

LCA Graduate Student Newsletter

Louisiana Counseling Association

11/1/2016

Edition 3

Letter from your LCA Graduate

Student Representative...

Hello fellow Graduate Students!

Wow, I cannot believe that it is already the month of November! After so many of our universities got off to a rocky start this semester with the historic flooding and all, for better or worse, the time has sure flown by. I am also aware that many of us are still struggling with the effects of the flood or know individuals who are. For those of you who have been affected, I hope that you and/or your loved ones were able to take the time for the extra care you might have needed during this very difficult time and things have begun to hopefully settle down.



On a lighter subject, the LCA 2016 Annual Conference was a huge success this year and I am very excited to announce that the fall 2017 Conference will again be taking place at the Crowne Plaza Hotel in Baton Rouge. The theme for this year's conference was "Diversity is the Spice of Life" and what an important theme to have, given the Nation's current social and political climate! Therefore, I felt that this issue of the Graduate Student Newsletter should not only be a recap of the conference and all the amazing things that happen, but also be dedicated to increase our own cultural awareness as future counselors. Many of our wonderful Graduate Student Committee members took the time to volunteer to write articles for this issue and I hope that all of you will find them to be helpful and insightful as you continue your journey in pursuing a degree in Counseling. In addition, be sure to continue increasing your professional development by attending trainings and conferences throughout the rest of year and be sure to join the LCA Graduate Student Facebook page!

Good luck with all of your fall finals and have a safe and relaxing Winter Break!

All the best,

Michelle Robichaux

Your 2016-2017 LCA
Graduate Student Representative



Important Updates!

[ACA 2017 Annual Conference](#)
will be March 16th through the
19th in San Francisco, CA

[LCA 2017 Annual Conference](#)
will be October 1st through the
3rd in Baton Rouge, LA

Be sure to like and join the
[LCA Graduate Student](#)
Facebook page for more
updates about upcoming
conferences and professional
development opportunities!



2017 LCA Graduate Student Social at the
Crowne Plaza Hotel

What is Social Justice and Why is it Important for Counselors to Know?

Article by Allison M. Jenssen, Masters Candidate at Nicholls State University

“Social justice” is a term frequently used in the counseling community, but what does it actually mean? Why is this concept so important to the counseling profession and how can we actively promote it?

In the broadest sense, social justice involves empowering clients and confronting injustices and inequalities in society that negatively affect our clients. A competent counselor will promote social justice for every single client by focusing on four main principles: equity, access, participation and harmony. Equity is the fair distribution of

overall common good by addressing challenges related to individual and distributive justice.

Individual justice refers to advocating on behalf of one client, while distributive justice is dedicated to systemic issues on fair allocations of resources within our society.

Advocacy goes hand-in-hand with social justice. It is an essential component of our profession and we should aim to help underserved populations acquire the necessary assistance to improve their current situation in life. As future counselors, we will act as advocates for our clients and work to

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resources, rights and responsibilities to every member of society. Access is a critical principle of promoting social justice because it includes notions of fairness and the ability of all people to have resources, power and information available to them. The principle of participation describes the right of every individual to be included and consulted regarding decisions that impact their lives and those around them. The fourth principle of social justice is harmony which deals with social adjustment and how the actions of one person or group ultimately lead to results that allow best case outcomes for the entire community.

Social justice counseling is a multi-faceted approach to mental health care in which clinicians work to promote human development and the

achieve individual justice for that person.

Advocating for our own clients is the most basic level of promoting social justice within the community. An example of advocacy would be contacting government agencies on your client’s behalf to inquire about outreach programs or special services eligibility and helping them use these programs effectively. Taking steps like these will hopefully have a positive impact on the circumstances surrounding a person’s life outside of counseling, which in turn will increase the likelihood for a successful outcome *inside* counseling.

For more information on social justice and advocacy please visit www.aca.org or <https://counselors-csj.org>.

The 2016 LCA Annual Conference: Diversity is the Spice of Life!

Take a look at the photos below and see what some of LCA's amazing members and graduate students participated in at the conference this fall!



The conference Opening Ceremony was lead by ACA current President, Dr. Catherine Roland PhD., LPC.



