



Maryland Counseling Association

A BRANCH OF ACA

COMPASS POINTS

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Mission

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

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Letter from the President

January 15, 2021

Dear MCA Community Member,

Much has happened in these first few weeks of 2021, and our work as a part of the Maryland Counseling Association (MCA) is as important as ever before. This letter is meant to encourage the work that you are doing on behalf of our community and to recognize you as the hope that you are for the future.

January 6th Capitol Riot

It is still difficult to write about this day because of the trauma that it represented to our country. People were hurt and killed as a result of the violence, and we mourn the innocence that has been lost because of the actions of many disgruntled people. The COVID-19 pandemic continues, and we no longer have confidence in the protection of our democratic processes. We fear that civilized discourse may take a long time to return to our society.

As mental health practitioners and helpers, we are in the very center of this proverbial storm with our service that is meaningful at the individual as well as collective levels. Our work occurs at the point of education that will result in new professional counselors and helpers, advocacy for hurting members of our society, and direct work with clients who need the safe and sacred space in which to discover new ways to live. Empirical research has shown that counseling promotes optimal mental health outcomes, and we all know how change in one person systematically changes the world over time.

Light in the Darkness

In the midst of these dark national moments, please take a moment to reflect on your own worth as a beacon of light for others who desire change. Consider nominating yourself or others for awards that will recognize the good that is being done in our profession. Awards for the [American Counseling Association \(ACA\)](#) will be open until February 15, 2021, and it may be helpful to check on the awards schedules for our [national divisions](#) as well as [branch awards](#) that will be opening throughout the year.

As people with many intersecting identities, you may find that other awards may hold your interest. For example, [Know Your Value and Forbes](#) are accepting nominations for norm-shattering women over 50 until February 29, 2021, the [Maryland Institute for Emergency Medical Services Systems](#) offers yearly awards for EMS professionals as well as other contributing citizens, and the [Maryland State Arts Council](#) will be



opening up nominations for the 2022 cycle (for written work) soon.

...continued

Letter from the President

New Leadership Opportunities!

We are heading into our annual time for nominations to fill our 2021-2022 leadership positions at MCA. Would you consider running for President-elect? Treasurer-elect? Or Secretary-elect? Maybe you have an interest in serving as a leader for one of [our MCA State Divisions](#)? If you have the desire to serve in this capacity with a group of committed counselor professionals please email me at president@mdcounseling.org to “throw your hat in the ring”!

Stay Connected!

As a 501(c)(3) organization, MCA is deeply interested in encouraging our members to stay connected in a way that will benefit the mental health of our larger community. We continue to be passionate about advocacy that will empower the voiceless and the oppressed in our world and want to be a part of positive change to the poor, the disenfranchised, and the mentally ill.

To that effect, we want to encourage everyone in our community **to donate time, expertise, or funding** to initiatives that are of interest to you. We are always looking for new presenters who may be able to provide a webinar on a topic of interest and encourage you to reach out to our registrar at events@mdcounseling.org to chat about setting up a potential date and time for you to present.

Engaging in mentorship can also be a way to shed light to others in these times of uncertainty. Consider encouraging young people who are new to the helping profession by inviting them to apply as an [Emerging Leader at MCA](#) when that application opens in the next few months. Offer your

expertise to teachers in your area, and reach out to parents who are struggling with online learning and the on-going worries related to the pandemic.

If you are interested in **participating in an advocacy event** designed to help others in need you may want to reach out to our Advocacy Chair, Roni White at advocacy@mdcounseling.org, to see how you may be of assistance. Keep an eye out for MCA announcements that may be of interest to others in your network, and invite those folks to attend webinars and events of interest with you.

On the community front remember that local churches, mosques, synagogues, and temples may be in need of support as they do what they can to meet the spiritual needs of their followers. Our frontline EMS workers, doctors, nurses, veterinarians, grocery store workers, salon workers, etc. all also appreciate acknowledgement of their efforts that a small card or note of appreciation can provide.

Be Well

Please know that MCA cares about you and your family at this difficult time and welcomes 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”

Letter from the Chair



Articles

The Trump Effect – Gaslighting and Cognitive Dissonance *Written by Christine Hanley, Graduate Student at Bowie State University*

For the past four years, Trump and members of his administration have been gaslighting the American people with a constant stream of deception, hypocrisy, distortion and flat-out lies. Consider Trump telling his followers, “What you’re seeing and what you’re reading is not happening.” Or when Giuliani said, “Truth isn’t truth.” Dictators and would-be dictators use these tactics to create an alternative reality where the leader’s message is in direct opposition to the truth, where people are told they cannot trust their own eyes, a reality in which the leader’s message is the only real “truth”. The more the gaslighting persists, the more confused and disoriented the population becomes, and the more cognitive dissonance festers and grows.

