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Compass Points

MARYLAND COUNSELING ASSOCIATION
(MCA)
A BRANCH OF ACA

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

A Message from the Past President:

I am very proud to present to you the outcome and results of the MCA Annual Conference: Counseling Specific Populations. The objective was to link counselors with current research trends and walk away with practical insight and techniques so we can better serve our clients. The conference was held in Columbia, MD at the Johns Hopkins University campus on November 8, 2013. This event attracted about 100 registrants and we had over a dozen breakout sessions following the Keynote Speaker: “Dr. Stacey” Reicherzer. Dr. Stacey is a transgender woman whose clinical and research background have focused on the lives and experiences of LGBT persons, with particular emphasis on those from communities of color. The day was full of education as many were able to actively engage with and reach out to other counselors from the metropolitan area in one setting. Dr. Stacey’s theme of: *Responding to Our Legacies of Otherness and Oppression in Becoming Better Counselors* transcended the day as many spent time reflecting and sharing their own experiences with otherness and oppression.

To Register for MCA, or any of our Events, please go to:

www.md-counseling.org

Find us on Facebook or Twitter:

@md_counseling



Additionally, the conference served as a forum for representatives from all colors of the knowledge rainbow to network, connect, and develop partnerships for future counseling initiatives.

MCA is particularly grateful for the volunteer service it received from the MCA board, especially the Program Coordinator Chair, Elizabeth Emen and Treasurer, Sarah Gilden who helped to bridge a smooth connection between registration and program implementation. MCA would also like to express its thanks to its host, Johns Hopkins University School of Education, for providing its premises, technical equipment, and ever-helpful staff. And last, but certainly not least, MCA thanks all its members and guest for making the conference an informative and enjoyable day – the social afterwards also helped to finish up the night successfully! Hope to see you next year!

Dr. Marsha Boveja Riggio
Past President

*Happy Holidays!
Have a Prosperous 2014!*



NEW NAME CHANGE

MACD has changed its name to
Maryland Counseling Association (MCA)
which helps us to better identify our relationship to ACA. MCA members previously voted on the MCA name change which was also endorsed by the ACA Governing Council.



MCA

Maryland
Counseling
Association

7 CEUs!!!
9-5 PM

Saturday, February 1, 2014

SAVE THE DATE!!!!

Using the DSM-V with Children, Youth, Couples, and Families

Sponsored by the Maryland Association for Marriage and Family Counselors

Location: Johns Hopkins University, Rockville, MD

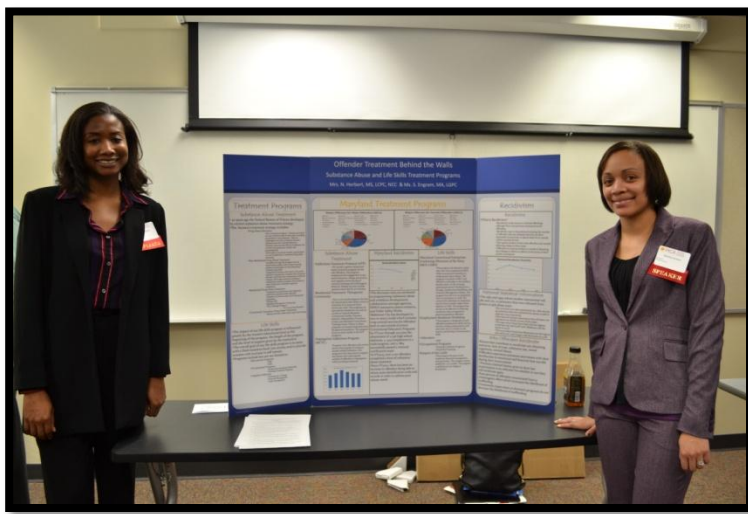
The new DSM-V edition includes significant changes to the way mental illness is approached with children, youth, couples, and families, as well as important changes to the diagnostic categories themselves.



