



Maryland Counseling Association

A BRANCH OF ACA

COMPASS POINTS

ISSUE 15 | VOLUME 1 | SUMMER 2022

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Mission

“SERVING THE COUNSELING,
GUIDANCE, AND HUMAN
DEVELOPMENT PROFESSIONS”

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Cathie Eaton



Letter from the President

Greetings,

I am honored to serve as the President of the Maryland Counseling Association (MCA). So many of us teach students, supervise interns and licensed graduate counselors, manage a practice, and assist the clients we serve. We are also carving out time for self-care and addressing our mental health needs critical to overall wellbeing. Self-care and self-reflection are essential to intentional positive outcomes in the world we are navigating now.

MCA hopes to continue to support you during my term and beyond. Later this year, I will host a virtual informal community of counselors who may need a place to connect, share, and support one another. I will also host a series of webinars to connect counselors to Courageous Conversations. My hope is to have a better understanding of one another and create a human connection. I am super excited about the 65th Anniversary Conference: Multicultural Focus in an Ever

Changing World. The anniversary conference will be held virtually on October 14th and 15th, 2022. Please see the MCA website for further information; early bird registration ends on August 15th, 2022.

During my term, I have tasked the divisions with offering additional resources to membership and webinars that will have available continuing education credits. We will also send out a survey to determine your interests and what you need as a member. We also invite you to get involved with MCA, in a division or with one of our committees. Collaboration is key to success; in that theme, I look forward to the year ahead.

Pat Dudley,
LCPC, NCC
[President,](#)
[Maryland](#)
[Counseling](#)
[Association](#)



Letter from the Executive Director

Greetings!

We are so excited for our 65th anniversary conference, **Multicultural Focus in an Ever Changing World**, which will be held online October 14 and 15, 2022! We are proud to host our Keynote Speakers, Kok-Mun Ng, PhD, LPC, LCMHC, ACS, NCC and Aliya Jones, MD, MBA. We hope you can join us for two full days of educational sessions with opportunities to network and connect to other counselors and MCA members!

We look forward to networking with our many sponsors and vendors during our conference! Special shout out to our first conference sponsor:

Greenbrook
TMS NeuroHealth Centers
greenbrooktms.com

We are especially excited to announce that we will be partnering with Walden University! Please look for more details on our website about this added benefit to our members!

This year, I will have the pleasure of mentoring one of our Emerging Leaders. Please welcome MyKeia Garrett, a master's level student at Liberty University in Clinical Mental Health Counseling. Like many others in our field, MyKeia's journey will be a career change that builds on previous career strengths and experiences. We are pleased to have her join our organization and support her professional development.

Please consider applying for the next cycle of Emerging Leaders with MCA. Kindly contact

our Emerging Leaders Chair, Jasmin Sias at ELchair@MDCounseling.org

In this season of change, we hope that you take the time to consider future growth opportunities while attending to your current needs and desires. As counselors, we help our clients focus on not just their immediate needs, but with attention through different lenses to facilitate growth and change. It would be good to remember that wisdom for our own selves.

With appreciation,

Catherine "Cathie" Eaton, LCPC, GCDF, NCC
[Executive Director, Maryland Counseling Association](#)

*Headshot courtesy of Digital Magic
Photography and Design*





65th Anniversary Annual Conference

“Multicultural Focus In An Ever Changing World”

14-15 October 2022

Online via Zoom

Earn up to 14 NBCC Clock Hours

Maryland Counseling Association, Inc. has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2021. Programs that do not qualify for NBCC credit are clearly identified. Maryland Counseling Association is solely responsible for all aspects of the programs.



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Web: www.nbcc.org
Phone: 301-491-9100
NBCC-ACEP# 2021

Early Bird
2-Day rate \$140
Until Aug 1 2022



MCA Vendor & Sponsorships Opportunities 2022 Annual Conference

1

VIRTUAL VENDOR \$75

Share your business with our attendees through a 30 minute drop in Zoom Break Out room. Business card publication in our Online Conference Brochure is included.

