



LCA President Elect Elect Membership and Bylaws

**Vicki Guilbeau, PhD,
LPC-S, NCC, NCSC, CCTP**

The Membership Committee recently prepared a letter addressed to fellow Louisiana counselors encouraging new and continued membership in LCA. The letter discussed our great work, such as advocacy, publications, and committee involvement. Further, the letter listed LCA membership benefits, including professional development opportunities, online community, and division membership options. The letter was emailed to all current LPCs and PLPCs in March. As a current LCA member, please invite counselors to join our organization. The counseling profession will be strengthened through continuous LCA membership growth and unified work. LCA Membership Committee members are: Vicki Guilbeau (Chair), Chelsea Johnson, Sopheia Jones, Kathy Lammert, Dorothy Martin, Pamela Schultz, Sonja Smith Polley, and Sharletta Tennie.

The Bylaws Committee completed the Bylaws Review Form to be submitted to the American Counseling Association (ACA) in March. As a branch of ACA, LCA sends its bylaws for ACA review as needed for updates. LCA Bylaws Committee members are: Vicki Guilbeau (Co-Chair), Reshelle Marino (Co-Chair), Kellie Camelford, Christine Ebrahim, Thomas Fonseca, Deatrice Green, Joey Pistorius, and Shannon Smith. ☞

Presidential Perspective

Springing Forward — Together!

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



Hello friends of the counseling profession! It has been an honor to serve as President of the Louisiana

Counseling Association for the 2022-2023 term. It is hard to believe that we are already settling into Spring. It seems like just yesterday that we were at the 2022 LCA Conference. And come July 1st, I will assume the role of LCA's Past-President. Time certainly does fly!

I want to recognize our dynamic LCA Executive Board's great efforts this past year. I can certainly attest to how blessed I am to work with this board. The LCA Executive Board answered the call to lead their divisions. However, LCA still needs your efforts. Please contact me (tfonseca@uhcno.edu) if you want to know how to pitch in to help LCA. I will introduce you to the division leader that best represents the group you want to assist. Just know that LCA has a place for any member who wants to pitch in.

Reflecting on LCA since we last published the LCA newsletter, your Executive Board has been working hard behind the scenes to enhance everyone's experience interacting within LCA. For example, using our online engagement platform, Tradewing, we have

- ◆ launched the *Community Champions* volunteer program (including a *Coffee Connection Time* training in January, 2023)

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This issue's features ...

- ✂ Several Thoughts from our next LCA President begins on this page!
- ✂ Updates on LCA Publicity Committee and LCA Journal, both on page 3.
- ✂ Mini Minutes from last LCA Board Meeting begin on page 4.
- ✂ LCA Government Relations Update, on page 4.
- ✂ LCA Bulletin Board on Tradewing. See page 5.
- ✂ **As Burnout Increases, Competent Counseling Decreases**, an article from Quintin Gustin, Doctoral Student the University of Holy Cross begins on page 6.
- ✂ Professional Development Committee article on page 7.
- ✂ Appreciating four more of our conference exhibitors on page 8.
- ✂ The start of a three-part series by another LCA Grad student at Loyola, Joseph Kalita, starts on page 9: **"10 Things for Mental Health Counselors to Know about BDSM."**
- ✂ 11 Division President Reports begin on page 11.
- ✂ Want to become a more active LCA member?! Contact a leader: 2022-23 LCA Leadership Roster on page 19.
- ✂ Thoughts and prayers requested for these LCA Members and their families. See page 20
- ✂ Ask the Expert, on page 20!

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- ♦ created the *LCA Community Bulletin Board* for members to share ideas and ask questions
- ♦ held 1:1 training calls with each LCA division leader about how best to utilize our LCA Community Bulletin Board
- ♦ hosted and recorded *Community Platform Walkthrough Events* for members
- ♦ shared *Weekly Wisdom* posts on Mondays
- ♦ hosted monthly *Ask the Expert* webinar series
- ♦ shared *Monthly Member Spotlights*
- ♦ hosted a *Community Scavenger Hunt*
- ♦ supported the creation of and shared a new *LPC Podcast*
- ♦ distributed and analyzed the responses to the *LCA Member Survey*

Dr. Adrienne Trogden, LCA's Government Affairs and Advocacy Specialist, has diligently tracked the Counseling Compact and reported on any changes. Drs. Kellie Camelford, Erin Dugan, and Krystal Vaughn have been working on upgrading our LCA-sponsored journal, *The Louisiana Journal of Counseling* to an indexed, peer-reviewed journal that will be more widely accessible. Since the last conference, we learned that many LCA members desire a hybrid 2023 conference. LCA's Executive Director (Diane Austin), President-Elect (Dr. Rashunda Miller-
(Presidential Perspective, continued on page 3)

Several Thoughts from Our Next LCA President...

**Rashunda Miller Reed, PhD, LPC, LMFT,
President Elect**



As chair of the financial committee, I presented the 2023-2024 budget. We allocated additional funds toward the Leadership Institute which provides support for mentors and mentees to develop LCA leaders. We also discussed the financial overhead for the 2022 conference. We had a pre-COVID obligation, however the increasing rates in New Orleans is something LCA will need to consider. I also introduced the idea of a hybrid conference to support any emerging health concerns. Some board members appreciated and commented that it would help with accessibility also. The idea was presented with the caveat that the budget did not include costs for hybrid. The Executive Board reviewed the budget. The budg-

(Several Thoughts, continued on page 3)

Presidential Perspective, continued from page 2

Reed), and President-Elect (Dr. Vicki Guilbeau) have secured three bids from companies willing to assist in hosting a hybrid conference, and I am happy to report that we anticipate being able to hold a hybrid conference for 2023! Know that LCA's Executive Board will continue advancing the status of our counseling profession in Louisiana.

