



Maryland Counseling Association

A BRANCH OF ACA

COMPASS POINTS

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Mission

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

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Karol Taylor

President Elect:
Catherine Eaton

Secretary:
Janelle Bettis

Assistant Secretary:
Open

Treasurer:
LaNail Plummer

Immediate Past President:
Christian Chan

Member-at-Large:
Sarah Gilden

Executive Director:
Marsha Riggio



President's Letter



A successful event such as MCA's November Conference inspires confidence in members, and creates a desire to be a part of

something bigger than ourselves. By the end of the month, MCA had attracted 18 new members, seven of whom volunteered to participate on MCA's Board. MCA is moving in a positive direction, something that encourages members to engage and remain engaged.

At this time each position on MCA's Executive Board is filled, each Committee has a Chair, and in February MCA plans again to fulfill its goal of Advocacy. Under Dr. Sara Pula's guidance and direction, MCA's Emerging Leader's program is developing a pipeline of new leaders to move to the MCA Board. Thanks to Dr. Marilyn Maze, MCA's web site has been updated, and now works efficiently. MCA continues to flourish and to grow.

MCA Advocacy Day will take place February 21st. Participants will meet and congregate in the Visitor's Center in the House of Delegates. We will spend the day meeting with our Delegates and Senators. At the end of the day we will celebrate with a social at Union Jacks. More can be learned in Advocacy Chair Rita Johnson's announcement in the

Weekly Digest. Feel free to bring your laptops; the House of Delegates has free WiFi, and MCA will ensure that someone is always in the room to watch them.

MCA plans additional developmental opportunities during the 2017-2018 Program year, and hopes you will participate in each of them. To round out the year, MCA is exploring a combined effort with the [Virginia Counselors Association](#) for March. We hope to see you at [ACA's annual conference](#) in April, and, in late May or early June, MCA plans to partner with [PsyCoun](#) to offer a final (for this year) developmental opportunity.

Elections are coming soon, and you are encouraged to run for a position and to participate on MCA's Board, which is where the action takes place. If you are interested, please contact Past President, Dr. Christian Chan (christiandchan@gmail.com), to explore available options. Together we can work to create an environment of high energy and enthusiasm that yields continuous positive results.

Karol Taylor
President, Maryland Counseling Association

We are seeking a Maryland Licensed Mental Health Counselor, Therapist, Social Worker, or Physician functioning as an independent contractor to join our Equine Specialist in providing counseling services on the farm.

Frederick (Urbana), Maryland



FINDING HEARTS
FARM

Finding Hearts Farm welcomes you and your clients the opportunity to experience Equine Assisted Psychotherapy. Therapy Sessions outside the traditional office through ground based interaction with horses. Please visit EAGALA.org for more information on Equine Assisted Psychotherapy.

Let our horses help your clients

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findingheartsfarm@yahoo.com

www.findingheartsfarm.com

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Beautiful, spacious private office with great views within suite shared with successful psychotherapists. This entire professional suite is Newly Renovated and beautifully appointed.

Amenities Include:

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- Convenient 24 Hour
- Handicapped Accessibility

Office is appropriate for mental health professionals: psychotherapist, psychiatrist, creative arts therapist, coach and other healing arts. This wonderful office provides a relaxed yet professional environment, offering opportunity for collegiality & cross-referral. This upscale building is secure, hospitable & offers 24 hr access. We are close to Interstate 95 and 695 near White Marsh, Essex, Dundalk, Middle River areas. Call Hope Gilchrist or Kizzy Pittrell at 443-868-7762 for more information.

Alternative Counseling & Wellness Center is seeking fully licensed therapists for all locations due to growth: Belair, Towson, Baltimore, Ellicott City and Crofton, Montgomery County opening 2018.

Start part-time and build your private practice caseload. We provide furnished offices, practice management systems, administrative support, billing, credentialing and the highest compensation.

Join a warm group of professionals who will help you succeed. Send resume to info@alternativecounseling.net

PROBONO
COUNSELING
PROJECT

22nd Annual Mary Douglas Wells
SPEAKERS FORUM



Michael Ungar, PhD • Froma Walsh, MSW, PhD

Friday, April 20, 2018 8:30 AM - 4:00 PM

Sheppard Pratt Conference Center • Towson, MD

Full Day Forum • 6 CEUs • Reg. Fee - only \$159*

*Includes continental breakfast and lunch

Register Today! Go to PROBONOCOUNSELING.ORG

MAMCD WORKSHOP

**Beyond White Privilege:
Exploring the Effects and Outcomes of Racism
and White Supremacy in Counseling
People of Color**

Maryland Association Multicultural Counseling Division

TIME: 8:30AM - 1PM
DATE: FEB. 24, 2018
LOCATION:

**Bowie State University
James E. Proctor Building
1200 Jericho Road Room 102
Bowie, MD**

REGISTRATION
STUDENTS: \$20
PROFESSIONALS: \$40

3 NBCC Clock Hours will be Provided

OUR SPEAKERS



DR. DON TRAHAN



DR. JEFFREY MENZISE



DR. ROBTRICE BRAWNER

CONTACT US FOR MORE DETAIL AT multicultural.counseling.mamcd@gmail.com



MCSJ

Maryland Counselors for Social Justice

* A State Division of Maryland Counseling Association (MCA).

* A Branch of Counselors for Social Justice (CSJ). A Division of the American Counseling Association (ACA).

"Our mission is to work to promote social justice advocacy in our society, through confronting oppressive systems of power and privilege that manifest in a lack of equal access, benefits, resources, and opportunities to large segments of our population. We work to address mental health issues caused by social marginalization, and oppressive issues that affect professional counselors, students, and our clients. Our goal is to work to assist in positive change in our society, and call attention to additional ways counselors could be better advocates in their work with diverse, marginalized, and disenfranchised clients, through professional development."

