

LCA Graduate Student Newsletter

Louisiana Counseling Association

7/1/2016

Edition 2

A Letter from your LCA Graduate Student Representative...

Hello my fellow Graduate Students!

I hope all of you are enjoying the beautiful summer weather and for those of you taking summer class, I hope you are finding the time to practice your Self-Care techniques amongst all your school work! As we get closer to the fall semester there are many exciting and wonderful things are coming up for LCA. First, the Annual LCA Conference will take place in Baton Rouge this year at the Crowne Plaza Hotel on September 25th through the 27th. This year I am excited to announce that there will be TWO different sessions that will be specifically dedicated to graduate students. In addition to these sessions, you'll also be able to meet graduate students and working professionals from across Louisiana. In fact the LCA Graduate Student Committee is planning to host a Graduate Student "Social" for LCA Students who are planning on attending the conference on Saturday, September 24th in Baton Rouge. Information regarding time and location of the Social will soon follow, but for now, mark your calendars and get together with your fellow classmates to start organizing a trip and for tips for saving money while traveling see page seven! Speaking of the LCA Graduate Student Committee, on page three learn all about the newest committee members and what they have to say about the committee and their interest in regards to counseling. Also be sure to read the two featured articles from two of our outstanding committee members, Renee Floer and Teresa Zimmerman Price.



I hope all of you have a fun (and restful) summer!

All the best,

Michelle Robichaux

Your 2016-2017 LCA
Graduate Student Representative



Committee Social at The Chimes

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In May the LCA Graduate Student Committee met for the first time at The Chimes restaurant in Baton Rouge, to discuss upcoming events and goals the committee had for the 2016-2017 year. Everyone had a great time and it was great way for everyone to get to know one another. Be sure to be on the lookout for professional development and social events in the Newsletter and for ways that you can get involved in LCA!



Community Engagement Spotlight!

LCA Graduate Student Committee Member, Renee Floer, talks about what Loyola counseling students are doing to make a difference in their community!

Loyola counseling students are taking their education outside of the classroom and reaching out to the community with some fantastic student-led programming! From anti-bullying, to empathic listening, to feminism and intersectionality, Loyola grad students are creating spaces that open minds and stimulate thought!

Learning the art of empathic listening is a tough job, but it is extremely important in certain crisis situations. For victims of sexual assault, having a calm, non-judgmental, empathic encounter can make a lasting difference in the way they recover mentally from their trauma. Loyola students Sarah Applebaum, Cassidy Fischer, Emily Jasper, and Renee Floer adapted a program by Shawna Foose, LPC-S, into a three-hour interactive seminar to help sexual assault victims' advocates develop the skill of empathic listening. Advocates are made up of Loyola students, faculty, and staff who are trained to work with individuals in the

wake of sexual assault, providing vital resources, knowledge and support. As part of the training to become an Advocate, the Empathic Listening seminar explores differences between empathy and sympathy and the impact of each on relationships and self-esteem. Advocates learn how to engage in reflective listening and practice their skills under the guidance of the counseling students. These seminars are reported as the favorite portion of advocacy training from participants and the Loyola counseling students have been asked back repeatedly to train new cohorts of advocates!

According to the National Center for Education Statistics, one out of every four students reports being bullied while in school. As counselors, we must work to promote change by addressing the issue within our schools. Students Emily Jasper and Cassidy Fischer joined Dr. Christine Ebrahim at St. Elizabeth Ann Seton Catholic School to speak with fifth graders about their experiences with

bullying and how to combat it. Students discussed the different ways bullying can look, how it makes both the victim and the bully feel, and why it's important to talk about it with a trusted friend, parent, or adult. The format emphasized an open dialogue and encouraged students to be vocal about their experiences in order to empower them to "take a stand and lend a hand" to stop bullying!

This past March, Loyola University New Orleans hosted its first annual Feminist Festival. Organized by the Women's Resource Center and the Women's Studies Program at Loyola, the festival included ten days of programming aimed at advancing gender equity and supporting the empowerment of all women through educational, artistic, and spiritual expressions. Programming included seminars, panel discussions, concerts, film festivals, art exhibits, networking opportunities, and more. Counseling grad students Sarah

Applebaum, Renee Floer, Keri Satterfield, and Emily Jasper designed and presented a workshop entitled "The Power of Intersectionality and Alliances" which engaged students in an exploration of, and open discussion around, the role of intersectionality in feminism. The program examined the concept of intersecting identities and the ways in which social structures around gender, race, power, and privilege can combine to suppress and subjugate women of color (or women in other marginalized groups) and how the feminist movement can unintentionally reinforce these harmful practices by

not addressing systemic issues. Takeaways from the discussion included ways we as feminists can widen our understanding of feminist issues, make space for others' experiences, and more fully understand the complex ways systems of oppression overlap and intersect. Attendance and participation in the workshop was an overwhelming success!

