



Maryland Counseling Association

A BRANCH OF ACA

COMPASS POINTS

ISSUE 15 | VOLUME 2 | FALL 2022

Inside this Edition

Letters from Leadership	1
MCA/Division Events	3
Articles	5
MCA Leadership	11
Organizational Chart	12
MCA Membership	13
Submission Guidelines	14

Mission

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

MCA Officers

President:

Pat Dudley

President Elect:

Kerri Legette McCullough

Secretary:

Leslie Holley

Treasurer:

Rebekah Cole

Immediate Past President:

Sara Pulla

Member-at-Large:

Irene Burks

Executive Director:

Cathie Eaton



Letter from the President

Greetings,

Winter is approaching. The changing seasons remind us that we need to reconnect to our center and refocus our efforts on ourselves as counselors and counselor educators. Do you have someone that keeps you grounded? A mentor or a colleague who can support you. Carving out intentional time for ourselves is key to being present for the clients, students, and supervisees we serve. We are approaching the holidays, and time with family and friends is also essential to our well-being.

The 65th annual anniversary conference was quite a success! We had informative presenters and presentations that provided an understanding of the needs of diverse populations. Our keynote speakers, Dr. Aliya Jones and Dr. Kok-Mun Ng, provided phenomenal information and takeaways. We are excited about their ongoing commitment to the profession. In January, I will host a virtual informal community of counselors who may need a place to connect, share, and support one another. Please look for more information in early January. I am also preparing to host a series of webinars to connect counselors to Courageous Conversations. My hope is to have a better understanding of

one another and create a human connection. We have several webinars, workshops, and division conferences planned by division leaders. Please see the MCA website for more information. We also send out emails regarding continuing education.

Please look for the membership survey that was sent in October. The survey was developed to capture your interests and needs as a member. We want to hear from you; please do so, if you haven't yet completed the survey. We also invite you to get involved with MCA, in a division, or with one of our committees. Lastly, please take care of yourself. Have a safe and wonderful holiday season.

In solidarity,
Pat Dudley, LCPC, NCC

[President, Maryland Counseling Association](http://www.mca-counseling.org)



Letter from the Executive Director

Salutations!

We are so excited to share many new updates from our organization!

We hope you were able to join us for our 65th anniversary conference, **Multicultural Focus in an Ever Changing World**. We had over 100 attendees join us for our virtual conference. The initial feedback on our learning sessions and keynote speakers has confirmed that MCA continues to deliver stellar and timely professional development opportunities. We hosted our annual membership meeting and several Membership Chats throughout the conference. A very special “Thank you” goes to our Conference Co-Chairs, Drs. Donnette Deigh and Cheryl Fisher, who spent many hours organizing behind the scenes, our Credentialing Chair, Dr. Ricardo Phipps, for verifying our content for NBCC compliance, and our many conference volunteers, including our immediate Past President, Dr. Sara Pula, and our President-Elect, Dr. Kerri Leggett-McCullough! Most of all, thank you to our President, Pat Dudley, for stepping up into leadership of our organization. Save the date for **September 29 and 30, 2023** for our next annual conference, to be held at Coppin State University, located in Baltimore, MD.

A special thank you to our sponsors:

[Dan Mayer, Attorney](#), Technology Sponsor
[Walden University](#), Awards Sponsor
[LGE Services](#), Topaz Sponsor
[Trinity University Washington](#), Vendor
[Greenbrook TMS Centers](#), Vendor

We were proud to establish an award honoring the life and legacy of Dr. Sharon Cheston, presenting to her a Governor’s Citation and plaque surrounded by family and friends, with a brief Zoom celebration during our conference. The **Sharon Cheston Award for Clinical Excellence and Advocacy** was established at the suggestion of Dr. Cheryl Fisher a long-time friend and colleague of Dr. Cheston, along with the support of our Executive Board, our Awards Committee Chair, Dr. Glenda Dickonson, and past MCA President Dr. Carol ZA McGinnis (2020-21).

Dr. Sharon Cheston taught at Loyola University Maryland in the Pastoral Counseling Program since 1983, serving in many capacities. Her roles included Director of Academic Operations and Associate Chair (1983-2010), then Professor Emeritus and Chair of the Department of (2010-2012). She published extensively and wrote *Making Effective Referrals: The Therapeutic Process* (1990), *Faded Rainbows* (2011) and *God Forgot about Me* (2017). In 2011, Dr. Cheston published “A New Paradigm for Teaching Counseling Theory and Practice”, also known as the Three Ways Paradigm: *A Way of Being, A Way of Understanding and A Way of Intervening*. The Three Ways Paradigm is an internationally recognized transtheoretical model of counseling. Dr. Cheston was a fierce advocate for establishing licensure for counselors in Maryland and holds license number 0001. Future awardees will demonstrate outstanding clinical excellence and professional advocacy.

