



**LOUISIANA COUNSELING ASSOCIATION**  
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 LAMCD • LAMFC • LASERVIC • LCCA  
 LCDA • LCSJ • LHMCA • LSCA

# Louisiana Lagniappe

Volume 37 Number 1

LCA is the state branch of the American Counseling Association

Fall 2014



*Dr. Seuss once said:*  
**“How did it get so late  
 so soon?”**

*By: R. Bruce Galbraith,  
 M.Ed., DAPA, CCFC,  
 Outgoing President 2013-14*

The other day while I was at the hospital having a follow up after I had a partial knee replacement, the young nurse made a statement how time is flying. She said that she would be celebrating her 30<sup>th</sup> birthday and she was surprised at how time flew over the last years. I told her in jest that it was **not polite to talk about “time flying” to a person as old as I am as here I was getting new body parts.**

There were many times as President this last year I felt that time was flying by as there were so many things to address and decisions to be made. It is always wonderful for any Past-President to make the statement that our Association is growing, the Association is financially stable, and the future looks bright.

Let us never forget that the Louisiana Counseling Association IS you – LCA members, statewide, working in diverse jobs, helping Louisianans of all ages. One of the key lessons I learned over the year has been the importance of being sensitive to the needs of the members and working as a team to get things accomplished. Although I may have had my own pet projects and personal ideas of what I thought worth pursuing, these had to be weighed against what the members really wanted and needed, as well as how best to fulfill these needs. This **focused your leadership team and our Association’s** resources on matters of real importance to you. The majority has spoken, we listened and we worked together as a team to get things done. Certain initiatives had to be reprioritized and some deferred to a later time in order to address immediate concerns and issues. At other times, I went with my instincts and

*(Outgoing President’s Message, continued in column 1 on page 2)*

*Incoming President’s Message*  
**Laughter IS the Best  
 Medicine!**

*By John R. Crawford, MA, LPC-S,  
 CCDP-D  
 LCA President 2014-2015*



Greetings to my LCA Family! It is really an honor as well as a privilege to serve as the 46<sup>th</sup> President of the Louisiana Counseling Association. I have been a member of LCA since 1998. In the early years of my LCA membership I would always look forward to attending the LCA Annual Conference. This was the time to earn CEUs, learn new counseling skills, and listen to state/national keynote speakers and presenters. The best part of each conference was being able to rekindle old friendships and develop new friendships. Laughter has always been an important part of my LCA experience.

In 2007, Cindy Nardini asked me to be her Archive Chair. I reluctantly said yes! My first year as a board member was a very eye-opening experience. I saw first-hand what LCA does for the members. Thanks Cindy for giving me that push! The following three presidents (Ron Cathey, Mary Fedducia, and Brenda Roberts) each asked me to continue as Archive Chair on their executive boards. After working four years as Archive Chair on the executive board, I was elected president of LAAOC and served two years. Now you have given me the privilege to serve as LCA President. I would like to encourage as well as challenge all LCA members to become **active** participants in your professional association and division (s). **I’m giving you the same push that Cindy gave me!**

The theme for this year’s conference is **“The Healing Power of Laughter.”** I have always been a person that enjoyed having fun and laughing. As a child Reader’s Digest was one of my favorite maga-

*(Laughter IS The Best Medicine, continued on page 2)*



**LCA Mail-In Ballot**

Cast one vote by using this ballot by mail, e-mail, OR in person at the Annual Fall Conference, but not under multiple venues.

**FOR PRESIDENT-ELECT ...**

See page 7 for more information about this candidate.

Mark One	Candidate
	Dr. Christine Ebrahim
	Write in candidate:

**CHOOSE ONE OF 3 WAYS TO VOTE...**

1. Print this page of the newsletter and mark the ballot. Mail it to Bruce Galbraith by September 15 at 800 Darlene Ave., Metairie, LA 70003. **OR**
2. Use the ballot included in Diane Austin’s blast e-mail by double clicking Bruce’s e-mail address on the ballot. **OR**
3. Vote in person at the LCA Annual Fall Conference at the Intercontinental Hotel beginning September 20.

Late ballots will be disqualified.

zines because of it’s regular feature, “Laughter Is The Best Medicine.” For me, humor is a way in which I view the world. It is also part of how I present my genuine self to a client. I love the interaction I have with my clients. I strive to assist clients to feel better about themselves and their situations. Before a session is completed, the client and I usually find something to smile or laugh about. Laughter is not only beneficial for the client but also beneficial for the counselor. The Zur Institute provides us with some facts on Humor and Therapy:

- Children laugh about 300 times a day, adults perhaps 15 times a day.
- The sound of roaring laughter is far more contagious than any cough, snuffle or sneeze. Humor and laughter can cause a domino effect of joy and amusement.
- Laughter is very powerful medicine: it fosters instant relaxation and lowers blood pressure; boosts immune system; improves brain functioning and protects the heart; increases the efficacy of natural killer cells, which destroy tumors and viruses; increase along with Gamma-interferon (a disease-fighting protein), T-cells (important for our immune system) and B-cells (which make disease-fighting antibodies); increases oxygen in the blood, which also encourages healing.

Mental health benefits of humor and laughter are numerous:

*(Laughter IS The Best Medicine, continued on page 3)*

***Outgoing President’s Message, continued from page 6***

proposed new directions for us to actively pursue, such as my vision of an Association that is as strong as each of our divisions, also and to look at the future and changes that will have to be made. This vision has been shared and eagerly embraced by the vast majority of members. I am gratified by the support.

I could take up the rest of the article with a list of names of individuals who stepped up over the last year to help me and the Association. Those names would be friends that I had before I became President, friends that I made during my term and those people outside the Association who became professional colleagues who I know will eventually be called friends.

My responsibility to the Association does not go away, I now am not only Past President but I will always be a member of LCA. With my membership I hope to be active in other ways to the Association. Also, I would like to remind all members that we as members are to help our Association fulfill the mission of promoting our profession, advocating for the professionalism of counseling, promote and support public policy and legislation which enhances the counseling profession and promote the advancement and dissemination of research and knowledge in counseling. My work will continue as long as there is time. 😊

- Reduces stress, depression, anxiety and fear.
- Elevates mood.
- Increases energy and can help us perform activities that we might otherwise avoid.
- Can be a safe way to introduce ourselves to others.
- Laughter, like a smile, is the shortest distance between two people. It makes people feel closer to each other, we talk more, make more eye contact with others, touch others, etc.
- Marriages and relationships can tremendously benefit from humor and laughter.
- When people laugh together, they feel bonded and can endure hardship better.

