



Outgoing President's Message Thank You For a Great Year LCA

*Thomas Fonseca, Ph.D., LPC-S,
LMFT, NCSC, NCC, LCA President
2022-2023*

As Past-President of the Louisiana Counseling Association, I want to express my heartfelt gratitude to my predecessors, the Executive Director, the Executive Board, and the members of this wonderful association. I feel honored to have served as LCA President for the 2022-2023 term. Specifically, I am honored to have worked alongside individuals committed to serving LCA members. As LCA Past-President, I join a family of individuals who are motivated to strengthen the association and our counseling profession.

When you are in a leadership position, you see first-hand how many individuals serve an organization so faithfully. I am grateful for everyone's continuous engagement, participation, shared leadership, and contributions to the mental health care community. And I am humbled by the opportunity to continue to serve an association that deserves to grow and prosper through members' continued participation. I sincerely believe that, for this association to continue moving forward, we need to build and nurture relationships - as relationships are the bonds that help hold an association as large as LCA together.

Last fall, as many of us had patiently waited to see one another again, LCA was able to hold the 2022 LCA Conference in person. Seeing so

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Presidential Perspective...

Staying Connected

*Rashunda Miller Reed, PhD, NCC,
LPC, LMFT*



Dear Colleagues,

I am thrilled and humbled to serve as your 2023-24 LCA president. The Executive Board had our first meeting on July 28. We are always looking for ways to add value for current members. A few value points identified were CE's via the LCA Community Bulletin Board, specific divisions, and LPC groups. Also, members benefit from legislative advocacy, networking, and opportunities for leadership. Coupled with value, the board decided to increase membership dues which have been steady for many years. The increase was only after careful discussion with division leaders who advocated for you. Other items were leadership development and the 2023 conference. Major changes at this conference can be summed up in two words: T-shirts and technology. Unfortunately, we will not offer 2023 conference T-shirts. Instead, we will have Throwback Tuesday. Feel free to wear a past LCA conference T-shirt, university, college, or agency attire. Additionally, we are happy to launch a hybrid conference this year to reach the entire Louisiana. This theme for this year is *Help.Heal.Honor*.

Regarding my presidential agenda, I am still planning to promote LCA to potential members and the public. I am also sensitive to professional trends, legislation, and polarizations. Despite difficulties and differences, the goal is that LCA will continue to grow. One day a lady in my community

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- ✂ Notice about "Ask the Experts," on page 5.
- ✂ Professional Development Committee article on page 6.
- ✂ Last opportunity to nominate a deserving professional for annual LCA Awards. See page 6.
- ✂ LCA Bulletin Board on Tradewing. See page 6.
- ✂ Important Fall Conference details from the onsite chair, begins on page 7.
- ✂ New Conference Help Desk described on page 7.
- ✂ 11 Division President Reports begin on page 8.
- ✂ Bios of the three candidates for LCA President Elect-Elect-Elect introduced on page 17. Their mission and vision statements begin on page 18. The ballot to facilitate voting for members who will not attend the conference is on page 22.
- ✂ Editor's Prerogative article on page 19.
- ✂ Second of a three-part series by Joseph Kalita, starts on page 23.
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told me that true growth comes from being put on the spot. I asked, "What do you mean?" She replied, "You'll know when the time comes". Since then, I've had experiences of growing on the spot, however; leadership has deepened my growth opportunities. Therefore, I strive to demonstrate SELF (as defined by Internal Family Systems) and ethical leadership. I am grateful to those who inspired me along the way. Most importantly, I appreciate you and look forward to connecting.

Cheers,

Rashunda Miller Reed, LCA President 2023-24

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many faces I had missed since COVID-19 began was heart-warming. Memories were made, CEUs were earned, and we all remembered what it was like to be around like-minded professionals. I will always cherish the connections re-established at last fall's conference.

With the support of many mental health professionals who believe in the power of service to others, LCA continues to serve through advocacy, making our voices heard now and in the future. Still, our voice needs to grow, so I ask each person who reads this article to please reach out to other Louisiana counselors who have not yet chosen to affiliate with LCA and warmly invite them to join. Together, we can show them unity is in their best interest and enriches our profession.

Please remember that as a Louisiana Counseling Association member, you have a voice, and we want to know what is important to you as we are here for you. Oh – and please do not forget to register early for the 2023 LCA Conference.

Until we meet again, I remain in service to others.

Blessings

Tommy Fonseca



LCA Board Mini Minutes

Felice Gaddis, Past LCA Secretary

The Louisiana Counseling Association held an Executive Board Meeting at Holy Cross on July 28, 2023. The following business was conducted during the meeting. You will find email addresses on page 24 of this issue if you want additional information from the leaders mentioned in the bullet points below.

∞ **Community Bulletin Board:** Diane Austin, Executive Director, encouraged all to utilize the Community Bulletin Board on Tradewing for communication with members. Each committee and division should generate two posts per year. The “Ask the Expert” series are recorded and available for several months on the Community Bulletin Board. Lauren Berg is available to meet with Division Presidents or Committee Chairs to clarify any information.

∞ **Update:** Nick Wallace will be supporting our technology needs this year. Diane Austin reported that all Executive Board members have a duty to volunteer in some capacity during the LCA Conference and also serve as hosts throughout the conference. Volunteers are needed to assist in scanning the attendees’ badges in each session room to ensure certificates are awarded accurately. Interested volunteers should email Diane or Robin Sonnier by September 15. Dr. Rashunda Miller Reed, President, announced that attendees will be invited to wear their college, agency, or past LCA Conference t-shirts for “Throwback Tuesday.” Presenters will be allotted 90-minutes to allow greater depth and time for interaction. Dr. Vicki Guilbeau,

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Louisiana Lagniappe

Government Relations Initiatives Update

Adrienne Trogden, Ph.D., LAC, CCS, ADS, CFM-HE, LPC-S, LCA Advocacy and Government Relations Specialist



It has been busy in Government Relations with the recent legislative session ending and the veto override session occurring. Below are the list of initiatives that the LCA Government Relations committee and myself (GR & Advocacy Specialist) have been working on the past several months:

1. Medicaid Reimbursement Rate Increase: We’ve been working on Medicaid reimbursement rate increases for the past year with the Louisiana Department of Health (LDH) in coalition with the social work professional associations in LA. LDH began conducting a rate study this past year to review all Medicaid rates for healthcare services in LA as compared to other southern states over the course of the next 3 years. LDH has divided the Medicaid rates to be reviewed on a 3-year cycle (some rates reviewed in year 1, some in year 2, and the last group of rates in year 3). Professional counseling rates (9000 billing codes) along with substance use treatment rates were reviewed this past year, which is the first group of codes reviewed in year 1. Other counseling service codes will be reviewed in the coming years. As we all know, our Medicaid reimbursement rates in LA are significantly lower than other states for professional counseling services (9000 billing codes) as well as for other mental health and substance use treatment services. LDH recommended rate increases for several healthcare services to the state legislature, including behavioral health (professional counseling rates and substance use rates) this year, however, the increases were not included in the original state budget for the 2024 fiscal year. The governor vetoed several line items of the state budget and added a lot back to LDH’s budget. We are

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Mini Minutes from LCA Board, continued from page 3

President-Elect announced that decorations are complete, the DJ has been secured, and honored guests have been invited. As a reminder from Awards Chair, Dr. Kelle Falterman, Awards nominations are due August 31. Dr. Christine Ebrahim, who coordinates the Mentoring Task Force, requested that division presidents remember to for the conference.

🔗 **2023 Budget:** Austin White, Business Manager, provided an update on the LCA budget.

🔗 **Government Relations Report:** Diane announced that Governor Edwards vetoed the bill that included the new proposed budget. Updates on the effects of this on Medicaid will be shared as they are received.

🔗 **Bylaws Report:** Dr. Reed announced that Committee Chairs are able to run for President of LCA based on eligibility. Dr. Eric Odom, Bylaws, reported that updated language for the Bylaws will be shared during the next Board meeting.

