



Maryland Counseling Association

A BRANCH OF ACA

COMPASS POINTS

ISSUE 13 | VOLUME 4 | SPRING 2021

Inside this Edition

Letter from the President	1
Member Spotlight	4
MCA/Division Events	4
MCA Leadership	10
Organizational Chart	11
MCA Membership	12
Newsletter Submissions	13

Mission

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

MCA Officers

President:
Carol ZA McGinnis

President Elect:
Sara Pula

Secretary:
Cynthia Taylor

Treasurer:
Keyona Hall

Immediate Past President:
Ajita Robinson

Member-at-Large:
Glenda Laurent Dickonson

Executive Director:
Cathie Eaton



Letter from the President

April 16, 2021

Dear MCA Member and Maryland Community,

Much has happened in this 2020-2021 year, and our work as a part of the Maryland Counseling Association, Inc. (MCA) has been fruitful and rewarding. Please accept this letter that seeks to encourage and inspire you as our tangible hope for tomorrow.

In Gratitude...

It is with enduring gratitude that I think about the good work that MCA has accomplished during my term as President with regard for our profession, our clients, and our community. Thanks to you, our 2020 “Cultivating Growth” conference was a huge success that permitted a healthy \$1000.00 donation to the House of Ruth in Baltimore City and a new financial baseline for MCA to build upon. Our divisions have been promoting fine workshops and events that have helped the profession to learn and understand many concepts and skills that are needed in the midst of a pandemic and beyond. Our divisions and standing committees have been diligent in gathering resources, building relationships, increasing membership, and connecting people with gifts to people in need.

I hope you will join me in celebrating the many people in leadership and membership who have given of their time and energy to make MCA a relevant part of the larger Maryland community. These leaders were responsible for making Maryland the second state to join the Professional Counseling Compact. This legislative change will now create a new path in the way all Licensed Professional Counselors in the nation will do their work and help to build unique relationships between practitioners through many unique

gatherings and events.

Please take a moment to consider who these people are when MCA and other associations invite you to nominate someone for a 2020-2021 award! Note how these individuals stepped up to the plate to help MCA take action in a time when people were in quarantine and at risk for long-term illness. Maybe that person of change was YOU! Hence the reason this letter begins with gratitude and appreciation.

Thank you, MCA, for making our world better in 2021!

Social Justice and Advocacy

In stark contrast to our accomplishments at MCA has been a nation rife with discord and injustice. We have continued to see violence and hatred spread in the form of police brutality, mass shootings, and ugly news reports of human trafficking and oppression against minority populations. This news sickens me as President of MCA, and I know that you have also suffered according to your unique beliefs, values, and life circumstances. We all suffer when violence and hatred thrive in our communities, yet the personalized impact of social injustice cannot be fully understood without walking in someone



else’s shoes. It is my hope that MCA has been a source of connection, resiliency, and compassion for others and that we can grow to be even stronger in this capacity.

...continued

Letter from the President

One way to build upon our commitment to social justice is to promote an environment of advocacy that is invitational and collaborative for every member. I invite you to ask yourself: What am I passionate about? What change do I want to be a part of? How can I participate in MCA efforts to inform our legislators about the work that we do and the need to pass laws and regulations that will connect more people with more help?

Our May "Hill Day" is fast approaching, and we are asking you to pitch in as you are able to prepare for this engagement with our representatives. We will work with the time and energy that you have available to you and hope that you will consider signing up to talk with a representative or two in the upcoming event that will likely be held online. To get on board in this planning please contact our Advocacy Committee Chair (and star), Roni White, at advocacy@mdcounseling.org today!

MCA Executive Director!

It is with great enthusiasm that I am announcing the appointment of Catherine Eaton LCPC, GCDF, NCC, as our new Executive Director. Cathie has been a Past President of MCA, an active member of MCA for many years, and was instrumental in changing MCA toward our current 501(c)(3) tax identification status. She has been an active board member of other national associations and understands the importance of maintaining connections to sister branches in our Southern Region as well as with other states in our geographic area.

