



Annual Conference:
Trauma-Informed Counseling

Thursday, November 12 &
Friday, November 13, 2015



The Historic Inns of Annapolis
Annapolis, Maryland

10 NBCC Clock Hours

MCA is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.





NOTES

Conference Overview

Thursday November 12, 2015

4:00-5:00pm ARC DMH Registration

5:00-9:00pm ARC DMH Training

Friday November 13, 2015

7:00-8:00am Registration

7:30-8:30am Breakfast

8:30-8:45am Welcome

8:45-10:15am Keynote

10:30-11:30am Breakout Sessions

11:35-12:35pm Breakout Sessions

12:35-1:35pm Lunch

1:35-2:35pm Breakout Sessions

2:40-3:40pm Breakout Sessions

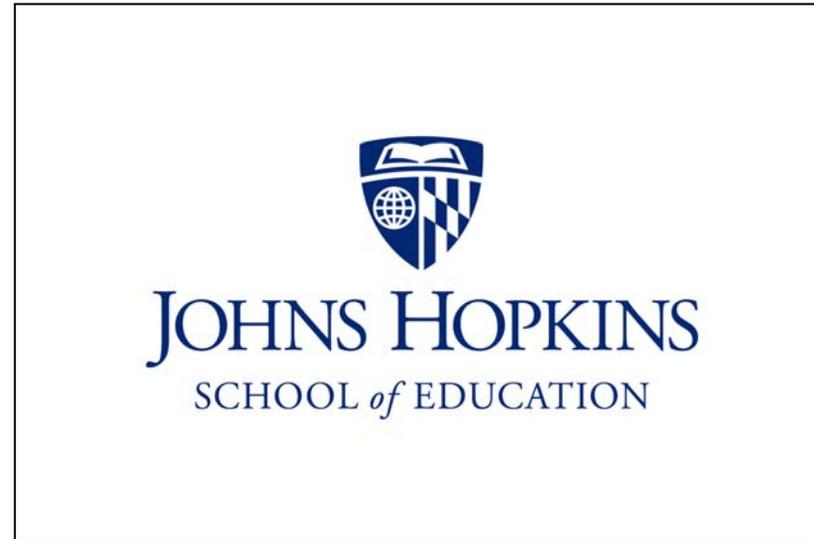
3:45-4:45pm Breakout Sessions

4:50-5:50pm Breakout Sessions

6:00-6:30pm Annual Meeting

6:30-8:30pm Social Gala

Conference Sponsors



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Journey to Self Understanding



Riggio Supervision Services



Conference Map

Governor's Hall (A,B,C)

Keynote
Annual Meeting

West Chamber (A)

Breakout Presentation Sessions

East/Calvert Chamber (B/C)

Breakout Presentation Sessions

Jonas Green (F)

Breakout Presentation Sessions

Abram Claude (K)

Poster & Breakout Presentation Sessions

Atrium (E)

