

LCA Announces Candidates for LCA President(2016-17)

By: *Diane Austin, LSCA Executive Director*

Paul Cesar, Past President of LCA and Chair of the Nominations and Elections committee has announced that two candidates have agreed to run for the 2016-17 President of the Louisiana Counseling Association. The election will be held at the 2013 LCA Conference in New Orleans. If you are not attending the conference, you will be able to vote by mail prior to the conference. The ballot and Candidate information is on the 5. The announced candidates for the 2016-17 term are Dr. Christine Ebrahim, current president of LACES and Iman En-Nabut, a past president of LSCA. 🕒

2012-2013 Executive Board Recommends By-Laws Change

During the final meeting of the 2012-2013 Executive Board, the Board has recommended a By-Laws change. This change will be voted on at the general business meeting during the 2013 Conference in New Orleans. In an effort to increase the pool of candidates to qualify to run for president of LCA, the Board is recommended the following change in the LCA bylaws:

Article IX Nominations, Elections, and Voting Procedure; Section 1. Candidacy for LCA President

(By-Laws Changes, continued on page 2)

Welcome!

*More than xx have begun or renewed their LCA Membership!
See page 4 to see who!*

Presidential Perspective

What's Hotter Than July? LCA!

By: *R. Bruce Galbraith, M.Ed., DAPA, CCFC, LCA President Elect*



The heat index is in the triple digits, I know you're thinking of our weather-related heat wave, but I am referring to the push towards the 2013 Association

projects. Things are heating up with LCA in all areas, our new website, our Leadership Development meeting this past July, our work on the Strategic Plan, the building of strong divisions, and our continued efforts in lobbying for legislation to improve the counseling profession. It is a full plate for our Association but

we will get it done along with the planning and preparation for our conference in New Orleans in September.

July heated up with our new board members working with energy and cohesiveness in their commitment and support of an association that works to collaborate with all counselors. Our new website was debuted at the beginning of July, a work in progress, but we hope that it will better serve the needs of our membership and inform the public of our mission. Eric



Bruce and Holly Clubb at ACA Institute for Leadership

(Presidential Perspective, continued in column 1 on page 2)

The *Louisiana Lagniappe* is the quarterly newsletter of the Louisiana Counseling Association, LCA. LCA is the state branch of the American Counseling Association, ACA. LCA includes 1,800+ members, and 12 Divisions which serves as an inclusive umbrella. LCA unites professional counselors from diverse work settings into a single statewide organization. LCA works to promote advocacy, collaboration, and networking among its membership for the good of Louisiana.

LAGNIAPPE TEAM

Your newsletter is the result of the following team: Vinetta Frie, Editor; Diane Austin, Contributing Editor; Dalia Chatelain & Mary D'Anna, proofreaders

SUBMISSIONS

Sent all submissions to newsletter editor, Vinetta Frie via e-mail. Use her address: frienews@yahoo.com. Please use *Lagniappe Article* in the address line. Electronic submission of photographs via e-mail is preferred. Submission of hard copy photos or recorded devices become the property of the newsletter and will not be returned.

NEWSLETTER CORRECTION

Please contact Vinetta Frie, Editor via frienews@yahoo.com. Please use *Lagniappe Error* in the subject line.

Winter Newsletter
Submission deadline:
September 20, 2013!

Presidential Perspective, continued from page 1

Odom, our Strategic Planning Chair, worked with other Committee Chairs in reviewing the Planning and checking off the accomplishments that were completed over the last year. He also has us all looking forward to our goals that need to be completed for the 2013-14 plan. Our division presidents had the opportunity to review the guidelines that will strengthen each division so as to better service their division membership and well as LCA.

The last week of July saw John Crawford, President-Elect, Chantrelle Varnado, Graduate Student Representative and myself attending the Institute for Leadership Training in Washington, D.C. The American Counseling Association Institute brings together ACA leaders from Regions, Branches and Divisions seeking to enhance their leadership skills and dedication to the counseling profession. The keynote presentation, general sessions leadership content sessions, visits with elected officials and the opportunities to network with fellow leaders from around the country made this a unique opportunity for personal and professional growth.



*Bruce and Chantrelle at
ACA Institute for Leadership*

During the Institute, along with more than 130 ACA leaders, we spent a day on Capitol Hill meeting with members of the Congress and their staff to lobby for legislation in the areas of mental health, school and career counseling and veterans affairs.

During these face-to-face meetings with members of Congress and their staff, Day on the Hill participants discussed three specific policy initiatives (as well as an existing piece of legislation) that would benefit both professional counselors and Americans with mental health needs:

- **Elementary and Secondary School Counseling Program** – helps school districts establish or expand school-based counseling services by providing funding to hire qualified state licensed or certified school counselors, school psychologists, and school social workers in order to improve school safety and increase students' academic achievement.

(Presidential Perspective, continued on page 3)

By-Laws Changes, continued from page 1

All candidates must be Professional members in good standing in the LCA and have previously served as a Division President *or as a member of the LCA Executive Board for a minimum of two years.* ⌚

Meet your Candidates for LCA President Elect-Elect in 2015-16

By: Christine Ebrahim, PhD, LPC-S, NCC and
Iman En-Nabut, PhD, LPC-S, NCC

🕒 Tell us why you are a candidate for the LCA Presidency.



Dr. Ebrahim: As someone who has been actively involved in various aspects of LCA for a number of years, I have seen the tremendous strides this organization has made due to its many gifted and talented leaders. It would be an honor, privilege and a pleasure to continue to promote the counseling profession and to support student interns and professionals working in the field. The advocacy I would provide would extend past current and future professional counseling but all

those we serve. I feel it is our duty to continue developing and improving the profession and the professionals, and to make a positive impact on the counseling community. I would love the opportunity to continue working with the many experienced and principled professionals in LCA who give selflessly for this endeavor.