Unfortunately, we were unable to procure enough completed award nominations this summer in which to choose awardees to celebrate during our annual conference. We look forward to a Spring Award Ceremony in April. Please look for an updated call for award nominations and instructions on how to nominate someone for special recognition. Contact Dr. Glenda Dickonson at Awards@MDCounseling.org for more information.

MCA is proud to announce that we will bestow scholarship funds to an MCA Student and/or Professional Member as part of our Spring Awards Ceremony! More details will be made available after reviewing scope and criteria with our board and attorney.

And more exciting news! MCA is now partnering with Walden University! As an MCA Member, you may be eligible to receive a 10% tuition savings, plus grants with Walden! For more information, visit: <http://waldenu.edu/mca> or call 1-855-633-3997. Additional information is also available on our [website homepage](#).

Do you still have outstanding student loans?

Applications are now open for limited Student Loan Debt Relief!

<https://studentaid.gov/debt-relief/application>

The deadline to apply for Public Service Loan Forgiveness (PSLF) through a special Waiver ends October 31, 2022. <https://studentaid.gov/announcements-events/pslf-limited-waiver>

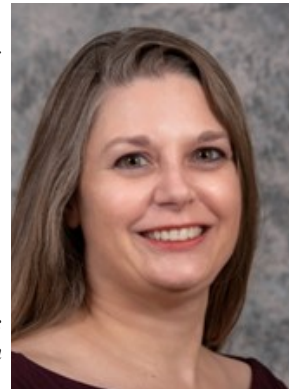
We continue to welcome new leadership into our Executive Committee with the addition of our newest Member-At-Large, Irene Burks! Congratulations!! Our organization is governed by our Executive Board, which in turn supports our divisions and committees in our mission. We are looking for more people to join divisions and committees in various supportive and leadership roles. Time commitments vary and, generally, do not require more than a few hours a month. For more information, please contact me at the email below, President Pat Dudley at President@MDCounseling.org or leaders listed on the [Contact Us](#) page.

We look forward to you joining us for more professional development trainings and networking events! And be on the lookout for advocacy events during the next Maryland legislative session that begins January 11, 2023!

Thank you for your continued support of MCA,

Catherine “Cathie” Eaton, LCPC,
GCDF, NCC
[Executive Director, Maryland
Counseling Association](#)

*Headshot courtesy of Digital Magic
Photography and Design*



MCA INVITES YOU TO OUR
FALL '22
NETWORKING
EVENTS

GET TO KNOW YOUR COLLEAGUES OVER OUR
VIRTUAL ZOOM EVENT. EVERYONE IS INVITED!

November 21st, 2022 at 12:00 PM

December 12th, 2022 at 12:00 PM

FREE FOR MCA MEMBERS AND
\$5 REQUIRED REGISTRATION FOR
NONMEMBERS AS CONTRIBUTION TO OUR
STUDENT SCHOLARSHIP FUND

This event is not for NBCC clock hours

FOR MORE INFORMATION VISIT [HTTPS://MDCOUNSELING.ORG/EVENTS](https://mdcounseling.org/events)

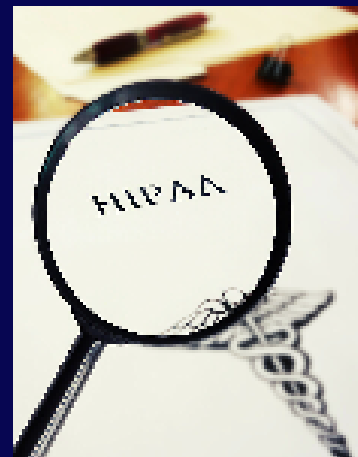


**Maryland
Counseling
Association**

You're dedicated to
serving your clients.

We're dedicated to serving you.

Mayer Law



Let us help you with
your legal needs, so
you can focus on
helping your clients.

www.danielmayerlaw.com

contact_us@danielmayerlaw.com

Articles

Pastoral Counseling: A Specialization or a Unique Lens for All Counselors?