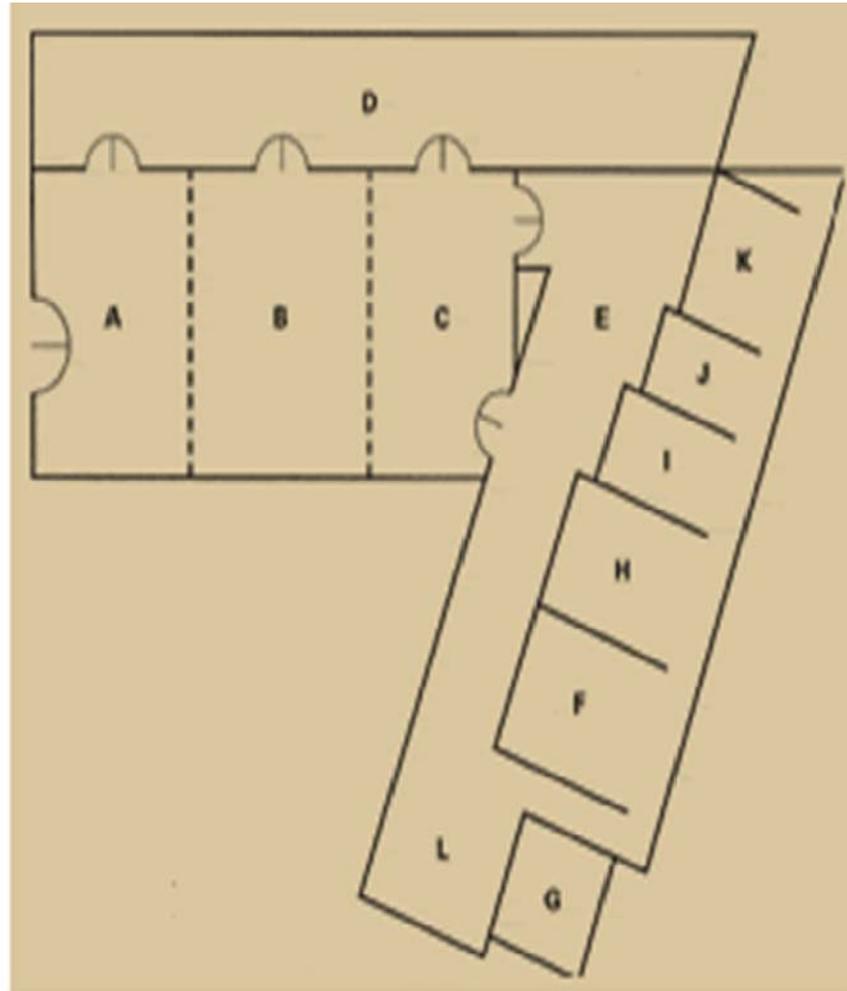
Vendors
Breakfast
Lunch
Social Gala

State Lobby (L)

Registration

Sarah Ball (J)

Conference Office





Thursday November 12, 2015

American Red Cross Disaster Mental Health

Fundamentals Training

4:00-5:00pm Registration
State Lobby
5:00-9:00pm Training Session
Governor's Hall

This training is a requirement of the American Red Cross (ARC) for credentialed professionals who are interested in becoming Disaster Mental Health responders within the ARC. This is the first step in becoming trained to work within your local ARC chapter. This training will not cover all aspects of disaster mental health response but will include:

- 1) The ARC's structure and mission and an overview of disaster relief services
- 2) Summary of what ARC DMH volunteers do
- 3) The ARC's three-element intervention strategy
- 4) Review of the ARC's Disaster relief operation
- 5) ARC's referral and release forms

This training is universally required for participants to become an ARC DMH volunteer, it is just the first step. You must connect with you local chapter following the training to find out what other steps you need to take in order to become a local volunteer. To find out more about what your local chapter requires please go to <http://www.redcross.org/find-your-local-chapter>



ARC DMH Trainer: Dr. Stephanie F. Dailey

Stephanie F. Dailey is an Assistant Professor of counseling at Argosy University in Washington, DC. Dr. Dailey is a Licensed Professional Counselor in Virginia as well as a National Certified Counselor, a certified trauma professional, and an Approved Clinical Supervisor. She specializes in working with individuals and groups from a wide range of multicultural backgrounds on counseling issues ranging from normal situational and developmental issues to living and coping with severe and persistent mental illness. As a certified American Red Cross disaster mental health responder and liaison to the American Red Cross disaster mental health partners for the American Counseling Association (ACA), she is also trained to work with disaster survivors, first responders, and emergency preparedness personnel.





Friday November 13, 2015

7:00-8:00am Registration
State Lobby

Conference Program is sponsored by:



PsyCoun Consultants delivers effective training and professional services in the areas of psychological, counseling, and career development in flexible formats to meet the diverse needs of our clientele. The foundation of our philosophy is to offer superior, individualized services to our clients. These services include: Professional development and solutions to organizations, Professional development to educators, school and clinical counselors, social workers, and psychologists, and Individual services.



Friday November 13, 2015

7:30-8:30am Breakfast
Governor's Hall

Conference Breakfast is sponsored by:



Family Services, Inc.

PART OF THE SHEPPARD PRATT HEALTH SYSTEM

www.fs-inc.org

From newborns to adults, Family Services, Inc., a part of the Sheppard Pratt Health System, provides high-quality services to foster health and wellbeing in the home, school and community. Whether offering Early Childhood Services, Family Support Services, Parental Education Services or Counseling and Therapy Services, for over 100 years Family Services has responded to the growing and changing needs of the residents of Montgomery and Prince George's Counties and throughout the state of Maryland.



