Presidential Perspective
This IS O ur Time!
By: R. Bruce Galbraith,
M.Ed., DAPA, CCFC, LCA
President 2013-14
This year’s theme is The Professional Counselor:
This is Our Time: To Re-flect, To Renew, To Refo-cus. Every counselor has a story.

- Our stories are unique and powerful. They are shaped by past experiences, driven by current challenges, and they prepare us for the future. LCA recognizes multiple voices within our counseling community that embrace innovative and proven counseling techniques that are for all.

- Our time requires that we confront and address the problems facing our profession. We are the ones who will be best to solve these problems.

- Our time is about counselors finding a voice that reflects good practice and celebrates success stories, with a goal of sharing knowledge and affirming the self-esteem of the counseling profession.

- Our time is about giving counselors a space to tell their own story, rather than having others tell it.

- Our time is building the future of counseling with input from all counselors.

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

Winter 2013
The Louisiana Lagniappe is the quarterly newsletter of the Louisiana Counseling Association, LCA. LCA is the state branch of the American Counseling Association, ACA. LCA includes 1,800+ members, and 12 Divisions which serves as an inclusive umbrella. LCA unites professional counselors from diverse work settings into a single statewide organization. LCA works to promote advocacy, collaboration, and networking among its membership for the good of Louisiana.

Lagniappe Team
Your newsletter is the result of the following team: Vinetta Frie, Editor; Diane Austin, Contributing Editor; Dalila Chatelain & Mary D’Anna, proofreaders

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

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

Spring Newsletter Submission deadline: February 28, 2014!

Presidential Perspective, continued from page 1

❖ Our time is to emphasize that “we are the ones that we have been waiting for,” to the current generation of counselors can truly initiate a professional revolution.

❖ Our time to reflect is for us to rekindle our passion for counseling in this time of fast-paced change.

❖ Our time is to be able to understand and evaluate the influences of technological developments and the role of counselors in harnessing these unstoppable changes for their ethical and meaningful use.

❖ Our time is about giving students opportunities to share their voices to become active in the shaping of the counseling future in the 21th century.

❖ Our time is to understand globalization and the need to live with and learn from each other.

❖ We need to look at our past and Reflect; we need to look at the now and Renew; and we need to look toward the future and Refocus our present efforts.

❖ We are the ones who will be best to solve these problems. We are Professional Counselors: This is truly our time.

With Heartfelt Thoughts and Prayers

Louisiana State Senator Ben Nevers lost his mother Sunday, October 20th. Senator Nevers has been a strong advocate for counseling in our state. Your Administrative Council honored his request and donated 10 Bibles to Gideon International in memory of the late Mrs. Nevers.

We need your help to acknowledge any member’s illness, grieving, or recent death. Please contact either Vinetta Frie, frienews@yahoo.com or 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.
LCA would like to recognize the recipients of the following awards:

**President Award Recipients**  
Marianne Terrebonne, Lynne Nell Bernard and Vinetta Frie

**Distinguished Professional Service**  
Dr. Carolyn White

**Distinguished Legislative Services**  
Senator J. P. Morrell

**Humane and Caring Person**  
Donald Anderson

**Graduate Student Award**  
Latrina Raddler

**Advocacy Award**  
Jennifer Curry

**Poster Session Awards**  
Molly Holmes, Caitlan Bach, and Anna Edelman

These recipients are truly deserving of these awards and LCA looks forward to next year’s conference!
Louisiana Career Development Association
By: Laura Fazio-Griffith, LCDA President

The Louisiana Association for Career Development hosted a successful summit at the LCA conference on September 16, 2013.

5 Division Reports, continued on page 5)
Each member of LCDA that attended the National Career Development Conference in Boston shared a summary of their most inspiring sessions and the importance of networking on a national level. The membership discussed the upcoming annual conference that will be held in the spring in Baton Rouge, Louisiana, as well as themes for the upcoming conference. Ideas about career month were discussed. The members explored networking across the state to develop and implement some strategies for career month which occurs in November over the next year or so.

Several ideas about how to increase membership were discussed. Louisiana Career Development Association has a solid membership that consists of counselors who specialize in career development. LCDA would like to outreach to different industries and individuals in other professions, such as human resource development. These individuals may have a variety of experiences to offer to LCDA. The executive board of LCDA is going to work in the upcoming months to outreach to different professions that emphasize career growth and development to expand our membership. LCDA is also looking to form a professional development committee to enhance the professional development of our members and future members in the areas of career growth. If you are interested in serving on this committee or would like to provide feedback regarding LCDA, please feel free to contact the president, Laura Fazio-Griffith, via e-mail: Laura.Fazio-griffith@selu.edu

Hello ... Again from LCSJ
By Louis Lowery, LCSJ President

First, may I thank those members of LCA who have chosen to join the LCSJ Division. We are at our highest membership level in years, but we strongly encourage you to join or renew your membership because of the pressing important issues facing our state and nation regarding social justice. Here are just a few:

- Louisiana ranks highest in the nation in the number of homicides due to domestic violence in the nation, according to a recent editorial in the TIMES of Shreveport Bossier. However, several domestic violence shelters have closed due to cutting of funds in the state budget.