Dr. En-Nabut: I am a candidate for the LCA Presidency because I want to play a role in giving our organization and its members the voice it deserves. My goal is to bring us all together, showing more of our similarities and not necessarily always focusing on our differences. **“Unity Is Our New Security.”**

As a former president of the Louisiana School Counseling Association, I feel that our community of professionals has to stand united and voice our concerns. Recent legislative actions almost made counselors an endangered species! It is our duty to understand the ramifications of legislation impacting our profession. I believe pushing for a united and cohesive front will encourage collaboration, active involvement and eliminate the feeling of professional isolation in the *(Meet Your Candidates, continued on page 4)*



Louisiana Lagniappe

Presidential Perspective, continued from page 2


- **Counseling for Career Choice Act** – a grant program that will allow professional school counselors to better prepare students for making educated decisions about post-secondary options, and will increase career planning resources and services for students through partnerships with state industries and businesses.
- **Seniors Mental Health Access Improvement Act of 2013** – establishes Medicare coverage of both licensed professional counselors and licensed marriage and family therapists for the provision of medically necessary outpatient psychotherapy, at the same reimbursement rates as clinical social workers.
- **Veterans Affairs Integration** – despite the fact that the Veterans First Contracting Program (which explicitly recognizes licensed professional mental health counselors as clinicians within VA facilities) was enacted in 2006, there is little evidence that many of the 1,600 newly hired mental health professionals in VA facilities are counselors.

What is really to heating up is the final preparation for the of the 2013 LCA Annual Conference in New Orleans at the InterContinental Hotel. Save the dates, September 15-17, to join us as **-THIS IS OUR TIME.** 🕒



Meet Your Candidates, continued from page 3

workplace. Aligning in pursuit of these goals will create positive change for all in our community.

 **Outline your background and the qualifications you bring to this position and LCA as a whole.**


Dr. Ebrahim: I received an MS degree in Clinical Mental Health Counseling from Loyola University New Orleans in 2004 and a PhD from the University of New Orleans in 2008. I am currently a faculty member in Loyola's counseling program and am currently serving as Chair of that department. I am completing a second term as President of the Louisiana Association for Counselor Education and Supervision (LACES) and was on the Executive Board of LCA during the 2009-2010 and 2012-2013 terms. Having worked with various organizations, including a Fortune 500 company, in several capacities for the past 20 years, I have learned the value of listening, perspective and respect in leadership, as well as the value of training, organizational design, and processes geared toward outcomes. Through my experiences as a Counselor Educator, board approved LPC supervisor, counselor in private practice, and a former professional school counselor, I have experienced our profession and the issues we face from a variety of angles. As an active member of LCA, LACES and LSCA for several years, and a member of the Executive Boards of LCA and LACES, I bring several years of leadership experience to LCA.

In addition to the leadership experience, I have been actively involved in presenting at the LCA conferences for several years. In addition to the over 40 professional presentation given at a variety of state, regional and nation conferences, I have presented on the topic of ethics at LCA for the last 5 years, and been a part of several roundtable discussion and workshops on the topics of counselor education, supervision, and consultation over the last several years.

Dr. En-Nabut: My qualifications for office includes:

- ✦ Ph.D. in Counselor Education from University of New Orleans.

- ✦ President of LSCA in 2007-08
- ✦ LSCA government relations chair in 2008-10
- ✦ Nationally Certified Counselor
- ✦ Licensed Professional Counselor/Supervisor
- ✦ Adjunct professor in Counseling at Southeastern Louisiana University and University of New Orleans.
- ✦ Ten years counseling experience in an elementary and secondary setting.
- ✦ Head counselor in an alternative school setting (St. Charles Parish)
- ✦ Five years private practice experience at Rays of Hope of Counseling and Consulting.
- ✦ Presentation experience at the local, state, and national level.
- ✦ Represented counseling profession via ASCA in Washington DC
- ✦ Member of the St. Charles Parish Counseling Advisory Board.

 **Describe your vision for the LCA and its future.**

Dr. Ebrahim: LCA is a well respected organization that has forged a solid reputation among mental health professionals, not only across the state but also the country. We should continue to promote the counseling profession not only to the counseling community, but also to the larger community, so that others truly understand the benefits of working with a Licensed Professional Counselor. I envision that LCA will continue its great work in advocating for the counseling profession and the community members who need our services.

I also would like to see more student and professional membership involvement. Our training, education and professional ethical guidelines establish our members as some of the most valuable resources for mental health in the state. We are standard-bearers for quality, ethical professional counseling. With that in mind, I would like to work toward increasing the number of counseling professionals and students who become actively involved in the organization.

Dr. En-Nabut: I believe our organization of counselor educators, school counselors, directors of guidance, and general mental health professionals should

(Meet Your Candidates, continued on page 5)

Article continued in the next column

Meet Your Candidates, continued from page 4

come together to support, collaborate and enrich their respective specialties, each other, and the counseling profession. My goals will be to help our members promote the profession, push for research studies, and create/support professional development opportunities. We should be a foundation that expands the image and influence of professional counselors through advocacy, leadership, collaboration and systemic change. I hope to empower mental health professionals with the knowledge, skills, linkages and resources to promote student/client success in the communities in which we live. In short, I want to create more cohesion and truly create that “one voice, one goal, one profession.”

