



Maryland Counseling Association
Hybrid Annual Conference 2021

2021 Annual Conference

**Stronger Together:
Rebuilding a Bright Future!**
October 15, 2021 – Virtual Conference

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MESSAGE FROM THE PRESIDENT

Dear Members,



Welcome to the MCA 2021 Hybrid Conference! We've put together a fantastic assortment of presentations for you, in numerous formats—in person, virtual live, and pre-recorded. We understand that in these unprecedented times amidst a global pandemic, you may not want to engage in in-person activities just yet but still need to grow in your practice and to be with your fellow counselors! We also understand that some of you are, indeed, ready to connect again in person and enjoy learning in this format. And lastly, we know that offering pre-recorded webinars that can be viewed at any time are a great way to increase access to content. We hope you will join us in whichever format you feel most comfortable!

The past few years have been very difficult in our country not only with the COVID-19 pandemic, but the occurrence of numerous social injustices, and natural and man-made disasters. These events have stressed the mental health of communities and clinicians alike. In Maryland, we have seen our state and local governments, including our licensure board, respond to these events and MCA has been an active participant in these responses. The theme of this year's conference—Stronger Together: Rebuilding a Bright Future—highlights the need for counselors across the state to come together, support each other, and continue to move mental health equity forward in the state. This includes broadening access to those most disenfranchised and struggling to be included. Given this objective, our keynote speakers will focus on antiracist counseling, the effect of systemic disparities on mental health, and the task of being change agents. Dr. Cheryl Holcomb-McCoy, Dean of the School of Education, professor at American University, and well-known author, will join us in person on Saturday, October 16th at the Turf Valley Resort. State Senator Mary Washington, who has built her career fighting for affordable access to water, protecting homeowners from unfair tax sales, and helping unaccompanied homeless youth, will join us on Friday, October 15th for our virtual day.

Lastly, WE NEED YOU and value you! We can't do this work without you and we want to hear your voices and ideas. Please consider joining any of our exciting ventures—from joining a Division to working with our advocacy committee, to becoming a leader within MCA. We are looking to add a new Division to address addictions counseling in the state and to growing our membership. We look forward to seeing you!!!

Sincerely,

Sara

Sara Pula, PhD, LCPC, NCC, ACS

MCA President 2021-2022

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Keynote Speaker: Senator Dr. Mary Washington

9:00 AM – 9:50 AM

Senator Washington made history in 2018 as the first openly LGBTQ+ African-American woman to be elected to the Maryland Senate. She has fought for affordable access to water, protecting families at risk of losing their homes to unfair tax sales and foreclosures, made sure Baltimore city schools get the fair and equitable funding they deserve, and helped unaccompanied homeless youth get the services and support they need.



MCA 2021 ANNUAL CONFERENCE
Virtual Conference At-A-Glance

Friday, October 15, 2021

Time	Activity	Room
8:45-9:00 AM	Welcoming and Opening Remarks	Link will be emailed to participants separately.
9:00 AM – 9:50 AM	Keynote Address: Senator Dr. Mary Washington	Link will be emailed to participants separately.
10:00 AM – 11:00 AM	Breakout Session 1 Counselors as Clients: An Exploration of Personal Counseling for Counselors and Counseling Students Dr. Brad Imhoff, Robert Switala, and Jeff Mazzone	Link will be emailed to participants separately.
10:00 AM – 11:00 AM	The Ethical Incorporation of Spirituality into Private Practice: Examples from a Graduate Student Exercise Dr. Carol ZA McGinnis, Yosifa Greenberg, Amanda Park, Katherine Bangerd, Rebecca Caplan, and Aryn Hundley	Link will be emailed to participants separately.
11:15 PM – 12:15 PM	Breakout Session 2 The Neuroscience of Healing Multigenerational Trauma through Body-based Practices Dee Wagner and Anne Contee	Link will be emailed to participants separately.
11:15 PM – 12:15 PM	Rebuilding and Reassessing Strength: Employment and Life Recovery During Post-Crisis Times Dr. Sujata Ives and Dr. Kay Brawley	Link will be emailed to participants separately.
12:15 PM- 12:25 PM	Break Time Chat with Jillian Amodio, founder of Moms for Mental Health	Link will be emailed to participants separately.

12:30 PM – 1:30 PM	Lunch Break	
1:45 PM – 2:45 PM	Breakout Session 3 The Utility of a Student-Centered Counseling Education Related Online Research Group During and After COVID-19 Dr. Lucy Parker-Barnes et al	Link will be emailed to participants separately.
1:45 PM – 2:45 PM	Bread Therapy for Self-Care: An Experiential Session Dr. Maya Georgieva	Link will be emailed to participants separately.
2:45 PM – 2:55 PM	Break Time Chat with Leslie Streeter, author of <i>Black Widow: A Sad-Funny Journey Through Grief for People Who Normally Avoid Books with Words Like "Journey" in the Title</i>	Link will be emailed to participants separately.
3:00 PM – 4:00 PM	Breakout Session 4 The Power of Recovery Narratives Dr. Therissa A Libby	Link will be emailed to participants separately.
3:00 PM – 4:00 PM	Mindful Self-Compassion: Tools for Personal and Clinical Practice Lesley McGee and Tristan Bartsch	Link will be emailed to participants separately.
4:15 PM – 5:15 PM	Breakout Session 5 TMS Therapy for Major Depression and Obsessive-Compulsive Disorder Edward Swanton, MD and Kelly Furlong	Link will be emailed to participants separately.
5:15 PM – 5:30 PM	Virtual Conference Wrap Up – Concluding Remarks	Link will be emailed to participants separately.