I pray that you never forget that being a member of the Louisiana Counseling Association means that you are not alone. At the very heart of the Louisiana Counseling Association are relationships. For our association to continue to move forward, we must continue to build relationships, as these are the glue that holds our association together. The 2023 Louisiana Counseling Association Conference is the best place to nurture the relationships formed with other mental health professionals.

Now I need something from each of you. Each LCA member needs to reach out to Louisiana counselors who have not yet chosen to affiliate with us and invite them to join the association. Through our association, we can show them that unity is in their best interest and enriches the vocation we call professional counseling.

I promise to keep praying nightly for continued strength for all mental health professionals. Please take time to rejuvenate, appreciate what you have, and rest, knowing that you have LCA at your side.

Blessings,

Tommy

Thomas Fonseca, Ph.D., LPC-S, LMFT, NCSC,

Several Thoughts, continued from page 2

et was approved. The board will be informed once costs and information related to a hybrid conference is available. I want you to know I am committed to fiscal responsibility and member benefits. We strive, however, sometimes we can't have both.

(Several Thoughts, continued on page 4)

Louisiana Lagniappe

Greetings from the Public Relations Committee!

***Nicholas Wallace, LPC,
NCC, CCMHC, BC-TMH,
Committee Chair***



The Public Relations Committee continues its mission to help promote the advancement and recognition of the counseling profession throughout the year. Award recipients and honorees for each year are commemorated through press releases submitted to their community newspapers, detailing individual contributions they have made to the betterment of the profession. In honoring our members, we increase the visibility of how impactful our work as counselors is toward empowering the lives of our clients and community. To further promote the field and our association, we submit requests to our government (local and state) for a proclamation to recognize and declare April as Counseling Awareness Month. As we move into this new year, we look forward to continued advocacy and invite anyone interested in promoting our profession to join our committee and help make our voice heard. 🌀

The Louisiana Counseling Journal editors are working with representatives of the Louisiana State University Health Science Center-New Orleans, LSUHSC to create an electronic repository to house our past journals! Additionally, LSUHSC is working with Drs. Krystal Vaughn and Erin Dugan to explore options for electronically indexing future articles published in the journal. This would allow easier access and make peer-reviewed journal articles discoverable on many of the electronic databases used by academic institutions. Stay tuned; we look forward to sharing more in the upcoming months.



Louisiana Lagniappe



Summary from the LCA Board **Mini LCA Minutes** *Felicie Gaddes*

The Louisiana Counseling Association Executive Board held a meeting on Tradewing on March 3, 2023. The following business was conducted during the meeting.

- 🌀 **2023-2024 Budget:** Dr. Rashunda Miller Reed, President Elect, reported the budget.
- 🌀 **LCA Community Bulletin Board Report:** Lauren Berg announced that she is able to provide one-on-one training with division leaders so that they may learn how to host events on Tradewing.
- 🌀 **LCA Journal Report:** Dr. Krystal Vaughn, Journal Editor, along with an LSU Librarian, Dr. Erin Dugan, and Diane Austin, are working to make the LCA Journal digital

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Several Thoughts, *continued from page 3*

2023 Conference Theme Announced...

As president elect, I also shared the conference theme which is Help. Heal. Honor. I drew my inspiration from all of you. Y'all (one of my favorite words) helped clients through COVID, racial injustices, natural disasters, and life in general. You provide space for clients to heal. Lastly, you honor who they are. My question...and what about you? This is your year to help, heal, and honor yourselves. I believe that our conference keynote and session presenters will help us further embrace the theme of Help. Heal. Honor. Please check out the LCA website for updates on the conference.

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Spring 2023

Government Relations Update

Dr. Adrienne Trogden,
Government Relations
Advocate



Government Relations and Advocacy for LCA has had a busy year so far! I'm happy to report that counselors are set to be able to enroll with Medicare starting Jan. 1, 2024, to begin taking Medicare recipients as clients as soon as credentialing is completed. We will provide more information on how to enroll as we receive it, so be on the lookout!

The Louisiana legislative session opens on April 10, 2023. This is a fiscal session this year, so most legislation will revolve around financial-related matters; however, legislators are allowed to file up to 5 additional bills that are not fiscal in nature. The LCA Government Relations Committee will be vetting the bills filed throughout the session, so be on the lookout for legislative action alerts and please be responsive to them.

LCA Day at the Capitol will be April 26, 2023. This is a time for you to join us at the Capitol in Baton Rouge to learn about advocacy and meet your legislators. Mark your calendar for that day and join us!

LCA has been meeting with the Louisiana Department of Health (LDH) Office of Behavioral Health to increase reimbursement rates for Medicaid. LDH has started reviewing reimbursement rates in a 3-yr cycle where a grouping of services are reviewed each year. We are hoping for significant increases to our LPC reimbursement rates. More to come as this process moves forward from LDH to the legislature. We will likely need your help reaching out to legislators to advocate for increased rates when the time comes, so please pay attention to any legislative alerts that come your way via email.

The Counseling Compact Commission is actively meeting to set up the compact nationally. There are 21 states slated to practice through the Counseling Compact. More information can be found at: www.counselingcompact.org. The Counseling Compact is scheduled to go live in 2024, but no official date has been set yet. 🌀

and accessible by creating DOIs for all articles, starting with older articles first. Diane requested that old articles and journals be mailed in so that they may begin this process.

