



Maryland Counseling Association

A BRANCH OF ACA

COMPASS POINTS

ISSUE 14 | VOLUME 2 | FALL 2021

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Mission

“SERVING THE COUNSELING,
GUIDANCE, AND HUMAN
DEVELOPMENT PROFESSIONS”

MCA Officers

President:
Sara Pula

President Elect:
Pat Dudley

Secretary:
Danielle LaSure Bryant

Treasurer:
Irene Burks

Immediate Past President:
Carol ZA McGinnis

Member-at-Large:
Cynthia Taylor

Executive Director:
Cathie Eaton



Letter from the Executive Director

Greetings, Everyone!

By the time you read this, we will have already had our first Hybrid Annual Conference! Our President, Dr. Sara Pula, worked tirelessly on our first major in person event to be a success. From our outstanding Keynotes, incredible content sessions to specially commissioned conference t-shirts that are still available for sale on our website. (Check out our online STORE!) Bravo, Sara!! And a special thank you to everyone on our Conference Planning Team; no contribution was too small!

We hope that you were able to join us either virtually or in person at Turf Valley Resort in Ellicott City, MD this year! Please look for a poll on your preference for an in person or virtual event next year for our 65th Anniversary Conference! Save the Date October 14-15, 2022.

We are excited to host another in person event: Our Winter Holiday Networking Social on December 8, 2021, 6:30pm at Center Pocket Café and Billiards, 4931 Tesla Drive, Unit H, Bowie, MD 20715 (<https://www.centerpocketlc.com>). Please come and enjoy free pool and light appetizers on MCA! Additional food and alcoholic beverages will be available to purchase separately. Register online at <https://mdcounseling.org/event-4418004>

We look forward to continued advocacy work during Maryland’s legislative

session January 12-April 11, 2022, future workshop offerings for NBCC Clock Hours (formerly known as continuing education units/CEUs or CEs), networking opportunities (both virtual and in person) and continued support of our members!

MCA leadership is comprised of a dynamic group of dedicated volunteers, and we are always looking for new members, whether in our Divisions or to serve on our varied Committees.

Please do not hesitate to contact me at Exec@MDCounseling.org for any questions or concerns. I would be happy to set up a time to chat either by phone or Zoom.

With gratitude,

Catherine “Cathie” Eaton, LCPC, GCDF, NCC
[Executive Director, Maryland Counseling Association](https://mdcounseling.org)



Headshot courtesy of Digital Magic Photography and Design

MCA 2021 Hybrid Conference

Our annual conference was quite the event. We thank all those who made the weekend a success — the Program Planning Committee, the volunteers, the presenters, the vendors and all attendees. **If you would like to write a short article about your experience for the Winter edition, please submit it to the [Newsletter Committee](#) by January 15, 2022.** In the meantime, please enjoy some photos from the hybrid event (continuing on pages 6-7). Group photo courtesy of Digital Magic Photography and Design.

Sending another special thanks to MCA President, Dr. Sara Pula, for her recognition of my years of service to MCA. I am grateful to continue serving the organization year after year.

—Michelle Schoonmaker, Newsletter Chair



Member Spotlight

The MCA Advocacy Committee is a small group that takes on an immense task petitioning our legislative officials on the local, state, and federal levels to advocate for our profession as well as circumstances facing those we serve. Our committee benefited from the Emerging Leader program during the 2020-2021 MCA year. **Sara Fox** a member of MCA, graduate student, and Emerging Leader began serving with the Advocacy Committee as an Emerging Leader in 2020. Sara's willingness to assist and help out on varying tasks has been essential to the Advocacy Committee. She developed materials and social media content; she coordinated events and provided technical support. Over the

summer of 2021 Sara organized and took the lead on Federal Hill Day. What a success! Join me in congratulating Sara on an exceptional job. Sara was able to organize this virtual event with 100% of our MD Senators in attendance and 7 of 8 MD Congressional Representatives confirmed and in attendance! Sara continues to support the Advocacy Committee and now serves in a leadership role as our Event Director.

Submitted by Roni K. White, NCC, LCPC, MCA Advocacy Committee Chair

If you see a member you would like to highlight, send the information to the [Newsletter Committee](#) for the next issue!

Bi-Weekly Spirituality Peer Support Group for Helping Professionals



Marilyn

Maya



THIS OPEN GROUP...