*"When you laugh, your mind, body, and spirit change"*  
 —Mark Twain

Some benefits of humor in therapy include:

- Enhances therapeutic alliance and increases trust between therapists and clients.
- Helps clients feel good about themselves.
- Helps clients gain perspective.
- Can help clients' thought processes by helping them to get unstuck.
- Helps clients cope with difficult situations, such as death and illness.
- Helps clients accept themselves. Activates the chemistry of the will to live and increases our capacity to fight disease.
- Humor can be used diagnostically. The kind of humor people use often shows the kind of people they are.

*The older you get, the tougher it is to lose weight, because by then your body and your fat are really good friends."*  
 -- Bob Hope

While laughter is cathartic, there are also several concerns in the use of humor:

- It can be hurtful, demeaning, sexist and racist and a way to dominate.
- It can be self-depreciating in unhealthy ways.

Laughing *with* others is an ice breaker; however,

***(Laughter IS the Best Medicine, continued on page 5)***

*LCA's Community Action*  
**Join us for Walk 4 Recovery!**

*By Adrienne Trogden*



Want to get some exercise at the annual conference this year and support a great cause? LCA is a sponsor for the 3rd Annual Walk 4 Recovery at the newly built Festival Grounds in New Orleans City Park on Saturday, September 20th starting at 8:00am. Come out and join your fellow conference goers in support of reducing the stigma of addiction and raising awareness of this powerful disease in our communities. There is an option to do a 5K run or 1-mile walk, so whatever your fitness level, you can participate!

All proceeds from the walk will benefit Action Against Addiction, a 501(c)(3) non-profit prevention program that delivers evidence-based substance abuse prevention programs to several thousand public and private school students, parent and community groups. Since its inception in 2006, Action Against Addiction has become a leader in raising awareness of the devastation of substance abuse and addiction and has developed strategies that inspire and shape public policy. I hope you will consider joining us in our efforts.

Addiction is the leading cause of death among 15-24 year olds, responsible for 50 percent of all deaths on Louisiana's highways and is the driving force behind most violent crime. It is paralyzing the economic growth of our community. At an all-time high in our country, prescription drug abuse causes one death every 19 minutes! Yet, addiction remains in the shadows until sometimes it's too late. **Your support may help us save a life.**

We hear the stories. We witness the devastation. We know the root of the problem. Now is the time for us to take a stand against substance abuse and addiction across the greater New Orleans area and celebrate the thousands who are living in recovery. Now is the time for us to come together, one step at a time to prove that **prevention works, treatment is effective, and people can and do recover.**

How can you get involved? Check out the Walk 4 Recovery website: [www.walk4recovery.org](http://www.walk4recovery.org). You

*(Walk 4 Recovery, continued on page 5)*

## Louisiana Lagniappe

**Cindy Nardini, Government Relations Chair and Kelli Williams, of the Tatman Group, at the July LCA Board Meeting**

Photo by  
Rashunda  
Reed,  
LCA Archives  
Chair



### LCA Summer Board Meeting Mini-Minutes

By: *Myiesha Spears-  
Beard, Secretary*

**2014 LCA AWARDS:** In Jodey Edwards' absence, **Iman Nawash** addressed the board about the upcoming LCA Awards. Nomination deadline August 15, 2014. Awards include Distinguished Educator, Research Award, Advisory Award, etc. The awards will be presented during conference. Persons wishing to nominate someone are encouraged to begin the process as soon as possible to meet the deadline.

**CONFERENCE SPECIAL EVENT.** LCA will sponsor with Walk for Recovery on the Saturday of Pre-Conference. Fees were discussed as \$25.00 per person includes a tee shirt and breakfast. Zumba fitness will also be offered during this time.

Counselor Intern name approval was granted during legislation. Starting in May 2015 the name of Provisional Licensed Professional Counselor will be used for counselors formerly known as Counselor Interns. Visit the LPC board website for more information. 😊

## LCA's Future Is Today's Action

By: *Tim Fields, LCA President Elect*



As President-Elect and chair of the LCA Finance Committee, it is my dubious honor to inform our members of an urgent need to address membership fees. Though economics in Louisiana are what they are, and fee increases are never popular, LCA governance was elected to keep one eye on the present and one on the future. In order for us to keep moving forward, and provide our membership with the protection, information, and opportunities it requires, we believe that this discussion must occur at this time. In accordance with the regional state associations in our Southern Region\*, the Administrative Council proposes a gradual increase of \$10.00 for all professional LCA members effective July, 2015. Sympathetic to the financial constraints of other prominent sections – student, retired, and counselor intern members – the Council has agreed to a \$5.00 fee increase for that population.

The need for these proposed increases is pressing. Our iconic **Executive Director's term will soon come to an end, along with the generous sacrifice of her 353 Leo Street address as LCA headquarters.** As a state association of nearly 2000 members, LCA must all too soon face the necessity of securing a more permanent home. These infrastructure costs, salaries for the future Executive Director and perhaps a Historian/Archivist position, the fact that our membership size has already begun to create conference venue issues, and accepting that membership fees **should align not only with cost of living expenses but with LCA's perceived value among regional associations and future membership.**

We are currently asked to pay roughly \$4.00/month for representation with the state licensing board (LPC) and the governance that establishes the mandates of our counseling profession. The funding for the exemplary attention of our counseling concerns through the *Tatman Group*, in conjunction with our Government Relations & Political Action Committees, are invaluable facets of the association.

**At September's conference, your Administrative Council asks that you favorably consider the following:**

- 1. For Professional counselors in all LCA divisions, effective July 1, 2015 - a \$10.00 fee increase in 2015 AND for the next 2 years thereafter (2017, 2019) until a ceiling of \$80.00 is reached by in 2019. (This is an increase of approximately 50 cents per month for the next 5 years);*
- 2. For all other categories of members, also effective July 1, 2015 - a \$5.00 fee increase in 2015 and another single fee hike two years later in 2017 in order to reach a ceiling of \$50.00. This allows LCA to meet the By-Laws required 40% of the Professional Membership fee by 2017.*

As a contributor to the LCA team, we trust that you will appreciate **the cost of serving the membership of one of the country's most vibrant and effective state counseling associations;** and vote to approve this proposal at the LCA conference in September. *See you in New Orleans!* Southern regional average is approximately **\$ 72.00, which is \$22.00 more than your current LCA dues!** 😊



***Division Presidents at the July Executive Board Meeting.***

***L-R, first row:***

***Latrina Raddler, Candace Parks, Kerri Spears, Cindy Escandell, Dawn Romano, Tiffany Colonge***

***L-R, back row:***

***Kimberly Ester, Frank Phinney, Louis Lowrey, Donnie Underwood***

**11 Division Presidents Report**

*Compiled by Vinetta Frie, Lagniappe Editor*

This issue marks the end of Bruce's year administration of our Association. 11 Division Presidents summarize their terms or transition to new leadership. Look for these divisions at the fall conference! Next quarter we hope to also hear from LCCA, then the complete LCA Dozen will be represented!