🌀 **2022 Conference Financial Report:** Diane Austin presented the final conference budget. The expenses of this conference resulted in a smaller final net profit than in previous years. For the first time Divisions will not receive a payout from the conference. To help offset this change, LCA has absorbed the loss Divisions who sponsored meal functions would have had to pay. Motions to accept the financial report and to absorb the deficit to benefit divisions both passed.

🌀 **2023 Conference Report:** The 2023 LCA Conference will be held at the Baton Rouge Crowne Plaza, and may be offered as a hybrid conference to increase accessibility and allow more space for in-person attendees.

- **Registration Fees:** Fees are available on the LCA website.
- **Community Project:** This year's Community Project will be Metanoia Manor, a program that supports girls aged 11-18 who have been impacted by human trafficking.
- **Theme/Keynote:** Our theme this year is "Help. Heal. Honor" with Dan Reed as this year's keynote speaker.
- **Conference Committee:** Dr. Vicki Guilbeau, President Elect-Elect, invited honorees to this year's luncheon. Anyone interested in helping should contact her.
- **Division Needs:** Division fees are also available on the website. Diane will

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LCA Bulletin Board on Tradewing

The [LCA Bulletin Board](https://lca.tradewing.com/) is ACTIVE!! Gather virtually with members to support and advance the mental health profession and their individual careers through collaboration, continuing education, volunteerism, and building relationships.

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.

To access the LCA Bulletin Board, use this link: <https://lca.tradewing.com/>. Create your account today! 🌀



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2023 Conference Community Project ...

I also want to talk about the Community Project for this year. Each year the executive board brainstorms and votes on a Community Project. Usually, we support a project in or around the host city for conference. This year, we are supporting Metanoia Manor. This organization supports female youth impacted by sex trafficking. Mental health is one of many services provided. I encourage you to review their website <https://www.metanoia-inc.org/> about to see how supporting Metanoia Manor

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As Burnout Increases, Competent Counseling Decreases Quintin Gustin, MS, LPC

When we hear the word “Competency” in reference to counseling, we usually think about such issues as being knowledgeable about our chosen theory, or theories, of counseling, being able to establish a therapeutic alliance, knowing which evidence-based practice to use, being culturally aware, and being able to make appropriate ethical decisions. Obviously, being organized, keeping good records, and similar behaviors are also important and come readily to mind.

Clearly, all these topics are crucial and obvious components of therapeutic competence. But are there issues that affect our competency as counselors that don’t as readily come to mind? For example, what if we are feeling “burned out?” Have you noticed simply feeling physically or emotionally exhausted? Has your usual level of empathy (shown to be a strong correlate of good therapeutic outcomes) diminished? Are you feeling a lack of accomplishment in your work? In

(As Burnout Increases, continued on page 7)

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email division presidents a form to be completed with regards to specific division needs during the conference (i.e. division luncheon, extra meetings, etc.). There will be no exhibit tables offered due to rising hotel prices, and conference sessions notating 5 confirmed speakers are due by the 15th. Presenters will have 90 minutes. Any student who has not yet attained a Master’s degree must have a co-presenter who does have the Master’s

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aligns with counseling and our 2023 conference theme: Help. Heal. Honor.

2023 Southern Leadership Conference ...

Vicki Guilbeau, LCA President Elect-Elect and I attended the Southern Leadership Conference in Jacksonville, Florida. See our photo. We



learned invaluable information about the importance of membership engagement, leadership development, collaborating with Executive Directors, challenges related to technology, and a host of other topics for keeping members first while building a thriving association. I felt proud representing Louisiana. LCA seems to be on point or ahead of with many areas discussed. For example, we are fortunate to have a consistent Executive Director, Diane Austin, who collaborates with other staff, leaders, vendors, and organizations. LCA is mostly a volunteer organization and we have counselors like you participating at various levels. We have processes to support leadership development, such as the Leadership Institute. Currently, I am working on a very rough draft of a handbook for President-Elect -Elects as this position also serves as Conference Chair. There was one area in particular for us to improve. ACA updated and clarified how bylaws need to align. Therefore LCA needs updated bylaws. I appreciate the Bylaws Committee for submitting revisions that were voted on by members last conference. However, there will be more revisions in the future. As LCA continues, my challenge for you is to be the squeaky wheel. Let us know what you like just as much as what you do not like. If you are like me then you might just go with the flow. Then when something changed that I really liked; and I say, “Agh, why did they change that?” So keep us informed either way. We want to know even if we cannot help. Your voices matter. 🌀



We heard you...

2023 Conference: Your PD Committee Is At Work!

**Aisha Davis Luke, Profes-
sional Development Co-
Chair**

We are well into the new year and well into the swing of preparing for this year's conference. A new company has been chosen for the conference app. We are hopeful that the app will be bigger and better with this transition. Your PD committee is working with the app designers to incorporate your conference evaluation recommendations. Our goal is easier access for LCA members!

As we prepare for the 2023 conference in October, we urge **you** to prepare as well. Make plans to attend AND submit YOUR content session proposals!! We want trending and niche topics at ALL levels of expertise- students – from new professionals to seasoned professionals and everyone in between!! The goal is to offer rich, diverse, and inclusive sessions with options that will thrill conference goers because of the variety of perspectives and insights! But we need you to make this conference more engaging and informative for LCA members and other attendees.

