



# Maryland Counseling Association

A BRANCH OF ACA

## COMPASS POINTS

ISSUE 16 | VOLUME 1 | SUMMER 2023

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### Mission

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

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#### Executive Director:

Cathie Eaton



## Letter from the President

Welcome to the Summer 2023 edition Maryland Counseling Association newsletter, Compass Points.

It is my honor to serve as your President through June 2024, and look forward to meeting you at our annual fall conference in Baltimore, MD on the campus of Coppin State University September 29 - 30, 2023 with the theme of: Removing the Masks; Unmasking Real Issues: Keeping the Family at the Center. If I don't catch you here, hope to see you at our future workshops throughout the year. This letter is dedicated to you, our members. This is because I want to recognize some key membership leaders in our organization and highlight the work they have put in motion for counselors across the state. First is your Executive Committee of the MCA Board. Do you know that Dr. Pat Dudley (Past President), Sabrina Taylor (President Elect), Annyck Hamez (Secretary), and myself have already held dozens of conversations, meetings, phone conversations since our “year” began July 1! This represents an enormous amount of service and commitment in planning to meet your needs as a counselor.

Another active component to MCA is our Division Presidents and Committee Chairs. These individuals work tirelessly to ensure that the needs of our member specialty and organizational needs are met.

We are all excited about the energy of MCA this year, and it is worth noting here that many of our leaders are graduate students or recent counseling graduates –

how about that for embracing service early in their career!?

Without this team of MCA folks, you would not be reading this newsletter, planning to attend our annual fall conference which will have Dr. Ajita Robinson, Dr. Shon Smith and an expert panel of African American fathers serving as Keynotes for our two day hybrid conference, or have access to the abundant amount of information that is on our website.

Finally, thank you to our members, if it weren't for you, we would not have a purpose to serve – much appreciation for allowing us to work for you and meet your needs. If you are interested in joining our leadership team, please contact our Past President ASAP; we are looking to have a phenomenal Leadership Retreat next year!

Dr. Kerri Legette McCullough  
[President, Maryland Counseling Association](#)



## Letter from the Executive Director

Dear MCA Members,

Please welcome our newest MCA Board Members and Leaders!



I am proud to support Dr. Kerri Legette McCullough as President of MCA for 2023-2024. She facilitated our Leadership Retreat on July 8, building on Dr. Pat Dudley's success and creating action plans to achieve our goals of growing our membership and leadership pipelines. We are so excited for all the new opportunities this coming year with more events, both for social connection and professional development.

Please look for networking events for:

MAMCFC  
MASERVIC  
MACES  
MCA

And continuing support events with MAMCFC Couch Talks, SAIGE-MD Professional Development Groups, and Courageous Conversations.

Other highlights include professional development events from our revitalized divisions of MAMCFC and MAMCD.

A friendly reminder that MCDA has its own separate website [www.mdcareers.org](http://www.mdcareers.org) for their events.

We are looking for Regional Representatives to join our Membership Committee! Please email Dr. Atiya Smith at [Membership@MDCounseling.org](mailto:Membership@MDCounseling.org). Additionally, the Advocacy, Awards and Social Media Committees have openings for more members!

We hope to see you at our Annual Conference at Coppin State University on September 29 (hybrid event) and 30 (in person only).

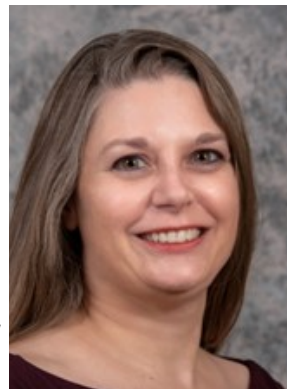
We look forward to talking with you, and learning how to better serve you!

Wishing you all peace and hope in the coming Fall season,

Catherine "Cathie" Eaton, LCPC, GCDF, NCC

[Executive Director, Maryland Counseling Association](#)

*Headshot courtesy of Digital Magic Photography and Design*



## Statement from the President-Elect

Dear Members of the Maryland Counseling Association,

I hope this letter finds you well, driven by a shared commitment to justice and equality. Today, I reach out to you with a fire in my heart and a resounding call to action in response to a decision that has cast a shadow over our pursuit of a fair and inclusive society.

The recent ruling by the Supreme Court to terminate affirmative action in the college admissions process has left us deeply concerned and disheartened. As an organization steadfast in our dedication to promoting diversity, inclusivity, and equal opportunities for all, we cannot remain silent in the face of such a significant setback.