... is sponsored by the Maryland Counseling Association (MCA) and Maryland's Association for Spiritual, Ethical, and Religious Values in Counseling (MASERVIC). Please join us. Bring your lunch/coffee.

WE CULTIVATE...

a supportive environment for graduate students and helping professionals.

FACILITATORS:



Marilyn Spenadel, LCPC, ACS
MASERVIC President-Elect
marilynspenadel@gmail.com
(240) 426-8344



Maya Georgieva, Ed. D, LCPC, ACS
MASERVIC President
maservic@MDCounseling.org

The Zoom link will be sent out by 11:59 pm, the day before each meeting.

Together we can thrive, collaborate with hope, and learn to accept uncertainty!



REGISTER AT [HTTPS://WWW.MDCOUNSELING.ORG/MASERVIC](https://www.mdcounseling.org/maservic)

Hopeful Counseling is hiring! If you are interested in securing more information please see the contact information:

Website: www.HopefulCounseling.org

Email: info@hopefulcounseling.org



HOPEFUL
COUNSELING

We're Hiring

Part-time Counselors

If interested please send inquiries to
info@hopefulcounseling.org

PO Box 1798
Waldorf, MD 20604
Phone: 301-645-1837
Fax: 301-645-9169



www.tcysb.org Tri County Youth Services Bureau

Our agency is currently seeking energetic, responsive and proactive mental health counselors to work part-time in the School Based Counseling Program in Charles County. These counselors will be part of a dynamic team working with children in elementary and middle schools who are at risk for behavioral and emotional difficulties. We provide individual, group and family therapy, consult with school staff and conduct parent education groups. Board Approved Supervision is provided to license-eligible counselors and to student interns. If you are interested in becoming part of an innovative team dedicated to improving the lives of children, contact us today at schoolbased@tcysb.org.



Tri-County Youth Services Bureau, Inc. was founded in 1971 as a delinquency prevention organization to provide counseling, suicide prevention, substance abuse assessment and referral, crisis intervention, information and referral, youth development and family support services. The mission of Tri-County Youth Services Bureau is to provide a respectful and compassionate atmosphere for youth and their families in Southern Maryland to learn through educational and counseling services how to communicate more creatively and how to more effectively understand and promote the values that are unique to each family.

Warning! Counseling in Progress.....Great changes may occur!

Tri County Youth Services Bureau is located in Southern Maryland; we serve the counties of Calvert, Charles, and St. Mary's counties. Southern Maryland is rich in recreation and attractions. Located in the Mid-Atlantic region, a short drive from Annapolis, Baltimore and Washington D.C., there's something for everyone.

Southern Maryland...Where Time & Tide Meet



TCYSB is an equal opportunity employer

MCA 2021 Hybrid Conference

Zoom Meeting

docs.google.com/presentation/d/1KS1vjEv6pRwaeAIAUj-JroKMILLGnMO_jwKhldOWto/edit#slide=id.p

FIERCE SELF-COMPASSION

DR. KRISTIN NEFF
self-compassion.org

TENDER SELF-COMPASSION
ACCEPTING OURSELVES
TO ALLEVIATE SUFFERING

FIERCE SELF-COMPASSION
TAKING ACTION
TO ALLEVIATE SUFFERING

BALANCE
OF BOTH
ENERGIES FOR
WHOLENESS

PROTECTING
DRAWING
BOUNDARIES
AND
SAYING **NO**

PROVIDING
AND
SAYING **YES**
TO OUR NEEDS

MOTIVATING
TO LEARN,
GROW AND
CHANGE
THE WORLD

INNER HEALING
TENDER

OUTER CHANGE
FIERCE

OUR AUTHENTIC SELF
CLAIMS BOTH OUR
TENDER & FIERCE SIDES
COUNTERING THE
GENDER ROLE
SOCIALIZATION
WE HAVE ALL BEEN
STEEPED IN

together
CREATES A **CARING FORCE**

ALLOWING US TO **THRIVE**

Unmute Start Video Security Participants 31 Chat Share Screen Polls Record Live Transcript Breakout Rooms Reactions End