If you are having reservations about presenting, rest assured that LCA is here to support you and help you grow. There's no safer place to present than a room full of counselors! You can find details on the information needed for your proposal here: [proposal outline](#). When you are ready to apply, do so at this link: <https://forms.gle/dTCHP8ZkAqZMkZLZ9>.

Now we need YOU. This is the sign you've been waiting for to submit a conference proposal. This is your opportunity to make your voice heard. Let us know what you need and what you'd like to see. Share your thoughts with us at pdca22@gmail.com. ☺

Louisiana Lagniappe

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other words, are you experiencing counselor burnout?

I believe we are all prone to burnout if we do not engage in proper self-care. Let's examine what we do. We listen in very focused ways. We work hard to develop strategies that will help our clients. We are empathetic, which means we feel what our clients feel. We can suffer from vicarious traumatization. And these are only a handful of issues that can impinge on our wellbeing as counselors. Obviously, there are many others.

This begs the question as to whether – if feeling the effects of burnout - we are functioning at a competent therapeutic level and should be seeing clients. I don't think we are. Why not? Some possible effects of burnout include finding it hard to go to work, not looking forward to seeing your clients, feeling glad – rather than concerned - when a client cancels or doesn't show up, feeling distracted and not listening carefully in a session, being late for sessions or ending them too early. We may even find it easy to acquiesce and blur boundaries with a client. Obviously, these signs are all detrimental to the therapeutic process.

So, if we find ourselves checking off the symptoms of burnout, what do we do? Certainly, we need to take a step back. It is important that we make time for ourselves. Perhaps a vacation is even in order. If that's not possible, a smaller caseload – at least temporarily – may help. More time between scheduled appointments can be beneficial. The important thing is to find a way to return to your norm.

There are a few things you can do to accomplish this and to maintain a healthier perspective as a counselor. First, ask for help from a supervisor or colleague. Do your best to develop a schedule that works for you. Engage in self-care. In this regard, think of what you might tell your clients about mental, emotional, and physical self-care. The same is likely to work for you. And, finally, leave work at work. Both you and your clients will be better for it. ☺

Louisiana Lagniappe



Thank You Exhibitors!

Diane Austin, LCA Executive Director

Exhibitors are an important part of the annual LCA Fall Conference. Some of them have been with us for many years and some were new in 2022!

And if you have need to contact them for goods or services mention that you appreciated them, for attending the LCA Conference!



Above: Edward Johnson, representing Walden University at the Fall 2022 LCA Conference. Top Right column: Representatives from the LA Department of Health the Dennis G. Walker Family Clinic, and Covington Behavioral Health. We enjoyed networking with you!



All exhibitor photos were taken by Rashunda Miller Reed, PhD, LPC, LMFT, President Elect

degree.

∞ **Bylaws:** LCA's bylaws are out of compliance with the ACA. The bylaws review form was submitted shortly after the Board meeting. The 6 areas of concern will be listed in the Bylaws Committee Report when the full minutes are posted later this month.

∞ **Government Relations/LPC Board:** The Louisiana Department of Health has agreed to review Medicaid reimbursement rates for the next 3 years, and will need to work with legislators once this news becomes public. Dr. Trogden also discussed the option for PLPCs to bill through Medicaid with the LDH, and is seeking a waiver for PLPCs to be included in rates for private practice reimbursement. Information about LCA Day at the Capitol will come out soon. Lastly, Jamie Doming reported feeling hopeful about the database for the compact now that many other states are joining, and reported a projection of 2025 for completion.

∞ **PLPC Financial Information:** Dr. Deatrice Green will call a meeting to discuss this soon.

∞ **Membership Committee:** The Membership Committee has sought out ways to encourage membership including providing free CEU opportunities, advocacy publications, discounts for the LCA Conference, and the community bulletin board. Dr. Guilbeau reported that 9 new PLPCs and LPCs joined LCA after sending a letter to enlist new members!

∞ **Nominations and Elections Report:** Since the board meeting, Dr. Marino received two nominations for future LCA presidents. If there are more, please contact her.

∞ **Professional Development:** The Professional Development Committee met to re-construct the conference proposal pro-

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10 Things for Mental Health Counselors to Know about BDSM

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



1. BDSM is an acronym describing a wide variety of preferences and practices: **bondage & discipline, dominance & submission, sadism & masochism**. Someone engaged in BDSM may be doing any combination of activities under the acronym.
2. BDSM centers around consent. BDSM communities share standards about safety, consent, communication, and ensuring everyone is of legal age.
3. BDSM includes a number of subcultures; examples include leather, ageplayers, vampires, latex, and more!
4. BDSM can be an entirely nonsexual practice.
5. BDSM is deeply entwined with queer history in the United States; however, while there is overlap, it's important not to assume someone's sexual preferences based on their sexuality.
6. There is a history of stigmatization of BDSM in mental health treatment; BDSM interest and behavior do not indicate pathology or harmful behavior.
7. Research has shown BDSM is correlated with a number of positive mental health effects.
8. It can be dangerous for BDSM practitioners to seek support from the police after assault or violation. BDSM is not legally protected, and individuals often face ridicule when attempting to report assault or violence, because of the stigma around BDSM and nuances of consent. For this reason, BDSM communities are often self-policing with vetting processes and open communication about experiences in the sce-

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LCA Bulletin Board

@Tradewing!

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

10 Things About BDSM, continued from page 9

ne.