Affirmative action stands as a beacon of hope, an instrument for combating the historical and ongoing discrimination that plagues our society. It is a powerful tool that levels the playing field, providing underrepresented groups with the chance to access higher education and build a better future. By dismantling this policy, we risk pushing these communities further into the margins and denying them the equal educational opportunities they deserve.

We cannot overlook the stark reality of racial and ethnic disparities in educational opportunities and resources. Affirmative action serves as a vital mechanism to address these inequities, paving the way for a diverse and inclusive academic environment. Research consistently shows that diversity enriches the educational experience, fostering critical thinking, cross-cultural understanding, and the development of well-rounded individuals. By erasing this policy, we undermine the very fabric of our efforts to create a harmonious and inclusive society that values and respects all its members.

Here in the great state of Maryland, we have witnessed firsthand the transformative effects of affirmative action in higher education. Countless students from marginalized communities have

been empowered to enter educational institutions that were previously beyond their reach. The removal of this policy threatens to impede our progress in dismantling systemic inequalities and impedes our ability to foster a truly diverse and inclusive academic environment.

As counselors, we have dedicated our professional lives to advocating for the well-being, educational growth, and future success of the diverse clients we serve. We firmly believe that equal access to educational opportunities is a fundamental right—one that should never be compromised. The decision to end affirmative action represents a significant setback in our collective pursuit of equity and justice.

In the spirit of unity and solidarity, I call upon each and every one of you to rise to the occasion. Let us heed the words of the inspiring former first lady, Michelle Obama, who called upon us to support organizations that tirelessly advocate for policies aligned with our values of equity and fairness. Together, we can make a difference.

To that end, I encourage you to stand with organizations such as the UNCF, Hispanic Scholarship Fund, APIA Scholars, American Indian College Fund, TheDream.US, and Thurgood Marshall College Fund. By supporting these organizations, we demonstrate our unwavering commitment to creating a just and inclusive society—one where equal opportunities are not mere ideals, but living realities for all.

In closing, let us remember that our work as counselors extends far beyond the confines of our offices and classrooms. It is a profound responsibility to champion the rights and dreams of those we serve. Together, we can confront this setback and forge ahead, united in our pursuit of a brighter and more equitable future.

With unwavering determination,  
The Maryland Counseling Association



**MARYLAND  
COUNSELING  
ASSOCIATION  
PRESENTS**

# 2023 ANNUAL CONFERENCE

Removing the Masks;  
Unmasking Real Issues:  
Keeping the Family at the  
Center



**September 29- 30, 2023  
Coppin State University**

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**September  
29 & 30**

## **MCA Vendor & Sponsorship Opportunities**

**2023 Annual Conference**

**Hybrid  
&  
In-Person**

**1**

### **CAREER CORNER VENDOR \$75 (\$100 08/01-09/01)**

Share your business services with our attendees, conduct on site interviews, one 6-ft table and two chairs provided. \*conference registration an additional fee

**2**

### **EXIBITOR \$250 (\$300 08/01-09/01)**

One complimentary conference registration, one six foot table, two chairs, name/logo listing on conference website, event promotions and on site print materials.

**3**

### **BRONZE SPONSOR \$400 (\$475 08/01-09/01)**

One complimentary registration to the conference, name and logo included in conference website and rotating homepage banners, onsite print materials and other event promotions.

**4**

### **SILVER SPONSOR \$600 (\$700 08/01-09/01)**

One complimentary registration to the conference, 1/4 page ad in our conference program, conference website and rotating homepage banners, onsite print materials and other event promotions.

**5**

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**6**

### **KEYNOTE SPONSOR \$1500 (\$1600 08/01-09/01)**

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**Purchase your sponsorship or vendor slot here:**

**<https://mdcounseling.org/event-5207550>**

Questions? Please contact Executive Director Cathie Eaton

[Exec@MDCounseling.org](mailto:Exec@MDCounseling.org)



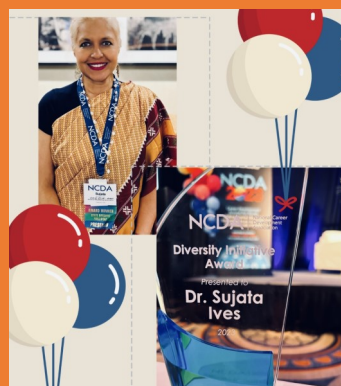


## 2023 MCA Awards



## Membership Spotlight

Dr. Sujata Ives was the recipient of the 2023 Diversity Initiative Award at the National Career Development Association's annual conference in Chicago. Dr. Ives is the current President of MCDA. Congratulations, Dr. Ives!