Written by Matthew J. Kirk, M.Ed., Pastoral Clinical Mental Health Counseling Graduate Student, Marymount University

“What place does spiritual development have in therapy for clinical mental health counselors? Only pastoral counselors help clients navigate spiritual/religious development, right? Are pastoral counselors able to treat clients who do not want to discuss religious or spiritual beliefs?” These questions posed by my classmate haunted me for weeks. When I began my Pastoral Clinical Mental Health Counseling program, I anticipated needing to explain to people outside of the counseling field what pastoral counseling was and that I was not becoming a minister. Consequently, I learned there are many counselors and counselors-in-training who do not understand what pastoral counseling is or its importance. I now see that advocacy for pastoral counseling will be an integral part of my work within the field, not just as a legitimate specialization, but as a lens all counselors should adopt in their work with clients.

What exactly is pastoral counseling? My literature review revealed that many answers exist, offering a possible explanation for the confusion within, and outside of, the counseling field. The most comprehensive definition I could find detailed pastoral counseling as “an approach to mental health care that draws on the wisdom of psychology and the behavioral sciences alongside spirituality/religion/theology” (Maynard & Snodgrass, 2015, p. 6). The goals of pastoral counseling include the “promotion of well-being, symptom alleviation, increased coping, positive behavioral changes, and improved relationships with self and others” (Maynard & Snodgrass, 2015, pp. 6-7).

Currently, I am enrolled in a 60-credit hour CACREP accredited Pastoral Counseling program. The curriculum focuses on developing the necessary competencies and skills [as outlined by the ACA, ASERVIC (Association for Spiritual, Ethical, and Religious Values in Counseling), and CACREP] to effectively and ethically help clients explore and/or incorporate religious, spiritual, and/or faith (RSF) beliefs/practices into therapy. Offered elective courses include Pastoral Integration, Grief and Loss, Historical and Contemporary Religious Perspectives, and Moral and Spiritual Development and Ethical Issues in Counseling. These courses emphasize the importance of developing and practicing self-awareness in our own RSF journey to prevent countertransference of personal beliefs, values, or trauma surrounding religion or faith. The overarching goal of the program is to bring awareness to the impact of RSF and to prepare counselors-in-training to adequately address those concerns with clients.

This is important because all counselors-in-training, pastoral or otherwise, must understand how the presence or absence of RSF beliefs can impact a client’s wellbeing. Whether it is an existential crisis, concerns with a partner or family member, an individual grappling with depression and anxiety, or someone dealing with trauma from religious oppression, RSF can influence how clients think, act, behave, and see their world. Moreover, many clients do not bring up RSF issues in counseling if their counselor does not first open the door for that conversation (Cashwell & Young, 2020). While it is up to the client to determine how much time and energy they want to spend discussing this in therapy, it is the counselor’s responsibility to broach this subject first (Day-Vines et al., 2007; Bayne & Bronco, 2017; King, 2021). This is a crucial implication for all counselors-in-training, regardless of specialization. While pastoral counselors are specifically trained to help clients achieve holistic wellbeing by exploring their presenting concerns and sociocultural identities in the context of religion, spirituality, and/or faith, I advocate for all counselors, regardless of specialization, to develop this type of lens in their work with clients (Maynard & Snodgrass, 2015).

continued...

There are many ways counselors-in-training effectively develop a pastoral lens. First, practice broaching, not just for religion/spirituality, but in general. Broaching is the counselor's deliberate and intentional effort to discuss racial, ethnic, and cultural concerns that impact the client's presenting concerns (Day-Vines et al., 2007; Bayne & Branco, 2017; Day-Vines et al., 2020, King, 2021; Lee et al., 2022). Second, take time to read the literature surrounding RSF in counseling. The ACA division of ASERVIC lists competencies that all counselors can access and adopt. Additionally, there are a myriad of articles, books, and reports that emphasize how discussing RSF beliefs with clients is an integral aspect of multicultural counseling. Finally, consider engaging in deep self-reflection or seeking counseling to discuss personal RSF beliefs and how they shape meaning-making and worldviews. Not only may this aid in broaching RSF with clients, but it may potentially provide additional safeguards to prevent harmful countertransference in the therapeutic relationship.

Exploring pastoral counseling and encouraging others to develop a pastoral lens by broaching RSF with clients may be the best form of advocacy to engage in this year. If counseling promotes holistic wellbeing, then that must include the body, mind, and spirit (Michael, 2019). I believe focusing on all three of these entities allows counselors and counselors-in-training to engage in their best work and produce the best outcomes for clients. Though I am still profoundly affected by my classmate's questions, I feel empowered to help other counselors-in-training understand the importance of pastoral counseling and develop a pastoral lens in their work with clients. I find this form of advocacy both expedient and rewarding, understanding that the real benefactors will be the individuals, couples, and families who receive holistic care.

