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# Compass Points

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.mdcounseling.org](http://www.mdcounseling.org)

**Find us on Facebook or Twitter: @md\_counseling**



## A Message from the President:

New Year, New Beginnings!

A new year brings new beginnings, and as MCA's President I want to extend a heartfelt greeting to everyone as you begin a prosperous new year. As a counselor, educator and MCA president, I believe the greatest amount of hope can be held in the present moment. At this present moment, I hope for MCA members and helping professionals nationwide to engage in personal well-being for 2015. I have fervent hope that each member of this organization will continue to make a difference in lives we touch, as well as, continue to edify of our own lives in a healthy manner. Thank you for all your service to the organization and mankind in 2014 and for your same dedication and service in 2015.

I would like to conclude this letter by reflecting on the accomplishments of the Maryland Counseling Association since June 1, 2014:

- On July 11, 2014, the Maryland Counseling Association and the Licensed Clinical Professional Counselors of Maryland (LCPCM) successfully organized and presented the LCPCM, The Affordable Care Act: What Every Mental Health Professional Should Know
- On September 9, 2014, the Maryland Counseling Association successfully organized and presented the Practical Application of the DSM-5: Highlights of Changes, Additions, and Emerging Trends
- On November 14, 2014, the Maryland Counseling Association successfully organized and presented its annual conference "Wellness in the Age of Technology"

As MCA moves forward, the board will continue to organize meaningful events, advocate on a local and national level and represent MCA within the national organization of ACA.

I want to thank personally every member for supporting MCA thus far, and I encourage you to reach out to the executive board if you have any questions or comments. As a president, I am here for MCA!

I hope to see MCA members safely at the 2015 ACA conference in Orlando, FL!

Rufus Tony Spann, MS, LCPC, LPC, NCC  
President, Maryland Counseling Association

## Association News

### *MCA Annual Conference*

**What:**

Maryland Counseling Association (MCA) 2015 Annual Conference

**Where:**

Ocean City, Maryland

**When:**

November 2015

More details to come! If you're interested in joining the Planning Committee, please email [Tony Spann](#).

### *ACA Conference*

**What:**

American Counseling Association (ACA) 2015 Annual Conference & Exposition

**Where:**

Orlando, Florida

**When:**

March 12-15, 2015

**Early Registration:**

<https://www.counseling.org/conference/2015-conference-registration>

### *ACA Voting*

It's that time again – time to select our next National, Division and Regional leadership. Log in to your [ACA account](#) to vote now!

# EMC<sup>2</sup> Educational Consulting



As Educational Consultants AND Licensed Professional Counselors, the leaders of EMC2 provides services related to:

**COUNSELING:** Individuals- children, adolescents, adults, Couples, Families and Organizations  
(We accept CareFirst insurance and scale fee rates)

**CONSULTING:** Accreditation Support, Special education program design, Curriculum Writing and Development, Strategic Partnerships, Internship Partnerships and Programs, Hiring and Staff Management, Grant Writing & Child Development Associate Program Teaching

**WORKSHOPS/TRAININGS:** Customized based on request. No limitations.

We would love to talk to you! Please call us at 202-400-7524 or email us at [emc2educational@gmail.com](mailto:emc2educational@gmail.com)

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[www.emc2educational.com](http://www.emc2educational.com) or [em2educational@gmail.com](mailto:em2educational@gmail.com)

The Jewish Social Service Agency Training Institute

3-Hour CE Trainings

## Training

Knowledge

**March - June Offerings**

Location: JSSA's Ina Kay Building; 200 Wood Hill Road, Rockville, MD  
Time: 9:00 a.m. - 12:15 p.m.