🔗 **LCA Dues:** Dr. Reed opened discussion to members to explore option of raising LCA membership dues, due to the board's decision not to raise dues during the COVID 19 crisis but now necessary for a number of factors. Due to the decline in last year's conference revenue, no division received a conference rebate. Motions to raise the Professional dues by \$10, and the PLPC and Student dues by \$5 passed. It should be noted that Louisiana has the lowest dues among surrounding states. Additionally, Dr. Reed announced that mileage

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Government Relations Initiatives, continued from page 3

awaiting confirmation that the rate increases outlined above were actually included in LDH's final state budget. We will put out communication to LCA membership when final confirmation is obtained from the state. Some incentive payments have already been publicized for providers that have been providing evidence-based services and providers can apply for those now through the MCOs (Medicaid Managed Care Companies – i.e. Medicaid insurance companies). Communication has gone out to all current providers from the MCO's directly (via email) regarding how to apply for incentive funds. We are also working with LDH regarding the possibility of PLPC's being able to bill Medicaid for professional counseling services (PLPC's cannot currently bill insurance for private practice-type counseling). LDH is researching on their end if this is possible and we will provide updates as more information is available. LCA representatives along with representatives from social work professional associations meet with LDH leadership monthly to discuss these ongoing concerns.

2. HB 648 Veto Override: The veto session override successfully overturned the governor's veto of HB 648 (description of bill/law below). LCA strongly advocated against this legislation as it originally included counselors and that piece of the legislation was removed from the final bill. However, we are concerned that there are still potential implications for counselors who write letters for clients seeking medical procedures that need a letter from a counselor to proceed with those procedures and possibly other issues. We are working with the LPC Board on how this legislation impacts counselors that work with this population. The following message was sent to LCA membership regarding this law via email & Tradewing and we will send more information to

(Government Relations Initiatives, continued on page 5)



Happy Fall, Y'all!!

reimbursement rates have increased to match the current state rate.

🔗 **Online CE Opportunities:** Sopheia Jones, LA-SERVIC, and Christine Ebrahim, LDMI Chair, will create a sub-committee under the Professional Development Committee to consider a date for online CE opportunities to be removed from the online platform by the end of this year.

🔗 **Newsletter Information:** Vinetta Frie, Newsletter Editor, presented a guide to be referenced regarding article writing and submission and information for and committee chairs to share. Current Division Presidents are encouraged to consider past newsletter entries for reference as well.

🔗 **Leadership Mentoring Committee:** Dr. Christine Ebrahim reported that mentors of the Leadership Mentoring Committee will work on projects that would encourage emerging leaders. Any members interested in becoming either mentors or mentees should contact Dr. Ebrahim.

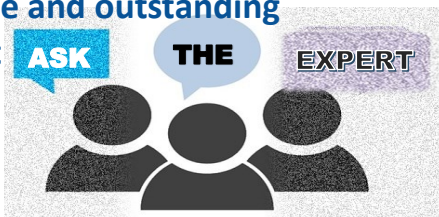
🔗 **People's Committee Update:** Nikki Lee is seeking recruits for the People's Committee to create a justice, diversity, equity, and inclusion statement that LCA would share and adhere to. Potential members should anticipate quarterly meetings using JamBoard, which was provided via Overcoming Racism. All questions and interested parties should connect with Ms. Lee.

🔗

A great CE source and outstanding member benefit is still available for you to be accessing

Tradewing: <https://lca.tradewing.com/>

Fall 2023



LCA membership as we get it:

You may have heard that the Louisiana legislators overturned the governor's veto of HB 648 which bans healthcare professionals from providing minors with gender-affirming surgeries, puberty blocking medications and hormone treatments, and punished healthcare professionals that provide these treatments with a revocation of their license for a minimum of 2 years. The law is set to begin on January 1, 2024, however, it will likely be challenged in the court system in the meantime. While this bill certainly impacts clients and families that counselors serve, it does not appear to directly impact the ability or scope of practice for counselors providing counseling services to this population. LCA will be working with the LPC Board of Examiners to determine if there are any direct impacts to the practice of counseling and will provide any additional information that we can in the coming months. We encourage counselors to reach out to legislators with any concerns you have about the impact of this legislation on you and the clients you serve. You can find out who your legislators are here:

<https://legis.la.gov/legis/FindMyLegislators.aspx>

3. **Counseling Compact:** The Compact Commission continues to meet and engage in the rule-making process. In July, the Compact identified a vendor to contract with to build the national database for the Compact. The Compact is tentatively scheduled to begin in 2024 but there is no clear timeline of an official start date yet. We continue to monitor this process.

4. **Medicare Billing for Counseling Services:** Reminder that counselors may begin to be credentialed and bill Medicare for counseling services beginning Jan 1, 2024. ACA has many resources for counselors on their website: www.counseling.org.

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Big Things Happening!

Darrell L. Renfro, Ph.D., LPC-S, Professional Development Committee member and Archives Chair

Professional counseling is making great strides in the mental health field and big things lay ahead for LPCs in 2024. For instance, the Counselor's Compact will allow LPCs to practice across state lines in partnering states and Medicare reimbursement for LPCs is on the horizon, with credentialing starting Jan. 1, 2024. These two movements have been a long time in the making. For additional information about the Compact, visit <https://counselingcompact.org>. Also, be on the lookout for more information regarding Medicare credentialing.

It's that time of year! The 2023 Louisiana Counseling Association Conference is just around the corner. The theme for this year's conference is "Help. Heal. Honor". Please seriously consider attending this year's conference as the LCA conference will welcome new Executive Board members and will supply a platform for valuable and enriching professional development workshops. This is also an excellent opportunity to get many CEs!!!!

I have been to many professional conferences over the years. In addition to attending the professional development workshops, I have used these conferences to reconnect with former colleagues and classmates, to connect with new colleagues, and to network. I have gotten several employment/contracts opportunities by networking at conferences. I also used these conferences to learn about new developments in the profession and to meet the next generation of young, innovative, and dynamic professionals.

Mark your calendar for the LCA Annual Fall Conference on October 8-10 in Baton Rouge. This year, there is also a hybrid option for those who are unable to attend in-person. Check here to register: <https://www.lacounseling.org/lca/Conference.asp>



Of additional note is the governor's election that is coming up towards the end of 2023. Our current governor, John Bell Edwards, is term-limited and cannot run again, so we will have a new governor in 2024. This is something that we will be paying close attention to as the political landscape is ever-changing.

If you are aware of any governmental or legislative issues, please reach out to Dr. Adrienne Trogden, LCA's Gov't Relations & Advocacy Specialist, via email: lcagovrelations@gmail.com. ☞

Our Committee Needs Your Input!

Dr. Kelle Falterman, Awards Chair



Greetings LCA! It is almost conference time and the LCA Awards committee NEEDS YOU! Nominations for LCA awards will be accepted through August 31, 2023. The Google form can be filled out here: <https://forms.gle/g3eTYjseQiAWj5t6A>. You can get information by going to the LCA website, click on "Who we are," then click on "Awards." Here you will find a description of each award and the link to nominate yourself, your counseling peers, and esteemed colleagues. There is also an award for distinguished legislative service.

Please nominate someone today! ☞

LCA Bulletin Board on Tradewing!

Go to:

<https://lca.tradewing.com/>



LCA Conference 2023

Vicki Guilbeau, PhD, LPC-S, NCC, NCSC, CCTP, Conference Chair

Louisiana Counseling Association Conference 2023 planning is well underway paving the pathway to an excellent professional exchange. Our **pre-conference** date is September 23, 2023. The **pre-conference** is solely virtual and requires a separate registration from the primary annual conference. Our annual **conference** October 8-10, 2023, is hybrid, which means that members may opt to attend virtually or live in Baton Rouge. Go to the association website at www.lacounseling.org for details on all registration options.