Friday, November 13, 2015

8:30-10:15am Governor's Hall

Welcome

Dr. Stephanie Dailey, MCA President

Introduction of Keynote Speaker

Dr. Marsha Riggio, MCA Past President

Keynote Speaker

Ski-ter Jones

Keynote Presentation is sponsored by:



www.argosy.edu

The CACREP-Accredited MA in Clinical Mental Health Counseling and EdD in Counselor Education and Supervision programs at the Washington DC in Arlington, Virginia campus are dedicated to both the academic preparation and comprehensive supervision of counselors across multiple settings.



Keynote Speaker: Ski-ter Jones

“Why Are We Here?”

“How Can ‘I’ Be of Service?”

Ski-ter Jones is one of the most successful commercial actors in Hollywood. He has enjoyed a successful career in the entertainment industry and is known as the “Commercial King.” He has appeared in over 100 national commercial campaigns including Price Waterhouse Cooper, Verizon Wireless, CVS, BMW, Royal Caribbean Cruise Line, McDonalds, Walmart, and Xerox to just name a few. Ski-ter is also the author of several books and has served as a guest speaker in many forums around the world. However, his story is like many of our clients in that he faced many challenges and traumatic experiences growing up as an African American male in the at-risk communities of Washington, DC. *Ski-ter endured many obstacles that have tested his resilience throughout the years, so how did he do it? Ask him, he wants to be of service to the mental health community.*



About Ski-ter Jones

Spending my formative years in Washington, D.C., I know about cold. I was accepted into the prestigious Duke Ellington School of the Arts in high school and several years after graduating from Northwood High, I made my way to Los Angeles, where I have lived for the past ??? years. So now, I know about sunny and warm. Um, sunny and warm is better.

Stories of daring adventures in faraway places with action and romance helped me to avoid the pitfalls of the streets, inspiring me to dream bigger and reach farther. Those stories still inspire me today.

In 2005, I joined creative forces with Charles David Carpenter and began collaborating on various writing projects, including the very successful original comedy series for the internet called CAN WE DO THAT? Like night and day, we are two uniquely different authors who came together to form what we feel is a dynamic writing team. After several screenplays, TV pilots and commercial copy we embarked on writing our first novel series.



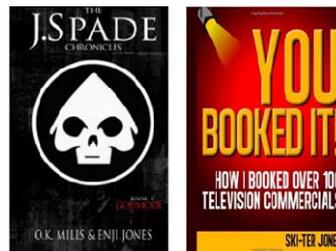


Recent Ski-ter Jones Publications

We welcome you to visit NecromancersPride.com and join us on our journey as we continue to expand the world of Necromancers' Pride! It is a world in which we can all enter and indulge our desires to become the heroes we have always dreamed ourselves to be.

The Necromancers' Pride - Quest for Elderstone book is an epic fantasy novel for teens, young adults and people of all ages. This mystical tale of adventure, magic, valor and survival awaits you and don't forget to tell the enchanting soothsayers, warriors and wizards that D.W. Jones says hello.

- Necromancers' Pride - Quest for Elderstone (Volume 1)
- Necromancers' Pride - Tides of War (Volume 2)
- Necromancers' Pride - Storm of Shadows (Volume 3)
- The J.Spade Chronicles GodMode (Volume 1)
- You Booked It!: How I Booked Over 100 Television Commercials





Breakout Presentations Session I 10:30-11:30am

East/Calvert Chamber

Seven things you need to know to counsel military families

Session #1

Mary Guindon

Description: Today's military families live a unique lifestyle. Participants will learn about distinctive aspects of military culture, its values and customs, and the effects strongly held beliefs and pride of profession have on military children and spouses. Issues discussed are frequent moves, cycles of deployment, post-deployment and reintegration into family life, effects on marriage and role changes including detachment, emotional disorganization, renegotiating, and stabilization. Respondent and Q&A time is included.

