



# *Maryland Counseling Association*

**ADVOCACY & SOCIAL JUSTICE:**

**HOW COUNSELORS**

**SUPPORT OUR CLIENTS, OUR  
PROFESSION**

**&**

**OURSELVES**

***Friday, November 2-4,  
2018  
7:00am-5:00pm***

***Embassy Suites by Hilton  
1300 Concourse  
Drive, Linthicum,  
Maryland, 21090, USA***

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DAY GLANCE- Friday November 2, 2018

<b>2018 MCA Conference</b> <b>Advocacy &amp; Social Justice</b> <b>How Counselors Support Our Clients, Our Profession &amp; Ourselves</b>
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Time	Friendship Room	Heathrow Room	JFK Room	LAX Room	
<i>8:30-9:00 am</i>					Registration
<i>9:00-12:00 pm</i>	<b>PDI 1</b>  Ethics Deep Dive  <b>Dr. Lynn Linde</b>	<b>PDI 2</b>  Mindfulness and Wellness in Counseling & Yoga Session  <b>Dr. Felicia Pressley</b>	<b>PDI 3</b>  Clinical Supervision Refresher  <b>Dr. LaNail Plummer</b>	<b>PDI 4</b>  Sacred Counseling: engaging the spirit to aid emotional healing and increase well-being  <b>Dr. Lee Richmond</b>	
<i>12:00-1:30pm</i>					Lunch/Break Friendship Room
<i>1:30-5:00pm</i>	<b>PDI 1-Continues</b>  Ethics Deep Dive  <b>Dr. Lynn Linde</b>	<b>PDI 5</b>  Counselors as Mediators  <b>Dr. Ajita Robinson (President Elect)</b>	<b>PDI 6</b>  <span style="background-color: red; color: black; padding: 2px;">Cancelled</span>	<b>PDI 7</b>  Cultural Awareness and Marginalized Populations: Enhancing Your Toolbox  <b>Dr. Eunice Humphrey</b> <b>Dr. Janelle Bettis</b> <b>Dr. A'tasha Christian</b> <b>Dr. Julio Orozco</b>	
<i>7:00-9:30pm</i>					Board Meeting & Dinner

DAY GLANCE- Saturday, November 3, 2018

**2018 MCA Conference  
Advocacy & Social Justice  
How Counselors Support Our Clients, Our Profession & Ourselves**

Time	Friendship Room	Heathrow Room	JFK Room	LAX Room Round Table	Friendship Foyer
<i>7:30-8:00 am</i>					Registration
<i>8:00-9:15 am</i>	<p><b>Session 1</b> Mindfulness-Based Approach to Reducing Health Disparities</p> <p><b>Alex Hillert</b></p>	<p><b>Session 2</b></p>	<p><b>Session 3</b> Calm in the Chaos: Nature-Based Resiliency Model for the Clinician</p> <p><b>Cheryl Fisher</b></p>	<p><b>Session 4 Round Table</b> Social Security Administrations Ticket To Work Program- A Partnership between Coppin State University &amp; The Choice Group – <b>Janet Spry</b></p> <p><b>Round Table</b> Are We Practicing what we are Teaching-<b>Felicia Pressley</b></p> <p><b>Round Table</b> Barbershop Conversations and Black Men: Perpetuation of Sexism?- <b>Marsha Riggio</b></p> <p><b>Round Table-</b> The Predictive Relationship Between Spirituality and Perceived Social Support with Success in Alcoholics Anonymous - * <b>Mala Hosmane</b></p> <p><b>Round Table -</b> Updates on the ACA Task Force on Counselor Compensation <b>Sue Pressman</b></p>	
<i>9:25-10:40 am</i>	<p><b>Session 5</b> Shelter-in-Place (SIP) and Disaster Mental Health</p> <p><b>Stephanie Dailey</b></p>	<p><b>Session 6</b> Empowering and Affirmative: Counseling and Advocating for the LGBTQ+</p> <p><b>Daksha Arora</b></p>	<p><b>Session 7</b> Generational Diversity and Inclusion in the Workplace-</p> <p><b>Karol Taylor</b></p>	<p><b>Session 8</b> Seeking Social Justice for Marginalized Communities: A call for Social Action &amp; Advocacy in Counselor Educ</p> <p><b>Sara Pula</b></p>	
<i>10:50-12:00pm</i>					Keynote

