

Collab Track, LCA Conference 2020

Louisiana Marriage & Family Counselors

Society for Sexual, Affectional, Intersex, & Gender Expansive Identities (SAIGE)

Louisiana Counselors for Social Justice

People's Committee for Reconciliation and Progress

As a response to 2020, the social unrest that is paralleled with the long history of racism and oppression in our country, we decided to take action. As counselors and advocates we must tend to the urgent task of addressing and dismantling systems and structures of oppression and we must dedicate and re-dedicate ourselves to the intra and interpersonal work of decolonizing our minds, relationships and practice.

We are excited to share with you our collaborative track for this year's conference, with content sessions that center Black voices and experiences with the hope of building stronger and more trusted relationships among ourselves and with those we serve. We are encouraged by this important first step and anticipate lots of lessons as we move through the year.

Title: Exposing Threats to Intimacy Among African American Couples

Presenter: Dr. Rashunda Miller Reed, NCC, LPC, LMFT

Date/Time: Sunday, 10/4, 12:00PM-1:30PM

Description:

Counselors are expected to continuously improve their knowledge to provide culturally appropriate services to diverse clients (Remley & Herlihy, 2020). In this session, we explore six threats to intimacy among African American couples as described by Allen & Helm (2013). By exploring threats, counselors can promote empowerment in couples that is needed to regain intimacy. Specific Multicultural Competencies (AMCD, 2015) will be identified. In addition, ethical codes related to values, discrimination, and confidentiality will be identified (American Association for Marriage and Family Therapy, 2015; American Counseling Association; 2014; International Association of Marriage and Family Counselors, 2017).

Title: *Racial Equity: Unpacking the "R Factor" and The Foundations of Racial Equity*

Presenters:

Dr. Nicole Caridad Ralston

Lesley Brown Rawlings

Contact: Erica Freedman, erica@wearebeloved.org

Date/Time: Monday, 10/5, 8:00AM-12:30PM

Description:

- Defining Diversity, Equity & Inclusion
- Social Identities & Intersectionality
- The Brain Science of Bias
- In-Group Favoritism
- The "R" Factor
- Understanding White Supremacy

Following the Racial Equity training, participants will go to breakout rooms/ affinity groups for de-briefing and processing.

Title:

Panel 2020: Transgender & Gender Non-Conforming (TGNC) Communities: Responding to Pandemic (s), Understanding Barriers to Access, Mental Health & Health Services, & Celebrating Resiliencies

Date/Time: Tuesday, 10/6, 8:00AM-9:30AM

Description:

Participants will increase understanding of the trifecta of pandemics faced in TGNC communities, including health risks/concerns, TGNC-targeted & systemic racism & cissexism. Participants will increase understanding of the stigmatization of mental health, barriers to access to mental health & health resources, including families of origin and counselor competencies, education and counselor identities relevant to responsive services. Participants will increase awareness of TGNC resiliencies, formation of chosen families & community and self-advocacy, including creation of TGNC-specific community resources. (Intermediate)

Moderator:

Jasmine Davis (pronouns: she/her/hers) is a native of New Orleans Louisiana; she has been working in advocacy and public health since 2016. She works passionately in the field of HIV healthcare and trans advocacy on many different platforms. Jasmine has been with Crescent Care for almost two years as a Research Associate and Prevention Navigator for the NHBS (National HIV Behavioral Surveillance) Program. She is also a Program Assistant/Consultant w/Positively Trans of the Transgender Law Center, LGBTQ Task Force w/ Rainbow Friends broad member, Stand Against C.A.N (Crimes Against Nature) Campaign in New Orleans, BPEE (Black Pride Education Empowerment Talks board member and a host of other spaces that affirm the TGNC community. Her focus is to contribute to the development of the TGNC community to ensure the safety/success of the LGBTQ generations to come. With this belief hopefully this knowledge can be passed on to the generation that follows them. As we remain a community striving to survive in a world that is already set up for us to fail.

Panelists:

Chris Beamon (pronouns: they/them and she/her) is a Transfeminine and Non-binary PLPC who finished their masters in clinical mental health counseling from University of Holy Cross in New Orleans and currently attends courses at Prescott college to obtain a post graduate certificate in expressive arts therapy to gain the Registered Expressive Arts Therapist (REAT) credential. Chris currently works for Communities in Schools: Gulf South and serves as a committee member of the Diversity, Equity, and Inclusion team for that organization. Chris's theoretical orientation is a hybrid of Feminist and Adlerian Therapy, which focuses on the nuances, and intersections of identity and environment. Chris is also working on their Registered Play Therapist credential to provide creative counseling to transgender and gender non-conforming children and adolescents.

