



Collaboration, Teamwork and Diversity

*Dr. Reshelle Marino, Ph.D.,
LPC-S, LCA President Elect*

As I look back on the past year in my role as President-Elect, I can't help but to think about what a monumental year the Association had navigating a world-wide pandemic and hosting the first ever all virtual annual fall conference. I hope everyone is slowly transitioning back to their lives before the pandemic. I think surviving this pandemic has profoundly changed us. We teach differently, we connect differently, and we conduct sessions and meetings differently, now. We have faced and overcome multiple crises and from these crises, we have been afforded several opportunities. Our profession has been strengthened, we have risen above the challenges, and our work is perceived as even more critical to the health of Louisiana citizens. We must continue to support each other and take care of ourselves in the process. I feel proud to have been part of those uncharted waters in 2020, and have developed a deeper appreciation of all that leadership entails. I am thankful to all of what I learned from current president Eric, and am excited to step into his shoes and transition into my year of presidency beginning in July.

Advocating for the Profession of Counseling is tantamount to my goals and objectives as future President of LCA. I understand that advocating for our profession is something that must stay at the forefront of every single one of our initiatives. The reality is that politics play an important role in maintaining the integrity and economic stability of

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Presidential Perspective COVID and Self-Care

*W. Eric Odom, MHS, LPC-S,
LCA President, 2020-2021*



Hello, all! It continues to be my great honor to serve as the President of LCA for the 2020/2021

term. I am very proud of the way that we have been hanging together and continuing to do the amazing work of LCA during what continues to be a terribly challenging time for all of us due to COVID-19.

In the fall of 2019, who would have thought that we'd spend the next year+ on Zoom? Or wearing masks? Or figuring out ways to continue to feel connected to family and friends via a computer screen? My sincere condolences go out to any of our Membership that has lost a loved one due to COVID, or has been affected in any way that has been challenging. Times are not normal and challenging, and its ok to say so.

Please don't be angry when I point out that very many of us are great at taking care of the people that we work with professionally, but maybe not so great at taking care of ourselves. This is something that is common to the helping profession, and I ask that each of you take an honest personal inventory about this. Are we monitoring for burnout? Are we staying connected to the people we care about the best that we can? Are we isolating? Have we noticed that depression and/or anxiety have been spiking upward as the COVID-era continues? Do we know what resources are available to us when we are the ones that need help?

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Internship Hours Still Available

Graduate students or PLCPs are still sought for volunteer internship hours. The Internship is with a Victim/Witness grant in Lafitte, LA. Are you interested? Please contact Marianne Terrebonne at (504)287-8049. 🌀

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I have no problem admitting that the experience of COVID is wearing thin for me. I think that we can all say that. In some regards, I think that we, as a people and a profession, will come out of this stronger than we were before. We will have new skills. We will have ways to connect with people that we didn't have before. But we also have to acknowledge that some of us may be really struggling right now. I gently remind all of us of the importance of self-care as we continue to cope with these unusual times. And, please reach out for help if needed.

Thank you,
Eric Odom, LCA President



UPDATE: LCA Conference Will Be Virtual!

Diane Austin, LCA Executive Director

The mini-minutes of the February Board meeting which starts on page 3 includes a new software provided to replace TPN but it was tabled. The July deadline for making a decision was not going to allow enough time to implement TradeWing and the final costs of hosting both a hybrid AND virtual conference would eliminate the cost-benefit of the new vendor.

The LCA Administrative Council, a smaller team comprised of the elected officers plus one Division President who was chosen by all Division Presidents as their representative met to make a decision on behalf of the Association. As 97% of the respondents to the questionnaire preferred either a virtual conference or a hybrid conference, it was fiscally prudent to opt for a virtual conference. The portal would provide customizable opportunities for Divisions to communicate with members. With TradeWing LCA would be able to cancel Zoom and Constant Contact agreements — this would reduce operating costs of the Association. This cafeteria style software program will allow TradeWing to be embedded into the LCA website to run conference and more. It will also allow LCA to again run registration.