- The U.S. Supreme Court is hearing a case on the execution of developmentally delayed persons in the criminal legal system. Also, there is consideration of whether life imprisonment without parole for juveniles will be applied The news this week
Louisiana Lagniappe

This Is Our Time: LCA Leadership Academy
By Kerri T. Spears, LCDA President-Elect

The first meeting took place on Saturday, September 14, 2013 at the InterContinental Hotel in New Orleans, LA. The members began their first session with a meet and greet along with an individual bio. After the group became somewhat acquainted, Dr. Ron Cathey, LCA Leadership Academy Director discussed the organization’s mission and goals. The purpose of the academy is to provide participants with the opportunity to engage in a one year sustained project that will broaden the participants knowledge and awareness of essential LCA issues, enhance the participants leadership capacity within the field of counseling and benefit LCA via the completion of a significant project that is related to the future plans of LCA and the counseling profession.

The meeting was set up like a formal board meeting. LCA President, Bruce Galbraith and several other members from the executive board came to introduce themselves and explain their significant role in LCA. Not only did the members benefit from learning about the positions on the board, they also got a chance to meet Dr. Judy Miranti, a former LCA President. Dr. Miranti gave a presentation on personal leadership development in which she discussed the foundations and the characteristics of a true leader.

The participants had a networking session during their lunch at The Palace, located on Canal Street. Before their meals were served, each member described a person that had a positive impact on their lives. This session allowed the members to bond as an academy.

Until the members meet again, each participant is responsible for submitting a brief, one page proposal that outlines the basic elements of their proposed action learning project. The projects will reflect one of the strategic goals of LCA and must be presented at LCA Annual Conference in 2014.

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includes reports of two shootings of teachers by students in middle school. One questions where the alleged shooters got access to the weapons they used to kill the teachers who were dedicated to serving them.

But, some people say "what can I do?" Well, my view is that each person can make choices about what they can contribute to social justice concerns. One way is advocacy for your clients, another is to be involved in community and church projects which promote social justice. Another is to be active in voting and in possibly running for office on local or state levels. The possibilities are endless!

Thank you for all that you do for your clients and in your community regarding social justice issues. If you are not currently an LCSJ member, Diane can add this division to your LCA membership for only $5. It is worth it!!!!

Obesity in Children: The Role of the Licensed Professional Counselor
By Kathleen Rhodes, LPC/President of LAMFC

Obesity rates in children have escalated significantly since 1970. One out of three U.S. children is considered overweight or obese.

Obesity has a profound impact on children’s physical health. Today many obese children and teens are experiencing health problems previously seen only in adults such as Type 2 Diabetes, hypertension, and sleep apnea.

As Licensed Professional Counselors, we are well aware of the devastating impact of bullying on our children. Obese children are twice more likely to be bullied than other children. Being bullied triggers feelings of low self-worth which then often causes depression and thus a vicious cycle has begun.

In the genetic versus environmental debate, peer reviewed research has substantiated that environmen-
tual factors trump genetic factors. There are two primary environmental factors driving this epidemic. Unhealthy eating habits is one. For today’s over-scheduled families, eating out is the norm as busy parents shuttle their children to and from after school activities. Fast food restaurants are chosen for expedient delivery of super-size portions equated with value over nutritional content. The second environmental factor is today’s sedentary lifestyle. The majority of children are spending more time in front of a screen (TV, computer, video-game consoles and/or smartphone) each day then they spend exercising in a week! Additionally, many financially strapped school systems have decided that daily exercise class is a luxury not a necessity.

The easiest solution to this life threatening problem is prevention. Preventing a child from becoming overweight is easier the younger the child is. Minor changes made in young childhood can turn things around. By the time a child is ten years old or older, it is not too late to implement a healthier lifestyle. However, a parent is more likely to be met with resistance as eating and activity habits have become embedded.

