



LOUISIANA COUNSELING ASSOCIATION

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LMGCA • LMHCA • LSCA • PLCA • SAIGE-LA

# Louisiana Lagniappe

Volume 45 Number 3

LCA is the state branch of the American Counseling Association

Spring 2024



## Nominations for LPC Board Announced!

*Diane Austin, LCA Executive Director*

The Louisiana Counseling Association is opening nominations for the 2024-25 LPC Board. There is one position which must be filled during 2024: Licensed Professional Counselor. The personal qualities of a candidate should include: integrity, a willing to serve others, to sacrifice self to be available for board service, commitment, values diversity and inclusiveness, and is fair and balanced.

A Board member will be appointed for a term of four years (unless they are appointed to complete a term of a Board member who resigned or removed.) A Board member may serve two consecutive full terms. The time commitment for a board member is approximately **5-8 hours a month** on Board business. Those members who are part of the Board's Rules committee, Professional Assistance Committee, or Discipline Committee will spend approximately **10-15 hours a month** on Board business depending on the work to be completed. The Board Chair and Vice chair will spend **3-5 hours per week** on Board business. The Board meets every other month at the Board office in Baton Rouge. There may also be

*(LPC Board Nominations Sought, continued on page 2)*



*Message from a former LCA President...*

## Happy Trails to You!

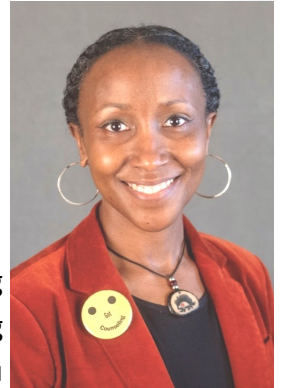
*David Spruill, PhD, LPC-S, LMFT-S*

I want to let everyone know that I will be retiring from ULL on Dec. 16. I have been teaching for 33 years, and it is time to move on to other things. At this point in time, we are planning on moving in 2024 to North Carolina, in the Raleigh area, to be closer to our son and his wife and to be closer to the grandkids in Michigan. 🐾

*Presidential Perspective...*

## The Happenings

*Rashunda Miller Reed, PhD, LPC-S, LMFT-SC*



Hello Colleagues,

I hope all of you are doing well. Just in case, I am sending positive vibes your way as you continue to help, heal, and honor

yourselves and others. The Executive Leadership Board met Feb 23 in Lake Charles. Thanks to those who were there physically and in spirit. A special welcome to those who attended for the first time. We got a lot done and left some business undone.

My role was to discuss the shift from Tradewing to the website. Regarding Tradewing, the LCA Administrative Council (AC) choose not to renew our contract. Are you wondering *what happened?* Initially, our contract with Tradewing was to purchase a platform for our virtual conference during COVID. After that, the AC decided to continue with Tradewing and promote the Community Bulletin Board as a member benefit and substitute for social media. Some of you have attended Ask the Expert series on various topics. Please know that LCA is making strides to integrate technology that will meet the demands of our membership. The 2023 conference had some significant challenges which still left us looking for alternatives. We had over 1000 members attending the 2023 conference either virtually, in-person, or both. Nevertheless, LCA still needed virtual platform and decided to go with a Zoom Integration and re-

*(Continued on page 2)*



## This issue's features ...

- 🌀 Government Relations Update, begins on page 3.
- 🌀 How do we attract more professional counselors to our profession. Archives chair shares his success on page 3
- 🌀 Ad from a new sponsor, The Health Law Firm, on page 4
- 🌀 More pictures from the 2023 LCA Fall Conference, thanks to LCA President Rashunda Miller Reed, Dr. Darrell Renfro, Archives Chair, and his committee throughout the issue! See page 5
- 🌀 Mini Minutes from last LCA Board Meeting begin on page 6.
- 🌀 Ads from conference sponsors on pages 6 and 15. When you use their services, please thank them for their support of LCA!
- 🌀 11 Division Presidents reflect on their service to LCA and their Divisions. See page 8 to learn more.
- 🌀 Thoughts and prayers requested for these LCA Members and their families. See page 17.
- 🌀 As Dr. Rashunda Miller Reed's term draws to an end, please see the Executive Board who served our association with her. Reach out to any member of the board if you would like to know more about the role they have played in LCA. And if you want to also join them as a servant leader in LCA! You will find the entire roster on page 16.

## Presidential Perspective, continued from page 1

vamping the website. The financial investment is about the same. Keep your eyes open for changes and update your LCA profiles if you are listed under the find a counselor and supervisor feature.

Please help me with my presidential initiative. One of my initiatives is connecting with sites who support PLPCs and graduate students who are LCA members. Please let me know who you are and a few details on your workplace if comfortable. I would also love to hear from any members who plan to attend the American Counseling Association Conference in New Orleans from April 10-13. Feel free to email [Rashunda.millerreed@mail.waldenu.edu](mailto:Rashunda.millerreed@mail.waldenu.edu).