References

- Bayne, H. B. (2016). Helping gay and lesbian students integrate sexual and religious identities. *Journal of College Counseling, 19*(1), 61–75. <https://doi.org/10.1002/jocc.12031>
- Cashwell, C. S., & Young, J. S. (Eds.). (2020). *Integrating spirituality and religion into counseling: A guide to competent practice*. American Counseling Association.
- Day-Vines, N. L., Wood, S. M., Grothaus, T., Craigen, L., Holman, A., Dotson-Blake, K., & Douglass, M. J. (2007). Broaching the subjects of race, ethnicity, and culture during the counseling process. *Journal of Counseling and Development, 85*(4), 401–409. <https://doi.org/10.1002/j.1556-6678.2007.tb00608.x>
- Day-Vines, N.L., Cluxton-Keller, F., Agorsor, C., Gubara, S., & Otabil, N. A. A. (2020). The multidimensional model of broaching behavior. *Journal of Counseling and Development, 98*(1), 107–118. <https://doi.org/10.1002/jcad.12304>
- King, K. M. (2021). I want to, but how? Defining counselor broaching in core tenets and debated components. *Journal of Multicultural Counseling and Development, 49*(2), 87–100. <https://doi.org/10.1002/jmcd.12208>
- Lee, Greenblatt, A., Hu, R., Johnstone, M., & Kourgiantakis, T. (2022). Microskills of broaching and bridging in cross-cultural psychotherapy: Locating therapy skills in the epistemic domain toward fostering epistemic justice. *American Journal of Orthopsychiatry*. <https://doi.org/10.1037/ort0000610>
- Maynard, E. A., & Snodgrass, J. L. (Eds.). (2015). *Understanding pastoral counseling*. Springer Publishing Company.
- Michael, L. (2019). Spirituality as agency and restoration in existential recovery. *Journal of Spirituality in Mental Health, 21*(3), 206-214. <https://doi.org/10.1080/19349637.2018.1458690>

LGE Advisory Services is located in Owings Mills, MD and is an expert in all areas of accounting, bookkeeping, consulting, outsourcing, payroll and business services.

We understand that each business has unique needs. We can create a custom accounting, document management, and storage solution to fit your business. As an added benefit, we are available to answer your questions and help with your ongoing tax planning and changing business needs. Contact us today at (443) 273-3740 or by info@lgeadvisory.com for a free consultation.



Seeking Group Facilitators – Nature & Well-Being Program

Brookside Gardens, a horticultural display garden in Wheaton, Maryland, is seeking warm and engaging group facilitators passionate about the value of nature for wellness. Time commitment is approximately twenty hours per year. In 2021 Brookside Gardens debuted an eight-week journal-guided program that promotes emotional healing through time spent in nature. The Group Facilitator will be responsible for facilitating one-hour group sessions of up to 20 people participating in the otherwise self-guided program. Sessions will involve presenting participants with information about the program, including how to use the guided journal; facilitating dialogue between participants; and listening and engaging with participants around their experiences. Groups will take place in a classroom in Brookside Gardens' Visitor Center or, in some cases, online. Apply at <https://www.governmentjobs.com/careers/mncppc/jobs/3645235/group-facilitator-well-being-program-at-brookside-gardens-seasonal-year-round> or contact jessica.laigle@montgomeryparks.org with questions.

A poster for hiring interns. It features a background image of two women sitting at a table, one holding a laptop. The text is overlaid on the image. At the top, a megaphone icon is next to the text 'We're Hiring Join Our Team'. Below that, it says 'COUNSELLING & SOCIAL WORK INTERNS' and lists 'LCPC AND LGPC' and 'LCSW-C AND LMSW'. A section titled 'We offer:' lists several benefits. At the bottom, it provides contact information for resumes and applications on Indeed, along with the logo for Ross Counseling, LLC.

We're Hiring
Join Our Team

COUNSELLING & SOCIAL WORK INTERNS
LCPC AND LGPC
LCSW-C AND LMSW

We offer:

- Supervision
- Flexible work schedule
- Remote or in-person sessions
- Insurance paneling
- The chance to make a difference

SEND RESUME TO:
rosscounseling7@gmail.com

APPLY ON INDEED:
<https://www.indeed.com/m/viewjob?jk=6497a15e09d3d52f&from=native>

Ross Counseling, LLC

We don't just have a mission statement...we have a mission!