## Articles

### **Embodied Journey of Trauma** *Written by Dipika Daga, Student—MS Clinical Mental Health Counseling, Johns Hopkins University*

Trauma is a subjective experience wherein the event does not necessarily lead to a traumatic experience, but it is the reaction of an individual to that event and their perception of that event that leads to trauma (Boals, 2017). Trauma affects the individual's mind, body, spirit, and soul and its intensity differs from person to person.

Trauma is like a wound in the body (Baum, 2012). This article aims to explore how traumatic experiences reside in the body and are reactivated through sensory stimuli. The body stores the trauma and expresses itself in body language, gestures, posture, and physical symptoms known as trauma manifestation. Hence, there are psychosomatic symptoms of trauma. It is always present in one's life and can alter the way one perceives life events henceforth. Trauma gets deeply embedded into one's psyche, thus becoming unconscious or subconscious. It comes to consciousness in the form of flashbacks, dreams, active imagination, fantasies, etc. It can also be experienced physiologically where the trauma is placed in the body. For example, a tingling sensation, discomfort, pain, contraction/relaxation of different muscles or body parts. Hence, trauma does not exist in the past but drags the body into the past (Herman, 1992).

Once the trauma has been placed into the body, the person responds to it in different behavioral forms. Every time the trigger is encountered, one might respond with fight, flight, freeze, or fawn and maintain the same pattern over and over again until it is broken through conscious awareness (Payne et al., 2015). Without this, the person might keep on running in the same loops and find ways to cope with the stressors caused by reactivation of the trauma in an unhealthy way. Resorting to substance abuse, anger, violence, anxiety, shame, binge-eating, and so forth are some of the ways that might be used as a survival strategy to deal with all the unsettling feelings of trauma that might lack conscious awareness. The defense mechanisms that might be used by individuals to cope with trauma might include suppression, denial, repression, projection, and rationalization (Weinberg, 2014). These defense mechanisms enable the individual to mask the trauma and avoid confronting it. However, in the long term it can influence the relationship patterns and the approach to life by that individual. Hence, it is important to become aware of the traumatic manifestation within self especially if it is not a part of one's personal experience which can lead to a state of confusion and questions like, "Why am I like this?"

"The shadow of the past holds the future hostage" stated by Van Der Kolk (2015) enables in exploring the dynamics that operate within groups to explain how a group's experience of trauma and its formation of shadow elements come together in the form of archetypes or collective unconsciousness. These unconscious traumatic memories experienced directly or vicariously can be brought into consciousness through Jungian psychoanalysis (Kimbles, 2006). This would involve accessing and integrating materials from the unconscious to consciousness via drawing, body awareness, movement, drama, and other forms of experiential therapies. These experiential tools can help in realizing one's own shadow self, archetypes, and defense mechanisms by drawing behavior patterns between the generations of the trauma carrier or just by exploring the unconscious and subconscious memories of an individual. According to the concept of Cartesian Dualism, traumatic memory disconnects from the brain center and limits one's ability to express verbally. Thus, somatic or embodied approaches enable in building the relationship between mind and body, paving a way for expression (Kimbles, 2006; Malchiodi, 2015).

Post traumatic growth refers to what happens when someone who has difficulty bouncing back from the traumatic experiences challenges their core beliefs, endure psychological struggles, and then ultimately finds a sense of personal growth while building self-resilience (Van der Kolk, 2015). Performing the actions that would overcome one's sense of helplessness at the time of the experience that became traumatic and expressing the sensations associated with the memory of trauma effectively help people overcome their trauma. Individuals experiencing trauma related reactions typically experience the impact of these reactions not only in altered thinking, but also in various somatic experiences. Because the expressive arts and experiential therapies are "embodied" in nature, they are effective in identifying and repairing the body's responses to trauma (Malchiodi, 2016). While the cognitive and behavioral approaches can enable in restructuring the cognitive distortions, somatic experiencing techniques can address the core psychological roots of the trauma stored in the body while using a bottom-up approach towards recovery of trauma (Payne et al., 2015).