Jonas Green

The forgotten fathers: Examining the experiences of diverse fathers

Session #2

Mercedes Ebanks, J. Fidel Turner & Andrae Brown

Description: There is a National Fatherhood Initiative that emphasizes the importance of the role of fathers in their children's lives and researchers have studied the effects of stress on single mothers. However, what has been ignored in research and what has been left out of the discussions has been how fathers are treated by society, the legal system, human services, and counseling. The negative experiences of fathers can result in them isolating themselves which then may lead to a traumatic experience for their children. The moderator and panelists will discuss the current stance of research in the area of fatherhood.



West Chamber

Increasing personal energy and wellness

Session #3

Kay Brawley & Michael Lazarchick

Description: The presentation explores "Holistic Integrity," the interplay of body, mind and spirit. Short lecture and discussion will be augmented with experiential processes. Participants will experience light exercise and stretching, explore and feel universal energy, inspirational thought, Qigong, a little yoga, mindfulness meditation, sound and some surprises! The presenter will entertain while covering a variety of concepts that enhance the understanding of physical, mental and spiritual Wellbeing. Participants dress comfortably. This is an interactive workshop. Expect to have fun and be energized.

Abram Claude - Posters

Mississippi Black Women Survivors of Hurricane Katrina

Poster #1

Ophera A. Davis

Description: Poster will present an overview of a group of overlooked women's experiences before, during and after Hurricane Katrina since little attention was/has been focused on them.

Integrating body-oriented practices in trauma informed care

Poster #2

Tara McManaway

Description: This poster presentation aims to educate about the definition of body oriented therapy, identify preliminary and evidence supported practices that may be effective to integrate in trauma work with clients and identify supervision and ethical considerations for counselors and body oriented practitioners.



Treating emotional components of mTBI- role for counselors

Poster #3

Anthony Doran & Christine McGowen

Description: This presentation will review the definition of mTBI, how to evaluate mTBI, different treatment tracks and when the neurologist will contact you for help-managing MDE and anxiety.

Intergenerational trauma among immigrants and refugees: complexity of risk and resilience

Poster #4

Christian Chan, Monica Paige Band, Ariel Lewis, Preet Kaur & Kshipra Jain

Description: Intergenerational approaches demonstrate a significant need to explore the implicit and explicit effects of trauma on families. Members within families and communities that do not directly experience the trauma can be targets of a vicarious trauma through the actions that come from individuals directly experiencing a traumatic event. This type of trauma transmitted vertically among generations of families demonstrates a complex experience that goes unnoticed. While individuals who directly experience trauma, including victims of war and imprisonment, children of these individuals are exposed to symptoms found within PTSD diagnoses.



Moving for their tears

Poster #5

Nerissa Hawkins

Description: Supporting 13-17 y/o siblings of murder victims in their grieving process while guiding them as they learn positive ways to honor their siblings life. Decreasing depressive symptoms and the negative manifestation of them in children and adolescents who have experienced the loss of a sibling as a result of murder or homicide through an eight week therapeutic group that will culminate while a commemorative community activity led by the participants.

Understanding the needs of student veterans: How different forms of social support affect the relationship between attachment and post traumatic stress

Poster #6

Megan Doughty Shaine

Description: It is critical for MH providers, both on and off campus, to gain a better understanding of the needs of this growing population, yet very little research has focused on student veterans specifically. This presentation will cover the existing research on student veterans, social support, and trauma; as well as preliminary findings of a survey study exploring two forms of social support (military vs. civilian peer) as potential mediators in the relationship between adult attachment and post traumatic stress responses.



Breakout Presentations Session 2

11:35am-12:35pm

East/Calvert Chamber

Preparing counseling students for trauma exposure and compassion fatigue: Myths, facts and the reality

Session #4

Rhonda Jeter & J. Fidel Turner

Description: Counselors are not immune to the impact of personal and professional trauma. This presentation will address the impact of vicarious traumatization, compassion fatigue, and their impact on counselor competence and performance. The panelists will highlight the research and share their knowledge and expertise in this area. Counseling graduate students and counselor educators will gain insight and information regarding trauma exposure, supportive supervision, and valuable self-care strategies.