NBCC ACEP#: 2021
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Maryland Counseling Association 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. If you have questions about your NBCC credit certificate, you may contact Maya Georgieva, Ed.D., LCPC - MCA Credentialing Chair credentialing@mdcounseling.org.

Workshop Breakout Session Descriptions

Friday, October 15, 2021

Breakout Session 1 (10:00 AM - 11:00 AM)

Counselors as Clients: An Exploration of Personal Counseling for Counselors and Counseling Students

Dr. Brad Imhoff, Robert Switala and Jeff Mazzone

Room: “Stronger Together”

(1 NBCC Hour)



Dr. Brad Imhoff currently serves as the Director of the MA in Addiction Counseling program at Liberty University and is an Assistant Professor in the department of Counselor Education & Family Studies. His clinical work has focused largely on addiction treatment as well as with adolescents with severe behavioral concerns—both predominantly in group counseling settings. Dr. Imhoff’s scholarly interests currently include the understanding and treatment of Social Anxiety Disorder, substance and behavioral addictions, and counselor well-being and self-care.

Counselors and counseling students are required to have the knowledge, skills, and professional dispositions necessary to work effectively with clients (CACREP, 2016). While formal education provides much of this, receiving personal counseling has been shown to have many positive effects on counselors and students, including enhancing personal development, increased belief in the efficacy of counseling, promoting professional development, managing compassion fatigue, and increasing self-care, among others (Byrne & Ost, 2016; Kalkbrenner et al., 2019; Orlinsky et al., 2011; Stevens et al., 2020). Even so, some studies suggest much less engagement in personal counseling by students than by practicing counselors (Kalkbrenner et al., 2019). This presentation will explore this divide and discuss the benefits of personal counseling for counselors and students alike. Obstacles to engaging personal counseling will also be presented and solutions to overcome these will be discussed.

The Ethical Incorporation of Spirituality into Private Practice: Examples from a Graduate Student Exercise

Dr. Carol ZA McGinnis, Yosifa Greenberg, Amanda Park, Katherine Bangerd, Rebecca Caplan, and Aryn Hundley

Room: “Rebuilding”

(1 NBCC Hour)



This presentation will provide an overview of a graduate student assignment from a CACREP-accredited graduate counseling program that connects ethical decision-making with practical options for incorporating spirituality into private practice. Several graduate student examples will be presented that represent unique ways that practitioners can plan for spirituality as a part of a new practice using ACA ethical codes, ASERVIC competencies, and “tried and true” spiritual development models to meet the needs of the served community. The personal belief system of the student is also included to demonstrate how business decisions for creating a logo, name, mission, motto, and aesthetic options become an important part of this process. Time for questions and open discussion will be planned for the last part of the presentation.

Breakout Session 2 (11:15 AM - 12:15 PM)

The Neuroscience of Healing Multigenerational Trauma through Body-based Practices

Dee Wagner and Anne Contee

Room: "Stronger Together"

(1 NBCC Hour)



Scientist Stephen Porges' polyvagal theory helps counselors recognize the role of the therapeutic relationship in healing trauma. When we see counseling interactions through the lens of polyvagal theory, we recognize specifically how we become stronger through working together. We better understand the dance of co-regulation and so-dysregulation. Through the lens of polyvagal theory, counselors can realize the healing potential of body-based practices because we can identify ways that body-based practices shift attachment styles. Anne and Dee enjoy the multicultural aspect of their collaboration. Anne brings the perspective of someone who grew up in (Bombay/Mumbai), India and worked for many years in Maryland. Dee brings the perspective of someone who grew up and works in Atlanta, USA.



Rebuilding and Reassessing Strength: Employment and Life Recovery during Post-Crisis Times

Dr. Sujata Ives and Dr. Kay Brawley

Room: "Rebuilding"

(1 NBCC Hour)

After almost two years of experiencing the world pandemic, we are still in recovery mode. Presenters will talk about coming together for strength and use a Hope-centered Approach to rebuild the workforce. They will offer strategies to prepare for future uncertainties and how leaders can build resilience, think quicker, and bounce back. Cognitive aspects of empowering clients and professional to think critically and creatively also establishes a solid solution for strength in the individual and collectively.