*( 11 Division Reports, continued on page 6)*

***Walk 4 Recovery, continued from page 3***

can register for the walk and get directions to City Park. Come out and support as well as get some exercise in while you're in New Orleans. You can even do some sight-seeing on the way if you take the Streetcar to the park! 😊



***Eric Odom, By-Laws Chair and Adrianne Trogden, Social Media Co-Chair at the July LCA Board Meeting.***

*Photo by Rashunda Reed, Archives Chair*

***Laughter IS The Best Medicine, continued from page 3***

laughing at others is an icemaker.

The many theories of humor can be sorted into three groups:

1. Biological, psychoanalytic or relief theories that consider the function of humor. They explain why we laugh and what survival value humor has.
2. Incongruity, surprise and configuration theories consider the stimuli for humor. They explain what makes funny things funny.
3. Cognitive theories consider the response to humor. They explain how and why we find things funny.

"People show their characters in nothing more clearly than in what they think laughable."

— Goethe

The LCA Conference will be held at the Intercontinental Hotel in New Orleans. Preconference will be September 20, 2014 and Conference will be from September 21-23, 2014. Our keynote speakers are Dr. Robert Smith, ACA President (2014-2015) and Dr. Samuel Gladding, ACA President (2004-2005). We have a variety of content sessions that will meet your area of counseling needs.

Also, LCA will be one of the sponsors of the 3<sup>rd</sup> Annual Walk4Recovery (Walk/Run) hosted by Action Against Addiction. This event is taking place at the City Park Festival Grounds in New Orleans on Sat-

***(Laughter IS The Best Medicine, continued on page 6)***



### By-Laws Update

By: Eric Odom

The By-Laws Committee would like to report that the Executive Committee of the LCA Board accepted a Conflict of Interest policy by way of a vote during the February 21 Board meeting. A conflict of interest is defined as the following:

An actual or perceived interest by a Louisiana Counseling Association (LCA) Executive Board member in an action that results in, or has the appearance of resulting in, direct or indirect, personal, organizational, or professional profit or gain.

Whenever the personal or professional interests of an LCA Executive Board member are potentially at odds with the best interest(s) of the LCA Executive Board.

*(By-Laws Update, continued on page 8)*

*Laughter IS The Best Medicine, continued from page 5*

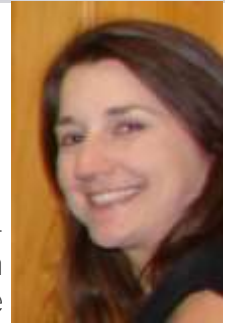
urday, September 20, 2014 starting at 8 a.m. LCA will have an exhibit tent providing information on LCA and LCA Divisions. Please come out and support LCA and theWalk4Recovery!

I look forward to seeing you in New Orleans for an unforgettable experience that will be remembered for years to come. Let's Live, Love, and most of all LAUGH! 😊



### ALGBTIC-LA Says a Mouthful with Social Media

By: Tiffany Cologne, President



ALGBTIC-LA recently launched its social media sites on Facebook and Twitter. The division plans to utilize Facebook and Twitter to provide counselors with information regarding issues pertinent to individuals identifying as LGBT+.

ALGBTIC-LA will also utilize the social media sites as way to highlight various community mental health resources and special events, such as local PFLAG meetings and other support resources. ALGBTIC-LA invites everyone to like their page by searching ALGBTIC-LA on Facebook and to follow them on Twitter @LGBTQ... Resources.



### Advocacy, Matchmaking, and Networking - The New CIAL!

By: Kenneth Schmitt, LPC, NCC, President



As my role as president begins, there are many exciting things coming for the CIAL division. We will continue to hold speed supervision events to help new graduates find the right supervisor. We will also look into continued advocacy to help new counselors find appropriate jobs and develop a network base.

At CIAL we are committed to making this transition in a counselors career a smooth one. If you have questions and/or concerns, please feel free to email me at [kjschmitt@gmail.com](mailto:kjschmitt@gmail.com).



### LAAOC: Working Towards One Mission

Latrina Raddler, LAAOC President



“A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history” - Mahatma Gandhi.

Louisiana Association of Addiction and Offender Counselors has

*(11 Division Presidents Reports, continued on page 8)*

the  
**MEDIATION  
INSTITUTE**



## FAMILY MEDIATION TRAINING FOR MENTAL HEALTH PROFESSIONALS

### 40 Hour Louisiana Family & Divorce Mediation Training

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Discover Accepted  
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Security CVS Code:



## Capture, Capture...The Healing Power of Laughter!

*By: Rashunda Miller Reed,  
Archives Chair*

The Archives Committee is responsible for helping to document and contribute to the history of LCA through photos. For the 2014-2015 year we hope to achieve four goals:

- Help celebrate the presidency of John Crawford and his theme of *The Healing Power of Laughter*.
- Capture the members embracing this theme, as well as other aspects of LCA.
- Recruit members to serve on the Archives Committee
- Continue the partnership with the Louisiana *Lagniappe*, Website, and Public Relations Committee by submitting professional and surprisingly entertaining photos of LCA members and events.

The leadership of LCA work together to keep **members informed about what's going on**. Likewise, the Archives Committee wants to keep you informed by providing up to date photos. Surely, everyone can appreciate a great photo every now and then. Photos help us to recall people, places, events, and experiences, such as the LCA Conference. Each year LCA seems to get bigger and better. I expect this year to be no different with our current President, John Crawford, who has chosen an amazing theme: *The Healing Power of Laughter*. I cannot think of a better organization to promote this theme than the Louisiana Counseling Association. During the conference, I would love to capture moments in which you allow healing and laughter to flow.