Lastly, the need for more effective communication within LCA (including myself), was noticed at the Feb 23 Executive Board Meeting and 2023 Conference. Therefore, communication is on the agenda for the June 21 Executive Board Meeting as well as Dr. Cook's question from the Fall 2023 board meeting: What type of leader are you? Please share your communication struggles and strategies with your division leaders. Division leaders advocate for you and we want ways to improve. 😊

Cheers,

Rashunda Miller Reed, LCA President 2023-24

## LPC Board Nominations Sought, continued from page 1

one Board Retreat. Pursuant to R.S.37: 1104, Board members may not receive a per diem for conducting Board business. Board members are reimbursed for actual mileage based on the current State Travel Regulations to and from Board meetings and other Board related events. Board members may also receive reimbursement for lodging cost incurred while working on behalf of the Board.

This is an opportunity for LPCs to advocate for their profession. Please take a few minutes to consider your colleagues and who might be a good colleague to serve. The direction of the LPC Board is determined by the members of the LPC Board.

To nominate an individual for possible appointment to the LPC Board, you may submit the individual's name and the position being nominated for (LPC or Counselor Educator) to the LCA office ([lca\\_austin@bellsouth.net](mailto:lca_austin@bellsouth.net), 353 Leo Shreveport, LA 71105. Please be sure that you have the individual's permission to nominate them. **Deadline: May 15.** 🌀

Bridge to the Future

Dr. Darrell Renfro, Archives Chair



Dr. Domonique Lemieux, Ph.D., LPC-S, and an adjunct professor in the graduate counseling program at Xavier University, visited my Black Psychology class at Dillard University on February 28. Dr. Lemieux shared information about the field of professional counseling, the steps to becoming a licensed professional counselor and what she does in her work of an LPC. Dr. Lemieux also explained her role as a counselor educator and presented some information she teaches in her graduate-level counseling techniques course.

The students in my class participated experientially by practicing some counseling techniques. Dr. Lemieux helped the class to process their small group experience. The photo on the right shows Dr. Lemieux interacting with my students. After this experience, several psychology students inquired about Dillard's Master's degree in counseling. Two students asked for and received letters of recommendations from me.

were among the rates reviewed in the first year. LDH presented their budget on 1/20/23 to the Joint Budget Committee requesting a raise to the Medicaid rates for counselors among others, however, the rate increase did not go through last year. We are working with LDH and the legislature to get the rate increases into the budget during the coming legislative session. LDH along with the Medicaid MCOs have been working on a uniform authorization form for CPST/PSR services (MHR programs). We are in the process of reviewing this form and providing feedback.

(Government Relations, continued on page 4)



Dr. Domonique Lemieux facilitating a group experience.



Government Relations Update

Adrienne Trogden, Ph.D., LAC, CCS, ADS, CFMHE, LPC-S, LCA Advocacy and Government Relations Specialist

Governor Jeff Landry, all statewide elected officials, and the new legislature class began their term in office on January 8, 2024. During the Organizational Session of the Legislature, House members elected Rep. Phillip DeVillier (R-Eunice) as Speaker of the House and Rep. Mike Johnson (R-Pineville) as Speaker Pro Tem; Senators elected Sen. Cameron Henry (R-Metairie) as President of the Senate and Sen. Regina Barrow (D-Baton Rouge) as President Pro Tem.

Advocacy for Medicaid provider rate increases continues. LCA has been working with a couple of members and other provider associations to advocate for Medicaid rate increases for providers and facilities across the state over the past year and a half. LDH has continued their systematic review of Medicaid reimbursement rates across the board and will continue to do so in 3 year increments. As you may remember. professional codes for counselors

Article continues in next column

## Louisiana Lagniappe



Government Relations Update, continued from page 3

### Meet Your New Legislative Committee Members

#### HOUSE COMMITTEE ON HEALTH & WELFARE

**Chairman** - Rep. Dustin Miller (D-Opelousas)

**Vice Chair** - Rep. Rhonda Butler

**Members:** [new members in bold]

- ☛ **Rep. Stephanie Berault** (R-Slidell)
- ☛ **Rep. Emily Chenevert** (R-Baton Rouge)
- ☛ Rep. Raymond Crews (R-Bossier City)
- ☛ **Rep. Kellee Dickerson** (R-Denham Springs)
- ☛ Rep. Michael Echols (R-Monroe)
- ☛ **Rep. Peter Egan** (R-Covington)
- ☛ Rep. Adrian Fisher (D-Monroe)
- ☛ Rep. Jason Hughes (D-New Orleans)
- ☛ **Rep. Steven Jackson** (D-Shreveport)
- ☛ Rep. Wayne McMahan (R-Minden)
- ☛ **Rep. Brach Myers** (R-Lafayette)
- ☛ Rep. Larry Selders (D-Baton Rouge)
- ☛ Rep. Joe Stagni (R-Kenner)
- ☛ Rep. Chris Turner (R-Ruston)

See more info here <https://legis.la.gov/legis/home.aspx>

#### SENATE COMMITTEE ON HEALTH & WELFARE

**Chairman** - Sen. Patrick McMath (R-Covington)

Article continues in next column

**Vice Chair** - Sen. Katrina Jackson (D-Monroe)

**Members:** [new members in bold]

- ☛ Sen. Gerald Boudreaux (D-Lafayette)
- ☛ Sen. Heather Cloud (R-Turkey Creek)
- ☛ Sen. Bob Hensgens (R-Abbeville)
- ☛ **Sen. Valarie Hodges** (R-Denham Springs) *Previously Rep.*
- ☛ Sen. Jay Luneau (D-Pineville)
- ☛ **Sen. Bob Owen** (R-Slidell) *Previously Rep.*
- ☛ **Sen. Thomas Pressly** (R-Shreveport) *Previously Rep.*

See more info here - Find information about other committees here: <https://legis.la.gov/legis/home.aspx> . ☞



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**Editor's Note:** As you remember the way we were at the **2023 Fall Conference**, the LCA Website now features info about the **2024 Fall Conference** in Lake Charles. Comments from LCA board members who attended the spring board meeting at the conference hotel and were positive! Start making your plans to join us for the 2024 LCA Fall Conference!