<b>When Children Fear School: A Comprehensive Model for Treating Anxiety-Based School Refusal</b> Presenter: Jonathan J. Dalton, Ph.D.	<b>Understanding Reporting Requirements for Adults Who Disclose They Were Abused or Neglected as Children</b> Presenter: Gisele Ferretto, LCSW-C
<b>Teaching Parents to Raise the Kid They Love with the Ex They Hate</b> Presenter: Edward Farber, Ph.D.	<b>Meds &amp; Kids – Unexpected Reactions and the Clinician's Options</b> Presenter: Maria M. Sanzone, Ph.D.
<b>Hallucinations, Delusions and other Psychotic Symptoms In Children and Adolescents: What Does It Mean?</b> Presenter: Anna E. Ordóñez, M.D.	<b>Contact Us: 301-816-2645</b> <a href="mailto:traininginstitute@jssa.org">traininginstitute@jssa.org</a>

Register Today: [www.jssa.org/CEcredits](http://www.jssa.org/CEcredits)

**jssa!**

The Jewish Social Service Agency (JSSA) is authorized by the Maryland Board of Social Work Examiners to sponsor Category 1 continuing education programs. The D.C. and Virginia Boards of Social Work usually recognize the Maryland Board of Social Work Examiners' approval. Please contact your state board for verification.

JSSA is an approved sponsor of CE credits for psychologists in Maryland under the Maryland Department of Health and Mental Hygiene.

JSSA is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. JSSA maintains responsibility for its program content. In order to receive a certificate registrants must attend the entire session.



# MCA's Hall of Fame

**Dr. Rita L. Robinson** is a licensed professional counselor, educator, and consultant. She is a retired administrator from the Prince George's County Maryland Public School System. Her broad professional career and experience include working as a public school teacher, counselor, pupil personnel worker, vice principal, principal, Director of Pupil Services, Director of the Office of Equity Assurance, and Director of Staff Development.



Dr. Robinson is currently an adjunct professor of graduate courses at Bowie State University, and an independent contractor for the Anti-Defamation League. She also taught graduate courses at McDaniel College (formerly Western Maryland College) and the University of the District of Columbia.

Dr. Robinson is the recipient of numerous awards and recognitions from professional and non-professional organizations at the local, state, and national levels, for her outstanding leadership and services.

## Highlights of Professional Credentials

- Doctor of Philosophy Degree  
University of Maryland College Park  
Major: Counseling and Personnel Services  
1985
- Advanced Graduate Specialist (AGS) in Child Development  
University of Maryland  
Major: Counseling  
1971
- Graduate Courses at George Washington University  
Washington, DC (15 hours)  
1962-1966
- Bachelor of Science Degree  
District of Columbia Teachers College  
Washington, DC  
Major: Elementary Education

## Certification

- Elementary & Middle School Principal- Supervisor, Pupil Personnel Worker
- Guidance Counselor- Kindergarten- 12
- Elementary and Middle School Teacher
- Licensed Clinical Professional Counselor (LCPC)
- National Certified Counselor (NCC)
- National Certified School Counselor (NCSC)
- Certified Clinical Hypnotherapist (NBCCH)

## Highlighting Employment History

Dr. Robinson employment history covers a range more than thirty years from 1974- 2004 primary in Prince Georges County Public School Systems. During that time period she was employed in the following leadership positions.

- Director of Staff Development
  - Director- Office of Equity Assurance
  - Director of Pupil Services
  - Elementary School Principal
  - Elementary Instructional/Administrative Specialist
  - Pupil Personnel Worker
  - Elementary Counselor

Additionally, she is an Adjunct Faculty- Graduate Level, Bowie State University- 1996 present

“If I had to define a major characterization of Rita it would be, she is committed, passionate and relentless in serving others.”

