriers to inclusion, appropriate interventions and ethical responsibility will be discussed in relation with stages of group therapy and Yalom's therapeutic values.

Heterosexism and its Impact on Mental Health

Heathrow 2

Keyona Hall, MA, LGPC

This presentation will define heterosexism and address its impact on individuals' mental health, from a culturally responsive lens and provide a tangible solution to help counselors address potential mental health issues within the counseling sessions. Implication for practice and future research will be discussed.

Hot Lunch 12:05 PM-1:30 PM (Bistro 12:00 PM and Terrace 12:30 PM)

MCA AWARDS LUNCHEON: 12:50 PM – 1:20 PM Terrace

Get ready to celebrate colleagues and friends recognized for their achievements contributing to the state of Maryland and Maryland Counseling Association!

1:25 PM – 2:40 PM: 75-Minute Education Sessions

Nuts and Bolts of Working with LGBTIQ Youth: The Unique Issues They Face

Friendship 1

Xanthia Johnson, MA, LPC, LCPC, ACS, RPT-S, Urban Playology

Given sociocultural shifts, the needs of LGBTIQ youth are at the forefront of mental health and social justice platforms. The goal of this interactive session is to help counselors build upon their strengths, ultimately advocating for sexual minority youth. Participants should expect a deeper understanding and increased knowledge of the latest trends, key terms, and risk factors for this at-risk population. Novice LGBTIQ youth workers are strongly encouraged to attend!

How College Counseling Centers Can Respond to Growing Diversification in Higher Education

Friendship 2

Dr. Kyle Bishop, EdD, LCPC, NCC, St. Mary's College of Maryland

This presentation will answer the question: "How can college counseling centers be responsive to diversity?". As college campuses become increasingly diverse there is increasing need and pressure for college counseling centers to diversify staff and services with limited resources. A case study will be presented regarding how a college counseling center responded to requests to diversify services during a time of racial unrest on the college campus. Contemporary best practices and strategies to respond to student needs with limited resources and partner with various campus stakeholders will be explored. Additionally, a model to promote and integrate diversity efforts across campus will be presented. As the needs of students become increasingly complex, so does the role of the college counselor. How college counselors can balance various roles, including therapist, advocate, administrator, mentor, supervisor,

etc. and maintain a commitment to social justice while providing a counseling center that is accessible and welcoming to all individuals of all beliefs and viewpoints will be considered.

1:40 PM – 2:30 PM: 50-Minute Education Sessions

The Intersectionality of Body Image and Culture in Asian American and Hispanic American Women LAX 1

Dr. Sara Pula, PhD, NCC, LCPC, ACS, Trinity Washington University

Recent research shows that ethnic minority women, specifically Hispanic-American and Asian-American feel oppressed by the American media (Pula, 2014). Themes such as “Not Represented,” “Token Representation,” and “Racial Ambiguity,” from a recent qualitative case study will be presented and discussed. Body image ideals, risk and protective factors, as well as beauty routines for these populations will be addressed. Lastly, a new construct, commercial-image internalization will be addressed.

Engaging Counselor Values (Especially the Religious Ones): Managing Conflict Between Counselor Identity and Spiritual Identity

LAX 2

Dr. Joanne Miller, PhD, Labyrinth Partners, LLC

Recent court cases and state laws highlight the conflict some counselors feel between their personal religious beliefs and counseling certain populations. However, all counselors, whether openly religious or not, must navigate this intersection of spiritual identity and identity as a counselor. This session will take participants through a process, using Cheston’s Ways Paradigm, of identifying and working with these conflict areas, a process to be used as self-assessment or used in supervision.

1:40 PM – 2:30 PM: 50-Minute Roundtable Sessions

Invisible Race, Ethnicity, and Culture

Heathrow 1

Dr. Aparna Ramaswamy, PhD, LCPC-S, The Johns Hopkins University, Dr. Marsha B. Riggio, PhD, LPC-S, LCPC-S, NCC, Argosy University – Washington, DC, and Sarah Gilden, LCPC, Out of the Box Counseling

This session engages participants in an open dialogue around visible and invisible race, ethnicity, and culture. In today’s multicultural societal and individual mosaic, the counselor and client represent a unique synthesis of multiple cultures - some visible and others invisible. This interactive presentation identifies the need for transparency in such rich dialogues and ways to cultivate comfort within multicultural interactions.

Religious/Spiritual Implications in Functional Angering

Heathrow 2

Dr. Carol ZA McGinnis, PhD, LCPC, NCC, Messiah College

How might client angering be impacted by his or her religious/spiritual beliefs? Can counselor awareness of unique religious/spiritual perspectives of anger be helpful? This session will highlight how the Religious/Spiritual diversity of the client can impact functional, versus dysfunctional, angering for people who hold very different worldviews. A meta-study of current anger research provides a practical understanding for religions/spirituality as a salient factor in positive angering.

