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Compass Points

MARYLAND COUNSELING ASSOCIATION (MCA) A BRANCH OF ACA

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

President's Letter: A New Year = A Time to Renew



Hello Maryland Counseling Association members,

I hope that our issue of the newsletter finds you in a fabulous beginning to the new year. As I reflect from the holiday season, a new year always happens to serve as a fruitful time to renew. We are currently at the midpoint of the fiscal year, and we have had some beautiful moments and accomplishments to celebrate. I am grateful for a successful MCA conference. As I express my gratitude, it is not only for the members and participants who dedicatedly and enthusiastically joined us that week, but it is also my extensive and deep gratitude for the hardworking team that has actively planned the conference and resolved issues time and time again. This conference would not be possible if it were not for the phenomenal leadership team in MCA. It was such a thrilling adventure for a conference at a new venue. Additionally, it was clearly an honor to share in the excitement and energy with our conference attendees. This energy is what truly inspires me, and my hope is that we, as an organization, can offer this energy to you in a reciprocal manner.

As we move through the midpoint, we are preparing for the significant transition to our president-elect Karol Taylor who will take over the reins on July 1, 2017. I am thrilled for her vision of her presidential year along with the energy dedicated to planning and preparing for our 50th Anniversary Conference in 2017! Can you believe MCA has been in existence for 50 years? Please stay tuned for conference preparations and more news about the conference, especially award nominations, proposal submissions, keynote speaker, venue details, and new logistical information. We were excited to revive the awards program at the conference, and we look forward to growing the program for the 50th Anniversary Conference!

The reflections of a new year invigorate my energy for our team to continue serving you—our members. We continue to build upon a trajectory of growth, particularly in filling additional committee placements throughout the year and reviving committees. Many of our divisions have exponentially increased their presence, and we are proud to support each of them as they take on their division events, trainings, and annual conferences throughout the rest of the fiscal year. In particular, you will likely see or have seen the news about MCDA, MAMCD, MACES, MALGBTIC, and MASERVIC in the near future! We are always searching for new colleagues to construct strong, sustainable leadership and involvement across the divisions and committees, so please feel free to reach out to me or any of the division presidents to connect you. Remember that your voice *matters*.

As I close this message, my hope for you is to reflect on these two questions:

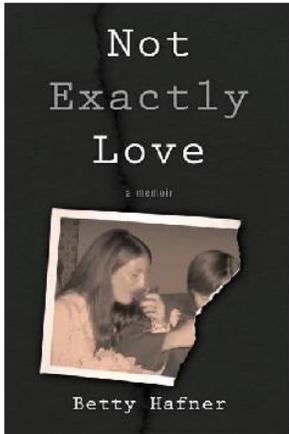
- (1) What stirs your passion and energy in the counseling profession?
- (2) Which relationships help you reinvigorate your energy?

Thank you for your wonderful commitment and energy in our organization, and we look forward to continue serving you!



Always in your service,
Christian D. Chan, MA, NCC
President, Maryland Counseling Association

cchan530@gwmail.gwu.edu, 626-378-1339



"Exceptionally well written, brutally candid, and ultimately inspiring."

Midwest Book Review

"Hafner writes eloquently about being in an abusive relationship."

Rosalind Wiseman, author, *Queen Bees and Wannabees*

Betty Hafner, MS, NCC shares her story to raise awareness of domestic violence through a gripping memoir of her '70s marriage.

Learn more: <http://www.bettyhafner.com/book/>

Available wherever books are sold



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

Find us on Facebook (@mdcounseling) and Twitter (@md_counseling)

Don't miss out! We'll publish the next newsletter in May; send your submissions by April 21st. Check your email for deadline reminders.

Unemployment exacts a toll that goes beyond economic concerns to psychological ones.

Maryland New Directions is here to help!



MND is a 43-year-old non-profit organization offering no-cost career counseling and job search skills training. We assist low-income Baltimore residents, 18-60 years of age entering or re-entering the workforce with a variety of employment barriers.

Our Program Offers

- One-on-One Job Coaching
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To learn more about our program and requirements call 410-230-0630 or email Stefanie Hopkins at shopkins@mdnewdirections.org. We will gladly come speak at a staff meeting or other gathering.