2

AWARD SPONSOR \$500 (1)

Primary placement of your business name/logo above listing of 2022 Awardees. Inclusion of your business card publication on our Brochure and weekly E-Blast for 4 weeks

3

WIFI SPONSOR \$600 (1)

Primary placement of your business name/logo in multiple places on Conference Brochure, business listing in our weekly E-Blast for 6 weeks, and a free MCA T-Shirt!

4

BRONZE SPONSOR \$750

Same benefits as a WIFI Sponsor, plus inclusion of one free Conference Registration and 1/4 page ad in our Newsletter

5

SILVER SPONSOR \$1000

Same benefits as BRONZE Sponsor, plus 1/2 page ad in our Newsletter

6

GOLD SPONSOR \$1500

Same benefits as SILVER sponsor, plus 2 complimentary conference registrations, and 8 weeks advertising in our weekly E-Blast.

7

KEYNOTE SPONSOR (2)

All the benefits of the GOLD sponsor level, primary placement of ads on conference advertising, plus full page ad in our Newsletter

Purchase your sponsorship or vendor slot here:
<https://mdcounseling.org/event-4750512>

Questions? Please contact Executive Director Cathie Eaton
Exec@MDCounseling.org

Native American Lessons from White Earth Nation: Drum and Medicine Bag Making

SATURDAY, SEPTEMBER 10, 2022
BOWIE STATE UNIVERSITY
12PM TO 3PM
3 NBCC CLOCK HOURS



Maryland
Counseling
Association

Create an authentic Native American drum and medicine bag and learn new counseling skills!

In this three hour intensive workshop, Dr. Carol ZA McGinnis honors her commitment to sharing the knowledge from the Native American Anishnaabe people of the Ojibwe Tribe from White Earth Nation. In this experiential seminar, participants will identify Ojibwe Native American cultural values, complete a self evaluation to recognize potential value imposition, develop new counseling skills in alignment with Native American teachings and spiritual beliefs, and discuss how Native American drum and medicine bag creation is a useful counseling intervention for clients. Each participant will create their own drum and medicine bag, made of ethically sourced leather to take home. No special skills or experience are necessary.

Please note: Public Health and COVID19 protocols may require participants to wear a mask, show proof of vaccination and/or negative testing, and social distancing as recommended by the State of Maryland or Bowie State University at the time of the workshop.



Carol ZA McGinnis PhD, SIP, BC-TMH, NCC, LCPC is currently Associate Professor and Admission/Retention Chair in the Graduate Counseling Program at Messiah University. She currently serves as Past-President of the Maryland Counseling Association (MCA), is trained as a Spiritually Integrated Psychotherapist (SIP) trainer through ACPE, and previous president of the Maryland Association of Spiritual, Ethical, and Religious Values in Counseling (MASERVIC) division. In 2022, Carol will begin her term as Chair-elect of the ACPE Psychotherapy Commission and conducting test-retest research on the usefulness of her new STAR: Spiritual Themes Assessment and Reflection Field Experience/Practitioner Workbook. Carol's areas of research have focused on anger as a positive emotion (www.anger.works), Xbox video gaming, and psycho-spiritual diversity as important aspects of contemporary counseling. Her clinical practice has included work with teens and troubled youth, geriatric populations, mobile therapy, community mental health counseling, private practice, and online TeleMental Health services.

Prices Including materials and 3 NBCC Clock Hours:

Student/Retired \$110
MCA Members \$125
MCA Non-Members \$150

Maryland Counseling Association, Inc.
915 Russell Ave, Suite B
Gaithersburg, MD 20879

www.mdcounseling.org Phone: 240-401-8686

Refund Policy: As a 501c(3) non profit organization, the Maryland Counseling Association, Inc. uses all the funds to support the mission, vision, purpose and needs for counselors in the State of Maryland. Therefore, all registration fees are final and non-refundable.



Maryland Counseling Association, Inc. has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2021. Programs that do not qualify for NBCC credit are clearly identified. Maryland Counseling Association is solely responsible for all aspects of the programs.

