



Maryland Counseling Association
Hybrid Annual Conference 2021

2021 Annual Conference

Stronger Together: Rebuilding a Bright Future!

Pre-Recorded Sessions

Available until Dec 15, 2021

MCA EXECUTIVE COMMITTEE

President: Dr. Sara Pula
Past-President: Dr. Carol ZA McGinnis
President-Elect: Ms. Pat Dudley
Treasurer: Ms. Irene Burks
Secretary: Dr. Danielle LaSure Bryant
Secretary-Elect: Ms. Leslie Holley
Member-at-Large: Dr. Cynthia Taylor
Executive Director: Ms. Catherine Eaton

CONNECT WITH THE MARYLAND COUNSELING ASSOCIATION



NBCC ACEP#: 2021
Maryland Counseling Association, Inc
5430 Campbell Blvd., Suite 113
White Marsh, MD 21162
info@MDCounseling.org
www.mdcounseling.org
240-401-8686

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

MCA PAST PRESIDENTS

1957 – 2021

Dr. Richard Byrne (1957 – 1958)
Dr. Anna Meeks (1958 – 1959)
Ms. Henrietta Howard (1959 – 1960)
Mr. Otis D. Froe (1960 – 1961)
Dr. Herbert Stern (1961 – 1962)
Ms. Irene Andrews (1962 – 1963)
Mr. William Kline (1963 – 1964)
Mr. Graham Vinzant (1964 – 1965)
Ms. Lillian Buckingham (1965 – 1966)
Ms. Jean Anderson McIlyar (1966 – 1967)
Dr. Annabelle Ferguson (1967 – 1968)
Mr. Bill Myer (1968 – 1969)
Mr. Ken Rollins (1969 – 1970)
Dr. John Giblette (1970 – 1971)
Mr. Larry Kurland (1971 – 1972)
Ms. Amanda Reiblich (1972 – 1973)
Ms. Bernice Sheridan (1973 – 1974)
Dr. David Rhoades (1974 – 1975)
Dr. William Schafer (1975 – 1976)
Dr. Don McBrien (1976 – 1977)
Ms. Mary Kay Albrittain (1977 – 1978)
Ms. Catherine Gordon (1978 – 1979)
Ms. Jan Stocklinski (1979 – 1980)
Dr. Rita Robinson (1980 – 1981)
Dr. Thelma T. Daley (1981 – 1982)
Dr. Walter Barwick (1982 – 1983)
Ms. Beverly Winter (1983 – 1984)
Mr. Edwin Craft (1984 – 1985)
Ms. Goldie Smith-Watson (1985 – 1986)
Dr. Gwendolyn Dungy (1986 – 1987)
Ms. Joan Grayson (1987 – 1988)
Dr. Kay T. Brawley (1988 – 1989)
Dr. Movita Pickens (1989 – 1990)
Ms. Kathy McGuire (1990 – 1991)
Ms. Nancy Pipkin (1991 – 1992)
Dr. Lynn Linde (1992 – 1993)
Ms. Mary Keene (1993 – 1994)
Ms. Kim Long (1994 – 1995)
Dr. Beverly Eanes (1995 – 1996)
Dr. Richard Scott (1996 – 1997)
Ms. Lillian Parks (1997 – 1998)
Ms. Lisa Nickle (1998 – 1999)
Dr. Brad T. Erford (1999 – 2000)
Ms. Betty Demmler (2000 – 2001)
Dr. Jake Johnson (2001 – 2002)
Dr. Marsha Boveja Riggio (2002 – 2003)
Dr. Lee Richmond (2003 – 2004)
Ms. Natalie Kauffman (2004 – 2005)
Ms. Diane Finch (2005 – 2006)
Ms. Rebecca Mitch McKee (2006 – 2007)
Ms. Kathy Barrett (2007 – 2008)
Ms. Elizabeth Nyang (2008 – 2009)
Ms. Pilar Hernandez (2009 – 2010)
Dr. Vivian Lee (2010 – 2011)
Dr. Cheryl Moore-Thomas (2011 – 2012)
Dr. Marsha Boveja Riggio (2012 – 2013)
Mr. Charles Guthrie (2013 – 2014)
Dr. Rufus Tony Spann (2014 – 2015)
Dr. Stephanie Dailey (2015 – 2016)
Mr. Christian D. Chan (2016 – 2017)
Ms. Karol Taylor (2017 – 2018)
Ms. Catherine Eaton (2018-2019)
Dr. Ajita Robinson (2019-2020)
Dr. Carol McGinnis (2020-2021)

Thank you for your service and dedication to the profession.