Maryland New Directions – 2700 N. Charles St, Suite 200 – Baltimore, MD 21218 –

News & Events

Annual Conferences

2017 American Counseling Association Annual Conference

March 16-19, 2017 in San Francisco, CA

<https://www.counseling.org/conference/sanfrancisco2017>

Stay tuned for details on a co-hosted social event with MCA.

2017 Maryland Counseling Association Annual Conference

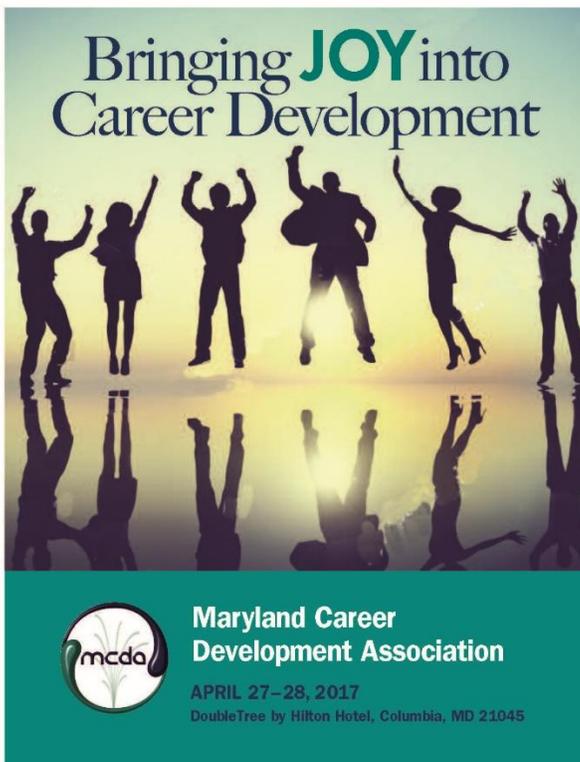
Be on the lookout for details and dates!

<http://www.mdccounseling.org/>

Save the date for **MCDA's 2017 Annual Conference** on April 27 and 28, 2017. Doubletree Hotel, 5485 Twin Knolls Road, Columbia, MD. Registration and Workshop proposals open soon.

<http://www.mdcareers.org>

This year's theme: *Bringing Joy into Career Development*



MCDA promotes awareness of the need for lifelong career development by increasing public knowledge of career issues and services and by supporting the development of career professionals. This popular conference is attended by 100+ career and school counselors, counselor educators, workforce development professionals, career development practitioners at all age levels (K-12, post-secondary, adult) and in all settings (school, college and university, government, military, business, agency, one-stop career centers, corrections, and private practice).

Looking for innovative play therapy training? Look no further!



Understanding & Treating Trauma in Children Using Drama & Play Therapy

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Traumatic Grief in Play Therapy

July 20, 2017, Prince Frederick, MD

Why Play Therapy, Sandplay & Expressive Therapies

Work, Insights from Neuroscience
August 12, 2017, Baltimore, MD

Technological Advances & Considerations in Play Therapy

October 21, 2017, Baltimore, MD

Virtual Sandtray App & Other Digital Tools for Use in the Play Therapy Process

October 22, 2017, Baltimore, MD

2017 SUMMER PLAY THERAPY BOOT CAMP

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Prince Frederick, MD

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&
Creative Play Therapy Interventions for
Bereavement and Divorce

Queens, NY: March 16 & 17, 2017
Bethesda, MD: March 31, & April 1, 2017

Articles

A Path to Greater Inclusivity: Lessons from the 2016 Election *Written by Hope Rubin, MA; Student, MS/PhD program, Loyola University Maryland's Department of Pastoral Counseling*

The concept of ingroups and outgroups is not new. Most people who have matriculated through the school system have personally experienced or observed bullying and the factionalization of children into social cliques. The implications of “ingroup” or “outgroup” membership may result in lifelong consequences, including onsets of depression and anxiety (see for instance Brandt et al., 2012). In order to address the severely troubling impacts of bullying and discrimination, we, as counselors, must understand the implications of social identity and encourage young people to connect with their natural tendencies for inclusivity.