9. It is important for mental health counselors to understand the difference between BDSM and intimate partner violence or assault, in order to identify when clients might be in dangerous or harmful situations, without pathologizing their preferences or behaviors.
10. Just because a client or couple is involved in BDSM does not mean their presenting problem in counseling involves BDSM.

Barker, M., Iantaffi, A., & Gupta, C. (2007). Kinky clients, kinky counseling? The challenges and potentials of BDSM. In: Mood, Lindsey ed. *Feeling Queer or Queer Feelings: Radical Approaches to Counseling Sex, Sexualities and Genders*. London, UK: Routledge, pp. 106-124.

Dunkley, C. R. & Brotto, L. A. (2018). Clinical considerations in treating BDSM practitioners: A review. *Journal of Sex & Marital Therapy*, 44(7), 701-712. <https://doi.org/10.1080/0092623X.2018.1451792>

Pitagora, D. (2017). No pain, no gain?: Therapeutic and relational benefits of subspace in BDSM contexts. *Journal of Positive Sexuality*, 3(3), 44-54.

Sloan, L. J. (2015). Ace of (BDSM) clubs: Building asexual relationships through BDSM practice. *Sexualities*, 18(5/6), 548-563. <http://doi.org/10.1177/1363460714550907> ∞

Spring 2023



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gram. The committee also created a guide with information on how to submit a proposal and talked with Bernell Elzey of PLCA who created a "Road to Licensure." Christine Ebrahim, Dottie Martin, Brittney Johnson, and Tommy Fonseca expressed interest in helping to create something to streamline commonly searched licensure questions.

∞ **Awards:** The nomination form is now open and plans are to invite First Lady Donna Edwards to a luncheon to receive an award for her work to end human trafficking in Louisiana.

∞ **Announcements:**

- Jamie Doming announced that cultural competency would be discussed at the March 17th board meeting.
- Dr. Fonseca offered thanks for all the support and resources shared during his time as LCA President. ∞



**Holding a seat for
YOU in October...**

Division President Reports

ACACL, Association for Child and Adolescent Counseling in LA, no article submitted this quarter.



ONWARD LAAOC!

**Kourtne Baham,
LAAOC President**

Greetings all! The **Louisiana Association of Addiction and Offender Counselors** division is still focused on becoming more interactive. The aim of LAAOC remains to encourage Addiction and Offender Counselors, throughout the state, to come together as a form of support for ourselves and each other, when possible, as we take on the mission of showing up for our clients. The division is always open to any suggestions on engagement, as well as any interest in joining the Board, which consists of a President Elect, Secretary, Treasurer, and five Representatives (Northern Region, Central Louisiana, Cajun Country (Southwest Louisiana), Greater Baton Rouge, and Greater New Orleans).

I can be reached on the Tradewing platform, on Instagram@eicnola or at my email address: ko.baham@yahoo.com. Please do not hesitate to connect with me.



Springtime is a Time for Renewal and Growth

**Dr. Dottie Martin,
LACES President**

Louisiana Association for Counselor Education and Supervision

(LACES) is continuing to grow in the second half of this year. We still have so much to accomplish this 2022-23 Board term! In April, we have a Virtual Supervisor/Supervisee Meet & Greet, a Lunch and Learn, and Counselor Awareness Month. Our board will be holding elections for open positions for 2023-24 and honoring exceptional supervisors and educators in the field. Here is a highlight of the upcoming events.

Lunch and Learn

Mark your calendar! LACES is pleased to offer Lunch and Learns **beginning April 2023!** The presentations will be held from 12-1pm CST, on the following Fridays: April 21, 2023, June 16, 2023, and August 18, 2023. The sessions are 60-minute sessions that will also be recorded for participants who are unable to attend the live presentation. The length of the program includes time for questions and discussion. We are in the process of finalizing the presentation outline and will send an announcement with a link for registration by March 31st. Be on the lookout for the email blast!

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

Virtual Supervisor/Supervisee Meet & Greet

LACES members are cordially invited to the **Third Annual Supervision Meet and Greet** held Friday, April 21st, from 1:30-3:30pm. The event is designed to connect Board Approved Supervisors

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Division Reports continue in the next column

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Division Presidents Report, continued from page 11

(LPC-S) with potential postgraduate supervisees (PLPC). Interested supervisors must complete the supervisor survey no later than *Friday, April 7th, 2023*, at 5:00pm CST. You can find the link to the survey and more information on Tradewing.

April is Counseling Awareness Month

ACA president, Kim Frazier encourages us to *"take time to plan for and build on our own wellness regimens, so we can better serve our clients and still have the energy to fully engage with our family, friends and activities that bring us joy."* I agree with this sentiment and encourage you to examine your overall wellness in the areas of mental, spiritual, social, emotional, and physical fitness. The theme for the 2023 Counselor Awareness Month is *Get Fit for Your Future*, which calls counselors to care for their own wellness, so that they may in turn be present in both their personal and professional lives. Members are encouraged to participate in special Counseling Awareness Month activities, using or sharing resources and showing your support in your community. For more information on *Get Fit for Your Future* and recommended calendar events, click on the following link: [Get Fit for Your Future 2023](#).

Call for 2023-24 Board Nominations

Elections for 2023-2024 board positions to begin the new board term, July 2023 will be held soon. Be on the lookout for the Call for Nominations coming on Tradewing and through LCA email blasts. If you would like to get involved, please consider running. Becoming involved is an excellent experience and provides opportunity for service and networking. Contact Dr. Christine Ebrahim at cebrahim@loyno.edu for more information.