As the Archives Committee Chair, I hope to portray the LCA Conference as well as other events in a surprising and professional manner that reflects who we are as an association. That means I need your help. Every year at the conference I meet wonderful members who are shy about participating in what LCA has to offer. If you would like to take photos, be in a photo, or just lend a helping hand,

*(Capture, Capture, continued on page 9)*

one three point mission, and it is our membership and their unquenchable faith in our mission that keeps our division moving forward.

The mission of LAAOC is to maximize the effectiveness of Addiction and Offender Counselors in the State of Louisiana, 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. With a determined membership, our division has grown remarkably over the past few years, providing continuing education pre and post conference, providing an increased amount of addictions and offender related sessions at Louisiana Counseling Association annual conference, and offering networking experiences for our members at the conference as well.

*(11 Division President Reports, continued on page 9)*

An actual or perceived bias in a decision-making process that would reflect a dual role played by a member of the LCA Executive Board.

The issue will come before the General Membership meeting in September 2014. Pending approval of the general membership, the Conflict of Interest policy will be added to the LCA By-Laws.

During the July 19 Executive Committee meeting of the LCA Board of Directors, the By-Laws Committee took the opportunity to highlight 2 items from Article III, Section 4 of the By-Laws, pertaining to Division responsibilities. Specifically, item B discusses the need for Divisions to be submitting an Annual Report to the Executive Director by June 15 of each year. Also, item D discusses the need for Divisions to submit a Strategic Plan to the Executive Board by 90 days after installation of Division officers at the LCA Annual Meeting. The purpose of these items is two-fold: 1) adding these responsibilities takes a step towards formalizing the practices and efforts of each Division, and adds a sense of internal accountability for each Division, 2) adding these responsibilities provides Divisions with additional avenues to highlight the vision, goals, and activities of each Division to the LCA body-at-large who may not always know about all of the good work that occurs within all of the Divisions. 😊



LAAOC has great expectations for the 2014/2015 year. The executive board is excited about re-energizing our connection to our membership. To do this, we are wanting to actively engage in **dialogue with the membership**. At this year's conference, our division summit will be the initial engagement place. We are looking forward to speaking to and networking with the most important part of our division, the membership! The division summit will give members an opportunity to discuss their needs and desires of the division. What would you like to **see happen with the division in which you've invested**? That is the question for our summit. We would like to encourage our members to begin to have an internal dialogue about what LAAOC can do to enhance their membership.

In Gandhi's quote, it states that working towards one mission can change the course of history. **Working together towards LAAOC's mission can truly change the course of our divisions' history**. It will be the determined spirits of our membership that will be at the forefront of the change we seek.



### Come Pass A Good Time With Us!

By: Dr. Dawn Romano, LACES President

LACES, Louisiana Association for Counselor Educators and Supervisors Division, is planning an exciting year. We are currently electing our new board. Our goals this year include a statewide membership drive to increase participation and to unite all the LACES' chapters. This year we plan to promote professional networking, supervision training, and fun, fun, fun. Louisiana is a beauti-

(11 Division Presidents Report, continued on page 10)

Capture, Capture, continued from page 8

then consider the Archives Committee. This year, help us to capture *The Healing Power of Laughter*, and LCA. For more information please contact Rashunda Reed at [rtmiller\\_00@yahoo.com](mailto:rtmiller_00@yahoo.com). Capture you later! 😊

### Meet your Candidate for LCA President in 2017-18

By: Christine Ebrahim, 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 many 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 to 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.

🕒 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 experienc-

(Meet the Candidate, continued on page 10)

### *Meet The Candidate, continued from page 9*

es 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 presentations given at a variety of state, regional and national conferences, I have presented on the topic of ethics at LCA for the last 5 years, and been a part of several roundtable discussions and workshops on the topics of counselor education, supervision, and consultation over the last several years.

### *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

*(Meet the Candidate, continued on page 11)*

ful state, rich in culture and history. It is our hope that members across the state will invite all of us to visit their cities, make new friends, and learn about what makes their hometown special. Let's start with the LCA conference in New Orleans. Anyone up for a steamboat ride, swamp tour or a midnight ghost tour of the French Quarter. Stop by the LACES table and sign up to join us for a wonderful time.



### **Staying Inspired**

*By Kim Ester, LAMCD President*

This month I became president of the Louisiana Multi-Cultural Division of LCA, LAMCD. This position comes with the responsibility to promote the division and its goals, in addition to LCA. As I go about the business of promoting membership, I have been asked the questions--why should I join --- or what does it mean for me? One individual stated that the division had not really "appealed" to him.



*(11 Division Reports, continued on page 11)*



Come Be A Part of our Growing Team!

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**Licensed Professional Counselors  
Licensed Marriage and Family Therapists**

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email to [cchavis@phscenter.org](mailto:cchavis@phscenter.org)**

I decided to ask for a few moments of his time in order to give him an overview of the division's goals and to bridge this with issues that are occurring daily in our lives within our communities. LAMCD goals are to teach, advocate, and address the inclusive experiences related to diverse people such as: age, ethnicity, race, religion, disability, gender, sexual orientation, body images/obesity, multicultural identity, social class, socioeconomic status, and other identities. LAMCD is about the needs of people on a very basic level, which aims to educate others, to create welcoming environments, to collaborate on ideas and experiences, and to support those affected by injustices. After our discussion, I was informed that he had not really thought of some of the things I mentioned. Well, that's LCA and the division's mission, to educate, inform, and inspire those in our community and other professionals. It is important that while doing so we also examine ourselves individually and collectively, so that we may best project an essence that is conducive to our mission. Throughout our careers our work helps to facilitate acceptance, and inspire confidence and encouragement. We can find comfort in the fact that we know we are doing something right when we begin to observe positive changes. We also exalt our profession to deeper relevance when we elevate those who we encounter. It is important that we make it a lifetime mission to steadfastly work to eradicate society's ills. I have become inspired by the team of professionals that I have become a part of who actively promote the LCA organization and its divisions and truly want to see them flourish. It is hopeful that more are encouraged to become involved in both our division and Association's mission.



**Adieu!**

*By Kathleen Rhodes, LAMFC President*

"How did it get so late so soon?" This is a quote from Dr. Seuss that reminds me how quickly my tenure

*(11 Division Presidents Reports, continued on page 12)*

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.

 *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 the Candidate, continued on page 12)*

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.

### 🕒 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 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

*(Meet the Candidate, continued on page 13)*

as President of Louisiana Association of Marriage and Family Counselors has flown by. It has been an honor to serve with LCA President Bruce Galbraith and a pleasure to work with the entire LCA Executive Board and others so dedicated to ensuring that the counseling profession remains strong, professional, and relevant.

