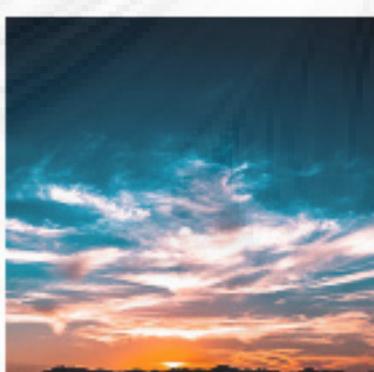
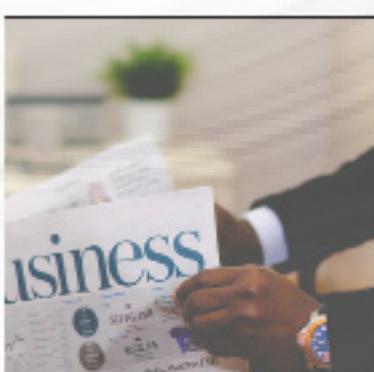
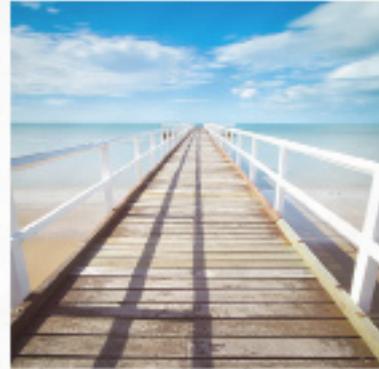


MAMCD

Newsletter 2019-2020

MARYLAND ASSOCIATION FOR MULTICULTURAL COUNSELING AND DEVELOPMENT



June 19, 2020

Leilani Fryauff, MAMCD Editor 2019-2020

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MAMCD MISSION

The Maryland Association for Multicultural Counseling and Development (MAMCD) is devoted to promoting a greater understanding of culture and ethnicity to the counseling profession, while at the same time, improving on the clinical interventions for improving on the standards and practices of multicultural counseling.

MARYLAND ASSOCIATION FOR MULTICULTURAL
COUNSELING AND DEVELOPMENT

CORDIALLY
INVITES YOU TO ATTEND

MAMCD ANNUAL AWARDS CEREMONY

HONORING RECIPIENTS

Dr. Chanda C. Corbett

Dr. Carl S. Barham Lifetime Achievement Award

Dr. Thelma Thomas Daley

Dr. Rita L. Robinson Multicultural Counseling Award

Dr. Marsha Boveja Riggio

Dr. Clemmie Solomon Professional Development Award

Patricia Dudley

Dr. Aaron B. Stills Graduate Student Scholarship Award

SATURDAY, JUNE 27, 2020

1:00 PM via ZOOM

RSVP: astills68@gmail.com by June 25, 2020

Interview of Dr. Atiya R. Smith Ph.D, LCPC, NCC



What inspired you to choose the path of counseling?

Honestly, counseling found me! Initially, I planned to become a school psychologist, but my path was guided to the profession of counseling. I feel like it is a great fit!

What is the best thing about being a counselor?

To me, some of the best things about being a counselor are assisting others with making progress towards their goals, being there to support clients during challenging times, and seeing the moment when things “click” for clients.

What is the hardest thing about being a counselor?

Some of the hardest things about being a counselor are hearing painful stories and seeing how clients can overcome an obstacle, but recognizing that they are not ready to make change.

What do you do on your days off?

On my days off, I like going to museums, learning new recipes, spending a few hours at a bookstore or record shop, and spending time with friends and family.

What do you do for self-care?

For self-care, I typically write in my journal, listen to music, visit a local spa, take a long shower, exercise, and/or talk to trusted others.

How and why did you decide to be a part of the MAMCD Board?

Hood College was sponsoring MAMCD’s Fall 2018 workshop and one of my colleagues couldn’t attend the event. I was asked to attend the workshop in her place. I just moved back to Maryland from New York and wanted to get acquainted with local counseling organizations. While at the workshop, I met some of the MAMCD Board and expressed an interest in becoming involved. A few weeks later, Dr. Stills reached out to me about becoming the Recording Secretary and I submitted an application. It was one of the best decisions and I am so glad that I attended that workshop!

