



**LOUISIANA COUNSELING ASSOCIATION**  
 AGLBTIC • CIAL • LAAOC • LACES  
 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

## 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 15th, 2015. For submission guidelines or questions, please contact Dr. Meredith Nelson at [Meredith.Nelson@lsus.edu](mailto:Meredith.Nelson@lsus.edu). ☺



**“We don't laugh because we're happy – we're happy because we laugh.”**

--William James

### President's Message

## LCA Leadership 2014-2015

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



It has been an honor as well as a privilege to service as the LCA President for 2014-2015. I would like to thank the LCA Executive Board and the LCA membership for all of your support and encouragement to me as LCA President. This has been a productive year for LCA. I would like to share some of the highlights for LCA 2014-2015.

### ☺ July 2014-Executive Board Meeting:

The 2014 LCA Annual Conference was held at the Intercontinental Hotel in New Orleans, LA on September 20-23, 2014. The conference theme was **“The Healing Power of Laughter”**. Keynote speakers were Dr. Robert Smith-ACA President (2014-2015) and Dr. Samuel Gladding, Past ACA President.

### ☺ 2014 LCA Conference Community Project:

LCA co-sponsored the Walk4Recovery Run/Walk that was held at City Park, New Orleans on the September 20, 2014.

The board received **Strategic Plan for 2014-2015**. Board members were asked to review and specify changes needed on an individual basis. Two changes were heard during the meeting relating to wording for Government Relations.

The following individuals were appointed to the **LPC Board**: Dr. James Nelson to replace Dustin

*(LCA Leadership 2014-15, continued on page 2)*

## Oh, The Places You'll Go!

By Jennifer Degruise



A highlight of my career took place Wednesday, January 28 through Saturday, January 31, 2015. I took part in numerous activities centered around the American School Counselor Association's (ASCA) School Counselor of the Year Recognition Celebration in Washington, D.C. I am proud to say that I am the first Professional School Counselor in Louisiana to be named one of ASCA's top five award finalist in the nation. What an amazing honor! Although I never do my work with acknowledgement in mind, it is exciting to know that my efforts to implement a comprehensive school counseling program in my school, district, and state have not gone unnoticed.

From the second the plane landed in D.C. to the time I returned home, my schedule was filled. Let me begin by saying that ASCA covered all trip expenses for my Montegut Middle School Principal, Mrs. Kelly Dupre, a LSCA Board Representative, Dr. Jennifer Curry, and me. Let's see...we were fortunate enough to attend a welcome reception, a day of visiting State Representatives and Congressmen on Capitol Hill, a breakfast for the honorees, a first time White House Ceremony hosted by First Lady Michelle Obama, and a gala. It was an unbelievable experience to say the least.

I have to mention that as amazing as this once-in-a-lifetime trip was, there were a few unexpected obstacles along the way. For exam-

*(O The Places, continued on page 4)*

Dowling, Dr. Jacqueline Mims to replace Alysius Allen, and Dr. Gerra Perkins for a second term.

The **GR Committee** has worked with Senator Mills to author a bill which will change the name Counselor Intern to Provisional Licensed Professional Counselor. LCA has worked with LAMFT which will also have language to change the name for the MFT counselor Intern. The bill will also contain word changes asked for by the LPC Board.

LCA and NCSW-LA will sponsor a **legislative forum** for all the mental health associations to come together to discuss the various bills affecting the professional. Passing of the bill for the removal of the term intern to be replaced with Provisional Licensed Professional PLP- effective May 1, 2015.

**Social Media** — LCA 2014 Conference had the first conference app for participants to schedule sessions, meetings, and social activities. You can now follow LCA on Facebook and Twitter.

### ☺ July 2014-Institute for Leadership Training:

Three of LCA's leaders (**John Crawford, President; Tim Fields, President-Elect; and Matt Lyons, Strategic Planning Chair**) attended the 2014 ILT in Alexandria, VA. Participants of this training spent a day on Capitol Hill lobbying with Senators and Representatives of the their respected states for issues that affect School Counselors, the employment of LPCs at the VA Hospitals, and LPCs providing Medicare services.

