Howdy y’all,

As I write this column I am in Dallas, Texas representing the Maryland Counseling Association (MCA) at the American Counseling Association Southern Region (ACA-SR) Institute of Leadership. To give some background, there are four regions within ACA: Southern, Western, Northeastern, and Mid-Atlantic. Each of these regions is comprised of the individual state branches. For example the Southern Region, which boasts 20,000 ACA members, includes Alabama, Arkansas, Florida, Georgia, Kentucky, Latin America, Louisiana, Maryland, Mississippi, North Carolina, South Carolina, Tennessee, Texas, Virginia, and West Virginia. In total, ACA has 56 chartered branches in the U.S., Europe, and Latin America.

The purpose of my presence in Dallas is to lean on the shoulders of our counseling neighbors and have a conversation about fiscal responsibility, cultural communication, strategic planning, using technology in marketing, public relations, branch management, and legislative and government relations advocacy. This is an opportunity for me, as your President, to look inward at what we are doing from a fiscal, strategic, and business management perspective. I have spent my time in Dallas asking myself questions such as: “Are we being fiscally responsible with YOUR money?”, “Do we have a solid strategic vision to shape and guide the association in decision making and focus?”, “Are we tapping into the cultural language of our membership?”, and “Are we advocating for all our varied and diverse needs?” My conclusion was that we are doing a really good job AND we can do better.

continued…
To expand, we are fiscally responsible. We have a strong budget for an association of our size and we utilize and disperse funds accordingly. We had an amazingly successful conference in November and, despite going off site to a hotel for the first time in years, we came out with a balanced ledger. This was based on smart forecasting and tight reigns on our budget. We all did a good job! As members you attended and we, as your leadership team, put together a fiscally sound conference. With this solid foundation, however, we have room for growth. We can be more transparent about our budgeting process and begin to work closely with our state division treasurers to be more collaborative. As we grow as an organization we can expand our Finance Committee and be sure that all members are aware of our budgeting processes.

Now let’s talk about strategic planning. Does MCA have a strategic plan? Do you as a member of MCA know what it is? The answer to the first question is yes, we do have a strategic plan. The second is likely no; MCA leadership needs to do a better job of communicating where we are focusing our efforts. Strategies for this include posting our plan on our website and making it more visible in board minutes.

Now let’s talk about understanding our cultural voice and advocacy. We send out an annual survey to find out what you want from your association. This result is a better understanding of the type of trainings, conference locations, and services are you interested in receiving from MCA. But the question still lies in whether or not we understand the varied cultural needs you have? We need to do a better job in identifying your cultural voice and speaking to the unique needs of each MCA member. In terms of advocacy, we have expanded our advocacy committee to eight members who come from a variety of different counseling specialties. This will allows us to cast a wide net in terms of what should be on MCA’s radar screen for government legislation and advocacy issues in our state. What we can do better is mobilizing our organization around specific issues, identifying and communicating a public policy agenda, and teaching MCA members about advocacy. It is your voice, as a constituent, that resonates with legislators.

All in all we are doing a good, no great, job – but every strong organization needs to have an open mind and be willing to improve. My goal for us is to make our strategic plan and budgeting process more visible, to better understand our cultural voice as professionals, and to educate members on to advocate for important legislative issues which impact our work. Whereas this cannot happen all at once, infusing these goals into a long term strategic vision will allow us to grow and prosper as an organization.

Thank you for taking the time out of your busy day to read this column. Please know I welcome your feedback about ways in which MCA can better serve you. If anyone has any comments or questions, please do not hesitate to reach out (stdailey@argosy.edu). I look forward to a fantastic Winter season with MCA!

Stephanie Dailey, EdD, LPC, NCC, ACS
President, Maryland Counseling Association

Don’t miss out! We’ll publish the next newsletter April 30th. Deadline for contributions and advertising is April 22nd!
**Association News & Events**

**ACA Conference**

**What:**
American Counseling Association (ACA) 2016 Annual Conference & Exposition

**Where:**
Montreal, Canada

**When:**
March 31 – April 3 2016

**Registration:**
https://www.counseling.org/conference/register-for-conference

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**Division News & Events**

**MCDA Events**

**MCDA Skills Builder: Creating and Building Meaningful Connections through LinkedIn**

February 23, 10AM – 12PM
Fredrick County Workforce Services (Monocacy Room)
5340 Spectrum Dr. Suite A, Frederick MD 21703

**MCDA Annual Conference: Meaningful Career, Meaningful Life**

April 28-29
Double Tree – Columbia MD

**MAMFC/MSCA Event**

**MAMFC Winter Workshop: Interpersonal Violence and Bullying in Schools and the Workplace**

February 27, 9AM - 3:30 PM
Johns Hopkins University – 2800 N Charles St, Baltimore MD 21218
**Social to follow at Hard Rock Café – Baltimore Harbor (4PM – 7PM)**

**MSCA Event**

**MSCA Annual Conference: What’s in Your Toolbox?**

April 15, 9AM - 3:30 PM
Martin’s Crosswinds – Greenbelt MD

Did you know School Counseling Week was February 1-5?

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**LICENSED COUNSELOR POSITION, Part-time**

Lighthouse, Inc., Youth and Family Services is seeking an experienced LCPC for a part-time counseling position (up to 20 hours per week), serving children, youth and families.

Some evening hours required, Saturday hours possible.

Send resume, cover letter, and contact information for 3 references to Drew Carberry, Executive Director, at drew.lighthouse60@verizon.net.

