



Maryland Counseling Association

A BRANCH OF ACA

COMPASS POINTS

ISSUE 11 | VOLUME 2 | FALL 2018

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Mission

"SERVING THE COUNSELING,
GUIDANCE, AND HUMAN
DEVELOPMENT PROFESSIONS"

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Ajita Robinson

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Karol Taylor

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Open

Executive Director:
Open



President's Letter

Greetings, Counselors!

I am looking forward to our annual conference at the BWI Embassy Suites in Baltimore, MD, November 2-4, 2018 focusing on **Advocacy and Social Justice: How Counselors Help our Clients, our Profession and Ourselves**. I hope to see you all there!

I want to give a special shout out for all the hard work by our MCA Executive Committee, our Conference Chair Dr. Eunice Humphrey, our Registrar Marilyn Raedeke, our Credentialing Chair Perri Hooper, our Emerging Leaders and all of our MCA Board members that pulled together for this incredible event. Thank you all!

During our conference, we will have our annual MCA membership meeting and vote on recent bylaws changes, presented by our bylaws chair, Dan Fleshner.

So far, it has been a busy first quarter!

- * I have attended quarterly business meeting calls for Southern Region and annual check in call with our Southern Region Chair, Naomi Brahim.
- * MCA continues to have a mentoring relationship with Mississippi Counseling Association as well as branch development assistance from Christian Chan, MCA Past-Past President.
- * We had a very successful in-person board meeting with leadership training facilitated by Ed Reed. We will have more opportunities for more leadership training.
- * I presented at the Association for Creativity in Counseling in September and was pleased to see many other MCA members (and Loyola alums) as well.
- * I pledged MCA's support to VCA against the proposed NCLEP model of license portability in Virginia.
- * I have collaborated with Dr. Ajita Robinson, our President-Elect, to begin planning next year's

conference as well as review candidates for open board positions.

Below are some future events with MCA. Please check our website for updates and other opportunities:

- MASERVIC free CE event November 10, 2018 10am at Loyola University MD-Timonium Campus: "Talking Turkey: Helping Clients who are Nervous about the Thanksgiving Table".
- MALGBTIC webinar January 19, 2019 1pm: "Measuring Risks to Self Acceptance in the LGBTQ+ Population" by Dr. Marion Toscano.
- Advocacy Day February 7, 2019 in Annapolis.
- MAMCD Conference, April 13, 2019: "Straight Talk, Mental Illness in the African-American Community".
- MCSJ Conference April 27, 2019.
- MAMCFC Social Mixer, TBA.
- MCDA Annual Conference, TBA.
- MACES Workshop, TBA.
- MCA Awards Ceremony April 25, 2019 7-9pm. Applications now open until February 4, 2019.
- Emerging Leader Program: Applications now open for 2019-2020.
- MSCA-MCA Workshop, TBA.
- Writing Business Cover Letters and Avoiding Identity Theft, TBA
- And many more workshops are planned in all divisions!

continued...

Lastly, my heart is heavy with the many sad news stories this year, both locally in Maryland and in other states. As President, I have offered MCA's support to other state counseling associations after incidents of mass violence. It does not feel like enough, so what more can you do?

- 1) Stay involved! Advocacy and Social Justice are not just annual events. Email or visit your elected officials on a regular basis. Join a division or committee and make a difference.
- 2) Consider disaster relief training/mental health first aid training and offer your services as you are able.
- 3) Maintain your own self-care and resilience to be the best you for the others, who depend on you.
- 4) Please email me with any other ideas or suggestions.

I have personally pledged to continue with random acts of kindness. It costs nothing to smile at someone who looks different than you, let that car merge in front of you, or hold the door open and say "good morning". Offer change to the person ahead or behind you in line. I wish that I could do more. I refuse to accept that continued violence will be the new normal.

Your dedication as career counselors, clinical mental health counselors, counselor educators, rehabilitation counselors, substance abuse counselors, and counseling students as counselors in training is needed now more than ever.

Thank you for your support and membership in MCA.