### ☺ September 2014 — 46<sup>th</sup> Annual LCA Conference:

At Conference Executive Board Meeting:

**Bylaws Change:** The 2014-2015 Board voted to change the membership fee schedule. These changes will be presented to the membership at the General meeting Tuesday, September 23, 2014. The changes were posted in the Lagniappe and in a LCA blast email. A majority will be needed to pass the changes. The new schedule will raise the dues by \$10.00 every two years until the dues reach \$80.00 for professional and regular members. Dues for students, retired and counselor intern members will be raised by \$5.00 every two years until the fees reach \$45.00. At the General Membership Meeting, the membership voted and passed the Bylaw change to raise membership fees as stated.

The Administrative Council shall consist of the President, President Elect, President Elect-Elect, Immediate Past President, the Executive Director (ex officio) and a Member-at-Large chosen

*(LCA Leadership 2014-15, continued on page 3)*

from the Division Presidents for the coming year. The Administrative Council and the Executive Board are designed in a manner that neither entity is subservient to the other in power or opinion; but rather must work equally to serve the best interests of LCA as a whole. The Member-at-Large shall be elected at the Leadership Workshop.

“Laughter is carbonated holiness.”  
--Anne Lammott

The incumbent in this position is tasked with the responsibility of serving as a conduit between the Administrative Council and the LCA Executive Board. The Member-At-Large is tasked with the duty of presenting issues and information to the Administrative Council and/or the Executive Board with the goal of:

- 1) Informing the Council and Board membership of critical information and/or
- 2) Presenting an issue for debate, and reporting a prevailing or consensus opinion; or the lack thereof.
- 3) The Member-at-Large position serves the critical role of keeping both entities informed and involved in the deliberative process in a manner that enables the Administrative Council and the Executive Board to present viewpoints and decisions as a united front to the general membership of LCA.

“A day without laughter is a day wasted.”

--Charlie Chaplin

☺ **LCA 2014 Conference** had an attendance of 1002 participants New Orleans!

☺ **February 2015- Executive Board Meeting:** President Elect (2015-2016) and Division presidents participated



LCA received the 2015 Southern Region Best Leadership Development Project Award. LCA won based on an essay about our Leadership Academy which was written by President John Crawford. Our Leadership Academy was started by former LCA President, Ron Cathy.

**LCA Leadership, continued from left column...**

in a **membership drive** in January contacting the former members of LCA encouraging them to reinstate their membership. It was recommended that this drive be repeated twice annually.

The Executive Board discussed the need for cosmetic changes to the LCA Bylaws, Policies, and the web page because of passage of Bill 434 which changed the title Counselor Intern to Provisional Licensed Professional Counselor.

David Tatman (LCA Lobbyist) reminded the Board that this year dealt with the budget and that there would not be as many general bills before the legislature. He told the Board that the firm would be watching the bills that would affect LCA. He will also be sending general e-blast emails to the membership educating them on the process.

GR Chair talked about the LCA participation in the Art Therapy Licensure Task force. All of the professional entities agreed on the recommendation that the art therapists were not ready to be a licensed entity. The GR Committee is completing a white paper that will detail what LPCs may do according to the LPC law. This White Paper will be available to LCA members to use with their legislators as well as HR representatives. The GR committee will co-host with LPA the Mental Health Forum 4/17/2015 at the Baton Rouge Area Foundation. Representatives from all of the mental health associations and boards will be invited to this forum.