Member Highlights

In case you missed it, here are a few things our members have been up to…

Dr. Stephanie Dailey, Current President

Read Dr. Dailey’s interview with CNN about providing care after disasters and attacks.

Dr. Catherine Roland, MCA Member

Read Dr. Roland’s article in Psychology Today reminding us that envy can cloud our own accomplishments.

Karol Taylor, MCA Member

Karol will be presenting twice at the upcoming ACA Conference on the topic of federal employment.

If you see a member you would like to highlight, send the highlight to the Newsletter team for the next issue!

MCA Announcements

ACA Regional Awards

MCA received an Honorable Mention for its work in the category of Best Leadership Development!

MCA Emerging Leaders Program

The MCA Emerging Leaders Program offers outstanding MCA graduate students and professional members (new and experienced) an opportunity to broaden their awareness and leadership potential in the counseling profession. MCA created this program to assist future leaders in developing skills and competencies that can advance the counseling profession and the consumers of counseling services. Applicants who have demonstrated a willingness and capacity to provide leadership are sought. MCA is committed to investing in Emerging Leaders who will endure and prosper in their service to the profession and counseling consumers.

The MCA Emerging Leaders Program is intended to provide participants with opportunities to:

- Develop their leadership skills
- Learn about the governance structure of MCA
- Become acquainted with significant individuals and groups involved in MCA’s activities and the counseling profession
- Complete special projects on behalf of MCA
- Develop personally and professionally as an Emerging Leader in the counseling profession
- Broaden their professional network through service to MCA

Applications are to be submitted to the MCA Executive Board (comprised of the President, President-elect, Past-President, Executive Director, Treasurer, Secretary, and a member-at-large). The Executive Board will review all applications and select the Emerging Leaders. The deadline for receiving applications is March 15, 2016. Award recipients will be notified by March 30, 2016. If you need additional information, please contact Dr. Stephanie F. Dailey, MCA President at: president@mdcounseling.org

Visit our website for additional information and the application.
Can you speak her language?

Become an RPT with CBPS and learn how.

Learn how to reach your youngest clients with Chesapeake Beach Professional Seminars.

New focus for 2016 Play Therapy training:
Trauma | Foster Care | School-Based | Sandtray Certification Program
Bootcamp | International Training in Kingston, Jamaica | And much more!

www.CBPSeminars.org    cbps2006@yahoo.com    240 535 1433
A Brief History of Intimate Partner Violence in the United States

Intimate Partner Violence (IPV) has been an ugly scourge in American society for many years. Through the work of various feminist groups in the 1970s, IPV was brought to light in America (Shuler, 2010). IPV is characterized by sexual, physical, emotional abuse or threats (Banks & Fedewa, 2012). IPV is a serious, preventable public health problem that affects millions of Americans.

Myths and Misconceptions

The most common myths about IPV are that males are the only perpetrators and women are the only victims. In actuality, males are just as likely to be victims of IPV as women and research shows that women have been shown to engage in equal or higher rates of IPV than men (Shuler, 2010). Another myth about IPV is that the same acts committed by women and men have different effects on the victims. Regardless of the victim, the effects of IPV, including poor quality of life, decreased health, increased risk of suicide and substance misuse, can be just as severe for male victims (Hogan, Hegarty, Ward, & Dodd, 2012).

Understanding Male Victimology

The problem many have with accepting male victimization is societal norms (Schuler, 2010). Social norms also inform how we react to IPV within the family and the larger community (Schuler, 2010). A prime example of this is our belief in heterosexual relationships we believe that men are stronger and more dominating and therefore women cannot dominate them (Schuler, 2010).

In addition to societal factors, male victims have difficulty dealing with how IPV impacts their self-identity. Males are less likely than their females to seek help for IPV due to their perception of how it IPV will affect their masculinity (Tsui, Cheung, & Leung, 2010). Because victims can often times feel embarrassed, it can prolong and perpetuate the abuse (Hogan, Hegarty, Ward & Dodd, 2012). Male victims of same-sex IPV deal with the additional challenges of the perception that same-sex IPV is not as serious and the victims are often considered less believable (Banks & Fedewa, 2012).

What Does This Mean for Counselors?

Counselors working with male victims of IPV must first examine and confront their own perceptions and beliefs about masculinity. Tsui, Cheung, and Leung (2010) points out that based on the respondents answers to their survey men’s reluctance to seek help can be grouped into the following categories: shame and embarrassment, denial, stigmatization, and fear. Due to the victim’s concerns about confidentiality in coming forward as a male victim of IPV, clinicians should take special care in explaining confidentiality and maintaining the client’s confidence.

In addition, counselors working with same-sex victims of IPV will have to examine their own personal and moral beliefs regarding sexuality and ensure that they do not have any bias towards their clients. There may also be a need for more education and training in order to work with members of the LGTBQ community.

References


Want to join MCA? Here’s your chance!

Apply ONLINE or by MAIL:
http://www.mdcounseling.org/

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 advertise your business through contributing articles
- Early notification of job openings in the field of counseling
- Leadership training and greatly reduced registration costs to annual, regional or national conferences for board members
- Free registration to all MCA conferences and workshops for board members
- Electronic reminders to renew your membership
- A list of events that you have participated in (and soon to come a method of keeping track of CEU's you earned)
- Support and advocacy for professional counseling in the state of Maryland

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.
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MCA BOARD POSITIONS AVAILABLE

- Assistant Secretary
- Bylaws Assistant

Contact Stephanie Dailey, MCA President, for more information.

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