



Maryland Counseling Association

A BRANCH OF ACA

COMPASS POINTS

ISSUE 14 | VOLUME 3 | WINTER 2022

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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:
Open

Executive Director:
Cathie Eaton



Letter from the President

Dear MCA members,

Happy 2022! Here's to a new year. I hope you've had some time to visit with family and friends, have some much-needed down time for yourself, and time to reflect on the previous year. We've accomplished so much as a profession and state division! You should all be proud of yourselves.

In the past year, we've seen the following:

- The turnover of division and committee leadership—thank you all!!!!
- The return of an in-person annual conference with our 2-day virtual and in-person conference.
- The support of two wonderful keynote speakers: Dr. Cheryl Holcomb-McCoy and Senator Mary Washington.
- The passing of SB 571/HB 736, the [Counseling Compact](#), signed into law on May 18, 2021.
- Division conferences and virtual support meetings:
 - MCSJ Restorative Justice Circles,
 - MCSJ Annual Conference,
 - MASERVIC Bi-weekly Spirituality Peer Support Groups,
 - MAMCD Conference and Fall Networking, and
 - MAMCFC Couch Talk.

- MCA Spring/Summer, Fall, and Winter networking events.
- Continued weekly e-blasts.
- Continued quarterly newsletters.
- Continued social media presence.
- Many wonderful webinars and trainings hosted by talented, knowledgeable members and professionals in the state.

Here's what you can look forward to in 2022. This list is not exhaustive and will surely grow. But please start putting these on your calendar now, and don't forget to register!!!!

- MACES Networking Event (1/24)
- MACES Supervision Series (2/25, 3/23, 4/20, 5/27)
- SAIGE-MD LGBTQ+ Monthly Peer Support Group (1/26, 2/23, 3/30, 4/27, 5/25)
- MAMCD Self Care Event (1/29)
- MASERVIC Bi-Weekly Peer Support Group
- MCA Budget Tips on Attending Conferences (2/5)
- MCSJ Webinar on Preparing Conference or Journal Proposals (3/5)

...continued

Letter from the President

News On a National Level

The No Surprises Act

The Consolidated Appropriations Act of 2021 was enacted on December 27, 2020. This included the No Surprises Act (Titles I and II), which aims to protect consumers accessing medical and behavioral health services. The No Surprises Act is being implemented this year and went into effect on January 1, 2022. The specifications in the act apply to clinical mental health counselors in private practice. Under this law, counselors in private practice must provide a **Good Faith Estimate (GFE)** to clients before providing services so there is no surprise billing later. The GFE is a notification of expected charges for services and must be provided in written form either electronically or on paper. The American Counseling Association has compiled an FAQ page to answer questions about the act. They are also in the process of creating a template to be used by providers, as many other billing programs have done (Simple Practice, Therapy Notes, Zur Institute, etc).

For more information on the No Surprises Act, please see the [ACA FAQ document](#) and the [Centers for Medicare and Medicaid Services website](#).

The Voice of Counseling Podcast

Please join ACA President, Dr. Kent Butler, on his weekly podcast, [The Voice of Counseling](#), as he explores such critical issues as antiracism in counseling, intersectionality, male gender inequity, artificial intelligence in counseling, and more.

American Counseling Conference

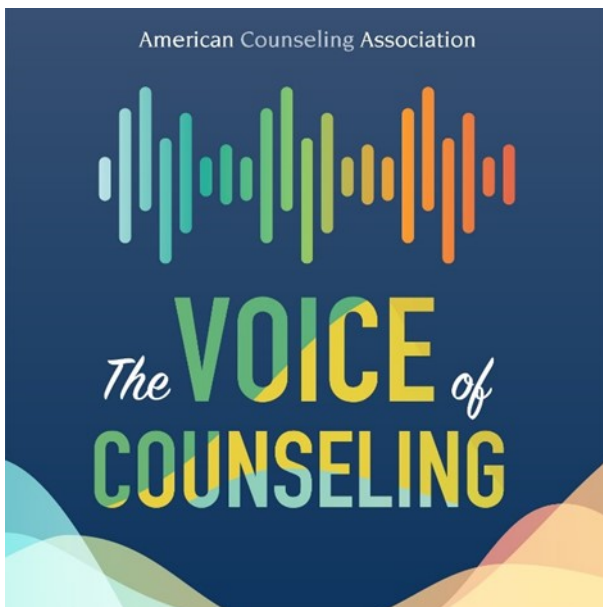
The ACA Annual Conference will be hosted in Atlanta, GA on April 7-9, 2022. Registration opens on February 1, 2022 and will be limited to 1,750 attendees on a first-come first-served basis. You will notice this is a much smaller number than in past years. This is due to six foot social distancing for covid purposes. ACA is hoping to announce a virtual conference in Fall 2022. MCA will be at the in-person conference and we hope to see you there. [Register soon!](#)