The LCA Board in recognition of the religious diversity of LCA will no longer begin any meeting with an invocation. A task force has been assigned to make recommendations on how LCA

*(LCA Leadership 2014-15, continued on page 4)*

*Article continues in the next column*

*Oh The Places, You'll Go,  
continued from page 2*

ple, two days before my lengthy nomination application was due, my jump drive broke. Most people would have been smart enough to save all of this work in a separate location, but oh no, not me! At 9:00 pm on a September Saturday night, panicking in my pajamas, with my Jack Russell by my side, I locked myself in my office recreating all of my answers and information, well into the following afternoon. Also, the cab ride to Capitol Hill in D.C. was an adventure in itself. As I was hopping out of the cab, a metro bus brushed the side of our car and almost took my door off. Keep in mind that my arm was still holding on to the door when this took place. All of this occurred, while I am pregnant with my third child! Yikes!

My past six years as a small town and Bayou School Counselor has taken many twists and turns, but each day I feel blessed to be at the schools that I am, working along side the professionals and parents that I work with, servicing the best students in the world, in a profession that I love. Every day, I strive to be the best that I can be, because my students are worth all of my time and energy. With that being said, this recognition is just the icing on my cake!

I would like to pass on to you  
*(Oh The Places, continued on page 5)*



LOUISIANA COUNSELING  
ASSOCIATION

*A Branch of the American Counseling Association*

“Laughter gives us distance. It allows us to step back from an event, deal with it and then move on.”

--Bob Newhart

ed States and 20 foreign countries in attendance. The conference keynote speakers were Mariel Hemingway and Jeffrey Kottler.

The highlight of the conference was the ACA National Awards Ceremony. LCA received the 2015 Southern Region Best Leadership Development Project Award. I submitted an essay on LCA's Leadership Academy which

Laughter is the shortest distance between two people.

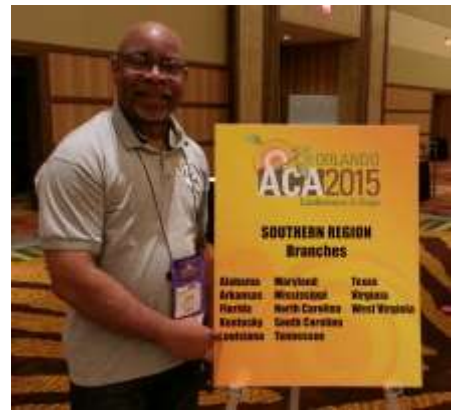
--Victor Borge

should begin meetings in recognitions of the spirituality of all of our members.

Dr. Catherine Roland (LCA member) became ACA President-Elect. Dr. Roland was a presenter at the 2014 LCA Conference.

☺ **ACA 2015 Annual Conference and Expo-Orlando, FL:**

John Crawford, President and Tim Fields, President-Elect attended this great conference in Orlando. There were over 3,500 counselors from all over the United States and 20 foreign countries in attendance. The conference keynote speakers were



enabled LCA to be the winner of this national award.

I am happy to say that it has been a year of laughter for me and I hope it has been for you. I have enjoyed working with colleagues on the state, national, and international levels. As my term as LCA President comes to an end, I invite members to become active members and consider participating in leadership roles. It has been a very rewarding experience for me! In traveling this life's journey remember "The Healing Power of Laughter"!

**LET'S LIVE, LOVE, AND LAUGH!!!**





***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***

**6 Division Presidents Report**

*Compiled by Vinetta Frie, Lagniappe Editor*

This issue is the first after our annual fall conference. 7 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!

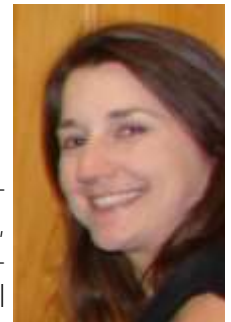


***Oh The Places You'll Go, continued from page 4***

the message that being a national finalist or winner of ASCA's School Counselor of the Year can be accomplished by anyone. I have been fortunate to meet so many of Louisiana's Professional School Counselors over the past few years, who deserve the honor that I received. I hope you all get to experience my journey to D.C. Until then, from the words of Dr. Seuss, "So be sure when you step, step with care and great tact. And remember that life's a great balancing act. And will you succeed? Yes! You will indeed! (98 and 3/4 percent guaranteed.) Kid, you'll move mountains." 😊