Division Reports continue in the next column

Spring 2023

Call for Professional Networking

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

Call for Award Nominees

In closing, I am constantly reminded of how strong supervisors and counselor educators are in the state of Louisiana! We will be honoring those who stand out in the field and have contributed to the profession. Be on the lookout for information regarding the Award nomination process!



President's Report

***Quintin Gustin, MS, LPC, LACGS
President***



The Board of Directors for LACGS met in early March to discuss a variety of topics. The board decided that nominations for new officers will occur in early April, with elections to follow in May.

The offices that will be open for nomination and election are as follows: 1) President-elect, 2) Secretary, 3) Treasurer, 4) North Louisiana Regional Representative 5) Central Louisiana Regional Representative, 6) South Louisiana Regional Representative, 7) Greater Baton Rouge Louisiana Regional Representative, and 8) Greater New Orleans Louisiana Regional Representative. More information regarding the duties of each position will be disseminated when the Call for Nominations goes out.

Brooke Gaspard Mize, our current President-elect, will assume the office of President on July 1st, at the same time as our newly elected officers. Brooke has a huge energy and a great number of ideas for benefitting members through division activities. I strongly encourage our members to consider running for office or otherwise participating

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Division President Reports, continued from page 12

in the work of the division. There is much to be done!

Finally, LACGS is developing a track for October's LCA Conference. If you have any idea for a presentation proposal that you believe would be helpful to counseling graduate students, please contact me at your earliest convenience. Please let us know a topic you might have in mind, even if you do not wish to present it yourself.

Please read Tradewing for upcoming information on nominations and elections. If you don't already read Tradewing regularly, I urge you to begin. It is chock full of information relevant to us all.

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### **LAMCD: So Great Being Together Again!**

***Teneka Gash, M.Ed., PLPC, RSW, LAMCD President***

Greetings LCA! I bring you greetings from the division of the Louisiana Association for Multicultural Counseling and Development (LAMCD)! Our hope is that you cultivate a multicultural atmosphere!

As a member of the Leadership Development and Mentoring Institute, I am proud to represent LAMCD. Through mentorship with Dr. Reshelle Marino, I have successfully submitted a proposal to LCA for a Divisional Mixer for the 2023 LCA Conference. I am looking forward in leading this initiative and working together with Divisional Presidents. As information will be provided in the upcoming months.

Future LAMCD initiatives include hosting a virtual member/interest meeting via LCA Bulletin Board as we look forward to connecting with members and the opportunity of generating an increase in membership. Initiatives will also include an in-person luncheon during the LCA Conference and

***Division Reports continue in the next column***

## **Louisiana Lagniappe**

Member Spotlight, publication/distribution of our division newsletter.

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

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

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### **LASERVIC: Wet Your Whistle!**

***Sopheia Jones, Ph.D., LPC, NCC, LASERVIC President***



As clinicians we preach self-care to our clients day in and day out, but how well do we care for ourselves? Many of us tend to prioritize work, our clients and other responsibilities over our own needs, leading to burnout and other health issues. As we pour into everything else, we forget that it's impossible to pour from an empty cup. Various activities can serve to refill our personal mental health cups. The following are a few ways you can wet your whistle.

- Walking in nature
- Meditating
- Spending time with family and friends
- Reading for fun
- Listening to music
- Shopping
- Praying
- Watching your favorite movie

Remember that self-care is not selfish or indulgent; rather, it is a necessary aspect of maintain-

***(Division President Reports, continued on page 14)***

## Louisiana Lagniappe

### Division President Reports, continued from page 13

ing a healthy and balanced life and is even addressed in the ACA Code of Ethics. By taking care of ourselves, we are better equipped to care for others and continue to contribute to our communities. As always, if you are not yet a member of the Louisiana Spiritual, Ethical and Religious Values in Counseling (LASERVIC) Division of LCA, we welcome you to join! If you are already a member, we invite you to become actively involved by joining the executive board.

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



### LCCA Summer Workshop Returns!

**Brittney Johnson, M.S.,  
LPC, NCC, LCCA President**

Greetings from the Louisiana College Counseling Association! Following the success of our virtual fall workshop, we're excited to announce the return of our LCCA Summer Workshop! Our in-person summer workshop is tentatively scheduled for June 2, 2023, in Baton Rouge, LA. Save the date! (Further details regarding the possibility of a hybrid attendance option and registration will be coming soon.)

Currently, we are searching for presenters for our summer workshop. Our division welcomes presentations that may be relevant to the academic, occupational, social, psychological, physical, and emotional development needs of college student populations. Please contact us if you are interested in presenting at our summer workshop or have recommendations for presenters that we may invite.

*Division Reports continue in the next column*

**Spring 2023**

We look forward to seeing many of you at our summer workshop and at the LCA Conference in October!

If you have any ideas, requests, or questions for our division, please contact us at [lcca.leadership@gmail.com](mailto:lcca.leadership@gmail.com).



### Springing Forward

**Shallene Joseph, M.S., M.Ed.,  
PLPC, NCC, LCDA President**



Happy Spring LCA Members! I hope that you all have adjusted to daylight savings time. At the time that I am writing this I am still grieving the hour that was stolen from me, while also enjoying the extra hour of sun in the evenings. I guess I am living proof of the complexity of the human emotions and responses to neutral events. :)

Mirroring the locales that observe daylight savings time, the Louisiana Career Development Association (LCDA) is springing forward in our commitment to move the train back on to the track, after balancing in the in between. We held our 2023 LCDA Career Connections Conference, the first since 2020, on Friday, February 3, 2023, at the East Baton Rouge Parish Main Library in Baton Rouge from 9:00 am-5:00 pm. Our conference offered 6 CEU's, including 3.0 Diagnosis and 1.0 in Ethics to our attendees.