12:00-12:50 pm					Lunch /Raffle
1:00-1:15pm					Vendors/ Selfie Wall
1:15-2:30pm	<b>Session 9</b> Putting Your Resume on One Leg at a Time  <b>Shannon Kakkar</b>	<b>Session 10</b> Self Care For The Mental Health Professional  <b>Shauna Moore Reynolds</b>	<b>Session 11</b> Utilizing Sex Positivity framework to teach Counselors-in-Training about Human Sexuality  <b>Elizabeth Melchione</b>	<b>Session 12</b> Poster Sessions At The Degaulle Room	
2:40-3:55pm	<b>Session 13</b> Professional Counselors: Fighting Systemic Injustices through Public Policy Legislations  <b>Janelle Bettis</b>	<b>Session 14</b> Documenting the Undocumented: Advocacy for Student and Client Success  <b>Ileana Gonzalez</b>	<b>Session 15</b> Techniques to help Women of Color who experience racism or sexism in the workplace.  <b>Iyamide House</b>	<b>Session 16</b> Strategic Supervision- The Culturally Intersected Clinical Supervision Model  <b>* LaNail Plummer</b>	
4:05-5:20	<b>Session 17</b> Cultural Self-Awareness as a Tool for Effective Change  <b>Jesse Ross</b>	<b>Session 18</b> Social Justice and Advocacy in Action  <b>Joy Knight Lanier</b>	<b>Session 19</b> Innovative Neurobiology and Neuroscience informed Counseling Interventions for a better night rest: Treating anxiety related sleep issues  <b>Justin Jacques</b>	<b>Session 20</b> LGBTQ+ Advocacy: What is conversion therapy, why are states banning it, and what are the ethical issues for us as counselors?  <b>Lia Bostian</b>	
5:30-6:00pm					Membership/ Business meeting
7:00-9:30pm					Reception and Social

## Poster Sessions

### Degaulle Room

Time	Poster Session 1	Poster Session 2	Poster session 3	Poster session 4
1:15-2:30pm	Increased violence in low-incomes cities and the mental health affect it bares on African Americans  <b>Anna Maith</b>	Residential Rehabilitation Psychiatric boarding school for Eating Disorder  <b>Cassandra Holliday</b>	No "Body" Is Perfect: A Qualitative Investigation of Sexual Minority Men  <b>Gabriel DeLong</b>	Financial responsibilities in counseling.  <b>Jenae Smith</b>

**Visit the Vendors, Take Pictures, Sign the Board, and don't forget the Make-it-Take-it Table**

DAY GLANCE- Sunday, November 4, 2018

**2018 MCA Conference  
Advocacy & Social Justice  
How Counselors Support Our Clients, Our Profession & Ourselves**

Time	Friendship Room	Heathrow Room	JFK Room	LAX Room	Friendship Foyer
7:30-8:00 am				<b>*Interfaith Service*</b>	Registration
8:00-9:15 am	<b>Session 21</b> Addressing Social Justice with Life Design  <b>Roni White</b>	<b>Session 22</b> Constructivist Group Career Counseling  <b>Sherritta Hughes</b>	<b>Session 23</b> Building Father-Son Relationships from Wakanda to Maryland  <b>Otis Williams, III</b>	<b>Session 24</b> <b>Roundtable</b> Defining Clericalism in Roman Catholic Priests- <b>Martin Burnham</b> <b>Roundtable</b> Partners to Parents – <b>Mercedes Banks</b> <b>Roundtable</b> Racism Trauma and Hope Narratives – <b>Jessica Haas</b> <b>Roundtable</b> Cultural Dynamics in Substance Abuse Recovery – <b>Vicki Moak</b>	
9:25-10:40 am	<b>Session 25</b> Strategies for Weakening Implicit Bias: Mindfulness and Interpersonal Neurobiology  <b>Maya Georgieva</b>	<b>Session 26</b> The Intersection of Gender Equality, and Mental Health and the Church  <b>Mary Detweiler</b>	<b>Session 27</b> The Healing Process  <b>Michael Lazarchik</b>	<b>Session 28</b> <b>Roundtable</b> Broaching Culture in Dynamics in Supervision – <b>Marybeth Heather</b> <b>Roundtable</b> Dealing with Differences: Strengthening Working Alliances in Supervision Impacted by Racial Stress - <b>Shanelle Clay</b> <b>Roundtable -</b> Discussing Presenting Problems & Treatment Recommendations re: Adoptees – <b>Steve Olsen</b> <b>Roundtable-</b> Mutual Mentoring Relationships between Long-Term Unemployed Baby Boomers and Millennial Job Seekers <b>Janet Glover</b>	
10:50-12:05 pm	<b>Session 29</b> Using Mindfulness when working with the Latinx immigrant population. <b>Eunice Humphrey</b>	<b>Session 30</b> Counselor Well-being: Finding Balance in a Plugged In World <b>Carol Za McGinnis</b>	<b>Session 31</b>	<b>Poster Sessions</b> <b>Degaulle Room</b>	
12:05-1:15pm					Lunch
1:15-2:30pm	<b>Session 32</b> A Shared Sentence: Support for Children Who Are Experiencing Homelessness with Parents Who Are Incarcerated	<b>Session 33</b> Using the process Dimension in Individual Counseling: How, Why and What it looks like	<b>Session 34</b> Intergenerational Trauma in the Black Community	<b>Session 35</b> <b>Round Table Discussion:</b> Taking a Stand: Our Journey, and Roles of Counselors as Social Justice Advocates, in our Current Political Climate – <b>*Chiomah Anah</b> <b>Roundtable -Tamara Suttle</b> Cybersecurity Essentials for your Private Practice	