The Council thus voted to make the decision to hold the 2021 Fall Conference virtually for logistical and financial reasons. More details will be available on our website when conference registration begins. 🌀



LCA. Therefore, I remain cognizant of opportunities that we can educate the public and the Legislature about the importance of LCA and look forward to LCA hiring a Government Relations and Advocacy specialist to serve in this capacity for LCA. I will work closely with this individual on the Counselor Compact initiative for licensure portability. If you are interested candidate, please apply at this site, <https://www.indeed.com/job/government-relations-and-advocacy-specialist-5575fff8d8a4ade7>

Collaboration, teamwork, and embracing diversity are qualities I embrace. It is my belief that everyone is valuable and each division and affiliate has a place at the table when making any decision related to our shared vision as members of our profession of counseling. Comradery and building lasting relationships are absolutely perks of working alongside fellow counselors and graduate students. If we are not learning something new each day, we are missing out! It is for that reason that I feel it crucial to address the needs of the diverse divisions of LCA to ensure that each feels their collective voice is heard. I am excited about our continued efforts with *Overcoming Racism*, and the upcoming four-day intensives for LCA board members and all division presidents and president-elects. Additionally we have negotiated our contract to allow for each division to take advantage of one consultation hour with the founder of *Overcoming Racism*. It is imperative that future leaders keep diversity efforts at the forefront of LCA.

Be Inspired: Ignite your Purpose and Fuel your Passion is the theme for my conference. It is hard to imagine that we are planning for this year's conference and having to make some difficult decisions based on what is the best for our membership and our association at large. We can assure you that we are meeting weekly to go over conference details. It is our intention to uphold the integrity of our conference and bring the best material to you possible, while considering all factors of importance to our members. Whatever format of the conference that is decided upon, you can be cer-

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LCA Board Mini-Minutes

Lisa Launey, LCA Secretary

The Louisiana Counseling Association Executive Board held a Zoom meeting on February 26, 2021. The following business was conducted during this meeting.



- ✂ **Licensure Portability:** Dr. Reshelle Marino, President Elect, presented an update on the Compact for Counselor Licensure Portability. Louisiana is much involved with the interest across the U.S. and across state lines. Dr. Rashunda Reed Miller and Eric Odom are leading the Louisiana efforts.
- ✂ **2020 Conference Report:** LCA had 933 participants. Divisions did well with participants and Division payouts are forthcoming.
- ✂ **2021 Conference:** The Astor Crowne Plaza Hotel is prepared for an in person, virtual, or hybrid conference. Members were polled on February 26, 2021, regarding their preference for the conference platform. Emphasis on engaging graduate students will be planned as well as pre-conference sessions focused on 1) Private Practice, 2) Mentoring Institute, and 3) Overcoming Racism. Conference fees will remain the same as in 2019 and 2020. The conference community project will focus on New Orleans' homeless population.
- ✂ **TradeWing Proposal:** There was a detailed discussion of a TradeWing Software and Service Agreement. This cafeteria-style software program could be embedded into the LCA website to run the conference and more. It would avoid most if not all of the complaints about the former service provider, but several board members wanted more information before signing the contract. The discussion was tabled.

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tain that we have cutting-edge pre-conference sessions, and a keynote speaker that will hopefully leave a meaningful mark in your life both personally and professionally. I am excited to transition into my role as president in July and look forward to leading the association in the year (hopefully) after COVID-19. Be well everyone, until next time.

**LCA Member
Services:
1-888-522-6362**



**LCA Website:
www.lacounseling.org**

LCA Board Mini-Minutes, continued from page 3

until July with Eric Odom presenting more information at that time.

✎ **Overcoming Racism Project:** Division presidents and president elects have the opportunity to participate in 4 workshops taking place over the summer and at pre-conference. An additional component of the contract with Overcoming Racism includes Division presidents being able to each hold a consultation/brainstorming meeting. Eric Odom, LCA President, expressed the need to continue this LCA work around social justice and diversity year to year.

✎ **International Association For Counseling:** LCA is researching the opportunity for an association membership with IAC. This worldwide organization began in 1966 and focuses on world peace while valuing respect, integrity, excellence, service, commitment and collaboration. ACA has membership and with LCA's emphasis on diversity, social justice, and combating racism IAC may be an opportunity for LCA members.


✎ **Succession Planning:** Updated performance evaluations for the three paid LCA positions have been completed. With the recent Government Relations Chair being vacated, a job description and evaluation for a new Government Relations position was approved. The four posi-

tions now include Executive Director, Business Manager, Social Media, and Government Relations and Advocacy Specialist. This new position will be advertised on Indeed and on the LCA website. (Many thanks to Katie Blum who held the Government Relations Chair until recently having to step down for personal reasons.)