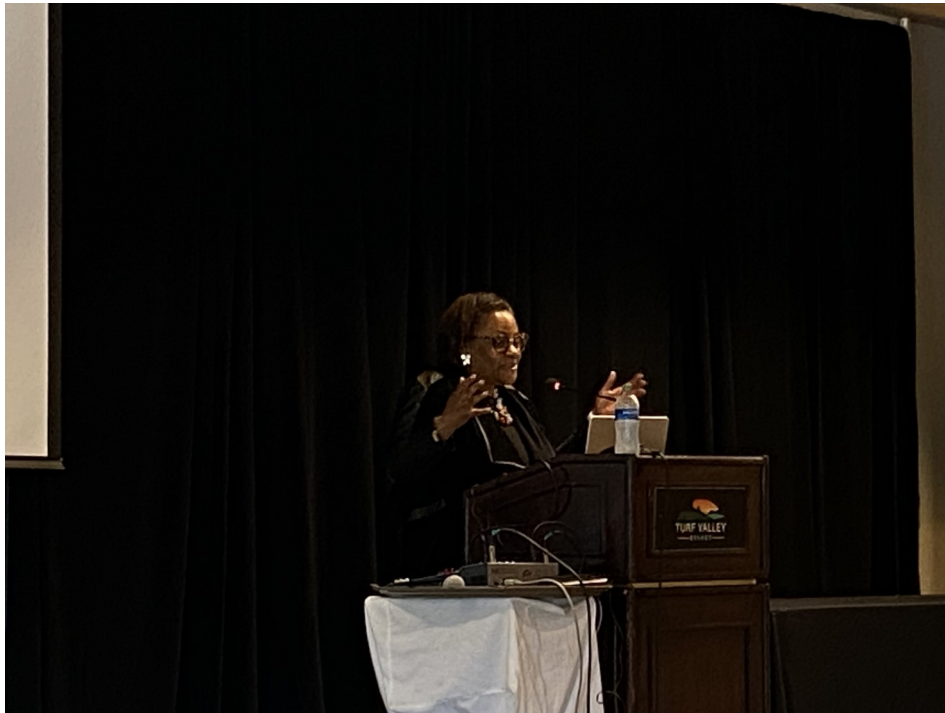
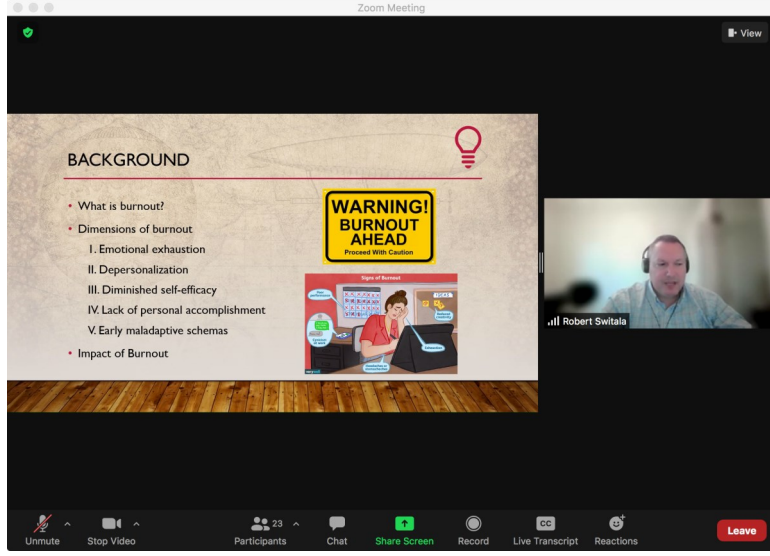
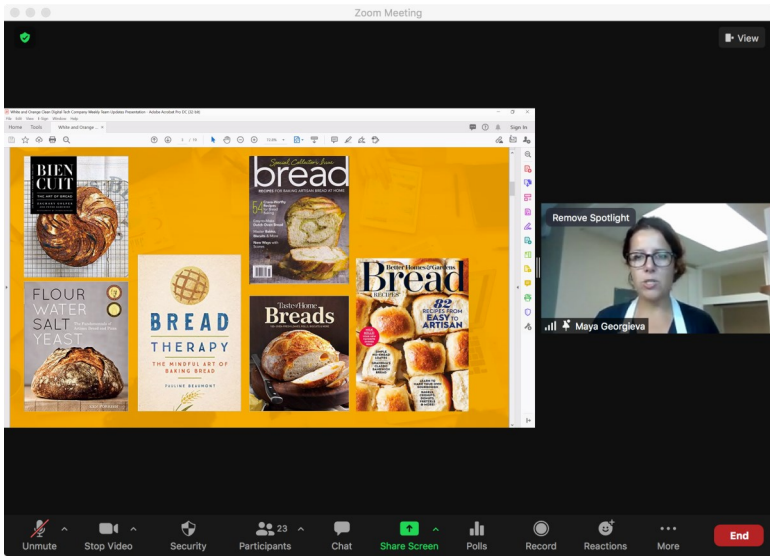
Remove Spotlight