Jonas Green

Angry clients: Counseling to "Leash the Beast" post trauma

Session #5

Carol Z. McGinnis

Description: Regardless of age, clients who have suffered from trauma often report difficulty in expressing anger in a safe, productive way. Review of current anger research helps to equip counselors with tools that can help clients to process this emotion as it may relate to bereavement, bullying, self-injury, and other traumatic elements. Application of these results within an integrated theoretical practice can help creative counselors to process client anger in a new way. Learn how to orient clients toward functional anger by 'leashing' this sometimes maligned 'beast' in a way that can help the traumatized client heal.



West Chamber

Shepherding the flock: Supervising counselors in training during times of crisis

Session #6

Danielle LaSure-Bryant

Description: The program will address how to effectively supervise and support new counselors facing traumatic clinical scenarios such as a client's suicide attempt, emergency petition and client relapse

Abram Claude - Posters

Improving the mentality of the tactical athlete

Poster #7

Robert Price

Description: This presentation will highlight how performance enhancement techniques are used to enhance the performance and resilience of tactical athletes.

Dialectical behavior therapy for adults who are diagnosed with PTSD

Poster #8

Lillian Walker Shelton & Monica Band

Description: This presentation will examine the techniques of DBT on adults with PTSD to help counselors.

Healing hands and trauma informed counseling

Poster #9

Cheryl Fisher & Christine Berger

Description: As western medicine seeks to find holistic and integrated methods of addressing trauma, more clinicians are looking toward healing energy as a possible venue to empower clients and promote healing. Current research is being conducted in various settings to include hospitals, clinics, and animal shelters. This workshop will incorporate history, research, case studies, and experiential exercises as we examine the role of healing modalities in trauma counseling.



Vicarious trauma: Intersections of wellness and supervision

Poster #10

Monica Paige Band, Christian Chan, & Mayo Georgieva

Description: Vicarious trauma refers to the cumulative effect of working with clients who are traumatized, involving interference with the therapists' feelings, cognitive schemas and worldview, memories, self-efficacy, and/or sense of safety. A unique common consequences of trauma work, vicarious trauma does not reflect psychopathology in either the therapist or the client, but instead is a transmission of traumatic stress by bearing witness to disturbing clinical material. The presentation will focus on engaging the audience in a collaborative dialogue through sharing personal experience and grounding them in a conceptual framework based in research.

Moving beyond the trauma lens of foster parents to increase permanency and healing

Poster #11

Joy Petway

Description: This session provides new look at foster parent/child interactions. What is blocking the desire for permanency and role of fear based environments.

Rehabilitation counselors' training program to treat clients with poly-traumatic disabilities: A generic qualitative study

Poster #12

Shayla Mithcell-Shead

Perspectives of cultural and historical trauma and the impact on urban Native Americans in Baltimore City

Poster #13

Christina Allen



12:35-1:35pm

Lunch
Atrium/Governor's Hall

Greetings:

Christian Chan, MCA President-Elect

Lunch is sponsored by:

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UNIVERSITY

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Marymount University offers a MA in Counseling and an EdD in Counselor Education and Supervision. The MA has three specializations: Clinical Mental Health, Pastoral Clinical Mental Health Counseling, and School Counseling. The EdD prepares individuals holding a master's degree in Counseling for leadership positions in universities, mental health agencies, and schools. These programs are CACREP-accredited.



Breakout Presentations Session 3 1:35pm-2:35pm

East/Calvert Chamber

Trauma, Triggers and Therapy

Session #7

Lee Richmond, Darla Sinclair, & Lynne E. Muller

Description: The biology of trauma will be clearly explained using concepts from basic neuroscience. Specifically, participants will learn about the three parts of the brain involved in processing fear and trauma, the correlation between developmental attachment and later emotional problems, the relationship between affect regulation and executive functioning, and how to use neuroscience to create safety within the therapeutic relationship so traumatized clients are optimally primed to learn healthy, somatically based affect regulation skills. Concepts and skills taught are applicable to agency, school, and private practice settings.

Jonas Green

No ring on it!: Integrated trauma informed care for the single African American childless females (SAACF) over the age of 30 in America

Session #8

Tricialand Hilliard & LeTea Perry

Description: Counselors and counselor educators must be aware of heteronormativity and heterosexism as it refers to the minority experience. Unfortunately, there are still stigmas within Western societal norms that appear to be traumatic. The presenters will introduce the traumatic impact of being single and childless, unfulfilling Erikson's psychosocial stages, and the transgenerational trauma on mental and medical health.



