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.
- 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
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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 Xlibrus, 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)

- 1 hour AM Sessions: Elementary
- 2 hours PM Sessions: Middle/JR High
- High School: District Directors
- 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@mscaonline.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.
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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.


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Chesapeake Beach Professional Seminars

Sonia Hinds, APRN, PMH-BC, RPT-S

Founder and Director
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 to 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 Psychologist (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**

5. https://ct.counseling.org/2016/06/bullying-counselors-can-intervene
6. https://counseling.online.wfu.edu/blog/counselors-make-a-positive-impact-combating-americas-school-bullying-crisis/
8. http://marylandpublicschools.org/about/Pages/DSFSS-SSSP/Bullying/index.aspx
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- 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

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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

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

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