**The success of any division president's tenure** can be attributed to his or her fellow board officers for their willingness to serve. Thank you to my fellow LAMFC board members for their assistance in developing a new travel policy that will offer clarity for future officers traveling in support of LAMFC and the Louisiana Counseling Association. I owe a debt of gratitude to LCA Executive Director Diane Austin for her guidance and willingness to answer my procedural questions.

Good luck to all incoming LCA division presidents. I encourage all LCA members to step up and offer their time and support to the Louisiana Counseling Association. **Explore all of LCA's twelve unique and diverse divisions** each representing various aspects of the counseling profession.



### LASERVIC: Looking for Dialogue

*Dr. John "Jodey" Edwards, NCC, LPC-S, President*



The mission of LASERVIC is to serve professional counselors who believe that spiritual, ethical, and religious values are essential to the full development of the client as well as the profession and discipline of counseling. Members of LASERVIC seek to understand the role of spiritual, ethical, and religious values in counseling and where appropriate, strive to integrate these aspects into counseling and other developmental processes. LASERVIC members appreciate the uniqueness of individuals and respect each person's journey of growth and development.

*(11 Division Presidents Report, continued on page 13)*

I'd like to take this opportunity to introduce myself as the incoming division president of the Louisiana Association of Spiritual, Ethical and Religious Values in Counseling. I have been in private practice for ten years, and I work as a consultant and educator. I am the Director/Mental Health Consultant for a Medicaid provider company servicing the developmentally disabled and elderly, and I have taught psychology classes for the past five years at Claiborne Christian School in collaboration with LA Tech University and the University of Louisiana at Monroe. I also provide professional services for Louisiana Probation & Parole in rural areas, and I provide training and consultation for educational institutions and churches that are setting up counseling services and continuing education programs. If you would like to know more about my areas of interest, training, work history, and/or educational history, please email a vitae request to [jodey1@msn.com](mailto:jodey1@msn.com).

Based upon the outlined LCA mission of LA-SERVIC, I would like to take this time to note some growing interests and potential complications in the area of mental health. It is important to note the increased research related to spirituality, especially the use of prayer and certain meditative practices within mental health fields. This research, although sparse for many years, has been consistently growing, and it has had an impact on services rendered in both religious as well as secular settings and educational institutions. This has brought up many ethical concerns, discussions, and debates, and the peer reviewed literature and research has continued to expand. Reviewing our ethical code as outlined by the American Counseling Association, specifically Section A.4.b., Personal Values, has brought up much dialogue as well as some confusion. However, as with any code of conduct/ethical guide, this was established with patients' best interest in mind, but due to the scope of the issues at hand, this language may need to be revisited.

At this point, I am hoping to spark dialogue and meaningful conversation. As all people have a worldview and belief system, it is nonsensical to try to avoid this aspect of people's lives, especially within the context of counseling. Thankfully, research and literature is starting to catch up with this, and we are

*(11 Division Presidents Report, continued on page 14)*

See you in  
New Orleans  
for the  
2014 Annual  
LCA Fall  
Conference?!



*Meet The Candidate, continued from page 12*

for mental health services for Louisiana citizens, as well as the profession of counseling.

**🕒** *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 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.

*(Meet the Candidate, continued on page 14)*



Don't forget to vote!  
You have 3 ways to cast  
your ballot! See ballot  
on page 2 for details.

*Meet The Candidate, continued from page 13*

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. 😊



*Incoming President's Theme*  
**The Healing Power of  
Laughter**

*By Vinetta Frie, Lagniappe Editor*

You may have noticed by now, that every year, your newsletter changes just a little. This change is to incorporate the incoming president's theme. Each new president's theme often reflects a personal vision and is reflected in the LCA Annual Fall Conference, their administrative choices, and even in their professional life. Who could forget Ron Cathey's theme of Gratitude? Or Cindy Nardini's "Are you H.I.P.?" Or Bruce Gilbraith's "It's Our Time?" This year is no different.

I have had the pleasure of working with LCA President John Crawford for many years. I met him when he was Archives Chair .. the first time; he did such a good job, he was reappointed to that post by three different LCA Presidents! It is rare to see him without a smile. His choice of the Healing Power of Laughter as his theme is not a reach.



Embodying John's theme is pictured here in the smiling faces. Our current Archives Chair, Rashunda Reed will attempt to capture your smiles and laughter at the Conference. I hope seeing these smiles will ignite yours! 😊

seeing an influx of counseling techniques and theories, such as integrative systems and evidence-based treatments like Dialectical Behavior Therapy, using techniques such as prayer and meditation within their theory and practice. Along with my desire to open conversation within the mental health field, it is also my desire to see this division grow, and it is my opinion that every member of LCA should also be an active member of LASERVIC.

I hope this article helps you to see some of my interests. I also hope to begin a meaningful discussion with all LCA members as well as other mental health professionals. **LASERVIC's missions will affect everyone within the mental health field.** Again, if you would like to contact me, I can be reached via [jodey1@msn.com](mailto:jodey1@msn.com).



**LCDA: A Shift in Gears**

*Kerri T. Spears, M.A., C.I., LCDA  
President*



It is my pleasure to write this message as Louisiana Career Development Association (LCDA) 2014-2015 President. I am a recent graduate from Southern University's Mental Health Counseling graduate program. A few members from LCDA assisted me with personal and professional development, career training and transition from student to professional: Backpack to briefcase as some would call it! Now it is time for me to give back to the LCDA community. I am honored with a vast amount of energy and commitment to execute and lead the efforts of LCDA.

Today, LCDA is in a diverse and unique place. **Within the past year, we've had a slight increase in membership, published a special edition newsletter**

*(11 Division Presidents, continued on page 15)*



**The Healing  
Power of  
Laughter!**

with articles from many well-known career development professionals and created a social media presence on Twitter, Facebook and LinkedIn. We also offered our members a conference with a national and international speaker that made history for LCDA. We have another opportunity to serve the needs of our members with another outstanding conference that will be held on Friday, January 16, 2015 at Mockler Beverage. We will continue to work diligently to provide our members with beneficial resources.

While we have achieved a great deal, there is so much more to do as we work towards the organization's mission and goals. I invite you to join us on this journey. LCDA has many opportunities for professional development, services and networking. You can visit us at [lacareerdevelopment.org](http://lacareerdevelopment.org). If you have any questions please contact me at [kerriterrell@yahoo.com](mailto:kerriterrell@yahoo.com).



