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Welcome from the 2019-2020 President
Leslie Holley, LCPC

Hello Maryland Counseling Association members! I’m so excited to be this year’s MAMCD President. This will be an exciting year full of surprises. We are kicking off the year with a dynamic fall workshop, Private Practice 2.0. As a private practice owner, I truly believe in the power of owning your own practice. I want to share my experiences with the chapter and help others build their own empire.

As counselors, we need to help each other build and grow. Through connecting at MAMCD events, my goal is to broaden our horizons. This year, we will be hosting consultation meetings throughout the Maryland area, as well as, networking events for our chapter. In February, we will be hosting another workshop focused on addiction in the 2000’s.

Please stay tuned for all we have to offer this year. You can check out our newly renovated website page, designed by our President-Elect, Atiya Smith, as well as our newly posted Facebook page and Twitter account. I look forward to serving our chapter this year and I look forward to meeting as many members as possible on their professional journey!
First, let me extend a warm welcome to the new Executive Board members. It will be a pleasure to serve with you this year. I am excited about the scheduled workshops and the annual conference for 2019-2020. MAMCD is diligent in its dedication to continue providing our devoted members, professionals in the field, counseling students and all those interested in the pursuit of multicultural counseling skills development. I strongly believe MAMCD’s mission and excited to be here for another year.

My role this year will be to support the Executive Board to meet its agenda items for the year. I am confident that we can continue to open pathways for our members to become more active in the division, offer students more opportunities to gain leadership experiences, continue to listen to professionals and develop relevant trainings, as well as connect to the community in meaningful ways.

Last year, as MAMCD’s President, the Executive Board was able to increase MAMCD’s membership, collaborate with other Maryland Counseling Association (MCA) divisions, universities and community agencies and I hopeful that MAMCD can continue this year with more drive and enthusiasm!!

Lastly, my role this year, among other duties, is to most importantly to assist the new President with governance matters, as requested. In addition, I will act as Chair of the Committee on Nominations and Elections, be available to support Committee Chairs, continue to build MAMCD’s membership as well remaining supportive of our members. As Immediate Past-President, I plan to host a Past President’s brunch at a Midyear meeting. More details to follow.

Serving on the Executive Board for one more year will be my privilege.

Warmly,
Michelle L Chaney, LCPC, CCTP, CAC-AD

**MCA Conference**

Friday, November 8-9, 2019
7:00am-5:00pm

Embassy Suites by Hilton
1300 Concourse Drive, Linthicum, Maryland, 21090, USA
What’s Happening This Winter

Mental Health First Aid Training
Date And Time
Sat, November 16, 2019, 8:30 AM – 5:00 PM EST
Location
Selah Wellness & Therapeutic Services, LLC. 1401 Mercantile Lane (Suite 485), Upper Marlboro, MD 20774

Our Duty to Protect: Suicide Prevention for Mental Health Clinicians
Date And Time
Thu, December 19, 2019, 12:00 PM – 1:00 PM EST
Location
55 Wade Ave, Rice Auditorium, Catonsville, MD 21228

Addiction in 2020
Date And Time
Sat, February 29, 2020, 8:30 AM - 1:00 PM EDT
Location
TBD
In 2019 it’s hard to come to the realization that we have so far to go when talking about race relations, politics, and religion in this country. It seems many cannot agree to respect each other’s differences. Social media highlights the pervasiveness of the issues. It affects us all differently. Some decide not to view their social media outlets temporarily, fearing they’ll read about another tragedy. Others would rather avoid the uncomfortableness and focus on positive happenings in their life, family members, and friends. It’s important to note that everyone is different, with unique family dynamics, values, and beliefs. Expecting each of us to cope with life’s struggles in a similar fashion is unrealistic.

As an African American woman, it’s important for me to post information about the importance of self care for African Americans, and when working with African Americans, to help protect our mental health when dealing with race issues in America. Post Traumatic Stress Disorder (PTSD) is a disorder that many associate with combat veterans. However, an estimated 7.8 percent of Americans will experience PTSD at some point in their lives, with women (10.4%) twice as likely as men (5%) to develop PTSD. Additionally, about 3.6 percent of adults in this country aged 18 to 54 (5.2 million people) have PTSD during the course of a given year (https://www.ptsd.va.gov/understand/common/common_adults.asp).

There has been an increase in research on race related experiences as it pertains to PTSD, particularly for African Americans. Racism-related experiences that African Americans in this country encounter on a daily basis range from subtle micro aggressions to blatant violence and verbal abuse. Micro aggressions can be defined as vague insults or non-verbal exchanges, such as a woman holding her purse tightly when she walks into an elevator with a black person. These experiences take place not only in spaces where African Americans are minorities but also in predominantly black spaces. Dr. Monnica T Williams wrote in a Psychology Today article that these experiences create

Coupled with these experiences, some African Americans are reminded of the long affects of terrible race relations between African Americans and the rest of the country via oppressed communities, broken down schools, lack of healthcare and job opportunities, wrongful arrests and mistreatment in and outside of their communities. These events can be summed up as frequent, ongoing psychological trauma.

So, if you are reading this, feel exhausted, distressed, angry, confused, and sometimes hopeless with what you experience and see on a frequent basis around the issue of race in America or know someone feeling these symptoms, consider these steps from JustJasmineBlog.com to help you with this psychological trauma (http://justjasmineblog.com/self-care-for-people-of-color-after-emotional-and-psychological-trauma/):

1. Mindful Isolation. Disconnect from triggering interactions or other situations that may increase anxiety. We all need a break sometimes. Maybe it’s time to take a social media break or a personal day from work to disconnect.

2. Discharge Energy. Find ways to exert energy. Exercise, a nice walk outside, journaling, yoga or meditation are great ways to discharge energy.

3. Community. Connect with people who you’ve identified as empathic, supportive, and help you process your feelings.

These are great steps toward self care. However, if you need further help don’t be afraid to ask. It’s okay to not be okay. With more research to support and normalize these realities find comfort in knowing you are not alone.
MAMCD BOARD MEMBERS

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MAMCD CHAIRS

Awards Committee: Aaron Stills & Sherritta Hughes
Archives Committee: Carl Bahram

Newsletter: Leilani Fryauff
Volunteer: Ebonie Hawkins
Webmaster: Michelle Chaney

Membership Committee: Atiya Smith

MAMCD POSITIONS AVAILABLE

i. Policy Committee
ii. Nomination and Elections Committee
iii. By-Laws committee
iv. Human Rights Committee
v. Government Relations Committee
vi. Clock Hours Committee
vii. Ethics Chair
viii. Emerging Leaders
viii. Social Media
xi. Advocacy Chair
x. Program Planning

Join MAMCD on the Maryland Counseling Association (MCA) Website

http://mca14.wildapricot.org/