Graduate students should consider volunteering at the conference to reduce costs. ACA will take up to 25 volunteers. [Apply here.](#)

Your Partner in Counseling,

Sara

Dr. Sara Pula, PhD, NCC, LCPC, ACS
[President, Maryland Counseling Association](#)

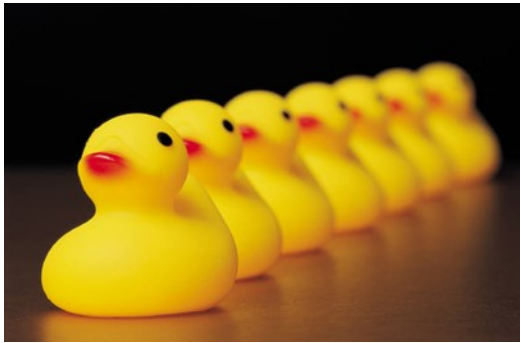


Letter from the Executive Director

Salutations, everyone!

As we begin 2022 (or 2020-2) we hope that you are well and looking forward to the coming year!

We are excited that MCA has grown to over 525 members and our divisions are expanding the number of events offered to the public. Please visit our website and our weekly e-blast for more information. If there is a training that you are not seeing offered or have a topic you would like to share with the community of counselors, please email me to discuss. We would be delighted to host more continuing education opportunities.



Now seeking members to join our Conference Planning Committee for our 65th Anniversary Conference, October 14 & 15, 2022. Our theme is **Multicultural Focus in An Ever Changing World!** Visit Please

contact Pat Dudley at PresElect@MDCounseling.org for more information.

Just a friendly reminder that your MCA membership dues will be renewing on July 1, 2022! This is an opportunity to add another division or change your membership level. Questions? Please contact Dr. Atiya Smith at Membership@MDCounseling.org.

As always, we are honored with your membership, and we are here to support you in your professional growth and, thereby, the clients that you serve.

With appreciation,



Catherine "Cathie" Eaton, LCPC, GCDF, NCC
[Executive Director, Maryland Counseling Association](#)
Headshot courtesy of Digital Magic Photography and Design

Call for Proposals

65th MCA Conference: **Multicultural Focus in An Ever Changing World**
October 14-15, 2022

Hello, everyone!

We will hold our 65th Maryland Counseling Association virtually. Please consider submitting a [proposal to present!](#)

Thank you,

Pat Dudley
[President-Elect, Maryland Counseling Association](#) (2021-2022)

LGBTQ+ Peer Support Group

Professional development and support for counselors who identify as,
or work with persons who identify as, LGBTQ+

Organized by SAIGE-MD

This event is not eligible for NBCC Clock Hours



Last Wednesday of every month

Virtual

Beginning January 26th @ 7pm

Additional meetings:

February 23rd

March 30th

April 27th

May 25th

June 29th

July 27th

Questions? Please email SAIGEMD@MDCounseling.org

[Register Here Under Upcoming Events](#)

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)

MCA Resources

It can be difficult and overwhelming to navigate all the information flying around these days from multiple sources. How about having relevant information compiled in one location?

- * Wondering how to become a Professional Counselor in Maryland?
- * Considering new academic or career options?
- * Searching for handouts to share with clients or information for a specific population?
- * Checking on the recent legislative decisions?
- * Curious about community resources for yourself?

Check out the revitalized [MCA Resources](#) page. Free content is shared to benefit all members of the community. Resources are reviewed and added regularly.

Member Spotlight

In case you missed it: Our very own Executive Director, Cathie Eaton, was interviewed on the issue of school refusal.

U.S. News— [What to Do When Your Child Refuses to Go to School](#) by Katherine Hutt Scott

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



Articles

A Step Outside My Comfort Zone and into My Future *Written by Carolyn Thorpe, Graduate Student at Bowie State University*

The Conference

Have you thought of attending a professional conference, but never actually took the steps to get there out of fear, intimidation, or ultimately a lack of knowledge? If you answered yes, I assure you, you are not alone. Allow me to share a little of my experience with you and hopefully positively impact your perspective. This past fall, I had the pleasure of attending the MCA conference. The theme of this year's conference was **Stronger Together: Rebuilding a Brighter Future**. I believe this theme was indicative of the unsure times we have encountered over the last twenty months, and, that in order to persist, we need to rely on and lean into our collective strength. The MCA conference was a gratifying educational experience for me. The many sessions I attended provided me with insight, clarity, and knowledge. I let myself be vulnerable, open, and willing to learn.