	<b>Deborah Haskins</b>		<b>Dr. A'Tasha Christian</b>	<b>Carol Za McGinnis</b> <b>Roundtable</b> – Job Search Trends and Outplacement Services – <b>William Fenson</b> <b>Roundtable</b> – Creating an Emerging Leaders Program – <b>Sara Pula</b> <b>Roundtable</b> – Mental Health & Law Enforcement Training Proposal – * <b>Perri Hooper</b>	
<b>2:40-3:55pm</b>	<b>Session 36</b> Ethical Implications: Treating Older Adults  <b>*Sarah Gardner</b>	<b>Session 37</b> Spirituality and Mental Health: Considerations for Sikhism  <b>Shannon Kakkur</b>	<b>Session 38</b> The Imposter Syndrome: Overcoming Counselor Self-Doubt with Outcome Informed Care  <b>Larry Epp</b>	<b>Session 39</b> “Sometimes you Can’t tell” – How Professional School Counselors Work with Students Adopted Transracially  <b>Susan Branco</b>	
<b>4:05-5:20</b>	<b>Session 40</b> Self Care is Self Preservation: Promoting Wellness within a Counselor Education Community <b>Susan Branco</b>	<b>Session 41</b> Sustainability in Private Practice: Pajama Profits (Passive Income)  <b>Dr. Ajita Robinson</b>	<b>Session 42</b> Counselor Preparation and Gender Diversity  <b>Veronica Kirkland</b>	<b>Session 43</b> A spirit of advocacy: Exploring the narrative intersectionality of religion/spirituality and social justice in counselor formation  <b>Timothy Hanna</b>	

## Poster Sessions

### Degaulle Room

Time	Poster Session 9	Poster Session 10	Poster session 11	Poster session 12
10:50-12:05pm	Attachment and Previously Incarcerated African American Mothers  <b>Samantha Knox</b>	Racial Inequality in Education: Increasing Social Justice Advocacy in Counselors- in Training  <b>Sabrie Renee Wiggins-Rose</b>		

## ***Friday Professional Development Institute***

### ***Morning Sessions***

**Title: Ethics Deep Dive****Presented by: Dr. Lynn Linde**

Discussion points will include: Securing a strong foundation of general knowledge around content areas in the ACA Code of Ethics. Understanding critical ethical updates in such areas as professional values; social media; the imposition of counselor personal values; defining the moment ethical responsibilities begin; and fee splitting. Protecting against malpractice lawsuits by keeping up with new ethical imperatives.

**PDI 1****9:00-12:00pm, 1:30-5:00pm****Friendship Room****Title: Mindfulness and Wellness in Counseling & Yoga Session****Presented by: Dr. Felicia Pressley**

This session will review the code of ethics as it relates to self-care and Wellness. A review of wellness/ self-care including mindfulness and yoga will be infused. An assessment will be completed by the audience on the several dimensions of wellness. The presenter will engage with the audience to practice mindfulness techniques and yoga for the everyday professional.

**PDI 2****9:00-12:00pm****Heathrow Room****Title: Substance Abuse: Counseling in the Community **Cancelled******Presented by: Chandell Miller**

The effects that substance abuse has on families is evident. This sessions will explore some of the different programs and counseling approaches when working in the community. ~~Cancelled~~

**PDI 6****1:30-5:00pm****JFK Room****Title: Sacred Counseling: Engaging the spirit to aid emotional healing and increase well-being****Presented by: Dr. Lee Richmond**

Sacred counseling is not presented as religious counseling and does not represent any specific theology. It is counseling that "cares for the spirit" and as such is concerned with finding meaning and the passion that inspires. Both active and passive meditation techniques are interspersed throughout the workshop where small group dyadic and triadic experiences are offered. Short powerful readings from the world's sacred literature are presented for study and finding their meaning and value within counseling situations. The purpose of this workshop is to help counselors and their clients find meaningful pathways to wellness.

**PDI 4****9:00-12:00 pm****LAX Room****Title: Counselors as Mediators****Presented by: Dr. Ajita Robinson****President-Elect**

**Counselors have many different roles, in this session the participants will learn how the counselor is also a mediator.**

**PDI 5****1:30- 5:00 pm****Heathrow Room****Title: Clinical Supervision Refresher****Presented by: Dr. LaNail Plummer**

**Clinical supervision is key to growth and benevolence. This session will refresh the participant in the importance of clinical supervision.**

**PDI 3****9:00am- 12:00 pm****JFK Room**

**Title: Cultural Awareness and Marginalized Populations: Enhancing Your toolbox**  
**Presented by: Dr. Eunice Humphrey, Dr. Janell Bettis, Dr. A'tasha Christian, Dr. Julio Orozco**

**This session will take a look at the counselor's toolbox. The presenters will share their own experience as minority counselors, and how they have incorporated what they have learned throughout the years in their counseling practice. Expect courageous conversation on critical topics such as racism, discrimination, and how being culturally aware has made a difference with their clients.**

**PDI 7**

**1:30- 5:00 pm**

**LAX Room**

**7:30-9:30 pm Board Meeting & Dinner**



# Introducing Keynote Speaker

## **Sue E. Pressman, PhD**

Business Owner and Speaker Sue Pressman, PhD, President/CEO of Pressman Consulting, LLC has become a branded career counseling business owner and employer of career counselors across the country. Dr. Pressman is a past President (2010) of the National Employment Counseling Association (NECA); currently serves on the Governing Council of ACA and is active in the career development field. For her contributions to the field of career development she was recently recognized with the NCDCA Merit Award (2013).