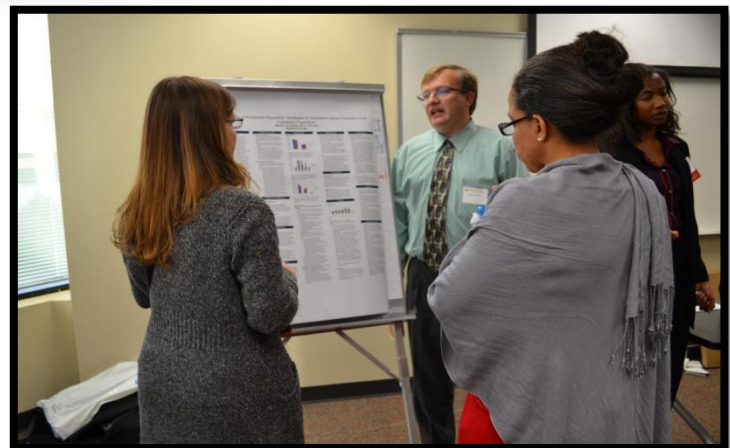
PRESENTERS:

Carman S. Gill, PhD., LPC, NCC, ACS— Dr. Gill is President of the Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) and Counseling Program Chair at Argosy, DC. She is a co-author of the DSM-5 Learning Companion, an ACA publication, and has served as a member of the DSM 5 taskforce for ACA.

Stephanie F. Dailey, Ed.D., LPC, NCC, ACS— Dr. Dailey is the lead author of the DSM 5 Learning Companion, an ACA publication, and has served on the DSM-5 taskforce for ACA. She is an assistant professor at Argosy, DC who specializes in crisis, trauma, and disaster mental health.



*MCA Annual Conference 2013
At Johns Hopkins University*



Build a Bridge to Graduate Institutions

The Maryland Counseling Association (MCA) is excited to share our new initiative: "Build a Bridge to Graduate Institutions." The initiative aims to build a strong relationship between local universities and MCA that fosters the support and development of graduate students and new professionals.

MCA wants to support faculty and students by: (1) informing students of our national parent organization the American Counseling Association (ACA) and counselors roles nationally and locally; (2) providing guidance through MCA such as networking, socializing, and mentorship; (3) providing a place for students to create and share ideas as well as foster their skills with the support of other colleagues; and (4) being a part of an organization which appreciates their efforts as counselors while understanding their individuality.

At this time, MCA members are meeting faculty and students at their institutions: Johns Hopkins, Argosy, Loyola and Bowie. MCA recognizes by attending graduate meetings/events and discussing the benefits of MCA/ACA can encourage new professionals to get involved, stay involved and grow in the field of counseling. MCA strongly believes it can be an additional support system for faculty and students, with this recurring opportunity to connect and support our students to grow in the field of counseling.

Sincerely,
Rufus Tony Spann, MCA President Elect

WRITE THIS DOWN.

- **February 1, 2014—DSM-5 Marriage/Family Conference 9:00 – 5:00**
(John Hopkins University—Rockville)
- **March 8, 2014—MCA Social (Gaithersburg)**
- **March 28, 2014—Maryland School Counseling Conference (Greenbelt)**
- **April 24, 2014 – April 25, 2014—MCDA Conference (Columbia)**
- **November 14, 2014—MCA Annual Conference (Columbia)**

ACA NEWS:

What:

The American Counseling Association (ACA) is hosting its 2014 Annual Conference & Exposition

Where:

Honolulu, Hawaii

When:

March 27-30, 2014

****MCA's New Website****

If you have visited our website, MDCounseling.org, this month, you know that it has a new look. Behind the scenes is a different Online Membership Management System. Please check out the new website.

What does an Online Membership Management System provide?

1. It includes a database of contact names, membership status, past events attended, fees paid, etc. We transferred all of the current data, and downloaded the historical data, so that we can look up the information if questions arise. Your information should now be in the new system.
2. It collects payments for events. We are in the process of setting up a new credit card processing system. In the meantime, we are using PayPal.
3. It sends reminders when your memberships expires and assures that members are charged member rates for events. It also delivers newsletters and announcements to you. If you do not wish to receive our announcements, you can Unsubscribe and we will take your name off of our contact list.
4. It hosts our webpages, photos, documents, etc., which can be accessed by any authorized person anywhere in the world that has an Internet connection (even when we are on vacation).

Why did we do this?

1. The primary reason for the change was to make life simpler for the Board. We need a system that is easy to use, since our Board members are all volunteers, change often, and we cannot expect them to learn a complex system. We believe that the new system is much more intuitive and will, therefore, be easier to maintain.
2. The new system costs less and we pay a fixed fee per month. Previously, we also paid a small amount for each transaction, but small amounts add up.

What does the new system mean to you?