Being that this was my first professional, in-person counseling conference, I was really unsure of what to expect. My involvement in professional conferences was really rooted in the unknown. Being a first-generation student, I did not understand the importance, immense opportunity, and boost in self-efficacy that this event could provide. I had always been so focused on completing my degrees that I had never taken the time to understand what my institutions could offer me outside of the classroom. In advance of the conference, my professor explained to me the importance of attending conferences for my professional development, self-care, and encouragement. She advised that I really take time to reflect throughout the day on my experience and what I may gain from each session that I would attend.

The first day of the conference was virtual. The sessions included topics such as “Multigenerational Trauma” with Dee Wagner and Anne Contee, “Spirituality in Private Practice” with Dr. Carol ZA McGinnis, “Bread Therapy and Self-Care” with Dr. Maya Georgieva, “Student-Centered Counseling; Before and After Covid-19” with Dr. Lucy Parker-Barnes, just to name a few. I found these sessions enlightening and reflective. The conference sessions offered enough variety that I was able to choose from sessions that I resonated with personally, while also being able to leave each session with new insight and awareness, either about myself or the topic at hand.

The second day of the conference was in person which provided me with a different level of exposure, being that this was my first professional conference. The sessions that took place on this day provided me with ample opportunities to be reflective and gain a new understanding of topics that I had previously believed to have mastered. I started the morning off with Dr. Atyia Smith’s discussion about the obstacles graduate students of color face while enrolled at predominantly white institutions. Dr. Smith’s session allowed me to reflect on what I wanted my PhD program to be and take into consideration if my needs would be best met at a predominantly white institution versus a historically Black university.

continued...

Inspired by Amanda Gorman's *The Hill We Climb* poem, Dr. Holcomb-McCoy's keynote address charged everyone in attendance to lead and serve with Courage, Determination, and Love. Dr. Holcomb-McCoy affirmed that these three things are most beneficial in counseling, especially working in the school system. Have the courage to step outside of what you know and push the boundaries that are set in front of you. Be determined enough to not just utilize the resources you have, but to form your own resources when the ones you really need are not accessible. Give what you can, do it with love, and love yourself in the process.

Throughout the rest of my day at the conference I attended sessions that were of interest and pushed me beyond surface-level thinking. Dr. Ajita Robinson's presentation on grief allowed me to analyze my own experiences while simultaneously increasing my knowledge. Dr. Robinson provided insight on the stages of grief and also what grief could look like for different individuals. In her book, *The Gift of Grief: A Practical Guide on Navigating Grief and Loss*, she talks about acknowledging grief's impact on our present moment and allowing the gift of grief to show up throughout our life's journey. Thus, how has the grief that you have experienced throughout your life shaped who you are today, both positively, negatively, or otherwise?

Pay it Forward

When I initially approached my professor about attending the MCA conference, I did not know what to expect. I knew that my potential as a student was far greater than what I had been exemplifying on campus. The MCA conference was the first step to me finding the path to my future. I have found like-minded people that push me to be a better scholar every single day. Not only do I feel accepted in my aspirations but I feel seen and heard as a Black woman in counseling and education. Opportunities like the ones that I have been presented with sometimes come few and far between for women of color for a number of reasons. For example, a lack of knowledge and awareness of what questions to ask in order to get us to where we want to be, especially in the world of academia, is just one of the many obstacles that we face on a daily basis. With that, it was important for me to take the experience and knowledge that I gained about this entire conference and pay it forward. I chose to educate the first semester graduate students at Bowie about opportunities such as these so they can know and understand early on in their program the importance of removing yourself from your comfort zone, expanding upon the opportunities that are afforded you, and creating opportunities for yourself.

I have made a plethora of investments in myself over the last few months in preparation for graduation in May. I believe I will enter my professional counseling position developed and empowered as a result of the new colleagues I have gained, and the challenge to practice counseling with Courage, Determination, and Love. Thank you, MCA!



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

Marilyn Spenadel

MASERVIC@MDCounseling.org

SAIGE-MD President

Call Trevenen

SAIGEMD@MDCounseling.org

MAMCD President

Ricardo Phipps

MAMCD@MDCounseling.org

MCDA President

Natasha Ortiz Fortier

MCDA@MDCounseling.org

LCPCM Liaison

Danielle LaSure-Bryant

LCPCM@MDCounseling.org

MAMCFC President

Deborah Allen

MAMCFC@MDCounseling.org

MCSJ President

Kizzy Pittrell

MCSJ@MDCounseling.org

MSCA Liaison

Open

MSCA@MDCounseling.org

COMMITTEE CHAIRS

Advocacy Chair

Roni White

advocacy@MDCounseling.org

Credentialing Chair

Maya Georgieva

credentialing@MDCounseling.org

Newsletter Chair

Michelle Schoonmaker

newsletter@MDCounseling.org

Archives Chair

Mala Hosmane

archives@MDCounseling.org

Emerging Leaders Chair

Marja Humphrey

elchair@MDCounseling.org

Program Planning Chairs

Cheryl Fisher

program@MDCounseling.org

Awards Chair

Glenda Dickonson

awards@MDCounseling.org

Human Rights Chair

Open

Humanrights@MDCounseling.org

Public Relations Chairs

Annyck Hamez

Open (Co-chair)