Dr. Sharon Givens, the past president of the National Career Development Association's (NCDA), was our featured speaker. She presented three lively, engaging sessions on *Career Development and Mental Health: Effective Strategies for Practitioners* and *Career Counseling and Coaching: Approaches for All*. During lunch we held a general membership meeting wherein we elected three executive board members, myself as president (2023-2024), Michelle Adams as president-elect (2023-2024) --she will then transition to president for the 2024-2025 year, and Randi Washington as a member at large (2023-2025). I, then, led the

*(Division President Reports continued on page 15)*



attendees through a 30- minute *Self-Care Tune Up Session*. Our newly appointed president-elect, Michelle Adams, and I ended the day presenting on *An Ethical Exploration of Burnout*.

I am grateful to the 20 attendees of our 2023 LCDA Career Connections Conference. Thank you for spending your day with LCDA and bringing your light, expertise, and positivity in the room with you! We hope to see this year's attendees again next year, as well as many more LCA and LCDA members!

The positions of Treasurer and 1 Member At Large remain open. We will keep you updated via Tradewing and email in the coming months on the nominations and voting process. If you are interested in nominating yourself or someone else, you can reach out to us at [info@louisianacareerdevelopment.org](mailto:info@louisianacareerdevelopment.org) or to me directly at [sjlcd@gmail.com](mailto:sjlcd@gmail.com).

Unfortunately, there were no entries submitted for this year's NCD A Annual Poetry and Art Contest, "Career Development Around the World: Making Connections and Increasing Access to Impact the Global Labor Market". We will try again next year. Keep your eyes out for more information this fall and consider planning a contest at your place of work!

November 2023 is National Career Development Month, November 13<sup>th</sup> –17<sup>th</sup> is National Career Development Week, and November 15<sup>th</sup> is National Career Development Day. We encourage you to plan events and celebrations this year. Last year, some of our members celebrated by having guest speakers, sharing information about the NCD A Poetry and Art Contest, psychoeducation, and one member's workplace had events Monday – Wednesday of National Career Development Week, and collaborated with Career Services and the Alumni Office. Their office, which does Academic and Career Exploration, held career exploration activities, a part time job fair, the career closet to get nice clothes, resume help, departmental browsing, and some webinars for their alumni. Ad-

ditional ideas on ways to celebrate National Career Development Month can be found at <https://www.ncda.org/aws/NCDA/pt/sp/ncdmonth>. We are looking forward to seeing what you all have planned and offering a celebration on behalf of LCDA as well for 2023!

The 2023 NCD A Global Conference will take place from Wednesday, June 28<sup>th</sup> - Saturday, July 1<sup>st</sup> in Chicago, Illinois. This year's theme is Career Development Around the World: Making Connections and Increasing Access to Impact the Global Labor Market with keynote speakers including, Dr. Kimberly Frazier— the 71st president of the American Counseling Association who received her PhD in Counselor Education from the University of New Orleans, Tucker Bryant—an award-winning poet and Stanford graduate who left a role in Product Marketing at Google to help businesses grow through his work, and Dr. Monica P. Band—a trauma-informed licensed mental health therapist focusing on strategy and application for integrating Diversity, Equity, Inclusion, and Belonging within mental health care practice/public education/policy. Participants attending the full conference may receive 15 CE hours. For more information on the conference and/or to register visit [https://www.ncdaconference.org/aws/NCDA/pt/sp/conference\\_home](https://www.ncdaconference.org/aws/NCDA/pt/sp/conference_home) and [https://www.ncda.org/aws/NCDA/asset\\_manager/get\\_file/773708?ver=1](https://www.ncda.org/aws/NCDA/asset_manager/get_file/773708?ver=1).

As a final note, did you know that if you are not a member of LCDA you can join our division at any time, and that you do not have to be a counselor to join LCDA? That's right, spread the word! LCA members can join LCDA by logging into your member portal at <https://www.lacounseling.org/lca/default.asp>, scrolling to the bottom right Division Enrollment, and clicking the "Enroll in another divi-

*Division President Reports, continued on page 16*



## Louisiana Lagniappe

### Division President Reports, continued from page 15

sion" link.

Any person with an interest in career development is eligible for membership in LCDA. For those individuals holding a degree outside of counseling who wish to be members of LCDA, they will join the Louisiana Counseling Association (LCA) as a Regular or Affiliate Member, and select LCDA as their division membership. LCA membership shall be a condition of membership in LCDA. Send someone who may be interested to [https://www.la-counseling.org/lca/Join\\_LCA.asp](https://www.la-counseling.org/lca/Join_LCA.asp) to join LCA and LCDA!

As always, if you have any questions or concerns reach out to us at [info@louisianacareerdevelopment.org](mailto:info@louisianacareerdevelopment.org) or to me directly at [sjlcd@gmail.com](mailto:sjlcd@gmail.com).



### **Ethics: Always In Style!**

*Shemeka Faulk, LCSJ President*

As counselors who are involved in advocacy for our clients in many ways, we can use social and restorative justice principles in all our work with clients, families and amongst ourselves. According to ACA, the objective of creating a fair and equal society in which each individual matters, their rights are recognized and protected, and decisions are made in ways that are fair and honest.