LGBTQ+ Professional Development Group

Support for counselors who identify as, or work with persons who identify as, LGBTQ+

Organized by SAIGE-MD

This event is not eligible for NBCC Clock Hours



Last Wednesday of every month
Virtual

Free for SAIGE-MD members
\$5 Otherwise

Upcoming meetings:

July 27th

August 31st

September 28th

October 26th

Questions? Please email SAIGEMD@MDCounseling.org
[Register Here Under Upcoming Events](#)

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<https://danielmayerlaw.com>

contact_us@danielmyerlaw.com

REMINDER: A letter was sent out from the Board of Professional Counselors and Therapists in October 2019 regarding approved supervisor status.

To All Maryland Board Approved Supervisors,

The Board would like to clarify how a licensed clinician who holds a supervisor status should indicate this information as part of their qualifications in their field of practice. Having a supervisor status is not a license and should not be included as part of your credential such as i.e., LCPCS or CAC-ADS etc. Those with supervisor status should indicate this information as a separate part of their documentation or verification. Our website has information on Board approved supervisors available to the public for verification purposes.

The Board hopes that this will alleviate any confusion for those who would like to document their status as a supervisor in a professional and legal manner.

The original letter from the board explaining how Board Approved Supervisors should indicate their licensure is here: <https://health.maryland.gov/bopc/pdfs/pletchair.pdf#search=LCPC%2DS>

For those with multiple licenses in different states, the usual and customary way is to write it as: (LCPC - MD) (LPC - DC, VA) and indicate board approved supervisor on a separate line.

Articles

Consent Decrees and Crisis Counseling: Experiences and Opportunities Working in a Promising Partnership with Law Enforcement

Written by Christopher Krueger, LCPC, CBT+, CGCS

In 2017, the City of Baltimore and the Department of Justice (DOJ) entered into a Consent Decree, a court-enforceable agreement to resolve the DOJ's findings that the Baltimore City Police Department (BPD) had engaged in a pattern of violating citizens' constitutional rights. As a part of this agreement, the BPD was to provide mental health crisis intervention training (CIT) to its officers. This training has allowed for forming a specialized unit within the BPD- the Crisis Response Team (CRT). This team pairs three CIT officers with a Baltimore Crisis Response, Inc. (BCRI) licensed counselor or social worker to respond to emergency calls that involve a significant mental health/mental health crisis component. The team also visits individuals who have recently experienced mental health crises. During these follow-up visits, CRT provides them with mental health resource information, safety planning information, and additional worksheets to help motivate them to continue to engage in helpful mental health treatment. Behavioral Health Systems Baltimore, the local behavioral health authority, contracts with BCRI and the BPD to hire for this position. I was fortunate enough to take on this role in July of 2021.

In one of his many books, famed psychiatrist and psychotherapist Viktor Frankl recounted a story of a woman who telephoned him at three o'clock in the morning, stating that she was intending to commit suicide and "was curious" as to what the doctor's response would be. Frankl says that he replied with "all the arguments" against suicide until she promised him she would at least come to visit him at the hospital during business hours that day. Meeting with her, Frankl stated, "...not one of the arguments I offered impressed her. The only reason she had decided not to commit suicide was the fact that, rather than growing angry because of having been disturbed in my sleep in the middle of the night, I had patiently listened to her and talked with her for half an hour and a world—she found—in which this can happen, must be a world worth living in" (Frankl, 2014). This story demonstrates the meaning-making, uniquely human element of counseling. Frankl often spoke of the importance of "the human element" in counseling. Thus far in my career, performing crisis counseling work with the Baltimore Police Department's Crisis Response Team has offered me the most enlightening experiences of this human element in our field. This article will share some of those experiences and provide examples of the growth opportunities these experiences have provided.

In October of 2021, CRT received a call on their dispatch radio asking for assistance with an African-American woman who had gotten into an argument with her boyfriend and had subsequently become intensely distressed, e.g., going into the bathroom, locking the door, and threatening to harm herself. I disagreed with the responding officers about writing an emergency petition for the woman. After exiting the bathroom and being calmed and persuaded to speak with me, the woman stated she was looking forward to speaking w/ her mother that afternoon, as her mother, according to the woman, was a strong natural support. The woman was also adamant about not wanting to be forced to go to a hospital, stating, "I want to talk to my mom later about this. That's the only thing I'm looking forward to doing today. Don't want to be dragged off to the hospital". I asked her what could happen between now and when we left for our visit to be worthwhile. We agreed that we wanted to finish our interaction today, both feeling confident that she would be safe and that I would be able to revisit her to follow up in a couple of weeks.

continued...

