

LCA Graduate Student Newsletter

Louisiana Counseling Association

5/1/2017

Edition 4

A letter from your Graduate Student Representative,

Hello my fellow Graduate Students,

My gosh, the time has sure flown by! I cannot believe that in a month's time LCA's new President-elect, Dr. Christine Ebrahim, will take office for the 2017-2018 LCA Board year. I would like to extend a very special thank you to Dr. Iman En-Nabut for all the hard work that she has done for the LCA board this past year. You will be greatly missed!

In addition to these changes, I am excited to announce that Dr. Ebrahim has asked me to resume my role as the Graduate Student Representative of LCA for the 2017-2018 year with a new co-leader, Ida Ansell (Who you can read more about in her bio!) as part of Dr. Ebrahim's theme for this year's LCA Conference "Mentoring: Enriching and Empowering Relationships."

Many exciting changes will be happening in LCA this upcoming year and one of those changes will be a new "Graduate Student Day" at this year's LCA conference! (See page five for more details!) In addition to this new day, specifically catered to graduate students, Ida and I would also like to reinstate the Graduate Student Committee as well! If you are interested in joining the committee, you can read more about some of our current members' experience in the committee and the importance of professional development on page three! For anyone interested in joining the committee please be sure to either email myself or Ida at lcagsrep@gmail.com for further information.

Thank you all for such a wonderful year and I hope that all of you will be able to attend the Graduate Student Day at the 2017 Annual conference this fall!

Until then, all the best!

Michelle Robichaux

Your 2016-2017 LCA
Graduate Student Representative



Showing off at this year's ACA Conference in San Francisco!

Meet the new Co- Graduate Student Representative!

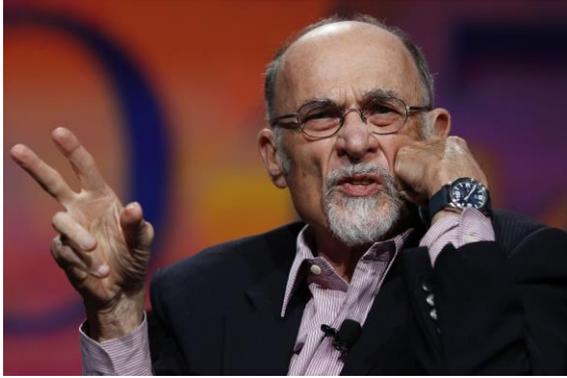
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Ida Ansell is a first year graduate student at Loyola's Counseling in Clinical Mental Health Program whose background is in Adult Education. She wants to specialize in LGBTQ and identity issues from an attachment, psychodynamic, and systems perspective. She believes that our struggles stem from our early attachment relationships, and therefore, healing happens within the holding environment that the therapeutic relationship provides. Ida has always found people, our behaviors, and interpersonal relationships fascinating. When she's not thinking and chatting about psychology, she's going out to eat, watching movies, reading, or crocheting.



Brief Highlights from Dr. Yalom's Keynote Session at ACA!

Article by Graduate Student Representative, Michelle Robichaux, Master's Candidate, LSU



Dr. Yalom speaking at this year's ACA conference. If you would like to read more about Dr. Yalom's Keynote Session, [click here!](#)

The American Counseling Association (ACA) Conference is full of many interesting and educational sessions, stimulating networking events, the Expo center, bookstore and so much more! However, despite all of what ACA has to offer, no one attraction called nearly as much attention as Dr. Irvin Yalom's Keynote Session on the morning of March 17th 2017.

Dr. Yalom inspired and awed the crowd with his words of wisdom and advice for new and seasoned counseling professionals. Yalom himself

shared his own struggles in regards to pursuing psychotherapy and discussed the importance of taking care of oneself and the benefits of attending therapy (specifically group therapy) on one's own. In addition, Yalom shared his passion and interest for writing and how his interactions with many of his former clients have been the inspiration for many of his stories.

