



LOUISIANA COUNSELING ASSOCIATION

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LAMFC • LASERVIC • LCCA • LCDA
LCSJ • LHMCA • LSCA • PLPC

Louisiana Lagniappe

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LCA is the state branch of the American Counseling Association

Spring 2016



LCA Announces Candidates for LCA President 2018-2019

By John R. Crawford, Past President

John R. Crawford, Past President of LCA and Committee Chair of Nominations and Elections have announced the candidates for the LCA Presidential Election (2018-2019). The candidates running in the 2018-2019 election are: Dan Jurek, President of LASERVIC and Adrienne Trogden, President of LAAOC/ Public Relations Co-Chair. You can meet the candidates at the 2016 LCA Annual Conference that will be held at the Baton Rouge Crown Plaza Hotel on September 24-27, 2016. Please vote in this upcoming LCA President election. ☞



Tim Fields presenting the LCA contribution check from the LCA Conference to Susanne Dietzel, Eden Hours Executive Director and two of her staffers at the New Orleans location. LCA presented \$1,009 dollars to Eden House; \$300 dollars of that donation was a generous gift from LASERVIC. Dr. Dietzel, wants you to know how honored Eden House was to be selected as LCA's 2015 Community Project. Photo by Joyce Fields

Presidential Perspective... A Personal Counseling Statement

By: Tim Fields, LCA President



An effective counselor must learn how to slow time with every student they seek to help. It is as necessary as learning to gauge a client's commitment to actively affect change in their lives once alternatives and consequences are discussed. Sometimes these life-altering discussions happen in short term sessions, some are parlayed into long term therapy. The uncertainty within those uncharted waters is what makes counseling so appealing to me. How to guide them, and what tools do we use? How to listen to them without having already formulated a response? How to let them discover ways to resolve problems without acting as their perennial problem solver?

It has taken twenty five years of counseling practice to realize that I have been a counselor most of my life. Whether it was mediating within my family of 5 siblings or negotiating boundaries between adolescent couples or between them and their parents; counseling in that most primitive form only whet my appetite for more. College counseling has been the most rewarding part of a rewarding professional life. Though certain that I have not reached every person that has sat with me, the challenge and desire to help others find peace and/or acceptance still rings as true now as when I began at LSU. As I grew into my profession, I began to realize what a responsibility I had to the future of the planet, but mostly, to the present quality of life of each person that sought my coun-

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Secretary's Report
Mini Minutes from LCA Executive Board Meeting

By: Vickie Thompson, LPC, Secretary

The LCA Executive Board Meeting was held at the West Baton Rouge Conference Center in Port Allen, Louisiana on February 19, 2016. In the absence of Tim Fields, LCA President, John Crawford, Past-President, called to order the meeting.

The Board conducted the following business on behalf of the Association:

✎ Austin White, Business Manager, presented the Financial Report and the 2015 Conference Financial Report. Both reports were accepted. The conference allocation was voted on and approved for payout based on net income of \$102,867.25. LCA received a profit of \$80,136.84. The remainder will be disbursed to the divisions based on the number of division members attending the 2015 Conference. The disbursement to the divisions will be:

- ✎ ALGBTIC: \$175.82;
- ✎ PLCA: \$1,714.25;
- ✎ LAAOC: \$703.29;
- ✎ LACES: \$945.04;
- ✎ LAMCD: \$429.75;

(Mini Minutes, continued on page 5)



Presidential Perspective, continued from page 1

sel. I have learned that my diagnosis of the situation, and path to its resolution, were useless if I could not engage him or her. Engaging them – learning a bit about what brought them to my door, what behaviors they had employed to resolve the conflict prior to this meeting, even their preconceptions about the situation, and how it fit their goals and dreams – to make them more accountable in their lives. They had to learn perspective; and maybe different ways to manage unfamiliar territory, like most every new college student in this new millennium.



I know that it is quite a lot to chew on, but whether we are conscious of it or not, it is on the table every time a 'client' enters our office. My job is to be professional, welcoming, knowledgeable, and patient with every student or client who seeks my assistance. If I can will that to happen more often than not, then the likelihood of them experiencing positive change, perhaps even resolution, increases with every client that comes through my door.

*Google image labeled for non-commercial reuse

Tim

Congratulations to LCA 2015 Award Winners

What a wonderful conference we had----crowded yes but it was a wonderful experience for networking and learning. The LCA annual awards were given to several deserving individuals:

- LCA Graduate Student Award: Chris Lauer
- LCA Advocacy Award: Dr. Alice Cryer-Sumler
- LCA Distinguished Professional Service Award:
Dr. Reshelle Marino
- LCA Distinguished Legislative Award:
Louisiana State Senator Yvonne Dorsey-Colomb

Congratulations to each of our recipients. ✎



LCA Fall Conference 2016

Information Submitted by Diane Austin, Executive Director

2016 Conference Rates*

The 2016 LCA Conference will be held at the Crown Plaza Hotel, Baton Rouge September 25-27 with pre-conference workshops on September 24. Registration at the hotel is open. The code for the LCA book of rooms is LCA. This year, the conference theme is **Diversity: the Spice of Life**. According to hotel specs, there are a total of 1950 seats available for the content sessions. The LCA Executive Board voted to maintain the online conference registrations the same as 2015.