Interview of Dr. Atiya R. Smith Ph.D, LCPC, NCC Cont'd

What do you like best about board work?

I truly enjoy working alongside the board members. Everyone is so nice, supportive, collaborative, and dedicated to the work that we do to support the MAMCD mission.

What have you learned about working with the board and being a part of MAMCD?

I learned that all of the Board members are passionate about serving the community, supporting on another, and fulfilling the mission of MAMCD. I also learned some great history lessons about how MAMCD was founded and some of the things that members experienced since the founding date.

Tell us a little about where you work.

Currently, I am an assistant professor in the Department of Psychology and Counseling at Hood College in Frederick, Maryland. I am core faculty in the CACREP-accredited Counseling Master's Program and just finished my 2nd year.

What does a regular day look like for you?

It really depends on the day of the week. As a graduate faculty member, most of my classes are in the evening (starting at 5:00pm or 7:35pm). During the day, I typically meet with advisees, students, or members of my research team. I may also attend on-campus meetings, online meetings for other professional organizations, and meet with my writing group. On days that I don't teach, I make sure to start my day in the gym and spend time lesson planning, grading, doing research, and working on manuscripts. Amidst all of this, I make sure to incorporate time to relax, watch tv, spend time with loved ones, and give myself a break.

What are your plans and goals for the future?

Professionally, I would like to continue to be successful as a faculty member, expand my professional networks, continue with my research, and be successful as the incoming MAMCD president. I would also like to begin a private practice in 1-2 years. Personally, I would like to maintain a healthy lifestyle, maintain work-life balance, and expand my social network.

What was a defining moment in your life for you?

Oh there are many! The most recent defining moment was when I defended my doctoral dissertation in July 2019. It was a surreal moment when I was first called "Dr. Smith" and recognized that all of my hard work paid off. I looked forward to serving my community, supporting rising counselors, and making my ancestors proud.

Where do you see MAMCD going the rest of this year and beyond?

As the incoming president of MAMCD, I want to continue the hard work done by the current president and focus on fulfilling the mission of MAMCD. I also want to shed light to the experiences of students of color in higher education, collaborate with other MCA divisions, and build a relationship with local institutions with graduate Counseling programs. Stay tuned for more information about my goals for the upcoming year!

Interview of Dr. Carl S. Barham Ph.D, LCPC, NCC, NCSC, NBCCH



What inspired you to choose the path of counseling?

I was inspired after taking an introduction class in counseling from a professor at the University of Maryland. His inspiration was my aspiration that motivated me to pursue a degree in counseling. He generated in me a feeling of excitement and hopefulness versus hopelessness when it came to making a difference in the lives of people I would counsel.

What is the best thing about being a counselor?

The best thing about being a counselor is I learn a lot about myself and how to improve myself in order that I can better serve others. I enjoy empowering clients and to gradually see them move from a mindset of hopelessness to hopefulness when they confront and address their problems.

What is the hardest thing about being a counselor?

The hardest things about being the counselor is addressing the resistance and games clients play in keeping from making the changes needed to improve their quality of life. My role of facilitating a client growth is contingent on where the client is on the learning curve and available for learning.

What do you do on your days off?

I spend time completing my wife's "honey do list". Also, I spend time reading writing articles, finishing projects, chatting with family members and friends and reflecting on old times and getting great laughs.

What do you do for selfcare?

I monitor my health by keeping my doctor's appointments regarding the health markers in my life. I do my daily meditations of deep breathing exercises as well as reading daily devotional inspirations. I use my personal mission statement as a positive affirmation to aspire me to enjoy life at my fullest. My mission statement is "I am appreciating and growing each day by living a healthy life physically, emotionally and spiritually. I am using my skills and talents in a Godly way serving others."

Interview of Dr. Carl S. Barham Ph.D, LCPC, NCC, NCSC, NBCCH

How and why did you decide to be a part of the MAMCD Board?