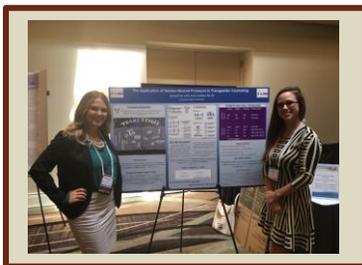
LCA President Dr. Iman En-Nabut PhD., LPC, presenting her welcoming speech at the Conference Opening Cermony.



LCA Reflection Wall



Joan Gallagher LPC, educating students about the importance of "phasing" in and out of conversations at the Graduate Student Networking Session.



Baton Rouge Mayor Kip Holden declared September 25th through 30th as "Louisiana Counselor Awareness Week"!



Featured LCA Graduate Student Poster Session from the top left to right: "Female Sexual Addiction: Lifestyle Category Injured Distant User" by Sean Bite, Loyola University. "We're W.H.I.P.P.E.D.: Wellness & Health in Program Providing Education and Development" by Marissa Falicki, Alicia Griffin & Daja Williams, ULL. "Oh Baby: Interpersonal Therapy as Treatment for Prenatal Depression" by Crystal Loup, LSU. "The Application of Gender-Neutral Pronouns in Transgender Counseling" by Jacqueline Lally & Lindsay North, LSU. "Implementing Fantasy Fiction as Bibliotherapy to Promote Resilience in Adolescents" by Kelli Pinac, ULL. "Depression, Suicidality and Eating Disorders: Increased Risk for Adolescents" by Whitney Geenen, ULL.

Ways to Increase One's own Sense of Cultural Competency

Article by Amber Hall, Masters Candidate at LSU and Victoria Grant, Masters Candidate at Southeastern University

To become culturally competent, one must avoid being culturally encapsulated. The best way to learn about cultural diversity is to experience it firsthand. One way to broaden our horizons is to actively engage in one cultural event/experience with an ethnic/cultural group different from our own (e.g., religion, disability, race, ethnicity, sexual orientation, etc.). Some questions to answer in order to process the experience are as follows:

Where did you go?

What was it like?

How did it feel to be a minority person at the event?

What were some of your thoughts, feelings, and actions?

What cultural dynamics did you observe?

What insights did you gain from this experience that will influence your awareness and knowledge as a culturally alert counselor?

Here are some possible sites you can visit to increase your cultural competency!

1. Tam Boa Temple

Description: Buddhist temple that is located on five acres just minutes from downtown Baton Rouge. The temple is open to individuals of all religions providing them the ability to practice mindfulness meditation and cultivate compassion for living things.

Contact Information

Website: <http://www.batonrougebuddha.com>

Address: 975 Monterrey Blvd. Baton Rouge, LA 70815

Phone Number: (225) 389-6434

2. Tangipahoa African American Heritage Museum & Veterans Archives

Contact Information

Website: <http://www.taahm.org>

Address: 1600 Phoenix Square, Hammond, LA 70403

Phone Number: (985) 542-4259

3. Women's Center for Healing and Transformation

Contact Information

Website:

<http://www.womenscenterforhealing.org>

Address: 71667 Leveson Street, Abita Springs, LA 70420

Phone Number: (985) 892-8111

4. 2017 Shen Yun

Description: World's premier classical Chinese dance and music company.

Contact Information

Website: <http://www.shenyun.com/new-orleans>

Dates: Friday & Saturday, January 20-21, 2017

Time: Fri. Showing @ 8:00pm; Sat. Showing @ 2:00pm

Location: Mahalia Jackson Theater of the Performing Arts, 1419 Basin Street, New Orleans, LA 70116

Additional Upcoming Events:

Day of the Dead Mexican Celebrate: A Cultural Talk for the Whole Family!

