



Maryland Counseling Association

A BRANCH OF ACA

COMPASS POINTS

ISSUE 10 | VOLUME 4 | SPRING 2018

Inside this Edition

President's Letter	1
News & Events	2
Member Spotlights	3
MCA Membership	8
Organizational Chart	9
MCA Board	10

Mission

"SERVING THE COUNSELING, GUIDANCE, AND HUMAN DEVELOPMENT PROFESSIONS"

MCA Officers

President:
Karol Taylor

President Elect:
Catherine Eaton

Secretary:
Janelle Bettis

Assistant Secretary:
Open

Treasurer:
LaNail Plummer

Immediate Past President:
Christian Chan

Member-at-Large:
Sarah Gilden

Executive Director:
Marsha Riggio



President's Letter



Throughout this Program Year, MCA worked diligently to strengthen infrastructure, provide unique developmental opportunities, and encourage ongoing Advocacy. MCA reformatted and updated the web site, celebrated a milestone anniversary, and added additional professional events to our repertoire. During the year, President-Elect Cathie Eaton, Immediate Past President Dr. Christian Chan, and I worked collaboratively to unify MCA's vision, grow leadership, and create a smooth transition to MCA's 2018-2019 program year. Moving forward, Cathie is well positioned to provide strong leadership support to board operations.

Many thanks to this year's board members who demonstrated dedication to their leadership roles. Leadership at MCA can sometimes be a complicated endeavor, and MCA elected Presidents need the support of board members who autonomously and effectively complete the task to which they committed.

After a hiatus, MCA is back on board with Advocacy Day. MCA's commitment to holding an annual Advocacy Day continues to emerge and grow! Kudos to Advocacy Chair Rita Johnson for expertly organizing the February event; Dr. Janelle Bettis, for her highly informative and well researched Advocacy webinar; President-Elect Cathie Eaton for her willingness to reach out to the highest level of state government, and to each person who participated in this event. This year participant expertise increased exponentially from last year, something to count on as MCA continues to hold future Advocacy Day events.

In addition to the annual conference, MCA is offering contact hour events this program year. Scheduled workshops include ACA's "Ethics Deep Dive" held March 24 at Marymount University, and

we are partnering with PsyCoun.org for "What Brings You to Life" on May 19 from 10:30am-1:30pm in the Savage Branch of the Howard County Library, 9525 Durness Lane, Laurel, MD. MCA looks forward to a possible additional workshop this summer announced by Executive Director, Dr. Marsha Riggio.

Again this year, MCA cosponsored an ACA reception with the Johns Hopkins School of Counseling and the National Employment Counseling Association, a Division of ACA. The reception was well received with more than 150 people stopping by to join us. Dean Christopher Morphew, MCA President Karol Taylor, and Dr. Kay Brawley each said a few words about our long, positive relationship.

Congratulations to MCA divisions that sponsor successful conferences and/or workshops each year. MCA encourages each division to hold professional events that help to build your treasury and make contact hours available to your members in their area of expertise. As your treasury is built, please consider supporting your leadership participation in ACA's Institute for Leadership Training (ILT) each year <https://www.counseling.org/conference/institute>. In 2018, ILT takes place July 11-13. Participation in ILT can sustain the leadership skills of each of your executives, ensure your leaders better understand how MCA fits under the ACA "umbrella," and enhance MCA's reputation and influence in the counseling profession.

As a Career Counselor, I am keenly aware that leadership skills gained from volunteer experiences are excellent additions to your résumé. If you are interested in enhancing your leadership competencies, I highly encourage you to not only volunteer for MCA leadership positions, but also to energetically participate in the work of the board. With the contributions of committed board members, MCA will continue to grow in membership and in stature in our chosen field.

Karol Taylor
President, Maryland Counseling Association

News & Events

2018 Maryland Counseling Association Emerging Leaders Program

The MCA Emerging Leaders Program was designed to provide graduate counseling students, new professionals, and experienced professionals with cultivating experiences that support leadership skill and competency development, and diverse opportunities to actively participate in MCA Executive Board meetings, serve on a committee, task force, and/or engage in projects of interest, receive mentorship, build professional networks, and gain exposure to the responsibilities associated with fulfilling elected leadership positions.