1. The information that did not transfer includes your password and your photo. Please visit the new website and log in. There is a small logon box in the upper right. Enter the same email address that you previously used. Then click Reset Password. If you have any problems, send an email to Website@MDCounseling.org. When you view your profile, you will immediately see that it looks different. Please upload a small picture of yourself (just your face) so that acquaintances from past events can find you. As counselors, we love to see smiling faces, and adding yours to your profile really helps us to feel connected.
2. All of the association emails changed. To reach us, visit the Contact US page.
3. Some information may have been lost during the transition. Our previous provider shut off our access prematurely and we were not able to access transactions that occurred in the final week of May or the first week of June. If your information did not transfer correctly, send an email to Website@MDCounseling.org.
4. Remember to log on whenever you visit our website (or "Stay logged on") so that you can see the special features for members, including the Membership Directory. We hope that you enjoy our new website. Please let us know if there are features that you would like us to add.

Please Contact Jose Medrano, MCA's webmaster if you are interested in volunteering!

Professionally Speaking: Are You Where You Want to Be?

Meg Walker
Johns Hopkins University, Class of 2014

With the New Year's holiday right around the corner many have begun to reflect of their past success, achievements, newly developed needs, and future goals. Have you considered New Year's resolutions for your career? If not, no problem! Here are 8 professional New Year's resolutions that you can add to your list so you can maximize your professional impact and advocate for the counseling profession in 2014.

1) Know Thy Professional Self

Know who you are professionally and what you are bringing to the table. Take time to really look at yourself and consider your specific skill sets and training. As counselors, we have to be very clear about who we are and what we have been trained to do, so that our professional identity will not be dictated or formed by our workplace. If we don't advocate for ourselves, someone else who may be less educated in our unique training standards may be more than happy to fill in the gaps. A strong professional identity is crucial to the self-esteem and attitude of each counselor and will send the message that you are competent and will reinforce the importance of your services.

2) Speak Up and Take Pride!

It has been my experience that the public doesn't understand the distinction in mental health professions. It is important that we present ourselves to the public and to clients as a professional counselor; not as a therapist, psychologist, or social worker. Counselors must advocate for their profession by making sure that the public understands the profession of counseling, how it differs from other helping professions, and how it can benefit them in ways that are different from psychology and social work. We are first and foremost professional counselors, specialties can be explained later.

3) Appreciate and Honor What Has Been Done Before Us

The profession of counseling has come a long way in the past few years. Counselor licensure in all 50 states is certainly one of the most notable accomplishments. As counselors, we must acknowledge all the hard work performed by many individuals to make the stronghold of our profession a reality. It is our duty to maintain our presence, and distinct identity among the helping professions. We can do so by joining and participating as an active member of professional counseling associations, making licensure a priority, and by assuming the responsibility to promote the identity of professional counselors.

4) Mentor, Network, and Collaborate

Expand your professional network and make yourself available to other professionals. Helping new counselors form their identities will help you take pride in your own identity. In addition, social activism efforts have more power if we are united as a group, versus collections of fragmented groups. You can advocate by contributing your skills and experiences to your state organization. Networking can provide power to your voice, and this is typically where change begins!

5) Know What You Don't Know

Students and seasoned professional advocates alike need to understand what they do not know, and make sure that they educate themselves as professional counselors by talking with those who have more experience to mentor them along the way. Continuous learning and development is a hallmark of the counseling profession. It is our ethical responsibility to further our education, learn new skills, and increase our knowledge of new technologies.

6) Self Care

Self care is a crucial aspect to maintaining professional effectiveness and preventing burnout. Remember, we are also human. Take time to reflect on your reasons for pursuing professional counseling, organize and re-evaluate your professional objectives, and look at where your time is being invested.

7) Determine How You Quantify Accomplishments or Successes

It is generally unwise to leave accountability and evaluation entirely in the hands of those who do not understand a counselor's role in treatment and do not have the expertise to determine when or how the counselor's goals are accomplished. It is important not only the profession itself, but to the individual to provide some process of quantification and indication of successful results, however, they may be determined. Socially valid research is a form of intentional advocacy, and its time to firm up scientific foundations of our practices.

8) Unity and Future Identity

Ask yourself to step back and look at the big picture of the counseling profession. As a whole, many may agree that we have taken many strides but that we are still in the process of refining our professional identity. How are you contributing to this? What do you see as the future of the counseling profession? I urge professionals to look nationally as well as globally, and to deduce what can be done at a local level. No doubt the oncoming aging population, increasingly diverse communities, technology, integrative medicine, changes in managed care, and the growing social awareness of mental health will have an impact on our practices. As members of the professional counseling community it is our responsibility to be our own agents of change. We alone must decide how to incorporate all the new and growing aspects of the counseling profession while respecting our uniqueness and representing our clientele. No one is better equipped to determine the direction, identity, and practices of the counseling profession than its members. Ultimately, who we are and where we are professionally must be determined by how counselors educate others, rather than having others determine who they think we are.