**ALGBTIC-LA: Raising Consciousness Across the State**

*By: Tiffany Cologne, President*



The mission of ALGBTIC-LA includes promoting a greater understanding of lesbian, gay, bisexual, and transgender issues among members of the counseling profession. ALGBTIC-LA has targeted local colleges and universities to bring awareness of these issues to graduate counseling students. Recently, board members of ALGBTIC-LA conducted presentations at Xavier University, Our Lady of Holy Cross College, and Nicholls State University. A variety of topics were discussed including the national ALGBTIC competencies, stereotype awareness, and affirmative approaches when working with clients whom identify as LGBT. ALGBTIC-LA would like to thank the faculty of these colleges and universities for providing us with the opportunity of presenting this valuable information to their counseling students.

Also, if you have not already done so, please like ALGBTIC-LA on Facebook by searching *ALGBTIC-LA*. Our page will give you in-

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



### By-Laws Update

By: Eric Odom, Chair



Much time and effort has gone into the debate of what to do with the title of LPC Intern. Many people have felt that the title isn't clear enough in indicating the level of education, knowledge already attained, and experience of a person functioning at the Master's level and working towards LPC licensure. The title Provisional Licensed Professional Counselor (PLPC) was proposed as a more acceptable indicator of this. The issue was dealt with in the 2014 State Legislative session.

During the February 21 Executive Board meeting of the LCA, a motion was put forward by the By-Laws Chair that would allow, upon promulgation of new rules by the State Legislature, to change all language associated to the title "Counselor Intern" to "Provisional LPC" in the LCA By-Laws and Policies and Procedures Manual. The motion was carried unanimously. 😊

### The Healing Power of Laughter!



formation on community resources, community events, and will feature relevant articles.

Finally, be on the lookout for ALGBTIC-LA's new logo—coming soon!



### LAMFC Happenings

By Donnie Underwood, Ed.S., LPC, LMFT, LAMFC President



LAMFC would like to thank its members for their support of the division and their participation in making it the vibrant organization that it is. Our committee presently consists of myself, our president elect Rashunda Miller Reed, and Melissa Thomas, our president elect-elect. Rashunda will become president on July 1<sup>st</sup> and she will be scheduling a speaker for our Fall Association meeting at the annual LCA Conference. If you are interested in serving on our board or If you are interested in presenting papers at the annual LCA Convention on areas of interest to LMFT's please notify us of your interest so that we can reach out to you next year when we are planning the LCA Convention. You can also like us on Facebook at Louisiana Association of Marriage and Family Counselors. Once again if you have any questions or feedback you can contact me at [mon-roe109@bellsouth.net](mailto:mon-roe109@bellsouth.net).



### LCCA

By Candace Park, M.A., LPC, NCC, LCCA President

I have no doubt that everyone is busy right now as the spring semester is coming to an end. I can only hope that it has been a productive and fruitful semester and that everyone has practiced self-care as the budget concerns in the state have no doubt weighed on all of our minds. Since January, the LCCA Executive Board has been working hard for you. LCA conducted its membership drive at the beginning of the year, and our Board reached out to our members who may have forgotten to reenroll. It was successful as we had many return.

(6 Division Presidents Reports, continued on page 7)

Ramon Lopez, your President-Elect has work diligently, planning our 2015 LCCA Summer Workshop, which is always a success. This year it will return to LSU's campus as it will be held on Friday, May 22, in the newly constructed Olinde Career Center! Not only will the day include a tour of the new Career Center, but it will also provide valuable information on early academic alert initiative, eating disorders on college campuses, and an update from the Ethics Board. Attend the full day and receive 5.5 CE Credits at only \$15! That's a steal! Contact Ramon at [rlopez1@lsu.edu](mailto:rlopez1@lsu.edu) for more information or to sign up. And let's not forget, we **STILL** have a position available on our board. So, if you're looking to get involved with LCCA, let us know! You can reach me at [candace.park@nicholls.edu](mailto:candace.park@nicholls.edu) and I'll be happy to talk with you about ways to become involved. Hope to hear from you soon!