2:40 PM – 3:30 PM: 50-Minute Education Sessions

The Interplay of Acculturative Stress and Intersectionality in First-Generation Immigrant and International University Students: Considerations for Advocacy and Social Justice

LAX 1

Kshipra Jain, MA, LPC, Yoonsuh Moh, MA, CRC, Lyda Holguin Palacios, MS, NCC, and Xi Liu, MA, The George Washington University

An increasing number of first-generation immigrant and international students are enrolling in US universities. However, many experience high acculturative stress while adjusting to their environment, due to stereotyping and microaggressions, which often leads to psychological distress. The purpose of this presentation is to identify the cross-cultural issues faced by these students, and utilize an advocacy theoretical framework and social justice model to understand and assist with their needs.

A Mental Health Counseling Training Clinic in the Community: How the Counselor-Advocate-Scholar Model Informs Practice

LAX 2

Dr. Susan F. Branco, LPC, NCC, ACS, and TyaNisha Williams, Loyola University Maryland

Traditional counselor education training clinics meet with clients within an onsite facility. This model is often not accessible to marginalized populations. To address this limitation, one local clinic developed offsite services in collaboration with a local all girls' middle school. This presentation will describe how the Counselor-Advocate-Scholar model informed the development of a clinical counseling internship program to meet the mental health wellness needs of the student population.

2:40 PM – 3:30 PM: 50-Minute Roundtable Sessions

Psychotherapeutic Mentoring: A Culture-Centric Treatment Paradigm

Heathrow 1

Dr. Algernon A. D. Felice, MS, PhD, LPC, CSAC, Cultural Bridges Consulting & Treatment, Edgewood College

Relative to whites, ethnic minority populations embrace and engage less willingly, and return less frequently to the process of counseling and treatment. Many reasons have been forwarded as explanations for this truth. Yet, very few culture-centric models of treatment have been developed. Psychotherapeutic Mentoring is a culture-centric treatment model showing demonstrable progress in reversing that pattern. This presentation will discuss the benefits & challenges of this treatment model.

The Collaboration between Re-Entry and Restorative Justice

Heathrow 2

Kerri Legette McCullough, MA, LGPC, NCC and Heidi Unterberg, MA, NCC, Argosy University – Washington, DC

This program will discuss the importance for re-entry of those suffering from substance use disorders (SUD) and co-occurring mental disorder and how successful reintegration into the community setting using restorative justice practices be a positive experience. The purpose of this presentation is to begin the necessary communication prior to re-entry.

2:50 PM – 4:05 PM: 75-Minute Education Sessions

Charity Begins at Home: Caring for the Caregiver

Friendship 1

Dr. Rita L. Robinson, PhD, LCPC, NCC, NBCC NSC, Creative Learning Enterprises, Inc.

Caring for children and aging parents can leave little time for anything else, including self care. Often the caregiver is so overwhelmed/overburdened that they may not take advantage of some of the support systems that are available. This workshop will explore ways the caregiver can better manage their responsibilities. For example: seeking help within the family, setting boundaries and being assertive, requesting compensation, joining a support group, and most importantly caring for self

The New Culture of a Family System: The Impact of Drug Addiction within the Family System

Friendship 2

Dr. Tracey M. Duncan, Ed.S., Ph.D., LPC, ACS, New Jersey City University

This workshop presentation provides both a conceptual model (Phase I) and skills approach model (Phase II) to understanding the impact drug addiction has on families and family systems. The aims of this two-phase presentation are to provide workshop participants with a practical understanding of the impact of drug addiction on the family and to conduct group interactive activities (through Structural Family Therapy) to demonstrate two family interventions for working with families.

3:40 PM – 4:30 PM: 50-Minute Education Sessions

Transgender People at the Poles of Age: How Transition Uniquely Affects the Old and the Young

LAX 1

Lia Bostian, MS, MDiv, LCPC, and Miller Hoffman, M.Div, MFA, Metropolitan Community Church

An increasing number of first-generation immigrant and international students are enrolling in US universities. However, many experience high acculturative stress while adjusting to their environment, due to stereotyping and microaggressions, which often leads to psychological distress. The purpose of this presentation is to identify the cross-cultural issues faced by these students, and utilize an advocacy theoretical framework and social justice model to understand and assist with their needs.

3:40 PM – 4:30 PM: 50-Minute Roundtable Sessions

Exposure to Domestic Violence in Ethnic Minority Children: Risk, Resilience, and Future Directions

Heathrow 1

Preet Kaur, MA, Ariel Lewis, MA, and Xi Liu, MS, The George Washington University

The issue of behavioral health outcomes of children exposed to domestic violence represents complex interactions of risk and protective factors across a range of personal and environmental influences. This presentation will provide a conceptual framework for examining the relationship between these constructs within ethnic minority populations and the clinical and research implications of these associations.