ARGOSY UNIVERSITY WASHINGTON, D.C.

College of Psychology and Behavioral Sciences

- Masters Of Arts In Community Counseling
- Doctor of Education in Counselor Education & Supervision
- Doctor of Education in Counseling Psychology

★ CACREP accredited for MACC and CES

Please contact Nicholas Howley for more information nhowley@argosy.edu 703-526-5864



Campus Location



Argosy University, Washington DC
1550 Wilson Boulevard, Suite 600
Arlington, VA 22209

Classes Starting:

February 24, 2014

International Association of Addictions and Offender Counselors (IAAOC)

Hello, my name is Keith Morgen and I am the 2013-14 President of the International Association of Addictions and Offender Counselors (IAAOC), a division of the American Counseling Association. As part of my Presidency I am trying to increase the communication between our division and the various state counseling association chapters.

If **YOU** have expertise, experiences, and practice in the addictions and/or prison populations, feel free to contact me when you can. Thank you.

Keith Morgen, Ph.D., LPC, NCC, ACS

IAAOC President 2013-14

Assistant Professor of Counseling & Psychology

Editor, *Annual Review of Best Practices in Addictions and Offender Counseling*

President, International Association of Addictions and Offender Counselors - A Division of the American Counseling Association

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Interested in Research???

The Treatment of Patients with Dissociative Disorders (TOP DD) study is an international prospective treatment study that found that patients with severe dissociative disorders showed decreases in dissociation, PTSD symptoms, self-harm, suicide attempts, and hospitalizations while also improving functioning during 30 months of treatment. So far the study has had eight papers accepted for publication. The next TOP DD study will build upon the findings and methodology from the first study. Bethany Brand, Ph.D. of Towson University and her collaborators documented that suicide attempts and self-injurious behavior were associated with therapists infrequently using emotion regulation interventions, among other challenges. The researchers have developed a web-based educational program that teaches dissociative patients to regulate emotion, manage dissociation, and cope with unsafe urges. To be eligible to participate, both patients and their therapists must enroll in the study. Patients need to commit to doing 1-2 hours of work per week including: watching educational videos, completing writing exercises, and practicing daily skill-based exercises.

Towson University has created a story about the TOP DD study featuring the stories of two former students at <http://www.towson.edu/> (click on the first circle below the story caption if a painting of a woman's face shifting states is not currently showing).

The TOP DD team is recruiting new participants for this study. You can learn more about it at <http://topddstudy.com> or sign up by emailing the researchers at TOPDD@towson.edu



WINTER

International Association of Marriage & Family Counselors

Join IAMFC

Join online: IAMFCOnline.org

Professional Members \$60

Student Members \$44

Benefits of Membership

- Subscription to *The Family Journal*
- Subscription to *The Family Digest* (electronic newsletter)
- Access to the Code of Ethics for Couple & Family Practitioners
- Networking with other counseling professionals
- Family Therapy Certification through IAMFC's affiliation with NCA
- Professional advocacy
- Public policy initiatives
- Opportunities for leadership and mentoring
- Access to liability insurance through CPH & Associates
- Discount rate for CEU opportunities
- Online interactive access: iamfconline.org

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*Want to Join MCA?
Here's Your Chance!*

Apply ONLINE or by MAIL:

<http://www.mdcounseling.org/>

Why Should You Join MCA?

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

- Continuing education units 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
- Four newsletters and opportunities to advertise your business through contributing articles
- Early notification of job openings in the field of counseling
- Leadership training and greatly reduced registration costs to annual regional or national conferences for board members
- Free registration to all MCA conferences and workshops for board members
- Electronic reminders to renew your membership
- A list of events that you have participated in (and soon to come a method of keeping track of CEU's you earned).
- Support and advocacy for professional counseling in the state of Maryland



[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.

MCA Board Positions Available

- Newsletter Assistant
- CEU Assistant
- Website Assistant
- Assistant Secretary

**Contact Marsha Riggio,
MCA Past President for
more information.**



Tony Spann, Charles Guthrie and Marsha B. Riggio (*MCA President-Elect, President, and Past President*) at the 2013 MCA Annual Conference



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