## Social Justice is For Everybody!

By Louis Lowrey, LCSJ President

Wherever we look, issues of social justice are present. Obvious to us are issues almost as big as our world: tragedies, wars, the displacement of children, and political issues which confound our leaders and ourselves. But also, there are issues close to home. Some of these are the inability of our clients to access health care, difficulties which students have in accessing needed services, Louisiana has many fine attributes, and most of us would choose all over again to live here. In our professional practice, we find ourselves advocating for those persons without power, influence, or voice. And that is a constituent part of our practice.

The Louisiana Counselors for Social Justice Division of LCA is a non specialty division of our state association which unites counselors who routinely use social and restorative justice principles in serving our clients. We provide continuing education presentations, archives of related practice articles, presentations at the annual LCA Conference, and

Article continues in the next column

encouragement for counselors to stay in touch with all of these sensitive issues. For example, at the Annual Conference, we are scheduled to have two presentations, one by Mr. Welborn Jack, Jr, a well respected defense attorney who represents persons on death row. Another presentation is in the works by Iman Nawash on issues in the Middle East involving children. Please stay tuned for updates.

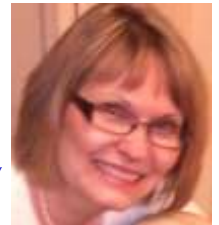
And please encourage your colleagues to join our division. Annual dues are only \$5, and the membership can be added to your LCA subscription at any time of the year. It is almost less than a Starbucks latte, and it lasts longer!

Thank you for your interest. And for those who are current members of LCSJ, I say a hearty thank you!



## LCA & LMHCA Are Sponsoring Walk4Recovery

By: Cindy Escandell, PsyD, LPC,  
LMHCA President



When was the last time you thought about running? How about walking? When did you last hit the track? Getting physical exercise may not be the first thing one thinks of when going to New Orleans - other than doing the French Quarter stroll, Second Line, or "wogging" (walking/jogging) across Canal Street to beat the dreaded flashing red hand. When was the last time you thought about helping someone out? Of course, we help others every day. Why not help a non-profit group, get a little Pre-Conference fresh, warm air and sunshine and inform the public about our great Division?

Action Against Addiction is a non-profit group dedicated to the prevention of substance abuse and its devastating impact on the individual and the community. They deliver evidence-based substance abuse prevention programs to thousands of public and private school students, parent and community groups. They have also collaborated at governmental levels to help shape policies to create a safer and healthier community (We can relate to working at the governmental level, can't we?).

## Louisiana Lagniappe

*11 Division Presidents Report, continued  
from page 15*

On Saturday, September 20, 2014 Actions Against Addictions is sponsoring a Walk4Recovery 5K run and 1 mile walk benefit. This event will begin at 8 a.m. at the City Park Festival Grounds, Reunion Shelter at Friedrichs Avenue in New Orleans. This is easily accessible from the hotel by street car.

LCA is helping to sponsor this event and will have an information table and banner with LCA and participating Division names. The LMHCA Board voted to participate in this event which will generate exposure to our Division and help out a worthy cause at the same time.

Registration is \$25 which includes the all-important t-shirt. Registration forms are available at [www.walk4recovery.org](http://www.walk4recovery.org). The deadline to register is August 23, 2014.

If you are not attending any Pre-Conference sessions, we are asking for volunteers to wo(man) the LCA table on race day. If you have further questions or need additional information please contact **LCA's Public Relations Co-Chair** Adianne Trogden at [atrog2@gmail.com](mailto:atrog2@gmail.com).

I look forward to walking or “wogging” with my fellow LMHCA members. See ya'll on the track.



### School Counselors Are Better Together!

*By: Frank Phinney, LSCA President*

As the incoming president of **LCA's largest division, the Louisiana School Counselor Association**, it was time for me to select a theme that would encapsulate my vision. As a new father, I am inundated with children's TV programming and I can often be found watching these shows even after my 14 month old son has lost interest. **Disney Jr.'s Handy Manny** in particular has begun to “speak” to me. His phrase “*todos juntos*” which he uses to encourage his many construction tools to combine their skills and work together, has led me to the theme of

*(11 Division Reports, continued on page 17)*

## How to Stay Connected

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



The Louisiana Counseling Association Graduate Student Committee is aiming to foster statewide collaboration and professional networking opportunities for LCA graduate students. As your graduate student representative, I wanted to provide you with updates on events organized for current graduate students and new professionals.

The Alpha Eta Chapter of Chi Sigma Iota and the Counseling Intern Association of Louisiana (CIAL) will be hosting a joint brown bag meeting, **the “Graduate Student 101” workshop and a graduate student social** at the 2014 LCA Annual Conference. The annual Louisiana Counseling Association Conference will be held at the Intercontinental Hotel 444 St. Charles Ave. New Orleans, LA 70131. You will find more information at the following address: <http://www.lacounseling.org/lca/Registration.asp>.

Registration for the 2014-2015 Big Times in the Big Easy Seminars is now open. The seminars are sponsored by the Alpha Eta Chapter of Chi Sigma Iota, the counseling honor society at the University of New Orleans and the McFarland Institute, a division of Baptist Community Ministries. Visit <http://www.bigeasyseminars.com/default.html> for more information and registration. Each seminar is conducted by nationally acclaimed trainers is held on Saturday from 9am-4pm in Lindy C. Boggs International Conference Center. Early bird graduate student admission is \$15 and free for current UNO counseling students.

I would like to invite you to access the Chi Sigma Iota Louisiana Webpage to link up, share experiences, post web pages for announcements, leadership directories, chapter documents, newsletters, and much more. By joining the Louisiana group, **graduate students share their chapter's successes and challenges** as well as brainstorm future statewide events or consortiums for chapters. Join the Louisiana group, by logging into [www.csi-net.org](http://www.csi-net.org) select 'Join Group'.

You can contact your Graduate Student Representative by email at [cdvarnad@uno.edu](mailto:cdvarnad@uno.edu). Remember to stay connected via the Chi Sigma Iota Louisiana webpage. 😊



## *A Conference Change is Coming!*

*By Vinetta Frie, Lagniappe Editor*

There is a change you are likely to notice at the fall conference. It is one that many people may not like. But it is a change we have mentioned in the post-conference newsletter issue for several years.