There is a discount for registering for conference online. The discount is already figured into the rates available online. See the chart for additional details

While complete information will be available on the website after April 15, LCA is proud to announce the following pre-conference workshops:

- ☞ Tips for following the ACA Code of Ethics – David Kaplan, ACA Chief Operating Officer 6.0 CE clock hours in Ethics
- ☞ LMFT Ethics — Brian Canfield. 6.0 CE clock hours. This workshop is co-sponsored by IAMFC.
- ☞ Social Media; Technology Tips and Tricks: Working with Parents Around These Issues—Dr. Russ Sabella. This workshop is co-sponsored by LSCA. 3.0 CE Clock hours
- ☞ A Day of Mindfulness-- Kate Zimmerman 6.0 CE clock hours (A.M. hours participants will improve their personal skills while p.m. hours will illustrate using mindfulness in your practice.)
- ☞ Suicide Intervention --Shannon Klaptch 3.0 CE clock hours (will meet the DOE require-

Received (not postmarked) in the LCA Office no later →	August 15 Hard Copy	August 15 Online*	Sept. 12 Hard Copy	Sept. 12 Online*	On Site Fees Available after 9/24
Professional member	\$290.00	\$260.00	\$310.00	\$280.00	\$330.00
Prof. member 1 day	\$155.00	\$125.00	\$180.00	\$150.00	\$200.00
Prof. member 2 days	\$280.00	\$250.00	\$300.00	\$270.00	\$320.00
Student member	\$130.00	\$100.00	\$150.00	\$120.00	\$170.00
Student mem. 1-day	\$80.00	\$50.00	\$105.00	\$75.00	\$95.00
Student mem. 2-days	\$100.00	\$70.00	\$120.00	\$90.00	\$110.00
Retired member	\$130.00	\$100.00	\$150.00	\$120.00	\$170.00
Retired member 1 day	\$80.00	\$50.00	\$95.00	\$75.00	\$95.00
Retired member 2 day	\$100.00	\$70.00	\$100.00	\$90.00	\$110.00
PLPC	\$130.00	\$100.00	\$140.00	\$120.00	\$170.00
PLPC 1-day	\$80.00	\$50.00	\$95.00	\$75.00	\$95.00
PLPC 2 days	\$100.00	\$70.00	\$100.00	\$90.00	\$110.00
Non-Member	\$450.00	\$420.00	\$470.00	\$450.00	\$500.00
Non Mem. 1 day	\$250.00	\$220.00	\$270.00	\$250.00	\$300.00
Non Mem. 2 days	\$350.00	\$320.00	\$370.00	\$350.00	\$400.00

- ments)
- ☞ NASP PREPARE Workshop 1: Crisis Prevention and Preparedness –Vicki Guilbeau 6.5 CE clock hours (Materials must be ordered for this class so registration closes for this workshop August 15.)

Registration for the preconference 3-hour workshops will be \$40.00; for the 6-hour preconference workshops the cost will be \$80.00. Registration fees may be paid by check, money order, cash, credit card, or purchase order for Advanced (Early

Article continues in next column

(Continued on page 5)



LCA Welcomes Our Newest Organizational Member!

By Diane Austin, LCA Executive Director

Join us in welcoming our newest organizational member:

LSU HEALTH SCIENCE CENTER DEPARTMENT OF CLINICAL REHABILITATION AND COUNSELING

The Master of Health Sciences in Clinical Rehabilitation and Counseling (MHS-RC) program is fully accredited by the Council on Rehabilitation Education (CORE) and the Council for Accreditation of Counseling and Related Educational Programs (CACREP) and is a 60 credit hour graduate program with a strong counseling focus. The program prepares counselors to assume the full range of professional responsibilities required in community rehabilitation agencies and counseling organizations, private as well as publicly funded and non-profit, and to contribute to scholarship and service locally and nationally. Contact via <https://alliedhealth.lsuhscc.edu/rc/aboutus.aspx> or 504-556-3453.

We also encourage you to support our growing list of organizational members which already includes the following. For additional information visit the member directly using the contact information provided below or http://www.lacounseling.org/lca/Organizational_Membership.asp which is LCA's website.

ALLEN OUTREACH, Inc.