 *Explain the specific ways you would promote LCA to the counseling profession.*

Dr. Ebrahim: The first way I would promote LCA to the counseling profession is simply through awareness. As a leader in LCA, it would be my vision that each graduate counseling student, counselor educator, and professional counselor be aware of LCA and the benefits it offers members and the citizens of Louisiana. I will encourage all Counselor Educators to promote LCA in their classrooms, to encourage students to attend and present at the LCA conferences and LCA division conferences, to publish articles in the Louisiana Journal of Counseling, and to participate in advocacy opportunities.

Other ways I will continue to promote LCA is through education and professional engagement with the current membership, graduate students, recent graduates and professional counselors in the field. Creating presentation opportunities at schools, hospitals, community agencies and universities as well as continuing “Town Hall” meetings and brown bag lunches, creates a heightened awareness of LCA, LPCs and the counseling profession as a whole. It also creates opportunities for counselors to increase knowledge and receive continuing education credits

Community engagement and outreach is another way to promote LCA. As we engage and educate the community about the role of professional counselors, they will begin to look to LCA as a resource to

(Meet Your Candidates, continued on page 6)



LCA MAIL-IN BALLOT

Vote for the candidate introduced on pages 3-9 or write in the candidate of your choice. Your write-in candidate must be a member of LCA, and have served as a state Division President.

<input checked="" type="checkbox"/>	(check only one)
<input type="checkbox"/>	Dr. Christine Ebrahim
<input type="checkbox"/>	Dr. Iman En-Nabut
<input type="checkbox"/>	Write-In Candidate:

Cast one vote for or against on the proposed By-Laws Change detailed on page 1 of this newsletter.

Yes	No	Proposed Change
<input type="checkbox"/>	<input type="checkbox"/>	Change qualification to run for LCA President

Print and mail your completed ballot by September 1, 2013 to Past-President, Paul Caesar, 20 Fairway View Drive; Hammond, LA 70401 or bbceasar@aol.com. You may vote by mail OR in person at the conference, but not under both venues. Late ballots will be disqualified.

Welcome New and Returning LCA Members!

By Diane Austin, LCA Executive Director

Tarah Alwell
John Bizette
Julie Bowman
Clara Brown
Bonnie Chiasson
Theresa Colton
Josette David
Mary DePartout
Krysten Duncan
Lakeitha Ervin
Julie Evans
Kerrah Fabacher
House Hall
Mariam Harley
Jacqueline Hayes
Samia Jada
LaTia Johnson-Rheams
Danielle Jones
Beverly Kray
Megan Landre
Charlotte Lang

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Meet LCA Candidates, continued from page 5

help locate professional counselors or counseling services in the community. Through presentations made in the community and to community leaders, we heighten their awareness of the value LCA brings.

As always, we can promote our profession, LCA, and its divisions, through advocacy initiatives. Continuing to give counselors information about specific legislation, bill numbers, and sponsors, as well as creating opportunities for counselors to become acquainted and develop relationships with state legislators, all make advocacy work more effective and in return promote LCA.

Dr. En-Nabut: As the LCA president, I would encourage more involvement and expand our reach in the state of Louisiana. To do this, we need to increase membership and awareness of LCA and its benefits. The easiest and most cost effective way to do this is through social media networks such as Facebook, Instagram, Twitter, and LinkedIn. These are means by which many people stay connected and informed with the world around them. We cannot disregard those means of communication if we want to continue growing. Without proactive utilization of these mediums, we would truly be isolated professionally and lose our voice and impact. LCA needs to start at the graduate level. Professors need to educate and advocate for LCA and encourage students to join and become actively involved in its growth. Town hall meetings in various districts have succeeded in promoting LCA and I believe we need to continue to do this. I also feel that we should collaborate with other health care professionals because LCA's growth and influence must extend beyond "our own." Educating and informing other professionals about our roles and our professional organization is just as vital.

 What are your short, mid-, and long-term plans for LCA?

Dr. Ebrahim: My short term goal is to play a role in the smooth transition of leadership through effective listening, respect, and understanding of LCA as a professional counseling organization.

My overall plans for LCA include supporting the mission of each division, which, along with LCA, promotes the growth and development of the counseling profession as a whole. I also plan to help promote the development of LPCs and future LPCs through professional excellence and advocacy by helping create annual conferences that offer presentations and workshops that appeal to counselors working in a variety of mental health settings. I also plan to redevelop or strengthen LCA's relationships with counselor education programs in the state. This would allow LCA, through the graduate counseling programs, to assist current

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Meet Your Candidates, continued from page 6

graduates (and those still in a counseling program) in the process of becoming an LPC, finding a supervisor, and finding employment. I would also continue supporting the CIAL (Counselor Intern Association of Louisiana) division and work to increase their representation in the Association.

Other goals for LCA include a continued commitment to the counseling profession and to those we serve in the community through advocacy initiatives; through LCA, I plan to continue to advocate for mental health services for Louisiana citizens, as well as the profession of counseling.

Dr. En-Nabut: Short – While there are so many goals to achieve in the near future, my initial objectives would be to focus on increasing membership, bringing us together as counseling professionals, and determining how Compass affects school counseling across the state.

Mid – One area that will receive great focus will be to address the difficulty in getting needed mental health services. I deal with this daily as I am sure many of you do. As such, I feel it should be a concern for LCA as well. Services are not affordable, inappropriate, or located too far away. LCA should advocate for legislation and a more thorough and accurate database for available services to address these issues in the very near future.

Long – While every plan starts from the beginning, I will advocate and push for joint efforts across neighboring states to promote our objectives. The Louisiana Counseling Association should be the catalyst for a regional organization to create a stronger and much louder voice/representation. Although we have ASCA and ACA, I believe partnering up with neighboring states and working together to resolve similar issues would have a larger impact on our communities.