# 2023 Conference Memories



Photos taken by Dr. Rashunda Miller Reed, LCA President and Dr. Darrell Renfro, LCA Archives Committee and his committee of photojournalists!

## Louisiana Lagniappe



### LCA Board February Mini Minutes

*Ebony T. Holliday, LCA Secretary*

The LCA held the Executive Board Meeting in person on February 23rd, 2024. The following business was conducted during that meeting.

#### TRADEWING UPDATE:

LCA will no longer use Tradewing, although the platform has many benefits. LCA will utilize Zoom as a replacement and add the large room feature for the conference.

#### LCA WEBSITE UPDATE:

A new LCA's new website is coming with new and exciting member-only features, including individual and community postings. The site will include individualized space for each LCA division and the Executive Board.

#### LCA DIGITAL MEDIA SPECIALIST POSITION:

LCA is in search of a Digital Media Specialist. The position description has been updated to address the growing needs of LCA. The position will be open first to LCA members, and a second round of applications, if needed, will be accepted from the general public. The board approved all changes to the job description and the internal and external application process.

#### IT MANAGER/CONSULTANT:

To circumvent many of the past concerns from LCA members and conferencegoers, the LCA executive board has hired an IT consultant /manager to support LCA's goal of hosting a seamless hybrid conference. LCA has agreed to hire *Infinite Technology Solutions, LLC.*, of Monroe, LA. This addition to the LCA



network will support in-person and virtual conference attendees for an enjoyable 2024 conference experience.

#### TASK FORCE REPORT:

Dr. Vaughn shared updates about the succession task force and their work with the admin committee. The committee will soon have actionable recommendations for the board.

#### LAMFT:

Dr. Polley identified the changes relating to CEs in the LAMFC track. With the addition of the LAMFC advisory board and ongoing collaboration with other divisions, LAMFT was able to update language to increase CE opportunities for those LCA members on this track.

#### 2023 CONFERENCE FINANCIAL REPORT:

The financial report represents a surplus for the first time since the significant loss after the 2022 conference. The surplus is divided between LCA and the divisions, with 75% going back to LCA and 25% to the divisions.

**Article continues in next column**

*(LCA Mini Minutes continued on page 7)*

**2024 Conference Report:**

The full conference fee schedule was accepted as presented to the board without any significant deviation from last year's fee schedule. The conference will be held in Lake Charles, LA, at the Golden Nugget Casino. New exciting technological features include online registration and self-service printing stations for conferencegoers to print out badges and end tickets. Session check-ins will also be automated through the updated App.

**DIVISION NEEDS:**

Divisions have asked to push the deadline for proposal submissions to ensure everyone has the opportunity to submit and limit late submissions for the upcoming LCA conference. The change was passed and approved from the previous date of March 15th to April 1st.

**UPDATING EQUIPMENT:**

As the LCA conference transitions to a more automated system, purchasing additional technology will also require purchasing. The board was presented with a request for additional printers, laptops, and other technological equipment to support the transition. The board voted to use the reserves from LCA's budget for purchase.

**2024 CONFERENCE APP REPORT:**

ESX manages the conference app for a monthly fee. LCA users will be able to use the same App. ESX can also support different features based on LCA's needs. This year, the conference app will again feature the "my schedule" function, enable participants to self-check in for sessions, notify conference participants if sessions are at capacity, provide real-time updates, and support the virtual sessions.

**STRATEGIC PLANNING REPORT:**

The LCA Strategic plans have been developed with the input of each division. This information will be housed on LCA's website to offer accessibility.

**PEOPLES COMMITTEE:**

The People's Committee has worked diligently on language for the Justice, Equity, Diversity, & Inclusion (JEDI)

statement, which demonstrates inclusivity by including an outline for the next three years of actionable steps and LCAs commitment to JEDI by putting action to words, addressing inequities, and embracing JEDI initiatives as a client welfare concerns.

**GOVERNMENT RELATIONS/LPC BOARD:**

Dr. Trogden updated the board on all the changes with the new administration and the upcoming special sessions. There are two special sessions; the second closes in March, focusing on crime. LCA day at the capital is March 26th. The LDH budget continues to experience scrutiny with a likely pushback to 2025. LDH will move to universal authorization forms across all MCOs and Medicare provisions beginning January 1st. There are two types, and providers must enroll in both.

**CONFERENCE COMMITTEES: DOOR PRIZES**

All divisions will be responsible for their contributions to the conference door prizes and are asked to bring door prizes to the July in-person meeting.