I have had good memories and experiences serving on numerous MAMMCD Boards in the past and I am currently finishing service for this year. I enjoy bonding and working with the diversity of professional colleagues, and networking, and entertaining ideas on multicultural perspectives for meeting the needs of people of color. I enjoy the creative energies and talents generated when it comes to planning, promoting and implementing services and programs. Being on the board gives me the leverage for making organizational decisions and making public policies for bring about improved racial relationship. Finally, I want to be a part of MAMCD Board by continuing the tradition as a trailblazer in providing oversight to assure that professional counseling service from organizations locally, statewide, and nationally are sensitive and committed to meeting needs of people of color.

What do you like best about board work?

I love the opportunities the board provide for me in being a part of history by planning programs for membership and other mental health providers via decision and policing making.

What have you learned about working with the board and being a part of MAMCD?

I learn it represents the living and working model of the highest presence of professionalism, dedication and commitment of colleagues working tirelessly to advance the mission of MAMCD.

Tell us about a little where you work.

I work at Bridgeway Community Church located in Columbia, Maryland. It's a non-denominational church with a highly diverse congregation. Fifty-two nations are represented and attend services at the church. Presently church services are held online due to the pandemic crisis. The church represents the practice, teaching and working of multiculturalism at all facets of its services, programs and activities.

What does a regular day look like for you?

I am a semi-retired part time psychotherapist, who provide services via telehealth from home. I work primarily from 5pm- 8pm weekly except on Wednesdays. Wednesdays are my family time. I am available most Saturdays from 8 am- 11 am if it does not conflict with my family time.

Interview of Dr. Carl S. Barham Ph.D, LCPC, NCC, NCSC, NBCCH

What was a defining moment in your life for you?

A defining moment for me was enrolling in an Ultimate Success Master Class. It was life changing that impacted every aspect of my life including my core values. One of the major outcomes of the training and experiences was I created my personal mission statement I use daily. My mission statement is: "I am appreciating and growing each day by living a healthy physically, emotionally, and spiritually. I am using my skills and talents in a Godly way to serving others." I created and developed my own personal mind movie to reinforce, to motivate and to monitor my personal growth.

Where do you see MAMCD going the rest of the year and beyond?

MAMCD will continue to be a trailblazer and trend setter educating the public and mental health providers by providing workshops, professional training, promoting multicultural counseling and building leadership. MAMCD will continue to build on its rich legacy of more than a quarter of a century of services of excellence and activism. MAMCD will continue the legacy on the local, state and national levels championing for diversity and the inclusion of people of color at all levels of our professional organizations.



Interview Leslie Holley, MA, LCPC, NCC



What inspired you to choose the path of counseling?

I originally studied marketing in undergrad. However, I always wanted to be an entrepreneur and after getting married and having children I decided to make a change. During one of my jobs in my 20's as a Job Developer, I worked closely with a social worker, helping recently released former inmates. The job changed me and I knew I wanted to go back to school for counseling. Enrolling in the community counseling program at DePaul was a perfect fit for me!

What is the best thing about being a counselor?

The best thing about this profession is connecting with other people's souls on a daily basis.

What is the hardest thing about being a counselor?

Piggybacking off the last answer, connecting deeply with others can take away from your own energy. It's important to protect your energy so, as therapists, it's important to check in and tweak your self care routines to stay healthy.

What do you do on your days off?

Because every week is different, I try to plan out my weeks. When I'm off I'm spending time with my children or friends. I also make sure I relax, get enough sleep, and pamper myself.

What do you do for self-care?

I enjoy hot yoga but with social distancing I've increased my meditation, home yoga routine and intentional time. I make sure I make time for intentional prayer and focusing on the present. Additionally, I make sure I watch movies, do puzzles and games with my children throughout the week.

How and why did you decide to be a part of the MAMCD Board?

I believe that once you know your gifts, whatever opportunities come with that gift, organically, you must take them. When I lived in Chicago, my mentor, founder of Urban Balance, pushed me to work with the Illinois Mental Health Counseling Association board as Secretary and Membership Chair. I was reluctant because I was the only person of color on the board and I was intimidated by the organization. However, it was a great experience. I was able to network with professionals working and teaching theoretical approaches that I was excited about. I learned so much about building and growing a practice and it helped me continue to grow as a professional. Once I moved to the DMV area I reached out to the Maryland Counseling Association (MCA) immediately, who linked me with Dr. Aaron Stills. The rest is history. Dr. Stills identifies talent and opens doors with gentle teaching and professional mentorship. He's opened doors for me to continue my board work throughout the organization.