How do we as clinicians assist and support parents as they struggle to create a home environment which promotes healthy lifestyle habits and prevents excessive weight gain? First off, we do not operate solo on this issue. We must engage children’s pediatricians. Collaboration has always been best practice, but now is a much needed mandate under the Affordable Healthcare Act. Second, we encourage and educate families to consider research based interventions for goal setting regarding healthy eating and physical activity. The “stop light” method is recommended by Denise Wilfley, Ph.D. Dr. Wilfley has done extensive research on the prevention of treatment of obesity and is President-elect of The Eating Disorders Research Society. Lastly as LPCs, we must remind parents that they are the key agents of change for their children and that they must model healthy behaviors engage their children in healthy eating and physical activity.

1st Timer’s View of the Fall Conference
By Brittney Landry

The Louisiana Counseling Association’s annual conference was recently held in New Orleans, Louisiana and proved to be an amazing experience for a first time attendee like myself! As a current graduate student at the University of New Orleans, the conference provided a new and fresh way to gain knowledge about the professional world of counseling. The conference deemed Monday, September 16th “Graduate Student Day” and provided participants with a wide range of events that circled around pertinent issues involving graduate students.

Two of the sessions held on Monday centered on the topics of networking, interviewing skills, and résumé tips. While these were geared towards graduate students, they were open to all attendees. The session entitled “Strategic Networking: Connect to Your Dream Job” entailed providing tips, such as how to properly network and how to make a great first impression. Ms. Joan Gallagher, the presenter of the session, provided attendees with short exercises that allowed networking practice in the safety of the room. The networking session also afforded me the opportunity to meet Ms. Kerri Spears, the Louisiana Career Development Association President-Elect, as she presented her own personal story of success and described how networking opened the door for many career opportunities in her own life. The second session, “Interview and Résumé Clinic: The Doctor Is In!”, was presented by Ms. Gallagher and Ms. Sharon Walker and focused on interviewing skills and résumé dos and don’ts. It also incorporated an in-session résumé clinic, which included the opportunity to have our résumés critiqued by professionals. This portion of the session was extremely helpful as I was able to hear from professionals what a polished résumé should look like.

In addition to the interesting educational sessions, the conference also offered social activities for the graduate students in attendance. These included Graduate Student 101 and Networking Social Events sponsored by the Alpha Eta and Sigma Lambda chapters of Chi Sigma Iota. These events allowed
Participants in Research Study Sought

Seeking individuals interested in participating in a PhD dissertation study on “The experiences of mental health professionals working with mentally ill inmates in a prison environment.”

This study might be a good fit for you if:

- You are a male or female 23-65
- You are currently working or have previously worked as a mental health professional at a prison in Louisiana, or have previously worked as a mental health professional in a prison in the last 5 years.
- You have a Master’s degree in Counseling, Social Work or Psychology

To join this dissertation research study or for more information, please contact Andrea Engels at (225)665-8090 or newdawncounselors@gmail.com.

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students the opportunity to ask questions regarding various topics, such as Counselor Intern registration, employment opportunities, and the chance to speak with Ms. Mary Olsson, the Executive Director of the LPC board.

In embracing the theme for this year’s conference, “The Professional Counselor: It is OUR time: To Reflect, To Renew, To Refocus”, I was able to grasp a new perspective of the service that professional counselors provide to the public as well as functional ideals and concepts that I would be able to contribute to this ever-growing field. Overall, the conference was a wonderful experience. I met new people, gained a wide range of information, and I now feel prepared to enter the professional and exciting world of counseling.

The Louisiana Two Step

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

“Those who danced were thought to be insane by those who could not hear the music”. --Angela Monet

I have always loved to dance. Whether it’s in my office, at my home, or in a club, music has always moved me in indescribable ways. However, I was raised in a home where everyone liked country music except me: I always gravitated toward hip hop, R&B, and rock. In fact, at many weddings and social gatherings I would find myself sitting on the sidelines while other people danced in a manner unfamiliar and uncomfortable to me: the country line dance. The thought of line dancing is nearly unbearable to me: music has always moved me in unique ways and I felt compelled toward expressing myself with my own style, in a one to one relationship with the beat rather than following along with the group.

Today, I recognize that many people have a relationship with music and that expression is personally relevant and meaningful; yes, even line dancing. It is our own exceptionalities and differences that weave the tapestry of a beautiful world of sound and movement and creates the dance of the ages. In LCA, we have our own brand of dance—I liken it to the Louisiana 2 step. The ways in which we move together and as separate groups and individuals makes for an interesting and unique flow of ideas and exchanges of discourse. We don’t have to always agree, look the same or think alike, we just have to keep moving together. As we move toward the spring legislative session, I ask all of the members of LCA to join the dance: advocate for yourself and your colleagues. Regardless of our specialties (i.e., substance abuse, school counseling, marriage and family), we are all moving to the music. Please join your colleagues and get moving to the LCA Louisiana 2 step!
Fun at the LCA Conference

By: Dalia Chatelain and Mary D’Anna, Social Media Committee Co-Chairs

What was your favorite part of the LCA conference? We certainly enjoyed seeing all of the enthusiasm and smiles from everyone attending. Did you share the information you learned? There were so many topics covered and all of the sessions were well attended. Our presenters were excellent and I think everyone enjoyed the general session with Clift Mitchell.