## ***Keynote Speaker***

### ***Dr. S. Kent Butler***



S. Kent Butler, Jr. holds a Ph.D. in Educational Psychology, with a concentration in Counseling Psychology, from the University of Connecticut. Dr. Butler is a Licensed Professional Counselor (LPC), Nationally Certified Counselor (NCC), and Nationally Certified School Counselor (NCSC). He currently serves as the faculty advisor to CHI SIGMA IOTA International Honor Society. Dr. Butler also serves as the Principal Investigator, for The High-Risk Delinquent and Dependent Child Educational Research Project: Situational Environmental Circumstances Mentoring Program (SEC), which is a partnership between the University of Central Florida and several Florida universities. On the national level, Dr. Butler has served the Association for Multicultural Counseling and Development (AMCD) as the 2011 – 2012 President and American Counseling Association (ACA) Governing Council Representative (2015 – 2018). He is honored to be a member of AMCD's Multicultural Counseling Competencies Revisions Committee (2014 – 2015) which produced the newly endorsed Multicultural Social Justice Counseling Competencies (MSJCC). Dr. Butler was bestowed with an ACA Fellow Award in April of 2016. His research and academic interests lie in the areas of Multicultural Counseling, Social Justice, Mentoring, Counseling work as it relates specifically to African American males, Group Counseling, School Counseling, and Multicultural Supervision.

***Saturday  
November 3, 2018***

**Title: Mindfulness- Based Approach to Reducing Health Disparities**  
**Presented by: Alex Hillert**

Researchers have documented significant health disparities for minority communities mediated by cultural oppression. Mindfulness has been shown as a promising intervention in the treatment of stress-related illnesses. This education session will prepare counselors to integrate mindfulness into counseling through a culturally competent, trauma-informed lens.

**Session 1                      8:00-9:15 am                      Friendship Room**

**Title:**  
**Presented by:**

**Session 2**

**Title: Calm in the Chaos: Nature-Based Resiliency Model for the Clinician**  
**Presented by: Dr. Cheryl Fisher**

Most clinicians feel their job is rewarding, but at what cost? 40-85% develop vicarious trauma, compassion fatigue and/or high rates of traumatic symptoms (Mathieu, 2012). Buffering practices that promote healthy embodied neurological integration include whole brain-whole body experiences. Engaging in nature promotes mental and physical health. This workshop will provide a foundational understanding of the benefits to integrating nature into clinical self-care.

**Session 3                      8:00-9:15 am                      JFK Room**

**Round Table Discussions**

- 1. Social Security Administrations Ticket to Work Program- A Partnership between Coppin State University & The Choice Group – Janet Spry**
- 2. Are We Practicing what we are Teaching-Felicia Pressley**
- 3. Barbershop Conversations and Black Men: Perpetuation of Sexism? - Marsha Riggio**
- 4. The Predictive Relationship Between Spirituality and Perceived Social Support with Success in Alcoholics Anonymous - Mala Hosmane**

**Session 4                      8:00-9:15 am                      LAX Room**

**Title: Shelter-in-Place (SIP) and Disaster Mental Health: An Examination of Residents following the Boston Marathon Bombing**  
**Presented by: Dr. Stephanie F. Dailey, Mathew Donahue**

Following a disaster, research indicates numerous adverse psychological sequelae in survivors, including emotional difficulties and traumatic stress. Yet, there is little efficacy regarding the emotional impact of response strategies, such as shelter-in-place (SIP), on survivors. Two-thirds of schools practice SIP and most jurisdictions mandate SIP following an act of violence. Come discuss key tenets of disaster mental health, within the context of the 12.5 hr Boston Marathon Bombing SIP order.

**Session 5**                      **9:00-10:40 am**                      **Friendship Room**

**Title: Empowering and Affirmative: Counseling and Advocating for the LGBTQ+**  
**Presented by: Daksha Arora, Calleen Trevenen**

The presentation will highlight the interaction of power, privilege, and oppression that come into play while serving the LGBTQ+ community. It will provide tips and strategies for beginning counselors to develop an understanding of some of the cultural aspects of the LGBTQ+ community including the alphabets of identity. Presenters will also suggest ways to develop empowering and affirmative attitudes, skills, and approaches for counselors to competently counsel and advocate for the LGBTQ+.

