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MARYLAND COUNSELING ASSOCIATION (MCA)
A BRANCH OF ACA

"SERVING THE COUNSELING, GUIDANCE, AND HUMAN DEVELOPMENT PROFESSIONS"

To Register for MCA or any of our events, please go to:
www.md counseling.org

Find us on Facebook or Twitter: @md_counseling



R. Tony Spann,
MCA President

Advocacy Spotlight:

Maryland Counselors Meet with Senator Cardin to Advocate for Medicare Reimbursement

As many counselors are aware, the current makeup of the Medicare mental health provider network does not include direct billing for licensed professional counselors. This limits counselor's ability to independently work with the aging and disabled population. Not only does this limitation reduce services for this population, but it also prohibits many counselors from working directly with populations in which our professional orientation (e.g., a strength-based, empowerment approach) is especially suited. For this reason, as well as the growing numbers of Medicare clients, the Licensed Clinical Professional Counselors of Maryland (LCPCM), the Maryland Counseling Association (MCA), and numerous private and agency based counselors have been working with ACA on advocating for legislation which will authorize independent reimbursement for mental health counselors under Medicare.

In February, lead by the LCPCM President, Larry Epp, MCA and other professional counselors representing various work settings (e.g., private practice, nursing facilities, counselor education, counselors-in-training, group practice, and agencies) visited Capitol Hill to advocate for independent reimbursement. Dr. Epp and others met with Dr. Beth Vrabel, Health Policy Advisor to Senator Cardin (D-MD), to provide information to the Senator and ask him to consider co-sponsorship of a bill, which would authorize Mental Health Counselor reimbursement under Medicare. Although MCA and others have been advocating for many years for independent reimbursement, this was another step in promoting expanded service networks for senior and disabled citizens.

MCA will keep members informed of efforts on this issue; however, for now we are hopeful that one more step has been made towards securing independent Medicare billing for counselors. The Medicare population is estimated to increase in size between now and 2030, making it equivalent to the current populations of 4 countries - Austria, Hong Kong, Israel, and Switzerland. Therefore, continued advocacy efforts on this issue are essential in moving counselors forward as active mental health providers in this network. For more information or questions please contact Stephanie F. Dailey at stdailey@argosy.edu

Association News

Get ready for our annual conference!

What:

Maryland Counseling Association (MCA) 2015 Annual Conference

Where:

Annapolis, Maryland

When:

November 12-13, 2015

Conference proposals due **May 15, 2015** – [Click here](#) for submission form.

See below flyer for additional details. If you're interested in joining the Planning Committee, please email [Tony Spann](#).

ACA Conference

What:

American Counseling Association (ACA) 2016 Annual Conference & Exposition

Where:

Montreal, Canada

When:

March 31 – April 3 2016

Summer Registration:

<https://www.counseling.org/conference/register-for-conference>

Conference proposals due **May 20, 2015** – [Click here](#) for more info.



MCA

Maryland
Counseling
Association



SAVE THE DATE!!!! 10 NBCC Clock Hours*

Thursday November 12 & Friday, November 13, 2015

Annual Conference: Trauma-Informed Counseling

@ The Historic Inns of Annapolis, 58 Circle Street, Annapolis, Maryland

American Red Cross Disaster Mental Health Fundamentals! If you are an independently licensed professional interested in working as a disaster mental health (DMH) volunteer at the local and national level, the first step is to take the **FREE** Disaster Mental Health Fundamentals Course being offered on Thursday, November 12th. Earn 3 CEUs!

Break Out Sessions! On Friday, November 13th, join us for sessions on crisis/trauma/disaster counseling, as well as other trauma-informed counseling issues such as bullying, bereavement, self-injury, addictions, counseling the military, ethics, supervision and more!

Keynote Speaker: Ski-ter Jones



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? Join us in hearing his story as we gain insight on how to become better “trauma-informed” counselors.



*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.

New Training for Approved Clinical Supervisor (ACS) Credential

The Department of Pastoral Counseling at Loyola University Maryland has created a **30-hour training workshop** for the **Approved Clinical Supervisor (ACS)** credential.

This workshop fulfills the specialized training requirement for the ACS credential. In the state of Maryland, an individual can use the ACS credential to apply for the independent clinical supervisor designation.

As well as meeting the training requirement for the ACS, this course provides 30 NBCC-approved continuing education clock hours. The cost of the training is \$850. A \$100 discount is given for Loyola University Maryland alumni and current internship site supervisors.