West Chamber

The challenges of experiencing trauma and loss while counseling and educating counselors

Session #9

Sara Pula & Xanthia Johnson

Description: This presentation will address the implications for all areas impacted by personal trauma/loss on the counseling experience. The goals will be to make counselors aware of potential counter-transference issues, how to address self-care, and issues of self-disclosure. The session will include an expressive arts component designed to help counselors address this on a deeper level. Counselors will walk away with tangible trauma-informed tools to expand their knowledge based.

Abram Claude

Counselor leadership in times of crisis and trauma

Session #10

Edward Reed & Brett Givens

Description: The presentation will strengthen the leadership capacity of counseling supervisors and counselors. Equipping them to address challenges that accompany crisis and trauma. The presentation will focus on effective leadership strategies critical to implementing prevention, intervention, and postvention plans. Furthermore, we will cover the importance of communication and building strategic partnerships



Breakout Presentations Session 4
2:40pm-3:40pm

East/Calvert Chamber

Intersectional experiences of trauma among queer people of color

Session #11

Christian Chan, Rufus Tony Spann, David Julius Ford, Jr,
Adrienne Erby

Description: In hopes to address the numerous issues and traumatic experiences facing queer people of color, we will utilize a conceptual framework guided by a lens of intersectionality and grounded in current research and practice. Consequently, the presenters will facilitate discussions, utilize case studies, and share personal experiences to invite participants in co-constructing ideas for practice, knowledge and research

Jonas Green

Preoperational grief

Session #12

Kim McClure

Description: This presentation will examine age appropriate approaches to discussing death and dying with children ages 3-6 in a manner that won't traumatize them in keeping with their concrete cognitive processing. This presentation will discuss the effectiveness of metaphor and story telling in explaining death to children within this age range. This title stems from Piaget's second developmental stage when children are cognitively incapable of abstract thinking.



West Chamber

Are your affairs in order?

Session #13

Carl Barham & Mavis Lewis

Description: As people progress through life, from infancy to early childhood, middle childhood to adolescence, early adulthood to middle age, and to their golden years, there are certain preparations that should take place at each stage of development, if one is to have a smooth transition from one phase to the other. One can only enjoy the fruits and security of the latter phase, if estate planning is made in a timely manner.

Abram Claude

Resilience to post trauma and subsequent effect on community college students

Session #14

Natalie Maiden

Description: This presentation will look at how resilience from previous self-reported trauma(s) may impact community college students' academic success at community college. It is important to understanding the intersection of resilience and community college students who have experienced trauma, and their academic success.



Breakout Presentations Session 5
3:45pm-4:45pm

East/Calvert Chamber

Counseling victims of child sexual abuse through the lifespan: Challenges and opportunity

Session #15

Danielle (Dani) Bostick

Description: The trauma of CSA has a lifelong impact, presenting differently during different phases of a victims life. I will discuss my own personal experiences and examples from my professional practice. Topics will include dissociative amnesia, PTSD, depression/anxiety, NSSI, addictions, impact on interpersonal relationships, parenting and more. Attendees will leave with a better understanding of the ever-evolving impact of CSA and strategies to help clients on their journey to heal.

Jonas Green

How to manage trauma/crisis when a juvenile is behind bars?

Session #16

Lenese N. Stephens

Description: Counselors will be educated about how therapists manage juvenile trauma/crisis within detention centers with limited access to resources combined with limited family involvement. Therapists will engage in discourse that will lead to knowledge and skills for practice.



West Chamber

Mindfulness based practices and trauma

Session #17

Ajita Robinson

Description: The goal of this presentation is to help the counselor enhance self-awareness of personal triggers of traumatic experiences and responses that contribute to professional fatigue and the ability to provide appropriate support to the client.