- Dr. Carl S. Barham

## Administrative Experiences

- Former President of Maryland Association for Multicultural Counseling and Development
- Former President of Maryland Association for Counseling and Development
- Partnership in a corporation called Creative Learning Enterprises, Inc
- Member, Zeta Phi Beta Sorority, Inc.
- Executive Board Member- Women's Action Coalition
- Executive Board Member- Mid- Atlantic Equity Center
- Executive Board Member- National Association for Multicultural Counseling (past)
- Executive Board Member- Maryland Multicultural Coalition Member of the Title IX Committee (past)
- Member of the Prince George's County Healthcare Action Coalition-Workgroup 6 Domestic Violence

## Highlights of Professional Writing

- O'Neill, E., Robinson, R. & Tillet, L. (November 1997). “Responses To Misconceptions About Public Education in the United States”, **The Executive Desk**, Maryland Association for Elementary Principals. Dr. Robinson co-authored nine articles in this publication.
- Barham, C. & Robinson, R. (1985). **12 Easy Steps for Having a Successful School Day; Parents and Teachers Guides**. Creative Learning Enterprises, Inc., Lanham, Maryland.
- Barham, C. & R. (1985). **20 Easy Steps for Successful Family Living**. Creative Learning Enterprises, Inc., Lanham, Maryland.
- Barham, C. & Robinson, R. (1997). **Getting Along With Others at Our School**. Prince George's County Public Schools, Upper Marlboro, Maryland.
- **Robinson, Rita L. (2011) “Daughter and Dads, the Ties That Bind” Creative Learning Enterprises, Inc.**

## Highlighting Some of Dr. Robinson Honors and Recognition

- Recipient of the 2013 DOARS Award from Zeta Phi Beta Sorority
- Recipient of the **First Annual Mentor Award from Mentoring Matters, Inc.** 2007
- Recipient of the **2007 Bridgebuilder Award from the American Counseling Association**, May 23, 2007
- Recipient of First Place for “**Contemporary Life Styles**” third annual video awards competition 1987
- Recipient of the “**Outstanding Educator**” in the Prince George's County Public Schools for the 1984- 1985 school years.

## **Human Resilience: An Adult Developmental Perspective** by Catherine B. Roland

In the past several months, our country has experienced terrible and divisive events that have left our professional counseling community searching for answers that may seem largely rhetorical. Many have asked what our role as counselors might be in this type of situation?

With those events has also come great loss - loss of life, loss of trust, and for some, loss of hope. The vulnerability of human life and the vanishing of perceived well being seem to often emerge during stressful and confusing times. As counselors, we have the unique and humbling experience of assisting people suffering loss and pain, and then summoning their strength of experience to arrive at a profound level of human resilience.

As counseling professionals from all venues, we are charged with helping to instill a sense of hope and a positivity of purpose to our constituents who either reach out in some way, or are referred to us. Adults possess a history and set of rich experiences from which to build, and although all of that history and those experiences may not be regarded as positive or life giving, they are nonetheless part of the life span-development of all adults. The developmental approach encompasses all of the stage/age segments, and each stage/age has particular struggles and successes, with the perception of those varying for each person. Loss is always a theme within developing as an adult, whether it is the loss of a parental figure, spouse, child, or friend. Some losses are not as obvious, like loss of hope or trust that can occur as a result of societal incivility, or bullying, and may have a devastating lasting effect.

Many of us have recently experienced or learned through media, of many complicated situations in our society, causing confusion and fear for so many. Perhaps one of the most vulnerable groups is the young adult group, ages 18–25. Developmentally, young adults may not yet possess the level of maturity and confidence that typically comes naturally for most adults in their next life stage, and they therefore may experience confusion, anger, fear or even depression. This complicated situation is being played out in all areas of our society.

Instilling a sense of propriety for behavior and expectations of others' behavior is something that counselors typically do not find themselves doing with adults. It doesn't neatly fit into any role of the counselor or care giver. However, it may be influential in the development of a young adult who is being bullied or experiencing incivility personally or as an observer of the world. An experienced and empathic counselor who might be able to speak about human behavior and the etiology of hate and meanness, not exclusively in a counseling mode, but at times, in a more instructional and realistic way, is a unique counselor who may be able to clarify feelings her or his client is experiencing. Understanding the possible motivation for violence and hate behavior, while in no way solving the problem, may assist the young adult in not allowing the fear and hopelessness to overtake, and begin to believe in the future. Might this be one of our roles?