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**\* THESE EVENTS ARE NOT ELIGIBLE FOR NBCC CLOCK HOURS\***

• July 26th	• Nov 29th	• Mar 20th
• Aug 30th	• no meeting Dec	• Apr 17th
• Sept 27th	• Jan 24th	• May 22nd
• Oct 18th	• Feb 21st	• June 26th

Questions? Please email: [SAIGEMD@MDCounseling.org](mailto:SAIGEMD@MDCounseling.org)  
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## **Anne Arundel Counseling continues to grow!**

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Anne Arundel Counseling operates TeleHealth/Virtual sessions and has six offices throughout the Baltimore/Washington region: Annapolis, Bowie, Centreville, Columbia, Glen Burnie and Stevensville/Kent Island. We are a diverse group of clinical and forensic practitioners dedicated to providing comprehensive services to children, adolescents and adults through individual, family and group counseling.

We look forward to adding additional talent to our premier staff! Please submit your cover letter and resume to Connie Thomas, Practice Manager at [info@annearundelcounseling.com](mailto:info@annearundelcounseling.com)

Please feel free to visit our website at [www.annearundelcounseling.com](http://www.annearundelcounseling.com) to learn more about us.

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# Come join our WestCare family in Maryland!

WestCare has the following job opportunities available at the **Maryland Correctional Training Center** in Hagerstown and the **Jessup Correctional Institution** in Jessup. In addition to other duties, our ADT Counselors will provide in-custody Substance Use Disorder (SUD) treatment. Please scan the QR code below or visit [careers.westcare.com](https://careers.westcare.com) and search for the corresponding requisition numbers to apply.

## Current Openings:

- 33987 - ADT Counselor (Hagerstown) - \$55K
- 33026 - ADT Counselor (Jessup) - \$55K - \$62K

## Questions?

Please contact Kayla Barnard at [kayla.barnard@westcare.com](mailto:kayla.barnard@westcare.com)

## Scan to Search

All job postings are current as of 6/15/23



[westcare.com](https://westcare.com)



## **“A New Ph.D. Program in Counselor Education and Supervision with a Concentration in Social Justice Counseling will be Offered in the College of Education at Bowie State University”**

In spring 2024, Bowie State University will be offering a Doctor of Philosophy (Ph.D.) degree in Counselor Education and Supervision with a concentration in Social Justice Counseling. This program will be the first Ph.D. degree offered at the oldest historically Black college and university (HBCU) in the state of Maryland. The program will be a 60-credit hour degree that strives to prepare students as future practitioners, supervisors, counselor educators, and researchers in the field of counseling. Students will identify areas of interest that affect the counseling community and develop basic and applied research skills. Statistical and technological training will foster students' ability to develop analytical skills, scientific knowledge, and problem-solving capabilities. Students will also be prepared to form collaborative relationships with other disciplines and agencies to alleviate societal concerns. As leaders in the field, future graduates will be skilled to make scientific contributions via grants, publications, and research.

At Bowie State University, there is a unique focus on training students to work with diverse populations, specifically people of African descent. As such, the program will include a specialization in Social Justice Counseling. Of the 60-credit hours required, 12-credit hours will specifically prepare students in addressing national and international topics related to systemic change, leadership, and advocacy. The specialization will offer four specialty courses that include: (a) Advanced Theories & Applications in African-Centered Counseling, (b) Social Justice, Leadership, & Advocacy Counseling, (c) Seminar in Systemic Change & Decolonization, and (d) Public Policy, Politics, and Mental Health. In addition to these courses, social justice counseling will be infused throughout the core curriculum, such as dissertation topics, practicum and internship experiences, and course assignments.

This innovative program will be the only Counselor Education and Supervision program in the University System of Maryland (USM). In fact, it will be the only such program at a public institution in the state of Maryland. With a concentration in social justice counseling, Bowie State University is uniquely poised to serve as the leading institution to train and prepare counselors as activists, advocates, and agents of social change.

For more information, please contact the Chair of the Department of Counseling and Psychological Studies, Dr. Otis Williams III at [owilliams@bowiestate.edu](mailto:owilliams@bowiestate.edu)



To register for MCA or any of our events, please go to [www.md counseling.org](http://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.