**Session 6**                      **9:00-10:40 am**                      **Heathrow Room**

**Title: Generational Diversity and Inclusion in the Workplace**  
**Presented by: Karol Taylor**

This presentation will provide insights that help to create innovations through collaboration and generational differences, strengthen working relationships, recognize mutual intellectual dependence, and appreciate diversity. The goal is to complete the session and have actionable information for personal transformation.

**Session 7**                      **9:00-10:40 am**                      **JFK Room**

**Title: Seeking Social Justice for Marginalized Communities: A Call for Social Action and Advocacy in Counselor Education**  
**Presented by: Dr. Sara Pula, Dr. Luane Oprea, Dr. Cynthia Greer, Dr. Deborah Haskins, Dr. Diane Reese**

Using the term Social Justice in the counseling field has become a standard, but what does this really mean and how do we teach it to graduate counseling students? How do we extend beyond pedagogy to practice, implementation, and systemic change? How do we move this beyond the classroom to a way of thinking and acting that students take with them into their careers? We will share findings from our research to inform counselor training.

**Session 8**                      **9:00-10:40 am**                      **LAX Room**

**Title: Putting Your Resume On One Leg at a Time: A Creative Approach to Resume Review**  
**Presented by: Dr. Shannon Kakkar, Matthew Le Brasseur**

Making resume writing meaning and enjoyable for both the counselor and the client is an important consideration for a relatively repetitive process. When considering diverse cultures, it can be a confusing procedure. It has been found that metaphors help establish collaborative relationships while accessing the client's worldview. The use of metaphor to strengthen the appeal of this important process is examined here, with a creative metaphor provided.

**Session 9**                      **1:15- 2:30 pm**                      **Friendship Room**

**Title: Self Care For The Mental Health Professional**  
**Presented by: Dr. Shauna Moore Reynolds**

As counselors, you advise your clients regarding self-care, but with the built-in stressors of the profession, it is prudent to consider how you are doing with your own self-care. Using the six dimensions of the wellness model, recommended by the National Wellness Institute, you will be guided through a holistic approach to caring for yourself.

**Session 10**                      **1:15- 2:30 pm**                      **Heathrow Room**

**Title: Utilizing Sex Positivity framework to teach Counselors-in-Training about Human Sexuality**  
**Presented by: Elizabeth Melchione, Dr. Bettis**

This program will address the lack of human sexuality education at the master's level for clinical mental health counselors-in-training and present sex positivity as a framework which can be utilized for teaching. Participants will

**Session 11**                      **1:15- 2:30 pm**                      **JFK Room**

**Visit Poster sessions**

**Title: Professional Counselors: Fighting Systemic Injustices through Public Policy Legislations**  
**Presented by: Dr. Janelle Bettis**

Professional counselor's role as social change agents can be guided by using the ACA Advocacy Competencies. Recently, of particular importance to counselors is public information and social/political advocacy. This presentation will outline ethical responsibilities of professional counselors as social justice change agents, discuss current social injustices, and methods counselors can use to change legislation that influences clients and the counseling profession.

**Session 13**                      **2:40- 3:55 pm**                      **Friendship Room**

**Title: Documenting the Undocumented: Advocacy for Student and Client Success**  
**Presented by: Dr. Ileana Gonzalez, Dr. Erwin Hesse**

This presentation seeks to broaden the knowledge, awareness and skill set of counselors who interact with undocumented individuals in their work settings. After exploring policy relating to undocumented individuals, participants will use Bronfenbrenner, Ecological Systems Theory to examine barriers that undocumented students face at multiple systems in their own spaces. Participants will explore obstacles and the efforts that can be enacted, to advocate for this invisible population.

**Session 14**                      **2:40- 3:55 pm**                      **Heathrow Room**

**Title: Techniques to help Women of Color who experience racism or sexism in the workplace.**  
**Presented by: Iyamide House**

Clients come to therapy in search of a clinician who will empathize with their daily experiences. They need clinicians who have enough expertise to validate their experiences as Women of Color and give them tools to navigate their daily workspaces. The purpose of this training is to help teach clinicians how to support Women of Color who experience both racism, sexism, and potentially ageism without unintentionally re-traumatizing this population.

**Session 15**                      **2:40- 3:55 pm**                      **JFK Room**

**Title: Strategic Supervision- The Culturally Intersected Clinical Supervision Model: A look at the impact of race & gender for Black Women supervisees**  
**Presented by: Dr. LaNail R. Plummer**

The need for ethical conversations around multicultural approaches in counseling clinical supervision is critical. The presentation is based on a study that explored the cultural intersections of race and gender for Black Women & the subsequent impact of the intersections on their perceptions, expectations, and experiences within the clinical supervision context. The result was the development of the CICS Model which is a tool for supervisors to use when working with Black Women supervisees.