At **Carroll Counseling Center** and **Columbia Counseling Center**, our commitment to optimal mental health and steadfast support isn't just for our clients, it extends to every member of our team.

We realize the strength of our practice is our exceptional staff. We support our clinicians within an innovative, values-based culture. Full or part-time positions are currently available for **Licensed Clinical Professional Counselors (LCPC)** in Columbia, Mt. Airy, Towson, Severna Park, and Eldersburg, MD.

Our clinicians enjoy:

- Above-market compensation and superb benefits
- Option of onsite or hybrid telehealth scheduling
- Freedom to designate their own schedules
- Highly collegial work culture

Carroll Counseling Center and Columbia Counseling Center are proud members of the **Refresh Mental Health** network. Refresh provides outstanding operational support, infrastructure, and resources to allow clinicians to focus on what they do best — providing exemplary care to clients.

For additional information, please forward your resume to: Rachel Klockow, rklockow@refreshmentalhealth.com

A Big Thank You!



Baltimore Job Hunters Support Group

The Baltimore Job Hunters Support Group would like to thank the Maryland Counseling Association and its entities for your support since 2011.

Our final event:



Monday, 12/5 and Tuesday 12/6

More information and Registration on Eventbrite.

Baltimore.bjhsg@gmail.com

Build Your Career With Us



Monte Nido Roxbury Mills offers state-of-the-art, evidenced-based residential programming for eating disorders and co-occurring presentations for adults of all genders in Glenwood, Maryland. **We are seeking full-time Primary Therapists.** To learn more, contact Antoinette Batts at abatts@montenidoaffiliates.com

"The thing I love about working here is the opportunity to make meaningful connections and to know I played a role in helping an individual on their journey toward eating disorder recovery." - Current Staff Member

We save lives while providing the opportunity for people to realize their healthy selves.

www.MonteNidoAffiliates.com



RESEARCH STUDY ON BROACHING AND GROUP COUNSELING

“Broaching refers to the counselor’s effort to discuss those racial, ethnic, and cultural (REC) issues that are relevant to the client’s presenting concerns” (Day-Vines, 2021)

IF YOU ARE:

- 18 years or older
- Currently a licensed professional counselor OR a licensed/certified school counselor
- Currently leading a counseling group
- Able to discuss experiences of broaching in group counseling

YOU COULD EARN UP TO \$200 IN GIFT CARDS FOR COMPLETING: TWO INTERVIEWS AND TWO MEMBER-CHECK MEETINGS.

To participate, click the following link:

https://uncg.qualtrics.com/jfe/form/SV_esAygFxHYeclY0u

Contact us if you have questions:

Christian D. Chan, PhD, NCC
cdchan@uncg.edu





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

View the [latest resources](#) for the public, students and professionals.

Find us on Facebook ([@mdcounseling](#)) and Twitter ([@md_counseling](#)).