**MANY THANKS TO
MCA CONFERENCE SPONSORS**

Platinum Keynote Sponsor

Messiah University

<https://www.messiah.edu>



Patron Sponsor

Wellness Restoration Counseling PLLC

**MUCH APPRECIATION TO OUR
MCA 2021 CONFERENCE VENDORS**

Jill Harrington

Cheryl Fisher

Pre-Recorded Sessions

Title	Presenter	Recording Link	CE Quiz Link
Strategies for Helping Military Spouses Transition Successfully to a New Duty Station	Rebekah Cole Ph.D. in Counseling, Licensed Professional Counselor, National Certified Counselor	Part 1: https://youtu.be/fNmuwlAjUB8 Part 2: https://youtu.be/DzJldhTui_E	1 NBCC Hour
Religious/Spiritual Implications in Functional Angering	Carol ZA McGinnis PhD, SIP, BC-TMH, NCC, LCPC	https://youtu.be/wrOJY6lhI6Q	1 NBCC Hour
The BLACK Experience with EMDR	Dr. Lenese Stephens LCPC, LPC, Doctorate of Education	https://youtu.be/91SjL-Hnk5k	1 NBCC Hour
Business Boot Camp: Best Practices for Starting or Running a Mental Health Practice.	Daniel A. Mayer	https://youtu.be/5ksD5hSrFpg	1 NBCC Hour
Solution Focused Brief Counseling, Consultation, Conferencing	Dr. Russell Sebella	https://vimeo.com/612145526/5dcfe3f2f5	1 NBCC Hour
LatinX culture, trauma and risky gambling: Playing (or Praying) to win?! : Cultura LatinX, trauma y juego de azar: Jugar (o rezar) para ganar?!	Dr. Deborah G. Haskins, LCPC, ACS, MAC, ICGC-II, CCGSO, BACC and Mrs. Marylin Marquez Beckley, LPC, NCC	LatinX culture, trauma and risky gambling: Playing (or Praying) to win?! : Cultura LatinX, trauma y juego de azar: Jugar (o rezar) para ganar?!	1 NBCC Hour

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.



Maryland Counseling Association

Hybrid Annual Conference 2021

Pre-Recorded Session Descriptions

Strategies for Helping Military Spouses Transition Successfully to a New Duty Station

**Rebekah Cole Ph.D. in Counseling, Licensed Professional Counselor, National Certified Counselor
(1 NBCC Hour)**

Recording Links:

Part 1: <https://youtu.be/fNmuwIAjUB8>

Part 2: https://youtu.be/DzJldhTui_E



Dr. Rebekah Cole is a Licensed Professional Counselor and a National Certified Counselor. She holds a Ph.D. in Counseling from Old Dominion University and M.Ed. in School Counseling from the College of William and Mary. Currently, Dr. Cole is a Research Associate Professor at the Uniformed Services University (USU) in the Department of Military and Emergency Medicine. Prior to this appointment, Dr. Cole was an assistant professor and Program Director for the MSE School Counseling Program at Arkansas State University. Dr. Cole's research interests focus on developing best practices for counselors working with military families. Dr. Cole has published over 20 peer-reviewed journal articles and has presented at over 15 international, national, and regional counseling conferences.

Military spouses often face mental health challenges as a result of their frequent, stressful transitions to new duty stations. Learn best practices for supporting this population and successfully helping them to adapt their new homes and communities.

Learning Objective 1: Recognize the mental health risk factors inherent in the military lifestyle and culture for military spouses

Learning Objective 2: Recognize best practices for counseling military spouses who are transitioning to a new duty station

Learning Objective 3: Learn about military and civilian resources available in the community that you can refer your military spouse client to in order to help them adapt to their new community

Religious/Spiritual Implications in Functional Angering

**Carol ZA McGinnis PhD, SIP, BC-TMH, NCC, LCPC
(1 NBCC Hour)**

Recording Link: <https://youtu.be/wrOJY6IhI6Q>



As an emotion that is associated with many DSM5 diagnoses (APA, 2013), anger has long been considered a target for reduction in counseling (Davies, 2020). Many times, clients struggle with cultural implications related to religious or spiritual beliefs and anger and can benefit from specific processing of that emotion within an inter-theoretical model (McGinnis, 2008). Counselors who work with angry clients are always looking for new ways to approach this emotion and this interactive presentation will offer specific interventions for that purpose.

Learning Objective 1: To learn definitions for functional versus dysfunctional anger

Learning Objective 2: To learn how specific religious beliefs can impact client presentation of anger

Learning Objective 3: To learn how to approach anger using a processing model

The BLACK Experience with EMDR

**Dr. Lenese Stephens LCPC, LPC, Doctorate of Education
(1 NBCC Hour)**

Recording Link: <https://youtu.be/91SjL-Hnk5k>



This presentation begins to question why this treatment is not more readily available to this population with the seemingly natural fit between Eye Movement Desensitization and Reprocessing (EMDR) and inner city African-Americans. This presentation will aim to discuss the plight of many African Americans living in the inner city, the common threads that weave throughout the inner city and wreak havoc on its citizens and the failures of widely employed therapeutic methods with this population. The eight phases of EMDR and a few successes of the treatment will be included in this presentation. The

implications of further research of EMDR as a treatment for inner city African Americans with trauma are astounding. From a social/racial justice & welfare perspective, the success of EMDR in this community could be transformative to individuals, families and neighborhoods.