**NOMINATIONS AND ELECTIONS REPORT:**

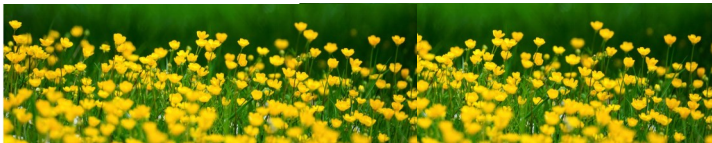
Dr. Thomas Fonseca called for all nominations by March 3rd.

**PROFESSIONAL DEVELOPMENT COMMITTEE:**

The call for proposals has been extended to April 1st. Judges for the Conference's Poster Sessions will include two members of the Professional Development and the current President Elect-Elect. The committee is also looking for ways to foster better communication between divisions and will continuously strive to develop an action plan.

**Announcements**

Dr. Miller-Reed announced that the final meeting for the 23-24 Executive Board would be held virtually **on June 21st.** 



*Article continues in next column*

# Division President Reports

ACACL, Association for Child and Adolescent Counseling in LA. No report.

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## Forward Together: Looking to the Future Path of LAAOC

*Lisa Watley Jackson, LAAOC President*

As the newly appointed President of the Louisiana Association of Addiction and Offender Counselors (LAAOC), it is with great honor and enthusiasm that I step into this role. With a deep commitment to the field of addiction and offender counseling, I am excited to lead our division towards growth and increased collaboration. Our mission is clear: to foster an environment where counselors can come together, support one another, and ultimately enhance the quality of care we provide to our clients.

At LAAOC, we are dedicated to facilitating professional development and networking opportunities for counselors across Louisiana. Our focus is on becoming more interactive, creating platforms for dialogue, knowledge sharing, and mutual support. Whether you're a seasoned professional or new to the field, our division welcomes you with open arms.

In order to achieve our goals, we are actively seeking individuals who are passionate about our cause to join our division board. We have openings for positions such as President Elect-Elect, Secretary, Treasurer, and Representatives from various regions across the state. Your involvement will be instrumental in shaping the direction of our division and strengthening our impact within the community.

If you are interested in getting involved or

learning more about LAAOC, I encourage you to reach out to me at [lisawatleyjackson@yahoo.com](mailto:lisawatleyjackson@yahoo.com). Together, let's build a stronger, more supportive network of addiction and offender counselors in Louisiana. Your participation is not only valued but essential to the success of our mission.

Let's embark on this journey together, as we strive to make a positive difference in the lives of those we serve and in our profession as a whole. Thank you for your dedication and commitment to the field of addiction and offender counseling. Together, we can create a brighter future for all.

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## LACES Jumps into Spring

*Dr. Dottie Martin, LACES President*



Louisiana Association for Counselor Education and Supervision (LACES) is excited to connect with everyone this year over many opportunities for professional consultation. We are offering a virtual and in person Supervisor/Supervisee Connection, Lunch and Learn CEU opportunities, and Professional Networking. Further, we will continue to spotlight leaders in the community preparing the next generation of counselors and hosting an Honor Ceremony to acknowledge exceptional supervisors and educators in the field at the LCA conference.

### Meet the Board

President - Dr. Dottie Martin; President Elect – Joey Pistorius; President Elect-Elect - Michelle dela Paz, Past President – Christine Ebrahim; Secretary – Dr. Michaela Hartline; Treasure – Dr. Deatrice Green; -

*(Division President Reports, continued on page 9)*

**Article continues in next column**



## ***Division President Reports, continued from page 8***

Supervisor Member – Michelle Wade; Counselor Educator Member – Michael Leeman, Graduate Student Member – Ebony Clifton

### ***Board Nominations for 2024-2025***

Call for nominations will be held for President Elect, Treasurer and Graduate Student Member board positions. We are excited to have new board members join our team. Becoming involved is an excellent experience and provides opportunity for service and networking. If you would like to get involved, please consider running in our next election. Contact Dr. Christine Ebrahim at [cebrahim@loyno.edu](mailto:cebrahim@loyno.edu) for more information about next year's elections.

### ***Supervision Connection***

LACES members are cordially invited to the ***Fourth Annual Supervision Connection*** held Friday, April 19th, from 12:00 pm to 2:00 pm via Zoom. The event is designed to connect Board Approved Supervisors (LPC-S) with potential graduate students and post-graduate supervisees (PLPC). This event will also be held in person at the 2024 LCA Conference.

### ***Lunch and Learn***

LACES is pleased to offer Lunch and Learns throughout the year! Be on the lookout for email blast! If you are interested in presenting in the future on supervision and/or counselor education topics, click on the following link [LACES Proposals](#) and complete the proposal information. Topics may include assessment and diagnosis in supervision, teaching strategies for counselor ed programs, developing, and writing concept and research articles, preparation for new supervisors or faculty, and contemporary, creative ideas in either supervision or counselor education. Specific dates will be assigned once proposals have been accepted.

### ***Call for Professional Networking***

LACES is busy working to provide its membership with many opportunities to connect. Current supervi-

## **Louisiana Lagniappe**

sors and faculty, new supervisors, new faculty, and doctoral students may wish to volunteer to assist the board. Contact Dr. Michelle de la Paz at [delapazcounseling@gmail.com](mailto:delapazcounseling@gmail.com) for more information.