Cathie is respected by many people in the vast network of the American Counseling Association (ACA) and already has a strong and positive reputation with a wide variety of professionals who think of her when they think of MCA. Please welcome Cathie to this position that will begin a bit early on May 1, 2021 and will continue through June 30, 2023 with the option for additional two-year terms. She brings a wealth of knowledge and experience to this position that is expected to help MCA grow in a fiscally responsible and steady way.



New Leadership Opportunities!

We are heading into the end of our 2020-2021 year with the transition of leadership that will occur during our full Executive Board meeting in June 2021. [Our MCA State Divisions](#) are still in need of leaders to help support incoming Presidents and you just may be what the doctor ordered. If you have the desire to serve in any capacity with other students and counseling professionals please email me at president@mdcounseling.org. Please do not be shy about recommending others who you think would be fabulous in bringing new ideas and directions for our thriving and transitioning divisions.

Our incoming 2021-2022 MCA President, Sara Pula, has been planning for our October 2021 Conference and can also use your help in getting these elements in place. If you would like to help Sara work on this very exciting conference that plans to have a one day online component and a one day in person schedule please reach out

to her at pelect@mdcounseling.org to see how you can be of assistance. Be on the look-out for a Call for Proposals that will likely go out in the next few weeks!

Presenters Needed!

As a 501(c)(3) organization, MCA is deeply interested in encouraging our members to obtain their professional development with events that are offered on a wide variety of mental health topics.

To that effect, we are always looking for **new presenters** who may be able to provide a webinar on a topic of interest or skill. If you believe that you have a presentation of merit that you would be willing to share please reach out to our registrar at events@mdcounseling.org to chat about setting up a potential date and time for you to present.

Community Support

As our state and nation begins to emerge from the COVID-19 pandemic, we urge you to continue to reach out to your community organizations who may be in need. Our counseling knowledge and skills are in high demand due to the increase in mental health issues, and you may find yourself of particular use to parents, frontline workers, business owners, police officers, and other mental health workers who just need a listening ear. You may want to consider reaching out to churches, mosques, synagogues, and temples who often hear of individual and family needs first and provide invaluable content on prevention and/or recovery of myriad issues.

Don't forget to actively support others in our profession! Career counselors, school counselors, counselors in private practice, students, and all other counselors are likely to appreciate a note of support or appreciation of their work at this time. Let's remember that the work that we do can be emotionally and intellectually taxing and that our mutual respect and support can make all of the difference on a difficult day.

Be Well

Thank you for your support this past year and in the long future of MCA!

Please know that MCA cares about you and your family and will continue to welcome ideas for positive change that comes with investment in our self-care, our local communities, our nation, and our world.

Sincerely,

Carol ZA McGinnis PhD, SIP, BC-TMH, NCC, LCPC
[President, Maryland Counseling Association](#)
"In the time of COVID-19"



The National Employment Counseling Association

Get your “Global Employment & Workforce Recovery” Certificate today!

6 Week Asynchronous Online Course

Be prepared for post-pandemic workforce changes through a hope-centered approach, resilience, cultural and global competency!

Course begins: June 9th

Only \$950.

Go to www.employmentcounseling.org and click on Certifications

Contact Information: Dr. Sujata Ives, President-Elect, NECA

sujata.ives@gmail.com

“There are six global competencies that leaders need to implement right now!” Forbes Magazine



Member Spotlight

In case you missed it...

Karol Taylor, Past MCA President

Karol Taylor was recognized for her accomplishments during the American Counseling Association 2021 annual conference. ACA President, Dr. Sue Pressman, highlighted Ms. Taylor's career and leadership in her opening remarks. Dr. Pressman bestowed a Presidential Citation on Ms. Taylor.

Marja Humphrey, Emerging Leaders Program Co-chair

The American Counseling Association Foundation provides grants twice a year to ACA members. Marja Humphrey was one of the five grant recipients in April. Her project focuses on using art to allow participants to create cathartic moments in a shared experience.

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



National John Lewis Voting Rights Advancement Action Day May 8, 2021

MCA Events

Please join us at one (or all) of our upcoming events.