Community engagement and outreach is an important and rewarding duty as a professional counselor. Section C.6.e. of the 2014 ACA Code of Ethics (contributing to the public good) states "Counselors make a

reasonable effort to provide services to the public for which there is little or no financial return". By using their education to enrich and inform members of their community, Loyola graduate students are demonstrating their commitment to becoming ethically competent clinicians who represent the high standards of personal excellence inherent to the counseling profession.

Renee Floer
Head Graduate Assistant
Department of Counseling
Loyola University
New Orleans

Meet the 2016-2017 LCA Graduate Student Committee Members!

Get to know the committee members and see if you can spot a familiar face!



Name: Amanda Anderson **Email:** aande76@lsu.edu **University:** Louisiana State University **Program:** Counselor Education, Clinical Mental Health Track **Why did you choose counseling as a career?:** My whole life, I've always been interested in the way people react and relate to each other. The inner workings of our minds is a vast and complicated area and sometimes we can get lost in the confusion. I discovered counseling was the best way for me to be able to relate to other people on a very personal level in order to help them with the problems they need to work on. As a career, counseling allows me to expand my knowledge about the brain and mind and how they can influence and help those who are in need. **What does being a member of the GSC mean to you?:** Community. As graduate students, we often don't reach out to others when we are struggling. Becoming a part of the GSC allows me to have a wonderful support system of peers who can understand the struggles that graduate school comes with. As a future Counselor, having a good support system from the beginning will enable me to not only be a better counselor, but a better person as well.



Name: Teresa Zimmerman Price **Email:** tmz001@latech.edu **University:** Louisiana Tech University **Program:** Counseling Psychology Doctoral Program **Why did you choose counseling as a career?:** The brain and mental processes intrigue me and I enjoy working with people to make the best use of what they have. **What does being a member of the GSC mean to you?:** I wanted to become more involved with LCA and having now met with the committee, I think it will be a great experience to get to know others in Universities across the state.



Name: Corey D. Green **Email:** Cgree83@lsu.edu **University:** Louisiana State University **Program:** Clinical Mental Health Counseling **Why did you choose counseling as a career?:** I chose counseling as a career because, since I could remember I have always had this overwhelming feeling of wanting to help others. No matter what types of jobs or organizations I was a member of it all tied back to helping others. I finally decided on counseling because, I felt that it would allow me to help others on a deeper level than most other helping professions. **What does being a member of the GSC mean to you?:** Being of member of GSC means that I will be able to shed light on things that could be of help to other counseling students, and work towards creating my counselor mindset by immersing myself in any and everything that has to do with my future career.



Name: Amber Star Hall **Email:** ahall61@lsu.edu **University:** Louisiana State University **Program:** Masters of Education in Counseling with concentration in Clinical Mental Health Counseling **Why did you choose counseling as a career?:** There are many paths to becoming a mental health professional. I chose counseling because I was seeking a career that would allow me to work with people of all walks of life, show compassion and empathy, help others, and help benefit or give back to society. **What does being a member of the GSC mean to you?:** Being a member of GSC is important to me because I wanted to begin my advocacy in the community. I wanted a way in which to connect with other graduate students from different universities. Being a part of GSC means that I am able to have an impact.



Name: Regan Estess **Email:** restes2@lsu.edu **University:** Louisiana State University **Program:** School Counseling **Why did you choose counseling as a career?:** I chose counseling because I want a career where I can go to bed each night feeling satisfied in the sense of helping someone, and eager in the sense of being able to play a pivotal role in someone seeking to better themselves. I chose school counseling because I have a heart for students who need extra encouragement and a passion for integrating parents into the educational process. **What does being a member of the GSC mean to you?:** I am honored to be a member of the GSC and to be a representative for fellow graduate students pursuing a career in counseling. I value the opportunity to serve for an organization that acts as the voice of professional counselors in my state. I know that I will learn a lot about the profession of counseling as well as build relationships with future counselors along the way.