 *What initiatives will you undertake to educate the public about the services of LCA?*

Dr. Ebrahim: I think there are two “publics” that should be educated about the services of LCA; the graduate students (future professional counselors) and the general public. There are several initiatives that could be used to educate the general public about LCA and the services it provides. One way is through Public Relations, and Community Outreach and Engagement Campaigns. Creating and maintaining relationships with schools universities, agencies, hospitals, shelters, legislators, community leaders, and media will increase the awareness of different types of professional counselors in the state and the varied settings in

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Theresa LeDoux
Carla Lowe
Phyllis LeJeune
Trinicia Leonard
Sherita Lewis
Mary Emily Matheny
Robert McBride
Harmony Minturn
Kayla Parker
Brittany Pippin
Erika Rogers
Chiquita Rome
Shauna Russell
Lorene Tanner
Susan Samson
Lori Sepulvado
France-Claire Walker
John Webb
Taliesin Williams
Wade Williams



**It's
YOUR
Time!**

Meet Your Candidates, continued from page 7

which counseling takes place, is really important. During this time, the public will become more familiar with the counseling profession and the advantages of working with a professional counselor. The public can be educated on how to use LCA as a resource in finding counselors and other counseling resources. Creating opportunities for LCA members to volunteer in the community will also increase the awareness of LCA and its benefits to the general public. When professional counselors and LCA members support members of the community and other mental health related causes, awareness is raised.

The second “public” that needs to be educated is the graduate counseling students. Again, I would like the opportunity to speak to Counselor Educators in Louisiana and encourage them to promote LCA to the students in their classrooms. I would like to see students become more actively involved in workshops and presentations. I would also like to increase the resources available on the LCA website for graduate students and recent graduates.

Dr. En-Nabut: In order to get awareness for LCA and its services, I believe in adopting a holistic approach where success can be achieved with the following efforts partnering with institutional agencies:

- ✦ LCA partners with community agencies (Red Cross, etc.) to conduct comprehensive needs assessments for at-risk individuals in the educational or workplace

(Meet Your Candidates, continued on page 9)



More than 130 ACA leaders spent the day on Capitol Hill meeting with members of Congress and their staff to lobby for legislation in the areas of mental health, school and career counseling, and veterans affairs.

Editorial Prerogative ...

The Danger is Real

By Vinetta Frie, Lagnippe Editor

As I was putting the finishing touches on this newsletter, I became aware of a commotion in the backyard. The racket grew louder over the clatter of my keyboard and I glanced outside to see two robins dive bombing a much larger menacing bird on my carport. The larger bird was aware of the attack, but not apparently intimidated enough to leave the meal under its foot, which it bent occasionally to pick at. Whenever it did so, the two robins shrieked even louder and became more frantic in their attack. I thought of Biology 1001 so many years ago at LSU in Dodson Auditorium ... survival of the fittest. I thought of Political Science in Himes Hall, “to the victor go the spoils.” I was just about to turn away when the larger bird flew off. Then I saw a small movement in what the bird had pinned beneath its foot. As I watched, the movement the robins wheeled two are fro even more frantically. Then I understood what I was really seeing. The robin’s nest had been invaded. The robins had tried to protect their young.

As I stood there, transfixed by the “circle of life” scene I was witnessing, I became aware of another meaning ... a metaphor.

Earlier this year, Louisiana School Counselors with the help of many who value the services they provided and continue to provide the students of our state, successfully defended their nest against a very large bird. In this **Lagnippe** issue, our Cindy Nardini, LCA Government Relations chair provided on page 10 excellent suggestions for how we can advocate for the work that we do in all the settings where counseling services are provided for the cradle to grave clientele with whom we work. Not everyone values the work that we do. Not everyone appreciates the skill and training that underpin what we DO when we simply appear to “talk” to someone or “listen” to them. And when real threats come to us as individuals or groups in particular work places, merely shrieking and dive bombing the enemy will not help us any more than it did the poor robins in my back yard.

Bruce Galbraith, LCA President is right: It truly is our time. It is time to reflect on the value of our profession and our role. It is time for us to gather as an Association, to renew our professional connections and to form new ones. And it is time to refocus because the danger is real ... very real. 🌀



The Faces of LCA

*Melissa Thomas
LPC, LMFT, Ar-
chives
Committee Chair*

I look forward to serving on the LCA Executive Board this year as archives committee chair. My goal is to provide pictures and videos of our LCA members in their many activities with our association throughout the year. I would like to help increase our member visibility through our newsletter, website and Facebook page by providing a closer look at the people who make up LCA.

As many of you may know, LCA has a Public Service Announcement (PSA) video that describes the services counselors provide in Louisiana and introduces the public to LCA. We have been working on getting this on air around the state and I plan to assist LCA in having the PSA placed online so that it may be viewed via our website and Facebook page. Once we get the PSA on LCA's Facebook page we ask that you press "share" underneath the video to also post it onto your Facebook page so that we can increase awareness of LCA through the use of social media.

If you would like to provide any pictures to be used to promote LCA you may email them to me at Melissa-Bay@aol.com. 🕒



Meet LCA Candidates, continued from page 3

communities.

- ✦ Increase town hall meetings to areas most in need based on statistical data such as crime, unemployment and drop-out rates. Have a more hands on approach with communities and communicate their needs to their respective representatives.
- ✦ Develop public service announcements about LCA and how it benefits communities and the mental health arena. This will be based on the same statistical data as previously mentioned.
- ✦ Host annual "Awareness Fairs" to attract awareness and support LCA behavioral initiatives.
- ✦ Create a network of organizations (faith based, public, etc.) that will perform pro bono counseling to communities via LCA membership.
- ✦ Utilize and update the LCA website. Provide resources for the public via the website. 🕒



This is a photo of the ACA Southern Region at Capitol Hill submitted by LCA President Bruch Galbraith. Do you see our representatives? Spoiler Alert: Bruce and John are on the second row from the top and Chanrelle is on the first row!