Anticipated conference highlights:

- ⇒ Diverse CEU presentations
- ⇒ DJ entertainment during the Presidential Reception
- ⇒ Honored guests to include Dr. Edil Torres Rivera, ACA President-Elect
- ⇒ Member luncheon
- ⇒ Door prizes
- ⇒ Film night with refreshments



Deadlines

August 18 – Advanced conference registration ends.

August 31 – Awards nominations end.

September 15 – Volunteer scholarships applications end.

September 15 – Pre-conference registration ends.

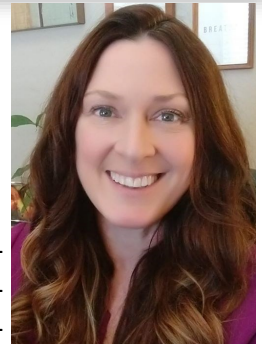
September 15 – Regular conference registration ends.🌀

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Introducing the LCA Conference Help Desk

Shannon E. Smith, LPC-S, NCC, Logistics Committee Chair



For this year's LCA Conference, we have established a Logistics Committee. Along with Samantha Carey, Southeastern Louisiana University Master's Candidate, I am chairing the committee, and I am happy to be joined by committee members Alyshia Boagni, Ninette Cormier, Felice Gaddis, Quintin Gustin, Scott LeJeune, Melissa Ray, and Pamela Schultz.

Our team will be at the Conference to help attendees with general questions, to make sure that presentation rooms are set up properly, and to work hand-in-hand with other Conference organizers to improve the overall experience and flow of the Conference.

One of the most obvious ways that you might interact with us will be at our Help Desk. Throughout the Conference, we will be positioned at the Help Desk to assist you. Please don't hesitate to stop by if you have any questions! We will also have members in floating "satellite stations" who are available to help if you find your way around. Look for those satellites, and let us help! (Our satellite station members will likely be wearing a button to identify themselves.)

We all know that the Conference can be overwhelming, especially if it's your first. Remember what we all learned a long time ago in school..."There is no such thing as a stupid question." LCA wants all of its members to have a great experience at the Conference, and the Logistics Committee is here to help. Just ask! 🌀



Division President Reports

ACACL, Association for Child and Adolescent Counseling in LA. No report.



Rebuilding LAAOC

Kourtne Baham, LAAOC President

Greetings from the Louisiana Association of Addiction and Offender Counselors (LAAOC). The 2023 LCA conference is upon us and I am excited, as always, to share space with new and old fellow counselors! LAAOC would like to spend the next year building a Division Board so that we can better support ourselves as Addiction and Offender Counselors. I look forward to this year of growth within our division as well as the new things to come with LCA!



LACES: Looking Forward

Dr. Dottie Martin, LACES President

Louisiana Association for Counselor Education and Supervision (LACES) is looking forward to connecting with everyone this year over many opportunities throughout the year and at the LCA Conference. We have so much to look forward to this 2023-24 Board term! We have a Supervisor/Supervisee Connection, Lunch and Learn CEU opportunities, and Professional Networking. Further, in keeping with this year's conference theme, Help, Honor, Heal; LACES we will be spotlighting leaders in

the community preparing the next generation of counselors and hosting an Honor Ceremony to acknowledge exceptional supervisors and educators in the field.

Meet the Board

President - Dr. Dottie Martin; President Elect – Dr. Joey Pistorius; Past President – Dr. Christine Ebrahim; Secretary – Dr. Michaela Hartline; Treasure – Dr. Deatrice Green; - Supervisor Member – Taylor Rusich; Graduate Student Member – Ebony Clifton

Board Nominations for 2023-2024

Call for nominations were held for President Elect-Elect and Counselor Educator Member board positions. We are excited to have new board members join our team. Becoming involved is an excellent experience and provides opportunity for service and networking. If you would like to get involved, please consider running in our next election. Contact Dr. Christine Ebrahim at cebrahim@loyno.edu for more information about next year's elections.

Supervision Connection

LACES members are cordially invited to the **Third Annual Supervision Meet and Greet** held Monday, October 9th, from 3:30 to 6:00pm at the LCA Conference. The event is designed to connect Board Approved Supervisors (LPC-S) with potential graduate students and postgraduate supervisees (PLPC). A panel discussion will provide important information regarding supervisee and supervisor expectations, regulations and working relationships. The second hour supervisors and supervisees will meet, ask questions and network.

Lunch and Learn

LACES is pleased to offer Lunch and Learns through-

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out the year! Be on the lookout for email blast and information on Tradewing!

If you are interested in presenting in the future on supervision and/or counselor education topics, click on the following link [LACES Proposals](#) and complete the proposal information. Topics may include assessment and diagnosis in supervision, teaching strategies for counselor ed programs, developing, and writing concept and research articles, preparation for new supervisors or faculty, and contemporary, creative ideas in either supervision or counselor education. Specific dates will be assigned once proposals have been accepted.

Call for Professional Networking

LACES is busy working to provide its membership with many opportunities to connect. Current supervisors and faculty, new supervisors, new faculty, and doctoral students may wish to volunteer to assist the board. Contact Dr. Michelle de la Paz at delapazcounseling@gmail.com for more information.

LACES Honor Ceremony

In closing, I am constantly reminded of how strong supervisors and counselor educators are in the state of Louisiana! We will be honoring those who stand out in the field and have contributed to the profession. An award ceremony will be held on Sunday October 8th at 6:00 pm at the LCA Conference in Baton Rouge.



LACGS: Revitalizing the Importance of Counseling Graduate Students

***By: Brooke G. Mize, B.A.,
LACGS President***

Graduate students are the newest faces of upcoming counselors, and with that, it is imperative to provide plentiful resources and opportunities for them to learn and grow. As a master's student in

the last year of her program, I aim to breathe new life into the division as the new LACGS President alongside my fellow board members. It is my hope to revitalize the division and take it to new heights through more events, resources, and possibilities for grad students to mingle and connect with peers and other professionals. The limitations of the COVID-19 pandemic have created social barriers and has driven the world into virtual communications. After three years of this disconnect, we are looking to recover and heal together with our communities.

As you are reading this article, the LACGS board has already met and are currently working to bring a few event ideas to fruition. Once such idea in the works is "Browse the Boot." This event was created in hopes of pairing graduate students, entering their practicum and internship phases of their programs, with the best fit for them. We are continuing to work out the tangles but remain hopeful that we can make this event come to life to some capacity, whether it is in-person (either one or multiple dates/locations), virtual, or hybrid. We will continue to keep the membership informed of this endeavor, but welcome suggestions for events that can benefit grad students. To submit an idea, of any kind, please contact me via email at gasparbe@warhawks.ulm.edu. Related to the creation of additional resources for grad students, LACGS has recently created a new Facebook page, where we plan to post a variety of resources as much as possible. To access this page, please follow this link: <https://www.facebook.com/profile.php?id=100091838080477>.

Our 2023-2024 LACGS Executive Board is comprised of the following individuals, who all bring unique qualities and fresh perspectives to the division. I am honored to be able to work with this incredible group, and am overjoyed to personally announce them to the membership: Emma Derstine (*President-Elect*), Teneka Gash (*Secretary*), Sarah Meche (*Treasurer*), Ashlyn Dupree (*Public Relations Coordinator*), Emily Ruth (*North Louisiana Regional Representative*), Rechelle Rawls (*Central Louisiana* ***(Division President Reports, continued on page 10)***

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Division Presidents' Reports, continued from page 9

Regional Representative), Devin Grantham (*South Louisiana Regional Representative*), Kristi Zimmerman (*Greater Baton Rouge Louisiana Regional Representative*), and Cierra Johnson (*Greater New Orleans Louisiana Regional Representative*).

While we work to expand on the influx of new ideas, we hope you will consider joining us at the LCA Conference in October. We have an incredible tract planned and we hope everyone will be able to leave with new knowledge and new friendships. Any information about conference can be found on the LCA website along with registration forms.

I am elated to watch this division, and its members, thrive in ways that may not have been possible in previous years.

"Fight for the things that you care about but do it in a way that will lead others to join you"

— Ruth Bader Ginsburg



Welcome LCA!