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

DIVISION PRESIDENTS

MACES President

Marybeth Heather

MACES@MDCounseling.org

MASERVIC President

Elizabeth Nyang

MASERVIC@MDCounseling.org

SAIGE-MD President

Call Trevenen

SAIGEMD@MDCounseling.org

MAMCD President

Prem Umang Satyavolu

MAMCD@MDCounseling.org

MCDA President

Staci Parker

MCDA@MDCounseling.org

LCPCM Liaison

Danielle LaSure-Bryant

LCPCM@MDCounseling.org

MAMCFC President

Carolyn Cunningham

MAMCFC@MDCounseling.org

MCSJ President

Sabrina Taylor

MCSJ@MDCounseling.org

MSCA Liaison

Maureen Ponce

MSCA@MDCounseling.org

COMMITTEE CHAIRS

Advocacy Chair

Roni White

advocacy@MDCounseling.org

Credentialing Chair

Ricardo Phipps

credentialing@MDCounseling.org

Program Networking

Marybeth Heather

networking@MDCounseling.org

Archives Chair

Open

archives@MDCounseling.org

Emerging Leaders Chair

Jasmin Sias

elchair@MDCounseling.org

Program Planning Chairs

Cheryl Fisher

Donnette Deigh

conference@MDCounseling.org

Awards Chair

Glenda Dickonson

awards@MDCounseling.org

Human Rights Chair

Michael McGee

Humanrights@MDCounseling.org

Public Relations Chairs

Mala Hosmane

public.relations@MDCounseling.org

Bylaws Chair

Leeshe Grimes

bylaws@MDCounseling.org

Membership Chair

Atiya Smith

membership@MDCounseling.org

Registrar

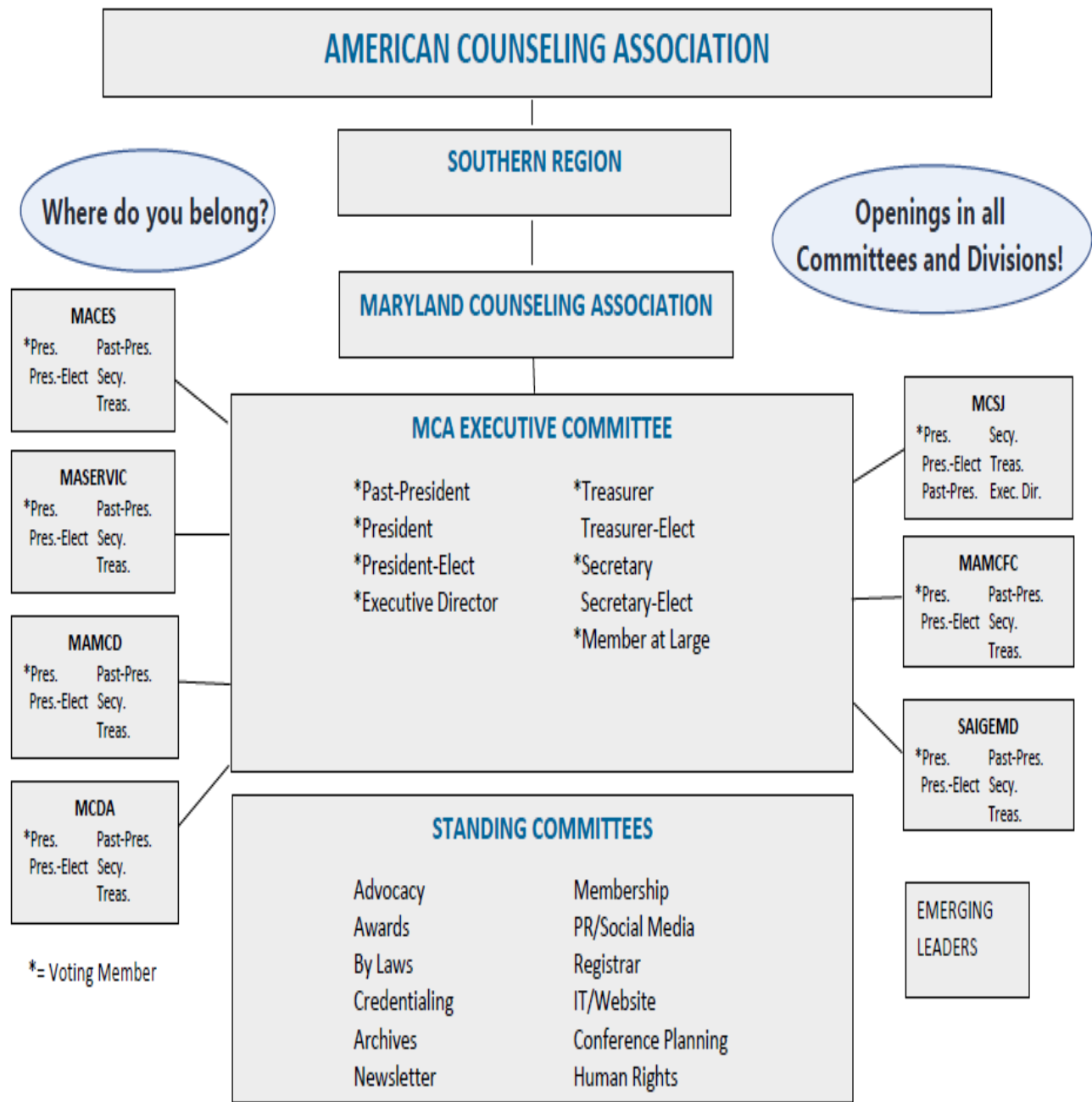
Cathie Eaton

exec@MDCounseling.org

Newsletter Chair

Michelle Schoonmaker

newsletter@MDCounseling.org



Where do you belong?

Openings in all Committees and Divisions!

*= Voting Member

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 Guidelines

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.