In these days of rising costs and static salaries, no one likes to pay more. As your Association continues to offer the most CEU opportunities at the lowest possible costs while promoting networking and professional rejuvenation, the costs of holding our annual event rise each year. Your leadership has two choices: increase the cost of the conference or reduce some of the perks like “free” refreshment breaks. I think you know what we decided. Rather than paying more than a thousand dollars for a coffee service soft drinks and cookies for a single break period, we made the logical choice. It didn't make sense to keep this tradition if it also raised the cost of your registration.

As I remember the lessons of being prepared – yes, I was a Girl Scout – I did not want you to be surprised. There are many places in and near the hotel where you might obtain refreshments. Tuck that cute thermal bag you take your lunch to work and slip it into your Conference tote bag. We are counselors – we know how to adapt! 😊

Louisiana Lagniappe



## The Healing Power of Laughter!

*11 Division Presidents Report, continued from page 16*

my year as LSCA President – Better Together!

Over the past several years we as an organization have had to lead the charge against those who have sought to eliminate our jobs, fought to be included in discussions that impact the future of our students, define and advocate for our unique set of skills, etc. These situations required that we took an approach of “us versus them”; however, if we want to maintain all that we have achieved we cannot afford to remain in this mindset!

In the coming year I have set a goal for LSCA to begin to work **Better Together** with other education associations (Superintendent, School Board, Principal, Teacher, etc.). I plan to begin this process by sending a letter to each president of the other state associations and invite them to begin to collaborate and work together on common goals for the students of Louisiana. I believe that forming an alliance with each of these organizations can have a dramatic impact on the future of education in Louisiana by providing a unified voice on common issues, and a better understanding of our respective roles.

Look forward to seeing you all at the LCA conference in New Orleans. Until then remember that we are “Mejor Juntos” – Better Together! 😊



*Some 2014 LCA Committee Chairs at recent Board Meeting.*

*L-R, front row:  
Adrienne Trogden,  
Rashunda Reed,  
Eric Odom,  
Cindy Nardini.*

*L-R, back row:  
Peter Emerson,  
Vinetta Frie,  
Tim Fields, Matt Lyons*

## Public Relations Gone Viral!

By: Erin Dugan and Adrienne Trogden,  
Public Relations Committee Co-Chairs

The Public Relations Committee has gone viral. This year, Co-Chairs, Erin Dugan and Adrienne Trogden, are taking the PR of LCA to the next level. "We have big shoes to fill," states Dugan, Associate Dean of Academic Affairs at LSUHSC. "Is this meeting over yet, I need to start multitasking to get all the innovative ideas going," says Trogden. Dugan and Trogden have big shoes to fill. Former co-chairs, Lisa Newman and Lisa Launey, planned and implemented many new endeavors during their terms as PR co-chairs.



This year, not only will the PR committee work to publicize the LCA Annual Conference, but they are starting new endeavors and connecting with social media on sites such as Facebook, Twitter, Instagram, press releases in home towns of LCA members including radio, TV, and newspapers. Better yet, the PR team will be implementing the LCA Conference App in which attendees can access conference events, presentation and meeting times, social events in which attendees can begin connecting with other professionals to gain education, knowledge, research, and collaborative partnerships. The PR team will also be connecting with the LCA division and committee presidents in order to promote recognition of counseling as a profession. We are doing research

to find the best community service from LCA to the conference and will be reaching out to local organizations in New Orleans to find a suitable agency to connect with in order to promote the outreach and service of the association.



Lastly, Dugan and Trogden are creating a video stream in which professional, student, intern, and retired LCA members share what their LCA membership means to them, how their LCA membership benefits them, and why they like being a part of LCA. Association, conference, division, committee, membership, and awards announcements will be headed your way soon so stay tuned! 😊

Association, conference, division, committee, membership, and awards announcements will be headed your way soon so stay tuned! 😊

## Scenes from the July LCA Board Meeting

All photos by Rashunda Reed, Archives Chair



L-R Above: Austin White, Business Manager; Diane Austin, Executive Director; Mylesha Spears-Beard, Secretary; and John Crawford, President

Right: Michael Monic, Parliamentarian



Left: Burce Galbraith, Past President

Below: Kelly Laurio and Tiffany Colonge, AGLEBTIC.



# Louisiana Coalition for Violence Prevention

## *Do You Know Enough to Prevent the Next Sandy Hook?*

If the potentially violent individual can be identified early, by those directly involved, steps can be taken to reduce the likelihood that a violent act will occur. Research completed over the past two decades has provided clear evidence of identifiable risk factors and helpful protective factors useful in reducing potential danger.

The Louisiana Coalition for Violence Prevention, a multidisciplinary coalition of professionals who have embraced a mission to eliminate violence in our state, is partnering with Professional Training Resources and scientists from Louisiana Tech to provide an empirically-based continuing education workshop for mental health professionals to build skills for violence prevention.

Dr. John Simoneaux of Professional Training Resources and director of the Coalition's Institute will present a daylong CEU/CPD training event on Risk Assessment throughout the state this fall. Dates are:

Sept 26	West Monroe
Oct 3	Baton Rouge
Oct 24	Kenner
Oct 31	Shreveport
Nov 21	Lafayette

For information go to:

<http://professionaltrainingresourcesinc.com/upcoming-events/obsessions>

For more about the Coalition go to <http://louisianacoalitionforviolenceprevention.com>

Or, speak with any of our steering committee members: Yael Banai, EdD, McKay Bonner, PhD, Bryan Gros, PhD, Bobette Laurendine, MSW, LCSW, E. Francoise Parr, SSP, NCSP, Cindy L. Nardini, MS, LPC, John C. Simoneaux, PhD, or Carmen D. Weisner, LCSW, ACSW. Community sponsor: *The Psychology Times*.

Learn What Every Mental Health Professional Needs to Know about Violence Prevention.