### ***LACES Honor Ceremony***

In closing, I am constantly reminded of how strong supervisors and counselor educators are in the state of Louisiana! We will be honoring those who stand out in the field and have contributed to the profession. An award ceremony will be held again at the 2024 LCA Conference. Be on the lookout for a call for nominations.

❦❦❦

### **Beauty From Ashes: A Glimpse of the Rebirth of LACGS**

***Brooke G. Mize, B.A, LACGS President***



LACGS has been quiet but hard at work since the LCA conference, ensuring changes are being made that can be voted on and implemented for the 2024-2025 term. Such changes include new budget and strategic plans to ensure members get the most out of their memberships. One key aspect of both proposed plans is improved communication and engagement, mostly through increased events such as workshops, presentations, and social media platforms that could help propel our members further in their work. We also plan to have an increased presence in the upcoming 2024 LCA Conference, as we plan to have a full tract of presenters this year. Despite some setbacks, LACGS President Brooke Mize firmly believes that this new financial plan will allow the division to begin trying things it has never done before. However, we cannot do this without updating the knowledge of our members' needs. LACGS is asking all members to take the time to fill

***(Division President Reports, continued on page 10)***

***Article continues in next column***

## Division Presidents' Reports, continued from page 9

out this form and help us bring awareness to the needs of our members. The form can be accessed here: <https://forms.gle/u2ysVL3spDGPPygY6>.

LACGS has been working diligently to ensure the division's revitalization. While the 2023-2024 term is soon coming to a close, we are elated for the 2024-2025 term, as the LACGS Executive Board has been paving the way for the division to usher in a new era of graduate student counseling and advocacy.



### Counselors! Rise Up!

**Dr. Teneka Gash,**  
**LAMCD President**

As we have embarked on this new year, I am thrilled to extend my warmest greetings to each and every one of you. I hope this message finds you in good health, high spirits, and surrounded by the warmth of your loved ones.

In the Counseling Profession, it is important to promote excellence, professionalism, leadership and advocacy. As Counselors, we serve as Counselor Educators, Change Agents, Anchors of Empowerment, Positive Reinforcers and Motivating Factors. As we strive daily to become educationally enhanced and develop personally and professionally, it is important to lead with intentionality. It is important that we advocate on behalf of students, faculty, and staff with a collaborate effort. It is also important to support, inform and educate.

Happy International Day 2024 was an important occasion where achievements of women in their social, economic, cultural, and political spheres were hailed, acknowledged and appreciated the world over. This year's theme: Like every year, International Women's Day 2024 was celebrated with a unique



theme. While the United Nations has designated this year's theme as 'Invest in Women: Accelerate Progress' with a focus on addressing economic disempowerment, the campaign theme for this year was 'Inspire Inclusion'. With an emphasis on woman's rights movements, the day sought organizations across the world with events that highlight the role of women. Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can all embrace equality.

As we venture into the opportunities that 2024 holds, let us remain united in our pursuit of knowledge, personal growth, and community betterment. The strength of LCA lies in the collective efforts of each member, and together, we can achieve greatness. I look forward to seeing you at this year's LCA Conference and witnessing the continued success and growth of our LCA community. Thank you for your ongoing support of LAMCD and let us continue to strive for excellence in all that we do.

Wishing you all a prosperous and fulfilling year ahead. I am confident that, with your continued support, LAMCD will reach new heights in 2024.

If you are interested in joining LAMCD to promote increased knowledge in multiculturalism, please reach out to our designated email: [LAMCDivision@gmail.com](mailto:LAMCDivision@gmail.com) and visit our Facebook page - @LAMCD1, as your participation is highly valued by us.



**LAMFC, LA Association of Marriage and Family Counselors. No report.**

*(Division President Reports, continued on page 11)*

**Article continues in next column**



### Cultivate Spirituality to Empower Your Clients

Sopheia Jones, PhD, LPC, NCC, LASERVIC President

As clinicians, we are always looking for ways to connect with and help our clients heal. While traditional therapeutic approaches often focus on psychological and emotional aspects, the integration of spirituality in counseling has gained recognition as a valuable and transformative tool. In doing so, acknowledging the multifaceted nature of the human experience is paramount. Integrating spirituality into your practice can offer a holistic approach to your clients well-being, foster a deeper connection, and enhance the overall therapeutic process. Below are some ways you can begin to integrate spirituality into your clinical practice.

Start by cultivating a non-judgmental space where clients can feel comfortable exploring their spiritual beliefs. Encourage open dialogue about the role of spirituality in their lives, allowing for a richer understanding of their values and sources of meaning. Incorporate mindfulness and relaxation techniques to help clients connect with their inner selves.

Stay informed about various spiritual traditions, respecting the diverse backgrounds of your clients. Tailor interventions to align with their belief systems, promoting a sense of validation and cultural competence. Strive for a collaborative approach, where clients actively participate in defining the role of spirituality in their therapeutic journey.

By integrating spirituality into your practice, you can empower clients to tap into their inner being, fostering resilience and promoting overall well-being.