**Session 16                      2:40- 3:55 pm                      LAX Room**

**Title: Cultural Self-Awareness as a Tool for Effective Change**  
**Presented by: Jesse Ross**

If cultural competence is about bridging across differences that make a difference, then the work must start with a focus on self. Our identities and cultures inform our beliefs, values, assumptions and biases and thus influence the ways we think about behave when working and relating across difference. This workshop helps change agents explore their own cultural patterns and behaviors and links identity awareness to our capacity to make new and different choices to achieve equity or inclusion.

**Session 17                      4:05- 5:20 pm                      Friendship Room**

**Title: Social Justice and Advocacy in Action: A Community-oriented Approach to Overcoming Drug Addiction in the Sandtown-Winchester Community of Baltimore City**  
**Presented by: Dr. Joy Knight Lanier**

This presentation will identify strategies and practices for developing community-oriented counseling, housing and other services that have been successfully implemented in countering drug addiction. Specifically, the paper will present a case study of Martha's Place, a program conceived and established as a direct response to a community's call for a recovery program for women seeking to overcome drug addiction.

**Session 18                      4:05- 5:20 pm                      Heathrow Room**

**Title: Innovative Neurobiology and Neuroscience informed counseling interventions for a better night rest: treating anxiety related sleep issues**  
**Presented by: Justin Jacques**

This interactive session will provide a summary of the literature and present the findings on a number of sleep related studies suggesting that anxiety and other anxiety related issues result in significant changes in the brain and ultimately impact sleep quality. These related brain changes subsequently contribute to a decrease in quality of sleep and may cause clinical and sub-clinical insomnia, which ultimately impair daily life functioning.

**Session 19                      4:05- 5:20 pm                      JFK Room**

**Title: LGBTQ+ Advocacy: What is conversion therapy, why are states banning it, and what are the ethical issues for us as counselors?**

**Presented by: Lia Bostian**

**The Maryland legislature passed a bill in 2018 banning conversion therapy for minors. MCA and MALGBTIC actively advocated for this legislation. This session will be an opportunity to learn more about what is involved in conversion therapy: its history, theoretical underpinnings, success rate, dangers, the current state of legislation throughout the US, and the ethical issues for us as counselors. This information will equip counselors to be more informed advocates for their LGBTQ+ clients.**

**Session 20**

**4:05- 5:20 pm**

**LAX Room**

## **Poster Sessions in the Degaulle Room**

Increased violence in low-incomes cities and the mental health affect it bares on African Americans- [Anna Maith](#)

Residential Rehabilitation Psychiatric boarding school for Eating Disorder- [Cassandra Holliday](#)

No "Body" Is Perfect: A Qualitative Investigation of Sexual Minority Men- [Gabriel DeLong](#)

Financial responsibilities in counseling.- [Jenae Smith](#)

**Visit the Vendors, Take Pictures, Sign the Board, and don't forget the Make-it-Take-it Table**

**Sunday  
November 4, 2018**

**Interfaith Service  
Sunday 7:30-8:00 am  
Facilitated by Cathie Eaton**

The intention of an interfaith service is to provide a spiritual focus, that does not reflect the views of a particular denomination or faith. We hope that you will join us as the goal is to provide an uplifting and positive experience for all attendees.

**Title: Addressing Social Justice with Life Design  
Presented by: Roni K. White**

**2018 Labor data demonstrates women and marginalized populations continue to face disadvantages, struggles, barriers, and inequity on their career paths. Life Design CCI assists counselors to work with clients to discover strengths, direction, and insight. Utilizing this model counselors can identify and address social justice issues and concerns. We will explore how microaggressions and intersectionality affect career wellness.**

**Session 21                      8:00- 9:15 am                      Friendship Room**

**Title: Constructivist Group Career Counseling with Low-Income, First Generation College Students of Color**

**Presented by: Dr. Sherritta Hughes, Dr. Don Trahan, Jr.,**

**This is a presentation on the topic of career development with college students who are first generation, low-income, and identify as persons of color. Specifically, the use of a constructivist career theory will be proposed as a way to support this special population in their identity development, gaining holistic efficacy, and academic success. The Career Construction worksheet and a group curriculum will be demonstrated for clinical implication/application guide.**

**Session 22                      8:00- 9:15 am                      Heathrow Room**

**Title: Building Father-Son Relationships from Wakanda to Maryland  
Presented by: Otis William,III**

**This presentation will focus on issues within African descended father-son relationships using themes specific to the Black Panther movie and comic book series. Clinical case examples will highlight themes of African spirituality through the lens of the movie with a focus on grief and loss due to community, structural, and political violence. The process of ancestral communication will be discussed with respects to how sons experience paternal connection, disconnection, and reconnection.**

**Session 23                      8:00- 9:15 am                      JFK Room**

**Round Table Discussions**

- 1. Defining Clericalism in Roman Catholic Priests-Martin Burnham**
- 2. Partners to Parents – Mercedes Banks**
- 3. Racism Trauma and Hope Narratives – Jessica Haas**
- 4. Cultural Dynamics in Substance Abuse Recovery – Vicki Moak**

**Session 24                      8:00- 9:15 am                      LAX Room**

**Title: Strategies for Weakening Implicit Bias: Mindfulness and Interpersonal Neurobiology**

**Presented by: Dr. Maya Georgieva, Julie Brown**

Professional counselors are required to demonstrate multicultural competence by treating diverse clients with fairness, lack of judgment, empathy, and care. Completely uprooting implicit biases can be a challenging task because of the unconscious nature of these beliefs. The presenters will review several evidence-based approaches to weakening biases. The focus of this presentation is on the framework of interpersonal neurobiology and the practice of mindfulness as promising solutions.