Dr. Teneka Gash, LAMCD President

I bring you greetings from the division of the Louisiana Association for Multicultural Counseling and Development (LAMCD)! Our hope is that you cultivate a multicultural atmosphere as our mission is to promote a greater understanding and broader awareness of culturally diverse populations. LAMCD strives to eliminate barriers and foster interest in culturally sensitive counseling, keeping our membership mindful of the state of current multicultural affairs in Louisiana. LAMCD is nationally recognized by The Association of Multicultural Counseling and Development and stands firm to encourage changed attitudes and enhancing cultural diversity. Overall, LAMCD's mission is to

magnify and embody the importance of differences in a counseling milieu.

The 2023-24 Executive Board include Dr. Teneka Gash (President (2021-Present)), Colleen Thomas (President-Elect), Jaqueline Matte (Secretary), and Nikki Lee-Rogers (General Relations/Past President). As President, I am a member of the Leadership, Development and Mentoring Institute and I am proud to represent LAMCD. Through mentorship with Dr. Reshelle Marino, I have successfully submitted a proposal to LCA for a Divisional Mixer for the 2023 LCA Conference. I am looking forward in leading this initiative and working together with Divisional Presidents to produce a mixer that provides insight and increases division membership.

LAMCD initiatives surround areas of focus including Advocacy, Membership and Professional Development. Future initiatives include hosting a virtual member/interest meeting via LCA Bulletin, Member Spotlight, Publication/Distribution of division newsletter and partnering with The Association of Multicultural Counseling and Development (AMCD) as LAMCD is Nationally Recognized.

If you are interested in joining LAMCD to promote increased knowledge in multiculturalism, please reach out to our designated email: LAMCDivision@gmail.com and visit our Facebook page—@LAMCD1, as your participation is highly valued.



LAMFC, LA Association of Marriage and Family Counselors. No report.



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Happy Fall, Y'all!!

Division President Reports, continued from page 10



Consider Joining LASERVIC

Sophia Jones, LASERVIC President

Greetings from the Louisiana Spiritual, Ethical and Religious Values in Counseling (LASERVIC) Division of LCA. As we enter a new fiscal year, there is an extra air of enthusiasm surrounding the upcoming conference and overall plans for this term. The LCA leadership has been hard at work to dutifully provide us with another memorable conference guaranteed to aid in our continued growth as counselors. We know that there will be great presenters and many new experiences to look forward to during our conference in October.

Historically, LASERVIC has been a division that is predominantly visible during the conference. Although we plan to continue to host our yearly luncheon and prayer service, we are working toward growing that visibility as well. This year we plan to bring added division activities to the virtual world via TradeWing, so be on the lookout for us!

As always, if you are not yet a member of the Louisiana Spiritual, Ethical and Religious Values in Counseling (LASERVIC) Division of LCA, we welcome you to join! If you are already a member, we invite you to become actively involved by joining the executive board.

Do you have any questions, concerns or are interested in becoming a member and/or officer of LASERVIC? Please feel free to contact me at Sopheia@abrighterpathcs.com.



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Fall 2023

Louisiana Lagniappe

Leading with Service

**Krystyn Dupree, LPC, NCC,
LCCA President**



Greetings LCA members! I am overjoyed to be the President of the Louisiana College Counseling Association this year. Last year our president stated that the goal of LCCA was to revitalize how we connect and we achieved that goal. We were able to have our virtual Fall Workshop and we were able to see the smiling faces of our members at our first in-person Summer Workshop in a few years. We have also been able to revitalize our executive board with new members who bring fresh ideas and perspective.

When I reflect on the word I want to use as the guiding force the next year for LCCA, I think of service. How can we best serve our members? Counseling has seen a world of growth and change over the last few years, and with that how we serve our members needs to be willing to change as well. With that in mind, LCCA plans to send out a need's assessment, to gauge what our members have liked from our offerings and what ideas they have about how as their division we can best serve them. We want your input!

Our division is excited that we will have some wonderful presentations on the LCCA track this year and plan to discuss some important steps forward at our general business meeting at the LCCA Luncheon. This will be a great opportunity to speak with LCCA Leadership and explore how your passion for working with college students can get you involved in the new offerings we hope to bring in the coming year.

You can reach out to the LCCA leadership team at lcca.leadership@gmail.com if you are interested in getting more involved, have an idea for us to offer in the future, or are interested in presenting at our fall/winter workshop. We can't wait to see everyone at the LCA conference in October!

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2023-2024: The Year of Collaboration

Shallene Joseph, M.S., M.Ed., LPC, NCC, LCDA President



Hello LCA members! As the title says, this year will be one of intentional collaboration for the Louisiana Career Development Association (LCDA), both within our organization and outside. I had the pleasure of representing LCDA at the National Career Development Association's (NCDA) Global Career

Connections Conference in Chicago, Illinois this summer where the important work of collaboration began. Plans are in the works to see the fruits of these connections with other state career development associations as early as this fall! Stay tuned for more information in the coming months, which will be shared via future Lagniappe articles, Tradewing, and email.

We will not have an official LCDA track at the LCA conference this year, but there will be a few career focused sessions that we hope to see you in. We welcome all LCDA members, as well as anyone in LCA who has an interest in career development, to join us at our general business/membership meeting at the conference as we strive to build a solid foundation for our clients and our own career development.

November 2023 is National Career Development Month. November 13-17 is National Career Development Week. November 15 is National Career Development Day.

NCDA will be holding the [58th annual Poetry & Art Contest in celebration of National Career Development Month](#). This year's contest theme is *Art of the Mind: The Connection Between Wellness and Career Success*. Entries will be judged on how they celebrate and inspire career development with a positive



tone while emphasizing the national theme. Entries may be either poetry or art. Contest divisions areas include kindergarten through adults.

The winning entries for each division will be recognized and displayed on the NCDA website in June, as well as at the [annual Global Career Development Conference](#), which will be held June 26-28, 2024 in San Diego, California. National winners will also receive a special certificate from the National Career Development Association.

For more information on National Career Development Month, visit <https://ncda.org/aws/NCDA/pt/sp/ncdmonth>

We plan to hold a state contest for the 58th annual Poetry & Art Contest in celebration of National Career Development Month, and we invite you to hold individual contests at your schools, practices, and institutions.

Finally, for those of you who may be interested getting involved as an elected officer in LCDA, the positions of Treasurer and Member At Large positions are open for election this year. We will reach out with more information Tradewing and via email very soon in regard to election timing. If you are interested in any of these positions, reach out to me at sjlcda@gmail.com.

We look forward to collaborating with you! Feel free to reach out with any questions, comments, or concerns at info@louisianacareerdevelopment.org or to me personally at sjlcda@gmail.com.



LCSJ, LA Counselors for Social Justice. No report.



(Division President Reports, continued on page 13)

Article continues in next column



Mission Ready

**Kathy Lammert, LPC-S, LMFT, NCC,
LMGCA President**

This has been a busy year for the Louisiana Military Government Counseling Association (LMGCA). In December 2022, Doctoral candidate Deborah Allsbrook, LPC-S and Kathy Lammert, LPC-S, LMFT, NCC partnered with Covington Behavioral Health and presented a free 3 hour CU “Moral Injury, Trauma, and Military Culture.” In addition to counselors, social workers, and veterans, we were excited to have Larry Williams, Director of Veterans Outreach (VA) as one of our audience members.

What is moral injury? Moral injury refers to the psychological, social, and spiritual impact of events involving betrayal or transgression of one's own deeply held moral beliefs and values occurring in high stakes situations. Moral injury has been associated with anxiety, depression, and PTSD. Because the symptoms of moral injury overlap with the symptoms of other mental health conditions, veterans may be eligible to receive benefits for moral injury through another related diagnosis.

Doctoral candidate Debbie Franzen-Lang, LPC-S, NCC, NCSC represented LMGCA at the January 2023 International Association of Psychology and Counseling Conference.