Name: Lindsay North **Email:** lnorth3@lsu.edu **University:** Louisiana State University **Program:** Clinical Mental Health Counseling **Why did you choose counseling as a career?:** I wanted to choose a profession that would allow me to make a difference in as many people's lives as I could reach, and counseling allows me to do this in a creative as well as personable way. **What does being a member of the GSC mean to you?:** Being a member of the GSC, I am eager to directly effect LCA's outreach to fellow counseling graduate students, while bringing together the regional cohorts and collecting ideas for the betterment of the future counselors of Louisiana.



Name: Renee Floer **Email:** rmfloer@loyno.edu **University:** Loyola University New Orleans **Program:** Masters of Science in Counseling **Why did you choose counseling as a career?:** I've always been interested in listening to the stories people tell and I entered into the counseling program with daydreams of solving all the world's problems. Now in my 2nd year, I'm not sure why I chose counseling, and I don't think I'll really understand for quite some time. I do know that each day I immerse myself in my studies and surround myself with likeminded students and faculty, I become more aware of how little I know about myself and how much I have to learn. **What does being a member of the GSC mean to you?:** Joining GSC offers me the opportunity to hear from counseling students in other programs and to form relationships with future colleagues. I think it's important to participate in our professional counseling community, and becoming a member of GSC is a great way to become actively involved and start building a strong professional foundation for my future clinical practice.



Name: Allison Magnon **Email:** amagnon@its.nicholls.edu **University:** Nicholls State University **Program:** Master of Arts in Clinical Mental Health Counseling **Why did you choose counseling as a career?:** I chose this field because I believe there is an enormous need for mental health services today and I enjoy working with and educating families and individuals in the counseling setting. **What does being a member of the GSC mean to you?:** I am excited about serving on the committee because I have a passion for this profession and I look forward to learning more and contributing in any way possible.



Name: Victoria Grant **Email:** victoria.grant@selu.edu **University:** Southeastern Louisiana University **Program:** School Counseling **Why did you choose counseling as a career?:** I chose counseling as a career for several reasons. The main reason was because I wanted to make a difference in the lives of others. I can recall the experiences I had with my school counselor's throughout my elementary, middle and high school career. These were my first experiences that opened my eyes to the impact a counselor could have on a person's life. During this span of my life, I dealt with so many emotions and feelings with my peers as well as my family. Many of the feelings as it regards to my family, were a result of the fact that both of my parents served in the military. They had careers that were honored. They often received praise for their service to our country. This made it hard for me to talk to my parents about my concerns. It was not until I met my middle school counselor, who helped me during this transitional period, that I realized I wanted to pursue a profession that would allow me to interact with students as well as educate them. Initially, I wanted to teach in order to fulfill this purpose. It was not until I was given the opportunity to teach that I realized that I truly desired to be the person that is there for them to talk; that can help them navigate the different situations and transitions they may encounter in order to find a solution that is best for their path in life. It was then that things became clear that the role of counselor was the right fit to help me help others. **What does being a member of the GSC mean to you?:** Being a member of the GSC allows me to voice my opinion and that of my fellow graduate students about our future profession as it impacts our lives as future counselors. It also affords me with the chance to network with colleagues from different institutions across the state. I enjoy opportunities where I am able to interact and network with my colleagues while learning more about their counseling programs.



Name: Kasie Prejean **Email:** kasiep@louisiana.edu **University:** University of Louisiana at Lafayette **Program:** M.S. in Counselor Education, School Counseling track **Why did you choose counseling as a career?:** I chose school counseling as a career because all students need someone to advocate for their academic, career, and social needs. Helping students to become college and career ready in all aspects of their lives is a strong interest of mine, and I look forward to working with students to accomplish that goal in the upcoming semesters at my internship school. **What does being a member of the GSC mean to you?:** Being a member of the Graduate Student Committee allows me to connect and collaborate with colleagues that I otherwise would not have met. I have the honor of representing the University of Louisiana at Lafayette and the Lafayette area, as well as the needs of school counselors in general. I will be able to share with the state the research and activities my classmates and I are working hard toward and obtain knowledge from fellow GSC members that I can bring back to Lafayette. I am looking forward to learning from and contributing to this group in order to improve the experiences of graduate students across the state and our profession as a whole.