Two individuals will be selected from the following applicant categories - graduate counseling students (master's or doctoral), new professionals (within one-year post graduation), and experienced professionals (graduated before 2017). MCA Emerging Leaders will provide a minimum of 30 hours of service to the MCA during the 2018-2019 fiscal year (July 2018 to June 2019). Recipients must be an MCA member at the time of application submission, and status (i.e., master, doctoral, new professional, experienced professional) should be based on student/graduation status as of June 1, 2018. New professionals must have graduated within the previous calendar year (2017) to qualify for the program; otherwise they should apply as an experienced professional. Emerging Leaders will receive free conference registration to the 2018 Maryland Counseling Association Annual and be recognized at the conference as an Emerging Leader. Recipients will also be recognized on MCA's website and also be featured in the MCA newsletter, *Compass Points*.

Applicants who have exhibited exceptional leadership potential and that hold a willingness to serve MCA in a variety of roles for the betterment of the counseling profession and the consumers of counseling services are sought. Please see *Emerging Leaders Overview* for more detailed information.

Interested applicants should submit the following to Cathie Eaton at eatoncj15@gmail.com **no later than May 25, 2018:**

1. The MCA Emerging Leaders application
2. Your curriculum vitae
3. Two letters of recommendation describing your leadership skills and experiences, and reasons why you should be selected to serve as an Emerging Leader

Applications can be found on the MCA website [here](#) or by navigating to the Professional Development - Emerging Leaders tab.

The selection committee will notify applicants of the status of their application by July 1, 2018. Upon receipt of an application, a confirmation email will be sent. If you have any questions, please contact Cathie Eaton at eatoncj15@gmail.com.

The committee is also interested in recruiting more MCA members to serve as mentors for the Emerging Leaders. We would like to create a robust database of counseling professionals. Those who are interested should email Sara Pula, Committee Chair, at pulas@trinitydc.edu.

Member Spotlight

Member and Committee Spotlights *Written by Jacqueline Jacobs, LGP, NBCC*

Melissa Wheeler, Bylaws Committee Chair

Melissa Wheeler is the current Chair of the Bylaws Committee. She currently lives in Northern Virginia, but is originally from North Carolina. She works as a counseling course faculty member with the University of Phoenix online in the Clinical Mental Health program. She also does teaching and administrative work at the University of Phoenix. Prior to working at the University of Phoenix, she studied school counseling and mental health at another online university. Her counseling experience is in career counseling with college students. She graduated from East Carolina University with a degree in Counseling Education. She is still trying to figure out her place in counseling but continues to help students “find out what they want to do.” It is natural for her to do career counseling. She enjoys teaching and doing leadership work.



Melissa got started on the Bylaws Committee when she was asked by the President, at the time, to lead that committee. Maryland Counseling Association (MCA) needed someone to help organize the committee and keep the process moving. Since she had previous experience as a Committee Chair, she accepted. Additionally, she is a member of the National Career Development Association. In this organization, she is the co-chair of the Research Committee. She started with this committee due to a recommendation from a colleague, who told her about their conferences and how much her colleague enjoyed them. Once she attended a conference, Melissa was hooked. She also won a research award for her dissertation. It made sense to join this committee.

Working with the MCA has made her more attuned to leadership work, as well as, helped her gain experience in organizing conferences. Her voice as an advocate has also been enhanced as she gained experience interacting with the board and with other counselors at conferences. MCA has been a stepping stone for her career. She has made connections with other colleagues and professionals to help in her career and her students' careers.

For self-care, Melissa works out daily at the gym to help release some of her stress. She has fun with her twin sons that she likes to hang out with, play with, and watch as they figure things out. If you are interested in the Bylaws Committee, Melissa can always use more help.

Maya Georgieva, Awards Committee Chair

I had the pleasure of interviewing Maya Georgieva, the Awards Committee Chair. She has been in this position for the last two years. Her journey began with an undergraduate degree in Psychology. Then she went on to complete her Masters in Clinical Mental Health Counseling and Doctorate in Counseling Education and Supervision. When she was in her doctorate program, it required her to get involved in leadership. She then joined the Virginia Counselors Association and the Maryland Counseling Association (MCA). MCA's Past President suggested the Awards Committee for her to gain experience in leadership. She has had fun participating on this committee and believes she belongs to a friendly community. Leadership also helped her build connections. It was through her connections that she landed a Counselor Educator position.