Hierarchy of Nervous System Response

Fight/Flight

Shut-down

Dee Wagner (none)



Hopeful Counseling is offering monthly group supervision! Come join other counseling students and licensed counselors each month learning and being educated about an array of counseling topics and consultation. If you are interested in joining or securing more information please see the contact information:

Website: www.HopefulCounseling.org

Email: info@hopefulcounseling.org

HOPEFUL COUNSELING GROUP

MONTHLY GROUP SUPERVISION

**Interested in being a part of
group supervision for state
licensure?**

**Please contact
info@hopefulcounseling.org
for inquiries and to sign up.**

LOCATION: ZOOM
TIME: SUNDAYS @ 12 PM - 2 PM EST



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

Find us on Facebook ([@mdcounseling](https://www.facebook.com/mdcounseling)) and Twitter ([@md_counseling](https://twitter.com/md_counseling))

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

DIVISION PRESIDENTS

MACES President

Marybeth Heather
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Credentialing Chair

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Newsletter Chair

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Archives Chair

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Emerging Leaders Chair

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Awards Chair

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Bylaws Chair

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Membership Chairs

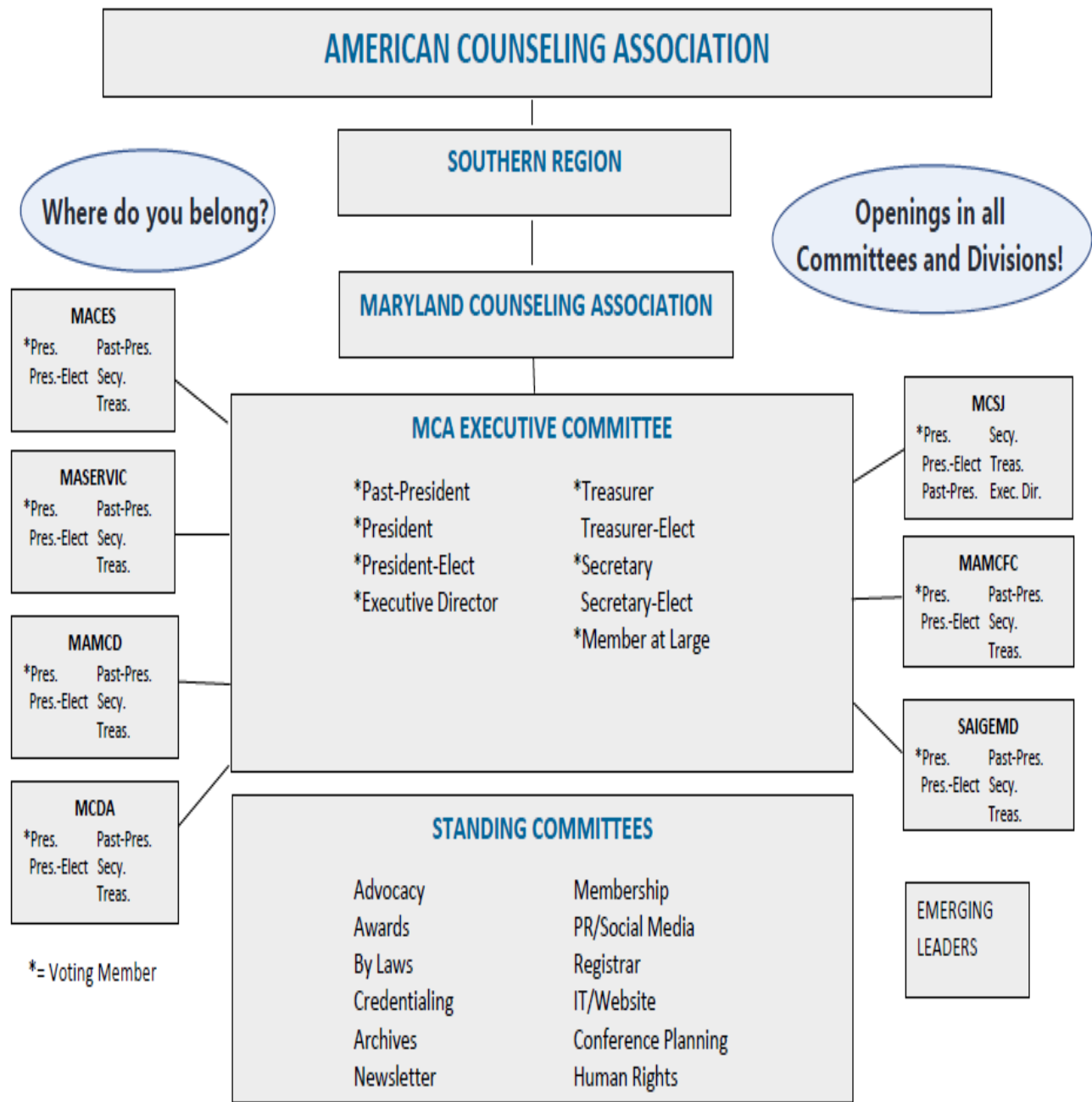
Atiya Smith
membership@MDCounseling.org

Registrar

Cathie Eaton
events@MDCounseling.org

Networking Chair

Marybeth Heather
networking@MDCounseling.org



MACES-Maryland Association of Counselor Education and Supervision
MASERVIC-Maryland Association for the Spiritual, Ethical and Religious Values in Counseling
MAMCD-Maryland Association for Multicultural Counselor and Development
MCDA-Maryland Career Development Association
MCSJ-Maryland Counselors for Social Justice
MAMCFC-Maryland Association for Marriage, Couples and Family Counseling
SAIGEMD-Maryland Society for Sexual, Affectional, Intersex, and Gender Expansive Identities

| | | |
|-----------------|-------------------|------------------|
| MSCA Liaison | LCPC-M Liaison | MAMHC Liaison |
|-----------------|-------------------|------------------|

****MSCA**-Maryland School Counselor Association
 ****LCPC-M**-Licensed Clinical Professional Counselors of Maryland
 ****MAMHC**-Maryland Association of Mental Health Counselors
 **These organizations are not active divisions, but we have liaisons with each.

Why should you join MCA?