As professionals in practice, in schools or agencies or institutions of higher education, we have the responsibility to keep abreast of situations that are reported in the media that reflect the strain and frustration within our world at this time. The counseling office may no longer be an isolated environment, where clients bring their fears and confusion to us that are directly related to a larger worldview. Often, personal emotional situations that effect young adults, indeed all adults, may be reflective of what is happening in the country and is reported in the news media.

Counselors have a responsibility to be clear within ourselves how we feel, and how we reframe, and capture our own resilience for the good of clients, best practice, and the community. We are resilient, and each day, each year, we prove that to ourselves as we negotiate our own life-span development, challenges and successes. We do have the knowledge and ability to bestow and share our strengths within our interactions with clients, in a therapeutic and growth-filled environment. Our role is multifaceted and complicated; this is one segment of that role where we can shine.

Catherine B. Roland, Chair  
Counseling Programs and Director, PhD program in Counselor Education  
The Chicago School of Professional Psychology-Washington DC campus

# Chesapeake Beach Professional Seminars, LLC

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

## Winter Play Therapy Seminars:

### JANUARY

#### FREE: Introduction to Play Therapy

Sonia Hinds, APRN-BC, RPT

January 16, 2015

Lanham, MD

#### Child-Centered Play Therapy

Sonia Hinds, APRN-BC, RPT

January 18 & 19, 2015

Baltimore, Maryland

#### Sandplay Therapy

Betty Jackson, LCSW, CST

January 24 & 25, 2015

Baltimore, Maryland

### FEBRUARY

#### Use of Art to Understand Child Development in Play Therapy

Peggy Kolodny, ATR-BC, LPAT

February 7, 2015

Baltimore, Maryland

#### Fundamentals of Play Therapy:

#### Innovative Healing Techniques Using Play Therapy & Expressive Therapy

Nikole Jiggetts, LCSW, RPT-S

February 21 & 22, 2015

Lanham, Maryland

### MARCH

#### Gestalt Play Therapy: The Violet Oaklander Model

Felicia Carroll, LMF, RPT-S

March 5, 6, & 7, 2015

Lanham, Maryland

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## WEBINARS

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

Space is limited.  
You must register in advance.

Stay connected!

## Non-Play Therapy Continuing Education

Some seminars are featured in March: Social Work Month!

#### Understanding & Treating Self-Mutilation

Pamela Marcus, APRN-BC

February 26, 2015

Baltimore, MD

#### Maintaining Professional Ethics & Boundaries with Clients and Colleagues/DSM V Update

Philip Lucas, DSW, LICSW, ACSW

March 20, 2015

Baltimore, MD

#### Rekindling & Strengthening the Marital/Committed Relationship

Carrie Hansen, LCSW-C

March 26, 2015

Prince Frederick, MD

#### NEW! Motivational Interviewing, an Evidenced-Based Training

Ali Hall, JD

November 4, 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.cbpseminars.org

# Counseling Services

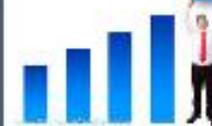
## GRAND OPENING

February 2, 2015

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**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.

**Don't miss out! The next newsletter will be published April 2015. Deadline for contributions and advertising is April 17<sup>th</sup>!**

## 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.



## MCA OFFICERS:

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[rufusspann@yahoo.com](mailto:rufusspann@yahoo.com)

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**Past President**  
Marsha B. Riggio  
[marshariggio@yahoo.com](mailto:marshariggio@yahoo.com)

## DIVISION PRESIDENTS:

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Open

**MAMCD President**  
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**MAMFC President**  
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## COMMITTEE CHAIRS:

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**Membership Retention Chair**  
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**CEU Chair**  
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# MCA

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