She teaches online as a Counselor Educator and works as a Counselor in a group practice. Most of her work on the Awards Committee is done in the fall. Some of her duties on the Awards Committee are sending out invitations for nominations, presenting the names to the board, ordering plaques, presenting awards at a ceremony, forwarding information to the Newsletter Committee and attending board meetings. There are five awards that are presented annually: Organizational Award-Outstanding Service in Maryland, Graduate Student, Leadership Award, Presidential Award, and the Outstanding Professional Award.



For self-care, she meditates daily including Qigong moving meditation. She also engages in walking and takes a break from work when needed.

continued...

Member Spotlight continued...

Marilyn Maze, Technology Committee Webmaster

I had the privilege of interviewing Marilyn Maze, Webmaster of the Technology Committee. Her history with the Maryland Counseling Association (MCA) started back in 2006 when she was the president-elect of the Maryland Career Development Association (MCDA), training under Karol Taylor to become the President. The following year she became president and became a member of the MCA Board representing the MCDA division. She invested the next six years being both Webmaster and Treasurer. At the same time, she was a Webmaster and Treasurer for MCDA.

First, she helped MCA find event registration software. After using it for a year, she realized MCA needed software that managed membership as well, and MCA switched to a new system. After a couple of years with that system, she discovered a better one, Wild Apricot, which MCA currently uses. In her role as the Executive Director of the Asia Pacific Career Development Association in 2012, she chose Wild Apricot for that organization and verified that it was much better. She then helped MCA switch to Wild Apricot before turning the website over to others. When Karol Taylor asked for her help again, she agreed to rejoin MCA to update the website. Her hope is to train someone else to take over and, together, develop an instructional manual.



One thing Marilyn finds helpful in website work is using Zoom. It allows the sharing of screens, so two people can work together virtually without physically meeting. Being a Webmaster can be a lonely position because the work has to be done alone. It helps if the Webmaster attends board meetings so the latest wishes of the board can be implemented on the website. Marilyn made one suggestion for the future for MCA is to maintain the history on the website. The website should include the bylaws and minutes of all board meetings, "It can include your history and all the board members can look at the history." The newest revision of the website consolidated topics so the menu changed from sixteen topics to six topics. Maintaining this thoughtful structure makes it easier for members to find the information they seek and to avoid duplicate or obsolete information.

When she joined the board eight years ago, it changed Marilyn's professional identity. She became aware of all the other types of counselors, the many settings in which members work, and what it is like to be a counselor in Maryland. For self-care, she works in her garden.

Member and Committee Spotlights *Written by Mala Hosmane, MCA Intern, Bylaws Committee Member, MAMCD Member, Membership Committee Member*

Michelle Schoonmaker, Newsletter Committee Chair

Michelle Schoonmaker is the current Chair of the Newsletter Committee. Michelle is a Licensed Clinical Professional Counselor. She works in private practice and in a hospital setting. She has been working for 5 years now since graduating graduate school. She works with high school age kids all the way up through older adults. She also works a lot with young women aging out of the foster care system. The main disorders that she treats are bipolar, trauma, anxiety, and depression. The majority of the clients are women.

The committee chose Michelle rather than her choosing the committee. She attended a Maryland Counseling Association (MCA) conference, when she first joined MCA, and attended the social afterward. She asked how she could help out, and MCA said they always need volunteers. There was only one person running the newsletter at that time, and they asked if she would be willing to help out. The other person, after a year and a half, changed jobs and left the board, so Michelle filled the slot as the Chair.

Michelle has not considered how her involvement in MCA may have changed her professional identity as a Counselor. In some ways, it has shifted her attention and focus on advocacy activities. However, Michelle also wants to help people at various levels, as well as, her profession. She feels that these efforts are one and the same.

continued...

Member Spotlight continued...