Don't Remain Anonymous

*Cindy Nardini, Government
Relations Chair*

Do you know your state representative and senator? More importantly do they know you? As we begin a new year in LCA this is the perfect TIME to make yourself known. Here's why:

- ✦ Legislators are in their local districts now rather than being in **Baton Rouge**, thus it's easier to get in touch with them.
- ✦ **You don't have anything specific** to ask them for, so all you need to do is introduce yourself.
- ✦ Legislators are interested in knowing their constituents that have specific knowledge in certain areas.

They have so many issues that come before them during the legislative session and it's impossible for them to fully understand each of them. You can be a valuable resource to your legislator.

The Government Relations committee will work this year to improve visibility of the counseling profession within the state legislature. Through interaction with your own legislators, you can impact the counseling profession in a positive way, benefit the clients/students you serve, and help us achieve that goal. If you have not met or do not know your legislators, NOW IS OUR TIME to make an effort to do so. Here are three simple steps:

(Anonymous, continued on page 11)

8 Division Presidents: Hellos and Good-Byes

Compiled by Vinetta Frie, Lagniappe Editor

This issue marks the transition from one era to another. For many divisions, new Presidents are taking up their positions of leadership. Many Presidents are moving to other positions, and some **will take a well deserved breather. Read below to see who's who** and maybe decide where you want to join in!

The Big Picture with LAAOC

By Latricia Raddler, LAAOC President



Louisiana Association of Addiction and Offender Counselors is looking forward to a great year! My name is Latrina Ray Raddler, and I am pleased and honored to serve as the division president for the 2013-2014 year. Before discussing the big picture for LAAOC this year, I would like to take a moment and thank John Crawford for serving as president for the past two years. His hard work and dedication has taken the division to new heights. Although LAAOC will miss his leadership, we look forward to his wisdom and insight as we move towards the continued growth of the division.

As president, my vision for LAAOC is to see continued growth as we become a working division collaborating with the International Association of Addictions and Offender Counselors to best serve our members needs. The big picture is, listen to the members, work for the members, and get more members involved! **LAAOC's mission is to maximize the effectiveness of Addiction and Offender Counselors in the State of Louisiana** and to increase the awareness of the field of substance abuse and offender counseling and to provide current resources related to the addiction and offender fields of practice. The current executive board is eager to begin working towards the mission of LAAOC. Please be on the lookout for information related to addictions and offender trainings, awareness, and continuing education.

The executive board is also very excited to have our national division president, **Dr. Keith Morgen present at this year's LCA conference on September 15th**. He will be discussing addictions counseling and counselor identity. He will also co-facilitate our division summit, which is an open forum for our members to ask questions and discuss the needs of addictions/offender counselors in our state.

In keeping with this year's conference theme, this is our time: to review, renew, and refocus, it is time to review, renew, and refocus even in our division. Please feel free to contact me with any comments, suggestions, or to be more involved with IAAOC at lraddler@yahoo.com.

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Planning for the Unexpected

April Shields, LPC, DCC, NCC, LAMCD President



This summer I had the luxury of traveling for a month through the Pacific Northwest region of the United States. What started out as an idea for a fun summer trip, turned into an amazing adventure. On this trip, I hiked through rain forests, mountain ridges, coastal trails, and urban streets. I met people from all over the country and the world, from diverse backgrounds, ages, and cultures. Each day I encountered something new or unexpected.

As I reflect on this month of exploration, I realize that in counseling we have similar experiences when we work with our clients. We can never fully know what to expect when meeting each new client. Every client has their own way of experiencing the world around them. We reach into our knowledge base and mental toolbox to find ways to connect with and help each client.

I was recently asked what multicultural counseling involves. I responded with what it is not: stereotypes. So often I hear people discuss multiculturalism in stereotypes. I agree that it is helpful to know the stereotypes associated with different cultures, but I believe to be fully multicultural in our approach we must look at each individual as a separate person, culture, and background. It is important to take cultural, racial, and ethnic considerations into account, but if we make these the rule we can completely miss the root of our client's pain.

I am excited to take office as Louisiana Association for Multicultural Counseling and Development (LAMCD) President. During my term as President my goal is to increase awareness of the benefits of membership in LAMCD. Many counselors may be wondering why anyone would join a division like LAMCD. In my opinion, we are all multicultural counselors. We must all learn to relate to clients who are very different from ourselves, and that is what multicultural counseling is all about. LAMCD strives to help counselors expand their understanding and toolbox when working with clients different from themselves. Through newsletters, workshops, and

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Anonymous, continued from page 8

- (1) Go to www.legis.state.gov and look up your state representative and senator. All of their contact information is there. Also you can read a little bit about them personally which may help in your initial conversation.
- (2) Call their local office. Make sure to introduce yourself to their legislative assistant also; most of the time they serve as the gatekeeper to the legislator during the session. Identify yourself as a constituent, tell them you are a member of Louisiana Counseling Association and what type of work you do. Ask to set up a brief time that you can meet with the legislator.
- (3) Meet the legislator and begin the relationship. **Don't remain anonymous!**

The GR Committee members for 2013 - 14 are Gary Gintner, Baton Rouge; Kristen Eckheart, Baton Rouge; Marianne Terrebonne, New Orleans; Cindy Nassar, Lake Charles; and the GR Chairs from any of the divisions of LCA (i.e. - LSCA, LMHCA). We look forward to a productive year in GR. **It's OUR TIME!**



Division Presidents at the Leadership Meeting
L-R, front row: Bridget Robicheaux, Kerri Spears, Jennifer Curry. L-R, top row: Kathleen Rhodes, Latrina Raddler, April Shields.