Catherine "Cathie" Eaton LCPC-S, GCDF, NCC
[President, Maryland Counseling Association](#)
Pastoral Counselor and Psychotherapist
240-401-8686



**PRO BONO
COUNSELING
PROJECT**
over 25 years of service to mental health care

FALL 2018 Professional Continuing Education Workshop

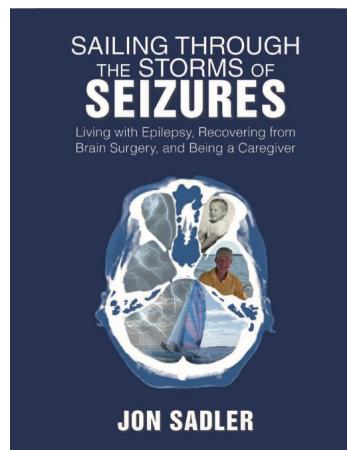
Spotlight on Veterans Mental Health
**Mental Health Stigma; Military Sexual Trauma,
Traumatic Brain Injury; and Chronic Illness in Older Veterans**

FEATURED SPEAKERS
Tiffany Bruder, PhD; Christine Calmes, PhD;
Margaret Kazmierski, MSW, LCSW-C, CCM;
Alicia Lucksted, PhD; Caitlin Starr, MSW, CBIS

Friday, November 30, 2018
9:00 AM - 4:00 PM

REGISTRATION FEE*
FREE for Pro Bono Counseling Volunteer Clinicians
\$99 Fee for Non-Volunteer Clinicians
*Includes continental breakfast and lunch

**For more information, or to REGISTER
visit probонocounseling.org**



One in twenty eight Americans have been diagnosed with a seizure disorder. Their family, friends, and associates often suffer from PTSD after witnessing a seizure. Due to the stigmas, many keep silent, and struggle with anxiety and depression. Finding people who can relate to their situation is often difficult. This book provides information about the various types of seizures and what it is like for the person and their caregiver. A lobectomy of the left hippocampus and recovery over a ten year period emphasizes the importance of a willingness to learn and maintaining hope. Key points are provided concerning first aide, caregiver considerations, and the perspective of the person with epilepsy. Examples of various visual disabilities are mentioned. However, this book provides insight on a hidden disability. Recommended by US Review of Books. Additional information may be found at www.seizurestorms.com. It is available through Xlibris, Amazon, and Barnes and Noble.

**Call for Proposals
MSCA Spring 2019 Conference
Friday, April 5, 2019
Reboot, Refill, Refresh
Location:
Double Tree by Hilton Hotel Annapolis
210 Holiday Ct
Annapolis, Maryland 21401**

Title of Program: _____

All interest sessions will be scheduled for Friday, April 5, 2019.

Length of Program: Preference for Presenting: **Audience:** (Check all that apply)

<input type="checkbox"/> 1 hour	<input type="checkbox"/> AM Sessions	<input type="checkbox"/> Elementary	<input type="checkbox"/> Post Secondary
<input type="checkbox"/> 2 hours	<input type="checkbox"/> PM Sessions	<input type="checkbox"/> Middle/JR High	<input type="checkbox"/> District Directors
		<input type="checkbox"/> High School	<input type="checkbox"/> No Preference

Projection Screen Needed

Yes

— No

Presenter #1 (Contact Person)

Name _____ Title _____

Place of Employment

Address _____

City _____ State _____ Zip Code _____

Home/Cell Phone _____ Work Phone _____

Email Address _____

Presenter #2

Name _____ Title _____

Place of Employment: _____

Conference Strands:

- **Reboot, Refill, Refresh:** in the social-emotional development for all students
 - **Reboot, Refill, Refresh:** in college and career readiness for all students
 - **Reboot, Refill, Refresh:** for increasing academic rigor and achievement for all students
 - **Reboot, Refill, Refresh:** for the use of data to better serve all students equitably
 - **Reboot, Refill, Refresh:** through the school counselor's use of technology

LEARNING OBJECTIVES OF PROGRAM:

DESCRIPTION OF PROGRAM: (to appear in conference program)

(Limit description to 100 words or less, can attach additional form if preferred)

Please submit to:

ljones@mscaonline.org

Subject Line: 2019 MSCA Program

By January 25, 2019

If you need an electronic copy please visit the website or e-mail ljones@mssaonline.org

Guidelines for submission:

**Conference
presenters must be
registered for
conference.
Information to
register will be sent
to selected
presenters by
January 25, 2019.**

Sessions must be knowledge, skills, and tool based.

Session rooms will include a screen, and projector (if needed) and wireless internet.

BECOME A REGISTERED PLAY THERAPIST

Chesapeake Beach Professional Seminars is offering 150 hours of training towards credential as a Registered Play Therapist (RPT) through our Track A program. Participants are eligible to take 150 hours of training over two years. Provided training follows the guidelines set by the Association for Play Therapy in California. Training includes history, theory, techniques, and play therapy within various settings and with a variety of populations.

Track A 2019 begins on January 26, 2019 with History, Theory, and Foundations of Play Therapy.

Play Therapy Boot Camp offered in the summer with two weeks of play therapy trainings including Equine Assisted Psychotherapy and Play Therapy, Archery, Puppetry, Sandtray, and much more!