Psychological theories behind this assertion include: (1) Freud’s *Theory of Collective Narcissism* along with Henry Tajfel’s *Social Identity Theory*, which Tajfel based on Freud’s theory, and (2) Jeff Greenberg, Sheldon Solomon, and Tom Pyszczynski’s *Terror Management Theory*, which they based on Ernest Becker’s Pulitzer Prize winning anthropological study on human’s fear of death.

Collective narcissism is a term that stems from Freud’s book, *Group Psychology and the Analysis of the Ego*, which attempts to explain how belonging to a group makes a person feel safe and empowered, and how individuals can lose their identity to group-think. Collective narcissism, also known by the more euphemistic term “nationalism”, occurs when an individual or group develops an inflated view of their own importance. As the positive image and power of the group appears to grow, so does the individual’s feeling of control over their world. Members of the group foster the belief that they are superior and are, therefore, entitled to a better life than people outside the group (Wikipedia, 2020). A 2017 study showed a direct correlation between collective narcissism in America and support for Donald Trump. Researchers found that the more strongly members of a specific national group felt that they were disadvantaged, the more likely they were to also have an unrealistic view of the greatness of their national group (Herrema, 2017).

Trump’s racist and nationalist messages encourage anger and aggression toward not only people of color, but toward anyone with an opinion different than his. By referring to his predominantly White Republican supporters as patriots and true Americans (Azarian, 2018), while simultaneously referring to non-White immigrants as “rapists” and “animals”, he promotes collective narcissism/nationalism under the guise of national pride and creates social identity conflict between the racial/ethnic/political groups in the U.S.

As nationalism grows and the social identity of America as a free democracy for all disintegrates, the principles of Terror Management Theory take effect. While Terror Management is based on the concept that people are afraid of death and will do anything to avoid mortality, this fear of death can be displayed in several ways. For example, values of national identity, posterity, and human superiority over animals have been linked to an individual’s fear of death. These values offer symbolic immortality by providing a sense of control and the feeling that one is part of something greater that will ultimately outlive the individual (Wikipedia Contributors, 2020). When a person feels underappreciated compared to another person or group of people, he/she may experience terror at the thought of losing an imagined superiority.

By exaggerating an external threat to middle class White Republican America, the Trump administration cultivates fear of “the other” to gain allegiance (Azarian, 2017). Trump creates cognitive dissonance by telling Americans that immigrants coming over the Mexican border are violent and sub-human, and although most Americans know this to be blatantly untrue, they also want desperately to believe in Trump and in the government. He uses the same divisive rhetoric against Democrats and Democratic-controlled states, telling his followers that “the other side” is focused on the destruction of their entire way of life.

continued...

America has been in an abusive relationship with Donald Trump. We have been subjected to classic psychological manipulation including isolation, monopolization of perception, induced exhaustion, threats, demonstrations of superiority, and degradation (Silvers, 2018). Our abusive leader demands absolute loyalty from followers, overvalues himself and devalues those around him, and does not like being questioned or challenged. And yet, in spite of these less than charming traits, leaders with this kind of toxic charisma have no trouble attracting followers who are willing to overlook these features (Navarro, 2012).

The Trump administration has fomented nationalism and fear. The level of cognitive dissonance is now audible, from Portland, Oregon where people took to the streets in peaceful protest only to be tear-gassed and arrested, to Washington, D.C. where Trump encouraged violent protest of the 2020 election, a protest that resulted in civilian deaths, and the beating to death of a police officer. For America to heal, liberals and centrists need to understand that many Trump followers are victims, they just have not realized it yet. This is an opportunity to help these victims rediscover reality – or cognitive consonance.

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- Wikipedia contributors. (2020, November 14). Terror management theory. In *Wikipedia, The Free Encyclopedia*. <https://en.wikipedia.org/w/index.php?title=Terror%20management%20theory&oldid=988692729>

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.

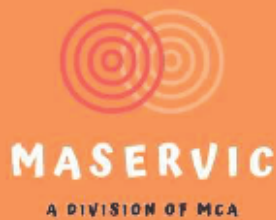
Together we can thrive, collaborate with hope, and learn to accept uncertainty!



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

MASERVIC PEER GROUP

PROPOSED AGENDA AND SUGGESTED TOPICS



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?