Tweet, Tweet and “Like” LCA

*Dalia Chatelain and Mary D’Anna,
LCA Social Media Co-Chairs*

This is a new column for the *Lagniappe* and we are anxious to get to know all of you. Part of our goal this year is to get even more LCA members to start Twitter and Facebook accounts and use them to get better connected with our Association! For those of you who already tweet on Twitter and have Facebook account, we are going to be using these sites to get out information to you all about the conference and other important information throughout the year.

As we climb into the 21st century and we are learning new forms of communication. Our children and grandchildren seem to know how to use these forms of electronic communication instinctively and these children can be valuable resources. We want to connect with you via LCA’s Social Media that best suits you. Our goal is to help you to dialogue in a TIME-LY manner.



During the conference we will have a Social Media table to help any of you who would like a crash course in setting up a Twitter or Facebook account or how to get more out of your current account. We are encouraging you to set up your account before the conference, but if you have trouble we will be there, in person to help you.

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networking opportunities we hope to help our members grow in multicultural awareness and understanding.

Over the last two years I have participated on a committee focused on reorganizing and reviving LAMCD. We have come far over these two years, but this year I hope to see more counselors join us in our efforts to get the counselors in our great state the resources, tools, and education to become great multicultural counselors.

Would you consider joining us? If you are looking for a place to make a difference or a division to call your own, LAMCD is the place for you. Come find us at the LCA conference by attending the LAMCD luncheon and stopping by our table in the exhibit area. Also, take the time to “LIKE” us on Facebook: www.facebook.com/LAMCD1



Greetings from LASERVIC

By Mary Ellen Stegall, LASERVIC President

LASERVIC is in the process of reorganizing itself. We will use these next few months to assess the present and transform the group for the future. The New Orleans conference provides an excellent process to continue the dialogue and make decisions. For example, the large board of the past should probably be streamlined. Instead of offering up to five workshops a year, perhaps two may be more appropriate, considering the number of available continuing education opportunities now available.

I hope that you will join us at the LASERVIC luncheon to map out the future of this important group. Anyone interested in taking a more involved role with LASERVIC should contact me at maryes-teg@aol.com. Looking forward to seeing you in New Orleans!



2013-2014: A Year of Connection and Collaboration

*Bridget Robicheaux, Ed.S., Counselor Intern,
LCCA President*

I am honored and excited to have the opportunity to serve as the 2013-2014 Louisiana College Counseling Association (LCCA) president. Five years ago two extraordinary counselors who I consider my mentors, Andrea Jones and Lisa Newman, encouraged my involvement in LCA and LCCA as a graduate student. I quickly learned the importance of these two associations as an opportunity for counseling professionals to connect and collaborate with one another in an ef-

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fort to provide the best possible services for clients as well as to promote the counseling profession. LCCA has a strong history of promoting college counseling and student development. College counselors throughout the state are hardworking professionals who are developing creative and innovative means to address the needs of the student populations with whom they work. It is imperative that college counselors have an arena in which they can share and improve the services they provide. It is my goal as 2013-2014 LCCA president to provide multiple opportunities for college counselors across the state to connect and collaborate with one another.

LCCA will be holding its third annual summer workshop on Thursday, July 25th in Baton Rouge. We are excited about this opportunity for college counselors to gather to discuss critical issues facing today's students. College students are presented with many challenging issues and dangers that were not as prevalent in the past. This one day workshop will focus on helping counselors to gain a better understanding of human trafficking and synthetic drug use within Louisiana as well as provide strategies to identify and assist clients working through these issues as well as other types of crises.

We hope to see you in New Orleans at the LCA conference in September and invite you to attend the LCCA Summit and annual business meeting. As college counselors, we are often faced with the challenge of finding ways to ensure the retention of our students. The LCCA Summit will consist of a panel and audience discussion of student services that aid in student retention. We also look forward to seeing you at the LCCA annual business meeting to gain your feedback on what LCCA can do for you over the next year. We invite you to contact the LCCA Executive Board at laconlegecounseling@gmail.com with your feedback on the organization and ways that we can serve you.



LCDA: A Special Invitation

By Kerri T. Spears, LCDA President-Elect

"Career development" is a phrase that pays! This phrase is used by many professionals and those that are working towards professionalism. Counselors, students, employees and employers all desire opportunities to develop or improve their career skills. Specifics for career development may vary, but the basic implications are the same in every profession. Regardless of the area of counseling, clients are impacted by career-related and identity issues, which is exactly what we are all about.

Therefore, we invite you to join Louisiana Career Development Association, LCDA. We are a division of Louisiana Counseling Association, LCA and we work diligently with vigor and determi-

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Louisiana Lagniappe

Tweet, continued from page 10

Go to **Facebook** and sign up for an account and then search for **Louisiana Counseling Association**. Once you have found us, be sure to hit the thumbs up sign and "like" us. For suggestions on how to use social media, take a



look at this site: **"How to Effectively Use the Top Four Social Network Sites"** www.edudemic.com/register. If you have a Twitter account (or start one) tweet us @lacoun-seling.

You can reach us via email or Twitter; e-mail address is golacoun-seling@gmail.com. Tweet us and let us know how you are doing! Good Luck!



It's YOUR Time!

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nation to support and enhance career counseling, to foster ethical practice, to encourage communication among career counselors, and to support cooperation with local and national organizations related to career development.