The vitriolic nature of the 2016 election has stoked fears and divisiveness among adults and, consequently, filtered down to life on the playground. We, as counselors, must be cognizant of the influences of the current political climate on bullying and the experiences of children and their families. For example, though derogatory racial, ethnic, and religious slurs have been used across generations, it is a relatively new phenomenon for children to degrade their peers by referring to them as “terrorists”. Thus, as political rhetoric centers on such topics as erecting walls and banning Muslims, we may forget that children are listening; taking cues from adults about how to engage with diversity, construct their social worlds, and decide who “belongs”.

As counselors, we are ethically mandated to demonstrate sensitivity and respect regarding diversity. This includes maintaining competency in understanding the distinct challenges faced by children in Muslim and immigrant communities. For example, at present, Muslim students in Montgomery County have reported damaging experiences of bullying and discrimination. According to a survey by the Silver Spring-based Muslim Community Center (MCC), one-third of 3rd through 12th graders reported incidences of bullying due to their religious identity; one in ten stated that they were “physically harmed or harassed”. Additionally, the International Cultural Center’s January 2016 survey of Muslim American youth found that discrimination was not limited to peers; ten percent reported that they felt a teacher or administrator had treated them unfairly because of their faith (St. George, 2016). These findings, which are congruent with national trends, are perhaps particularly disconcerting given that Montgomery County is amongst the comparatively most diverse in the nation.

Research by Jones, Manstead, and Livingstone (2011) suggested the central role of social identity processes in school bullying. According to Jones et. al (2008), “bullying should also be conceptualized as an intergroup process that is structured by social identity related dynamics” (pg. 127). Social identity comprises those elements of our self-concept that is related to membership in one or more social groups and the affective experiences and values associated with these affiliations (Tajfel, 1978). Seminal findings in Social Identity Theory (SIT; Tajfel, 1974, 1978; Tajfel & Turner, 1979, 1986) and Self-categorization Theory (SCT; see for instance Turner, Hogg, Oakes, Reicher, & Wetherell, 1987) discussed the interplay between an individual’s self-concept and desire for security with her/his membership in social groups. Though intergroup conflict is not necessary to enforce group distinctiveness or individual identity, in times of heightened tensions and chronic conflict, rigid intergroup boundaries, apparent ingroup bias, and the derogation of “outgroups” may be present (Cairns, Kenworthy, Campbell, & Hewstone, 2006; Livingstone & Haslam, 2008).

Though intergroup divisiveness and “outgroup” hate may appear seemingly innate, so, too, are the potential solutions. For example, according to Dr. Lisa Miller (2015), children have an inherent spirituality and capacity to recognize the interconnectedness of all of life. Because of their natural capacities for empathy, young children may be unable to differentiate between their feelings and the suffering and injustices experienced by another. Miller claimed that if these natural tendencies are encouraged, there may be an enhanced ability to respond with empathy to situations later in life (Miller, 2015).

Empathy provides a doorway into “the other’s” subjective experience, thereby, reducing rigid interpersonal boundaries and misunderstandings. When children derive benefits through membership in the “ingroup” and consequent bullying of outgroup members, interventions are needed to bring kids together. As Miller’s work implied, adults may encourage children’s inherent capacities to perceive interconnectedness and reinforce neural pathways that foster cognitive and affective empathy. In doing so, we promote children’s natural inclinations for compassion and also direct underlying tendencies for ingroup preference toward perspectives that may, instead, promote tolerance, diversity, connection, and mutual curiosity. As counselors who may work with children, we can help targeted groups cope and encourage dominant groups to demonstrate inclusive social behaviors.

As humans, we are biologically programmed for connection and bonding; this natural need may be distorted into negative tribalism when we experience a sense of threat. Thus, the need for connection and belonging may contribute to ethnocentrism or, alternatively, promote unity. In a climate in which American-born children of immigrant families have begun to ask their parents, “will we need to leave here?” we need to reinforce children’s sense of belonging: one of our basic human needs. By helping children tap into their inherent capacities for interconnectedness and empathy we help them build bridges rather than erect walls and, thus, minimize the negative implications of the contemporary political discourse on our most vulnerable citizens: our children.

continued...

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Reflections on the MCA Conference *Written by Michael C. Lazarchick, PhD*

"Who we are becomes real as we act out our person concept of existence" – a quote from me in a 1982 Newsletter

It was an honor being accepted to present at your annual conference. Conferences are about rejuvenation and they always attract some of the most professional and most successful individuals. Students and new professionals exuded talent and potential. Counselor educators and "seasoned" practitioners overflowed with wisdom. I thoroughly enjoyed the experience and expanded my network of contacts significantly.