Abram Claude

Helping client's cope with job/career crises

Robert Castle

Session #18

Description: Clients may encounter significant stressors during a sudden loss of or change in employment status. These conditions can cause and interact with exacerbated mental health symptoms (anxiety, depression, trauma triggers), impaired life and work performance, and anxious, non-supportive or discriminatory reactions by employers and co-workers. This program will frame client reactions within several mental health and counseling perspectives with potential case scenarios. The presenter will draw upon his own human resource management and counseling experiences. We will consider some guiding principles, resources, and practical interventions for therapists to use in helping clients cope and/or thrive amidst employment related conditions.



Breakout Presentations Session Six 4:50pm-5:50pm

East/Calvert Chamber

Standing in your truth: The Women behind the uniform

Session #19

Carolyn Owens

Description: The presentation will explore the unique challenges that women service members face when transitioning from the military. Often the focus is solely on the immediate transition and there are many issues that are overlooked but not brought to the surface until years later. As women transition there are many emotional challenges they experience but often never discuss. These unaddressed issues can often lead to difficulties coping and mental illness impacting ones family, finances, career, etc. The presentation will raise awareness on the emotional and cultural challenges women veterans face with an interactive discussion on ways to address the issues and assist women veterans before and during their time of need

Jonas Green

September 11, 2001: Personal reflection on trauma counseling of first responders

Session #20

Peter Killeen

Description: Peter Killeen, a police stress psychotherapist, who has worked with federal, state and local law enforcement agencies for the past 25 years, will address the problems experienced by treatment professionals, the mistakes made, and what might have done differently when assisting first responders who participated in the search and recovery efforts, following the attacks on September 11, 2001.



West Chamber

Strategic supervision: The art and skill of documentation

Session #21

LaNail R. Plummer

Description: Preparing for clients through clinical documentation (intake, case conceptualization, treatment planning and goal writing), the importance of strategic planning through the new counselors lens, and the foolproof way to achieve client success and sustainability.

Abram Claude

Crisis counseling: Theory vs. real life

Session #22

Eliane S. Herdani

Description: Presentation will teach participants techniques that have been successfully applied in real life crisis counseling situations. I will present some crisis counseling situations examples that I have worked on. Participants will also learn on how to do management consultations in crisis situations. Participants will leave with a list of techniques to use right away as well as some resources on how to get trained and which organizations currently provide crisis counseling



6:00-6:30pm

Annual Business Meeting
Governor's Hall

Annual Business Meeting is sponsored by
Journey to Self Understanding:



www.selfunderstanding.org

Journey to Self Understanding is a private practice founded by Dr. Elizabeth Nyang 8 years ago. Her specialty is using wellness techniques to help clients work through issues with depression and anxiety. She helps client tell their story, move forward and gain insight. Clients can talk about their frustrations and feelings they have about being stuck, depression, anxiety, work issues, relationship problems, and other things that prevent them from moving forward. She works with clients to help them develop a strategy to use to figure out how to get unstuck and move on. Dr. Nyang also offers individual and group mindfulness based therapy sessions that integrates Tai Chi and meditation techniques to help clients reduce stress and focus clearly on what matters most to them.



NOTES



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Social Gala is also sponsored by:





The Maryland Inn, Governor Calvert House, and Robert Johnson House—these three guesthouses form a collection of charming hotels in the Downtown Annapolis historic district. Since 1784, when this Chesapeake Bay city served as the nation's first peacetime capital under George Washington, this lot has been the location for the legendary Maryland Inn, a popular lodging place for statesman, governors, and colonial and revolutionary war personas throughout the 18th and 19th centuries. Delegates of the 1783-1784 U.S. Congress stayed at the inn when George Washington resigned as Commander in Chief of the Continental Army and ratified the Treaty of Paris.

The original Governor Calvert House dates back to 1695 and was owned by a prominent local family who lived in the house from 1727 until the American Revolution. Governor Benedict Leonard Calvert once occupied the beautiful home and held office from 1727 to 1731. At this handsome home, history often repeats itself. Today this elegant boutique hotel is home to many state legislators each year when they convene at the Maryland State House across the street.

The Robert Johnson House was home to members of the Johnson family who were prominent city and state government officials from the 1770s to the 1800s. Today this historic property is comprised of three houses artfully restored and furnished with elegant 19th century antiques and décor.



Thank you for attending the 2015
MCA Annual Conference!

See you in the new year!

Be sure to stay up-to-date with:

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- Statewide Information

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