## Social Justice Highlighted at Recent LCA Conference

By Louis Lowrey, LCSJ President

As we begin a new year, it is customary to make New Year's resolutions, which some writers say most people forget about in twenty one days. I suppose that it has to do with what one considers important. As counselors, we find ourselves helping people decide (not telling them what to decide) what is important for them to do in order to reach the goals which they are seeking to establish in their lives.

For ourselves, perhaps one of the most important resolutions we can make is to improve our professional work in two areas, competency and advocacy. Many counselors would agree with the importance of the counseling relationship, but without ongoing growth in competency, we find ourselves less able to assist those who come to us and trust us with their inmost thoughts and needs. So, there is where advocacy comes in. Many times, we are called upon to assist our clients outside of the four walls of the counseling room--in court matters, in school meetings, and in making referrals to others in the community who can assist them.

Any glance at the news reminds us daily of the various pressures our clients (and we ourselves) face. Collaboration, advocacy, and competence help us in resolving these situations on an ongoing basis. Without getting too deep, that is what social and restorative justice principles are all about.

If you are already a member of LCSJ, please know of my thanks and appreciation. If you are not already a member, please

*(6 Division President Reports, continued on page 8)*

## 2015 Legislative Session Around the Corner

By Cindy Nardini, GR Chair

The LCA Government Relations Committee and The Tatman Group are preparing for another successful session. LCA will again host a Mental Health Legislative Forum for the leadership of the mental health provider associations. The forum provides an opportunity to review bills of interest that have been filed and allows the leadership of the associations to share comments for or against the bill. This year Louisiana Psychological Association will be joining us as co-host. Last year this forum was well attended and seen as very productive by all in attendance. Also to aid in preparation for the session, The Tatman Group has started sending out weekly Legislative Updates which contain excellent information on how to make every LCA member a great advocate. When our voices combine we are able to do great things for the clients/students we serve as well as our profession. Please make sure to read them and take action. To get a more detailed report of other GR Committee activities, please see the LCA website. 😊

**“Laughter and tears are both responses to frustration and exhaustion. I myself prefer to laugh, since there is less cleaning do to do afterward.”**

**— Kurt Vonnegut**

## CIAL is Not PLPC: New Name, Same Vision

by Portia Gordon

The Counseling Intern Association of Louisiana has been going through so many changes and this spring, we are happy to be able to see them in action. We will be formally changing our association's name from CIAL to Provisional Licensed Counselor Association or PLCA on July 1, 2015 to reflect the changes to the credentialing process of being a CI to a PLPC. As of May 1, 2015, Act 484 will be enacted and the following rules will affect Counseling Interns:

1. The official title changes from Counselor Intern to Provisional Licensed Professional Counselor (PLPC). This is the only title that you may use to identify yourself.
2. Provisional Licensed Professional Counselors must renew the provisional license every two years in October. The first renewal date will be October, 2017. (\$609.)
3. To renew the provisional license, the PLPC will submit the certain information to the Board. PLPCs will be notified if they are being audited.

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join and encourage your colleagues to join our growing and important Division. There are always new opportunities to grow personally and in service to our clients.

Last year at the LCA Conference, our speaker at the LCSJ Summit (Mr. Welborn Jack, Jr., Esquire) told us of an important task for which counselors could get trained and equipped, and that is to serve as a mitigation specialist in capital murder trials. That may not be the first thing that comes to your mind as an activity in our profession, but it points out needs in the broader community which we can address.



## LMHCA Is On The Move

By: Cindy Escandell, PsyD, LPC, LMHCA President

LMHCA would like to welcome the 24 new and returning members. Our Division is growing and active.