In May 2023, Deborah Allsbrook and Kathy Lammert partnered with the Tactical Recovery, Summit Behavioral Health, and Victory Recovery to speak on the topic of “Moral Injury and the Military.” Hosted as a free CEU event at the Jefferson Parish Eastbank Library in Metairie, this was another terrific opportunity to LMGCA to network with both veterans and mental health professionals.

We continue to post on free training opportunities, updates, and other Military/VA topics related to LMGCA on Tradewing and LinkedIn. Please check out our LinkedIn page:

<http://linkedin.com/in/la-military-and-government-counseling-association-9b1262235>

Article continues in next column

Fall 2023

Louisiana Lagniappe

The members of the LMGCA Board for 2023-24 are Kathy Lammert, President; Debbie Lang, President-Elect; Deborah Allsbrook - Past President and Treasure. (See pictured below). We are excited to see everyone at the LCA conference in September in Baton Rouge. We are also looking forward to growing our organization. Feel free to email us at lmgca2022@gmail.com.

From L to R: Debbie Lang, Deborah Allsbrook, Kathy



Lammert at the Tactical Recovery Training Seminar on May 19, 2023.



LMHCA: Harvesting Growth!

**Dr. Deatrice Green, LMHCA
President**



Hello from the Louisiana Mental Health Counselors Association (LMHCA). I am excited to begin the final year of my term as President of LCA's largest division. During this last year, I aim to continue increasing member engagement through our professional development opportunities, acknowledge our members via the member spotlight, and keep you abreast via our quarterly newsletter.

We are currently accepting nominations for Pres-

(Division President Reports, continued on page 14)

Division President Reports, continued from page 13

ident-Elect and President Elect-Elect to join us in continuing the great work that has been taking place. Nominations will be accepted until August 25th at 5 pm. If you or someone you know is interested in leadership and willing to serve in this capacity, please complete the Google form below. In addition, we're also accepting nominations for our scholarships and awards. The deadline to submit a nomination for our scholarships and awards is August 31st at 5 pm. You can find all of the links below and on Instagram and Tradewing. Awardees will be announced at LCA during LMHCA's luncheon.

As we conclude our webinar series with its two final installments, we are also preparing for this year's conference track for LCA. Our bi-monthly webinars are now available to all LCA members for \$20 per webinar. Remember, LMHCA members should complete the Google Link to attend free of charge, and non-LMHCA members should register via an Eventbrite link in Tradewing and our Instagram page's bio.

If you haven't signed up for the remaining webinars, check them out now and sign up! Evaluations will be sent to you all to solicit feedback and suggestions on topics for future workshops and things we can do to improve.

- August 11th How to Increase Your Impact & Income In Private Practice presented by Christy Pennison, LPC-S
- October 13th Postnatal Depression: An Interprofessional Approach Across Cultures presented by Alyssa Weiss, Ph.D., LMFT, CCTP

We are thrilled to be able to continue to offer a diverse lineup of presentations for the LMHCA conference track. We hope this year's track will be as valuable and exciting as the previous years' for LMHCA members and other conference attendees. Below are the LMHCA track presentations at LCA.

Join us!

- The Barriers and Effectiveness of Mandated Counseling - Arielle Laurent, NCC, PLPC, and Charles Ruffino, PLPC
- Rest: Underutilized or Overhyped? - Amy Dufrene, LPC-S, NCC, BC-TMH
- Teletherapy after Covid. - Amy Dufrene, LPC-S, NCC, BC-TMH
- Surviving Trauma - Porsche Hitchens, MA, PLPC and Donisha Banks, M.A, PLPC, NCC
- The Importance of Multicultural Competency when Addressing Race-Related Stress and Trauma in BIPOC Communities. - Deatrice Green, Ph.D., LPC-S, NCC, Registered Play Therapist Supervisor, Reshelle Marino, Ph.D., LPC-S, Trevon Ceasar and Shavez Pinestraw

We are always looking for new members for our committees and governing board. If you are interested in joining a committee or becoming a regional representative, please reach out to me at lmhcapresident1@gmail.com or via Google form <https://forms.gle/c3JVaCVx7vhnErnX6>. Your engagement and participation are vital to LMHCA and LCA, so please reach out with any inquiries.

LMHCA 2024-2025 Executive Board Nominations:
<https://forms.gle/RkjeWTM6767gPMLg6>

The Gloria Bockrath Scholarship: <https://forms.gle/pai5f3eN7pL7rEDf7>

Mental Health Counselor of the Year Award:
<https://forms.gle/tsc5VgoPJkiQVJmB6>

Community Service Award: <https://forms.gle/MCFnGyVedAKF8qYr5>.



(Division President Reports, continued on page 15)

Article continues in next column



Hello Louisiana School Counselors!

**Taneka Fuller, NCC, LPC-S,
NCSC, LSCA President**

I am elated to serve as the new President of the Louisiana School Counselors Association! We have some awesome board members and committee members who are

ready to serve.

We are here to connect, support and empower all school counselors and promote our profession as school counselors. So, if you are not a member of LSCA, join today!

Recently, we held a LSCA Meet-Up event at the ASCA Conference in Atlanta and it was truly an enjoyable time! Our next scheduled event will be our annual LSCA luncheon. If you are planning to attend the LCA conference in October, I am inviting you to the Louisiana School Counselor Association's (LSCA) annual luncheon. The luncheon is an opportunity to hear an amazing speaker, celebrate some awesome Louisiana school counselors and learn more about LSCA. The luncheon will be held on Sunday, October 8th during the LCA Luncheon.

We have some great plans for LSCA this year, so stay tuned! Please follow LSCA on Facebook: MyLSCA-Louisiana School Counselor Association and Instagram:mylsca to stay informed! You don't want to miss anything!

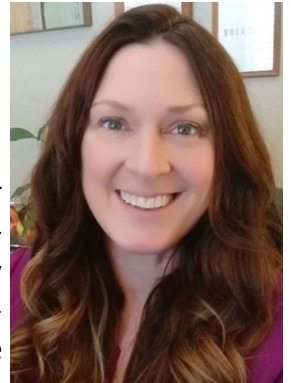
Again, I am excited and honored to represent LSCA as President this year and I wish all of you a wonderful school year!

PLCA, Provisional Licensed Counselor Association.
No report.

Article continues in next column

Come Grow With Us!

**Shannon E. Smith, LPC-S, NCC,
SAIGE-LA President**



In case you're not familiar with SAIGE-LA, I'd like to introduce our division. The Society for Sexual, Affectional, Intersex, and Gender-Expansive Identities is comprised of counselors, counselor educators, and counseling students who recognize the importance of delivering ethical, culturally-inclusive, and liberating services to LGBTGEQIAP+ clients that attend to all aspects of their intersectional identities. We recognize that a person's gender, sexual, and/or affectional identities are relevant to their mental health and to the counseling relationship. And, we envision a world where LGBTGEQIAP+ individuals are respected, celebrated, and experience belonging.

The current Board of SAIGE-LA is made up of the following individuals: Ledora Yerks-Birdlow (President-Elect), Melissa Ray (President-Elect-Elect), Mark Leggett (Past President), Pamela Shultz (Secretary), Michelle Jolivet (Trustee), and Kenneth Schmitt (Trustee).

I am very proud to report that SAIGE-LA experienced the largest percentage growth of all of LCA's divisions in the past year. We increased our membership by 31%, going from 71 members to 93 members. Thank you! Thank you to the members who have been a part of this division for years, and thank you to those who have joined in the past year! In a time when legislation is limiting the rights of members of the LGBTGEQIAP+ community, it's more important than ever that mental health professionals are poised to provide affirming and effective care, as well as to be united in vocalizing our advocacy for our clients.

The Board of SAIGE-LA wants to hear from you! We have a quarterly newsletter in which we highlight counselors and community resources serving

(Division President Reports, continued on page 16)

Louisiana Lagniappe

Division Presidents' Reports, continued from page 15

the LGBTGEQIAP+ community, and we'd love to have submissions from our members. We will be sending our members our revised bylaws in the next month or so, and we hope that each of you will vote on these revisions. We will be holding elections for the 2024-2025 year after the Conference, and we hope to have many of you run for the open positions. We want to continue to grow as a division, both in numbers and in our impact, and we need all of you to accomplish our goals.