Allen Outreach is a 501 C(3), not-for profit agency in Oakdale, Louisiana, which provides a variety of programs and activities to assist clients in developing strong coping skills, behaviors, and problem-solving techniques to live better lives. Contact via <http://www.allenoutreach.org> or 318-335-3578.

PHYSICIANS BEHAVIORAL HOSPITAL

Located in Shreveport, Louisiana, Physicians Behavioral Hospital is a 24-bed behavioral health unit that offers both psychiatric and chemical dependency treatment in addition to extensive outpatient services. Contact via <http://www.pbhospital.com/about-us> or 318-550-0520 or 1-855-415-0040.


COUNCIL ON ALCOHOL AND DRUG ABUSE (CADA)

CADA is a community-based health agency which was founded in 1960 that provides substance abuse prevention, education and assessment services for both youth and adults in Orleans, Jefferson, St. Bernard, St. John and St. Tammany Parishes. Contact via <http://www.cadaqno.org> or 504 821-2232.

PECAN HAVEN ADOLESCENT ADDICTION CENTER

Pecan Haven Adolescent Addiction Center is a new residential and outpatient treatment facility for teen boys, ages 13-17, with a bed capacity of 35. Pecan Haven is located on a 35 acre pecan grove near Monroe, LA. Contact via <http://www.pecanhaven.com>

LOYOLA UNIVERSITY DEPARTMENT OF COUNSELING

Loyola's Counseling Program offers eligible counseling graduate students a carefully designed curriculum that will prepare them personally, academically, and professionally to become skilled clinical mental health counselors. Contact via https://www.petersons.com/graduate-schools/loyola-university-new-orleans-college-of-arts-and-sciences-department-of-counseling-000_10046724.aspx 

Article continues in the next column



Strategic Planning

By Dr. Matthew Lyons, Strategic Planning Chair

“Begin with the end in mind.”

— Stephen R. Covey

Have you ever taken an impromptu road trip? The kind where maybe you wake-up in the morning realizing that you have a free day and you grab a bottle of water and some money and just take off, destination undetermined? Or are you the type that likes to plan, always have a destination, a route to the destination, and at least some thoughts about your stops along the way?

Stephen Covey (2004) writes in *The 7 Habits of Highly Effective People*, that we should begin with the end in mind. The principle suggests that all things are created twice. First it is created in our minds. We conceptualize our destination, our goal, the end product, etc. The second creation is the physical creation. Our vision comes to fruition as a product, goal attainment, or arrival at our destination.

There are many forces that frequently prevent us from creating twice and beginning with the end in mind. Two of the most common are simply our own personality preferences and the other is the taxing demand on our time.

Covey (2004) suggests that mission statements can help provide the organizing picture in our minds to frame our first creation, our vision. Our mission statements help us stay rooted in our core values and decide when to say both yes and no. They help us decide which routes to take, which products to create, or which goals to pursue.

The mission statement for LCA reads: **“The mission of LCA is to enrich the life processes and to advance the profession of counseling within the state of Louisiana.”** This mission is the guide for all of us providing leadership in the organization. It provides the framework for which we can vision the future of LCA and the action of our divisions. It is an exciting time to be part of the LCA as we continue to develop strategy to accomplish our mission. It is a good time to remember our vision and make sure that we always begin with the end in mind. ✎

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LCA Conference 2016, continued from page 3

Bird) and Pre-Registration.

New for this year’s conference, on-site registration can only be paid by using money order, cash, and credit card. **PERSONAL CHECKS WILL NO LONGER BE ACCEPTED ONSITE — no exceptions.** Conference Participants who must use purchase order, check, and money order must utilize the Advance or Pre-Registration options online, and will also get to take advantage of the online discount. When finalizing online registration, the participant indicates that he or she is paying with a purchase order, check, or money order. To finalize the transaction, the purchase order form is then faxed or mailed to the LCA office or the check or money order is then mailed to the LCA office.

Should you need a refund of your registration fees, it must be requested in writing **before September 20**; Your purchase, minus a \$50.00 handling charge, will be remitted. ✎

Mini Minutes from LCA Executive Board, continued from page 2

- ✎ LAMFC: \$1453.26;
- ✎ LASERVIC: \$1,088.74;
- ✎ LCCA: \$1,098.88;
- ✎ LCDA: \$373.62;
- ✎ LMHCA: 5,464.58;
- ✎ LCSJ: \$131.86;
- ✎ LSCA: \$9,151.31

✎ Matt Lyons, Committee Chair of Strategic Planning, gave a report from an ad hoc committee about the possible revision of the election process. Additional information was requested about the possibility of incorporating technology to introduce the candidates and for voting. Follow-up requested for transitional board meeting in July.

✎ Adrienne Trogden, representative of Government Relations, invited members to write a card of gratitude to the legislators in their dis-

(Mini Minutes, continued on page 6)



Division Presidents at the July Executive Board Meeting.