As always, if you are not yet a member of the Louisiana Spiritual, Ethical and Religious Values in Counsel-

ing (LASERVIC) Division of LCA, we welcome you to join! If you are already a member, we invite you to become actively involved by joining the executive board.

Do you have any questions, concerns or are interested in becoming a member and/or officer of LASERVIC? Please feel free to contact me at [Sopheia@abrighterpathcs.com](mailto:Sopheia@abrighterpathcs.com).



### LCCA: MORE Great Things Coming!

Krystyn Dupree, LPC, NCC, LCCA President



Greetings from the Louisiana College Counseling Association! The year started off with a bang as I and LCCA President-Elect, Kayleigh Underwood, attended the American College Counseling Association Conference. It was amazing to connect with college counselors across the country, gain new ideas and feel validated in the unique challenges that we face as college counselors.

As the seasons keep changing, we keep looking for new ways to serve and engage! Following the success of our virtual Winter Workshops, we have added an additional virtual Spring Workshop to be held on Friday, April 19<sup>th</sup> from 8:30 AM to 12 PM, which is free to LCCA members. That is a total of 6 free CEs included in the cost membership. We will also be hosting our in-person Summer Workshop on June 7<sup>th</sup> on Southeastern Louisiana University's campus. We look forward to the opportunity to connect in person, network, and share ideas.

We are currently seeking presenters for the summer workshop. If you would be interested in giving a presentation that may be relevant to the academic, occupational, social, psychological, physical, emotional, or developmental needs of college

(Division President Reports, continued on page 12)

Article continues in next column

## Division Presidents' Reports, continued from page 11

student populations, please contact us. We love having a variety of presenters, and welcome presentations with student co-presenters.

In addition, we are excited to announce the establishment of the first LCCA Awards to honor the dedication and hard work of college counselors in our state. If you are interested in joining our new awards committee or presenting at our Summer Workshop, please reach out to us at [lcca.leadership@gmail.com](mailto:lcca.leadership@gmail.com). We are committed to serving our members, providing opportunities, and recognizing their contributions.



### Added Benefits of Collaboration

*Shallene Joseph, M.S., M.Ed.,  
LPC, NCC, LCDA President*

Hello LCA members! The Louisiana Career Development Association's (LCDA) year of intentional collaboration has resulted in additional benefits for our members that arose from our collaboration with the Colorado Career Development Association (CCDA) and the New Jersey Career Development Association (NJCDA) late last year. Our members received free access to two February 2023 webinars. One offered by CCDA, *ADHD: The Unsung Professional*, as well as one offered by NJCDA, *Working with Clients and Students who have Experienced Trauma*. Our members are also receiving free access to an upcoming webinar presented by NJCDA, *How to Approach Career Exploration Using Interests, Skills and Values* on Tuesday, March 12, 2024.

Our plans for our next collaboration are still focused inside of LCA and we are working hard to bear the fruit of that labor in 2024. Stay tuned for more information in the coming months, which will be shared via future Lagniappe articles and email.

**Article continues in next column**

**- 12 -**

The 2024 Global NCDA Conference is taking place in San Diego, California June 26-28, 2024. Registration is open. Additional details can be found on the NCDA Conference website.

For those of you who may be interested getting involved as an elected officer in LCDA, the positions of Treasurer and Member At Large are open for election this year. We are also looking for a Webmaster. We will reach out with more information via email in the coming months in regard to election timing. If you are interested in any of these positions, reach out to me at [sjlcda@gmail.com](mailto:sjlcda@gmail.com).

We look forward to collaborating with you! Feel free to reach out with any questions, comments, or concerns at [info@louisianacareerdevelopment.org](mailto:info@louisianacareerdevelopment.org) or to me personally at [sjlcda@gmail.com](mailto:sjlcda@gmail.com).



LCSJ, LA Counselors for Social Justice. No report.



### Proud to Have Served LMGCA!

*Kathy Lammert, LPC-S, LMFT,  
NCC, Outgoing LMGCA President*



This has been an exciting year for Louisiana Military Government and Counseling Association (LMGCA). Kathy Lammert will be "passing the baton" in July 2024 to our new LMGCA President Debbie Lang.

April is known as the Month of the Military Child, which is a time to recognize and honor the sacrifices that military children make on a daily basis. Military children are those who have at least one parent or guardian serving in the Armed Forces, and they face unique challenges and difficulties that other children may not experience.

We are planning new CEU educational content for the Summer of 2024. Jennifer Lecompte, a Coast Guard Veteran, NBCC scholar, and UNO graduate stu-

*(Division President Reports continued on page 13)*

**Spring 2024**

dent, will be presenting. LMGCA will be the sponsor for the talk.

LMGCA is looking forward to the LCA 2024 conference in Lake Charles and the presentations on Military and Veteran related topics.

Do you know what the AVTT wall is? **Visit Kenner** and the **City of Kenner** are bringing the American Veterans Traveling Tribute (AVTT) wall to Kenner Louisiana from May 17 to May 19, 2024. This is a full size replica of the Vietnam Memorial as well as nine other sections that honor our military from World War I through the current Military conflicts. They are inviting counselors to be on hand during the time the wall is here to provide emotional support, and we are hoping our fellow LCA counselors will be able to assist. If you would like more information or to volunteer, please contact Carolyn Barrett at 504-655-5512 or <https://www.linkedin.com/in/carolyn-barrett-chsc-cgmp-1a88a0b>. If you would like to know more about this traveling display please see the following link: [Schedule | Traveling Tribute | Memorial Wall \(americanveteranstravelingtribute.com\)](#).