Please don't ever hesitate to reach out to me or to any of the other members of the SAIGE-LA Board. You can email us at saige.louisiana@gmail.com. You can also engage with us on the LCA Community Bulletin Board through Tradewing, follow us on social media, or contact us to be added to our mailing list.

If you have questions about the division and/or are interested in joining, please let us know! You can reach us through IG: [saige_la](https://www.instagram.com/saige_la), FB: Saige-Louisiana, or email: saige.louisiana@gmail.com. We look forward to seeing everyone at the Conference!



**2023 LCA
Fall Conference**

Theme: Help. Heal. Honor.

October 8-10, 2023 (In-Person and Online) Crowne Plaza Hotel, Baton Rouge

Pre-Conference: Saturday, September 23 (online only)

<https://www.lacounseling.org/lca/Registration.asp>

LGBTGEQIAP+ Initialism

L Lesbian

G Gay

B Bisexual

T Trans*, Transgender; & Two-Spirit (2S; Native Identity)

G Gender-Expansive

E

Q Queer; & Questioning

I Intersex

A Agender; Asexual & Aromantic

P Pansexual; Pan/Polygender; & Poly Relationship Systems

+ We continue to be Inclusive of Other Related Identities by Being Committed to Ever-Expanding, Learning, & Growing the Acronym and Our Understanding of These Identities

Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE) is a division of the American Counseling Association (ACA).

? For this and more information, visit saigecounseling.org/

Created by Dr. Clark D. Ausloos (2020)





Meet the Candidates for LCA President 2027-28

Candidate Bios and Platforms

Dr. Thomas Fonseca, LPC-S, LMFT, NCSC, NCC, LCA President 2023-2024, Nominations Chair

Louisiana Lagniappe

As past president, I am pleased to announce the candidacy of three accomplished LCA members who are each seeking to represent you as LCA President in three years. Beginning on this page, you will find a brief bio of the candidates. Then starting on page 18, you will find their answers to four questions, traditionally asked of each nominee. You will find in their answers the unique vision each has for their term, should you elect the candidate. The election will occur at the fall conference in person. Members not in attendance at the conference will vote via Constant Contact.



Sean Brite, M.S., LPC, NCC, has worked in Substance Used Disorder (SUD) Treatment since 2018 in both residential and outpatient settings. He has worked at Longbranch Recovery since January 2021 as a residential counselor.

In March of 2023, Mr. Brite became the Family Program Director for Longbranch's residential care center and intensive outpatient program. This past summer, He also taught addictions counseling at Loyola University New Orleans School of Mental Health Counseling as an adjunct instructor.

(Mr. Sean Brite's Bio, continued on page 18)

Kelle Falterman, PhD, LPC-S, NCC, NCSC, CTTS, serves as part of the Core Faculty in the Counseling Division of the New Orleans Baptist Theological Seminary. She received her masters degree in Counselor Education and Supervision from the University of New Orleans and her PhD in Counselor Education and Supervision from the University of the Cumberland. Dr. Falterman is in her 24th year as a School Counselor and ninth year as a supervisor for provisionally licensed professional counselors and counseling student interns.

She has served as the Awards Chairperson for LCA for three years, and is the president elect for LASERVIC. Nationally, Dr. Falterman holds memberships in ACA, SACES, ASERVIC, ACAC, ASCA, APSAC, and ATSS.



Teneka Gash, PhD., PLPC, RSW, is an Adjunct Professor at the University of Holy Cross, New Orleans, La. and a Mental Health Professional with Positive Transformations Health Services. Dr. Gash is an alumna of the University of Holy Cross in New Orleans, La. of the PhD Program of Counselor Ed. and Supervision. She also earned a Master of Education in School Counseling from Nicholls State University. She is a Provisional Licensed Professional Counselor and holds an Ancillary Certificate approved by the Board of Education, as a Professional School Counselor (LA). Dr. Gash is also a Registered Social Worker, approved by the Board of Social Work Examiners.

Dr. Gash serves as the President of the LA Association for Multicultural Counseling and Development (LAMCD) serving on the LCA Executive board since 2021. She is also Elementary VP of the

(Dr. Teneka Gash's Bio, continued on page 18)



Conversation with the candidates...

My LCA Vision

Dr. Thomas Fonseca, LPC-S, LMFT, NCSC, NCC, LCA President 2023-2024, Nominations Chair

This year, we have THREE great candidates who seek to become servant leaders in LCA. Take a look at bios that begin on page 17. This article shares the candidates' goals and visions should you chose to elect one of them. We will start the conversation alphabetically...


Q1. Elaborate how your background and qualifications have brought you to your decision to first become an LCA member, and now seek this leadership position.

Mr. Brite: I was fortunate while in my counseling program to have professors who encouraged me and my classmates to join LCA. I am grateful to have trusted their suggestion because LCA has supported my self-enrichment, provided invaluable opportunities for collaboration, and helped me cultivate professional pride and advocacy.

Dr. Falterman: As a graduate student in the University of New Orleans' Master of Education in Counselor Education program, I was encouraged to join the Louisiana Counseling Association and attend their conferences. In my early years as a new counseling professional, I attended LCA in Alexandria at (I believe) the Hotel Bentley and in Baton Rouge at the Hilton Baton Rouge Capitol Center. During that time, I was purely a participant soaking up the knowledge I gained in those professional development workshops. When I added the supervisor status to my licensure, my counselor identity developed in the areas of leadership and advocacy through my work with PLPC's and counseling student interns. My work as a Licensed Professional Counselor has ex-


(My LCA Vision, continued on page 19)

Sean Brite's Bio, continued from page 17

Mr. Brite has served on the LCA Executive Board since 2018. He is part president of LAAOC and organized the Addiction Track for the 2019 LCA Conference. He chaired the LA Opioid Crisis Symposium for Mental Health and Addiction Professionals 2019-20. Mr. Brite is a graduate of LCA's Leadership Development and Mentoring Institute, 2018. Since 2016, Mr. Brite is credited with five solo presentations at state conferences and 6 presentations with colleagues including one at ACA's 2018 conference in Atlanta, GA. He is a member of ACA, LCA, LAAOC, and Chi Sigma Iota International Honor Society, Alpha Phi Chapter. Mr. Brite was the recipient of the LCA President's Award for Outstanding Service in 2019; and Chi Sigma Iota Outstanding Service Award in 2018. 

Dr. Teneka Gash's Bio, continued from page 17

Louisiana School Counseling Association (LSCA). Dr. Gash serves as Secretary (LACGS), Baton Rouge Representative (PLCA), Student Member (LAMFC), and Chi Sigma Iota, Gamma Chapter Clinical Mental Health Member-at-Large. Dr. Gash is a member the People's Committee, Professional Development Committee, and a member/mentor of the Leadership, Development and Mentoring Institute, each in LCA. She is also the recipient of the 2022 Louisiana Counseling Association Graduate Student Award.

Presentation Experiences include Nicholls State University Chi Sigma Iota, Gamma Chapter Bayou Mental Health Conference, Clark Atlanta University, LCA Conferences, SACES, Law and Ethics Conference, US and Irish Conference and the LA Mental Health Association Conference. Her areas of clinical, scholarly, and advocacy interests include social and cultural diversity issues in the school setting, trans-generational traumatic stress among socially ascribed groups and communities, crisis intervention, cancer prevention and research. 

4 ways to vote! See ballot and details on page 22!



panded because I am now both a School Counselor and a Counselor Educator. These days, I am the professor encouraging my students to join LCA and be active through presenting at conferences and making sure they are up to date on current issues and trends in counseling.

As a committee chairperson, I have joined LCAs leadership in advocating for change, whether it be advancing the role of counselors in the mental health field through lobbying efforts or joining the fight to overthrow the strongholds of systemic racism. I plan to continue this work as a team member regardless of any title I hold in LCA.