L-R, first row: Adrienne Trogden, Tara Washington, Nikolya Sparks (LMHCA President Elect), Rashunda Reed, Dan Jurek

L-R, back row: Tiffany Cologne, Ramon Lopez, Ken Schmidt.

Not pictured: Stacey Duarte, Lynn Browning, Cindy Escandell, and Louis Lowery

10 Division Presidents Report

Compiled by Vinetta Frie, Lagniappe Editor

As Spring approaches, these Division Presidents are rejuvenated! They share what has transpired in their Divisions since the Fall Conference and what you can look forward to for the rest of their terms in office. If you see something you would like more information about, or if you would like to join one of these leaders in their quest, you will find their contact information on page 13 of this newsletter.



Mini-Minutes, continued from page 4

trict for their service. This gratitude card will be placed in the gift bag for senators and representatives. Bags will be filled at the next Cenla LPC meeting and delivered on April 26, 2016.

☞ Diane Austin commended Joan Gallagher for her tireless effort. This is Joan’s last year to function as ADA chair. LCA deeply appreciates all her hard work. Ms. Austin also reminded that timely conference registration is imperative to provide ADA accommodations.

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Great Resource for School Counselors

By: Tiffany Cologne, ALGBTIC President

The Gay, Lesbian, Straight Education Network (GLSEN) is one of the leading national education organizations focused on ensuring safe schools for all students. GLSEN strives to ensure that every student, in every school, is valued and treated with respect, regardless of their sexual orientation, gender identity or gender expression. The GLSEN website offers lesson plans for all grades on topics such as bullying, biases, and diversity. They also offer information on creating safe spaces for our LGBT students and starting gay-straight alliances. This resource is essential for anyone looking to conduct class lessons, start a school wide initiative or simply learn more about what LGBT students face on daily basis at school. To access the GLSEN website, visit www.glsen.org.



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Mini-Minutes, continued from page 6

Joan Fischer, Professional Development Chair, proposed that the professional development committee offer one free webinar on diagnosis to the membership before June 20, 2016. The motion passed.

After an extensive consideration of options, the board passed a motion that LCA use the \$40,000 conference profits above the budgeted conference revenues to be distributed as follows:

- ✦ \$1000 for Government Relations addition
- ✦ \$2000 for Gratitude Project line item
- ✦ \$26,000 for trust fund for ADA accommodations
- ✦ \$5000 for legal defense trust fund
- ✦ \$1000 for new computer for office expense line item
- ✦ \$200 for courtesy fund

Conference 2016: The first 1000 participants who receive their materials will receive conference themed canvas shoulder bags. Personal checks will no longer be accepted onsite to pay for conference registration. School and agency checks, credit cards, purchase orders, money orders, cash are acceptable for payment of onsite registration. Poster Sessions will be reinstated. A system is being explored to verify attendance at conference sessions. The Community Project for the LCA Conference 2016 will be St. Vincent DePaul. After reviewing the registration fees for 2015, the online fee will remain the same and only the hard copy registration will increase. (See Diane Austin's article on page 3 of this Louisiana Lagniappe for more details.)

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LAAOC: Still Reducing Addiction Stigma

By: Adrienne Trogden, LAAOC President



LAAOC has entered the world of social media! Check out our new Facebook page – facebook.com/LAAOC! Come by and like our page! LAAOC sponsored the RecoveryRun Baton Rouge on December 13th and had a great turn out. It was amazing to see so many people come out to help reduce the stigma of addiction! We were proud to be apart of this event! We underwent a website and brochure revamp – www.laaoc.org. We are in the process of planning our first CEU event, so look for more information to come in the next few months!



LACES: Changes Underway!

By Stacey Duarte, President

LACES is excited to present another Supervisor Training in the upcoming months! While we are still determining our exact dates, it will be held in the New Orleans area and we will utilize a similar format as we did last year. There will be about 8 to 10 presenters to provide a wide array of perspectives and experiences for the participants over the course of the 25 hours. We look forward to a new group of LPCs becoming Board Approved Supervisors to join us in the ongoing nurturing and development of our profession.

We are proud to work with our newest board members who are proving to be invaluable to our

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ongoing mission to strengthen counselor education and supervision: Eleanor McAuliffe, Member at Large Graduate-Student; Kellie Giorgio-Camelford as Member at Large-Supervisor; and Erin Duga, Member at Large-Educator.