Mad Men: Treating African American Males with a History of Systematic Trauma

Heathrow 2

Nikkiya Brooks, MA, LAPC, Argosy University

This session will explore the barriers to treatment and counseling for African American males with psychosocial experiences of trauma. Attendees will gain an in-depth knowledge of effective methods of addressing the complex needs of African American males with a history of trauma.

4:15 PM – 5:30 PM: 75-Minute Education Sessions

Ethical Challenges: Client-Counselor Values Conflicts and Conscience Clause Legislation

Friendship 1

**counts towards Ethics CE clock hours*

Dr. Stephanie F. Dailey, EdD, LPC, NCC, ACS, Argosy University – Washington, DC, and Rawn Alfredo Boulden, Jr., University of Maryland, College Park

Ethical counselors avoid imposing their own values on clients and refrain from values based termination. Yet recent legal cases have involved values based referral (Ward v. Wilbanks) and are at the root of conscience clause legislation (TN HB1840) which allow counselors to refuse services based on "sincerely held principles". Presenters will address the reality of conscience clause legislation, the intersection of values and ethics, and how to navigate challenging values laden ethical dilemmas.

Courageous Stories about Race and Resiliency

Friendship 2

Dr. Marsha B. Riggio, PhD, LPC-S, LCPC-S, NCC, Argosy University – Washington, DC, Wanda Ruiz, MA, Argosy University – Washington, DC, Dr. Don Trahan, PhD, LPCC, NCC, ACS, Argosy University – Washington, DC, Dr. Demitri Kornegay, Argosy University – Washington, DC, Tony Spann, MA, LPC, Howard University, Private Practice, Ed Reed, M.Ed., Montgomery County Public Schools

Let's talk about our stories of resilience; how we find strength in our intersections of race, culture, ethnicity, gender, sexual orientation, religious identities; and how a multidimensional lens can help us with our clients/students. Education session includes a round table narrative discussion with attendees and guests.

4:40 PM – 5:30 PM: 50-Minute Roundtable Sessions

What Do I Do Now? Career Information, Considerations and Special Issues to Consider Before and After Receiving a Doctorate in Counseling. Diverse Counselors Matter!

Heathrow 1

Dr. Rhonda F. Jeter, PhD, LCPC, NCC, Bowie State University, and Dr. J. Fidel Turner, PhD, LCPC, NCC, CRC, CSC, Howard University

After completing the dissertation and graduation people begin to consider new career options, career information and mentoring are not always available especially for people of color. Topics such as licensure, average pay, tenure, publications, the value of presentations, professional organizations, malpractice insurance, private practice, setting differences, and special issues for people of color will be discussed in this session.

Strategic Supervision: The Skill of Investment through Clinical Supervision Rapport-Building

Heathrow 2

LaNail R. Plummer, M.Ed., LPC, NCC, ACS, EMC2 Educational Consulting & Counseling, LLC

As Clinical Supervisors, it's our ethical duty to prepare our supervisees for their work with clients by providing them the support needed to process their countertransference and apprehensions. We know the best way to encourage open dialogue is through positive relationships and strong rapport building. Through this presentation, we will create and practice protocols for investing in your supervisees through strategic rapport building with the ultimate goal of creating client growth.

MCA CONFERENCE SOCIAL: 5:30 PM to 7:30 PM

Atrium

Come join us for some time to relax, connect with friends and colleagues, and celebrate the completion of the first day of the annual conference! There might be raffle prizes!

Thank you to our Conference Social

Sponsor:



JOHNS HOPKINS
SCHOOL *of* EDUCATION

Ranked among the top graduate schools of education by *U.S. News & World Report*, the JHU SOE offers doctoral and other graduate programs and is engaged in a variety of research and development activities that are making lasting improvements in student achievement – from early childhood to the adult learner. The MS in Clinical Mental Health Counseling and MS in School Counseling are CACREP-Accredited. The SOE also offers a Certificate of Advanced Graduate Study, Post-Master's Certificate in Mental Health Counseling, PhD in Education program associated with improving PreK-12 learning outcomes, and an EdD program that focuses on school improvement and transformational leadership in PreK-12 school settings.

www.education.jhu.edu

Saturday, November 5

8:15 AM – 9:30 AM: 75-Minute Education Sessions

Counselor Conscientization: Exploring Religious and Spiritual Identities in the Development of a Critical Consciousness in Counselor Trainees

Friendship 1

Timothy S. Hanna, PhD, LCPC, Neumann University

This presentation explores how counselor trainees' religious and spiritual identities interact with their experience of counselor advocacy training in the development of a critical consciousness. Trainees' religious and spiritual identities inform important pathways for raising awareness of social justice issues. The presenter will review findings from a qualitative research study, as well as implications and practical applications for promoting counselor sensitivities to social justice.