### LMHCA: Farewell from Our Outgoing President!

*Dr. Deatrice Green, LMHCA President*

Hello from the Louisiana Mental Health Counselors Association (LMHCA). As my term as President of the Louisiana Mental Health Counselors Association (LMHCA) comes to a close, I find myself reflecting on the incredible journey we've shared together. It has been an honor to serve you all, and I am overflowing

with gratitude for the unwavering support and dedication that you, our board, and our membership have shown throughout my presidency.

Together, we've embarked on a journey of growth and development, not just for our association but for each and every one of us as mental health professionals. Your commitment to increasing professional development and fostering membership involvement has been the cornerstone of our success. From the countless workshops and seminars to the lively discussions and networking events, it's been a joy to witness the passion and dedication of our LMHCA family.

I want to extend my deepest thanks to the board members who have worked tirelessly behind the scenes, navigating challenges and steering us towards our goals with grace and determination. Your support and collaboration have been invaluable, and I am truly grateful for the opportunity to have served alongside such a remarkable group of individuals.

As we look ahead to the future of LMHCA, I am excited to announce that nominations are now open for several key positions within our association. We are seeking individuals who are committed to our shared mission and vision, individuals who will bring fresh perspectives and unwavering dedication to their roles. The positions available for nomination include:

- President-Elect
- President Elect-Elect
- Secretary
- Treasurer

I encourage each and every one of you to consider stepping up and taking on a leadership role within our association. Your voice matters, and your contributions will help shape the future of LMHCA for years to come.

In addition to leadership positions, I invite all members to explore the opportunity to join a com-

*((Division President Reports continued on page 14))*

**Article continues in next column**

## Division President Reports, continued from page 13

mittee or even consider serving on the board. Your unique talents and insights are invaluable assets to our community, and I have no doubt that together, we can continue to elevate the standards of mental health care in Louisiana.

As I bid farewell to my role as President, I do so with a heart full of gratitude and a sense of optimism for the future of LMHCA. Our journey together has been nothing short of extraordinary, and I am endlessly proud to have been a part of this incredible community.

Thank you, from the bottom of my heart, for your unwavering support, your tireless dedication, and your boundless passion for the work that we do.



### Hello Louisiana School Counselors!

*Taneka Fuller, NCC, LPC-S, NCSC, LSCA President*

LSCA has been busy! Last month, we celebrated National School Counseling Week, February 5-9, 2024, where we focused public attention on the unique contributions of school counselors. The 2024 theme was “School Counseling: Standards-Based, Student-Focused.” LSCA launched a Social Media Photo Challenge during NSCW and awarded four \$25 Amazon gift cards to four awesome school counselor winners: **Mico Mitchell Cooper, Rachel Young-Turner, Robyn Bentley, and Alexis Alexander.** Congratulations again!

LSCA started a new initiative in September 2023, the LSCA “Counselor Spotlight” where we celebrate school counselors who go above and beyond to meet the needs of their students. Congratulations to all the amazing counselors who were nominated and received the LSCA “Counselor Spotlight” thus far:

**Jessica Aslin** (Rollins Elementary), **Yamica Carmouche** (Eva Legarde), **Kendalyn Mupompa** (Port Allen High), **Ashley Statham** (Central Intermediate), and **Keena Lewis** (Thibodaux High). Thanks for all you do to serve your school! If you know a school counselor who goes above and beyond to meet the needs of their students, please nominate them here: [www.louisianaschoolcounselor.com/awards](http://www.louisianaschoolcounselor.com/awards)

LSCA also recently selected our 2023-24 LSCA Scholarship Recipients. The 2023-2024 award recipients were:

- 🏆 **Christopher T. Belser, PhD, NCC, NCSC;**  
*LSCA Research Grant (\$500 Award)*
- 🏆 **Darius Spurlock, LSCA Graduate Student**  
*Scholarship (\$1,000.00 Award)*
- 🏆 **Breanna Bourque, LSCA Graduate Student**  
*Scholarship (\$1,000 Award)*

Congratulations Again!

If you are interested in connecting, supporting, and collaborating with other Louisiana School Counselors, join LSCA! We have various committees you can join and we will be looking to fill some positions within the LSCA board soon. So, stay tuned! For more information, please visit our website; (9+) and follow us on social media platforms: Twitter (@MyLSCA); Instagram(@MyLSCA); Facebook/LinkedIn (Louisiana School Counselor Association).



**PLCA, Provisional Licensed Counselor Association.**  
**No report.**



*(Division Presidents’ Reports, continued on page 15)*



**Article continues in next column**



**Growth & Change:  
Now is the Time to  
Shape the Future!**  
*Shannon E. Smith, LPC-S,  
NCC, SAIGE-LA President*

This is the second to last article that I'll write as the SAIGE-LA President, and I'm looking forward to the future of the division. Just under two years ago, LCA was considering dissolving the division, and I'm so grateful that we were able to avoid that fate. SAIGE-LA represents the interests of counselors and clients with diverse sexual, affectional, intersex, and gender expansive identities. Now, more than ever, those individuals need representation, advocacy, and community.