Looking Ahead with LAMCD

By Dalia Chatelain, LPC, NCSC, LMFT, LAMCD President

The Louisiana Association for Multicultural

Counseling and Development is looking ahead to great times! We are one division but an important component and active participant of Louisiana Counseling Association, **LCA**, that focuses on differences prevalent within our counseling context. Yes, you have to be a current member of LCA and then add our division. **LAMCD's mission is to magnify and embody the importance of differences in a counseling milieu.**

Nominations of officers are now open for 2016-2017. You have the leadership quality; join our great organization LCA and our fantastic division, LAMCD for a year of super strides in the multicultural field. Fill yourself with pride, help us to keep moving forward and advocate for YOU! Please email me names of members who deserve the privilege to serve on behalf of LCA/LAMCD at dalia2450@gmail.com. I promise you will be sharing the stage with the best professionals in LOUISI-

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Mini-Minutes, continued from page 6

☞ Diane explained that IAMFC (International Association for Marriage and Family Counseling) will provide a presenter and pre-conference workshop. After the bills are paid, the profit will be divided equally between LCA and IAMFC. **[Editor's Note: After this meeting, LSCA also secured a national speaker, Dr. Russ Sabella, who will also provide a pre-conference session. The same partnership agreement will be made to share the net profit for the event as with IAMFC.]**

☞ Three possible locations for the 2017 LCA Conference were discussed. The Baton Rouge Crown Plaza was chosen because it includes 1000 free parking places.

☞ Adrienne Trogden, Public Relations Committee co-chair reported that LCA has 775 Facebook followers and 288 Twitter followers. We also have an Instagram account which is mainly used during the conference.

☞ Jodey Edwards, Awards chair solicited encouraged nominations for LCA Awards.



Manuscripts for the Louisiana Journal of Counseling Solicited

Submitted by Diane Austin, LCA Executive Director

The Louisiana Journal of Counseling, the annual journal for the Louisiana Counseling Association, is currently accepting article submissions for the Fall 2015 edition. LJC accepts articles from practitioners, researchers, educators, and graduate students in the counseling profession. Articles may focus on theory, research, ethics, or relevant topics in counseling. Submissions are due by June 1st, 2016. For submission guidelines or questions, please contact Dr. Meredith Nelson at Meredith.Nelson@lsus.edu.

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ANA. Be part of Interrelationship — **The Ties That Bind** counselor practices in the PELICAN STATE.



Presenting Matters!

By Rashunda M. Reed, LPC, LMFT, NCC, LAMFC President



The LCA theme for this year is *Diversity is the Spice of Life*. This theme is befitting for the Louisiana culture. One way to showcase our professional diversity is by presenting. Each year I meet amazing counselors and emerging counselors at the LCA conference. The conversation usually involves me asking; Have you thought about presenting?

More specifically, LAMFC is encouraging colleagues who work with families to consider sharing your expertise and insights. We want to hear from counselors who work in settings such as, but not limited to, mental health agencies, family service agencies, residential agencies, PK-12 schools, home-based services, higher education, and private practice.

I am grateful for LAMFC supporters who have kept the organization vibrant. Special thanks to the LAMFC Board: Melissa Thomas, Donnie Underwood, Tralana Martinez, and Shalacey Bertrand. We are excited that Dr. Catherine Roland, ACA 2016-2017 President will share her expertise at our annual luncheon/meeting on Tuesday, September 27, 2016. Look for more details about the luncheon and other

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happenings as we welcome our upcoming president Melissa Thomas.



Sacred Moments

By Dan Jurek, LPC-S, LMFT, LASERVIC President



“Change has a considerable psychological impact on the human mind. To the fearful, it is threatening, because it means that things may get worse. To the hopeful, it is encouraging because things may get better. To the confident, it is inspiring because the challenge exists to make things better.”

— King Whitney, Jr.

For me, change means that I am still alive and growing – and that is enough! I can celebrate sacred moments and grieve with those who experience loss. Change offers the hope of transformation and renewal and challenges me to become a better man, a better person in this world.

And so, for LASERVIC we continue to grow and change. Dr. Thomas Fonseca will be our new President beginning in July 2016. He will be joined by a budding new (albeit smaller) board. They will continue to guide our division towards a future full of hope.

We are constantly looking for new leadership for the success of our future. If you would like to be more involved with LCA and in particular the LASERVIC division, please contact me dan@paxrenewalcenter.com. Along with our Luncheon at conference, LCA looks to our division to provide the prayer service and promote presentations dealing with spiritual, ethical and religious values in counseling. We also promote

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the competencies of ASERVIC, the national division of ACA. Please consider one of the many ways that you can be a positive change in our division and our state organization.



LCCA Announcements and Activities

*By Ramon R. Lopez, LPC, LCCA
President*

On behalf of the Louisiana College Counseling Association, I would like to invite you to save the date for our annual workshop, scheduled for Thursday, May 26, 2016 in the Olinde Career Center at Louisiana State University. If you are interested in attending our event or submitting a proposal, contact LCCA President-Elect Jessica Aslin at jmor-r66@lsu.edu

LPCs working at Universities across the State of Louisiana offer valuable services to their students. These services extend their influence beyond the moments in the classroom and can transform entire families and communities for generations. Those of you with experience working in public institutions are fully aware of the critical moments that we have had to endure, and continue to endure in the face of what seems like a never ending budget crisis. I have had the privilege of meeting students, faculty and staff leaders that worked to organize and advocate for the needs of higher education during the recent special session of the legislature. The respect and value that our students have for the work of counselors and our profession is inspiring. No matter what the outcome of the coming year, continue to do the great work that you do and know that you have made a difference.