✎ **Professional Development:** Post-conference CE report form will be uploaded to the LCA website and certificate and evaluation forms will be sent electronically, based on lessons learned from the 2020 conference.

✎ **Lunch and Learn:** Counselors will soon learn about an upcoming opportunity for a free virtual "Climate Change & Counselors" workshop. Debbie Sturm, LPC and a member of ACA's Climate Change & Mental Health Task Force, is working with LCA for final arrangements.

✎ **National Board of Forensic Services:** After LCA members expressed interest in the NBFS certification the Board voted to move forward with a partnership. LCA members will have soon have discounted training and NBFS certification costs. PLPCs would be allowed in NBFS training and to gain experience even before licensing.

✎ **Social Media:** LCA has an increase of 51% engagement with social media activity since last year at this same time and has 2437 followers at this time. 

Article continues in next column



Editors Prerogative

Vinetta Frie, Lagniappe Editor

During Bishop Duca's homily on Easter Sunday morning, televised from St. Joseph's Cathedral, he recalled how the distraught Mary Magdalen did not recognize the risen Jesus until He said her name. And that reminded me of a reception I attended at BRCC, B.C. — Before CCOVID. I was chatting with someone and I heard the voice of someone who was not speaking to me but it caught my ear.

The voice transported me back to middle school — we called it junior high in the dark ages. I was in an algebra class, which was then called "new math," and 13-year-old me asked a question. Prior to algebra, math had been fun, more like an interesting puzzle to solve. But **new** math made no sense to me. I did not understand why "x" was so important and I cared nothing about finding it. One day, I asked my teacher about its importance directly. With such a detailed recollection, you would think I would remember her answer. But like algebra, whatever she said sailed right over my head. I wrote off math for almost a decade, until Grad School, when my curiosity was re-ignited by the need to understand psychological research, significant data and statistics — suddenly math **meant** something to me again!

But back to the reception. The voice I heard was my middle school math teacher, who had become an adjunct professor at Baton Rouge Community College. Until that moment at the reception, I had never made the connection. I was only able to recognize her when I stopped relying on my eyes! Listening was the key to true sight. Sitting there in Mass, hearing Bishop Duca, I was reminded how sometimes, we **can** be blinded. When we think we already know something, when we think we have gleaned all there is to know about something, when emotions like fear or anguish so clouds our thoughts, it is difficult to see rightly. There is a quote attributed to Kenneth G. Johnson in 1958: "Education is man's going forward from cocksure ignorance to thoughtful uncertainty."

May we as counselors ply our craft to help those we serve to cultivate thoughtful uncertainty and see more rightly. 🌀

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Thanks, LCA!

*Dr. Rashunda Reed,
LCA President Elect-Elect*



Thank you for electing me to serve as President Elect-Elect of LCA. Words cannot express my gratitude and appreciation. Professional life can be both rewarding and challenging which makes this opportunity special to me. To all of you who are doing your best to serve clients and students especially during COVID...I honor you.

I made it to this point because someone gave me a chance. Therefore, I would also like to thank my husband, Andre, for supporting my professional endeavors. Other individuals include my esteemed colleague Cathy Green-Miner for demonstrating counselor excellence, Diane Austin for accepting my volunteer application when I knew nothing, Donnie Underwood who taught me about leadership, Calvin Williams who nominated me for my first leadership position, John Crawford for allowing me to serve when he was president, Dr. Buddy Ceasar for being my supervisor and role model, Denyse Fegan for allowing me to shadow her, Dr. Chantrelle Varnado-Johnson for encouraging me to be active, Angela James for being my conference buddy, Frank Joseph for letting me know that I was not an outsider, Vinetta Frie for her inspiration through words and actions, Dr. Ted Remley for introducing me to counselor education, and everyone who shared with me in my presentations.

Looking ahead, I am excited to connect with members and the executive board when my official term begins this summer. In the meantime, remain safe and healthy. 🌀





57 LA LPC Supervisors Offer Assistance to PLCPS

Lisa Launey, LCA Secretary

In the last Lagniappe, I shared our goal of a new service for counselors seeking supervisors. Particularly for PLCPs in rural areas of our state, locating appropriate supervision was difficult. When the LPC Board allowed virtual supervision to be an option, LCA saw an opportunity to help our members. The new service we envisioned was a listing of LCA members who have obtained supervision credentials are ready and willing to supervise PLCPs. I am excited to announce that we have met that goal!!