African American Male Youth: Professional School Counselors Advocating for Access and Equity in the Local Schools

Friendship 2

Dr. Natasha Moon, PhD, LPC, NCC, ACS, DeKalb County School System/Mercer & Liberty Universities, and Dr. Candice Norris-Brown, PhD, LPC, NCC, ACS, Indiana Wesleyan University

Positive interventions professional school counselors can use to advocate for African American male youth's academic success in schools based on African American male youth reflections. Participants will discuss the unique challenges faced by African American male youth and examine policies and procedures at local schools that may contribute to the achievement gap. Specific attention will be given to environmental obstacles, racism, individual motivation and effort, and resiliency.

8:15 AM – 9:05 AM: 50-Minute Education Sessions

Intersectionality: A Global Perspective

LAX 1

Dr. Vivian Lee, EdD, NCC, The Johns Hopkins University

A common foundation of human rights that can assist counselors in understanding intersectionality from a local, national and global perspective is needed as individuals and groups around the world face challenges of injustice. This session will explore international declarations and conventions from the United Nations and UNESCO that support human rights as useful in shaping a social justice blueprint for intersectionality.

Intersectional Identities of Survivors of Torture

LAX 2

Sarah Durant and Kshipra Jain, MA, LPC, The George Washington University

Because of the innate complexity of counseling survivors of torture, one aspect of working with this population that is often overlooked is intersectionality of identities. Intersectionality adds yet another dimension of understanding to an already intricate client profile. This program will outline some of the many intersecting identities that survivors of torture may experience and will discuss how to effectively take these identities into consideration during the counseling process.

8:15 AM – 9:05 AM: 50-Minute Roundtable Sessions

Ageism and Mental Health Disparities: How can Counselors Help?

Heathrow 1

Chelsea Manchester, MA, LGPC, NCC, and Diona Emmanuel, MPH, MA, NCC, The George Washington University

Aging is commonly thought of as the process of growing old; however this can often be accompanied with implicit and explicit discrimination, especially in Western societies. Such prejudices can lead to mental health challenges in the elderly population, who suffer from some of the highest rates of depression and suicide out of all other age ranges. The program presentation offers background knowledge, theoretical perspectives and clinical strategies to combat this discrimination on elderly.

Formulating Strategies to Serve Queer Youth of Color: A Systems Approach

Maryland Association of Marriage and Family Counselors (MAMFC) Sponsored Session

Heathrow 1

Christian D. Chan, MA, NCC, The George Washington University

Significant misunderstanding operates on predicated norms situated in historical and developmental understandings of patriarchy and masculinity, which both give rise to norms and social structures often grounding cultural worldviews. As youth often grow in complexity of self-understanding, their development is contingent on the convergence of racism, sexism, heterosexism, and genderism. This session generates a co-constructed dialogue on primary issues faced by Queer Youth of Color and strategies to increase consciousness, sensitivity, resilience, and ally development.

Oppression and Mental Health: Intersection between Cultural Identity and Theoretical Orientation

Heathrow 2

Maya Georgieva, MA, NCC, Sunstone Counseling, LLC, Michelle Lopez, Sunstone Counseling, PLLC, and Bethany Kahoe, Prince William Family Counseling in Manassas

The purpose of this presentation is to show how the presenters' cultural backgrounds informed their theoretical orientation. Some of the key themes in the counselors' career journeys include cultural assimilation, discrimination, and privilege. The presenters will introduce a culturally informed model of counselor theoretical development. During this interactive session the presenters will provide examples from their work and engage the audience in a dialogue.

8:15 AM – 9:05 AM: 50-Minute Poster Sessions

Location: Friendship Foyer

Understanding the Intersecting Identities around the Body Image Experiences of Nigerian American Women

Oluwaseun A. Obaro and Dr. Sara Pula, PhD, LCPC, NCC, Trinity Washington University

Recent research shows that ethnic minority women, specifically Hispanic-American and Asian-American feel oppressed by the American media (Pula, 2014). Themes such as "Not Represented," "Token Representation," and "Racial Ambiguity," from a recent qualitative case study will be presented and discussed. Body image ideals, risk and protective factors, as well as beauty routines for these populations will be addressed. Lastly, a new construct, commercial-image internalization will be addressed.

Overcoming the Cultural Divide with Equine Assisted Counseling

Leena Badran, MA, LGPC, Making Sense Therapy, LLC

This session provides an introduction to equine assisted therapy and how it can help close the gap between clients and therapists of different cultures.

The Importance of Having Multicultural Competent Counselors during Client Intervention and Counseling Services

Fatemeh Dehghan Manshadi, MA, Kent State University

Lack of a counselor's cultural competence can create mistrust and other conflicts between a counselor and client. Multicultural competent counselors are better able to incorporate issues of diversity into their practices. Clinical advisors, clinical staff members, and counselor educators with different cultural backgrounds can use the information that is provided on counselors' multicultural competency at mental health organizations and institutions.