Date: Thursday, November 3, 2016

Time: 6:00-7:30 pm

Healing Gem Stone & Chakra Mini Painting Workshop

Date: Saturday, November 5, 2016

Time: 10:00-4:00 pm

A Personal Assessment: Of our own Values as a Future Counselors

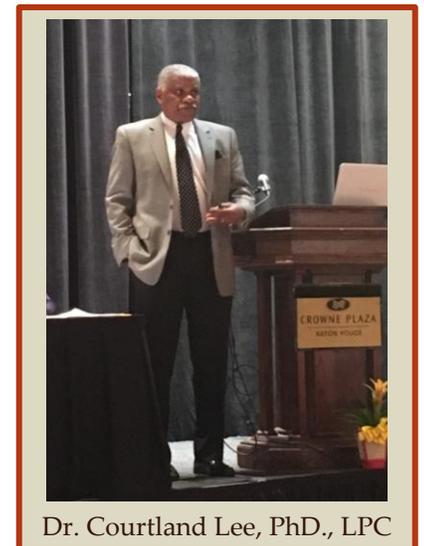
Article by Renee Floer, Masters Candidate at Loyola University at New Orleans

I count myself very lucky to have been in the audience for Dr. Courtland Lee's presentation on Counselors as Agents of Social Change during this year's LCA conference. It was an enlightening discussion that brought a lot of ideas about power, privilege, and my role as a counselor in society to the forefront of my mind. My biggest takeaway from the session was the Personal Assessment that Dr. Lee encouraged us to engage in; to take an honest look inward and understand what's really meaningful in our lives and where our commitments lie.

As students we are consistently encouraged to explore our values, intentions, behavior patterns, coping mechanisms, and core beliefs. As Counselors, we have an ethical obligation to promote social justice and advocate for our clients. Part of this involves taking a personal assessment of our life's meaning, and our level of commitment towards combatting oppression and abuse of power in society.

I've listed Dr. Lee's questions below, and I invite you to spend some time thinking about your answers. I hope that, like me, gaining a better awareness of your own purposes and motivations will make it easier to navigate your path moving forward as a Professional Counselor.

1. What do I do and why do I do it?
2. How do I do it?
3. Who do I do it for?
4. What do I believe about myself?
5. What do I believe about my clients?
6. Am I a leader or a follower?
7. Do I have courage?
8. Do I have the courage of my convictions?
9. What am I passionate about?
10. What makes me angry?
11. What are the results of my efforts?
12. Am I committed to fostering and supporting a society that is more enlightened, just, and humane through my life and work?



Dr. Courtland Lee, PhD., LPC

“It did not really matter what we expected from life, but rather what life expected from us. We needed to stop asking about the meaning of life, and instead to think of ourselves as those who were being questioned by life—daily and hourly. Our answer must consist, not in talk and meditation, but in right action and in right conduct. Life ultimately means taking the responsibility to find the right answer to its problems and to fulfill the tasks which it constantly sets for each individual.”

— Viktor E. Frankl, *Man's Search for Meaning*

Tips for Making Culturally Diverse Clients feel Welcomed in Regards to the Therapeutic Relationship

Now more than ever, it is important that we as future counselors take the time to stop and reflect about the ways we can intentionally create an unwelcoming environment for clients whose cultural background may be different from our own. Below are some tips you can use in order to ensure you are creating a space of acceptance and appreciation for your future clients.

1. Educate yourself! Through books, movies, personal experiences, articles in this newsletter and others like it about different cultures or groups of people who you are unfamiliar with. In addition, be aware of the best practices that correlate with each of those groups of individuals and their implications for treatment in regards to counseling.
2. During an initial intake session (or when the client is filling out the consent forms) leave a space from them to describe how they identify themselves or for important information they would like their counselor to know about them.
3. Decorate your office using a variety of artworks from different cultural backgrounds, also include different religious symbols.
4. For gender non-conforming clients, think about creating a gender neutral bathroom at your office, or having a space on the initial intake form for them to write their preferred gender and/or sexual preference.
5. Finally, just ask! When in doubt, in a respectful and considerate way, ask your client how they feel about their cultural background and what they want you, as their counselor, to know about their upbringing. If the client does not wish to share anything about their cultural upbringing, respect their right to autonomy and honor their decision to keep that part of themselves private.

I hope that all of you will find these tips, along with the articles in this newsletter to be helpful as you aspire to become culturally competent future Counselors!

As always, take care and never forget to continue working on ways to increase your professional development!

-Michelle, 2016-2017 GSR