Dr. Gash: My desire in becoming a member of LCA stemmed as a frequent volunteer within the community and while in the Master of Education School Counseling Program at Nicholls State University. I expressed interest in attending the LCA Conference, Division workshops, CEU pre-approval of workshops for continuing education clock hours and Networking Groups. In expressing my desire to become educationally enhanced and developing personally and professionally, I obtained support, mentorship, and supervision. Through mentorship I was provided information about LCA, AMCD and LAPT. I had the opportunity of working with a mentor in developing research and presenting at the Research Symposium. I also applied for a scholarship and served as a Conference Volunteer for the LCA and LAPT Conference. Being afforded these opportunities, I gained the desire for more and sought a leadership position with LAMCD. In my term as President of LAMCD, National Recognition was approved, and I was also awarded as the 2022 Louisiana Counseling Association Graduate Student Award at the LCA Conference.

Mr. Brite: I see leadership as an opportunity to be of service. I have had the privilege to serve in professional and collegiate capacities. I served as President of Loyola University New Orleans Chi Sigma Iota, di-

(My LCA Vision, continued on page 20)

Editor's Prerogative

This Year's Conference Will Require Patience + Planning!

Vinetta Frie, Lagniappe Editor



On behalf of the newsletter team, Diane Austin, Dr. Christine Ebrahim, Dr. Vicki Guilbeau, Quintin Gustin, and I we hope you are enjoying this new **25 page** issue! It is packed with great information.

I am writing to encourage each of you to register online for this year's conference. In response to member request, pre-conference sessions are **back, but online only** and the full conference will be **hybrid**: available BOTH online **and** in person at the Crowne Plaza Hotel in Baton Rouge. We are reducing some costs by not printing the schedule and posting it digitally in the new conference app that we are designing to be more user friendly. You will have name badges with your own unique QR code which allow better facilitate the awarding of all eligible CE credits. This also means that name badges will be even more important and must be worn for all conference functions. You will definitely not want to lose yours!

We will be much more dependent on technology this conference. Computer stations will be set for on-site registration. We do not know how many others will also need this process.

Why am I tell you all this? We are hoping to see more members participate in person in but we don't know exactly what to expect. Your advanced and regular registration helps us make better fiscal and logistical decisions about conference. This provides a better experience for all conference goers. It also helps each LCA division, too. When LCA covers expenses for conference, the profit benefits not just LCA but YOUR DIVISION as well in the form of a conference rebate.

So, what am I asking of you? Plan now whether you will participate in the pre-conference and/or actual conference in person OR online. If you're not already registered, do it **now**, right now while you

(Editor's Prerogative, continued on page 20)

My LCA Vision, continued from page 19

recting program engagement, advocacy, and fundraising. I collaborated as a presenter at numerous conferences including the LCA and ACA conferences. As President-Elect of LAAOC, I created and coordinating the LCA conference's 2019 Substance Use Disorder Presentation Track. As President of LAAOC I co-chaired with LCA President Dr. Adrienne Trogden on the creation of the 2020 Louisiana Opioid Crisis Symposium. My current work focuses on the treatment of addiction, trauma recovery, and reorganization of life and purpose. I am currently part of the inpatient team at Longbranch Health Care as a residential counselor.

Q2. To maintain the integrity and economic stability of LCA and counseling as a viable profession, what initiatives would you undertake to educate the public and the Legislature about the importance of LCA?

Dr. Falterman: The President's role is to support each committee's efforts through collaboration and to give voice to the work of LCA in public forums. In recent years, the Government Relations Committee has dedicated themselves to educating the Legislature about LCA initiatives and worked fervently with elected officials on efforts, like the Counseling Compact. I am committed to working cooperatively with our Government Relations and Advocacy Specialist and other LCA members to promote legislation that advances the counseling profession.

As President Elect-Elect, I would work alongside members of the Membership Committee and Public Relations Committee to promote membership through all areas of the state, focusing on the northern part of the state using counselor education programs as a means to reach out to graduate students, faculty, and alumni.

Dr. Gash: To maintain the integrity and economic stability of LCA and counseling as a viable profession, initiatives would be undertaken to educate the public and Legislature about the importance of LCA. As a member of Chi Sigma Iota International, I serve on the Leadership and Professional Advocacy Committee. Meetings have been held with Capitol Associations regarding hearing dates for Counseling Compact bills that are currently being considered in state legislatures. As a member of Chi Sigma Iota International, this is an opportunity for individuals to gain information and communicate their concerns related to the current rules of the Compact. In maintaining integrity, I am interested in providing mentorship, student engagement, educating the public and legislature as well as promoting initiatives.

Mr. Brite: As counseling professionals, we are in a unique position to blend education and self-insight with personal connections to enhance our client's relationship with their values, emotions, thinking patterns, and in personal relationships. The following initiatives I propose reflect the importance of professional advocacy to educate

(My LCA Vision, continued on page 21)

Editor's Prerogative, continued from page 19

are thinking about it: <https://www.lacounseling.org/lca/Registration.asp>. If you are unable to pre-register by September 15, your registration is very likely to take more time. Be sure to pack more than your usual amount of patience the closer we get to the start.

Nick Wallace will support our technology needs this year. Every member of the LCA Executive Board members in attendance will supplement the newly appointed Conference Helpdesk led by Shannon Smith and her team (find out more on page 7, second column) to help you with the technology, navigating the hotel and the conference app. We will all work as hard as possible to make your conference experience as productive as possible. 🌀

Article continues in next column

those outside our profession to view the direct and systemic benefit of counseling.

- I propose that LCA promote research in their conference that highlights specific practices that show improved outcomes with counseling professionals providing insight and services.
- I propose initiatives to increase support and collaboration for those in our profession to express concerns and emerging trends. For example, grow the network with insight to promote appropriate and relevant action to address mental health, life balance, and burn out prevention in the varied and specific environments we serve.
- I propose LCA advocate among medical professionals, hospitals and medical systems, and state and local governments and agencies on our unique training and knowledge base as professional counselors, and how it can be utilized to better serve our communities.

Q3. As LCA President of 15 diverse divisions, provide a few short and long term plans for LCA -- addressing the needs of the diverse divisions to insure that each feels their collective voice is heard.

Dr. Gash: As LCA President of 15 diverse divisions, short and long goals would include addressing the needs of diversity within divisions to ensure advocacy exists. It would involve the establishment and implementation of Divisional short and long-term goals within each division to establish initiatives of each division. This would include the support of LAMCD, People's Committee and the Professional Development Committee. This would aid in allowing divisions to have a voice and to work as a collective to encourage novel information, perspectives lead to unfettered discoveries and breakthrough innovations. It is an opportunity to drive toward multiculturalism by creating mentorship programs, offering meaningful opportunities of engagement and recognition of

all cultures. Goals would also include continuum of Presidential initiatives from year-to-year to assist in bringing each to reality.

Mr. Brite: It is truly a benefit to have such a diversity of divisions within LCA because it is a catalyst for perspectives and ideas that enrich all in LCA and members of those divisions. As president of LAAOC, I can recall the encouragement my division received from the LCA board, as well as the struggle to know how to best present to LCA membership the shared goals and needs of my division. In the short term, I would plan two initiatives.

- To continue to encourage structured mentoring and leadership for those interested and new to leadership in our divisions.
- To invite stronger and more established divisions to share administrative practices and strategies with newer or rebuilding divisions.

In the long term, I would plan two initiatives.

- I want to continue to support track-based presentations at our LCA conferences.
- I would like find opportunities to create lasting connections between LCA and divisional leadership and businesses, educational systems, governmental agency leadership, other appropriate organizations within the state of Louisiana.

Dr. Falterman: There are values that I hold dear, among them are humility, integrity, and kindness. I model myself as a servant leader who others see as open-minded and approachable. I understand and embrace the diversity in our divisions and their leadership.