Board members of LMHCA have been busy preparing for our spring workshop in April. **“Private Practice Made Easy - We’ve Done all the Research”** is being held at the American Red Cross in Baton Rouge, LA on April 24, 2015. This workshop will have something of interest for every counselor. *Are you curious to know if private practice could be an option for you? Are you interested in learning more about private practice, but do not know where to start or what questions to ask? Are you currently in private practice and want to learn how to identify potential weaknesses and build upon your strengths?* This workshop provides an overview of starting and maintaining or improving your private practice. Cindy Nardini, Ken Benedik, Brenda Roberts and Wendy Durant and all well-known, successful and respected professionals. These four speakers have over 100 years combined private practice experience!

Workshop attendees will have a step-by-step guide from Addvertising to Zoning to establishing a successful mental health practice. In addition to gaining practical knowledge from our speakers, each attendee is invited to share **“One Great Idea”** from their own practice: whether it’s a form they use, a handout provided to clients, a discussion with parents, a unique question that elicits interesting responses, something done via social media or on their website—just one item to share with colleagues—in less than one minute. **If each attendee brings “One Great Idea,”** attendees will leave with a treasure trove of things to try when they return home. Registra-

(6 Division Presidents Report, continued on page 9)



tion forms may be obtained by contacting Cindy Escandell at [Cindy@escandell.com](mailto:Cindy@escandell.com).

I would like to encourage LMHCA members to submit workshop proposals for the Louisiana Counseling Association's workshop September 27-29, 2015 in Baton Rouge. This is a great way to share your successes, and even your challenges, with other professionals. In addition to promoting our Division, every time we do a presentation and share best practices, we help others in our field and also learn something new from our audience. Of particular interest is three hours of ethics and six hours of diagnosing. If you are not comfortable presenting alone, consider asking a colleague to co-present with you. The more LMHCA presenters we have, the more relevant the LCA conference will be to us and our profession. Proposal deadline is April 1, 2015. Guidelines and the application process is found on the LCA website at [lacounseling.org](http://lacounseling.org). I look forward to seeing you at our spring workshop in April and the LCA conference in September.



### Seize the Opportunity!

By: Frank Phinney, LSCA President



This year I set a goal as President of LSCA to begin developing relationships with education leaders in our state. I would like to say that my concerted efforts paid off; however, much of the relationship building has happened serendipitously and I simply was in the right place at the right time.

Recently I met with John White, Superintendent of Education, to discuss matters relating to the School Counselor and our role within education. From this meeting and e-mail correspondence I have had the opportunity to provide a counselor's voice to multiple issues including Jumpstart, Individual Graduation Plans (IGPs), FASFA completion, and others. What I have learned from this can be best summed up by the philosopher Seneca who said "luck (serendipity) is when preparation meets opportunity."

Like many of you, spring is often my time to reflect on where I have grown. This year, I think where I have placed my priorities

*(6 Division Reports, continued on page 10)*



4. Documentation of 20 clock hours of continuing education clock hours. Included in that 20 hours must be 1.5 hours in ethic and 1.5 hours in diagnosis. (\$611)
5. A Renewal fee
6. A record of supervised experience hours accrued since approval/renewal
7. Submit an updated declaration statement
8. The provisional licensee must apply and be approved for licensure within six years from date of approval as a provisional licensed professional counselor

Take National Counselors Examination (NCE) or National Clinical Mental Health Counselors Examination (NCMHCE) and request the National Board of Certified Counselors (NBCC) submission of score report to the board until a passing score is achieved. 😊

**"Laughter is wine for the soul — laughter soft, or loud and deep, tinged through with seriousness — the hilarious declaration made by man that life is worth living."**

— [Seán O'Casey](#)

## Louisiana Lagniappe

### Back to the Future

By: *Vinetta Frie, Lagniappe Editor*



LSCA President Frank Phinney was inspired by children's TV. As a father of two little ones, he saw in Handy Manny's catch phrase the theme for his year Better Together. I found myself wistfully remembering that period when my 23 and 21 year old were little ones and I watched what they watched to monitor and guide the messages to which they were exposed. I enjoyed the messages of Little Bear, Sesame Street, Veggie Tales, and of course the Berenstain Bears. In much the same way as the more recent work of former counselor and prolific author, Julia Cook, Stan and Jan Berenstain created characters to teach children life lessons. I appreciated the simple, but true to life situations and the discussions it allowed me to have with my children.

