



A Message from the LCA Leadership

From Diane's Desk

Diane Austin, LCA Executive Director

If you are like most LCA members, you already lead a super busy life! Just the thought of volunteering – giving your time and energy to a cause without financial reward—may seem like an impossible task. However, one of the outcomes of the pandemic has been a return to the idea that volunteering benefits not only the community but also ourselves.

Volunteering is important as it offers essential help to worthwhile causes, people in need, and the wider community. There are six key benefits to volunteering:

- ◆ Volunteering connects you to others.
- ◆ Volunteering builds self-confidence and self-esteem.
- ◆ Volunteering can boost your mental and physical health.
- ◆ Volunteering is important for a sense of purpose.
- ◆ Volunteering helps you forget your own problems.
- ◆ Volunteering is important to your career.

Volunteering is a win-win situation.

OK, what does that have to do with LCA and our fifteen divisions. Excluding the four staff employees (Executive Director, Business Manager, Social Media Chair, and the Government Relations Advo-

(From Diane's Desk, continued on page 2)

Presidential Perspective

On The Horizon

*Reshelle Marino, Ph.D.,
LPC-S, LCA President
2021-2022*



While my presidency ends in July, we still have a lot on the horizon until that time. I am happy to share that the executive board of LCA met at the Astor Crowne Plaza in New Orleans in March. While some members joined virtually, several members were able to meet in-person. It was so nice to be together and plan for the fall conference. We were especially excited to disperse the division reimbursements from conference. The LCA Administrative Council voted to use our remaining four hours of consultation with the Overcoming Racism team to develop an LCA Mission Statement. This mission statement would place our commitment to overcoming racism and embracing diversity in everything our Association does and stands for. I would like to thank Nikki Lee who has stepped up to spearhead this endeavor. We look forward to sharing our mission statement with members soon. The Counseling Compact is another area in which I will be focusing the remainder of my time. I will work closely with our Government Relations Specialist and the committee as we decide how to best proceed for our state and profession at large. Last but certainly not least, LPC voices have been heard about the concerns with low Medicaid reimbursement rates for LPCs. I have asked a group of licensed professional counselors who are knowledgeable about Medicaid reimbursement rates for LPCs to form a committee to

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This issue's features ...

- 🌀 LCA Government Relations Update, on page 3.
- 🌀 Your opportunity to nominate a deserving professional in counseling for recognition on page 3.
- 🌀 New feature, LCA Bulletin Board on Tradewing announced on page 4.
- 🌀 Mini Minutes from last LCA Board Meeting. See page 5.
- 🌀 THREE new members of the LPC Board are sought. See details on page 5.
- 🌀 2022 Conference Update from Diane Austin. See page 6.
- 🌀 New LCA Member Spotlight introduced on page 7.
- 🌀 Division President Reports begin on page 9.
- 🌀 Making It Through Your Degree, a grad student article on page 13.
- 🌀 Professional Development Committee article — a TEAM report on page 14.
- 🌀 From Me To You, a new feature: member editorial on page 15.
- 🌀 LCA Leadership Roster on page 16.
- 🌀 Thoughts and prayers requested for these LCA Members and their families. See page 17.
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address these concerns. The task of the committee is two-fold: (1) to gather the Medicaid reimbursement rates of all states in the southern region; and (2) to draft a letter that addresses the low reimbursement rates. The administrative council of LCA will review the letter and submit it to the Department of Health and Hospitals (DHH). We intend to request a meeting with a representative at DHH after the letter is received to discuss the matters directly with them. Should clinicians elect to become credentialed with Medicaid, we want them to be reimbursed on a commensurate level with other states in our region. Finally, I would like to extend my deepest sympathy for the families who experienced damage to their homes from the recent tornados. If there is anything that LCA can do to support you during this time, please don't hesitate to reach out to me at any time. My gratitude for the opportunity to serve this year as president of our state counseling association is so deep. I am proud of the good work we are doing on behalf of our members and our state. Until next time, take care.



Reshelle

cacy Specialist), all the LCA and Division Leadership are volunteers. Counselors who are just like you, but with one important difference! They have learned the satisfaction that comes from giving back to our profession, to our state, and to our association. Their decision to volunteer within the counseling profession improves everything they touch and becomes the ultimate win-win!

What happens to LCA and our divisions if counselors who are members of the associations do not step up to share the responsibility of leadership. At least three of our divisions do not have leaders to step up for 2022-23!

Are you active in your division? Is there a division that is more aligned with your professional interests? Would you like to serve in some capacity – even a small one – as you learn more about the division? Page 16 of this newsletter includes all the names and email addresses of every current LCA Leader. What's stopping you from reaching out to one of them!? 🌀



Government Relations Update

Are you interested in an interstate counseling compact that would make our license as professional counselors more easily portable to other states? This is something that LCA is pursuing and advocating for in Louisiana! We have a bill filed (HB 582) in the current legislative session to join the national Counseling Compact. This is a great time to contact your state legislators and encourage them to support this bill, particularly if your house representative is on the House Health & Welfare Committee.