9:15 AM – 10:05 AM: 50-Minute Education Sessions

Counseling Clients Who Have Chronic Illness and Their Families: Cultural Considerations

LAX 1

Dr. Simone Lambert, PhD, LPC, NCC, Argosy University – Washington, DC

Nearly half of adults, a third of adolescents, and almost all older adults in the United States have a chronic illness. The prevalence rate for chronic conditions is higher for those of racial and ethnic minorities. Counselors need to assist clients and their families who are coping with a mental or physical chronic health condition. Culturally-sensitive counseling strategies will be discussed for this clinical population, as well as advocacy efforts, interdisciplinary treatment, and resources.

Save Our Boys: The Charge for Cultural Competency in Diagnosis and Individualized Treatment of African-American Boys

LAX 2

Nerissa Snyder, MA, LPC, Nurturing Possibilities, LLC

History shows that the lack of consideration for cultural factors has contributed to the misdiagnosis and clinical mistreatment of African-American men. The same dilemma occurs today in the misdiagnosis of African-American boys and the neglect of consideration for the cultural and environmental factors that effect and influence their presenting behaviors. There is a charge that Counselors must take heed to so as not to repeat history as misdiagnosed boys become men.

9:15 AM – 10:05 AM: 50-Minute Roundtable Sessions

Making the Connection: Addressing the Need for Culturally-Responsive Therapeutic Services for Refugees and Asylum-Seekers in Maryland

Heathrow 1

Lauren Goodsmith, MA, MPH, LGPC, and Amy Rakusin, MA, LCPC, BC-DMT, NCC, CAS, Intercultural Counseling Connection

Between 2010 and 2014 alone, approximately 10,500 refugees and asylees made Maryland their new home. These individuals have experienced violence, displacement, and loss. The Intercultural Counseling Connection, a non-profit program based in Baltimore, was initiated in 2012 with the aim of helping to meet the growing need for culturally-responsive therapeutic care for refugees, asylum-seekers and survivors of torture living in our state.

Out of the Box: Resources to Aid Mental Health Professionals Working with the LGBTQ Community Maryland Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling (MALGBTIC)

Sponsored Session

Heathrow 1

Rufus Tony Spann, MA, LPC, LCPC, NCC, ACS, Howard University, Private Practice, and Lia Bostian, MS, MDiv, LCPC, People Helping People

This presentation will inform participants concerning themes of: social justice, personal and cultural values, and understanding LGBTQ persons in America, while navigating resources and mental health support to the LGBTQ community. The discussion will support individuals to develop as a whole: self-identity, empowerment, and positive self-image of oneself. Lastly, identifying the importance of support, being an ally and resources for mental health professionals to foster positive outcomes through brave conversations and further support identity within an LGBTQ framework.

Cultural Barriers and Work Volition: Career Decision-Making and Empowerment with Clients in Marginalized Racial Groups

Heathrow 2

Sherritta Hughes, MS, LPC, The Chicago School of Professional Psychology

Often when clients present career issues they disclose feeling limited in work-related choices and interpersonal concerns about their work environment. Research suggests that this is common among those in marginalized racial groups that experience cultural barriers pertaining to career advancement and satisfaction. In consideration of work volition, counselors can use culturally-adapted decision making that empowers clients to cope with interpersonal concerns at work and navigate career paths.

Counselors Utilizing Faith and Spirituality to Address the HIV/AIDS Epidemic

Maryland Association for Spiritual, Ethical, and Religious Values in Counseling (MASERVIC) Sponsored Session

Heathrow 2

Lisa Connors, MS, LCPC, NCC, Maryland HIV Planning Group

Counselors play an intricate role in their communities. They are influencers, change agents, motivators, mentors, and coaches. This roundtable session will address ways in which counselors can utilize their faith and spirituality to impact the HIV/AIDS epidemic in Maryland. Decreasing the rate of infection does not solely rely on public health officials, government, HIV/AIDS advocates and consumers, but counselors play a role in reducing the rate of infection, helping clients access care, and mobilizing their faith communities to respond to the epidemic.

9:15 AM – 10:05 AM: 50-Minute Poster Sessions

Friendship Foyer

Homelessness, Poverty, and Social Justice

Lillian C. Martz, MA, LSC, Trinity Washington University

The purpose of this poster is to examine social justice issues affecting the homeless and individuals living in poverty in the United States. Special interest is given to the Washington Metropolitan Area. We explore specific populations of homeless and impoverished individuals including women, members of the LGBTQ community, veterans and youth. The information presented is based on journal articles from 1994 to 2015, and statistical reports collected from 2012 to 2015.

The Impact of Intimate Partner Violence (IPV) in Minority Communities

Kerri Legette McCullough, MA, LGPC, NCC, Argosy University – Washington, DC

Although there are unique circumstances within the context of a particular community of color, common factors and considerations exist. These common factors and considerations may account for under-reporting of IPV by minority survivors/victims along with failure to seek appropriate help services.