***Be Part of the Solution.***

## 2014 - 2015 LCA Leadership Roster

### LCA Elected or Appointed Officers and Contract Workers

John Crawford, <i>President</i> <a href="mailto:JOHN615549@aol.com">JOHN615549@aol.com</a>	<i>Iman Ennabut Nawash</i> President Elect-Elect <a href="mailto:iman97@aol.com">iman97@aol.com</a>	Michael Monic, <i>Parliamentarian</i> <a href="mailto:mfmonic@yahoo.com">mfmonic@yahoo.com</a>	Diane Austin, <i>Executive Director</i> <a href="mailto:lca_austin@bellsouth.net">lca_austin@bellsouth.net</a>
Tim Fields, <i>President Elect</i> <a href="mailto:tfield1@lsu.edu">tfield1@lsu.edu</a>	Bruce Galbraith, <i>Past President &amp; Nominations Chair</i> <a href="mailto:gotoschoolman@yahoo.com">gotoschoolman@yahoo.com</a>	<i>Myiesha Spears-Beard</i> Secretary <a href="mailto:restorecounselingservices@gmail.com">restorecounselingservices@gmail.com</a>	Austin White, <i>Business Manager</i> <a href="mailto:aus-tin@northdeltamanagement.com">aus-tin@northdeltamanagement.com</a>

### LCA Division Presidents

<b>ALGBTIC-LA</b> Tiffany Cologne, Assoc. of Lesbian, Gay, & Transgendered Issues in Counseling of LA <a href="mailto:tcologne@cox.net">tcologne@cox.net</a>	<b>CIAL</b> Kenneth Schmitt Counselor Intern Association of Louisiana <a href="mailto:kjschmitt@gmail.com">kjschmitt@gmail.com</a>	<b>LAAOC</b> Latrina Raddler, LA Assoc. of Addiction and Offender Counselors <a href="mailto:lraddler@yahoo.com">lraddler@yahoo.com</a>	<b>LACES</b> Dr. Dawn Romano, LA Assoc. of Counselor Educators and Supervisors <a href="mailto:dawnromano@live.com">dawnromano@live.com</a>
<b>LAMFC</b> Donnie Underwood, LA Association of Marriage and Family Counselors <a href="mailto:Monroe109@bellsouth.com">Monroe109@bellsouth.com</a>	<b>LAMCD</b> Kimberley Ester, LA Assoc. for Multicultural Counseling and Development <a href="mailto:kimberley05903@aol.com">kimberley05903@aol.com</a>	<b>LASERVIC</b> Dr. John "Jodey" Edwards LA Assoc. for Spiritual, Religious & Ethical Values in Counseling <a href="mailto:jodey1@msn.com">jodey1@msn.com</a>	<b>LCCA</b> Candace Parks LA College Counseling Association <a href="mailto:candace.park@nicholls.edu">candace.park@nicholls.edu</a>
<b>LCDA</b> Keri Spears LA Career Development Association <a href="mailto:kerriterrell@yahoo.com">kerriterrell@yahoo.com</a>	<b>LCSJ</b> Lewis Lowrey LA Counselors for Social Justice <a href="mailto:lowrey@cp-tel.net">lowrey@cp-tel.net</a>	<b>LMHCA</b> Cindy Escandell LA Mental Health Counselors Association <a href="mailto:cindy@escandell.com">cindy@escandell.com</a>	<b>LSCA</b> Frank Phinney LA School Counselor Association <a href="mailto:fjphinneylpc@gmail.com">fjphinneylpc@gmail.com</a>

### Appointed Committee Chairs and Co-Chairs

<b>ADA Compliance</b> Joan Gallagher <a href="mailto:jgallag@lsu.edu">jgallag@lsu.edu</a>	<b>Archives:</b> Rashunda Miller Reed <a href="mailto:rtmiller_00@yahoo.com">rtmiller_00@yahoo.com</a>	<b>Awards:</b> Dr. Jodey Edwards <a href="mailto:jodey1@msn.com">jodey1@msn.com</a>	<b>By-Laws &amp; Strategic Planning:</b> Eric Odom <a href="mailto:ericodom1@hotmail.com">ericodom1@hotmail.com</a>
<b>Conference On-Site Chair</b> Tim Fields <a href="mailto:tfield1@lsu.edu">tfield1@lsu.edu</a>	<b>Finance:</b> Tim Fields <a href="mailto:tfield1@lsu.edu">tfield1@lsu.edu</a>	<b>Government Relations</b> Cindy Nardini <a href="mailto:cnardini@juno.com">cnardini@juno.com</a>	<b>Graduate Student Rep.</b> Chantrelle Varnado Johnson <a href="mailto:cdvarnad@uno.edu">cdvarnad@uno.edu</a>
<b>LCA Newsletter:</b> Vinetta Frie, Editor <a href="mailto:frienews@yahoo.com">frienews@yahoo.com</a>	<b>LCA Journal:</b> Peter Emerson, Co-Editor <a href="mailto:pemerson@selu.edu">pemerson@selu.edu</a>		<b>LPC Board Liaison</b> Mary Alice Olsan, Exec. Director <a href="mailto:lpcboard@eatel.net">lpcboard@eatel.net</a>
<b>Membership:</b> <i>Iman Ennabut Nawash</i> <a href="mailto:iman97@aol.com">iman97@aol.com</a>	<b>Public Relations Co-Chairs:</b> Erin Dugan <a href="mailto:eemarn1@yahoo.com">eemarn1@yahoo.com</a>		<b>Professional Development:</b> Joan Fischer <a href="mailto:jfischer@olhcc.edu">jfischer@olhcc.edu</a>
		Adrienne Trogden <a href="mailto:atrog2@uno.edu">atrog2@uno.edu</a>	

## Louisiana Lagniappe



***LCA Leadership at July Board Meeting:  
L-R: Dr. Iman Nawash, President Elect-Elect,  
John Crawford, President, Tim Fields, President Elect***

LCA Member Services: 1-888-522-6362

LCA Website: [www.lacounseling.org](http://www.lacounseling.org)



### With Heartfelt Thoughts and Prayers

Dr. Meredith Nelson, Co-Editor of the LCA Journal lost her father in April.

Scott LeJeune, former member LCA's Executive Team, lost his Grandfather in May.

We need your help to acknowledge any member's illness, grieving, or recent death. Please contact either Vinetta Frie, [frienews@yahoo.com](mailto:frienews@yahoo.com) or [lca\\_austin@bellsouth.net](mailto:lca_austin@bellsouth.net) to reach Diane Austin. The information you provide will be shared in a space like this with our Association. Thank you, in advance.

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.

#### ***NEWSLETTER CORRECTION***

Please contact Vinetta Frie, Editor via [frienews@yahoo.com](mailto:frienews@yahoo.com). Please use *Lagniappe Error* in the subject line.

#### ***LAGNIAPPE TEAM***

Your newsletter is the result of the following team: Vinetta Frie, Editor; Diane Austin, Contributing Editor; Vicki Guilbeau, proofreader

#### ***SUBMISSIONS***

Send all submissions to newsletter editor, Vinetta Frie via e-mail. Use her address: [frienews@yahoo.com](mailto: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 2014-2015**

#### **SUBMISSION DEADLINES:**

**October 3, 2014**

**February (TBA)**

**May 15, 2015**