

# Louisiana Counseling Association Graduate Student Newsletter

Louisiana Counseling Association

4/1/2016

Edition 1

## *Call to all Graduate Students!*

Hello my fellow graduate students!

As many of you may know Dr. Iman Nawash Ph.D., LPC, will be taking over the position of President of LCA on July 1st, 2016. During that time, I, Michelle Robichaux will be taking over the position of Graduate Student Representative Position for the 2016 – 2017 year. I am so excited to be representing

acquainted with the needs of all of our students across the state. To be a committee member you must:

1. Be a graduate student enrolled in a counseling program in the State of Louisiana.
2. Be willing to meet with myself and other committee members at least twice during the 2016-2017 year.

*For anyone interested in being a part of the 2016 to 2017 Graduate Student Committee, please contact me directly via email at [mrobi53@lsu.edu](mailto:mrobi53@lsu.edu)!*

all of the wonderful counseling programs in our great state of Louisiana. It is my hope that all of you will find this newsletter to be helpful as you work towards completing your masters or doctoral programs and increasing your professional development. In fact, in order to better serve our graduate students, I have decided to create a Graduate Student Committee in order to become better

The goal of this committee is to ensure LCA is able to serve all of its counseling graduate students effectively and to build connections among graduate students from different universities. If you are interested in becoming a committee member please email me at mrobi53@lsu.edu.



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Not a Student Member of LCA?

Here's how to become one:

Visit the LCA website ([www.lacounseling.org](http://www.lacounseling.org)) and click on the "Join LCA" link. Student's membership requires a yearly fee of 35 dollars.

Benefits of having a Student membership include:

A chance to increase one's professional development in a nationally recognized organization.

A chance to attend a Graduate Student Session at the Fall LCA Conference design especially for graduate students.

Networking and job searching opportunities at local conferences and other LCA events throughout the year.

## *What to go to LCA this year, but student loans got you down?*

Get a scholarship to this year's upcoming conference and go there for free!

This year the Louisiana Counseling Association will grant eighteen Volunteer Scholarships for admittance at the LCA annual conference to graduate students. In order to apply for this scholarship, a Graduate Student Applicant must be a current student member of LCA and be currently enrolled in a masters (or doctorate) of counseling at a regionally accredited university in Louisiana. The expectations and duties of this scholarship will require:

1. Scholarship applicants

should submit the scholarship application by September 1.

2. Scholarship recipients are expected to provide volunteer service at the LCA conference. A **minimum of 14 hours of volunteer service is expected.**
3. Scholarship recipients will work with the Volunteer Chair to decide their schedule.
4. Volunteer service may include, but is not

limited to session monitoring, bag stuffing, registration, audio visual set-up and take down.

To find the application and more information about the scholarship visit this webpage:

[http://www.lacounseling.org/lca/Conference\\_Scholarship.asp](http://www.lacounseling.org/lca/Conference_Scholarship.asp)

### *Upcoming Conferences and Professional Development Opportunities!*

**July 9<sup>th</sup> -12<sup>th</sup>, American School Counseling Association (ASCA) Conference, New Orleans, LA.**

Register here: <http://www.ascaconferences.org>

**July 14<sup>th</sup> – 16<sup>th</sup>, American Mental Health Counselors Association (AMHCA) Conference, New Orleans, LA.**

Register here: <http://www.amhca.org/mpage>Welcome2016conf>

**September 25<sup>th</sup> - 27<sup>th</sup>, Louisiana Counseling Association Conference, Baton Rouge, LA. (Pre-Conference Workshops on September 24)**

Register here: <http://www.lacounseling.org/lca/Registration.asp>

## What does CAM stand for?

CAM stands for Counselor Awareness Month, which happens to be in April! During this month we honor the history of our profession and in addition, we look for ways we can improve our profession for the future. As students it is important that we take advantage of the amazing opportunities around us to be involved in our counseling community. For instance, this year, ACA has created a video of member testimonials titled, "I am here," in order to showcase the broad range of support counselors provide and the passion and diversity within counselors that are a part of our profession. If you would like to learn more about this project or be a part of it, visit the CAM website at: [CAM Website](#)



## Interesting Facts and Figures about Professional Counseling & Mental Health

- ◎ On average, 100 Americans die by suicide each day (Mentalhealth.gov)
- ◎ Nationally, 42.5 million adults aged 18 or older experience a mental illness in the past year (SAMHSA)
- ◎ 22 veterans kill themselves every day (Department of Veterans Affairs)
- ◎ All Marketplace insurance plans are required to cover mental health and substance abuse services as an essential health benefit (healthcare.gov)
- ◎ Nearly half of LGBT youth say they do not "fit in" in their community (Human Rights Campaign)
- ◎ The Bureau of Labor Statistics has employment statistics for mental health counselors
- ◎ U.S. News & World Report recently ranked mental health counseling in its "The 100 Best Jobs" list

\* Facts and Figures taken from the American Counseling Association Website.

## A Closing Word from Your GSR...

Hello Fellow Students,

Wow, I cannot believe the spring semester has come and gone by so fast! Like many of you, I am so excited to be nearly there at the end of this semester and can see that the finish line is so close! However, with the excitement and promise of summer fun just around the corner, it can be hard to remind ourselves to work on our professional development. I encourage all of you, as fellow students, to join LCA if you have not done so already and to consider applying for the Graduate Student Scholarship. This scholarship is an amazing opportunity for future counselors to work on their professional development and to attend LCA for FREE! In addition, I am looking for students who would be willing to submit anything of interest to be included in the upcoming newsletters. Topics can include anything of interest to students, but must be within the field of counseling. Students whose topics will be selected for the newsletter will also receive a "spotlight" in the next edition. If you are interested in this offer please feel free to contact me!



Best wishes and warm regards,

Michelle Robichaux  
Your 2016-2017 Graduate Student Representative