## DIVISION PRESIDENTS

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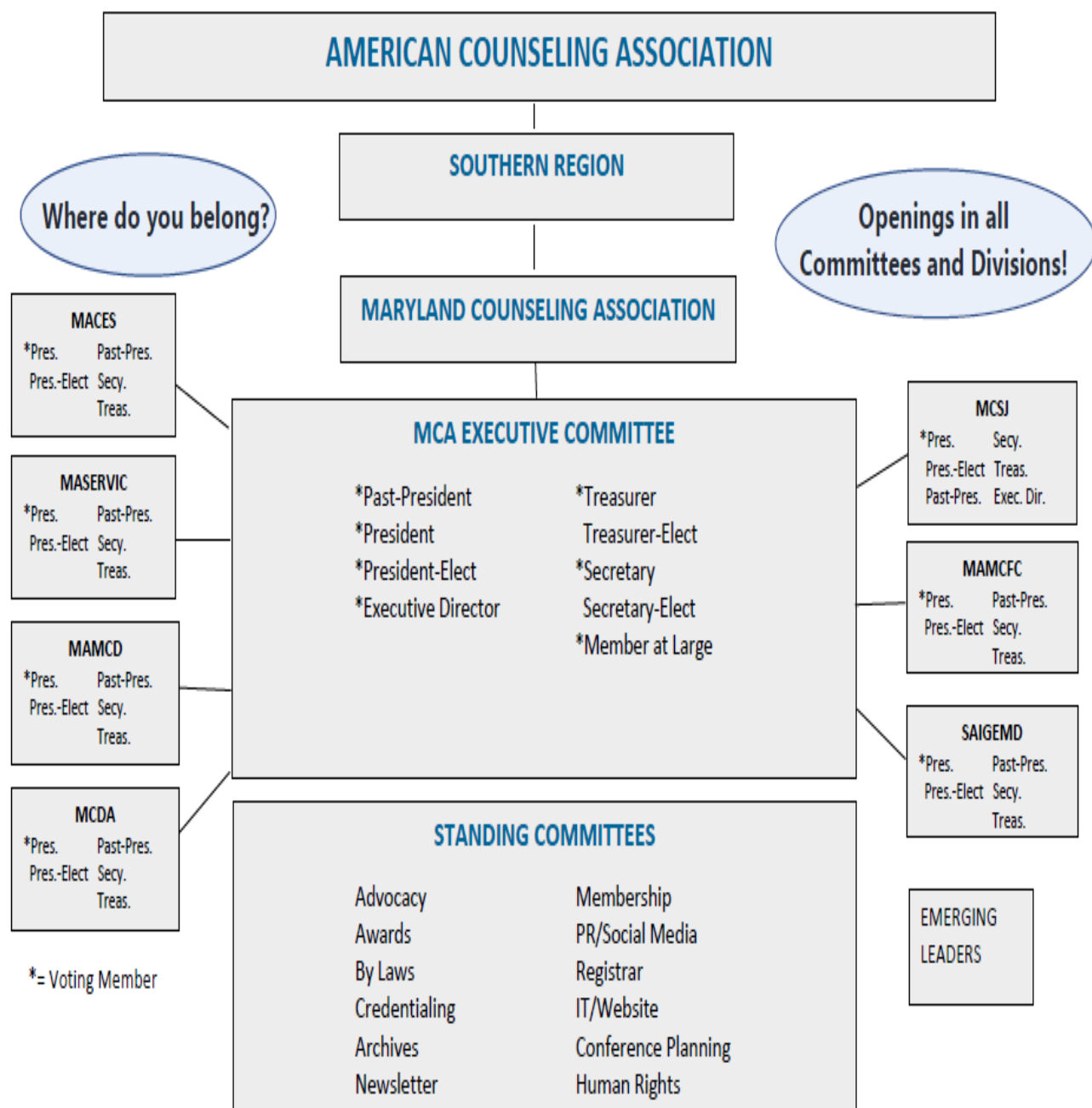
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### **Registrar**

Cathie Eaton

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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

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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.

# 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

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

**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.

**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.

### **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 credit card. Please purchase ad space via the [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.mdcounseling.org/page-1596008>.

### **When is the next newsletter deadline?**

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

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

Yes, contact MCA's Virtual Assistant at [Website@MDCounseling.org](mailto:Website@MDCounseling.org).

### **Can I submit events to the weekly digest?**

Yes, contact the Public Relations Committee at [Public.Relations@MDCounseling.org](mailto:Public.Relations@MDCounseling.org).