In the midst of current TV offerings, I have not seen many shows that offer today's parents many choices. Until a few days ago when my daughter introduced me to Steven Universe the first Cartoon Network show created by a woman, Rebecca Sugar. Loosely based on her younger brother, Steven is a boy with special powers left to him by his mother Rose Quartz who was part of a group of intergalactic warriors. These warriors, all females protect the world from evil by drawing their power from special magical gemstones.

As Steven learns about his mother, relates to his human father and his friends at the Big Donut Shop, we share the journey he is taking. The situations he faces, the dialog as he and his friends share their thoughts and feelings offer important lessons on how to relate to others in respectful and insightful ways. As I watched, I saw that perhaps this is like the shows I loved, but for a new generation.

Having the opportunity to again share an experience with my daughter, yet this time with our roles reversed, she bringing the opportunity to learn something new to me, was priceless. An opportunity that we as counselors need on occasion, to see the world through another's eyes, in the way they see it, not steering the perceptions, but ourselves being steered perhaps to new places and ideas. And have the delicious experience of arriving at someplace which is still familiar, but new. 😊

Spring 2015

See you in  
Baton Rouge  
for the  
2015 Annual  
LCA Fall  
Conference?!



*6 Division Presidents Report, continued  
from page 10*

have aligned with the goals I established for myself during my presidency. While things did not always go the way I planned as I reflect, I can see consistency in how I moved toward my goals. When one is consistently moving towards a goal, things usually work out.

With this in mind I encourage each of you to continuously seek to **prepare** yourself so that you will be positioned to take hold of the opportunity. No matter which division you consider your primary affiliation — but especially if you are from LSCA — your President-Elect is planning for his or her term of office. That officer is looking for members who are interested in helping your division to create and act on opportunities to further your team and counselors across our state. I speak from experience when I say we are always looking for members willing to serve on committees, or run for an elected position on the board. If you are interested in serving please do not hesitate to take seize this opportunity — you are a leader we need and our profession can and will benefit from your involvement! 😊



***Remember the Walk 4 Recovery at the 2014 LCA  
Annual Fall Conference in New Orleans?  
Photo by Rashunda Miller Reed***

## 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> <i>President Elect-Elect</i> <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> <i>Secretary</i> <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> <b>Stacey Duarte</b> , LA Assoc. of Counselor Educators and Supervisors <a href="mailto:staceyuarte@yahoo.com">staceyuarte@yahoo.com</a>
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<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

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## Louisiana Lagniappe



***L to R: Dr. Iman Nawash, LCA President Elect-Elect, John Crawford, LCA President, and Tim Fields, LCA President Elect at the transitional board meeting summer 2014. Photo by Rashunda Miller Reed, Archives Chair.***

LCA Member Services: 1-888-522-6362

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



### With Heartfelt Thoughts and Prayers

Jo Cohen lost her mom earlier this spring. Myiesha Spears-Beard's, LCA Secretary, lost her father in February. Pat Thomas, former LCA President her mom in January. Please remember each of them and their families in your own way.

*We need your help to acknowledge any member's serious illness, grieving, or recent death. Please contact either Vinetta Frie, [frienews@yahoo.com](mailto:frienews@yahoo.com) or Diane Austin [lca.austin@bellsouth.net](mailto: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](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, proof-reader

#### ***SUBMISSIONS***

Send all submissions to newsletter editor, Vinetta Frie via e-mail contact information: [frienews@yahoo.com](mailto:frienews@yahoo.com). Please include the words: *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  
NEXT SUBMISSION DEADLINE:**

**Xxx xx, 2015**