Article continues in the next column

Spring 2016

LCSJ: In a “Front Row Seat”

*By: Louis Lowrey, LPC, LMFT,
LCSJ President*



As we continue with a very successful year in the Louisiana Counseling Association, it is very worthwhile to note important issues in our state which very much impact our clients and families we serve, and things that may also affect the most marginalized among our citizens. The Louisiana Legislature met in special session in order to address a mid year budget deficit and address a major budget deficit for the next fiscal year. The need for our services does not go away, and we must find ways to continue to serve our clients in caring and professional ways. Please be alert to the issues facing your legislators and communicate with them now and in the regular session and probably in another special session before the summer! Recall that the regular session does not permit tax increases this year.

It is also important to note a significant issue for Louisiana, which has just been resolved by the U. S. Supreme Court. If you want to get into more detail, I can email you a syllabus of the case. In brief, the case is *Montgomery v. Louisiana*, and it has to do with juveniles who were convicted of crimes when they were juveniles, and who were tried as adults. In an earlier case, the U.S. Supreme Court said that if a juvenile was convicted of a crime, he or she could not be given a life sentence without the possibility of parole. The Louisiana Supreme Court decided that such a decision only applied to cases decided after the SCOTUS decision, hence the appeal by Mr. Montgomery. The Supreme Court said that upon application, that offenders so situated must be given the possibility of parole. I understand that does not mean that there will be a mandatory resentencing, but that a hearing is required. Please know that I am not an attorney, I am just calling your attention to a very significant case.

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Self Insight or Junk Science?

By Vinetta Frie, Newsletter Editor



During a rare weekday morning at home recently, I was flipping channels as I munched on an apple and a fell for the teaser before the commercial: What your lipstick says about you! A medical doctor “analyzed” the shape of the lipstick for several women in the audience. The sharper the angle of the tip, the more focused and determined the woman was likely to be. The proof that this was so was the lipstick which belonged to the show’s producer, who was a woman who considered herself a type “A” personality.

As I sat through the commercial, the segment troubled me. How eager the audience members wanted their lipsticks analyzed, how pleased they were to be flattered for their hidden personality assets. If you are like me, you have several tubes of lipstick, and probably none of them are very new. But I happened to have a new sample tube I had not yet opened, so I tested my hypothesis. And voilé, new lipstick starts with that desired slanted shape. If you tend to use your lipstick to line as well as color your lips, you probably use your lipstick in a way that maintains or sharpens that original angle. If you simply color your lips, you likely wear your tip into a more rounded shape.

Counselors are students of human nature. Having spent my life as a school counselor, I have found it very helpful to encourage self-reflection and self-exploration among clients as a way to improve decision-making and goal-setting. But there is also so much junk science published in magazines, posted on websites and yes promoted on TV shows by “experts” who are supposed to know. It is very important that we continue to urge those with whom we work to apply critical thinking to any analysis of their mental health.

The shape of your lipstick probably says nothing about your personality ... but what about the color you choose, hmmm? That’s another article! ☞

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You will have a "front row seat" as correctional issues, financial issues, health and to higher education issues, and others are being presented within our state. I encourage you to be actively involved. Also, we are planning an active year in our growing LCA Division, and thanks to you, we have our highest membership numbers ever. Please invite your colleagues and friends to join us. It is both a challenging and exciting time for persons committed to social justice and restorative justice principles.



LMHCA: Adieu!

By: Cindy Escandell, PsyD, LPC, LMHCA President

After three years as LMHCA president, I am headed toward the finish line where I will hand the baton to our next president, **Nikolya Sparks**. She is a visionary with the talent and drive to forge ideas into reality. Make sure your tray tables and seat backs are in their locked and upright position; Nikolya has plans to take LMHCA to a whole new level.



As this will be my last **Lagniappe** article, I have to give a big public acknowledgement of gratitude to the LMHCA Executive Board: President Elect, **Nikolya Sparks**; Alexandria Regional Rep, **Cindy Allen**; Baton Rouge Regional Rep, **Sola Kippers**; Lafayette Regional Rep, **Barbara Perrodin**; Lake Charles Regional Rep, **James Grimes**; Monroe Regional Rep, **Cynthia Montcalm**; New Orleans Regional Rep, **Wendy Durant**; Shreveport Regional Rep, **Kristi Bierbaum**; Graduate Students Rep,

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Join The Video Project!