Professional Networking: Take a break and connect with your counseling community. Share opportunities, connect with MCA leadership and more. Events held monthly; next event is on May 14, 2021 (5-6 PM).

Collaborative Active Imagination through Telehealth: Led by Dr. Dee Preston-Dillon, this experiential webinar will provide an introduction to this approach. Collaborative Active Imagination guides clients, using metaphor and images, in a

collaborative process that helps them reclaim truth from trauma and repair debilitating wounds. Live session will be held June 5, 2021 (2:30-5:30 PM); recorded content will be available until September 30, 2021.

Maryland Counselors for Social Justice Conference: The third annual conference is an opportunity to refocus on diverse and inclusive ways of understanding, serving and advocating for BIPOC communities. This year's theme is "Decolonizing Our Minds: Uplifting Minoritized Voices". Virtual conference will be held June 25-26, 2021.

Check out additional events listed in this newsletter.



Did you know that Maryland currently ranks among the top 10 most diverse states in the nation AND is also currently ranked as the wealthiest state in the US?

What can we do to ensure that there is greater equity and opportunity for all in our region?

The Maryland Career Development Association is hosting a virtual summit on Friday, June 4th to bring together a diverse range of stakeholders to discuss issues related to social justice and equity as it relates to careers and to provide pro bono career assistance to community members in need, with a focus on unemployed and underemployed Black, Latinx, indigenous and people of color in the DC metro area. *This event is free and open to all.*

Tentative Agenda

- | | |
|------------------|---|
| 11:00am -11:50pm | “Equitable Pathways in the Future of Work” - A Panel Discussion |
| 12:00pm -12:30pm | Small group discussions |
| | LUNCH BREAK |
| 1:00pm - 1:45pm | Group Coaching Breakouts A |
| 1:45pm - 2:30pm | Group Coaching Breakouts B |
| 2:30pm - 3:15pm | Group Coaching Breakouts C |
| | Sample breakouts include: |
| | - Maintaining hope and resilience during the job search |
| | - Challenges of returning to the workforce after long-term unemployment |
| | - Cultivating professional connections and building your network |
| | - How to land a federal Job |
| | - Educational pathways and options |
| 1:00pm - 3:00pm | 1:1 Advising (30 minute sessions) |
| 3:15pm - 4:00pm | Closing remarks and open networking |



INFORMATION FOR VOLUNTEER CAREER COACHES & COUNSELORS

The Maryland Career Development Association is excited to host its first-ever virtual summit on **Friday, June 4th** in partnership with the Maryland Counseling Association, A Wider Circle and Bowie State University (Maryland's oldest historically black university and one of the 10 oldest in the country).

The Maryland CARES Summit seeks to inspire, empower and connect individuals from under-resourced communities, especially underserved youth, unemployed and/or underemployed Black, Latinx, indigenous and people of color in Maryland and throughout the DC metro area. ***The summit is free and open to all.***

We are actively seeking career development professionals to volunteer 1-3 hours of their time on Friday, June 4th between 12:30-3:00pm to share their expertise and provide pro bono assistance to those in need. This is a VIRTUAL event.

From 12:30-3:00pm, Summit participants will be able to meet with a volunteer career coach or counselor for a brief 1:1 session of up to 30 minutes. These sessions are first come, first served and are not pre-scheduled.

Please consider joining us to show your support for equity and opportunity for all. You are also welcome to attend our Keynote Panel on "Equitable Pathways in the Future of Work", which will take place from 11am-noon, and to peruse our exhibitor booths.