**Session 25                      9:25- 10:40 am                      Friendship Room**

**Title: The Intersection of Gender Equality, Mental Health and The Church**

**Presented by: Mary Detweiler**

Dictionary.com defines mental health as psychological well-being and satisfactory adjustment to society and to the ordinary demands of life. Exceptional mental health, i.e. an unshakeable internal sense of peace and joy, however, can be achieved when one is fully operating in one’s spiritual gifts, talents and abilities. Gender specific roles and expectations can inhibit this and can lead to depression, anxiety and/or addictions.

**Session 26                      9:25- 10:40 am                      Heathrow Room**

**Title: The Healing Process**

**Presented by: Dr. Michael C Lazarchick**

From a holistic definition of healing, (body, mind & spirit) we move to how individual choices determine worldviews. We consider trends that are shaping the future. Experiential techniques will enlighten, including a mindfulness process used as a bridge to wisdom. Reframing, natural elixirs that treat depression, pessimism and optimism, and how Millennials are positively shifting planetary consciousness, are all among concepts that lead to an energized ending.

**Session 27                      9:25- 10:40 am                      JFK Room**

**Round Table Discussions**

- 1. Broaching Cultural in Dynamics in Supervision – Marybeth Heather**
- 2. Dealing with Differences: - Shanelle Clay**
- 3. Discussing Presenting Problems & Treatment Recommendations re: Adoptees – Steve Olsen**
- 4. Mutual Mentoring Relationships between Long-Term Unemployed Baby Boomers and Millennial Job Seekers- Janet Glover**

**Session 28                      9:25- 10:40 am                      LAX Room**



**Title: Using Mindfulness with the Latinx immigrant population.**  
**Presented by: Dr. Eunice Humphrey**

This interactive session will offer interventions focused on the use of mindfulness practices to improve mental health outcomes in the Latinx community. Mindfulness for self-care and counselor effectiveness will also be addressed.

**Session 29**                      **10:50- 12:05 pm**                      **Friendship Room**

**Title: Counselor Well-being: Finding Balance in a Plugged In World**  
**Presented by: Dr. Carol ZA McGinnis**

Counselors have unique stressors and may find it difficult to obtain balance when distracted by technology that can sap energy and time better spent on self-care. We worry about our clients, maintaining our competence, learning new techniques and interventions as well as our precious family, friends, and larger community. This session will highlight current strategies, technologies, and apps that can help to maximize balance and self-care in a "plugged in" world.

**Session 30**                      **10:50- 12:05 pm**                      **Heathrow Room**

**Title:**  
**Presented by:**

**Session 31**                      **10:50- 12:05 pm**                      **JFK Room**

**Title: A Shared Sentence: Support for Children Who Are Experiencing Homelessness with Parents Who Are Incarcerated**

**Presented by: Dr. Deborah G. Haskins, Porsche Norman, Azim Ross, Christian Green**

Counselor trainees and professional counselors often lack sufficient counselor preparation on how to effectively support children and families experiencing homelessness and incarceration. Additionally, professional counselors, trainees, and community advocates may lack sensitivity to homelessness and incarceration. This session will provide an overview of a partnership with the DC Playtime Project and 2 volunteer trainings developed during clinical training in 2017-18.

**Session 32**                      **1:15- 2:30 pm**                      **Friendship Room**

**Title: Using the process dimension in individual counseling: How, why, and what it looks like**  
**Presented by: Dr. Rachel Vannatta**

In this session, attendees will learn the basics of what the process dimension is, how to execute process interventions, and how and why process interventions can deepen therapeutic work with a variety of clients.

**Session 33**                      **1:15- 2:30 pm**                      **Heathrow Room**

**Title: Intergenerational Trauma in the Black Community**  
**Presented by: Dr. A'tasha Christian**

This presentation will focus on identifying some of the causes associated with trauma in the Black community that has been passed down from generation to generation. Through the use of case studies, attendees will learn ways to recognize cultural trauma within this marginalized population. Attendees will also receive tools for Counselors and counselor educators to implement when interacting with members of the Black community who have experienced intergenerational trauma.

