

Dear LCPCM Members,

It's hard to believe that another year is wrapping up! And what a great year it has been for LCPCs! I am happy to have hosted our first in person conference since Fall of 2019. It was a fantastic event- we learned about dissociation and focused on our own self-care. It was invigorating to be face to face, and I hope that everyone who attended walked away with that same feeling. LCPCM has been tapping into our membership base, so we can learn from other professional counselors and this event did not disappoint. I hope to continue to utilize the expertise of LCPCM members in upcoming webinars and conferences, so please reach out if you are interested! Closing out this year, we have another LCPCM member who will be presenting "Is it Baby Blues or Something More?". This is such an important topic, as rates of post-partum have skyrocketed since the pandemic.

As we enter the holiday season, I encourage everyone to shift a little bit of focus onto yourselves- please make sure you are practicing self-care (and not just the superficial stuff!). Here is a literature review from the NIH, entitled "[Dear Mental Health Practitioner, Take Care of Yourselves](#)" which details why this type of practice is so important. We all need to care for ourselves so we can effectively care for others.

I wish everyone peace as we close out 2023 and I look forward to seeing you all soon!

Hillary Alexander, LCPC, NCC, Board Approved Supervisor, LCPCM President

October 2023 Fall Conference Review

LCPCM was thrilled to welcome everyone back for our first in-person conference since 2019! Seeing your smiling faces and having a chance to interact, reminded us all of the power of in-person connection. We all enjoyed the chance to learn new things and share a delicious lunch together! Big thanks to our presenters: Demystifying Dissociation, presented by: Caroline Falk, LCPC and Sharnise Hendrick, LCPC and What About Us?: Managing Burnout presented by: Myrja Paul, LCPC and Tyler Mabry, LCPC

We look forward to seeing you at our next Spring 2024 conference! Check out our schedule for virtual webinars as well.

If you attended and did not receive your CE certificate, you must fill out the evaluation form that you received via email that was sent on Wednesday, November 2, 2023.

After you submit your survey, the CE certificate will be available on the Thank You page. **Do not close the survey after you submit** - be sure to get your CEU Certificate."

[Click here to see more images.](#) if you have images you would like to submit, send them to mylcpcm@gmail.com.



Call to Action: We Need You!

We are thrilled with the increase in membership involvement in our monthly Board meetings. It has given new ideas and fresh perspective. Please consider joining one of our committees (see below) so we can continue to increase member involvement. Busy? Consider joining the LCPCM Listserv email group to stay in the know (see link below, members only). Have ideas for trainings or the newsletter? WE WOULD LOVE TO HEAR FROM YOU! Contact mylcpcm@gmail.com to share all your good ideas.

LCPCM ListServ

If you are a member and are not currently receiving or able to send listserv emails and wish to, please send an email to mylcpcm@gmail.com. We will confirm that your membership is current and you will be added and sent instructions on how to use ListServ.

LCPCM Opportunities for 2024

Working with Public Policy Partners (PPP), LCPCM strives to advocate for pressing issues for our organization by jointly identifying major issues, building relationships with state agencies and legislative leadership, working to remain visible with stakeholders, and anticipating new developments in the mental health field.

LCPCM:

- continues to work with the Board of Professional Counselors on regulatory issues and administrative priorities;
- is working with NBCC lobbyists to advocate the adoption of the Counseling Compact in Washington, D.C. to ensure the tri-state area of Maryland, Virginia, and DC will be compact members;
- exploring options to advocate for higher reimbursement rates with Medicare;
- discussing updating state policies to include LCPC as designated health care providers;
- supporting legislation to extend telehealth reimbursement through 2025, including reimbursement for audio-only;
- is monitoring developments with school counselors and Medicaid billing;
- engaged in regulatory review of proposed regulations;
- reaching out to form collaborative partnerships with the Maryland Counselors Associations and the National Association of Social Workers; and,
- works tirelessly to advocate for all members to ensure we move forward together!

Virtual Committee Positions Available

Professional Development Committee

Chair-Hillary Alexander, LCPC

Membership Committee

Chair-Mollie Thorn, LCPC

Graduate Student and LGPC Service Committee

Chair-Dr. Saundra Lynch Ervin

Strategic planning Committee

Chair-Angela Mazer

National Issues

Chair-Larry Epp, LCPC

Contact mylcpcm@gmail.com to get in touch with committee Chairs.

Featured Member



Sara (Lou) Trescott, NCC, LCPC

Lou recently retired from state service where she was known for results-oriented leadership, regulatory management experience and trouble shooting skills that made her a valuable asset for legislative matters. She is an at-large LCPCM Board member and chairs our legislative committee. She has been working with legislative representatives to advocate adoption of the Counseling Compact in Washington, DC, promoting Maryland's telehealth regulations, collaborating with the Board of Professional Counselors and Therapists on regulatory matters and partnering with other state and national mental health professional associations to advocate for our shared visions.

She is currently a private practitioner specializing in mind, body, medicine with emphasis in mindfulness and wellbeing and teaches continuing education classes at a local college for fellow practitioners.

She looks forward to working with our organization to promote our legislative agenda, securing organizational success and representing our membership.

When not working, she is chasing birdies on the golf course or inventing products to make life a little easier; she currently holds two United States patents.

Each month we will feature a member of LCPCM and ask them to share with us information about their work, inspiration, and self-care.

If you would like to be featured, send a picture and a short summary to mylcpcm@gmail.com.

Save the Date

Future **Supervision Trainings** to be held March, May, July, September, and November.

Upcoming Events

[2-Day SUPERVISION TRAINING with Marsha Riggio, PhD](#)

Thursday, January 18-19, 2024 9:30 AM | Online Zoom

[Webinar: Is it Baby Blues, or Something More?](#)

Friday, December 1, 2023 10:00 AM - 12:00 PM | Online Zoom

Presenter: Chana Johnson, LCPC

Training

We are pleased to announce that the [Supervision 3 day Training Program](#) (18 CEU's) will be offered in January, March, May, July, September, and November. Please check the website for dates and registration.

A New Class, Supervision Refresher Course will be offered annually. Please check the website for dates and registration.

Bi-monthly **Webinars** are offered on a variety of topics. Each webinar provides 2 or 3 CEU's. See website for details.

Conferences

[Semi-Annual Conferences](#) are offered in April and October each year. 6 CEU's are provided usually with a morning speaker and a different afternoon speaker. In addition, legislative updates and information are provided. You will be notified by email when registration is available.

If you have any suggestions on topics and/or speakers, let us know at mylcpcm@gmail.com.

CLICK TO FIND OUT WHAT LCPCM CAN DO FOR YOU!

Supervision Subsidy | Advocacy | Affordable CEU's | Supervision Training | Membership Directory | Professional Liability Insurance | Leadership Opportunities | LGPC Student Liaison | Classified Ads | ListServ | Comprehensive Guide to Becoming a Professional Counselor in Maryland

If you are unable to find what you are looking for on the website, please contact our business manager, Sharon Nalley at mylcpcm@gmail.com.