Program encompasses four levels and provides a total of 48 CE Hours. Program begins on

SANDTRAY CERTIFICATE PROGRAM

December 9, 2018 and continues through April 1, 2019.

Taught by Miriam Schechter, LCSW, Certified in Sandtray Therapy.

Class size is limited to 14 – register now!



Chesapeake Beach Professional Seminars
Sonia Hinds, APRN, PMH-BC, RPT-S
Founder and Director

For more information, please visit
our website at

www.cbseminars.org

Or contact us directly at
cbps2006@gmail.com

(240)535-1433

Articles

Psychological Effects of Bullying *Written by Karen Bibbins, Ed.D., CTRS*

October is National Bullying Prevention Month, which brings the issue to the forefront for counselors and educators and how interventions can be implemented to prevent bullying in the schools. When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable. Parents, counselors and other adults in the community can help kids prevent bullying by talking about it and providing support to kids who have been bullied and educating other adults on the effects of bullying. Building a safe school environment and creating a community wide bullying prevention strategy will assist in preventing bullying in schools.¹

Effects of Bullying

Bullying can affect everyone, those who are bullied, those who bully, and those who witness bullying.

While bullying takes on many forms, it commonly includes physical aggression, teasing, and harassment both in person and online. Regardless of its form, bullying threatens the quality of the school environment, and students' academic and social lives, which can cause long-lasting mental trauma, and in extreme cases, lead to serious violence or self-harm.²

The Centers for Disease Control reports that at least 28% of students in grades 6-12 have been bullied, and an additional 30% admit they have been complicit in bullying others. The effects of bullying can be severe and have impacts that reach into adulthood, including mental illness, decline in academic and social achievement, or in extreme cases, can lead to suicide.³

The relationship between bullying and suicide

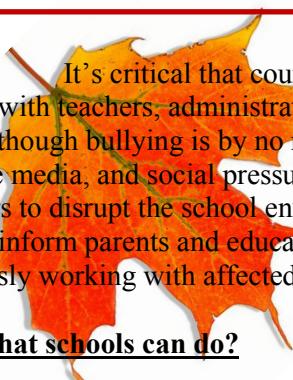
Media reports often link bullying with suicide. However, according to www.stopbullying.org most youth who are bullied do not have thoughts of suicide or engage in suicidal behaviors. There have been many reports in the media about kids who commit suicide after they were bullied at school, although according to some research kids who are bullied are at-risk of suicide; bullying alone is not the cause. Many issues contribute to suicide risk including: depression, problems at home, and trauma history. Additionally, specific groups have an increased risk of suicide including: American Indian and Alaskan Native, Asian American, lesbian, gay, bisexual, and transgender youth. This risk can be increased further when these kids are not supported by parents, peers, and schools. Bullying can make an unsupportive situation worse.⁴

Addressing bullying isn't just for school counselors

School counselors are well-positioned to address bullying at school by providing intervention strategies and support for students. However, *all* counselors can play an important role in addressing the problem.

According to Midget (2016) counselors can begin by engaging in self-exploration and becoming aware of their own attitudes and reactions to bullying. Research findings indicate that there is a discrepancy between students' and adults' perceptions of bullying at school, with students perceiving bullying to be a more significant problem than do school personnel. Considering that 1 in 4 students report being bullied, and whereas almost all students are bystanders to bullying at some point in their educational experience, it is likely that most counselors have had personal experiences with bullying, whether as a bully, a target or a bystander. This personal experience can influence their approach to addressing the problem, including the possibility of minimizing bullying behaviors.⁵

continued...



It's critical that counselors are prepared to recognize instances of bullying and harassment, and work together with teachers, administrators, and parents to create a school environment where these behaviors are not tolerated. Although bullying is by no means an inevitable part of the school experience, outside influences such as home life, the media, and social pressures can encourage negative behaviors in which some students bring the negative behaviors to disrupt the school environment. To effectively combat bullying in schools, counselors must put forth the effort to inform parents and educators how to recognize the warning signs and lasting impacts of bullying, while simultaneously working with affected students to create a safe learning environment for everyone.⁶

What schools can do?