Currently, LCDAA is planning to expand membership by reaching out to students, individuals in the business sector and other professionals that are interested in keeping up with current career trends. A few of our members include K-12, post secondary and private practice counseling professionals. We offer our members an **affordable spring conference that offers 5 CEU's** and allows participants opportunity to network with colleagues while providing practical and ready to go resources to improve their area of practice; a website that is always updated and user friendly, a quarterly newsletter, a LinkedIn group page, a warm environment and several activities during November which is career month.

Please visit our website at

www.lacareerdevelopment.org. If any questions may arise, feel free to contact our President Laura Fazio Griffith at lfaziogriffith@aol.com. We are looking forward to your involvement in LCDAA.

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Fall 2013



Don't
forget to vote for LCA
President Elect-Elect
and the
By-Laws Proposal.
If you will NOT be
attending the LCA
Conference, you may
use the mail-in ballot
on page 5

See you in
New Orleans
for the
2013 Annual
LCA Fall
Conference?!



***LCA Committee Chairs attending the recent
Leadership Meeting***

Front Row, L-R, sitting: Lisa Launey,
Lisa Newman, Melissa Lewis;
Middle Row, standing, L-R: Jessica Fanguy,
Cindy Nardini, Eric Odom, Chantrelle Varnado
Johnson, Mary D'Anna, Daila Chatelain; Back
Row: Vinetta Frie

“Counseling Military Families” Spring Workshop a Success! “

Melissa Thomas LPC, LMFT, LAMFC President 2012-13

I have really enjoyed serving as president of Louisiana Association of Marriage and Family Counselors this past year and being the voice for our association within the LCA executive board. We are very pleased to announce that our spring workshop on **“Counseling Military Families”** that was held in Shreveport was a success! I want to extend a special thank you to our workshop committee that helped organize the workshop. Those who served on the committee with me were Brian Canfield, Kathleen Rhodes, Georgette Price, Rosie Ashley and Donnie Underwood. This workshop gave us an opportunity to work with our national organization IAMFC and we hope to be able to partner again with them in the future. It is our goal for LAMFC to provide an annual spring workshop to increase our awareness of issues pertaining to marriage and family counseling, assist with networking and boost our membership.

Starting in July I will be serving as past president and nominations and elections chair for LAMFC and Kathleen Rhodes will serve as LAMFC president. I would like to take this opportunity to call for nominations for the positions of LAMFC president-elect, president elect-elect, secretary, treasurer, member at large and student member. You may nominate someone by sending me an email. We will vote on our 2014-15 LAMFC executive board at our luncheon at the LCA conference on September 17th in New Orleans.

I would also like to extend the opportunity for you to nominate someone whom you feel would benefit from attending the Leadership Academy in 2014. LAMFC will be sending a student or professional counselor who is interested in learning how to become a leader within the counseling profession and LCA. All nominations may be submitted to my email at MelissaBay@aol.com.

Article continued in the next column



... it's
your
time!

Hello ... Again from LCSJ

By Louis Lowery, LCSJ President

First, may I thank all of you who joined the Louisiana Counselors for Social Justice in the past year. At the request of LCA President Bruce Galbraith, I have agreed to continue to serve as Division President during his term of office. One of our goals is to build a leadership team for the Division, and that is where you come in.

Many of you include Social and Restorative Justice principles in your professional work with clients and families, and it has been encouraging for me to hear about these through your contacts with me in the past year. Now, I would encourage you to consider volunteering your abilities to expand this growing and important Division and to encourage upcoming counselors and counselor interns to be active as well. We will soon be encouraging nominations for positions in the Division. Please consider what you can do.

All one has to do is to see the daily news to be aware of the significance of social justice issues in our society. Whether we focus on our own state, or whether we focus on national or worldwide issues of employment, immigration, human rights, or education for girls in developing countries, there are many issues to address. And our own clients have issues as well, and many times, they do not know what opportunities and assistance are available for them.

And, I would encourage you to maintain your membership in the Division. It only costs \$5 a year, and you can ask Diane Austin at LCA to continue or start your membership at any time.

As in any organization, one wants to be asked to participate. I am asking you, and I am also asking you to encourage your friends to join.

We will have a presentation at the upcoming LCA Conference in New Orleans. Please stay tuned for further information. And please let me know what you are doing in your practice to advance the cause of social and restorative justice in your community.

Have you considered making a presentation on social justice at one of the regional LPC/

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Louisana Lagnippe

Intern networking groups? That is a friendly venue, and it can do a lot of good!

Thank you for your encouragement and support for me and LCSJ.



Louisiana School Counselor Association: Enthusiasm, Crystalized!

By: Jennifer R. Curry, Ph.D., LSCA President

The beginning of each academic year can bring with it hope, possibility, and a renewed sense of energy and enthusiasm for teachers, parents, students and school counselors. I am beginning my term as president with these same feelings. In the last year, LSCA membership has increased, our resolve to be recognized as critical to the education of students in Louisiana has crystalized, and our ability to demonstrate our effectiveness and to advocate for ourselves has been evidenced. We stand on the brink of possibility and change.

This year holds opportunities that we have not had before now. In recent years we have seen the recommended adoption of the *Louisiana Comprehensive School Counseling Model*, overcome challenges presented by BESE, implemented the COMPASS evaluation, and established political partnerships that have been built on mutual trust. Indeed, we are positioned for transformation.