(Schoonmaker continued) Michelle does several things for self-care. Ideally, she works out multiple times a week when she can. She takes a Pure Barre class, which is a fitness class that combines pilates, yoga, and ballet into a fitness regimen that she adores. She tries to read and spend time with friends in between errands. She manages her work schedule well, as she does not start work early in the morning because she works late at night at the hospital. This way, she can work out or enjoy hot tea in bed to relax in the mornings. She has also started therapeutic sessions with her own therapist to talk about her issues and work through client issues at times. In general, she tries to incorporate her “me” time always.

Miranda Mixon, Registrar Committee Chair

Miranda Mixon is the current Chair of the Registrar Committee. Miranda is a Licensed Graduate Professional Counselor, and will obtain her full licensure this summer. She is a Mental Health Therapist at Innovative Therapeutic Services in Laurel, MD. She currently counsels over 30 clients experiencing depression, anxiety, trauma, grief, Bipolar, and Schizophrenia. Miranda counsels adults, couples and adolescents. She practices a person-centered therapeutic approach, and incorporates cognitive-behavioral, reality and solution-focused strategies. She has a high client retention rate and credits her clients for their hard work in achieving their goals. Miranda has exhibited efforts in practicing the fundamental value of counseling as a ministry discipline, where compassion, ethical standards and objectivity are crucial. She looks forward to becoming a mental health supervisor, specializing in trauma treatment. Miranda has obtained a Master’s in Counseling Psychology, a Master’s in Education, and a Bachelor’s in Psychology.



Miranda was inspired to join the Maryland Counseling Association (MCA) Board by her former Counseling instructor and Past President of MCA, Rufus “Tony” Spann. The Chair of Registrar Committee position was available, and she agreed to actively participate, collaborate and assist with organizing MCA conferences and events. Her main duty centers on the registration of participants for the annual MCA conference, as well as registration for any other MCA division events. Miranda felt joining MCA’s Board would be a great opportunity to enhance her knowledge of the mental health field in Maryland. Miranda also serves as Secretary of the Maryland Association of Marriage, Couples, and Family Counselors. In July of this year, she will become President-elect of that division.

Getting involved with the MCA Board has enhanced Miranda’s professional identity as a therapist. She has been involved with mental health leaders, who are doing exceptional work in the field. They have allowed her to participate in discussions to enhance the mental health field for therapists and consumers in Maryland. The experience has been invaluable and rewarding.

Miranda does several things for self-care. She and her husband have standing Friday night dates, where they explore different cities and restaurants. She is actively involved in her church ministries. She likes going to the movies, getting her hair and nails done, exercising and traveling.

Lenese Stephens, Program Planning Committee Co-Chair

Lenese Stephens is the current Co-Chair of the Program Planning Committee. Lenese was originally born and raised in Alexandria, VA. She became a Maryland resident in 2008, where she loved working and volunteering within the Prince George's County area. She has been a Licensed Counselor since 2013, and her focus has been on working with the incarcerated population as well as adults and adolescents within underserved communities. She believes that the marginalized population does not get the counseling services they need. Specifically, within the African-American community, she is an advocate for having difficult conversations and educating about the importance of addressing mental health. She provides counseling services to the homeless population, where many of the individuals who are homeless do not receive the proper supportive counseling they need to manage their stressors.

Lenese became involved with this committee because she loves planning events. She would really like MCA to be well known to all counselors as well as offer counseling education for both the community and counselors.

continued...

Member Spotlight continued...

(Stephens continued) She is a person who likes to talk, meet people, and make peoples' ideas come to fruition. She believes this position is the perfect position for her in MCA. One of her favorite events is the MCA Annual Conference. She serves as the frontline person for presenters and gets to meet new conference attendees and counseling students. The committee is an amazing opportunity for her to talk to a variety of people including people who want to learn about the counseling profession or be more active in the MCA organization.



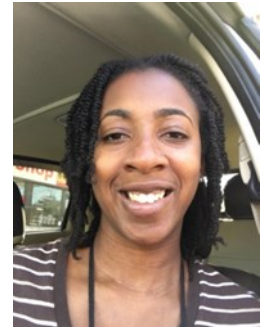
Lenese's involvement with MCA has changed her professional identity as a counselor. Lenese now looks at advocacy as an area she's growing in as an active participant within counseling as advocacy was something that she had not previously tapped into before becoming an MCA member. Now she is in an advocacy role and is strengthening this role within her own counselor identity. She views this role as being the "voice of the cause" and supporting the populations she's working with.