On a personal level, I think what I took most away from Yalom's speech, as an upcoming professional was that above all else, the therapeutic relationship is key in the counseling relationship. Yalom encouraged the members of his audience to worry less about what techniques one should use, or what was recommended and to instead focus on fostering a sense of connectedness that binds us all together as part of the human condition. Demonstrating those entail traits of *empathy, genuineness, unconditional positive regard* and using the skill of immediacy to check in with our clients and get their thoughts about how they feel the counseling relationship is going.

While of course, keeping track of their progress in session.

As a student, I think it can be easy for us to focus on certain theories or techniques to use with clients and forget to check in

with them to assess how *they* view their progress in therapy has been. Essentially, we need to remind ourselves that while certain techniques and are helpful for many clients, it always important to value each individual's experience in therapy and provided them with *a space that is truly their own*.

"...above all else, the therapeutic relationship is key in the counseling relationship..."

Thank you Dr. Yalom for inspiring me to do, just that.

Voices from Current LCA Graduate Student Committee Members...

Thinking about joining the LCA Graduate Student Committee? Check out what some of our current members had to say about their experience and the importance of professional development!

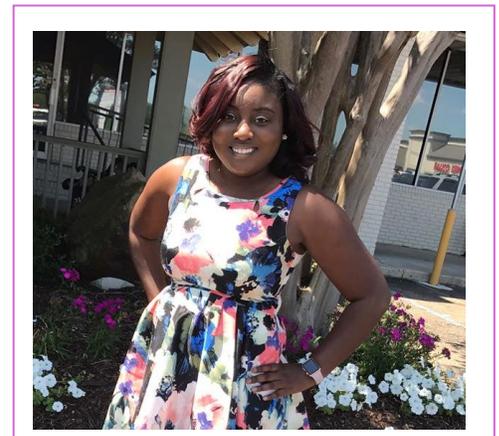


“In my opinion, professional development is an important area for counselors-in-training to cultivate during their time in counseling programs. However, oftentimes, this area is pushed to the wayside due to the multiple responsibilities we hold as students, interns, graduate assistants, and so on. Professional development offers so many opportunities that is critical to our growth as counselors. Through conferences and professional committees, counselors-in-trainings have the chance to learn new information that can help our clients in addition to creating new connections for future career advancements. My time on the Graduate Student Committee has provided me with the opportunity to connect with students from different programs throughout the state and learn what these programs have to offer their students. Additionally, I have learned more about the inner workings of our state conference and all the effort required in order to make our conference a

success. I highly encourage any graduate student in counseling to take that first step with professional development opportunities. After all, we owe our clients our best work possible, including our best professional selves. Serving on the committee has been such an honor and my hope is that future graduate students can create their own ideas of what professional development means to them. “

- Amanda Anderson, 3rd year, Clinical Mental Health Counseling student from Louisiana State University

“When I first heard about that LCA Graduate Student Committee, I was ecstatic! It was a great opportunity for me to network with other graduate students across the great state of Louisiana. Over, the course of the last year opportunities were provide for professional development through LCA Graduate Student Committee. Such as, being able to collaborate with other member of the committee to write about topics that are important to graduate students for our newsletter. I also enjoyed planning the Graduate Student Social for the LCA Conference. Being a part of the Committee was an amazing experience I look forward to serving on the Graduate Student Committee for the 2017-2018 year!”