9:40 AM – 10:55 AM: 75-Minute Education Sessions

African American Male Youth: Professional School Counselors Advocating for Access and Equity in the Local Schools

Friendship 1

LaNail R. Plummer, M.Ed., LPC, NCC, ACS, EMC2 Educational Consulting & Counseling, LLC; Dr. LeTea Perry, EdD, K-12 MDC, Argosy University; Tricialand Hilliard, MA, NCC, Department of Behavioral Health and Argosy University; Lanada Williams, MA, LPC, LCPC, Department of Behavioral Health-SAMHSA; Shanelle V. Clay, MA, LPC, NCC, EMC2 Educational Consulting & Counseling; Kristin Y. Matthews, MA, LPC, Clinical Manager and Doctoral Student; Catholic Charities & Marymount University; and Samantha Knox, MA, LGPC, Basics Group Practice & Marymount University

The office of Minority Health reported growing concerns for comprehensive approaches that were culturally and linguistically competent within health care. African American women are nearly 8% of the US population, yet suffer from mental health issues at double the rate, thus impacting their families & work productivity. Through this panel, the participants will learn various self-care coping skills that can be used in the lives of many African American women to increase their life satisfaction.

What is Your Kryptonite? Multicultural Clinical Application of Superhero Therapy

Friendship 2

Dr. Cheryl Fisher, PhD, LCPC, NCC, ACS, Loyola University Maryland, Gregory Lemich, MS, Old Dominion University, Abigail Parker, Loyola University Maryland, and Bradley Shearer, Loyola University Maryland

Research indicates that people use the mythology of superheroes to “deal with real dangers of the world” and to “master reality” (Rubin, 2007 p. 7). Superheroes have struggled with emotional regulation (the Hulk), parental abandonment (Luke Skywalker), alienation (X-men), and even mental illness (Aurora). Recently, superheroes address such issues as sexual and cultural identity (Ms. Marvel). This workshop will demonstrate the multicultural clinical application of superhero therapy.

10:15 AM – 11:05 AM: 50-Minute Education Sessions

Multicultural Competence in Clinical Supervision: Past, Present, and Future

LAX 1

Dr. Kharod France, PhD, LCPC, ACS, NCC, The George Washington University

In this day and age, multiculturally sensitive clinical supervision should serve as the cornerstone of any training program for mental health professionals. The purpose of this meta-analysis was to examine the issue of multicultural competence within the context of the supervisory relationship and the practice of clinical supervision as a whole - past, present and future. Where did we start? Where are we now? Where are we headed?

Prescription Opioid Misuse among Hispanic Female College Students: Methods of Prevention and Interventions for Counselors

LAX 2

Courtney Borsuk, PhD, Johns Hopkins University

Prescription opioid misuse is a problem that occurs among all demographic groups in the United States. However, few studies include diverse samples, and little is known about effective interventions for minority populations. This presentation will include a background on prescription opioid misuse and a review of a current research study on prescription opioid misuse among Hispanic female college students. Prevention methods and counseling interventions specific to misuse among Hispanic female will be discussed.

10:15 AM – 11:05 AM: 50-Minute Roundtable Sessions

Insight on Multiculturalism and Social Justice from Ferguson, MO

Heathrow 1

Marion Toscano, MS, LGPC, NCC, Chun-Shin Taylor, MS, LCPC, NCC, Anika Wilson-Brown, MS, LGPC, NCC, and Oladipo Adedeji, Loyola University Maryland

Racial tensions between police and local communities have been spotlighted with increased attention and frequency. These incidents demonstrate the need for multiculturalism and social justice to restore unity within the affected communities and dignity to the people targeted by lethal discriminatory acts. This presentation looks at what was learned in Ferguson, MO interviewing protestors, law enforcement officers, pastors, politicians, and business owners, citizens, educators, and media persons.

Bringing Joy into the Job Search: How Gamification Increases Motivation, Inspiration, and Optimism

Maryland Career Development Association (MCDA) Sponsored Session

Heathrow 1

Ronda Ansted, D.Mgmt, MSW, GCDF, Be the Change Career Consulting

This presentation will explore the theory of gamification and how it can be applied to career development. The participants will learn practical tools and strategies to apply gamification in their work with job seekers or those struggling in their career. In addition, an interactive discussion will allow participants to brainstorm, ask questions, and assess whether gamification can help their jobseekers in career decision-making, networking, and job application process.