You elected a gem to be your president elect. I share a passion for career development and employment issues with Karol Taylor. We have been close colleagues and friends now for over a decade. We have taught together in the GCDF Certification NECA, which is offered completely on-line. Karol now offers a face-to-face program in Maryland. I applaud your wisdom and good fortune by bringing Karol into your local leadership.

I have been to many conferences over the years and know what it takes to pull off such an event. Kudos to your executive board for a job well done. Christian Chan apparently experienced an excess amount of stress from his leadership role in the conference. He was suffering from upper respiratory congestion when he came into my wellness presentation on the last day and volunteered to be "healed". He and the other participants did an "unconditional love" meditation to elicit calmness. Then I did an Emotional Freedom Technique (EFT) process with Christian while the group visualized healing energy flowing in his direction. EFT utilizes meridian points on the body (similar to acupuncture but less invasive) designed to release trapped negative energy. After the workshop, he told me he felt better and really appreciated the positive effects of the technique.

Overall, I believe we all had fun as we explored various concept of wellness in body, mind and spirit. I was asked if I had any tips, especially for the aging population. The very short version:

- Move your body, stretch and walk every day and be engaged with your life.
- Be careful what you put in your body. It becomes harder to process toxins as we age.
- Do something that makes you laugh and have fun every day.
- For at least 10 minutes every day, focus on positive self-talk or listen to a guided meditation.
- Forgive yourself for your transgressions and love yourself unconditionally.

"The concept of total wellness recognizes that our every thought, word, and behavior affects our greater health and well-being. And we, in turn, are affected not only emotionally, but also physically and spiritually." Greg Anderson (American Wellness Project)

The Legacy of King: Counselors as Advocates for Social Justice Written by Chioma Anah, Ed.D., NCC, LCPC, ACS - PerceptA Therapeutic & Training Center, LLC

Dr. Martin Luther King, Jr., was an agent of social change, and every third Monday in January we honor his legacy. Inspired by Gandhi's nonviolent stance, King fought tirelessly against racial inequality, segregation, and other discriminatory laws and practices in the United States. Further, he was a pivotal figure during the Civil Rights Movement, and urged Black Americans and other advocates for equality to continue their fight for racial and social justice, and promote human rights.

Although the civil rights movement yielded significant changes in racial relations in the United States, sadly, we are still confronted with oppression and social inequities today. The hateful rhetoric that plagued the more recent election cycle, is evidence of just how divided we are as a nation, and more than ever, the call for social justice is prevalent and pressing today.

As counselors, how do we continue King's legacy as advocates for social justice? More than ever, it is critically important for counselors to be firmly rooted in social justice and multicultural competence, and incorporate social justice advocacy in their work with clients (Ratts, 2009; Anah, 2016). In keeping with King's legacy, this article addresses what it means for counselors to be advocates for social justice, borrowing from works by D. W. Sue, Arrendondo, & McDavis (1992), Goodman et al. (2004), Day-Vines et al. (2007), and Sue (2015).

What is Social Justice?

Social justice is defined as, "a process of acknowledging systemic societal inequities and oppression while acting responsibly to eliminate the systemic oppression in the forms of racism, sexism, heterosexism, classism, and other biases in clinical practice both on individual and distributive levels" (Odegard & Vereen, 2010, p. 130). Social justice is also an inclusive enterprise where people come together to work to change oppression, marginalization, and other forms of power inequities within systems (Caldwell & Vera, 2010).

Key Areas of Social Justice work for Counselors

Multicultural competence cannot be achieved without a commitment to social justice (Ratts, 2009). To this end, an important question to ask ourselves as counselors is, "**what does it mean to be an advocate for social justice?**" Goodman et al. (2004) have outlined six principles that define social justice work for mental health providers, which includes the importance of self-examination, sharing power, giving voice to the oppressed, facilitating raising consciousness around systemic oppression, building on client strength, and arming clients with tools for social change. In this article, the author proposes three areas of social justice advocacy work for counselors: **Personal, Professional, and Systemic work**, and each area is assigned specific actions and tasks designed for those advocacy areas. This article primarily focuses on social justice work with clients of color and other marginalized groups.