A list of 57 LCA members in good standing who have been vetted as being LPC-S and certified by the LPC Board to use Telemental health is now available to you. If you are looking for a possible supervisor:

- ✦ Open the LCA Website
- ✦ Select Member Portal (top left side of the page)
- ✦ Login using your information
- ✦ Open the new list: Potential PLCP Supervisors!

If you have questions, concerns or additional ideas, please let me know. While this listing should not be interpreted as an endorsement of any person listed, we plan to offer it as a service to both LPC-S and PLCP members. We are glad to offer this new service and hope you will find it helpful. ☺



Spring 2021



Our Community Outreach Project keeps giving! Granola Bar Project

Hannah Furlan Cowan

Hello LCA!! This is a follow up about my granola bar project. I recently purchased, scheduled, and delivered the granola bars to THREE schools in Tangipahoa Parish! I also sent a thank you note today to the LCA Board where I included the receipt for the granola bars. I just wanted you to know that your generosity was appreciated and used as you intended.

I am grateful that there will be a lot of students who will benefit from these donations. While the project was simple when envisioned, accommodating the ever-changing regulations as a result of COVID-19 was a bit difficult at times. But counselors are creative problem-solvers so you will see in the photo, the appropriately socially distanced way I dropped it off. ☺

[Editor's Note: Last Conference, the Granola Bar Project was our annual community outreach project. Every year, LCA seeks to improve the community which hosts our fall conference. This project was born from a Poster Presentation when Hannah was a grad student! Your generous donations have made it possible for Hannah to continue her efforts to help LA school students. Here she shared what your good deed helped to materialize!]

Division President Reports



LACES: Come Join In! **Dr. Christine Ebrahim, LACES President**

Happy Spring Greetings from the Louisiana Association for Counselor Education and Supervisions (LACES)! We hope all of you are doing well and finding time to enjoy the beautiful April weather...The LACES board members have been very busy planning and providing free CEU events for not only LACES members but the LCA general membership. A big "Thank You" goes out to Dr. T'Airra Belcher, who provided our first free Lunch & Learn with LACES CEU event of 2021 *Understanding your Social Location: Navigating Counseling and Gatekeeping*. Our next Lunch & Learn with LACES CEU event is actually more than just a lunch; it's a 1-day mini conference scheduled for April 30 and Dr. Kellie Camelford will be sharing her expertise on Virtual Play Therapy and Dr. Tommy Fonseca will present on important Supervision topics. This is a virtual event and registration information will be coming soon!

Are you a Counseling students about to graduate and looking for an LPC Supervisor? Or are you an LPC Supervisor looking for new supervisees to work with? If so, mark May 7th at 1pm on your calendars! That's the day LACES will host its Spring-time Supervision Mix & Mingle. During this event, students about to graduate and LPC-Ss have an opportunity meet and possibly make matches! This event is free for all LACES members and students. There will be small fee for non-LACES members. Be on the lookout for more information coming soon!

Also watch your emails for a call for nomination for board positions coming soon! As always, we encourage you to keep up with us on our Face-

book page Louisiana ACES and on our IG page @louisiana_a.c.e.s

If you would like to becoming involved in LACES, please feel free to email me. Here is my address: cebrahim@loyno.edu



LAMCD: We Are Stronger Together!

**Nikki D. Lee, M.MFT, LPC-S, NCC,
LAMCD President**



Greetings from the Louisiana Association for Multicultural Counseling and Development Division (LAMCD)! Our hope is that you all have been remaining safe and diligent with self-care through these continued tumultuous times.

We have been working more closely with the Association for Multicultural Counseling and Development (AMCD) to embody the message of unity and raise awareness for the increase of discrimination during the pandemic, particularly toward the Asian community. It is imperative that we work together to promote racial healing and multiracial solidarity through education and dialogue. Our dedication to being more humanistic will greatly enhance our communities and clients for the better.