VOLUNTEER INSTRUCTIONS

- (1) Please complete this [form](#) as soon as possible and **prior to Friday, May 21st**.
- (2) This event will be held on a virtual platform called Hopin, and you **MUST** also register on the Hopin site. Here is the link to register and you can also find more information about the event schedule.
- (3) On the date of the event, Friday, June 4th, please log on to Hopin. Please plan on logging on a few minutes early so you can familiarize yourself with the platform. (We will also be holding a virtual volunteer orientation session on Thursday, June 3rd. More details will be provided closer to the time.)
- (4) In the left-hand navigation at the bottom you will see a button that says "Networking", click on that button and an option will appear to "Join" a conversation.
- (5) The system is set up to randomly match you with a participant who would like a 1:1 advising session with a career coach or counselor.
- (6) Once you click "Join", you will be placed in a virtual room with the participant for up to 30 minutes. After 30 minutes, the room will close automatically.
- (7) Please begin by introducing yourself to the attendee and tell them a little bit about your professional background.
- (8) The participant may not have experienced a coaching or counseling session previously so you may wish to offer some guidance on how to make the most out of the session.
- (9) If you are open to staying in touch with the participant, feel free to share your contact information.
- (10) Once the session is over, click to join your next session.

Questions? Contact Julie Neill at mca.president@mdcareers.org.

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)

MASERVIC PEER GROUP

PROPOSED AGENDA AND SUGGESTED TOPICS



MASERVIC

A DIVISION OF MCA



PROPOSED AGENDA

1. Checking In.
2. Discussion of current events.
3. Sharing successful clinical examples of spiritual integration and helpful resources.
5. Discussion of case conceptualization and best-practice ideas.

SUGGESTED TOPICS

How do you broach spirituality in therapy sessions and supervision?

What self-care techniques best support YOUR and also your clients' spiritual awareness and growth?

What do you think about the goodness of fit between client's and counselor's values?

How have you worked with clients who felt hurt/wounded by their religious upbringing?

How has implicit bias affected your therapy sessions?

Does your own spirituality guide your work and if so how?

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



MARYLAND COUNSELORS FOR SOCIAL JUSTICE
PRESENTS

A RESTORATIVE JUSTICE CIRCLE FOR BIPOC THERAPISTS:

*Coping with the COVID-19 and Social Injustice
Pandemics for Black, Indigenous, & People of Color
(BIPOC) Therapists*

**Tuesdays on Mar 23 | May 25
6-7 PM ET**

FREE for MCSJ members, \$5 for non-members/other MCA members
Virtual seating available for up to 25 participants