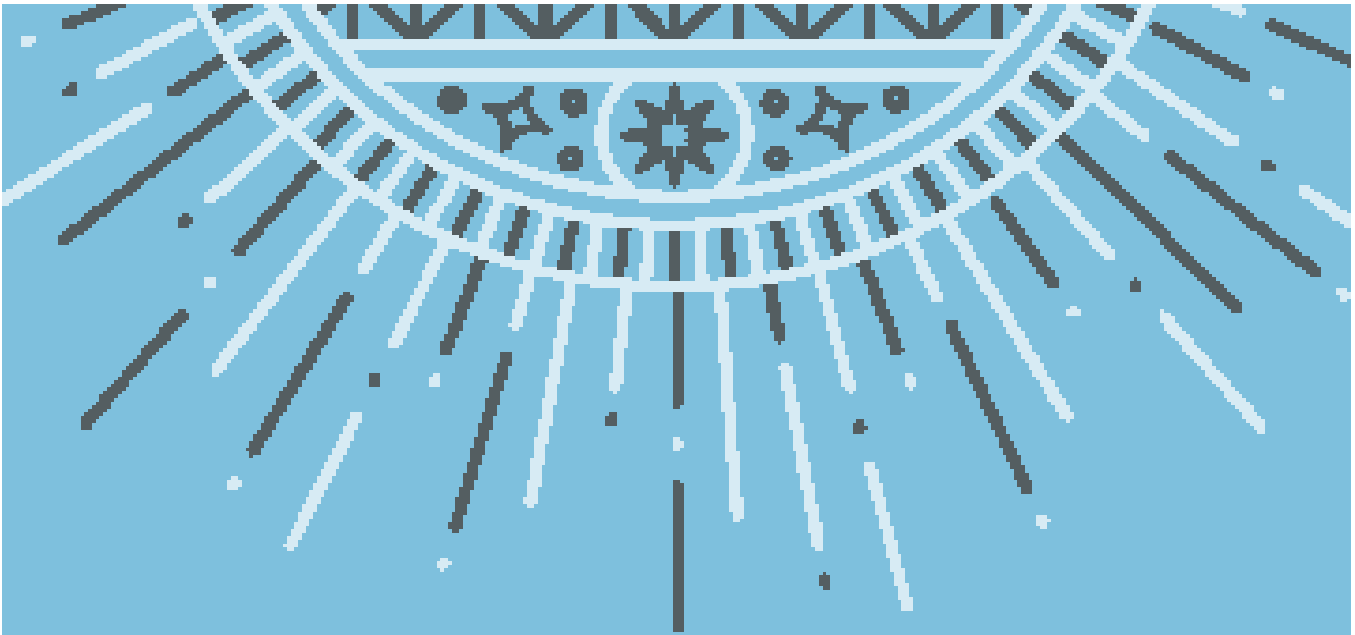
What do you think about the goodness of fit between client's and counselor's values?

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 BLACK THERAPISTS:

*Coping with the COVID-19 and Social Injustice
Pandemics*

**Tuesdays on Feb 23 | April 27
6-7 PM ET**

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



Maryland
Counselors for
Social Justice



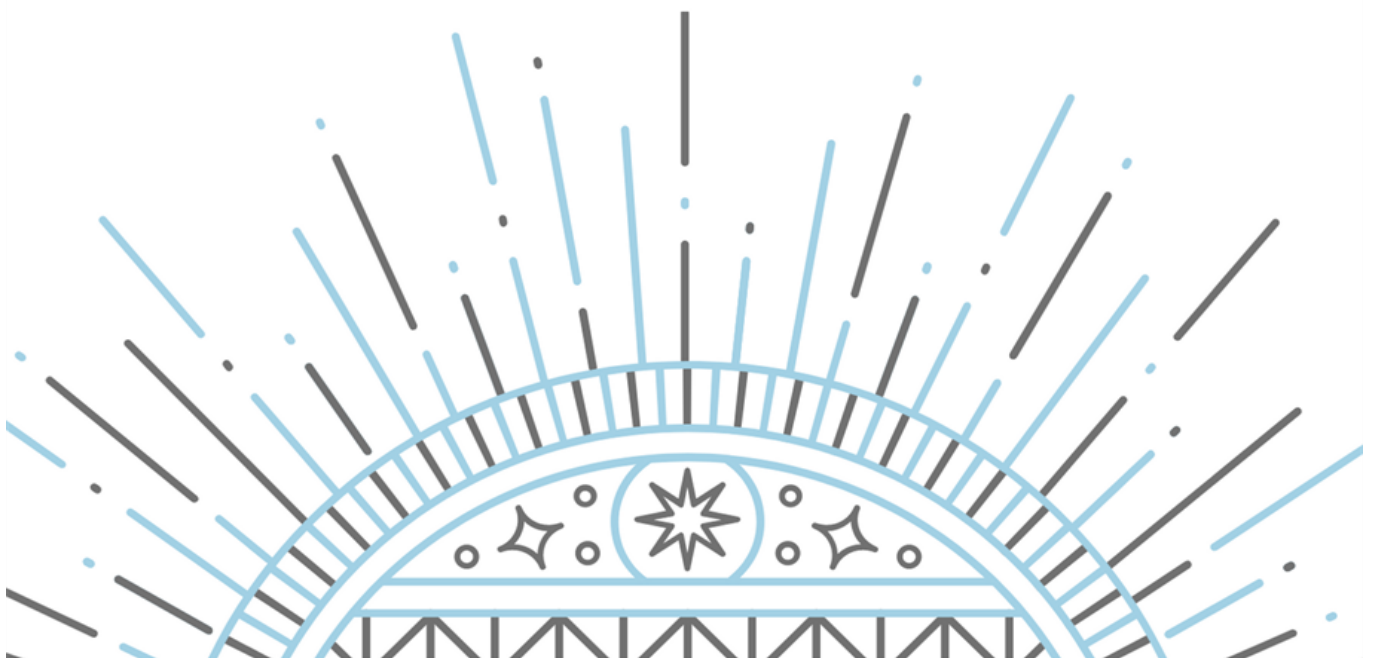
MARYLAND COUNSELORS FOR SOCIAL JUSTICE
PRESENTS

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





PUTTING ANTI-RACIST PEDAGOGY INTO PRACTICE

As counseling pedagogy becomes increasingly informed by anti-racist and decolonizing frameworks, counselors often wonder how to integrate these teachings into practice. School counseling students enrolled in a cross-cultural counseling course were tasked with writing a hypothetical scenario between themselves (as the counselor) and a student (as the client) in which interracial or interethnic biases presented. The write-up explored what can happen when biases are left unchecked and offered strategies that can help counselors in working through these everyday clinical moments. What emerged was a series of personal case studies, dialogues and even theatre pieces that gave form to the multitude of biases that swell within us.

This student-led highly experiential workshop will explore the constructs and realities of race as co-facilitators share their pieces, reflect on their process and guide participants in the writing and processing of their own pieces. Participants' pieces will be shared in separate groups for Black, non-Black POC, and white attendees to foster deeper levels of processing within community. Note that while the workshop will focus on race, the intersections of our other identities will also be explored.

The workshop is open to students, clinicians, and counselor educators looking to deepen their personal growth, clinical work, and cross-cultural teaching practices. Participants will receive 3 CEs.

February 19th from 2-5pm EST
Facilitated by Dr. Nouf Bazaz, Ph.D.

MCSJ members: Free
MCA students/retirees: \$5
MCA members: \$10
Non-members: \$15



Nouf Bazaz is a Clinical Assistant Professor at Loyola University Maryland, the founding director of the Initiative for Counseling Survivors of War & Persecution, and serves as a university-wide Equity and Inclusion Faculty Fellow. Her clinical work, research, training, and consulting focuses on trauma, torture, grief, and loss with survivors of war, violence, and persecution, as well as on culturally responsive care for Muslim youth and families. She was the program director of a mental health agency serving refugees and immigrants from the Middle East, South Asia and North/East/West Africa that she built from the ground up and has developed integrative community mental health programs. Her clinical and broader psychosocial work has served diverse refugees, queer and trans asylum seekers, BIPOC youth, incarcerated males, survivors of sexual trafficking, indigenous women and more. She holds a Ph.D. in Counseling from George Washington University, an M.A. in Trauma and Violence Studies from New York University, and is shaped by her work as an artist, arts-activist and (former) doula.

Registration will close 48 hours before event.

MCSJ, as a division of The Maryland Counseling Association, Inc. is an NBCC-Approved Continuing Education Provider, ACEP No. 2021, and may offer NBCC-approved clock hours for events that meet NBCC requirements. Programs that do not qualify for NBCC credit are clearly identified. MCA is solely responsible for all aspects of the programs. *Refund Policy: As a 501(c)3 non-profit organization, the Maryland Counseling Association, Inc. uses all funds to support the mission, vision, purpose, and needs of counselors in the State of Maryland. Therefore, all registration fees are final and non-refundable.