1. **Personal Advocacy.** Personal development and self-care are important elements of social justice work for counselors (Toporek, Gerstein, Fouad, Roysircar, & Isreal, 2006). It is incumbent on the counselor to actively engage in self-care and personal development in order to be an effective social justice advocate.
 - a. **Self-care.** Taking care of basic needs, personal management, social support, and peer supervision.
 - b. **Personal development.** Self-awareness, self-exploration, self-assessment, and self-regulatory work, which includes cultural competency; awareness of own biases, assumptions, stereotypes and worldviews, and awareness of the worldview of their culturally diverse clients (D.W. Sue, Arrendondo, & McDavis, 1992).
2. **Professional Advocacy.** Professional tasks and actions when working with clients: The social justice needs of clients are critical for therapeutic change, and should be integrated into counseling practice.
 - a. **Understand the historical and cultural context of client.** "It is incumbent upon the counselor to recognize the cultural meaning of phenomena assigned by the client and to translate cultural knowledge into meaningful practice that results in client empowerment" (Day-Vines et al., 2007, p. 402).
 - b. **Listen, Validate, and Empower.** Empower clients by compassionately listening to their stories, and validating their racial/ethnic realities (Sue, 2015; Anah, 2016).
 - c. **Open and honest discussions about race with client.** Sue (2015) suggests that true open and honest dialogue about race leads to greater understanding about race and racism, which leads to greater racial sensitivity, and harmonious race relations. In addition, counselors are to coordinate their discussions about race with the level of comfort and willingness the client of color is able to discuss such topics (Day-Vines et al., 2007).
 - d. **Share effective coping skills and resources,** particularly counselors of color who have experienced inequalities, oppression, and microaggressions.
 - e. **Build on client strengths** (Goodman et al., 2004), **assets, and opportunities for growth.**
 - f. **Arm clients with effective tools for social change** (Goodman et al., 2004).

3. **Systemic Advocacy.** Work to change values, policies, and laws that negatively impact marginalized groups.
 - a. **Challenge and reject rhetoric and imagery that perpetuates racial stereotypes** (Sue, 2015; Anah, 2016).
 - b. **Give voice to oppressed people and raise awareness of systems contributing to oppression** (Goodman et al., 2004).
Work to change values and policies that oppress marginalized groups.
 - c. **Collaborative decision making process in an effort to share power** (Goodman, et al., 2004).
 - d. **Scholarship.** Address gaps in counseling research and literature highlighting oppressive practices, and their effects on marginalized groups.

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Member Highlights

Recently MCA brought back its awards program to highlight ongoing contributions of our members. We'd like to recognize and congratulate the following individuals who were presented awards at our most recent annual conference:

2016 Diversity Achievement Award presented to Amy Rakusin

2016 Outstanding Professional Award presented to Dr. Shauna Reynolds

2016 Past President Award presented to Dr. Stephanie Dailey

2016 Presidential Service Awards presented to Emily Lamoreau and Marybeth Heather

Finding and Keeping **Real Love** in the New World of Dating



8 Week Group Workshop on dating and building true intimacy and connection for singles, based on the work and wisdom of leading therapist researchers, including Ken Page, Harville Hendrix, Brené Brown, Katherine Woodward Thomas and Stan Tatkin.

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Job Opening

Restore Rehabilitation, LLC, a Regional Case Management Company, is in need of Bilingual Vocational Counselor's experienced in Workers' Compensation Field Case Management in the Baltimore/surrounding Maryland area. Experience is a plus! Must have a degree in social work, counseling, human service field and be eligible to obtain the required certification through the state of Maryland Workers Compensation Commission.

Restore Rehabilitation has continued to grow, so come be a part of our strong team of case managers. You would work from home, travel locally and receive mileage reimbursement. This is a full time salary position with bonus potential. Available benefits include: Medical, Dental, STD, LTD, Life Insurance 401K, PTO, home office support, and more. We care about our employees and provide a fair and positive work environment!

To learn more about Restore Rehabilitation LLC, you may call us at 410-581-8771. Resumes may be sent to jobs@restorerehab.biz. We are an Equal Opportunity Employer.



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
- Free registration to all MCA conferences and workshops for board members
- Electronic reminders to renew your membership
- A list of events that you have participated in
- Support and advocacy for professional counseling in the state of Maryland



[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.



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