There are several things schools' staff can do make schools safer and prevent bullying. To ensure that bullying prevention efforts are successful, all school staff need to be trained on what bullying is, what the school's policies and rules are, and how to enforce the rules. Schools don't always need formal programs to help students learn about bullying prevention. Schools can incorporate the topic of bullying prevention in lessons and activities. Examples of activities to teach about bullying include: presentations, discussions, research, creative writing, and artistic assignments.⁷

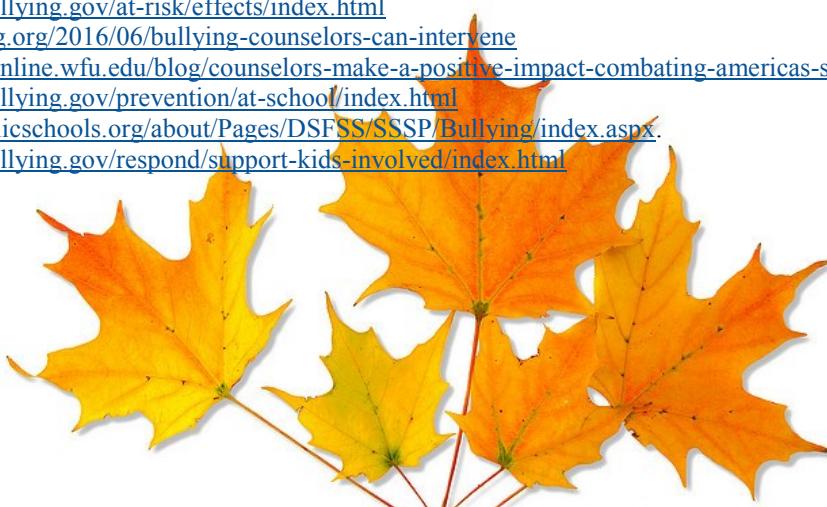
The Maryland State Board of Education has a bullying prevention website which includes the *Framework for School Wide Bullying Prevention and Safety Document* developed by the National Association of School Psychologists (NASP). This document was developed to provide a framework for local education agencies and school administrators for implementing effective school wide bullying prevention and safety efforts. According to NASP "schools have an ethical and legal responsibility to prevent bullying of any kind and to ensure school safety and promote positive behavior".

Summary

All kids involved in bullying—whether they are bullied, bully others, or see bullying—can be affected socially emotionally and academically. It is important to support all kids involved to make sure the bullying doesn't continue, and effects can be minimized. By supporting kids who are bullied, and addressing bullying behavior, and supporting bystanders who witness bullying can often help to minimize the effects of bullying and encourage positive behaviors. Training and supporting students will help in preventing bullying behaviors using a variety of techniques and interventions to prevent future bullying.⁹

REFERENCES

1. <https://www.stopbullying.gov/prevention/index.html>
2. <http://www.nasponline.org/assets/documents/Research%20and%20Policy/Advocacy%20Resources/Psychological%20Services/psychedupbully.pdf>
3. <https://www.stopbullying.gov/news/media/facts/#stats>
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8. <http://marylandpublicschools.org/about/Pages/DSFSS/SSSP/Bullying/index.aspx>
9. <https://www.stopbullying.gov/respond/support-kids-involved/index.html>



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Why Should You Join MCA?

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

- Continuing education units at discount prices
- Early notification of MCA and all division events
- Current public policy issues and new laws of interest to professional counselors
- Grant opportunities
- Four newsletters with opportunities to publish and advertise
- Leadership training and greatly reduced registration costs to annual, regional or national conferences for board members
- Support and advocacy for professional counseling in the state of Maryland
- Electronic reminders to renew your membership
- A list of events that you have participated in



[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.



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

Find us on Facebook ([@mdcounseling](https://www.facebook.com/@mdcounseling))
and Twitter ([@md_counseling](https://twitter.com/@md_counseling))