Thinking of Applying for a PhD Program in Counseling?

Let LCA GSC member, Teresa Zimmerman Price, tell you about her experience at Louisiana Tech University...

I have just completed the first three quarters (Tech is on a quarter system) in the Louisiana Tech Doctoral program for Counseling Psychology. The program at La Tech is one of only a few in the region that is accredited by APA. The "typical" program generally requires five years, though many students have transferred in credit from their master's programs so each plan may be individualized based on past education and experience. A master's degree is not required for acceptance, however, it is a discriminator when applications are being reviewed. My cohort consists of 7 students who all have master's degrees except one. At La Tech, most doctoral students receive a \$10,000/ year assistantship. The thought was that the assistantship amount would cover tuition, which may have been true many years ago, however, additional income (insert student loans here) is needed to meet all of the doctoral expenses (tuition, fees, room, board, and books). There are no other benefits provided by the University (some programs throughout the country offer medical insurance, et al). All of the graduate students in the program currently live off campus, but accommodations can be made with residential life if living on campus is preferred. The La Tech doctoral program is a year round program. The first year consists of in class academic work with 20 hours/ week devoted to research. Each student is assigned a research mentor who facilitates that process. The summer after the first three quarters, doctoral students begin teaching undergraduate psychology classes and working in the Psychological Services Clinic (in addition to 5 hours/ week research). The second year involves teaching and working at the clinic. The third year has doctoral students filling positions in the counseling center on campus or other practicum locations in the community. Comprehensive exams are taken in the spring of the third year. The fourth year may involve a second practicum rotation in the community while students prepare to work on their dissertation. Students must have presented their dissertation before applying for an internship. Internships sites are available on the APPIC website and are paid positions throughout the country. It is preferable for the dissertation to be successfully defended before moving to the internship location. This is a basic overview of the doctoral program at Louisiana Tech University. You may request further information from the Training Director, Dr. Walt Buboltz at buboltz@latech.edu or visit the website online.

Thinking about going to the LCA Conference in the fall? Here are some tips to keep you from going broke!

Conferences are a great way to increase your professional development and network with other students and counseling professionals. However, when you're living on a student budget already it can be pretty costly to attend. Below are some tips for students about how to save some money while traveling.

1. Travel with friends. Or ask other people in your program and see if they plan on attending the same conference/event. Hotels are expensive, but splitting a hotel room among for four people is a much more affordable options then just paying for one.
2. Be on the lookout for the cheapest hotels, if possible! Try comparing multiple sites, like TripAdvisor, Orbitz, Kayak and Room77 for the best deals!
3. Speak to your Student Government Committee at your University. Often times SGC's will have money that they set aside to help students pay for professional development opportunities.
4. Apply for the LCA Student Volunteer Scholarship! The deadline is September 1st 2016! Follow this link here: http://www.lacounseling.org/lca/Conference_Scholarship.asp to learn more about the application process!

Important Dates and Professional Development Opportunities

July 9th – 12th, American School Counseling Association (ASCA) Conference,
New Orleans, LA. Register here: <http://www.ascaconferences.org>

July 14th – 16th, American Mental Health Counselors Association (AMHCA) Conference,
New Orleans, LA. Register here: <http://www.amhca.org/mpage/Welcome2016conf>

August 6th, 2016, 9:00am to 12:00pm The Lafayette Christian Counseling Center will host a seminar on **Biotherapy: Play Therapy Tools to Meet Unique Needs and Diverse Populations with Speaker Elsa Soto Leggett, Ph.D., LPC-S, RPT-S.** The workshop with cost \$60 per person and you will pay at the door. If you are interested in attending or would like to learn more about this workshop contact Sally Creed LPC at sallycreedlpc@gmail.com

DON'T FORGET! LCA Student Volunteer Scholarships are due September 1st 2016!!!!

September 25th -27th, Louisiana Counseling Association Conference, (Pre- Conference Workshops on Saturday September 24th.)

Baton Rouge, LA. Register here: <http://www.lacounseling.org/lca/Registration.asp>

The LCA Graduate Student Social will be held on Saturday September 24th, more details to come!

If you come across any professional development opportunities in your area and would like them to be added to upcoming newsletter, please feel free to send an email to mrobi53@lsu.edu explaining the event and other important information