Here are the basics of the Counseling Compact and why it would benefit you!

WHAT IS THE COUNSELING COMPACT?

The Counseling Compact will allow professional counselors in good standing to practice in all states that join the compact. This will remove the hurdle of getting an individual license in each state where they want to practice. The broad goal is to eliminate barriers to practice for counselors and barriers to treatment for clients, by ensuring cooperation among member states in regulating the counseling profession.

THE BASICS

- The Counseling Compact is an interstate compact, which is a constitutionally authorized contract between states.
- The Counseling Compact is the same in form and function as other occupational licensure compacts like the Nurse Licensure Compact, the Physical Therapy Compact, and the Interstate Medical Licensure Compact.
- The Counseling Compact authorizes in-person practice and telepractice in other compact member states based on a valid, unrestricted home state license.

Article continues on next column

Louisiana Lagniappe

2022 LCA Annual Awards

Dr. Kelle Falterman, Awards Chair



Hello LCA Members!! It is not too early to nominate someone for one of this year's LCA Awards! You can find a complete list of the awards, a description of each and the link to let us know who you think is most deserving of recognition!

We are counting on you to use this link very soon! Here it is:

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

- The practice of professional counseling takes place in the state in which the client is located at the time of the counselor-client encounter. Counselors must observe the laws and rules of the state in which they are practicing.
- The Counseling Compact will take effect when 10 states have enacted authorizing legislation.
- The National Center for Interstate Compacts at the Council of State Governments facilitated the development of the Compact and is providing technical assistance.



BENEFITS

- Preserves and strengthens state licensure systems
- Enhances public safety through a shared interstate database of licensure and disciplinary information, allowing for rapid verification of license status
- Improves access to professional counseling services
- Increases market opportunities for professional counselors by authorizing practice in all member states (including via telehealth)

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Government Relations Update, continued from page 3

- Enhances mobility for professional counselors
- Supports relocating military spouses
- Improves continuity of care when counselors or clients travel or relocate
- Ensures cooperation among compact member states in regulating the practice of professional counseling

DISPELLING THE MYTHS

- The compact will have no impact on scope of practice; state counseling practice acts will not be affected.
- Professional counselors are licensed in all 50 states, with consistency in licensure requirements.
- The compact will not affect the authority of states to protect public health and safety or to regulate the counseling profession as they do currently.
- There is no financial beneficiary of the Counseling Compact, and it is not intended to generate profits. Any fees collected will offset basic administrative costs.

WHAT'S NEXT?

- Interstate compacts require a great deal of time to develop and implement.
- Each state must enact the Counseling Compact model legislation into its statutes in order to join the Compact.
- The goal is for this legislation to be introduced in several states during the 2021 legislative sessions, following a months-long stakeholder review and revision process (during fall 2020) of the draft legislation.
- The Counseling Compact will take effect when 10 states have enacted legislation. The goal is to begin state participation by 2024.

Article continues on next column

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*All the above information was provided by the National Center for Interstate Compacts (2021) and more information can be found about the Counseling Compact at: www.counselingcompact.org.



If you have any concerns or advocacy opportunities regarding government relations or legislation, or if you would like to join the Government Relations Committee, please reach out to Dr. Trogden via email at lcagovrelations@gmail.com. ☞



NEW LCA Member Benefit ... Tradewing Announces the LCA Bulletin Board

The [LCA Bulletin Board](#) is a new member-only benefit that gathers professional counselors virtually, 24/7/365, so that members can support one another in advancing the mental health profession and their individual careers through collaboration, continuing education, volunteerism, and building relationships. You will find each Division setup as a group where you can connect with and learn from each other. We welcome you to share a question, a challenge you are currently facing, or advice you wish you had learned earlier in your career in the discussions. Also, use the handy members directory to find your peers and make new connections. Join us on the Bulletin Board today!

To access the LCA Bulletin Board, use this link: <https://lca.tradewing.com/> to access or create your account today! ☞





LCA Board Mini Minutes

Felice Gaddis, LCA Secretary

The Louisiana Counseling Association Executive Board held a hybrid meeting in-person at the Astor Crowne Plaza Hotel and on the Tradewing platform on March 5, 2022. The following business was conducted during this meeting.