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

Vicki Moak

MACES@MDCounseling.org

MASERVIC President

Maya Georgieva

MASERVIC@MDCounseling.org

LCPCM Liaison

Danielle LaSure-Bryant

LCPCM@MDCounseling.org

MAMCD President

Atiya Smith

MAMCD@MDCounseling.org

MCDA President

Julie Neill

MCDA@MDCounseling.org

MSCA Liaison

Nikki Ham

MSCA@MDCounseling.org

MAMCFC President

Miranda Mixon

MAMCFC@MDCounseling.org

MCSJ President

Kshipra Jain

MCSJ@MDCounseling.org

SAIGE-MD President

Veronica Wanzer

SAIGEMD@MDCounseling.org

COMMITTEE CHAIRS

Advocacy Chair

Roni White

advocacy@MDCounseling.org

Emerging Leaders Chair

Marja Humphrey

elchair@MDCounseling.org

Networking Chair

Marybeth Heather

networking@MDCounseling.org

Archives Chair

Mala Hosmane

archives@MDCounseling.org

Human Rights Chair

Felicia Pressley

Humanrights@MDCounseling.org

Program Planning Chairs

Melissa Wesner
& Donnette Deigh

program@MDCounseling.org

Awards Chair

Kerri Legette McCullough

awards@MDCounseling.org

Membership Chairs

Kerri Legette McCullough
& Rachel Stivers

membership@MDCounseling.org

Public Relations Chairs

Annyck Hamez
& Jordan Madison

public.relations@MDCounseling.org

Bylaws Chair

Latonia Laffittee

bylaws@MDCounseling.org

Newsletter Chair

Michelle Schoonmaker

newsletter@MDCounseling.org

Registrar

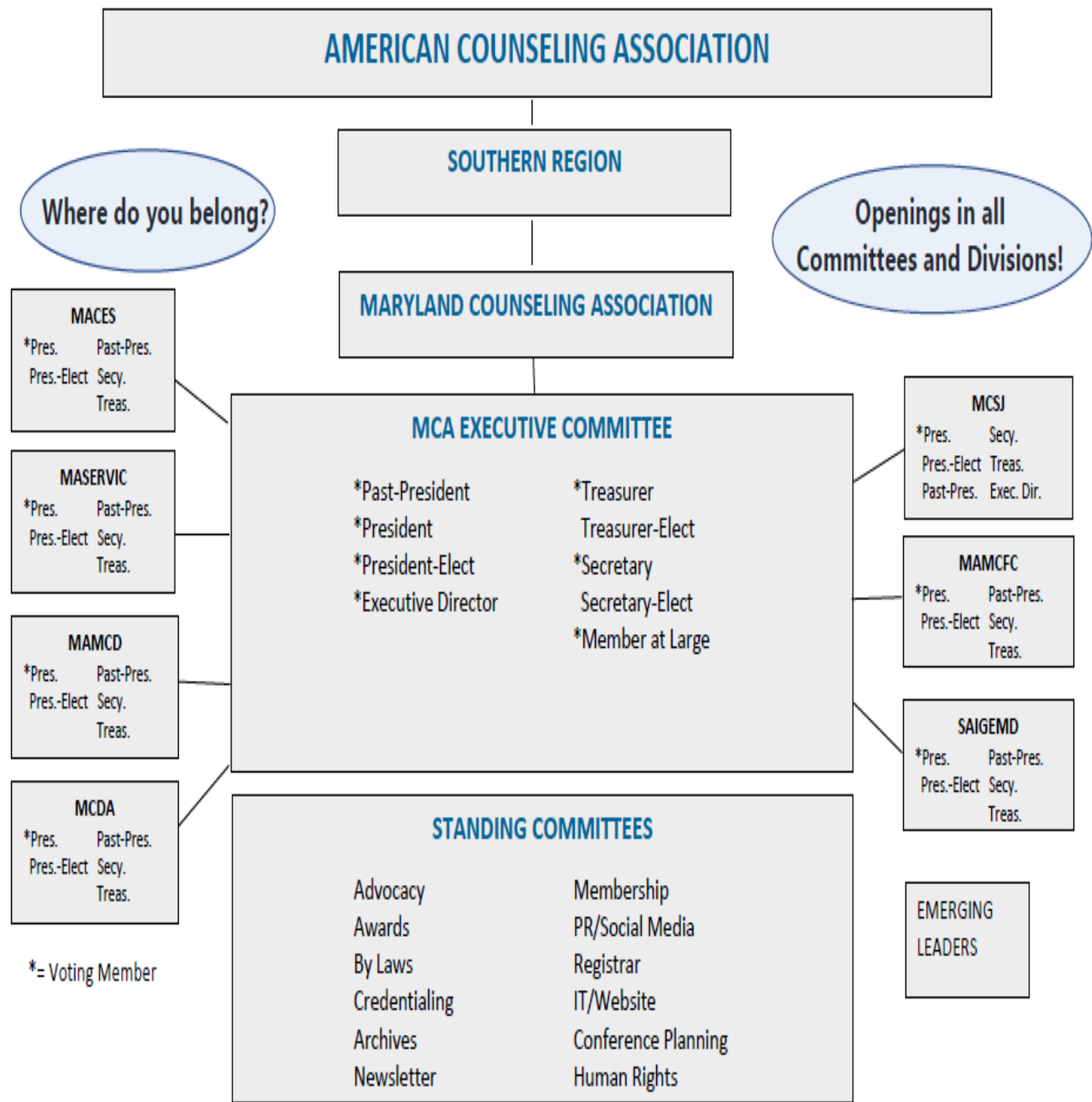
Cathie Eaton

events@MDCounseling.org

Credentialing Chair

Maya Georgieva

credentialing@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
- Early notification of MCA and all division events
- Current public policy issues and new laws of interest to professional counselors
- Grant opportunities
- Support and advocacy for professional counseling in the state of Maryland
- Leadership training and greatly reduced registration costs to annual, regional or national conferences for board members
- Electronic reminders to renew your membership
- A list of events that you have participated in



[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.