Did you take goofy pictures in the photo booth? We hope to bring it back next year. The massages were a special treat and I wish we could have had them there more than one day. We want to thank Holistic Massage and Gaby Tregle. We hope you were able to follow the comments that were being posted on Twitter throughout the conference. Our goal next year is to double the number of people following LCA on Facebook and Twitter. If you want to find us on Facebook go to Louisiana Counseling Association and “like” the page. You will start seeing the updates. The page name on Twitter is LCA and you can find it @lacounseling. If you would like to see more of the photo booth pictures, you can go to: www.ohsnaonola.com. We also want to thank all of the vendors and our LCA chapters for being so generous with door prizes this year. The prizes were great and Bruce found some unconventional ways of finding the winners in the crowd. We gave away at least 15 clocks in keeping with our theme, “This is our Time: To Review, To Renew, To Refocus.”

If anyone is interested in helping us promote our conference next year, please let us know. We want to spread the word about the good content, learning and fun we have. Make suggestions on Facebook and/or Twitter and we will try to do as many as we can. If you want to publicize an event or CEU opportunity, put it on Twitter or Facebook.

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2013 ACA Institute for Leadership Training

By: John R. Crawford, MA, LPC-S/LCA President Elect

The American Counseling Association Institute for Leadership Training brings together ACA leaders from Regions, Branches, and Divisions seeking to enhance their leadership skills and dedication to the counseling profession. The keynote presentation, content learning sessions, visits with elected officials, and the opportunities to network with fellow leaders from around the country make this a unique opportunity for personal and professional growth.

The ACA ILT was held July 24-27, 2013 in Arlington, VA. There were 130 emerging leaders from across the United States that attended the Leadership Institute. It was a great opportunity for counseling colleagues to learn, to network, to advocate for counseling and our clients on Capitol Hill, and to have fun! The Leadership Content Sessions topics were: Introduction to ACA Leadership; How to Run Meetings People Actually Want to Attend; What ACA Leaders Must Know about the New 2013 HIPPA/HITECH Regulations and Emerging Trends in Technology; Lobbying Visit Issue Review and Preparation; How to Conduct an In-Person Lobbying Visit; Understanding Yourself and Others; Social Media Strategies for Membership Recruitment and Retention; Building Stronger Associations; Current Professional Issues on the National Level; Webinars Can Be Very Popular and Very Profitable; Technology Tools to Increase Productivity...... and many more informative content sessions.

On Thursday, July 25th, the collective voices of professional counselors were heard throughout Capitol Hill! The 130 participants of ILT met with their home state members of Congress and their staff to share personal stories and experiences while linking them to specific policy requests in the area of mental health, school, and career counseling. Lobbying took place for the following Bills: Medicare, Outpatient

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# 2013-14 LCA Leadership Roster

## LCA Elected or Appointed Officers and Contract Workers

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<thead>
<tr>
<th>Position</th>
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## LCA Division Presidents

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## Appointed Committee Chairs and Co-Chairs

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Social Media, continued from page 9

I picked up the quote by Laura Ingalls Wilder at the LSAC luncheon this year: “If enough people think of a thing and work hard enough at it, I guess it’s pretty nearly bound to happen, wind and weather permitting.” I think this quote sums up the efforts of many people who worked hard to put on the conference and Thank God there was no hurricane or tropical storm to contend with. Please contact us Dalia and Mary at dalia2450@att.net or mdanna317@att.net.

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Mental Health Services, and Coverage of Licensed Professional Counselors-S.562; Elementary and Secondary School Counseling Program (ESSCP); Co-Sponsor the Counseling for Career Choice Act (S.282, H.R. 2317); and Prevent Counselors from Being Shut Out of the VA (S.1155).

Representing the Louisiana Counseling Association Leadership at ACA ILT was: Bruce Galbraith, President; John R. Crawford, President Elect; and Chantrelle Varnado-Johnson, Graduate Student Representative.

The ACA ILT was a very empowering experience! The 2014 ACA ILT will be held July 23-26, 2014 in the Washington, D. C. Metro area.