We will be hosting a virtual luncheon for all past LAMCD Presidents in the coming months. It will be an opportunity to gather and honor past division leaders for their contributions. An email blast including details will be coming soon. If you are interested in joining LAMCD to promote increased knowledge in multiculturalism, please reach out to our newly designated email. Here is our new address: LAMCDivision@gmail.com and visit our Facebook page - @LAMCD1, as your participation is highly valuable. We are stronger together!

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LAMFC: Changing and Evolving

*Tralana Eugene,
LAMFC President*

I hope you are all well and taking the necessary steps to take care of yourself and your clients. I would like to take the time to welcome our incoming president for the 2021-2022 term of the LAMFC division, Sonja Smith Polley. Sonja has been serving on our board as Member at Large, and we are ecstatic that she is stepping into her new role as President. We are all looking forward to all the exciting ideas coming next year. If you would like to support Sonja and the incoming board members please send any ideas to lamfc.lca@gmail.com. We are specifically looking for topics and interest for workshops and this year's conference. It is important to us that we tailor conference topics to your needs and interest. Please send topic ideas to the email listed above.

Our division is growing. The world is changing. Our field is evolving. The LAMFC division is made up of diverse, systemic, and innovative thinkers. If you are interested in joining our board and/or committees to support our colleagues in empowering individuals, couples, and families by challenging constructs and bridging gaps in our society and our field, please reach out to us at lamfc.lca@gmail.com.



Healing, Hope, and Help

*Dustin Reed, PhD, LPC, NCC, CRC,
ALICE, LASERVIC President*

I wanted to take some time to address reflection on healing, hope, and help in these hard-

pandemic times. As Americans begin receiving vaccinations, in concerns to the pandemic, healing is starting to take place. Be patient with those friends, family, and loves ones who may fear the vaccination process. Have hope that everyone in your communities learns to understand that the vaccination will help everyone around them that they love and care about.

Please continue to instill healing and hope in the helping process of your counseling sessions, teaching, guidance lessons, and supervision practice. More than ever your clients, students, and supervisees need your support as we continue to learn and grow throughout the hard times of the pandemic. Help to bring unity, not division. Help bring hope to those who are discriminated against through learning and growing in multicultural understanding and competence through every aspect of your lives, which then will lead to healing.

As always, I welcome everyone to join LASERVIC. If you believe in any area of spirituality, understanding religious diversities of clients and how that effects their world view and the appropriate integration into the counseling process, ethical practice and professionalism in the counseling process, or helping to instill hope in each other, please consider joining our division.



2021: Hope and Where We Go from Here

*Chris Belser, PhD, NCC,
LCDA President*



We made it to a new year! I mentioned in my last column that New Years Day 2021 wouldn't be a magic wand to make the troubles of 2020 disappear, and boy was that true. With that said, 2021 seems much more hopeful. Vaccine distribution is ramping up which give us a light at the end of the tunnel with the pandemic. With this, we'd hope to see some improvements regarding the workforce,

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healthcare, and general societal wellness.

This hope does communicate the possibility of “getting back to normal.” From a career and work-force standpoint, I also think we have an opportunity to think about what our “new normal” will be and what parts of our “old normal” we want to leave behind. If you’re like me, I can easily see some areas of my own work productivity that haven’t gone so smoothly and other areas that have flourished. We can also have this same conversation about our agencies and places of employment, our professional associations, and even our personal lives.

What new skills have you learned? What work-flow productivity strategies have you taken on? What self-care activities have you adopted? What hobbies have you found? If you’re still working remotely, how are you striving to “work from home” rather than “living at work”? How have other areas of your life changed over the last year that you’ll need to adapt to moving forward? What policies, procedures, and/or practices from the past do we want to leave in the past? And what policies, procedures, and/or practices do we want to enact?

Essentially, from here, we have work to do regarding continued recovery from the pandemic, as expected, but it’s important to remember that we also have some opportunity to reshape the future. As we move forward, let’s stay reflective, continue to support each other, and actualize these hopes for the rest of 2021 and beyond.



LMHCA: Shining Our Light in the Darkness

Myiesha Beard,
LMHCA President



On behalf of the Louisiana Mental Health Counseling Association, I extend both greetings and congratulations

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for the work you have done during the most difficult times we have ever faced. As we all struggle with what attacks our peace, you have not given up and continue to serve those who depend on you with excellence.