This year we need you! LSCA has many opportunities for service, networking and professional development. Please consider joining LSCA and becoming involved. Opportunities to serve on the professional development committee, government relations, ethics and bylaws and much more are available to you. Please visit us at <http://louisianaschoolcounselor.com/> and look for us on FaceBook and Twitter. This is your year to become involved! 🕒



Dalia Chatelain, April Shields and Eric Odom at the Leadership Meeting in July

LCA Introduces A New Web Site

By: Diane Austin, LCA Executive Director

The new LCA web site is up and active. The only module still under construction is the Calendar. Every member of LCA was sent an email from the site giving you a new password. Your user name is the email that you have on record with LCA. If you did not get this email, simply enter your email into the email button and hit log in. The site will send you a password IF THE EMAIL ADDRESS IS THE ONE ON YOUR PROFILE ON THE SITE. If not you will receive a message indicating a problem. Contact the LCA Office if you are having problems -- lca_austin@bellsouth.net

Each of you is encouraged to log in and check your profile for errors. If you want to appear in the "Find a Counselor" and "Find a Supervisor" be sure that you have checked yes on your profile. Also be sure that your work address and office telephone number are correct.

The LCA leadership hope that you will find this site user-friendly and that you will use the site. 🕒

IT'S YOUR Time!



2013-14 LCA Leadership Roster

LCA Elected or Appointed Officers and Contract Workers

Bruce Galbraith, <i>President</i> gotoschoolman@yahoo.com	Tim Fields, <i>President Elect-Elect</i> tfield1@lsu.edu	Marianne Terrebonne, <i>Parliamentarian</i> Harmonymari4@gmail.com	Diane Austin, <i>Executive Director</i> lca_austin@bellsouth.net
John Crawford, <i>President Elect & On-Site Conference</i> JOHN615549@aol.com	Paul "Buddy" Ceasar, <i>Past President & Nominations Chair</i> bbceasar@aol.com	<i>President Elect -Elect for 2014-2015</i>	Austin White, <i>Business Manager</i> austin@northdeltamanagement.com

LCA Division Presidents

ALGBTIC-LA Kenneth Schmitt, Assoc. of Lesbian, Gay, & Transgendered Issues in Counseling of LA kjschmitt@gmail.com	CIAL Karen Taheri kmarieswanson@gmail.com	LAAOC Latrina Raddler, LA Assoc. of Addiction and Offender Counselors lraddler@yahoo.com	LACES Adrianne Frushhertz, LA Assoc. of Counselor Educators and Supervisors alols1@lsuhsc.edu
LAMFC Kathleen Rhodes, LA Association of Marriage and Family Counselors kathleenrhodes@yahoo.com	LAMCD April Shields, LA Assoc. for Multicultural Counseling and Development aprilshields@gmail.com	LASERVIC Mary Stegal, LA Assoc. for Spiritual, Religious & Ethical Values in Counseling maryesteg@aol.com	LCCA Bridget Robicheaux, LA College Counseling Association brobic@lsu.edu
LCDA Laura Fazio Griffin, LA Career Development Association Lfaziogriffith@aol.com	LCSJ Lewis Lowrey, LA Counselors for Social Justice lowrey@cp-tel.net	LMHCA Jacqueline Mims, LA Mental Health Counselors Association eclecticcbc@cox.net	LSCA Jennifer Curry, LA School Counselor Association jcurry@lsu.edu

Appointed Committee Chairs and Co-Chairs

ADA Compliance Joan Gallagher jgallag@lsu.edu	Archives: Melissa Thomas melissabay@aol.com	Awards: Jessica Fanguy jessicafanguy@gmail.com	By-Laws & Strategic Planning: Eric Odom ericodom1@hotmail.com
Conference On-Site Chair Bruce Galbraith (see President-Elect)	Finance: John Crawford (see President-Elect)	Government Relations Cindy Nardini cnaradini@juno.com	Graduate Student Rep. Chantrelle Varnado Johnson cdvarnad@yahoo.com
Gratitude/Leadership Academy: Ron Cathey rcathey@latech.edu	LCA Journal: Peter Emerson, Co-Editor pemerson@selu.edu Meredith Nelson, Co-Editor Meredith.Nelson@lsus.edu		LCA Newsletter: Vinetta Frie, Editor frienews@yahoo.com
LPC Board Liaison Mary Alice Olsan, Executive Director lpcboard@eatel.net	Membership: Tim Fields (see President-Elect)	Nat'l Guard Project Liaison: Cindy Escandell cindy@escandell.com	Professional Development: Joan Fischer jfischer@olhcc.edu
Public Relations Co-Chairs: Lisa Launey eglaun@eng.lsu.edu Lisa Newman lnewman@lsu.edu		Social Media Committee Co-Chairs Dalia Chatelain dalia2450@att.net Mary D'Anna mdanna3175@att.net	
		Technology Adrianne Trogden	

It Is About Time!

Chantrelle D. Varnado-Johnson, LPC-S,
NCC, Graduate Student Representative

I am currently a doctoral candidate at the University of New Orleans. I was appointed to the LCA Executive Board to serve as the Graduate Student Representative. I plan to use this appointment to advocate for LCA and the Graduate Student Committee. The Graduate Student Committee provides students with the best opportunity to stay connected with other counselors, whether in the mental health field, as a school counselor, or any other area of focus.


Just who is on the Graduate Student Committee? Why not YOU!? Currently, I am seeking enthusiastic and highly motivated graduate student members of LCA to serve on this very timely committee. If you like to network, want to establish leadership qualities, or have any questions or concerns you think should be addressed by the graduate student committee, please feel free to email cdvarnad@uno.edu. It is about time for you to get involved. 🕒



Your Executive Team for 2013-2014

Standing, L-R: Bruce Galbraith, President, Diane Austin, Executive Director and Austin White, Business Manager; Sitting, L-R: Marianne Terrebonne, Parliamentarian and John Crawford, President-Elect





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