- ☞ **General Fund Financial Report:** Austin White, Business Manager, reviewed the 2021 Conference Financial Report, including total amount to be paid to each division. Reimbursements were approved.
 - ☞ **2021-22 Budget:** Dr. Thomas Fonseca, President Elect, presented the 2021-22 budget as presented. The budget was approved.
 - ☞ **Professional Development Committee:** Asha Murphy and Dr. June Williams, Professional Development, reported on the conference feedback. Suggestions from the Professional Development Committee and the membership were discussed and accepted. Changes will be included in this year's conference.
 - ☞ **2022 Community Service Project:** Also at the board meeting several potential community service projects were suggested. Your board chose Ozanam Inn. If you would like to know more about them, here is a link to their site <https://www.ozanaminn.org/>.
 - ☞ **Conference 2022:** Diane Austin reported that the 2022 Conference will be held at the Astor Crowne Plaza Hotel. After a discussion including the costs associated with the modalities: face-to-face, virtual, or hybrid. The board agreed that a face-to-face conference with select sessions recorded and available for later viewing by conference attendees (with no fee) and non-attendees (for the full registration fee), and to keep the registration fee the same as last year. Division Presidents were reminded to submit five or six proposals, with at least one addressing diversity, before July 1 for their conference track of sessions.
 - ☞ **Tradewing Report:** Dr. Fonseca reported that Diane Austin meets with Tradewing Customer Success Manager bi-weekly, and that Catherine Hackney will be the Community Support Manager for LCA for a pilot period in order to help familiarize members with the Tradewing platform.
 - ☞ **Overcoming Racism:** LCA's contract with the Overcom-
- (LCA Board Mini Minutes continued on page 6)*

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Opportunity for LPCs to advocate for counseling

3 Nominations to the LPC Board Sought



The Louisiana Counseling Association is opening nominations for the 2022 LPC Board. There are three positions which must be filled during 2022. To fill the current vacancies, two Counselor Educators and one LPC are needed. The training of mental health counselors in accredited programs must be the **primary work** of nominees.

Any member of LCA may nominate a candidate, but no member may nominate themselves. A candidate for the LPC Board nomination must also meet the following initial requirements:

- 5 years experience as an LPC
- Membership in good standing in LCA
- Active participation in LCA (participation in Divisional workshops or activities; attending/presenting at the LCA annual conference, and/or serving in a leadership role in a Division or on the LCA Executive Board.)

This an opportunity for LPCs to advocate for their profession. Please take a few minutes to consider your colleagues and who might be a good colleague to serve. The direction of the LPC Board is determined by the members of the LPC Board.

To nominate an individual for possible appointment to the LPC Board, you may submit the individual's name and the position being nominated for (LPC or Counselor Educator) to the LCA office (lca_austin@bellsouth.net, 353 Leo Shreveport, LA 71105; 318 868-3341-fax). Please be sure that you have the individual's permission to nominate them. **Deadline: April 30.**

You may use the form on the next page to submit the needed nominee information via email or land mail. ☞

LCA Mini Minutes, continued from page 3

ing Racism has been extended from February to April, and more information regarding a mission statement that addresses diversity and equity will be shared in the next meeting. (See Dr. Marino's Presidential Perspective article on page 1 for more details)

- ✂ **Elections Committee Report:** Krystal Vaughn and Sean Brite are the two candidates for the President Elect-Elect position, and their answers to the questionnaire will be posted in the Fall for a vote.
- ✂ **Social Media Report:** Zach Hebert, Social Media, requests division presidents be more active on and to ask technology-related questions on the Tradewing platform in order to increase traffic there and decrease reliance on the LCA Facebook page. ✂



Information About the 2022 LCA Conference!

Diane Austin, LCA Executive Director

Here's what we know so far... stay tuned!

1. We will be back Face-to-Face.
2. Dates for the conference: Saturday September 24 - Tuesday September 27, 2022.
3. The pre-conference workshops will be virtual on Tradewing. This will save money.
4. The conference will not be streamed during the conference. The sessions may be available "On Demand" following the conference.
5. The Deadline for the Call for Programs is May 1. The submission form is available on the LCA website. There will also be submission forms available for the Poster Sessions and the Round Table sessions.
6. Student Scholarships will be available. You may apply for a scholarship.
7. Registration fees will remain the same as last year.
8. Registration will open July 1. ✂



*Free clipart from Pixabay, <https://pixabay.com/>

NOMINATION FORM FOR THE LPC BOARD



To nominate a candidate for the LPC Board to fill the position of LPC or Counselor Educator, please submit the following information to the LCA office by email: lca_austin@bellsouth.net; by land mail: 353 Leo Shreveport, LA 71105; or via fax: 318 868-3341. Nominations **must** be received before the deadline of April 30, 2022.

I am nominating _____
for the position of _____
on the LPC Board. I have spoken with this individual and he/she/they are willing to serve on the LPC Board. This individual is an LPC and an active member of LCA. I am a member in good standing of LCA.

Nominator's Signature

Nominee's Address

Telephone Number

Primary Work site

Deadline: April 30, 2022



LCA Members Are ALSO Really Cool!

Dr. Rashunda Reed, LCA President Elect-Elect

The membership committee has worked on a few initiatives. The first initiative was a video contest during the 2021 Virtual Conference. Although we had a lot of fun trying, it didn't work very well. Our second initiative is ongoing: reaching out to graduate students. Today we are sharing our third idea! We decided to honor our renewing members! This initiative was only offered to those members who renewed during the initiative.