I also appreciate the support of so many counselors in our quarterly webinars. LMHCA is hosting our annual spring conference on May 22, 2021, from 9 o’clock a.m. to 3 o’clock p.m. This conference is being held virtually through TPN. All are welcome to attend at a cost of \$40 for LMHCA members; \$60 for non-members. Register by logging into the TPN portal; my email is lmhcapresident1@gmail.com.

We have been super busy planning and advocating for you by making your membership matter! As of February 2021, We have added an Advisory Council to the board that will focus on advocacy, program planning, and overall governance to ensure we develop and deliver opportunities that foster the advancement of the professional counselor.

This year during the LCA conference we will offer two awards to our members. The categories for the awards are Mental Health Counselor of the Year and Public Service Awards. Our application process will be available in early April 2021 so please be thinking of your colleagues who are very deserving of this recognition. In addition, we will be gearing up to offer our first scholarship through LMHCA. The Gloria Bockrath Scholarship fund in the amount of \$500.00 to one graduate student. The guidelines will be set up on our website (www.lmhcaonline.net) in the next couple of weeks.

Again, we are looking forward to growing with you. Should you have any concerns, ideas, or activities that you think are great for us as an organization we would love to hear from you. Keep up the awesome work for your clients, but please take care of YOU. I close with this favorite quote of mine, from Aristotle Onassis: “It is during our darkest moments that we must focus to see the light.”



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LSCA: Getting THROUGH Together

Dr. Ariel Mitchell, LSCA President

As school personnel across the nation grapple with the need for vaccination versus individual beliefs about the vaccine, the dream of returning to “normal”

school life is finally within reach. However, whether in person or online, school counselors continue to support and serve the multiple communities for whom we are responsible. We are proud that we are a key link to the matriculation plans in all academic institutions. The ongoing COVID-19 pandemic and environmental crises seen over the last year has served to highlight the irreplaceable work and commitment of Professional School Counselors across the state of Louisiana.

The Louisiana School Counseling Association, fully aware of the efforts, strength, and tenacity of school counselors, has sought ways to serve school counselors. From implementing a task force created to lobby for state-level acknowledgment of the Professional School Counselor title, to the continuing education provided by our board members, we have done our best to serve the interest of all Professional School Counselors in Louisiana. In March, HB 156 was introduced in the LA House Education Committee to provide for the changing of the job title of school guidance counselor to school counselor. We appreciate Representative Barbara Freiberg for authoring this legislation.

As we continue to move forward, through these trying times, I want to close my message to you today with a challenge. I challenge you to take care of your mental health as you tend to the mental health of everyone around you. This challenge includes taking time for yourself, understanding that sometimes it is okay to not be okay, and seeking out support as needed. I must remind you that self-care is not selfish, it is self-preservation. We can and will get through this together!



World Mapping and the International Association for Counseling, IAC

Shontell Magee-Dolliole, MA, PLCP



I have had the honor of being an LCA member for the last seven years. I was born and raised in New Orleans, Louisiana. I have served as a school counselor for the past 13 years. A Provisional Licensed Professional Counselor and a certified school counselor, I received my undergraduate degree in Social Work from Southern University at New Orleans and my master's degree in Counseling from the University of Holy Cross College. Currently, I am pursuing my doctoral degree in Counseling Education and Supervision at the University of Holy Cross College.

I am enrolled in Internship I, and I wanted to get some experienced in advocacy. I was fortunate to receive hours at LCA. I was asked to research information on the organization International Association for Counseling (IAC). IAC was established in 1966, and the founder, Mr. Hans Hoxter, was assisted by Jean Piaget the need for Counseling grew after World War II. His vision was to organize "the force for peace and human wellbeing" in the aftermath of World War II, to give all professional counselors across the globe the opportunity to share, collaborate, plan and have open discussions with other professionals around the world. Before I researched this organization, I never thought about joining an international global organization. I'm a part of the Louisiana Counselor's Association (LCA), American School Counselor Association (ASCA), and American Counselor of Association (ACA). Yes, did you notice, all in the United States? I never thought about joining a global organization. I began to think, that as professional counselors, we should reach out of our familiarity and become a part of an International Association. Now would be a great time to join an organization with all the world crises happening, not only here in the United States. Con-

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cerns like COVID-19, advocating for world peace and equal opportunity, are worldwide, so advocating for the counseling profession should be worldwide too.