The workshop will begin September 2015 and will run for 6 weeks. For more information, please send an email to LUMSupervisorTraining@gmail.com.

*The Department of Pastoral Counseling at Loyola University Maryland is an NBCC-Approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

Offices for Rent in Silver Spring.

Two office spaces available within walking distance of Silver Spring Metro - fully furnished for work with children, adults and families. Free parking - waiting room, eat-in kitchen, fax/copier, wi-fi, excellent security.

First office is filled with natural light and is large enough for small groups - \$150 - \$200 a month depending on hours. Second office is an interior office (no windows) and is \$220 a month for a full day (M,W, TH,F available).

For additional information contact Jamesen at jamesen@jamesengoodman.com or 301-922-1355.



Chesapeake Beach Professional Seminars, LLC

Provider of continuing education for social workers, psychologists, counselors, and play therapists.

Play Therapy Seminars:

Gestalt Play Therapy: The Violet Oaklander Model

Sonia Hinds, APRN-BC, RPT

May 2 & 3, 2015

Baltimore, MD



WEBINARS

Unable to attend? We have four recorded webinars you can view at your convenience.

1. Discovering the Mystery of Play Therapy
2. Play Therapy with the Angry Child
3. History, Theory, & Foundations of Play Therapy
4. Understanding & Treating Self-Mutilation

Child-Centered Play Therapy

Sonia Hinds, APRN-BC, RPT

July 11 & 12, 2015

Prince Frederick, MD

Play Therapy Summer Boot Camp

Multiple instructors

July 21 through 31, 2015

Baltimore, MD

Registered Play Therapy Supervisor Boot Camp-

Level I Certificate Program

Jodi Mullen, PhD, LMHC, RPT-S

July 18, 19, & 20, 2015

Baltimore, MD

Healing the Hurting Child: The Necessary Dimensions of

Child-Centered Play Therapy

Garry L. Landreth, EdD, LPC, RPT-S

September 11 & 12, 2015

Norfolk, VA

**Space is limited.
You must register in advance.**

ADVANCED Training

"The Art of the Relationship in Play Therapy: Deeper Issues"

Garry L. Landreth, EdD, LPC, RPT-S

October 23 & 24, 2015

Washington, DC

Stay connected!



Non-Play Therapy Continuing Education:

NEW! Crisis Care Network: Critical Incident Response Training to be an EAP Provider

Dennis Potter, LMSW, CAADC, CDS, FAAETS

May 11, 2015

Mitchellville, MD



NEW! Motivational Interviewing, an Evidenced-Based Training

Ali Hall, JD

November 5 & 6, 2015

Baltimore, MD

Sonia Hinds, Founder & Director
Chesapeake Beach Professional Seminars
Phone: 410-535-4942 or 410-414-9901
Fax: 410-414-9902
Email: cbps2006@yahoo.com
Website: www.cbseminars.org



Dr. Preston-Dillon, professor and theorist, provides **training, retreats, and private consults** to clinicians, educators, and those in the creative arts. A counselor educator, she provides continuing education for mental health specialists and play therapists. Presenting internationally and serving area Washington D.C. agencies, she is an affiliate graduate faculty at the George Washington and Johns Hopkins Universities. Originally trained in Kalfian Sandplay, Dr. Preston-Dillon brings over 30 years' experience with sand therapy and the creative arts for clinician training. Her doctoral fieldwork compared indigenous interpretations with a Jungian analysis of sand scenes.

Location:

Nestled in the beauty of private woodland, Dr. Preston-Dillon's Brandywine studio is 8.5 miles from the 495 beltway, 30 miles from NW Washington DC, and just 3 miles from the Colony South Hotel and Conference Center. Discount rates for retreat and training participants.

Arrange a Retreat . . .
Set a Private Session . . .
Join A Small Group . . .

The Experience . . .

Access the rich depths of your creative genius. Nourish innovative ideas. Cultivate inspiration for life.

Creating imaginary worlds in sand is similar to dream work in three dimensional space, wherein you are the director, actors, and audience! The scene you create is a part of the hero's journey as told by Joseph Campbell. Engagement with figures brings the scene alive. If we interview the figures they offer their own suggestions for life. As we witness them discuss concerns among themselves – Superman talks to Harry Potter, a knight learns a secret from a dragon, Alice commiserates with an ancient goddess – life's lessons unfold.

Private consults and small groups to enhance work with clients, unpack barriers to creativity, and honor inner wisdom for professional practice.