Breakout Session 3 (1:45 PM - 2:45 PM)

The Utility of a Student-Centered Counseling Education Related Online Research Group During and After COVID-19

Dr. Lucy Parker-Barnes; Yara Abu Hussein; Kileen Barry; Monica Behera; Effy Chambers; Samuel R. Chase; Leslie Delaney; Vanessa Filmonor; Jamie Kassa; Lily Kairis; Emily Kimmelman; Laura Leslie; Julie Linneman; Noel McKillip; Carolyn Powell; Lisa Rollins; Lydia Rhodes; Lisa Sams; Chris Scharff; Sabrina Starts

Room: "Stronger Together"

(1 NBCC Hour)



Dr. Lucy Parker-Barnes is a counselor and counselor educator in Gannon's Clinical Mental Health Counseling Program. Dr. Parker-Barnes is a licensed professional counselor (LPC) in Pennsylvania. She is also a nationally certified counselor (NCC), and a clinically certified mental health counselor (CCMHC) through the National Board for Certified Counselors.

Due to COVID-19 restrictions, a student-centered research group was formed online.

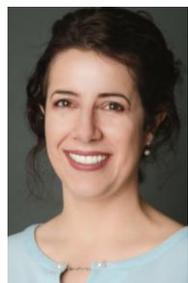
Students from various universities presented at a professional conference, created plans for IRB approved studies, and increased morale, cohesion, and hope in their counseling programs. This presentation will synthesize how this research group originated. This group also adds to another creative way that post COVID-19, counselors, counseling students, and counseling researchers, are still uniting, pivoting, and creating change. This presentation will include an overview of the group and some dos and don'ts from our experience. Also, topics from the research team will be described. These include: 1) Working with trans and non-binary clients facing classism and 2) Working with BIPOC clients facing classism.

Bread Therapy for Self-Care: An Experiential Session

Dr. Maya Georgieva

Room: "Rebuilding"

(1 NBCC Hour)



This presentation allows participants to experience the magic of Bread Therapy will need flour, water, salt, baking soda, a bowl, an oven, and a sifter (optional). This session will begin with a brief history of Bread Therapy, including its unique applications with diverse populations in a global context.

Next, the presenter will demonstrate this unique modality, including the Theater of Crumbs method by engaging participants to draw in the flour and then mix it with other ingredients, knead, and bake the bread. A case study will be shared to highlight some of the key benefits of this approach, and in particular, its power to engage all of the senses and bypass any verbal limitations of the participants. Finally, the possibility of integrating this approach into counseling will be discussed.

Breakout Session 4 (3:00 PM – 4:00 PM)

The Power of Recovery Narratives

Dr. Therissa A. Libby

Room: “Stronger Together”

(1 NBCC Hour)



Therissa Libby is an associate professor at Metropolitan State University in Saint Paul, MN, USA. She is a Marylander who earned her BA in Liberal Arts from Saint John’s College Annapolis and subsequently spent twelve years as an addiction counselor. Dr. Libby earned her PhD in Neuroscience from the University of Minnesota.

Dr. Libby’s research focus is on the phenomenon of recovery and she is the principal investigator on the Recovery Narratives Project, an inquiry into the lived experience of people who self-identify as in recovery from substance use, compulsive behavior and mental health disorders and their family effects. Public narratives of mental health and substance use disorders and their family effects are everywhere and typically perpetuate stigma and othering. Counseling professionals are not immune to stigmatizing beliefs. In contrast, narratives of recovery are few. The Recovery Narratives Project collects recovery stories and uses them as the basis of both phenomenological qualitative inquiry and an online archive.

This workshop is an exploration of the common themes found in 40 recovery stories and includes reflection on stories recently collected in other countries.

Mindful Self-Compassion: Tools for Personal and Clinical Practice

Lesley McGee, LCPC, LMHC and Tristan Bartsch, MS

Room: “Rebuilding”

(1 NBCC Hour)



This presentation will present practical tools and information for incorporating mindful self-compassion into a clinician’s own self-care and clinical practice. We see this presentation as twofold. First and foremost it is an offering of support to the field which is under tremendous strain as the demand for services increases. Clinicians will get to experience a moment of mindful self-compassion which can help sustain us. The other aim will be to give practical tips on how to incorporate mindful self-compassion into individual and group therapy.

Breakout Session 5 (4:15 PM – 5:15 PM)



TMS Therapy for Major Depression and Obsessive-Compulsive Disorder
Edward Swanton, MD and Kelly Furlong
Room: “Stronger Together”
(1 NBCC Hour)

Many people with Major Depressive Disorder (MDD) or Obsessive Compulsive Disorder (OCD) have tried talk therapy or medications—often for years—without finding the relief they sought. Further, they may have experienced unpleasant side effects from medications, including weight gain, nausea, and loss of sex drive. If these scenarios sound familiar to you, you may have treatment-resistant depression (TRD) or treatment-resistant OCD. Searching for the right depression treatment can be frustrating. It's not always a matter of taking a pill and seeing your symptoms go away—everyone's experience with antidepressants is a little different. Working with therapists and talk therapy, combined with medication and TMS we are stronger together to help patients reach full remission.

Special Thanks:

MCA PROGRAM PLANNING COMMITTEE

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Maya Georgieva
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Leslie Holley
Carol ZA McGinnis
Sara Pula
Brandon Shurn
Rachel Stiver

Special recognition goes to the many MCA members who volunteered their time and talents to making this a successful conference

Interested in joining MCA? Please visit mdcounseling.org to sign up for a membership!