She and I continued to use calming techniques, e.g., mindfulness and relaxing breathing, soothing sensory input, etc. We assessed what her needs might be to help her overcome the stress she found herself feeling that day. We wrote a detailed safety plan. We identified "warning signs" that she was on the way to engaging in harmful behavior and highlighted ways to create a more soothing and safe environment, e.g., pleasant scents, textures, photographs, making dangerous objects more difficult to access, etc. We discussed further her reasons for continuing to engage in the outpatient mental health treatment she received. We ended our meeting on a positive and hopeful note. When I visited again in a couple of weeks, I asked her questions from the Patient Health Questionnaire (PHQ). She stated that a couple of weeks ago, her score would have certainly been higher and that our visit that day was positively helpful for her in regaining her footing regarding mental health. I encouraged her to continue her outpatient mental health treatment and left her with crisis response and mental health resource information.

After meeting with this woman in October of 2021, I, by chance, read Viktor Frankl's *Foundations and Applications of Logotherapy*, and related the two stories described above. In 2020, Gallup polling reported that fewer than 1 in 5 African-Americans in the country feel "very confident" that the police in their area would treat them courteously and respectfully (Saad, 2020). I hope that the actions of the BPD's CRT unit can contribute little by little to increasing this statistic. Perhaps, like the woman recounted in Frankl's book who regained a sense of hope after her perception of the world around her shifted, the woman I met can feel genuinely heartened and optimistic after her meeting with me and the CRT officers.

The CRT licensed counselor position has allowed me to be creative and grow my clinical crisis response skills. For example, before starting my new role, I read through a presentation on crisis response and de-escalation techniques by social worker Michele Saunders. In this presentation, I learned the acronym "CAF," standing for "calm, assess, facilitate," meant to serve as a blueprint for responding to and resolving mental health crises (Saunders, 2002). I utilized this blueprint when I spoke with the individual recounted above in October of 2021, and I have since found it helpful to add an additional "F" to the end of this acronym for "foster hope". In May of 2022, CRT responded to a call to speak with an African-American male experiencing suicidal ideation who had telephoned the suicide hotline earlier in the day. After following through with the "CAF" blueprint and providing the individual psycho-education on the differing levels of mental health care he may access, I asked if he would like to have a meditative "food for thought" question to ponder over the next few days before CRT followed up with him. I provided him with a cognitive diffusion exercise- "your life as a movie"- in which one imagines themselves as the lead actor in a "movie" of their life and identifies the special significance of their character in their "movie". Discussing this for a few moments, he responded: "Well, it's hard to think about myself sometimes, but I can help other people all the time, no problem. I'm good at that, but maybe *that's* it! Like if I'm watching my movie, my character has a conflict, but I can always root for him when he has an opportunity to talk through something troubling his friends cause he's really good at that; it's like a gift, I think. So, I think that can help me get to the other side of when I feel the way I did today- like there's a next scene coming up where I could help someone, and that always gives me something I wanna be around for. So yeah, I will be thinking about that".

The above-described experiences have deepened my appreciation for the "human" element in counseling work. I encourage all my colleagues to add books on existential therapy to their reading lists, and to keep their eyes peeled for opportunities to exercise and appraise this unique meaning-making "human element" within the counseling relationship. As I continue my career, I foresee a bright future for further partnerships between mental health professionals and emergency first responders. I am also hopeful at the potential for individuals to remember their interactions with law enforcement as being marked by dignity and life-affirming consequences rather than lacking in courtesy and respect.