Membership is important to your professional growth and career development. It provides:

- Continuing education opportunities at discount prices
- Grant opportunities
- Early notification of MCA and MCA Division events
- A list of events that you have participated in
- Notification of current public policy issues and new laws of interest to professional counselors
- Support and advocacy for professional counseling in the state of Maryland
- Leadership training for board members
- Electronic reminders to renew your membership



[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.

Newsletter Submissions

Advertisements can be submitted by members and nonmembers for inclusion in the newsletter. Ads will be copied into the newsletter as submitted, including active links and images. Editing by Newsletter Team will only be resizing to requested space.

Articles relevant to the organization or profession may be submitted for inclusion in the newsletter. Submissions may be from members and nonmembers. Please note that promotions and endorsements **are not** considered articles; they must be submitted as paid advertisements.

Announcements may be submitted for inclusion by MCA committees, divisions and affiliates. This can include upcoming events, important news, etc.

How much do ads cost?

Pricing is based on size of the ad per page. A quarter page is \$25, a half page is \$50 and a full page is \$75. For example, if your ad is 2 full pages, your total will be \$150.

What forms of payment do you accept?

We accept payments via check and credit card. Checks must be mailed to PO Box 1971 Clinton MD 20735 % MCA Treasurer. Please note "Newsletter Ad" in the memo. For paying by credit card, please purchase ad space via the new [MCA store](#).

How often is there a newsletter release?

Newsletters are released quarterly. When released, it is emailed to subscribers and posted to MCA's website at: <http://www.md-counseling.org/page-1596008>.

When is the next newsletter deadline?

| <i>Edition</i> | <i>Submission Deadline</i> | <i>Publication Month</i> |
|----------------|----------------------------|--------------------------|
| Summer | July 15 th | August |
| Fall | October 15 th | November |
| Winter | January 15 th | February |
| Spring | April 15 th | May |

Can I post my ad or event on the MCA website?

Yes, contact MCA's Virtual Assistant at Website@MDCounseling.org.

Can I submit events to the weekly digest?

Yes, contact the Public Relations Committee at Public.Relations@MDCounseling.org.