As LCA President Elect-Elect, my outreach to the membership allowed me to connect with over 365 renewing members via email. It was my pleasure to say "Thank you" for continuing to choose LCA! We had seven LCA members willing to be spotlighted. We hope you enjoy learning about them and how they benefit from LCA. One member, Ledora Yerks-Birdlow is also a part of the membership committee. Thank you all so much for your willingness to share.

Spring Member Spotlight



*Jocelyn Brown, MA, LPC-S
Affinity Counseling Center*

Hi! I'm Jocelyn M. Brown and I am a licensed professional counselor supervisor, specializing in complex and racialized trauma. I am EMDR trained and currently working towards certification. I am the founder of Affinity Counseling Center, a virtual group practice located in Shreveport, LA. My ideal client is one that is ready to heal from severe and complex trauma. LCA has been invaluable in my career as a clinician. I have made countless connections, found

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trainings that are innovative and effective and been able to reach out whenever I need guidance that is not always available via the board.



**Ledora Yerks-Birdlow,
LPC-S, NBCC**

*Motivate Wellness
Behavioral & Relationship
Health Services, LLC*



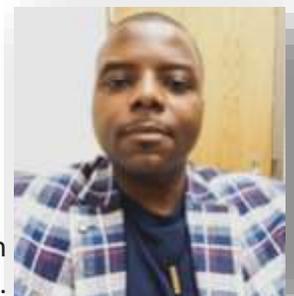
My name is Ledora Yerks-Birdlow and I am a Licensed Professional Counselor Supervisor, National Board Certified Counselor, and a Clinical Sexologist in the state of Louisiana. My ideal clientele are individuals and couples looking to develop or reconnect the tools that will help them create healthy, meaningful relationships with those around them and within them.

What I get out of LCA is being able to connect with others in the industry that have new and fresh ideas along with making lasting connections around the state. Also love that we can all come together at least once a year to discover new techniques and tools while sharing them with others in and around Louisiana.



**Darrell L. Renfro,
Ph.D., LPC-S**

*Owner Renfro & Associates,
LLC; Asst. Professor of Psychology,
Dillard University*



Greetings, I have been in private practice since 2007. As a psychotherapist, I help clients address a multitude of mental, social, behaviors, identity, cultural, and substance use issues. As a member of LCA, I am able to collabo-

(LCA Member Spotlight, continued on page 8)

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LCA Member Spotlight, continued from page 5

rate with and learn from many of the leading voices influencing and advocating for professional counseling in Louisiana. As LCA continues to grow, I am looking forward to being one of the bridges that poster the next generation of professional counselors in Louisiana.



**Jessica Latin, MA, LPC-S,
NCC, PMH-C**



I am certified in perinatal mental health and my ideal clients are women of child bearing ages dealing with issues related to becoming or being a mother. I love the opportunities to connect with other counselors and the many training CEU's that are

offered through the membership.



**Michael J. Ruiz, M.Ed.,
LPC-S, LMFT, NCC**



I am a school counselor and have been for 25 years, have a part-time private practice for 20 years, and have supervised PLPCs pursuing licensure for 15 years. I run a Coping Skills/Life Skills camp for kids called Challenges Summer Program where I have worked for 22 years.

I have worked at Covenant House New Orleans with homeless teens as an intake worker, case manager and outreach coordinator. While working at Covenant House, I obtained my Masters in Counseling from U.N.O. God led me to be a counselor and it has been wonderful 33 years of working

in this field. I absolutely love being in this field and have great friends and colleagues in the counseling profession.

I love teaching kids and adults coping strategies and resilience to overcome anxiety, depression or any challenging situation.



**Tara Washington,
NBCC, NBCSC, BCPC
School Counselor
Woodlawn Middle School**



Tara Washington has been a member of LCA/LSCA for over 15 years. She's a school counselor at Woodlawn Middle School in East Baton Rouge Parish. She is a National Board-Certified School Counselor (NBCSC), National Board-Certified Counselor (NCC) and a Board-Certified Professional Counselor (BCPC). In 2018-2019 Woodlawn Middle became a Recognized ASCA Model Program (RAMP) school. RAMP is the highest honor a school counseling program can receive. She contributes this success to LCA and LSCA for helping to mold her into the school counselor she is today.



**Dr. Janice G. Weber, MS,
LPC
Certified Family Life Educator,
Emeritus**



I specialize in helping people throughout the state recover from traumatic relationships with people with narcissistic characteristics and recovery from other traumas via telehealth. I also provide services to assist with parenting, communication, and family of origin issues. It is my pleasure to support LCA and the opportunities for continuing education that it affords. ∞

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Division President Reports



ACACL: Board Nominations Sought

Krystal Vaughn, Ph.D., NCC, LPC-S, ACACL President

ACAC-L will be calling for board nominations in the coming weeks. If you or someone you know may be interested in serving please be sure to submit all required information.