Life's Journey . . .

Witnessed with Care

... Presence without

Reclaim the creativity and talent you knew you had in early childhood.



Self-Care Retreats & Private Consults

Using three-dimensional figurines, imagined stories come to life – Stories that empower and appreciate. Similar to dreams, writing lyrics or poetry, authoring a graphic novel, or creating a play, creative energy is engaged in new ways. A retreat is a pause in the rush of life to create landscapes for a hero's journey – a heroine's path to wholeness.

Self-discovery opens the way for renewal, a connection with life-purpose, and a return to creative thinking and inspiration.

The loss of authentic, natural play is a

... Advanced training, clinical competencies for sand therapy
 ... Professional development, small cohort groups

... Agency case consultation & Staff training

... Individual consults for practiced immersion in sand

... Ethics for play therapists and mental health professionals

... Retreats for professionals -- self-care & creativity

... A Respite for personal renewal



INTEGRITY

Reclaim focus, integrity, and energy – in work and life. Pause to listen to your inner wisdom, reclaim lost strengths, and validate personal truth sometimes forgotten in the rush of life.

Self-Care . . .

A return to balance, to center and ground well-being. A personal journey for renewal. A pause in time to align inner resources and recover what was lost. A creative space to nourish resiliency.

Advanced Sand Therapy Training . . .

Immerse in sand scenes and practice explication, amplification, active imagination, and voice. Ethics for clinicians and play therapists includes a review of competencies for projective techniques. Training reflects the theories of Carl Jung, Milton Erickson, existential and Narrative therapy, and Rogers' Person

-Centered approaches for work with symbols in sand.

The Middle Way . . .

Workshops and retreats for small groups allow for greater safety and deeper, authentic work. Participants practice immersion with time for private reflection. Work with colleagues is centered on reading and listening to narrative, symbol dialogues and letters in a non-judgmental, respectful presence. Often profound meaning and connections emerge from the experience, enhancing professional depth and ability to work with grief, trauma, and loss. All sessions include theory, best practices, and new

The Transpersonal . . .

- Professional teams focus on cohesion while honoring the dignity and integrity of each team member
- Develop advanced skills to work with symbols and metaphors
- Channel creative energy to enhance focus and flow
- Rekindle passion for early visions with meaning and purpose

Participants create miniature worlds, intentional and free, from the mundane to the transpersonal, uncovering creative depths, reclaiming internal strengths, exploring new visions

Articles

What Works with Teens Written by Julie Baron, LCSW-C and Britt Rathbone, LCSW-C

If someone asked you to remember one adult in your life, other than your parents, who had a positive impact on you, who comes to mind? If we are lucky we can think of one or two. Perhaps a teacher, coach, religious leader, counselor or therapist? Maybe a tutor, camp counselor, school administrator, mentor, or a doctor who treated you? Teenagers rely on various helping adults in their lives to contribute to shaping their social, emotional, intellectual, physical, spiritual, and overall personal development. These are critical relationships that shape character and pave the road from adolescence to adulthood. When the adolescent and the adult experience positive and supportive helping relationships, both experience a greater sense of well-being and at the same time positively shape the culture at large.

The best tool in reaching adolescents in any setting is **The Relationship**. Adolescents know which adults they feel they can rely upon and which adults they dismiss, or worse, distrust or despise. Sound simple? If it were that simple, we would never tell our teens, "You are not going to like all your teachers so you have to learn to deal with them," "If you want to play you just have to do what your coach says and don't question it," or "You need to listen to your therapist. She is the expert." What is wrong with these statements adults often preach to teens? They are one sided. Relationships are much more complex than that. How do we expect adolescents to effectively do their job in school, on the field, or in the therapy room if they do not experience a connection of feeling heard and understood by the adults in charge? It is not fair to hold adolescents accountable without doing the same for ourselves. Based on the research as well as adolescent and professional accounts it is clear that there are critical skill areas that helping adults must deliberately practice in order to be that endeared and remembered adult in a teen's life: respect, authenticity, kindness, predictability, and acceptance will lead to positive change with adolescents.

Respect Teens are excruciatingly sensitive to being treated with respect. At the same time they are quick to judge, and often misinterpret. Adults who make a difference to an adolescent communicate their inherent value in a direct manner. They are able to set limits effectively, give feedback and ask for behavior changes from young people because they do it respectfully. An 11th grader said it best, "I didn't always like the things my tutor asked me to do, but I had respect for her because she showed respect to me. She got me to do things my teachers never did."