By Erin Dugan and
Adrienne Troxclair, Co-Chairs

The digital age has hit LCA! Our social media engagement is up also with 779 Facebook likes (www.facebook.com/lacounseling), 244 Twitter followers (@lacounseling1) and our newest Instagram account (lacounseling) with 5 followers. Look for a YouTube channel coming soon! We are growing our social media presence, so please follow/like us to get the latest LCA news! We are working on a video project for conference this year and are looking for submissions. Just record yourself answering the following questions: 1. I like being a part of LCA because _____. 2. My LCA membership has benefited me by _____. Record yourself on your phone, camera, flip camera, etc and send via email to Erin Dugan via emar-t3@lsuhsc.edu



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Melissa Deroche; and Social Media, **Jeff Strozier**.

This dedicated team of leaders is supportive and driven. Thank you for your hard work, whether it be making major decisions regarding a conference, registering attendees or selling tees and hoodies, you were dependable and made my job so much easier. Thank you.

At our last LCA conference, I was honored to present **Jacki Benedik** with the Volunteer of the Year plaque. She has worked tirelessly for LMHCA for many years. Thank you again, Jacki, for your dedication to our great Division.

Also at our last LCA conference, the plan was to present three more awards:

Community Outreach Award

Graduate Student of the Year

Mental Health Counselor of the Year

All nominees were to be selected by fellow counselors and graduate students, with the LMHCA Executive Board selecting the winners who met the criteria set forth. Each winner would receive a plaque and \$100 gift card from Amazon. Unfortunately we did not receive any nominees from our very capable pool of counselors and graduate students in Louisiana. It remains my goal to acknowledge and reward dedicated members from our great Division. I ask you to please support Nikolya as she seeks nominees for each category.

It was also an honor to work with **Jeff Strozier**, who keeps our Facebook page and website current and updated. If you have ideas for our social media presence, please contact Jeff.

One of my last duties as LMHCA president is to organize our spring workshop. I am excited that two talented presenters and LMHCA members, **Jeff Strozier** and **Kashon Wiley**, will be presenting "Essential Diagnosis Techniques for Clinical Mental Health Counselors." What a great way to get in our six hours of required diagnosis CE hours! The workshop will be on April 29, 2016 from 8:30 am to 4:30 pm at the American Red Cross in Baton Rouge. The cost is \$80 for LMHCA members; \$90 for nonmembers and \$50 for students. Cost includes breakfast, lunch and snacks. Registration forms have been emailed, or for more information, you can contact me at cindy@escandell.com. I look forward to a tremendous turnout.

It has been an honor to be LMHCA President. Thank you for all your kind words and support you have shown me. I look forward to seeing you at our spring workshop and our LCA conference in September.

Of course I have to do one last shameless plug. Remember

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that LMHCA hoodies and tees are still available. Please like us on Facebook and visit our website www.lmhca.org.

There is nothing either good or bad, but thinking makes it so.

— Shakespeare (Hamlet)



Moving Forward!

By Tara Washington, LSCA President



The spring issue of the Lagniappe is always about sharing what our division has accomplished and what we hope to do as I move into the last half of my administration. As I consider the crisis we find ourselves as a state and as a profession so closely tied to the only two portions of the budget, which can be cut to balance a budget, I feel humbled; “By what,” you may be thinking? I feel humbled by the hard work, and the dedication shown by school counselors striving to implement the Louisiana School Counseling Model (LASCМ) and our own COMPASS evaluation.

While all counselors must take up the role to advocate for their work and the needs of their clients, now more than ever, school counselors must truly be the change we wish to see in our state. I am calling on all of us to implement the theme I chose for my year in office: **EMERGE!** Now more than ever, we must demonstrate that counseling, especially school counseling is an important part of helping our state to address so many of the root causes of the problems we face.

As a Division and Association, we must act individually and collectively to provide quality services in our settings that prove our value and contributions to all those we serve. And we must all invite others, counselors and concerned citizens to join us. I am not sure if you are aware, but in Bulletin 741 secondary schools have the option to provide academic guidance, counseling and personal development through alternate means. This bulletin is saying school counseling services can be provided by private agencies and thus makes school

Article continues in the next column

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counselors **optional**. If such an action can be taken to make school counselors optional, what work setting will be next in eliminating counselors?