public.relations@MDCounseling.org

Bylaws Chair

Open

bylaws@MDCounseling.org

Membership Chair

Atiya Smith

membership@MDCounseling.org

Registrar

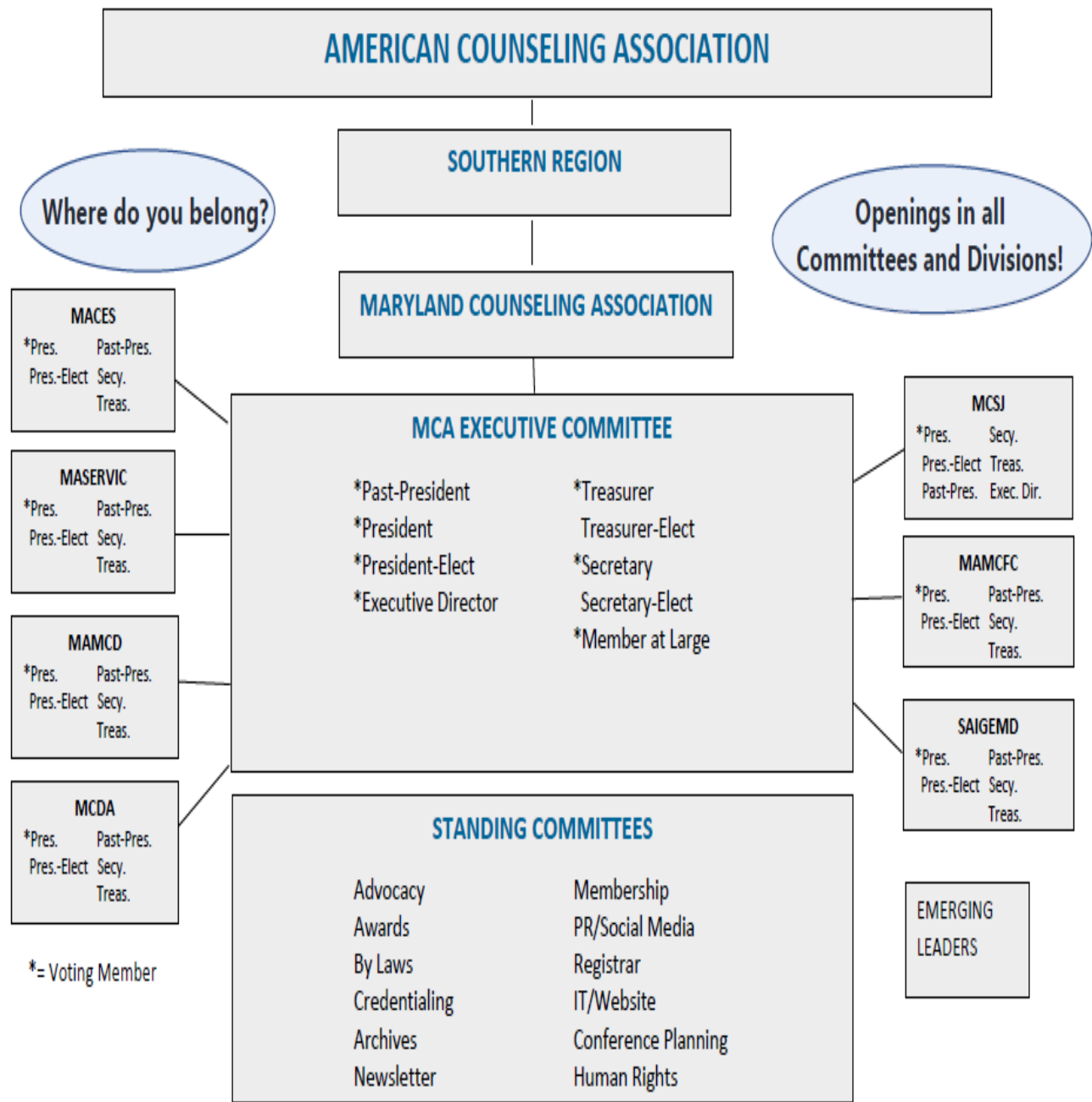
Cathie Eaton

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
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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
- 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.