Multiculturalism and Counselor Education & Supervision

Maryland Association for Counselor Education and Supervision (MACES) Sponsored Session

Heathrow 2

Dr. Ajita M. Robinson, PhD, LCPC-S, NCC, Argosy University – Washington, DC, Monica Band, MA, CRC, NCC, Marymount University, and Dr. Michelle Wade, EdD, LCPC, NCC, LPC, ACS, DCC, Marymount University

A growing area in the field of Counselor Education is (a) recognition of the need for a multicultural perspective in all aspects of counseling and education and (b) the evolution of supervision models and practices. The supervisor is responsible for assuring that multicultural issues receive attention in supervision. Generally, whenever the client is a minority group member, and sometimes when either the supervisee or supervisor is a minority person, supervisors will recognize the relevance of addressing cultural concerns. However, all counseling and supervision contacts have cultural, racial-ethnic aspects which shape core assumptions, attitudes, and values of the persons involved and which may enhance or impede counselor effectiveness.

The Multicultural Lens of Counseling: A Vital Role within the Helping Profession

Maryland Association for Multicultural Counseling and Development (MAMCD) Sponsored Session

Heathrow 2

Sherritta Hughes, MS, LPC, ACS, The Chicago School of Professional Psychology; Tonya Mackin, The Chicago School of Professional Psychology; Dr. Aaron Stills, PhD – Retired; Dr. Jake Johnson, PhD – Bowie State University; and Lynette Johnson, MS

This presentation will primarily detail the importance of multicultural counseling. Specifically, a working definition of multicultural counseling will be provided along with why its role in practice, learning environments, and the greater society is imperative. In addition, the considerations necessary on behalf of multicultural counseling will be shared as a way to strengthen counselor identity via its competencies and place in the context of the American Counseling Association Code of Ethics.

10:15 AM – 11:05 AM: 50-Minute Poster Sessions

Friendship Foyer

Experiences and Consequences of Racial Microaggressions Among Professional African American Men in the American Workplace

Dr. Chioma Anah, EdD, LCPC, PerceptA Therapeutic and Training Center, LLC

This study examined the lived experiences and consequences of racial microaggression in the workplace among high achieving African American professional men. Semi structured interviews were conducted with six African American professional men who had personal experiences with subtle racism in the workplace. A phenomenological methodology was used to uncover the lived experiences of the men. Results of the analysis uncovered 8 themes that described experiences and 10 themes of consequences.

Helping Children Cope and Conceptualize Race and Injustice Through Storytelling: The Perceptions of Educators

Dr. Deidra A. Sorrell, EdD, NCC, LPC, ACS, DC Public Schools/Synergy Wellness Therapeutic Services

Research supports that talking about race and racism actually leads to less prejudice in children (Aboud & Doyle, 1996). In addition, story telling has been a staple in the African American culture and Diaspora (Banks-Wallace, 2002). The researcher read certain books to elementary school students in selected classrooms in an inner city school. The teachers were surveyed on the effectiveness of the books in helping children cope with racism and injustice.

Ethical Considerations of Using Technology in Counseling

Dr. Felicia Pressley, PhD, LPC, Argosy University – Washington, DC

This program will enhance the knowledge base on the 2014 ACA code of ethics concerning the use of technology. Technology is important but also needs to be utilized professional and with the standard of the ACA updated code of ethics.

Collateral Damage: The Effect of Community Violence and Trauma on Youth Development Following the Baltimore Riots

Dr. Kizzy Ross, EdD, LCPC, ACS, AADS, Ross Counseling LLC

This training will examine the emotional trauma experiences affecting youth from inner city Baltimore. Emotional trauma is defined by experiencing a traumatic event either directly or vicariously. Research indicates that the intensity of environmental factors increase the chances for developing PTSD. This training will specifically discuss the societal and cultural factors that perpetuate trauma and its effect on the development of African-American youth living in Baltimore city.

11:05 AM – 12:20 PM: 75-Minute Education Sessions

Understanding the intersection of Race and Trauma Response among Urban African American Youth

Friendship 1

Dr. Ajita M. Robinson, PhD, LCPC-S, NCC, Argosy University – Washington, DC, and Dr. Kamal Wright-Cunningham, PhD, LCPC, NCC, Maya Angelou Public Charter School

This workshop will address the issues of urban African American youth who experience trauma. We will discuss how race has an impact on these children and their families' experience of trauma. The speakers will discuss the prevalence of trauma African American youth experience, as well as other adverse experiences. Also covered in the presentation are strategies for implementing culturally competent trauma informed care for minority populations.

Wellness in the Workplace: Work Life Balance/Experiencing Healthy Work and Play

Friendship 2

Dr. Michael C. Lazarchick, PhD, LPC, NCC, NCCC, GCDF, National Employment Counseling Association
As an updated version of his packed Montreal presentation at the ACA Conference, Michael will define what experts say constitutes "A Good Job." He will discuss the labor market trends (where the jobs are) in relationship to social justice. He will describe several models of work, and show how they relate to personal Values, Wellness and Equal Opportunity. You will be entertained, have fun, and be surprised in this workshop. There are short interactive processes that will enhance learning.