IAC has a research study, "World Mapping," which is a study gathering information for all 195 countries to investigate the background and the history of Counseling, challenges and trends, and other important information. The more information they can gather, the better. The goal is to gather information to see where the research gap is in helping the mental health professionals go to the next chapter. Having the data will assist professional counselors in receiving government funding for meeting the mental health need for the people, especially during these cumbersome times. IAC core values are as follow: Respect, Integrity, Excellence, Commitment, and Collaboration.

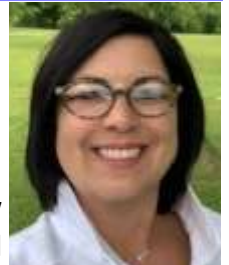
The existing members love the organization and report they are like a family, with openness for all backgrounds, and "the one that I love the most" caring for others by showing, not just saying. While researching I discovered that the American Coun-

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selling Association is a part of the International Association for Counselling. If you think you are interested and you like to step out of your comfort zone, please visit the website at <https://www.iac-irtac.org/>. ∞

Know Any Outstanding Counselors?

Kellie Falterman, Awards Chair



Will you help us recognize a few outstanding counselors? Award nominations are now being accepted for the 2021 LCA conference. See the LCA website for details or contact me for more details at shepherdsheart23@outlook.com.

These are the award categories: Advocacy Award, Research Award, Humane and Caring Person Award, Graduate Student Award, and Distinguished Professional Service Award. Don't you know at least one person whose great work should be recognized? ∞

Article continues in next column

When gambling is more than a game,

NO ONE'S A WINNER



A variety of options for the treatment and prevention of problem and compulsive gambling now exists. The following includes free help for Louisiana residents:

- ✦ State Office of Behavioral Health: (255)342-2540
- ✦ Louisiana Association on Compulsive Gambling (318)227-0883
- ✦ Local Human Services: Ldh.la.gov/OBH_LGEs
- ✦ Live Chatting: helpforgambling.org
- ✦ Louisiana Problem Gamblers Helpline: 1-877-770-STOP(7867)
Toll-free, confidential and available 24 hours a day, seven days a week



2020—2021 LCA Leadership Roster

ELECTED OFFICERS

<u>Eric Odom</u> <i>President</i>	<u>Dr. Reshelle Marino</u> <i>President Elect</i>	<u>Dr. Thomas Fonseca</u> President Elect-Elect	<u>Dr. Adrienne Trogden</u> <i>Past President</i>
<u>Dr. Rashunda Miller Reed</u> , President Elect-Elect, 2021-22			

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LMHCA's Annual Spring Conference

WHEN: MAY 22, 2021
TIME: 9AM TO 3PM
WHERE: VIRTUALLY VIA TPN
COST:
\$40 FOR LMHCA MEMBERS
\$60 FOR NON MEMBERS



LOGIN, LEARN AND EARN CEUs

PERINATAL MOOD AND ANXIETY
DISORDERS (PMADS) WITH DR. KELLIE
CAMELFORD
AND
HOW TO USE DISTANCE SUPERVISION
TO SUPPORT SUPERVISEE
DEVELOPMENT WITH DR. JAMES
MCGINN AND DR. LISA SURRENCY



on a message from the LCA
Parliamentarian/Chaplain...

Blessings

Tommy Fonseca

What a year! Having spent the last year working from home, I have had many opportunities to watch the daily news. And those of you who regularly watch the news would probably agree on one thing; the news can be so sad. In a recent news segment, one journalist highlighted several stressors we've endured in the last year, including mass quarantine, disruption of our global economy, loss of approximately 2.5 million lives worldwide, and the realization of social, economic, and racial disparities. To everyone reading this, I offer that each of these stressors is enough to weigh on people's minds. With respect, I submit that the journalist did not cover the whole story.

I learned much in the last year. I learned that it could be easy to lose hope when we are surrounded by so much suffering. The last year has been a stark reminder of the fragility of the human condition. Perhaps the most remarkable thing I learned this past year was how impactful each of us has the potential to be in each other's lives.