In the last two months, SAIGE-LA members voted to approve new bylaws for the division, including the creation of several new Board positions for the division. SAIGE-LA is now seeking nominees for Board positions. These positions include the President-Elect, Secretary/Treasurer, Executive Trustee, and Members-at-Large from the following regions (Greater New Orleans, Northshore, Capitol Area, Acadiana, CenLa, and North Louisiana. The President-Elect position is a three-year commitment (one year each as President-Elect, President, and Past President). All of the other positions are a one-year commitment. If you'd like to nominate yourself, be send an email with a short bio to us at the following address: [sai-ge.louisiana@gmail.com](mailto:sai-ge.louisiana@gmail.com).

The new Board will direct the future of the division, creating content and responding to the needs of the members. They will represent SAIGE-LA at the 2024 LCA Conference in Lake Charles, and they will plan for the 2025 Confer-

ence. The theme of this year's conference is "Peace, Love & Counseling," and we've invited speakers for our track who will be bringing really interesting and helpful topics to the LCA audience. Additionally, we look forward to the division mixer and hope to see all of you there!

If you've ever thought about becoming more involved with SAIGE-LA's leadership, now is the time! I am looking forward to receiving your nominations, and I welcome any questions you might have. We'll share the names and bios of the nominees in our next newsletter, and I hope that you'll all vote.

As always, we accept submissions for the newsletter, including articles, member spotlight submissions, job listings, internship opportunities, continuing education announcements, and other events or news that may be of interest to our members. Send an email to [sai-ge.louisiana@gmail.com](mailto:sai-ge.louisiana@gmail.com) with Newsletter in the subject line.

IG: [sai-ge\\_la](https://www.instagram.com/sai-ge_la); FB: Saige-Louisiana; Email: [sai-ge.louisiana@gmail.com](mailto:sai-ge.louisiana@gmail.com)

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<sup>1</sup>Counselor Liability Claim Report; 2nd Edition, March 2019  
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Article continues in next column

2023-2024



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The *Louisiana Lagniappe* is the newsletter of the Louisiana Counseling Association, (LCA). LCA is the state branch of the American Counseling Association, (ACA). LCA unites professional counselors from diverse work settings to promote advocacy, collaboration, and networking among its membership for the good of Louisiana’s multi-generational clients.

**LAGNIAPPE TEAM**

Your newsletter is the result of the following team: Vinetta Frie, Editor; Diane Austin, Dr. Quintin Gustin, Dr. Christine Ebrahim and Dr. Vicki Guilbeau.

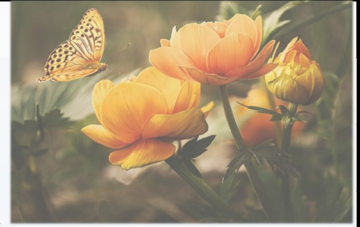
**SUBMISSIONS**


Send all submissions to newsletter editor, Vinetta Frie via her e-mail address: [icanews@outlook.com](mailto:icanews@outlook.com). To assure a speedy response, please include the words: *Lagniappe Article*, in the subject line. Electronic submission of photographs via e-mail as a .jpeg or .png file *is preferred*.

**NEXT NEWSLETTER  
SUBMISSION  
DEADLINE:  
TBA**


The theme of the next issue is the Annual LCA Fall Conference. It will be posted online by mid to late August.

*With Heartfelt Thoughts  
and Prayers*



 Join us in remembering Larry

Peter Chauvin, father of Dr. Vicki Gilbeau, incoming LCA President. He died in April.

 Please remember the family of Rosie Ashley, LPC from Region 7. She passed away in January 2024 and was funeralized in Shreveport.

 Remember all LCA Members and their loved ones whose passing has not been reported to us. Their loss is no less important than any mentioned here by name.\*

*\*Please help us to recognize any member’s serious illness, grieving, or recent death. Please share the information with either Diane @ [ica\\_austin@bellsouth.net](mailto:ica_austin@bellsouth.net) or Vinetta @ [icanews@outlook.com](mailto:icanews@outlook.com). If you have a photo of that member, please share that with us as well. It will help us all remember better. Thank you, in advance.*

**Editor’s Prerogative  
Vinetta Frie, Lagniappe Editor**



This issue completes another publishing year. Your Lagniappe Committee: Diane Austin, Dr. Christine Ebrahim, Dr. Vicki Guilbeau, Dr. Quintin Gustin and I hope you have enjoyed three wonderful issues detailing the excellent work performed by your professional association on your behalf during the term of Dr. Rashunda Miller Reed. Again, the committee’s diligent attention to detail, resulted in publications that showcased our Association and even increased your pride.

As Dr. Guilbeau prepares to take the reins for her term as incoming LCA President, I hope you will use the Leadership Roster on page 16 and reach out to any current LCA leader who is working in an area that is of interest to you. Talk with them, help with an event, join a committee. There are many ways to serve. Most of our leaders started their LCA journey the same way. 