A few weeks ago, we set our clocks forward by one hour in observance of Daylight Savings Time. What would happen if we, as counselors, reset our “professional clocks” to spring forward?! Join LSCA in stepping up advocacy for our clients, our work, and our profession. Contact me, TWashington97@ebrschools.org if you would like to share the steps you are taking to **be** the change we want to see in our state. ✂



2015 - 2016 LCA Leadership Roster

LCA Elected or Appointed Officers and Contract Workers

<p>Tim Fields <i>President</i> tfield1@lsu.edu</p>	<p>Christine Ebrahim <i>President Elect-Elect</i> ChristineEbrahim@counselone.org</p>	<p>Bruce Galbraith <i>Parliamentarian</i> gotoschoolman@yahoo.com</p>	<p>Diane Austin <i>Executive Director</i> lca_austin@bellsouth.net</p>
<p>Dr. Iman Nawash <i>President Elect</i> iman97@aol.com</p>	<p>John Crawford <i>Past President & Nominations Chair</i> JOHN615549@aol.com</p>	<p>Vickie Thompson <i>Secretary</i> vsthompson@suddenlink.net</p>	<p>Austin White <i>Business Manager</i> austin@northdeltamanagement.com</p>

LCA Division Presidents

<p>ALGBTIC-LA Tiffany Cologne Assoc. of Lesbian Gay & Transgender Issues in Counseling of LA tcologne@cox.net</p>	<p>LAAOC Adrienne Trogden LA Assoc. of Addiction and Offender Counselors atrog2@uno.edu</p>	<p>LACES Stacey Duarte LA Assoc. of Counselor Educators and Supervisors staceyduarte@yahoo.com</p>	<p>LAMCD Dalia Chatelain LA Assoc. for Multicultural Counseling and Development dalia2450@gmail.com</p>
<p>LAMFC Rashunda Reed LA Association of Marriage and Family Counselors rtmiller_00@yahoo.com</p>	<p>LASERVIC Dan Jurek LA Assoc. for Spiritual, Religious & Ethical Values in Counseling djurek@me.com</p>	<p>LCCA Ramon Lopez LA College Counseling Association rlopez1@lsu.edu</p>	<p>LCDA Lynn Browning LA Career Development Association lynn.browning@lolcollege.edu</p>
<p>LCSJ Louis Lowrey LA Counselors for Social Justice lowrey@cp-tel.net</p>	<p>LMHCA Cindy Escandell LA Mental Health Counselors Association cindy@escandell.com</p>	<p>LSCA Tara Washington LA School Counselor Association twashington97@ebrpss.k12.la.us</p>	<p>PLCA Kenneth Schmitt Provisional Licensed Counselor Association kjschmitt@gmail.com</p>

Appointed Committee Chairs and Co-Chairs

<p>ADA Compliance Joan Gallagher jgallag@lsu.edu</p>	<p>Archives: Joyce Fields jwakef@lsu.edu</p>	<p>Awards: Dr. Jodey Edwards jodey1@msn.com</p>	<p>By-Laws: Eric Odom ericodom1@hotmail.com</p>
<p>Conference On-Site Chair Dr. Iman Nawash iman97@aol.com</p>	<p>Finance: Dr. Iman Nawash iman97@aol.com</p>	<p>Government Relations Dr. Mary Feduccia mfeducc@lsu.edu</p>	<p>Graduate Student Rep. Kerri Spears kerritspears@gmail.com</p>
<p>LPC Board Liaison Mary Alice Olsan lpboard@eatel.net</p>	<p>LCA Journal: Peter Emerson, Co-Editor pemerson@selu.edu</p> <p>Meredith Nelson, Co-Editor Meredith.Nelson@lsus.edu</p>		<p>LCA Newsletter: Vinetta Frie, Editor frienews@yahoo.com</p>
<p>Strategic Planning: Matt Lyon millyons@uno.edu</p>	<p>Professional Development, Joan Fischer jfischer@olhcc.edu</p> <p>Public Relations Co-Chairs: Erin Dugan eemartin1@yahoo.com</p> <p>Adrienne Trogden atrog2@uno.edu</p>		<p>Membership: Christine Ebrahim ChristineEbrahim@counselone.org</p>



L to R: Austin White, Business Manager, Diane Austin, Executive Director, Tim Fields, President, and John Crawford, Past President at the 2015 LCA Summer Transitional Board Meeting Photo by Joyce Fields, Archives Chair

LCA Member Services: 1-888-522-6362

LCA Website: www.lacounseling.org



With Heartfelt Thoughts and Prayers

Mr. Wade Venissat, LPC, LMFT
passed away in September.

We need your help to acknowledge any member's serious illness, grieving, or recent death. Please contact either Vinetta Frie, frienews@yahoo.com or Diane Austin lca_austin@bellsouth.net. The information you provide will be shared here 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. 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; **Joyce Fields**, photographer and Archives Chair.

SUBMISSIONS

Send all submissions to newsletter editor, Vinetta Frie via her e-mail address: frienews@yahoo.com. To assure a speedy response, please include the words: **Lagniappe Article**, in the subject line. Electronic submission of photographs via e-mail as a .jpeg file is preferred. Submission of hard copy photos or on disk or flash drives become the property of the newsletter and will not be returned.

NEWSLETTER 2015-2016
NEXT SUBMISSION DEADLINE:
May 29, 2016