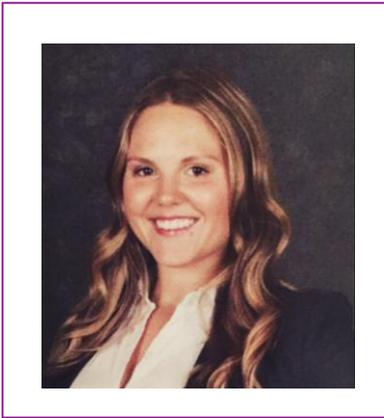
- Victoria Grant, 2nd year, School Counseling student from Southeastern University

****Interested in joining the LCA Graduate Student Committee? Email us at lcagsrep@gmail.com for more info!****

“My time spent on the GSC committee has allowed me to be part of something that has enhanced my professional life. The committee has allowed me to feel like an adequate part of something and has allowed me to give back to those in similar programs like myself. I feel honored to be a part of the committee. We have been able to share professional development presentations with students from across the state of Louisiana and we have more planned for this year at the LCA conference. I have enjoyed my time on the committee in the 2016-2017 school year and look forward to the 2017-2018 school year as well.”



- Amber Hall, 2nd year, Clinical Mental Health Counseling student from Louisiana State University



“I do not regret any of the time I devoted to being on the GSC this year! I particularly enjoyed meeting new people and hearing their differing perspectives, especially when it pertains to something so relevant as professional development in graduate school. Personally, I loved being able to voice my opinion on what the graduate students of Louisiana both need and want as we complete this journey together. Being on the GSC this year gave me the opportunity to network with potential colleagues and I would encourage anyone who is considering to join as soon as you can! Professional development is not something that will be taught in the classroom or handed to us by our professors. Therefore, taking the time now to invest in your future WILL pay off and participating in the GSC committee could be your first step.”

- Lindsay North, 2nd year, Clinical Mental Health Counseling student from Louisiana State University



Professional Development Spotlight on Committee Member Renee Floer!

Master’s candidate from Loyola University, Renee Floer, beautifully represented herself and all of LCA at this year’s ACA Conference. Renee presented with Dr. John Dewell LPC., and Stephanie Robinson LPC, LAC., on “Evolving Substance Abuse Treatment Beyond the Primitive System that Fetishizes Addiction.” Congratulations Renee, we are so very proud of you!



****Interested in joining the LCA Graduate Student Committee? Email us at lcagsrep@gmail.com for more info!****

A Day just for Graduate Students: It's about time!

As some of you may recall, last year The LCA Graduate Student Committee offered two graduate student two featured events (A Networking Night and Resume Review Workshop) and a Graduate Student Social at the 2016 Conference. (See photos below!) While both of these events last year were quite successful, I am excited to announce that this year LCA will be offering graduate students their own designated “**Graduate Student Day**” at the 2017 Conference and their own personalized “track” of sessions for them to attend. Some of the events the students will have a chance to participate in include a “Jump Start Your Job Search” session that will be hosted by The Louisiana Career Development Association (LCDA) and a “Meet Your Potential Supervisor” event that will connect graduating students in a counseling program with local PLPC Supervisors. In addition, we are hoping to include a LinkedIn photo booth as well for students to use to take a professional “headshot” for their LinkedIn profile while at the conference. **The date of the "Graduate Student Day" will be Monday, October 2nd, 2017!** Please be sure to pass along this information to your professors and fellow students so they can be sure to take advantage of this opportunity. In addition, stay tuned for information on our [Facebook page](#) and in upcoming newsletters for more updates about possible events/sessions for graduate students!



Professional Development Opportunities

May 19th, 2017, “**Translating Trauma Reactions into Recovery Strategies**” Workshop, New Orleans, LA (Hosted by the New Orleans Institute at River Oaks Hospital)

Register here: <https://events.r20.constantcontact.com/register/event>

October 1st -3rd, 2017 **Annual Louisiana Counseling Association Conference**, Baton Rouge, LA. (Pre-Conference Workshops on September 30th)

LCA Graduate Student Day Monday October 2nd!!!

Register here: <https://www.lacounseling.org/lca/Conference.asp>

April 26th – 29th, 2018 **Annual American Counseling Association Conference**, Atlanta, GA. (Pre-Conference Workshops on April 25th -26th)

Register here: <https://www.counseling.org/conference/atlanta-2018>