My long-term goal for LCA is that we remain one collective voice for the counseling profession. I believe that differences in opinion can be opportunities for growth on all sides. Division acts as a wedge, making us ineffective in our professional advocacy. LCA is most steadfast when we em-

(My LCA Vision, continued on page 22)

Article continues in next column

My LCA Vision, continued from page 21

brace and celebrate our differences.

My short-term goal for LCA is to determine ways to involve counselors from ALL areas of Louisiana and encourage both membership and active participation from counselors in the northern part of the state. One way I hope to accomplish this is through building relationships within counselor education programs in Monroe and Shreveport and encouraging their students and alumni to join and participate in LCA.

Q4. During your membership, what is one meaningful contribution you have made to LCA or the LCA Board, specifically?

Mr. Brite: During my time as president of LAAOC from 2019 – 2020 two events came together for me: serving during the term of LCA President Dr. Adriane Trogden and being co-chair of the 2020 Louisiana Opioid Crisis Symposium, a collaboration with the LA Department of Health. Together we created a series of professional trainings to include LPCs, social workers, and psychologists. Our eight-hour symposium was almost canceled due to the Covid pandemic, but we transitioned it to a virtual event and offered it at no cost to increase professional awareness into the opioid crisis. LCA and LAAOC was able to host a format providing experts and specialists in the field of addiction and substance use disorder research to present to more than 1500 mental health professionals. The gravity for me is knowing that information provided to mental health and other caring professions remains pertinent and critical in our work to combat the opioid epidemic. This experience showed me that LCA can be even more effective to our state and our Association. I hope you will give me the opportunity to try!

Dr. Gash: During membership of LCA, I have provided meaningful contributions to LCA by serving as President of LAMCD and on various executive boards, committees and as a Conference Volunteer. I have provided mentorship to members of LCA, Graduate students and have also presented at LCA Conference with conference participants.

(My LCA Vision, continued on page 23)



LCA 2023 ELECTION MAIL-IN BALLOT

CHOOSE ONE OF FOUR WAYS TO VOTE...

1. Vote **in person** at the Fall Conference.
2. Vote **via the Constant Contact electronic ballot** which will be sent to you.
3. **Print and mail your vote** to Dr. Thomas Fonseca, 250 Palm Avenue, Houma, LA 70364
4. **Scan and email your vote by September 23** to the LCA Nomination chair: tfonseca@uhcno.edu.

Late ballots will be disqualified.

LCA PRESIDENT 2027-28

Please review the Candidate Bios on page 17. The vision and goals statement from each candidate begins on page 18.



SEAN BRITE, **LPC, NCC**



KELLE FALTERMAN, **Ph.D., NCC, LPC-S**



TENEKA GASH, **Ph.D., PLPC, RSW**

THANK YOU FOR PARTICIPATING IN THE
ELECTION!



10 Recommended Reads About BDSM*

Joseph Kalita, Loyola Graduate Counseling Student and Dr. Christine Ebrahim, LPC-S, NCC

The top three are specifically for mental health professionals. Items 4-10 are good introductions to BDSM for anyone interested in learning more.

1. Kink-Affirming Practice: Culturally Competent Therapy from the Leather Chair, by Stefani Goerlich*
2. The Leather Couch: Clinical Practice with Kinky Clients, by Stefani Goerlich*
3. With Sprinkles on Top: Everything Vanilla People and Their Kinky Partners Need to Know, by Stefani Goerlich*
4. The Bride Wore Black Leather... And He Looked Fabulous! An Etiquette Guide for the Rest of Us, by Drew Campbell
5. SM101: A Realistic Introduction, by Jay Wiseman
6. The New Topping Book, by Dossie Easton
7. The New Bottoming Book, by Dossie Easton
8. Mastering Mind: Dominants with Mental Illness & Neurological Dysfunction; and Broken Toys: Submissives with Mental Illness & Neurological Dysfunction, by Raven Kaldera & Del Tashlin
9. Conquer Me: Girl-to-Girl Wisdom about Fulfilling Your Submissive Desires, by Kacie Cunningham
10. Learning the Ropes: A Basic Guide to Safe and Fun S/m Lovemaking, by Race Bannon 🌀

Editor's Note: This is the second of a series begun with the Spring 2023 issue, page 9. Do YOU have an idea for a topic of use to the practice of counseling? Let me know about it via LCAnews@outlook.com.

Louisiana Lagniappe

My LCA Vision, continued from page 22

As a member of the Leadership, Development and Mentoring Institute led by Dr. Christine Ebrahim, I have composed an outline towards implementing a Divisional Mixer for the 2023 LCA Conference. My desire is to complete the task and frontline the event for years to come. The Divisional Mixer would establish connections between executive boards and afford the opportunity of LCA Members to gain insight about each division.

Dr. Falterman: In July 2020, LCA President Eric Odom asked me to take over the Awards committee as chairperson. The LCA conference was only two months away, so I accepted the position and went to work right away publicizing the awards criteria through emails and on Facebook. In a few weeks, I had gathered nominations and recipients were voted on by the committee. The 2020 conference was our first experience with virtual conferencing and we were all winging it. The awards were ordered and delivered to my home; then, I recorded the awards ceremony that was later played on the conference platform. Oddly enough, the biggest job was mailing each individual award to its recipient! The board was so happy to be able to continue the tradition of giving awards and presidential recognition even though the conference was virtual. 🌀

LCA's 2023 Fall Conference



In person
or
Virtual?

Have YOU
registered, yet!?



<https://www.lacounseling.org/lca/Conference.asp>

2023-2024



LEADERSHIP ROSTER

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The *Louisiana Lagniappe* is the newsletter of the Louisiana Counseling Association, (LCA). LCA is the state branch of the American Counseling Association, (ACA). LCA unites professional counselors from diverse work settings to promote advocacy, collaboration, and networking among its membership for the good of Louisiana's multi-generational clients.

LAGNIAPPE TEAM

Your newsletter is the result of the following team: Vinetta Frie, Editor; Diane Austin, Dr. Quintin Gustin, Dr. Christine Ebrahim and Dr. Vicki Guilbeau.

SUBMISSIONS

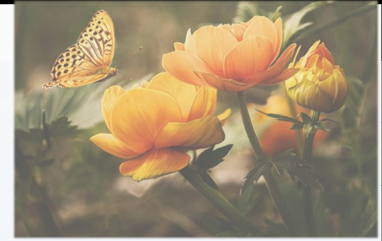
Send all submissions to newsletter editor, Vinetta Frie via her e-mail address: icanews@outlook.com. To assure a speedy response, please include the words: *Lagniappe Article*, in the subject line. Electronic submission of photographs via e-mail as a .jpeg or .png file *is preferred*.

**NEXT NEWSLETTER
SUBMISSION
DEADLINE:
October 13, 2023**

The theme of the next issue is the Fall Conference. It will be posted online late October or early November.

Louisiana Lagniappe

With Heartfelt Thoughts and Prayers



✈ Join us in remembering the family of LCA President Elect, Dr. Vicki Guilbeau. Her step father-in-law died on August 10.

✈ Remember all LCA Members and their loved ones whose passing has not been reported to us. Their loss is no less important than any mentioned here by name.*

**Please help us to recognize any member's serious illness, grieving, or recent death. Please share the information with either Diane @ lca_austin@bellsouth.net or Vinetta @ icanews@outlook.com. If you have a photo of that member, please share that with us as well. It will help us all remember better. Thank you, in advance.*

Conference Rebate for Your Division! *Vinetta Frie, Lagniappe Editor*



In addition to providing professional development and networking, the annual fall conference is vital for our association's fiscal health ... AND your primary division, too!! When the conference is a financial success, LCA splits that profit (amount of money left after all conference expenses) in the ratio of 75/25 with the Divisions. The 25% is divided among the divisions, proportional to the number of their members who registered for all or part of the conference. So the more members a division has attending the conference **AND** indicating a primary division on the conference registration form, the larger that division's rebate!!

This practice has helped many divisions provide services to their members without having to raise their dues! Remember when you are registering for conference to indicate your **primary division** to increase your division's share of the profits! 💰