11:15 AM – 12:05 PM: 50-Minute Education Sessions

Understanding the Home: Multicultural Considerations for In-Home Counselors

LAX 1

Janelle M. Bettis, MA, LCPC, NCC, and A'tasha M. Christian, MA, LPC, NCC, Argosy University – Washington, DC

In home or home-based counselors have unique considerations in providing services to clients within their home than within a traditional office setting (Woodford, Bordeau, & Alderfer, 2006; Lawson & Foster, 2005). As an in home counselor, other considerations, such as safety, boundaries, and confidentiality/privacy are important factors to consider (Bowen, Caron, 2016; Lawson, 2005). Additionally, cultural and background considerations should be included for a counselor to work effectively with this population.

Anger to Advocacy: An Ethical Response to Injustice

LAX 2

Dr. Carol ZA McGinnis, PhD, LCPC, NCC, Messiah College

Multicultural factors play a significant role in our understanding of injustice as it relates to our obligation to advocate for clients, the profession, and the general public as noted in A.7 of the American Counseling Association ethical code (ACA, 2014). Anger as an innate response to injustice can help to motivate counselors and counselor educators in an active and enthusiastic way. Exercises that promote action and anger processing toward advocacy will be demonstrated.

11:15 AM – 12:05 PM: 50-Minute Roundtable Sessions

Higher Education Case Management: Responding to University Students' Challenges

Heathrow 1

Justin Jacques, LPC-S, CEAP, The George Washington University

The purpose of this presentation is to identify challenges faced by vulnerable higher education student populations and provide information about the emerging field of higher education case management and linkages with the professional social work values, ethics and practice principles.

MCA 2016 Emerging Leaders: Affirming our Professional Identity and Influencing Future Leaders

MCA Emerging Leaders and Graduate Students Committee Sponsored Session

Heathrow 2

Keyona Hall, MA, LGPC, Argosy University – Washington, DC; Kristin Matthews, MA, LPC, LCPC, Catholic Charities; Rawn Boulden, University of Maryland, College Park; Sarah Vayda, MS, LGPC, Thrive Behavioral Health; and Dr. Sara Pula, PhD, LCPC, NCC, ACS, Trinity Washington University

In this hour-long panel presentation, the MCA 2016-2017 Emerging Leaders will share their experiences of the mentoring process and how this has shaped and affirmed their professional identity. Presenters will highlight their specific professional goals and clinical interests. A question-and-answer session will follow the presentations.

10:15 AM – 11:05 AM: 50-Minute Poster Sessions

Friendship Foyer

The Problem of Undermatching: The Unintended Marginalization of ESOL High School Students Within a College Going Culture

Sumaiya Olatunde, MS, NCC, H2D Counseling

This research explores what interventions are needed to address the problem of undermatching among English for Speakers of Other Languages (ESOL) students. A 9-month study of ESOL students at a high school in the Mid-Atlantic region revealed a high rate of undermatching and necessary multicultural considerations specific to this population. A case study will also be presented to demonstrate effective strategies when working with ESOL and other students throughout the college application process.

Social Networking to Level the Playing Field

Karol Taylor, MA, GCDFI, JCTC, CCMC

Recruiters use Social Networking to locate new hires; Job Seekers use it to find jobs. Yet many Counselors limit their job search to ACA Connect! In a 2016 study, LinkedIn found that Social Networking is the fastest growing source of quality hires globally. Jobvite discovered that job seeking is now a 24/7 activity, with job seekers using their mobile phones anywhere, anytime. Gain insights for successfully bridging the digital gap into the world of Social Networking.

Adjusting Memories: When to Use, Explore, Deny, Enjoy, Endure, Erase, Justify, Forgive, Retaliate, Pursue

Dr. Elizabeth Chretien Gray, EdD, MA, MEd, BS, GRI, Substantial Associates

This program is a discussion of memories upon personal management of life experiences. Both positive and negative memories are our companions and as companions can be managed, kept or dismissed.

The Anatomy of a Trauma Narrative

Nouf Bazaz, MA, The George Washington University

This presentation will examine the process of collecting, reading and reflecting on trauma narratives through a multidisciplinary lens including psychology, philosophy and anthropology. Examples of trauma narratives will be provided by the author's research in Kashmir of women's testimonials of mothering in a militarized state.

Do not forget to stop by the registration desk to complete information necessary to obtain approval for your NBCC CE clock hours as a registrant.

Interested in joining MCA? Please visit mdcounseling.org to sign up for a membership!

Please join us next year in November for the 2017 Conference as we celebrate our 50th Anniversary Conference!

Thank you again to our BRONZE SPONSOR!

The CACREP-Accredited MA in Clinical Mental Health Counseling and EdD in Counselor Education and Supervision programs at the Washington DC in Arlington, Virginia campus are dedicated to both the academic preparation and comprehensive supervision of counselors across multiple settings. Stop by our exhibitor table during the conference.

www.argosy.edu



ARGOSY
UNIVERSITY®