Lenese believes that her self-care is always evolving. She follows simple rules: if she is hungry, she eats; if she is thirsty, she drinks; if she is tired, she rests; and if she does not want to do something, she does not do it. With this being a daily mantra incorporated into her daily routine, she relies on the emotional and physical benefits of daily exercise. Her exercise choices include: spin cycle class, boxing, boot-camp, and weight conditioning. Understanding the benefits of self-care has allowed her to remain attentive, creative, and attuned to the needs of those she services.

If you would like to become involved with the Program Planning Committee, contact Lenese Stephens.

Kerri Legette McCullough Membership Committee Chair

Kerri McCullough is the Chair of the Membership Committee. Kerri is the oldest of four and the only girl in her family. She is also the only one of her siblings pursuing a doctorate degree. Her first experience of dealing with mental health was working as a Probation Officer. She was in her early 20s, had no experience with the mental health population, and did not know how to deal with it. Her original goal was to work in probation, but she saw the need in these other areas so she pursued a degree in counseling. While in school, she worked in D.C. at The House of Ruth with clients who were being seen for domestic violence, substance abuse recovery, mental health, in rehabilitative housing, and in mental health supportive housing. This work was the confirmation she needed about what she was supposed to do with her career. She obtained a counseling degree and license and has been working since 2012 in the counseling profession. Now as a doctoral student, she deals with policy, but she still prefers being in the trenches with people.



Kerri became involved in the Membership Committee last year, had a fun time doing it, and wanted to do it again. There was also a vacancy for the chair. Since she had served before and had some ideas for the committee, she said "why not" take the position. She noticed that, a lot of times, organizations have many people who are just members, but she made the decision to take a more active position in the organization. The committee was a great fit, because it was less taxing than other committees, as she was working her dissertation. Here, she can be the most effective as a member without taking up too much of her time and attention away from her dissertation.

Involvement in MCA has somewhat impacted Kerri's professional identity as a Counselor. Kerri thinks that she has always held certain ideals, on a personal level, related to counseling. She has grown in the field, more or less, as she has developed her knowledge base in the field. Wanting people to have a better quality of life has always been a part of who she is, and she is not sure if being part of this organization, other work, or a combination has influenced her in that aspect.

Kerri does self-care in a few of ways. Kerri is a T.V. bum. Typically she DVR's her weekday shows and either sleeps in or watches these shows on the weekends. Holidays or days off she spends time with family and checks out on watching T.V. For upcoming holidays, she may work on her dissertation for two hours and then spend the rest of the day relaxing. When it is her self-care time it is self-care time, and when it is work time, it is work time.

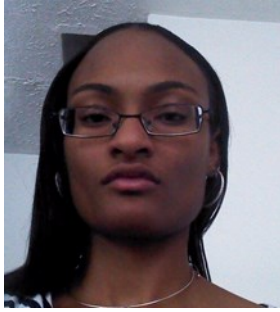
If you would like to get involved with the Membership Committee, contact Kerri. McCullough

Member Spotlight continued...

Meet the 2017-2018 Emerging Leaders

Mikyala Ayers, MA, LCPC

Many people experience various stressors in everyday life. I have a passion of working with people who have experienced the most severe life stressors yet have developed a resilience unlike most others. As a Program Manager of a mobile mental health treatment team for People Encouraging People, I assist severely mentally ill clients to navigate everyday life by guiding my staff of clinicians to provide wrap-around supports and services to them in the community. I have worked in the mental health field for 9 years: 1 year as a Counseling Intern at Montgomery County Crisis Center and 8 years in the mental health field at People Encouraging People as a Case Manager, Team Leader and Program Manager for various mobile mental health treatment teams. I graduated with a Master's in Community Counseling from George Washington University and a Bachelor's in Psychology from University of Maryland-College Park. I recently received my LCPC for the state of Maryland, as well as became certified to be a DLA-20 trainer. DLA-20 is a mental health assessment required for treatment authorizations through insurance providers.