We hope you have a great spring.



LAAOC, LA Assoc. of Addiction and Offender Counselors, no article submitted this quarter.



LACES Update Dr. Christine Ebrahim, LACES Past President

Hello from the Louisiana Association for Counselor Education and Supervision (LACES)!

LACES has busy providing our members free CEU events as part of the LACES Lunch and Learn series. Most recently, Drs. Christine Ebrahim and Joey Pistorius held a 1 hour presentation geared toward graduate students and LPC Supervisors on preparing for licensure. Other free CEU events are coming up including a telesupervision training and our Springtime Supervision Mix & Mingle. Are you a Counseling student about to graduate and looking for an LPC Supervisor? Or are you an LPC Supervisor looking for new supervisees to work with? If so, join us for the Mix and Mingle. During this event, students about to graduate and LPC-Ss will

have an opportunity to meet and possibly make supervision 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!

As always, we encourage you to keep up with us on our Facebook 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 President T’Airra Belcher at tcbelche@loyno.edu. Take care.



LACGS, LA Assoc. of Counseling Graduate Students, no article submitted this quarter.



LAMCD: Together We Can!

Teneka Gash, M.Ed., PLPC, RSW, 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 assiduous as we press towards normalcy.

I am grateful to serve as the 2021-2022 President of LAMCD as we strive to raise cultural, racial and ethnic understanding and empathy. It is with great pleasure to work with individuals who are from various geographical areas and share a common interest in the field of counseling. LAMCD has been working more closely with the Association for Multicultural Counseling and Development (AMCD) to embody the message of unity to promote a greater understanding of diverse populations among members of the counseling and development professions. Leading alongside

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Division Presidents Report, continued from page 9

LAMCD's President-Elect, Johanna Martinez-Rink, Government Relations, Nikki Lee, and Secretary, Chelsea Johnson, LAMCD is in support of leadership, professional development, advocacy, and student engagement.

LAMCD is completing an AMCD State Division National Recognition Application. LAMCD is partnering with Tigers and Stripes for a lunch-bag series. LSUHSC-New Orleans Clinical Rehabilitation and Counseling Department will host the proposed event on Friday, April 29th from 10:00 a.m. to 12:00 p.m. CEUs will be offered, and a "save-the-date" will be provided soon with additional information. Future LAMCD initiatives include hosting a virtual luncheon for all past LAMCD Presidents. Publication and distribution of our division newsletter and Division Board/Member Spotlight.

If you are interested in joining LAMCD to promote increased knowledge in multiculturalism, please reach out to me/us via our newly designated email: LAMCDivision@gmail.com and visit our Facebook page - @LAMCD1, as your participation is highly valuable. Looking ahead, I am excited to connect with members and generate an increase in membership. In the meantime, remain safe as we champion the idea of celebrating diversity. Each day as we strive onward with the utilization of resilience, remember, "Together We Can!"



LAMFC, LA Assoc. of Marriage and Family Counselors, no article submitted this quarter.



Calming the Inevitable

Brenda Eccles, LASERVIC

President

We are truly a group of individuals with multiple abilities. We are

Division Reports continue in the next column

task oriented, flexible, master time managers, always focused and balanced through all that the world offers. Yet we still struggle to maintain/establish peace in this life span.

Our prayers and contributions go out to our Ukrainian brothers and sisters, and everyone who has family members or friends tied to Ukraine. Many are battling and/or enduring this horrific ordeal in their country. Many have lost their lives. Many have fled their country to remain alive and many more are still left fighting to defending their homeland.

My hope is that the LASERVIC Division of LCA, as well as all other divisions, will embrace the challenges! Can we, as LCA Divisions pool our donations and send whatever we can to assist them? No amount of giving is too small or not large enough when it comes from the heart. Because we are a compassionate group of people, we can empathize with what they may be feeling, facing and going through.

Let me take this opportunity to extend a warm invitation to learn more about the LASERVIC Division of LCA. We would love to have you join us, run for office or just be a member as you grow with LCA. Feel free to contact me, for more information: 2beccles2@gmail.com

Counseling in any specialization always allows you to support and empower someone to do more and live.

[Editor's Note: LASERVIC President, Ms. Brenda Eccles' call to all Divisions and LCA deserved a response. After reviewing an advanced copy of the Lagniappe LCA is responding to LASERVIC! Dr.s Reshelle Marino and Tommy Fonseca LCA President and President-Elect with Ms. Diane Austin, LCA Executive Director, are creating a process for LCA members to help the people of Ukraine at this time of desperate need. Ms. Eccles is researching the best charities who are serving in this effort so that you may be confident that your donations will help most. You will receive more information via Constant Contact and the LCA Website. Stay tuned! V. Frie]



(Division President Reports, continued on page 11)



College Counselors In-formation

***Bianca Renae Lee, M.Ed.,
LPC, NCC, LCCA President***

Greetings! My name is Bianca Renae Lee, the 2021-22 president of the Louisiana College Counseling Association (LCCA) and I have the pleasure of serv-

ing the division for the current year term.