Thanks to the internet, after about a month of working from home, I realized that I was practicing physical distancing, not social distancing. I could still have conversations with others, but I soon felt that teleconferencing presented me with geography-less interactions as human beings were reduced to a video space on my monitor. By summer, I yearned for genuine conversation with real, live people who had a physical presence in the same room as me. By fall, I was ready for the LCA conference, where we could spend time in fellowship with one another. Now I feel grateful that I could at least keep in touch with colleagues and friends. I have come to realize that I spent the last year grieving all that I perceived I had lost. Recently, I walked into my nephew's room while he was watching a television show and I heard a fictional

character ask "What is grief, if not love persevering?" And wow, that hit me hard. I learned that I have felt love in my heart for people as they maintained their physical distance from me.

I now appreciate the extent to which we need each other. I appreciate that we accomplish great things together. I appreciate that I need others in my life. I also learned to appreciate how much more comfortable I am in expressing myself more clearly – so I say to each of you that I need you in my life. I draw an inexplicable strength from being around like-minded professionals, friends, and colleagues. One of the reasons our professional association was created was to give us those opportunities. I now have a deeper appreciation that we truly are stronger together!

Together, we can – and will – continue to do great things. I wonder how we will describe the struggle of last year to our children (and grandchildren) many years from now. As I get older, I realize that not only am I living through history, I am part of a profession that is making history. When each of us comes to realize that we can be the blessing that others have been praying for, then we understand that our Creator designed us to look after one another. And through our Creator's love for us, we are capable of bringing about change in ourselves and in our clients. Once each of us realizes the enormous capacity we possess to offer something of ourselves to others, only then do we realize how vital our work is in mental health. I once heard an LCA presenter state that every encounter with another person is an opportunity to learn about a different culture. One thing I feel is lacking in our world is an appreciation of other people and their cultures. Each of us needs to embrace how important we can be in the lives of the people we meet and in light of the struggle of last year - how important we can be to the people we have yet to meet. I learned that I genuinely enjoy praying with other people, especially when I have the opportunity to encounter individuals from different faith traditions. In the spirit of practicing what I have learned, I invite each of you to please take a mo-

Article continues in next column

With Heartfelt Thoughts and Prayers

✧ So many Louisiana residents are battling, COVID-19 and many have lost that fight. Please remember all LCA Members who passed away without being mentioned by name. *

✧ Please remember Lynn Browning's wife, Allyson Norton Browning who passed away March 28th. For many years, Lynn has led the BR Counseling monthly meetings helping to provide professional development.

✧ Please remember Bruce Galbraith's wife, Cynthia Galbraith, who passed away in December 2020. Bruce has provided much service to LCA even serving as President in 2013-2014.

**Please help us to recognize any member's serious illness, grieving, or recent death. Please share the information with either [Diane Austin](#) or me [Vinetta Frie](#). If you have a photo, please share that as well. It will help us all remember. Thank you, in advance.*



Blessings, continued from page 13

ment to join me in a prayer/reflection.

It doesn't matter if you are at work, home, or out and about running an errand – I invite you to take a moment to reflect on the following:

Let us pray...

For all those who have passed away from COVID-19

For all whom these losses have impacted

For those still fighting this illness

For those who contracted COVID-19 and experienced a full recovery

For the people of our world to realize that we need each other, now more than ever

For justice and equality between all people in this hurting world

For people to find peace in their hearts and their minds

For all of us to realize our Creator's generous yield

For mental health professionals –

That they will continue to serve our Creator by helping others

That they will continue to have a presence in people's lives

That they will remain steadfast in providing much-needed services. Amen!

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 2,300+ members, and 13 Divisions! 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's multi-generational clients.

NEWSLETTER CORRECTION

Please contact Vinetta Frie, Editor via frienews@yahoo.com. Please use **Lagniappe Error** in the subject line to report an error.

LAGNIAPPE TEAM

Your newsletter is the result of the following team: Vinetta Frie, Editor; Diane Austin and Lisa Launey, Contributing Editors; Dr. Christine Ebrahim & Vicki Guilbeau, Proof-readers.

SUBMISSIONS

Send all submissions to newsletter editor, Vinetta Frie via her e-mail address: frienews@yahoo.com. To assure a speedy response, please include the words: **Lagniappe Article**, in the subject line. Electronic submission of photographs via e-mail as a .jpeg or .png file **is preferred**. Submission of hard copy photos or on disk or flash drives become the property of the newsletter.

**NEXT NEWSLETTER
SUBMISSION DEADLINE:
July 16, 2021**