Authenticity Teens can smell a phony from a mile away. Effective adults are those who are real with kids. They use their sense of humor, they communicate their own limitations, and they are open to feedback about what they do. And at the same time they maintain a professional identity and appropriate boundaries.

Kindness Young people respond to compassion and warmth. The adolescent social world can be cruel and sarcastic. Adults who are unwaveringly kind provide a safe harbor for teens who are typically self-conscious and uncomfortable in their own skin. They provide a place for teens to relax, be themselves, and experience support. Kindness can even effectively support limit setting.

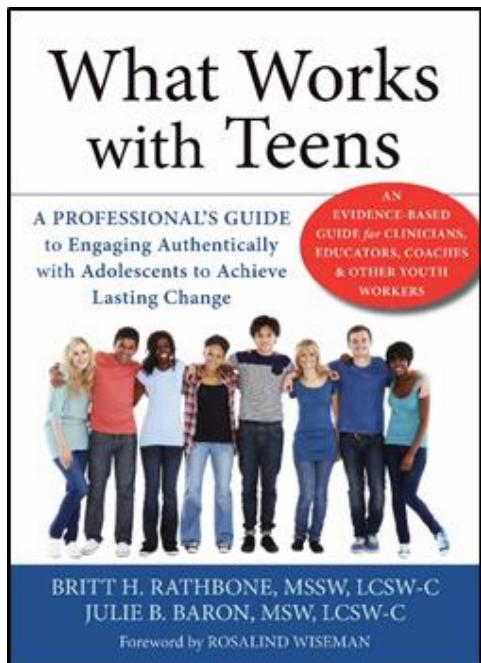
Predictability Unpredictability increases anxiety, and directs attention away from tasks while predictability fosters productivity and innovation. Teens are able relax, learn and grow when adults in their lives behave in a manner that is dependable.

Acceptance When teens feel accepted they are better able to do the challenging work they face in school, on the field, or in the counselor's office. Adults who communicate a deep acceptance of the young people in their charge are more effective at building relationships that make a difference.

Change Studies show that teens appreciate being pushed beyond their perceived capabilities -- this is where change occurs. It's the name of the game and what we are all working towards. When we demonstrate respect, authenticity, kindness, predictability and acceptance, they are more open to change. When change occurs, we all win!

All of these traits are made up of skills that can be developed with deliberate and focused practice. Working with adolescents requires dedication, patience, commitment, and humility. It is a calling and a privilege. We owe it to the next generation to give them the tools to succeed. Let's get to it!

For much more on how professionals can skillfully manage their relationship with teens, read *What Works with Teens: A Professionals Guide to Engaging Authentically with Adolescents toward Lasting Change* by Britt Rathbone, MSSW, LCSW-C and Julie Baron, MSW, LCSW-C, Foreword by Rosalind Wiseman, New Harbinger Publications April 1, 2015.



Ever Feel Challenged by Your Teen Clients?

In this new and groundbreaking resource you will:

Learn the **evidence** that supports the relationship as your best tool

Hear compelling stories from teens themselves that describe adult **approaches that work most effectively**

Understand the critical skill areas that together allow for a productive and positive working relationship with adolescents

Learn ways to implement skills to **effect meaningful change** in your work with teens in any setting!

What Works with Teens: A Professionals Guide to Engaging Authentically with Adolescents toward Lasting Change by Britt Rathbone, MSSW, LCSW-C and Julie Baron, MSW, LCSW-C, Foreword by Rosalind Wiseman, New Harbinger Publications



Division News

MCA is in the beginning stages of creating an **Association for Lesbian, Gay, Bisexual & Transgender Issues in Counseling (ALGBTIC)** division on the state level - **MALGBTIC**!

MALGBTIC is currently seeking interested members who are looking to help establish an exciting new branch in MCA. If this describes you, please contact Christian Chan at cchan530@gwmail.gwu.edu.

Whether you identify as a member of the LGBTQ community, an ally, or an individual interested in working with the community and counseling competencies, **all are welcome!**

Want to join MCA? Here's your chance!

Apply ONLINE or by MAIL:
<http://www.md counseling.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.

Don't miss out! The next newsletter will be published in July 2015. Deadline for contributions and advertising is
July 4, 2015!

MCA Board Positions Available

- **MACES President**
- **Bylaws Assistant**
- **Event Registrar Assistant**
- **Website Assistant**
- **Conference Planning Committee Members**

Contact Tony Spann, MCA President, for more information.

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