References

- Frankl, V. E. (2014). *The Will to Meaning: Foundations and Applications of Logotherapy*. New York, New York: Penguin Group.
- Saunders, M. (2002). *Memphis CIT*. Retrieved from University of Memphis : <http://www.cit.memphis.edu/modules/De-Escalation/presentations/FL%20-%20De%20Escalation%20Techniques.ppt>
- Saad, L. (2020, August 5). *Black Americans Want Police to Retain Local Presence*. Retrieved from Gallup News: <https://news.gallup.com/poll/316571/black-americans-police-retain-local-presence.aspx>



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CRUISE ITINERARY

<u>DAY</u>	<u>PORT</u>	<u>ARRIVE</u>	<u>DEPART</u>
Sat	Ft. Lauderdale, FL		4:00 pm
Sun	Cruising (At Sea)		
Mon	Cruising (At Sea)		
Tue	St. Croix	8:00 am	5:00 pm
Wed	Tortola	7:00 am	3:00 pm
Thu	Cruising (At Sea)		
Fri	Coco Cay, Bahamas	10:00 am	6:00pm
Sat	Ft. Lauderdale, FL	7:00 am	



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Dr. Marilyn Maze, NCDA Eminent Career Award Recipient

Written by Karol Taylor, GCDFI, CSP, CCMC, JCTC, CCC, CBBSC, COPNS, Federal Career Counselor

If Donald Super had included Dr. Marilyn Maze in his study, he might have had to add an extra life role to his rainbow. Leader, mentor, collaborator, technical and career expert, and friend are a few of the characteristics Super might have used to describe Marilyn's role(s) in the Asia Pacific Career Development Association (APCDA).

On June 26, 2022, at the National Career Development Association's (NCDA) 2022 annual conference, Marilyn received the most prestigious awards bestowed by NCDA, the Eminent Career Award. This award is based on the nominee's overall contributions to the field of career development. When evaluating a nominee's contributions, accomplishments are considered across a range of career development activities including contributions in the areas of theory, practice, leadership, and scholarship.

Marilyn is what one might call the progeny of career greatness. She was mentored by and worked in partnership with Dr. Joanne Harris Bowsbey, who was mentored by Dr. Donald Super. In addition to Dr. Bowsbey, Marilyn has close ties to former American Counseling Association and NCDA President, Dr. Lee Richmond, and was a coworker of Dr. John Holland. In the 1980s, Marilyn worked closely with Richard Knowdell to initiate the annual California Career Development Association state-wide conference.

In addition to her work in establishing APCDA and serving as Executive Director, Marilyn served as NCDA Treasurer, head of NCDA's Credentialing Organizing Committee (the start-up group for the current Credentialing Commission), President of the Maryland Career Development Association (MCDA), and Treasurer for the Maryland Counseling Association. In addition to all her APCDA activities, Marilyn currently serves as the webmaster for MCDA, and makes herself available to do whatever she can to support the mission and goals of career professional organizations across the globe.

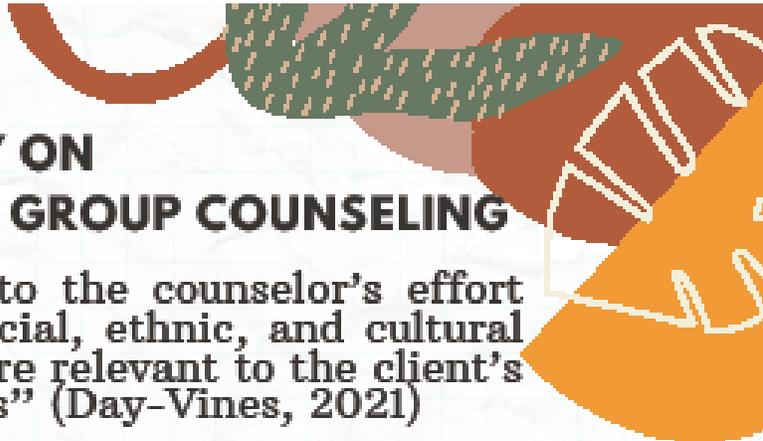
As a result of the pandemic, Marilyn quickly pivoted to provide online conferences for APCDA. Each APCDA member benefited from Marilyn's willingness to embrace the change and to do what needed to be done to keep the organization "on track" and moving in the right direction.

It's important to note that only a few of Marilyn's accomplishments are presented here. As she shared in her acceptance speech, Marilyn had a full career at the American College of Testing (ACT), where she worked on the Discover software, which could be found in many high school and college career centers at that time. After retiring from ACT, Marilyn worked closely with Dr. Richmond to create reasonably priced contact hour offerings through their PsyCoun partnership.