Join us, let's make a difference together, and change the world!

Contact Dr. Chioma Anah: drchiomaanah@gmail.com for membership

American Counseling Association 66th Annual Conference & Expo

The Future of Counseling

Career Advancement. 33.5 Hours of CEs.

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April 25 – 29, 2018 | Atlanta, Georgia

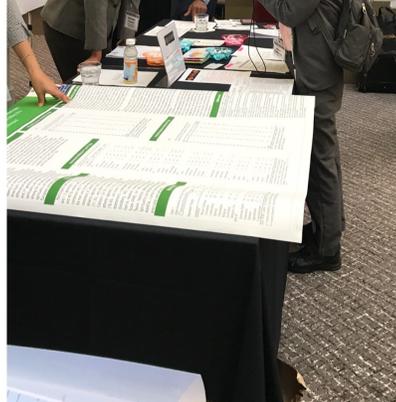
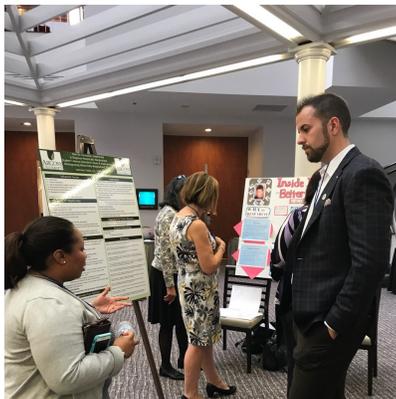
#Counseling2018 #IamTheFuture



2017 MCA Conference



Join us next year!





Articles

What's Your Theme in 2018? *Written by Caitlin Magidson MS, NCC, LCPC*

What was 2017 about for you? If you could sum it up in one word or phrase, what would it be? It might be hard to summarize twelve months in one word, but perhaps there is a nugget of insight you're taking away from the last 365 days.

At the end of each year, I cozy up on my couch with a journal and ask myself, "What were the highlights? What was hard? What did I accomplish? Who did I become more of? I check in with myself about my character, "Am I kinder? Am I more loving?"

I also reflect on the following areas:

1. **Career:** How did I grow in my career?
2. **Health:** How did I take care of my mind and body?
3. **Relationships:** What relationships did I nourish most?
4. **Hobbies:** How did I relax and have fun?
5. **Spirituality:** How did I grow spiritually?
6. **Community:** In what ways did I use my life to serve others?

It's a grounding activity to pause, become curious, and do a [personal life inventory](#). As I ponder the above questions, I look for wins and do my own [gap analysis](#) to think about what's next. Smart companies think about what's next, too, when they "[Start with Why](#)". In his popular TEDx talk, motivational speaker and marketing consultant Simon Sinek, shares how great leaders inspire; they think about what inspires their employees to action and use powerful language to tell their story. Apple executives don't just say, "We make great computers, they are beautifully designed and user friendly." Instead, they say something like, "Everything we do, we believe in challenging the status quo, and we believe in thinking differently." As consumers we tend to be loyal to brands that believe something and have a purpose or cause.

So as I think about the purpose and "why" of my life in the year ahead, I don't focus only on results; I write down words or phrases that speak to me about the "why". In the past I've come up with phrases like "*Do What Scares You*" (because I believe pushing myself outside my comfort zone creates a more exuberant life), "*Slow Down*" (because I believe that mindfulness helps me experience my life in a deeper way), or "*Have Fun*" (because I want to incorporate planned enjoyment in living). These phrases have then guided me in coming up with concrete goals around how I would create that feeling or experience in my life the next year. As an intuitive person, I like to feel moved by what I am reaching for instead of just coming up with resolutions that I think I "[should](#)" want.

Now it's your turn. What do you want the theme of your life to be in 2018? How do you want to [design your life](#)? I'd encourage you to take time to reflect, ponder, meditate, and think about what motto, theme, or word will guide you in 2018. What's calling for you next and how will you [measure what matters most](#)?

Go ahead and, in the wise words of Oprah Winfrey, "Create the highest, grandest vision possible for your life, because you become what you believe."

Lantern Therapeutic Services, Inc

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Serving Prince Georges County & Southern Maryland

Announces Part Time Vacancies in Prince Georges, Charles and St. Mary's County Maryland for Mental Health Professionals

The chosen candidates will work with an interdisciplinary outpatient team in the delivery of comprehensive mental health services to clients of all ages. We offer competitive compensation, comprehensive training, flexible hours, and a supportive work environment.

The positions have the following Minimum Requirements:

Maryland Licensure in counseling - LGPC	Good Driving Record
Maryland licensure in social work - LGSW	Excellent Client Management Skills
Multidisciplinary Team Experience	Professional Liability Insurance
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All candidates must pass Criminal Records and CPS Clearance

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QUALIFIED AND LICENSED VETERANS ARE STRONGLY ENCOURAGED TO APPLY

Bilingual (English/Spanish) is a plus

Current CPR/First aid is a plus

Experience with Electronic Medical Records (EMR) software is a plus

Application Instructions:

- ✓ Resume must be in Adobe PDF or Microsoft Word 2007 or earlier [.docx or .doc]
- ✓ Do not paste your resume into the body of an email
- ✓ Do not send you resume through the online submission system
- ✓ All files submitted should have your name and a description of the document.
- ✓ For example: "John Doe Resume.docx" or "John Doe Cover Letter.doc"

To apply send your cover letter and resume to jobsnow@yourlantern.net

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 and opportunities to publish and advertise
- Early notification of job openings in the field
- 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.md-counseling.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 board positions.

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