Congratulations to our new 2022-23 board members!

Please see the post on Tradewing introducing our new president-elect, treasurer, secretary, and members-at-large. We are very excited for what is to come in the next year.

LCA Conference 2022

We will have our annual membership body meeting at the upcoming conference. Look out for more details from LCA on the details for this year's conference.

ACCA Conference 2022

If you attended the ACCA conference, we would like to hear your experience and take-aways to share with the division.

Monthly Emails and Posts

If you would like anything added to our monthly emails and post to division members, please send them to bianca.renae.lee@gmail.com or lnewman@lsu.edu. Information can include and, is not limited to, job openings, continuing education opportunities, and college counseling research articles.

LCCA Division Summer Workshop

The LCCA Division Summer Workshop will return

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this year. Workshop details will be shared on Tradewing when date, time, and location are confirmed. If you are interested in presenting or would like to make a recommendation, please send to bianca.renae.lee@gmail.com or comment on the Tradewing post.

Spring BREAK Challenge

As we enter the last stretch of the semester and enter scheduling season, graduation preparation, reviewing admission applicants, remember to BREAK as well. Visit the ACA's [Self-Care Resources for Counselors](#) page or utilize activities from your own self-care toolkit.

If you have any questions, are interested in presenting at any upcoming workshop or have any concerns, please email me at bianca.renae.lee@gmail.com.



LCDA, LA Career Development Assoc., no article submitted this quarter



Bases Loaded

***Ryan White, LPC-S, LMFT, LCSJ
President***



Major League Baseball's return is my favorite part of Spring. If you understand batting averages, you'll know a batting average above 400 (40%) is nearly impossible and above 300 (30%) is considered great. No one expects a player to be perfect 100% of the time. But in our profession that is the expectation. Which clients would go to a counselor who is on point 30-40% of the time? Would we go to a doctor who was right only 30-40% of the time?

Many of us are far removed from the days of being an LPC/LMFT intern. The interest and intensity of graduate level courses and supervision

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are way behind us in the rearview mirror. We were relieved that our licensing paperwork wasn't lost in the mail and that we were approved by the LPC Board to practice. Once that happened, we left a lot of things behind because we were licensed and prepared to be professionals.

When is the last time that we've: sat down with the Code of Ethics and looked at it with fresh eyes, not when we weren't in a mandatory CEU session? Thought about counseling approaches and theory rather than walk into a session and do what we normally do? Used an ethical decision-making model to handle a situation? Set up and gone to a counseling appointment to deal with our own issues? Consulted with other mental health professionals?

Most of us go to conferences, get our CEUs, pay our dues and licensing fees, and carry liability insurance. But that's the bare minimum that we have to do to keep a license. Over the past decade MLB players have batted an average of .250 meaning that the average player will get a hit once out of every four at bats. We can't afford to have such a low success rate. We've got to work at our profession to make it work for others. People need us more now than ever and we've got to be hitting it out of the park on our end so that, when they are ready, we can coach them on to victory.



Greetings LMHCA Members!

*Myiesha Beard,
LMHCA President*

LMHCA has been on the move excelling in the platform set before us almost two years ago. While the task

Division Reports continue in the

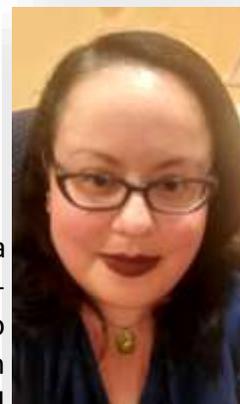
of President in a pandemic was a challenge, our goals were met. As I near the end of my term, I am proud of what we have done in the field and all we continue to do. Hats off to our members, the LMHCA board and Advisory Council for believing in the vision and successfully executing month after month.

We hope you have enjoyed your membership through the number of opportunities presented to keep you engaged and empowered. Our free webinars were so informative, we now have them once a month. You still have time to enjoy as we will continue the webinar series through the summer months.



Boots on the Ground with LMGCA

*Debbie Allsbrook, LPC-S,
LMGCA President*



As a division, the Louisiana Military and Government Counseling Association would like to provide the community with access to quality trainings and resources to work with an often underserved population. The military community needs counselors who feel equipped to provide competent services that are sensitive to military culture. The research indicates an increasing rate of suicide, substance abuse and PTSD in this population. In addition, according to the Wounded Warrior Project (WWP) "nearly 7 in 10 female WWP warriors have experienced military sexual trauma (MST)...".

As we look forward to the 2022 LCA Conference in New Orleans, LMGCA is excited to once again provide one of the continuing education tracts. We are encouraging our Louisiana community to engage the LMGCA division either by attending or presenting a tract workshop at conference.