**Session 34**                      **1:15- 2:30 pm**                      **JFK Room**

**Round Table Discussions**

- 1. Taking a Stand: Our Journey, and Roles of Counselors as Social Justice Advocates, in our Current Political Climate – \* Chiomah Anah**
- 2. CXLD - Tamara Suttle**
- 3. Cybersecurity Essentials for your Private Practice - Carol Za McGinnis**
- 4. Job Search Trends and Outplacement Services – William Fenson**
- 5. Creating an Emerging Leaders Program – Sara Pula**
- 6. Mental Health & Law Enforcement Training Proposal – \* Perri Hooper**

**Session 35                      1:15- 2:30 pm                      LAX Room**

**Title: Ethical Implications: Treating Older Adults  
Presented by: Sarah Gardner**

**The geriatric population is a vulnerable one which merits extra caution when providing psychological care. This presentation provides information about ethical standards and applies these standards to practice. This includes considerations when working with families of aging adults, healthy older adults, and dementia patients. Both therapeutic and assessment considerations are covered. Another component to this presentation is how to identify elder abuse and what to do about it.**

**Session 36                      2:40- 3:55 pm                      Friendship Room**

**Title: Spirituality and Mental Health: Considerations for Sikhism  
Presented by: Dr. Shannon Kakkar, Amandeep Grewal, Janea Reed**

**This session will provide a brief overview of Sikhism and the concepts that could affect the counseling relationship. Attendees will also learn about the Indian Diaspora in the US and qualitative phenomenological research the presenter has done that shows how spirituality is incorporated in their concepts of mental health and healing. Finally, theories and techniques that compliment themes of Sikhism will be presented.**

**Session 37                      2:40- 3:55 pm                      Heathrow Room**

**Title: The Imposter Syndrome: Overcoming Counselor Self-Doubt with Outcome Informed Care  
Presented by: Dr. Larry Epp**

**Many counselors experience self-doubt surrounding whether their interventions are really helping their clients. Some counselors describe an "Imposter Syndrome," where they are unsure whether they are effective in improving their clients' symptoms or behaviors. This presentation will outline an innovative outcome measurement system, called ON TRACK, that is accessible and free to counselors practicing in the public mental health system.**

**Session 38                      2:40- 3:55 pm                      JFK Room**

**Title: "Sometimes you can't tell": How Professional School Counselors Work with Students Adopted Transracially**  
**Presented by: Dr. Susan Branco**

**This presentation will review the results of the qualitative research study that explored the experiences of 11 professional school counselors in their work with students adopted transracially (SATr). Implications related to racial and ethnic identity, adoption related stigma and marginalization, and professional counseling practice will be discussed. This presentation will benefit school, mental health, and family professional counselors.**

**Session 39                      2:40- 3:55 pm                      LAX Room**

**Title: Self Care is Self-Preservation: Promoting Wellness within a Counselor Education Community**  
**Presented by: Dr. Susan Branco, Dr. Vanessa Patton-Scott**

**The Clinical Mental Health Counseling program at the Chicago School of Professional Psychology in Washington, DC implemented a wellness initiative for students and faculty, many of whom claim intersecting and marginalized identities. This discussion will review the wellness initiative's implementation, student and faculty responses, and overall program outcomes. Recommendations for wellness initiatives for counselor education programs, agencies, and private practitioners will be discussed.**

**Session 40                      4:05- 5:20 pm                      Friendship Room**

**Title: Sustainability in Private Practice: Pajama Profits (Passive Income)**  
**Presented by: Dr. Ajita M. Robinson**

**Many clinicians throw their hat in the private practice arena for a variety of reasons. Most clinicians in private practice begin their practice using their clinician, skills to generate income. This means countless hours spent in 1:1 sessions, groups and other face-to-face work. Without a doubt this leads to clinicians feeling burnt out, financially limited and unprepared for time away from their business. Passive income or Pajama Profits are a necessary component to any sustainable business**

**Session 41                      4:05- 5:20 pm                      Heathrow Room**

**Title: Counselor Preparation and Gender Diversity**  
**Presented by: Veronica M. Kirkland**

**The gender diverse community continues to experience prejudice, discrimination, and marginalization, which negatively impacts their ability to access education, employment, and housing, leading gender minorities to seek mental health services. The challenges that gender minority clients experience in counseling have a direct connection to deficiencies in counselor education and training. This presentation will explore these challenges and strategies to overcome deficits in counselor preparation.**

**Session 42                      4:05- 5:20 pm                      JFK Room**

**Title: A spirit of advocacy: Exploring the narrative intersectionality of religion/spirituality and social justice in counselor formation.**

**Presented by: Dr. Timothy S. Hanna**

**Developing a professional orientation to social justice and advocacy requires attending to the personal dimensions that inform such values. This educational workshop will explore how personal dimensions of religion and spirituality interact with the professional orientation towards social justice and advocacy. Specific tools will be offered for enhancing counselor self-awareness and integrating these values into our own and our students, supervisees, professional identities and practice.**

**Session 43**

**4:05- 5:20 pm**

**LAX Room**

### ***Poster Sessions***

Attachment and Previously Incarcerated African American Mothers- [Samantha Knox](#)

Racial Inequality in Education: Increasing Social Justice Advocacy in Counselors- in Training-  
[Sabrie Renee Wiggins-Rose](#)

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November 1-2, 2019**

**Please Join MCA if you are not a member!**

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