Perri Hooper, BS Psychology, BS Sociology

I am a current Clinical Mental Health Counseling and Forensic Psychology student at Marymount University. I received a Bachelor's degree in Psychology and Criminal Justice from Towson University, in Baltimore, Maryland. Within the first year of the counseling program, I have presented at the VACES and Illuminate conferences involving research around gender dysphoria and eating disorders. I am currently a Practicum Intern at a juvenile detention facility in Northern Virginia, where I work with at risk youth. I am particularly interested in working with LGBTQ+ populations, which my current research is centered around. I have five years of leadership experience in my previous career and I hope to learn how to apply those skills to my counseling career. In the Emerging Leader's program I hope to network and learn from many professionals in MCA.



NOW ACCEPTING [APPLICATIONS](#) FOR 2018-2019
EMERGING LEADERS

Why Should You Join MCA?

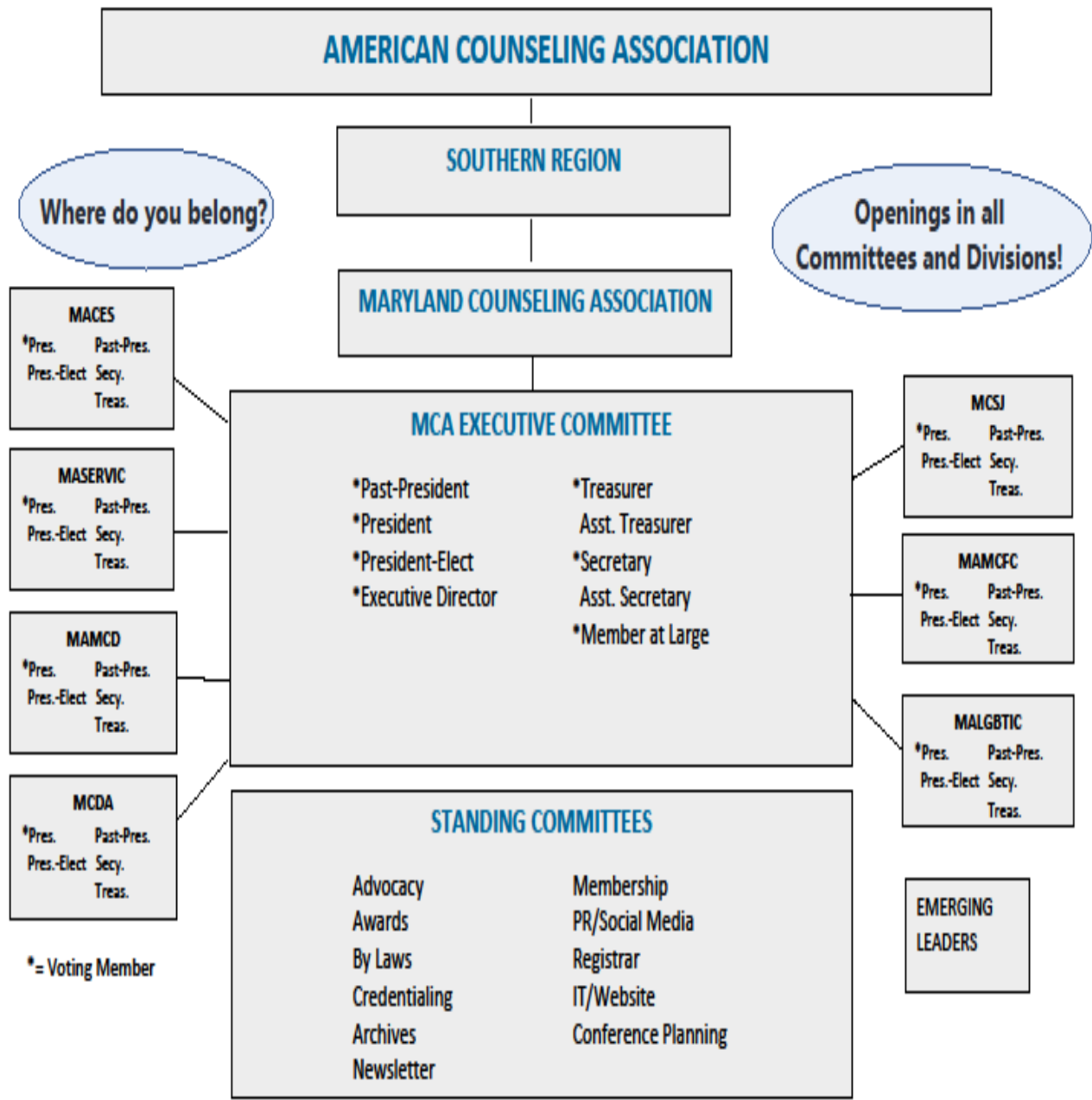
Membership is important to your professional growth and career development. It provides:

- Continuing education units at discount prices
- Early notification of MCA and all division events
- Current public policy issues and new laws of interest to professional counselors
- Grant opportunities
- Four newsletters and opportunities to publish and advertise
- Early notification of job openings in the field
- Leadership training and greatly reduced registration costs to annual, regional or national conferences for board members
- Support and advocacy for professional counseling in the state of Maryland
- Electronic reminders to renew your membership
- A list of events that you have participated in



[Click here](#) to join MCA today!

Not ready to join? Choose the non-Member Contact option for a no-cost way to add your name to our email list.



MACES-Maryland Association of Counselor Education and Supervision
MASERVIC-Maryland Association for the Spiritual, Ethical and Religious Values in Counseling
MAMCD-Maryland Association for Multicultural Counselor and Development
MCDA-Maryland Career Development Association
MCSJ-Maryland Counselors for Social Justice
MAMCFC-Maryland Association for Marriage, Couples and Family Counseling
MALGBTIC-Maryland Association of Lesbian, Gay, Bisexual and Transgender Issues in Counseling

MSCA Liaison	LCPC-M Liaison	MAMHC Liaison
------------------------	--------------------------	-------------------------

****MSCA**-Maryland School Counselor Association
****LCPC-M**-Licensed Clinical Professional Counselors of Maryland
****MAMHC**-Maryland Association of Mental Health Counselors
******These organizations are not active divisions, but we have liaisons with each.



To register for MCA or any of our events, please go to www.md-counseling.org

Find us on Facebook ([@mdcounseling](https://www.facebook.com/mdcounseling)) and Twitter ([@md_counseling](https://twitter.com/md_counseling))

Contact the MCA President for more information about committees and board positions.

DIVISION PRESIDENTS

MACES President

Cedric Rashaw
crashaw2@gmail.com

MALGBTIC President

Lia Gaudry
liagaudry@gmail.com

MAMCD President

Tonya Mackin
tonya.mackin@gmail.com

MAMFC President

Shannon Kakkar
sshoemaker5193@gmail.com

MASERVIC President

William Flythe
williamflythe@gmail.com

MCDA President

Sabira Vohra
sabira.vohra@gmail.com

MCSJ President

Chioma Anah
dr.c.anah@gmail.com

MSCA President

Edward Reed
coachedreed@gmail.com

COMMITTEE CHAIRS

Advocacy Chair

Rita Johnson
ritajohnson@gmail.com

Archives Chair

Sarah Gilden
sgilden@gmail.com

Awards Chair

Maya Georgieva
mng59297@marymount.edu

Bylaws Chair

Missy Wheeler
melissa.maw@gmail.com

Credentialing Chair

Michelle Wade
michelle.wade.LCPC@gmail.com

Emerging Leaders Chair

Sara Pula
pulas@trinitydc.edu

Membership Chair

Kerri Legette
Membership@MDCounseling.org

Newsletter Chair

Michelle Schoonmaker
mcanewsletter2@gmail.com

PR/Social Media Co-Chairs

Marybeth Heather
marybethaheather@gmail.com

Emily Lamoreau

elamoreau@me.com

Program Planning Co-Chairs

Lenese Stephens
lenesestephens@gmail.com

Sarah Vayda

svayda1@jhmi.edu

Registrar Chair

Miranda Mixon
mirandamoveshomes@yahoo.com

Webmaster

Marilyn Maze
mazemd@hotmail.com