Learning Objective 1: Outlining the aspects of what EMDR entails & understanding how it desensitizes trauma memories

Learning Objective 2: Reduce subjective stress.

Learning Objective 3: The importance of having additional therapeutic resources to work with people of color

Learning Objective 4: Reasons for targeting past incidents/current situations that trigger disturbance

Learning Objective 5: Determine the skills and education needed for healthier functioning.

Business Boot Camp: Best Practices for Starting or Running a Mental Health Practice.

**Daniel A. Mayer
(1 NBCC Hour)**

Recording Link: <https://youtu.be/5ksD5hSrFpg>



For licensed counselors who either have a practice, or want to start one, knowing some basic best practices is an invaluable and critical component to running a successful mental health practice. Even if a clinician doesn't have a practice, there are still basic business concepts they should know and be aware of. Daniel Mayer will present some best practices that attendees should consider and provide key insights for them to be aware of.

Learning Objective 1: Understanding and learning basic business entity types, and what their purposes are, and how they can be used by counselors in Maryland.

Learning Objective 2: Basic concepts and insights regarding w-2 employment and 1099 contractor guidelines, and things to consider regarding 1099 contracts

Learning Objective 3: Critical documents and paperwork every practice needs to have in place

Learning Objective 4: Best practices for running a practice in the middle of the Covid-19 pandemic

Solution Focused Brief Counseling, Consultation, Conferencing

Dr. Russell Sebella

(1 NBCC Hour)

Recording Link: <https://vimeo.com/612145526/5dcfe3f2f5>



Dr. Russell A. Sabella is currently a Professor in the Department of Counseling in the Marieb College of Health & Human Services, Florida Gulf Coast University and President of Sabella & Associates. Dr. Sabella has published a multitude of journal articles, books, and consulted with school counselors, parents, educators, and organizational leaders throughout the country.

While helping clients cope with a post pandemic future, counselors may inadvertently be overlooking a vital source of resiliency—strength, opportunities, and resources in the client's past. By using solution-focused scaling (SFS), counselors can enhance their clients' performance by identifying and amplifying how they have already successfully navigated extraordinary challenges they have endured. The SFS approach is an effective and efficient way to empower clients as they continue to adapt to rapidly changing.

Learning Objective 1: Identify the major principles of solution-focused brief therapy.

Learning Objective 2: Implement a four-step solution-focused scaling process to foster resilience.

Learning Objective 3: Learn about resources, including websites, for further SFBC professional development.

LatinX culture, trauma and risky gambling: Playing (or Praying) to win?! : Cultura LatinX, trauma y juego de azar: Jugar (o rezar) para ganar?!

Dr. Deborah G. Haskins, LCPC, ACS, MAC, ICGC-II, CCGSO, BACC and Mrs. Marylin Marquez Beckley, LPC, NCC (1 NBCC Hour)

Recording Link:

https://drive.google.com/file/d/1FGAcGKU0xtlzVXCZQ8QISNqYQfy2LO6i/view?invite=CO_Kvd0P&ts=615f685d



The U.S. LatinX population surpassed 60 million in 2019 (pewresearch.org) and is also recognized as one of the risk groups in problem and disordered gambling (Caler, Garcia, & Nower, 2017). Many LatinX gamblers experience marginalization and oppression but also have historical and political trauma experiences prior to migrating to the United States; experiences of marginalization intensify during the

acculturation process.

Gambling counselors, mental health professionals, and preventionists must understand the cultural worldview, acculturation, experiences of trauma, and integrate strengths-focused strategies to support their healing as well as integrate their cultural context into prevention efforts.

Attend this session and learn from a LatinX bilingual counselor (who provides immigration evaluations too) and one of our cultural competency leaders in the field of gambling and mental health treatment and community wellness.

Learning Objective 1: Understand LatinX worldview and implications for mental health treatment.

Learning Objective 2. Increase awareness of best action plan to assist the LatinX population in gambling addiction and other related trauma.

Special Thanks:

MCA PROGRAM PLANNING COMMITTEE

Cheryl Fisher, Co-Chair

Donnette Deigh, Co-Chair

**Irene Burks
Glenda Dickonson
Pat Dudley
Catherine Eaton
Maya Georgieva
Annyck Hamez**

**Marybeth Heather
Leslie Holley
Carol ZA McGinnis
Sara Pula
Brandon Shurn
Rachel Stivers**

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](https://www.mdcounseling.org) to sign up for a membership!

Conference Hashtag: #MCA2021 | #BuildingTogether

Join MCA's LinkedIn Group <https://www.linkedin.com/groups/7441604>

Follow MCA's LinkedIn Company Page <https://www.linkedin.com/company/2663468/>

Follow MCA on Facebook <https://www.facebook.com/mdcounseling/>

Follow us on Twitter @md_counseling