**MCSJ is committed to providing equitable options to increase access to learning and education. If you are unable to attend due to financial constraints, please contact MCSJ@MDCounseling.org for a discount code on registration.





To register for MCA or any of our events, please go to www.mdcounseling.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.

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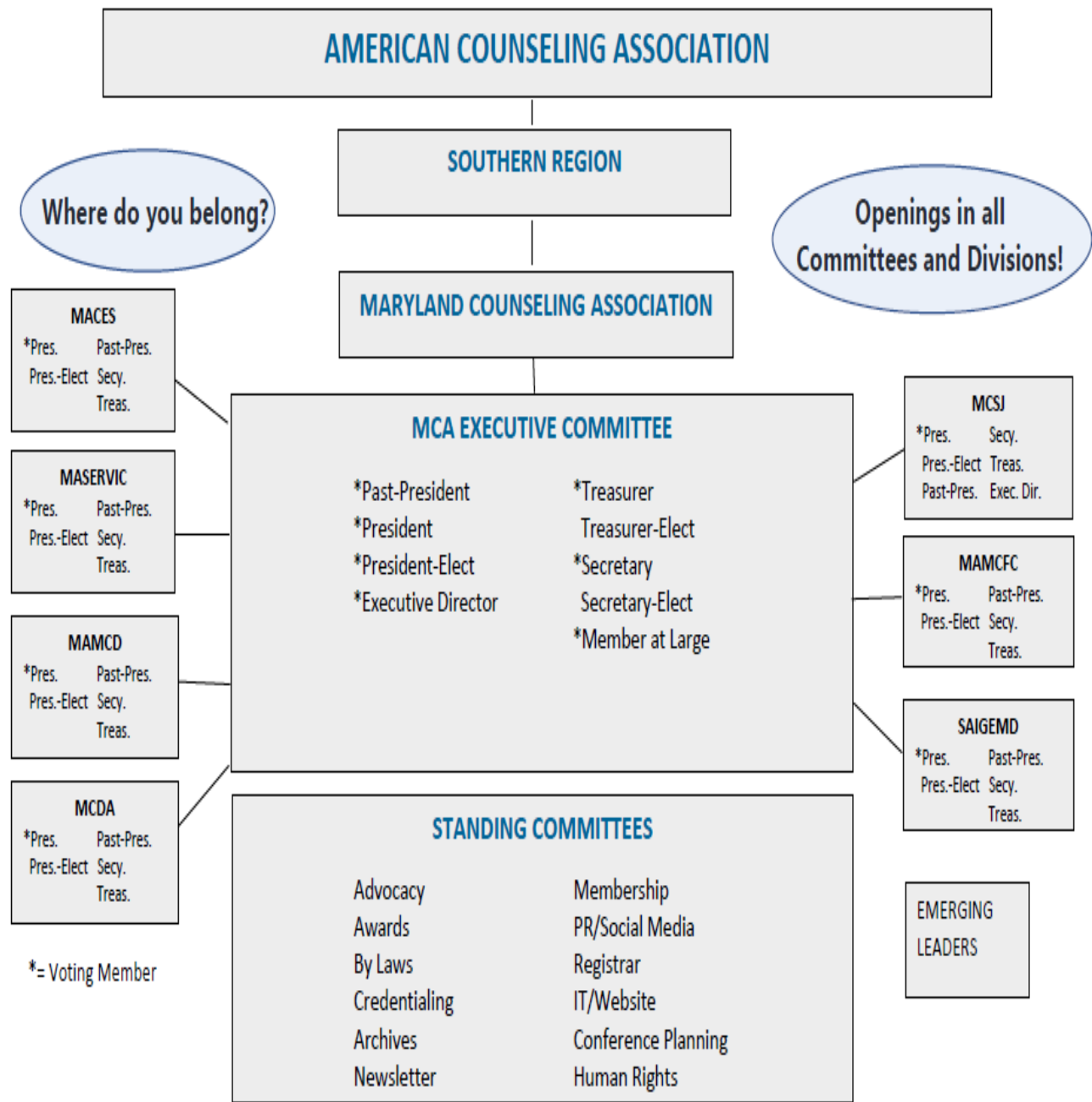
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MACES-Maryland Association of Counselor Education and Supervision
MASERVIC-Maryland Association for the Spiritual, Ethical and Religious Values in Counseling
MAMCD-Maryland Association for Multicultural Counselor and Development
MCDA-Maryland Career 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
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****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.mdccounseling.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.