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

DIVISION PRESIDENTS

MACES President
Sara Pula
pulas@trinitydc.edu

MALGBTIC President
Natalie Maiden
natalie@nataliemaiden.com

MAMCD President
Michelle Chaney
ml4chaney@gmail.com

MAMFC President
Vanessa Patton-Scott
vanessa.pattton@gmail.com

MASERVIC President
Carol McGinnis
cmcginnis@messiah.edu

MCDA President
Ebony Tara
eidoloncs1@gmail.com

MCSJ President
Chioma Anah
dr.c.anah@gmail.com

MSCA President
Kelly Ruby
kruby@mscaonline.org

COMMITTEE CHAIRS

Advocacy Chair
Janice Toothman
janice.toothman@verizon.net

Archives Chair
Open

Awards Chair
Carol McGinnis
cmcginnis@messiah.edu

Bylaws Chair
Daniel Fleshner
daniel.fleshner@gmail.com

Credentialing Chair
Perri Hooper
pih85538@marymount.edu

Emerging Leaders Chair
Don Trahan
dtrahanjr018@gmail.com

Membership Chair
Kerri Legette
kclegette@gmail.com

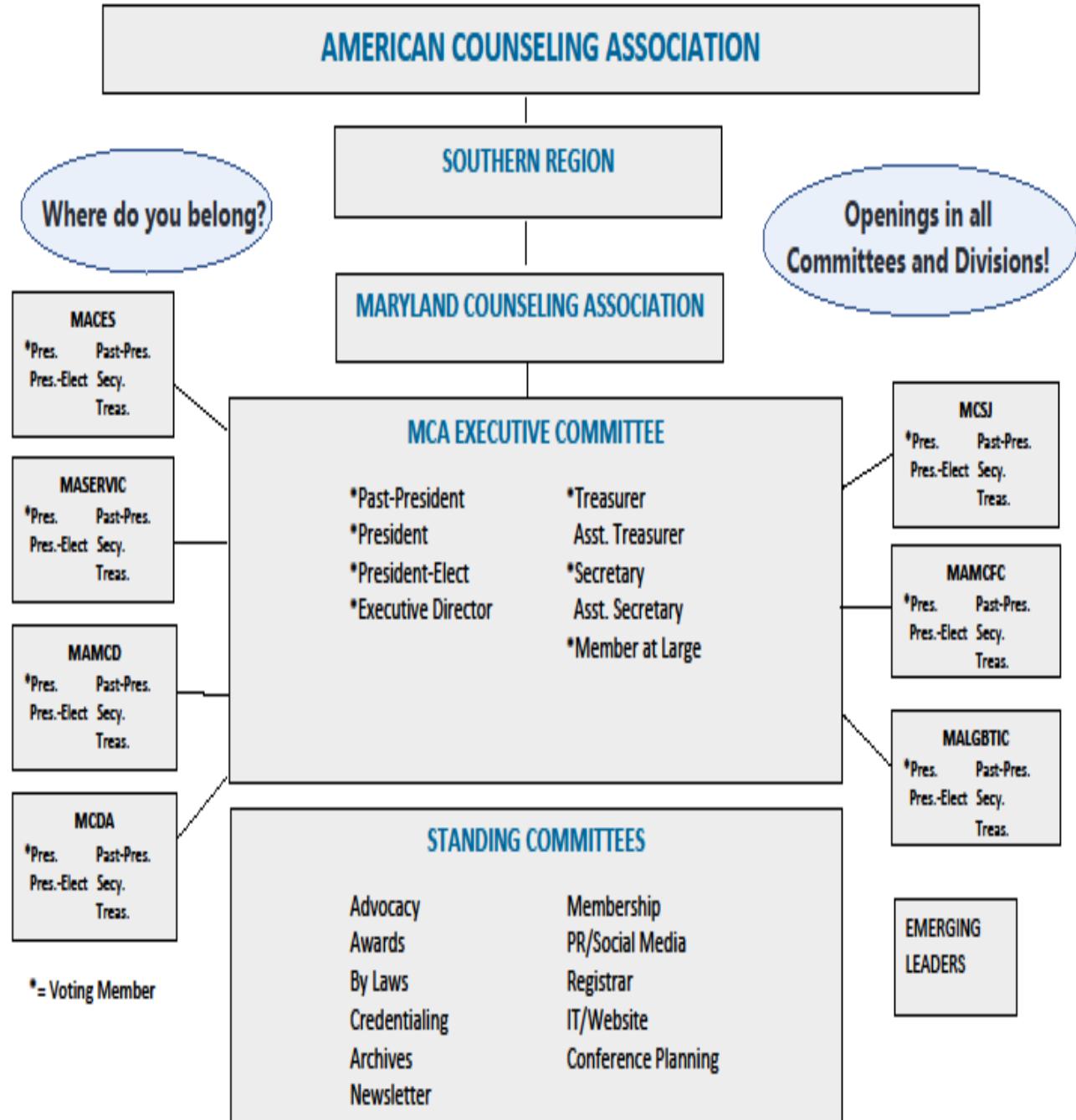
Newsletter Chair
Michelle Schoonmaker
mcanewsletter2@gmail.com

Public Relations Chair
Carolyn Owens
cawens@infinitycoaching.net

Program Planning Chair
Eunice Humphrey
humphreyeo820@gmail.com

Registrar Chair
Marilyn Raedeke
mraedeke@fmc.gov

AMERICAN COUNSELING ASSOCIATION



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

MCDA-Maryland Career Development Association

MCSJ-Maryland Counselors for Social Justice

MAMFC-Maryland Association for Marriage, Couples and Family Counseling

MALGBTIC-Maryland Association of Lesbian, Gay, Bisexual and Transgender Issues
in Counseling

MSCA
Liaison

LCPC-M
Liaison

MAMHC
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.