Interview Leslie Holley, MA, LCPC, NCC

Tell us a little about where you work.

I have my own private practice in downtown Silver Spring. I see individuals and couples dealing with depression and anxiety. I love my work!

What does a regular day look like for you?

Everyday is different. I usually have 3 days during the week that are packed with clients and 2 that are lighter. During my packed days it's a lot of checking notes and taking sessions most of the day. I believe in comprehensive care, so it may also incorporate a consultation with a client's support team.

What are your plans and goals for the future?

I will be expanding my practice in the coming months. I want to stay small but my focus is on helping new clinicians that are once like me, hungry to start their own practice, and help them start their own counseling empire.

Who are your heroes?

Harriott Tubman and my mother. Harriott Tubman was connected to her subconscious, allowing it to lead her and others to freedom time and time again. She is a true warrior and evidence of the power of connectedness to the soul, source, spirit, subconscious. My mother, who is the most tenacious woman I know. She embodies a gentle power and warmth that I hope to replicate in my practice with clients.

What was a defining moment in your life for you?

Leaving my job at George Washington University as a clinician and working at my private practice full time. I remember thinking, my dream has finally come true. I've never looked back.

Where do you see MAMCD going the rest of this year and beyond?

MAMCD has continued to grow leaps and bounds over the years. We have a strong leadership team and I'm excited to see what 2021 and beyond brings. You can see MAMCD doing more virtual events to respond to the current pandemic, as well as, more networking and fellowship events. Our committees are growing and our backbone is networking with counselors of color to uplift one another.

Any COVID-19 advice for our readers?

Times are tough, that is evident. It reminds us that we don't have much control of anything except the present moment. Continue to find ways to be present and practice gratitude. Also, be good to yourself. Know that it's okay for every day to feel different. Ask yourself what you need, daily, presently, and do that! :) It's that simple. Additionally, reach out for support. Normalizing your anxiety and learning healthy coping tools right now is essential.

Coping with COVID-19

Because of the corona virus pandemic, we have had to make changes in our lives that we never imagined we would have to. People have lost jobs, income, have had to make arrangements to work from home, make arrangements for childcare, tell their children that they can't play with their friends, social distance, quarantine, stay away from family and friends, sanitize, wash their hands often, wear masks, experience lock down and deal with the uncertainty that comes from a disease that is highly contagious. But through this, the world has come together to seek out solutions and information that can help decrease the mortality rate and fear that accompanies a pandemic. This unexpected event that effects the entire world can cause stress, anxiety, frustration and a myriad of emotions that can be hard to deal with. The CDC has suggested to look out for these stress induced symptoms:

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, and/or alcohol and other substances.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

It is encouraged to stay connected, whether it is through Zoom, FaceTime, or other screen time apps. And seek out help if it is needed, talk to a counseling professional. This is a difficult and unprecedented time and we must take care of our mental wellbeing. Some suggestions for stress relief can be taking a walk, exercise, yoga, journaling and music. We are in the counseling profession, so we all know several coping skills. Utilize them.

Always protect yourself during this time. According to the CDC, this can be done by limiting face-to-face contact. Practicing social distancing and being about "two arms lengths away from other people". Practicing social distancing is described by the CDC as the best way to keep from obtaining the illness. The CDC website explains that the spread of COVID-19 "happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets can also be inhaled into the lungs. Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes. However, this is not thought to be the main way the virus spreads." It is important to sanitize and wash your hands often.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>

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Archives Committee: Carl Bahram
Membership Committee: Atiya Smith

Newsletter: Leilani Fryauff
Volunteer: Ebonie Hawkins
Webmaster: Michelle Chaney

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- i. Policy Committee
- ii. Nomination and Elections Committee
- iii. By-Laws committee
- iv. Human Rights Committee
- v. Government Relations Committee
- vi. Clock Hours Committee
- vii. Ethics Chair
- viii. Emerging Leaders
- viiii. Social Media
- xi. Advocacy Chair
- x. Program Planning

Join MAMCD on the Maryland Counseling Association (MCA) Website

<http://mca14.wildapricot.org/>