Camilla Marchena (pronouns: she/her) is currently working as a linkage specialist, patient navigator, and community health educator at a non-profit health care facility in the Transgender Women's Engagement and Entry to Care (TWEET) program helping to remove barriers to healthcare, and other services. Camilla is a proud, Latinx trans woman

who felt a calling to serve her community, so others would feel supported on their journeys. She is also a part of the Trans Advisory Committee, which trains personnel on cultural humility and trans competent care, as well as working on different advocacy efforts in the greater New Orleans area. She is fluent in Spanish and works to connect and navigate healthcare for the LGBTQ Latinx community, especially Spanish-speaking trans women. She is working towards advancing her career in health care to become a provider that centers gender affirming care.

The work she does is to dismantle the systems that discriminate against a person's trans identity impacting their housing, health care, and employment and ultimately the love and respect they deserve. Equity and liberation for her community is her main drive in life.

Cody Smith (pronouns: she/her) is originally from Mississippi, but don't hold that against her. She fled that state for the comparatively more progressive land of New Orleans, LA many years ago. Currently she is a Licensed Professional Counselor (LPC) in private practice in New Orleans and was the first person of trans experience in to be licensed as such in Louisiana. Her therapy practice is primarily focused on serving the needs of the LGBTQIA+ community in New Orleans and the surrounding areas. She is currently serving as Medical Policy Advisor and leader of the New Orleans chapter of Louisiana Trans Advocates and facilitates a monthly support group for the transgender and non-binary/gender nonconforming communities. She is a member of LGBTQIA+ healthcare advisory boards for several healthcare agencies in the New Orleans area and facilitates trainings on gender-affirming care for area healthcare and social service agencies. She has spoken regarding transgender healthcare at events and conferences for the New Orleans Musician's Clinic and Assistance Foundation, Ochsner, Tulane University, LSU School of Public Health, Crescent Care, Louisiana Counseling Association, and the Gay and Lesbian Medical Association among others. She is also currently serving as adjunct faculty for the Tulane University School of Social Work as a field instructor. In what spare time she has she is an avid Dungeons & Dragons player, houseplant aficionado and has been a lifelong drummer/percussionist.

Malaysia Walker (pronouns: she/her) was born in Jackson, Mississippi, and now resides in New Orleans, La. She is familiar with many obstacles faced by the transgender communities in the South. Her passion for equality is the driving force behind her work. "The only way to truly understand the struggle is to hear from those who are struggling." Malaysia believes that power lies within the communities of color, and is determined to empower people through dedication, wisdom, and determination to ensure that all transgender people can live without fear, using their voices and experiences as weapons against injustice.

Title: *Teletherapy & Couples Counseling: Techniques for Success*

Presenters:

Matt Morris, PhD, LPC-S, LMFT-S

www.drmattdorris.com

Tanya Radecker, PhD, LPC, NCC, RN

Tanyaradecker.counseling@gmail.com

Date/Time: Tuesday, 10/6, 9:45AM-11:15AM

Description:

Providing mental health services via teletherapy presents both exciting opportunities and new challenges. Counseling individuals, couples, families, children and groups all present their own unique technical hurdles. This workshop will explore the challenges of conducting couples therapy sessions via teletherapy, and participants will be invited to share their experiences. Techniques for increasing the effectiveness of couples therapy sessions will be presented, discussed, and practiced.

Title: *Orientation, and Gender, and Race...Oh My!*

Presenter:

Dr. Tyree Oredein

she/her/hers

(New Jersey-based) Health Educator, Trainer, LGBTQ+ Diversity, Equity & Inclusion (DEI) Consultant

iamdrtyree@gmail.com

www.iamdrtyree.com

Date/Time: Tuesday, 10/6, 12:00PM-1:30PM

Description:

This workshop provides an opportunity for an interactive discussion surrounding the various challenges of having multiple minority identities, including but not limited to race, gender & gender identity, sexual orientation, country of origin, religion, and ability. In addition to the importance of considering multiple identities when working with marginalized, vulnerable populations, the workshop considers the impact of family structures and varying family dynamics when providing levels of care. Discussion also covers privilege, power, cultural appropriation, implicit bias, and micro and macroabuses. .