Anyone would wonder how Marilyn fits all these activities into her contributions to the career field, and they would be right to do so. In addition to Marilyn's professional contributions, she maintains a flower garden and fruit bushes, and preserves the fruit by canning it. Yes, she's quite amazing.

Based on all of the above, it's clear that Donald Super would be hard pressed to place Marilyn into his definition of life roles. However, the rest of us are grateful that Marilyn is always there to support us. Kudos, Marilyn, and congratulation on being a constant presence in our lives and in our profession.

This article originally appeared in the July 2022 APCDA monthly newsletter. It is reprinted by permission. Author, Karol Taylor serves as a member of the APCDA Publicity Committee, NCDA Mentoring, Awards and (sometimes) Nominations Committees, and is a Past President of MCDA. She is an ACA member where she served as Mentor to two Mentees during the 2020-2021 program year. She is a member of MACCA, and NECA where she serves as an instructor for the online GCDF workshop. Karol's area of expertise is the federal job search. She currently serves as an internal career consultant for a federal agency.



RESEARCH STUDY ON BROACHING AND GROUP COUNSELING

“Broaching refers to the counselor’s effort to discuss those racial, ethnic, and cultural (REC) issues that are relevant to the client’s presenting concerns” (Day-Vines, 2021)

IF YOU ARE:

- 18 years or older
- Currently a licensed professional counselor OR a licensed/certified school counselor
- Currently leading a counseling group
- Able to discuss experiences of broaching in group counseling

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Contact us if you have questions:

Christian D. Chan, PhD, NCC
cdchan@uncg.edu





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

View the [latest resources](#) for the public, students and professionals.

Find us on Facebook ([@mdcounseling](#)) and Twitter ([@md_counseling](#)).

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

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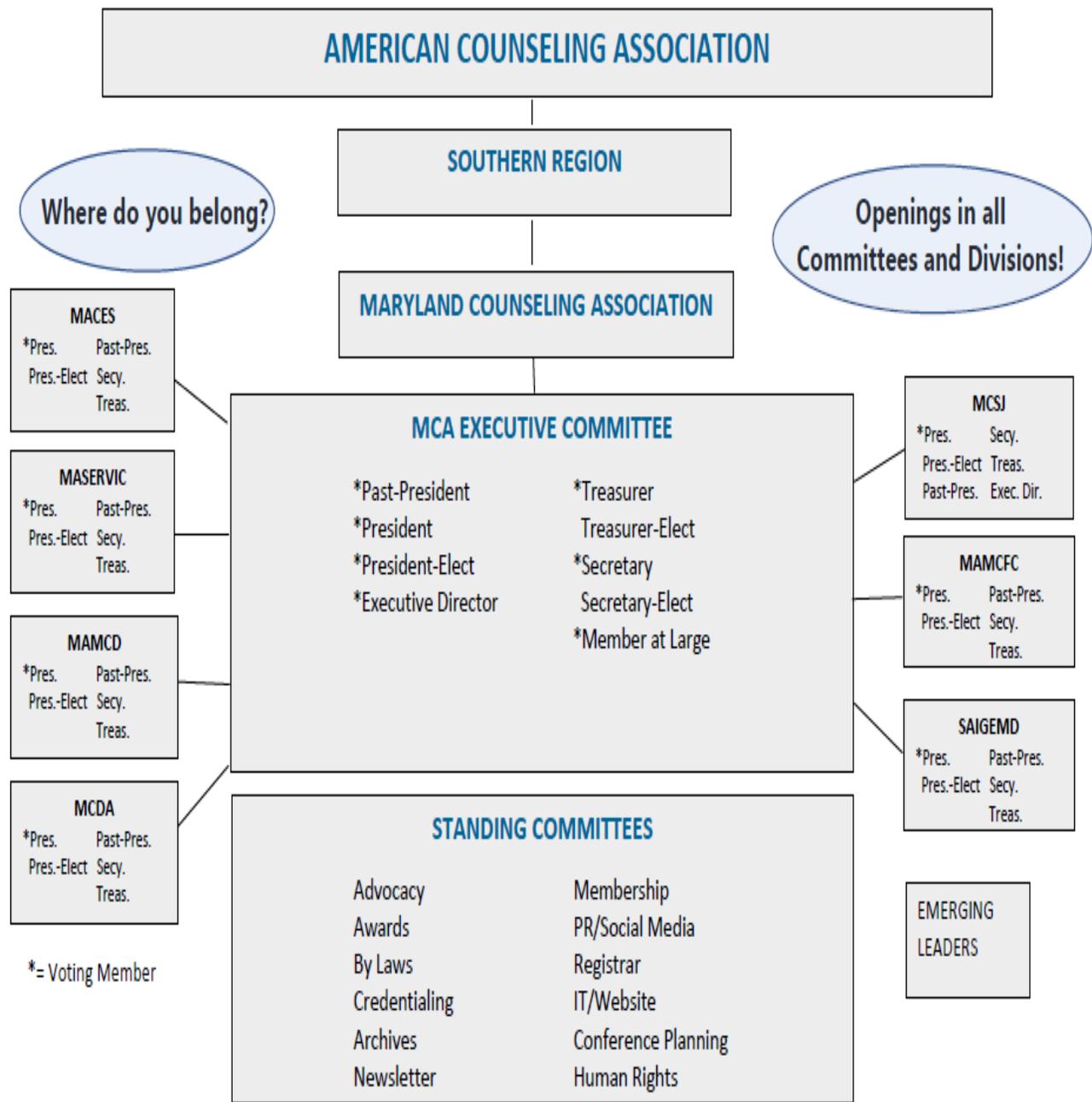
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MACES-Maryland Association of Counselor Education and Supervision
MASERVIC-Maryland Association for the Spiritual, Ethical and Religious Values in Counseling
MAMCD-Maryland Association for Multicultural Counselor and Development
MCDCA-Maryland Career Development Association
MCSJ-Maryland Counselors for Social Justice
MAMCFC-Maryland Association for Marriage, Couples and Family Counseling
SAIGEMD-Maryland Society for Sexual, Affectional, Intersex, and Gender Expansive Identities