We look forward to seeing the LMGCA membership in person at conference. In the meantime, some resources for free trainings are: Give an Hour, Military One Source, Center for Deploy-

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ment, Military Child Education Coalition, the National Center for PTSD and the VA.

We love hearing from our membership! Please feel free to reach out to me by email at deba.lpc.s@gmail.com or to the division email at LMGCA2022@gmail.com.

Follow us on social media: <https://www.linkedin.com/in/la-military-and-government-counseling-association-9b1262235>; LinkedIn page.



LSCA, LA. School Counselor Assoc., no article submitted this quarter.



Spring Into Self-Care

Bernell L. Elzey, Jr., PLPC, NCC, PLCA President



Nothing beats relaxing in the spring sunshine after a hard winter. If you ask us, this is self-care at its finest. A declaration requiring clinicians to evaluate their own well-being while treating clients can be found in the American Counselor Association's ethical code. It's critical that you take care of yourself first in order to be at your best and deliver the finest care to your clients.

Self-care is important for clinicians' personal well-being. It's difficult not to feel exhausted by the emotional weight that clients carry after listening to their traumas or stressors.

Spring blooms with self-care possibilities as the quantity of daylight in our days grow longer. With these spring self-care ideas, you can keep those sunny, pleasant sensations blooming all season long:

- ☺ Rest

Division Reports continue in the next column

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- ☺ Go for a Walk
- ☺ Visit a Friend or Family Member
- ☺ Watch a favorite movie or television show
- ☺ Pampering yourself (manicure, pedicure, hair appointment)
- ☺ Shopping
- ☺ Journaling
- ☺ Listening to music
- ☺ Speak words that empower
- ☺ Give a Hug
- ☺ Volunteer or Offer help

All mental health professionals are encouraged to practice ongoing self-care. Its significance simply cannot be overstated. What about graduate students and other trainees, on the other hand? No matter where you are in your training and professional development now is the time to start practicing self-care on a regular basis.



SAIGE—LA, Society for Sexual, Affectional, Intersex, & Gender Expansive Identities,

no article submitted this quarter. ☺

Making It Through Your Degree

Quintin Gustin, MS, LPC



As a doctoral student in the Counseling program at the University of Holy Cross, I have had the opportunity to meet and engage with many of my student-peers. It has been an interesting experience, and I imagine one not unlike the experiences of many other peers from both master's and doctoral programs across the state. Many of my interactions with peers have been in the online classroom setting, often occurring as we divide into groups to discuss various topics.

What I have discovered is revelatory. I find my-

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Louisiana Lagniappe



Your New Go-To for Professional Development

*Aisha Davis-Luke, PLCP, PD
Committee member*

LCA now has a Professional Development (PD) Committee! What used to be one person is now an entire team devoted to promoting the professional growth of LCA members. The committee is responsible for advertising continuing education and networking opportunities. We'll also contribute to the annual conference by reviewing proposals and collecting data regarding effectiveness and enjoyment of presentations. We hope to collaborate with other committees to better understand the needs of LCA members.

Our committee is co-led by long-standing LCA members, Dr. June Williams and Asha Murphy. As board approved LPC supervisors, both have a history of commitment to the professional development of counselors. Our committee members' professional experience runs across a broad spectrum, and we are so pleased to have several perspectives contributing to our cause. Our committee members are: Aisha Davis-Luke, PLPC; Amelia Lapeyrouse, PLPC; Darrell Renfro, PhD; Holger Heap, PLPC; and Miranda Brown, LPC-S.

Our dedicated committee members are eager to provide resources at any stage of your career. Still, as with anything, our greatest resource is the people we serve. This means you! We hope you will be active participants in our service to you. We want to hear from you. Share your needs and experiences with us, good and bad. We want to know if you need more tele-mental health CE credits or if a presentation was too repetitive. If a presenter was enthusiastic and informative or if a CE is too costly. We need your feedback to meet your needs. Feel free to reach out anytime by emailing Asha Murphy at ashamvyas@gmail.com and be sure to keep an eye out for us on Tradewing! 🌀

Making It Through Your Degree, continued from page 13

self in the midst of very bright, tenacious, highly motivated, goal-oriented people who want to make their profession and themselves better. And all these characteristics and more are absolutely required. Nearly all of my peers are in school while working jobs in the field that are quite stressful and demanding. Many are parents and often are single parents. As any of you who have this experience will attest, this can be quite a juggling act. There is not a lot of room for error.

I feel lucky to have a very supportive partner and a seven-year-old daughter who is good at entertaining herself when daddy has to work at his computer or be in class. That is not to say that she has not made a guest appearance to an online class on occasion, however. I believe I have it easier than most, yet I still find myself in a crunch at times. I imagine it is much like this for all of us, no matter which school we attend. Far from being rivals, we are all in this together. Time is a very finite commodity for everyone.