MSCA Liaison	LCPC-M Liaison	MAMHC Liaison
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****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.

Why should you join MCA?

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

- Continuing education opportunities at discount prices
- Grant opportunities
- Early notification of MCA and MCA Division events
- A list of events that you have participated in
- Notification of current public policy issues and new laws of interest to professional counselors
- Support and advocacy for professional counseling in the state of Maryland
- Leadership training for board members
- Electronic reminders to renew your membership



[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.

Newsletter Submissions Guidelines

Advertisements can be submitted by members and nonmembers for inclusion in the newsletter. Ads will be copied into the newsletter as submitted, including active links and images. Editing by Newsletter Team will only be resizing to requested space.

Articles relevant to the organization or profession may be submitted for inclusion in the newsletter. Submissions may be from members and nonmembers. Please note that promotions and endorsements **are not** considered articles; they must be submitted as paid advertisements.

Announcements may be submitted for inclusion by MCA committees, divisions and affiliates. This can include upcoming events, important news, etc.

How much do ads cost?

Pricing is based on size of the ad per page. A quarter page is \$25, a half page is \$50 and a full page is \$75. For example, if your ad is 2 full pages, your total will be \$150.

What forms of payment do you accept?

We accept payments via check and credit card. Checks must be mailed to PO Box 1971 Clinton MD 20735 % MCA Treasurer. Please note "Newsletter Ad" in the memo. For paying by credit card, please purchase ad space via the new [MCA store](#).

How often is there a newsletter release?

Newsletters are released quarterly. When released, it is emailed to subscribers and posted to MCA's website at: <http://www.md counseling.org/page-1596008>.

When is the next newsletter deadline?

<i>Edition</i>	<i>Submission Deadline</i>	<i>Publication Month</i>
Summer	July 15 th	August
Fall	October 15 th	November
Winter	January 15 th	February
Spring	April 15 th	May

Can I post my ad or event on the MCA website?

Yes, contact MCA's Virtual Assistant at Website@MDCounseling.org.

Can I submit events to the weekly digest?

Yes, contact the Public Relations Committee at Public.Relations@MDCounseling.org.