So, how can we make this juggling act do-able? How can we make it livable? How can we not merely endure but prevail? Here are some of my thoughts. First, keep a written schedule and adhere to it scrupulously – at least, as much as possible. If you can work on that paper or read a chapter in your text between seven and nine o'clock on Tuesday and Thursday nights, make that time as inviolate as possible. Secondly, make a prioritized "to-do" list. What needs to be done right away? What can wait until next week?

Engage in self-care. We always talk about the need for this, but how often do we actually do it for ourselves? We suggest it to our clients frequently, while overlooking our own needs. Perhaps it's time we start living by this mantra. What is relaxing and supportive to you? Is it playing with a child? Going for a walk? Meditating? Planning an outing with your partner? Reading merely for pleasure? Pick something that works for you. Schedule it (Yes, schedule it!); and then, do it.

(Making It Through, continued on page 15)



From Me To You*

Michael Lefort, Former LSCA President and seasoned School Counselor

For those who want to do it, but can't because they don't quite understand what it's really about...

It all begins by rethinking your perspective. Those of us who have done it, know how difficult just that part is. Those who have not, can't even begin to do it until they change theirs.

Many people believe that forgiveness involves giving in to someone's unkind treatment of you, even downplaying their poison. This isn't the case at all. To put it simply, it DOES NOT mean:

- ***Turning the other cheek***
- ***Ignoring someone's actions***
- ***Admitting fault***
- ***Invalidating your emotions***
- ***Forgetting something happened***
- ***Opening yourself up to future harm***
- ***Letting someone walk all over you***

Article continues in next column...



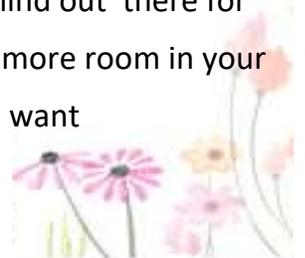
*From Me To You is the first in a series of member driven messages. If you have something you would like to share, please send it to me, at frienews@yahoo.com

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In fact, it is quite the contrary. Forgiveness isn't about letting someone off the hook. It's about finding the courage and strength to use your energy for something more productive and allowing this act of toxicity to remain in the past as you move forward. Forgiveness DOES mean:

- + ***Deciding to be happy instead of angry***
- + ***Refusing to be tied by past negativity***
- + ***Freeing your energy for more productive endeavors***
- + ***Realizing that resentment no longer serves you***
- + ***Giving yourself a clean slate***
- + ***Choosing to move on instead of being held back.***

When you realize that forgiveness is more about your own personal healing than someone else's, it's easier to unlearn the old fallacies you may have been taught about forgiveness. There's a free mind out there for you. Better yet, it makes more room in your head to allow tenants you want to live there. ☺



Making It Through, continued from page 14

I'm not trying to write a book on the subject. These are just a few ideas that can work, that can help each of us make it through this time of hard work and sacrifice. It'll be worth it in the end. Good luck! ☺

2021-2022



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DIVISIONS

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 with two affiliates! 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, Quintin Gustin, and Lisa Launey, Contributing Editors; Dr. Christine Ebrahim & Dr. Vicki Guilbeau, proofreaders.

SUBMISSIONS

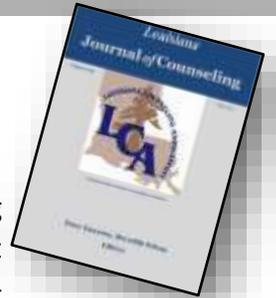
Send all submissions to newsletter editor, Vinetta Frie via her e-mail address: frienews@yahoo.com. To assure a speedy response, please include the words: *Lagniappe Article*, in the subject line. Electronic submission of photographs via e-mail as a .jpeg or .png file *is preferred*. Submission of hard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

**NEXT NEWSLETTER
SUBMISSION DEADLINE:
July 2022**

LJC is seeking manuscripts

Your State Professional Journal Update

The Louisiana Journal of Counseling (LJC) publishes articles that have broad interest for a readership composed mostly of counselors and other mental health professionals who work in private practice, schools, colleges, community agencies, hospitals, and government. This journal is an appropriate outlet for articles that (a) critically integrate published research, (b) examine current professional and scientific issues, (c) report research that has particular relevance to professional counseling, (d) report new techniques or innovative programs and practices, and (e) examine LCA as an organization. Manuscript categories include conceptual pieces, research studies, practice articles, and assessment and diagnosis. All author guidelines and manuscript requirements can be found in the LCA website. Submit a manuscript today! The deadline for manuscript submissions is July 1, 2022. 



With Heartfelt Thoughts and Prayers



So many Louisianians are battling, COVID-19 and many have lost their fight. Please remember all LCA Members and their loved ones whose passing has not been reported to us. Their loss is no less important to all of us than any mentioned here by name.*



David Tatman, LCA Lobbyist is grieving the loss of his mother, Ethel Bergeron Tatman McGovern, 1934-2021. Please remember him and his family.



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