For LCSJ we are still setting the foundation of working to create an environment that is equal to all. The Louisiana Counselors for Social Justice (LCSJ) division's mission is to create a fair and equal environment for professionals that provides everyone an opportunity to be heard, seen, and considered when decisions are being made. Coming together again helps us to get our needs met. One way to get this done, is by working together to identify our needs and doing the important work it

takes. Integrity is at the very foundation of our organization. Being ethical, fair, and honest will always be in style and never change. We need your help to get this done.

For members of this Division, creating visibility is extremely important. Building a strong coalition of committed professionals and providing a healthy diet of information in social justice and counselor engagement is essential.

Collaborating with others on how they use social and restorative justice principles in their counseling work will help us meet the needs of our profession. We invite you to join us as we build membership for 2022-2023. If you would like to be involved in LCSJ, please contact, Shemeka Faulk, PLPC President via email [shefaulk77@gmail.com](mailto:shefaulk77@gmail.com), Michelle LaFitte, LPC-S Vice-President [lafittmr@yahoo.com](mailto:lafittmr@yahoo.com), and/or Dr. Joelle Nixon, LPC-S [Joellenx@aol.com](mailto:Joellenx@aol.com) Secretary. Membership is only \$5 a year! Contact Diane Austin to add LCSJ to your membership at any time. Thank you for your attention and interest.



### **LMHCA: Season of Revitalization!**

*Dr. Deatrice Green,  
LMHCA President*



Hello from the Louisiana Mental Health Counselors Association (LMHCA). The LMHCA board has been busy working these past two months. During the executive board meeting in January, the board voted on several changes to the bylaws, specifically the term of President, President-Elect, and President Elect-Elect, which is one year each instead of two years. The bylaws will be uploaded in Tradewings so that you can view all of the changes made.

We've also focused on giving our members more opportunities to gain CEUs. In February, Dr.

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## ***Division President Reports, continued from page 18***

Friedman presented “Jews: A Hidden Minority,” which provided counselors with a deeper understanding of Jewish culture. Here’s a list of the upcoming workshops:

- April 14<sup>th</sup> Finding the Path to Practical Mindfulness presented by Emeric (Imre) Csaszar, Ph.D., LPC-S, NCC
- June 9<sup>th</sup> TF-CBT from a Children's Advocacy Center Standpoint presented by Destiny Huff, MS, LPC-S
- August 11<sup>th</sup> How to Increase Your impact & income In Private Practice presented by Christy Pennison, LPC-S
- October 13<sup>th</sup> Postnatal Depression: An Interprofessional Approach Across Cultures presented by Alyssa Weiss, Ph.D., LMFT, CCTP

We’re so excited to be able to provide our members with a diverse selection of topics and opportunities to present their knowledge to colleagues. Beginning in April, LMHCA’s bi-monthly webinars will be available to all LCA members for \$15 per webinar. If you haven’t already signed up, you still have an opportunity to access both the google link for members and an Eventbrite link for non-LMHCA members is located in Tradewing.

In other news, AMHCA’s annual conference will be hosted here in New Orleans from June 27<sup>th</sup> through 29<sup>th</sup>. LMHCA’s board is collaborating with AMHCA’s conference committee to bring a taste of New Orleans culture to their conference.

As we transition into the second quarter of this year, be on the lookout for the following on Tradewing and in your email inboxes:

- The third edition of LMHCA’s Quarterly Newsletter
- LMHCA’s Annual Spring Conference – May

***Division Reports continue in the next column***

## **Louisiana Lagniappe**

6<sup>th</sup> at Loyola University

- AMHCA’s Annual Conference – June 27<sup>th</sup> – 29<sup>th</sup> at Royal Sonesta on Bourbon in New Orleans
- The launch of a new and improved LMHCA website

Thinking about becoming a member of LMHCA? Contact us, and we’ll assist you throughout that process. We are always looking for new members for our committees and governing board. If you are interested in joining a committee or becoming a regional representative, please reach out to me at [lmhcapresident1@gmail.com](mailto:lmhcapresident1@gmail.com). Your engagement and participation are vital to LMHCA and LCA, so please reach out with any inquiries.

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LMGCA, LA. Military and Government Counseling Assoc., no article submitted this quarter.

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

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The Road to PLPC

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

The goal of the PLCA Division is to represent and promote the interest of the Louisiana Counseling Association by providing professional development, resources, and information to help support those who have recently entered the profession, including but not limited to graduate students, PLPC des-



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Louisiana Lagniappe

Division President Reports, continued from page 17

ignated Professionals, and/or those who were recently fully licensed.

At this moment, I am planning my "Road to PLPC" Tour. During this tour, I will be presenting to master-level counseling students regarding all things related to obtaining a Full License: obtaining a Provisional License, securing a Supervisor, and The Supervision Process, etc. Please let me know if you would be interested in having your university on tour: bernell.elzey@gmail.com.



SAIGE-LA: A Small But Mighty Division!

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

I don't have the hard numbers on this, but I'm pretty sure that SAIGE-LA is one of the smallest divisions in LCA. I can tell you, though, that our Board is full of passion and isn't afraid of hard work. I really hope that all of that hard work is clear to our membership. I also hope that our members know that their participation is not only welcome but encouraged!

The 2023 LCA Conference theme has been announced: "Help. Heal. Honor." It feels especially appropriate for those of us who work with clients from marginalized communities. The SAIGE-LA Board is currently hard at work brainstorming ideas for our division track. We are planning to build upon some of the topics offered at the 2022 LCA Conference, including counseling transgender clients, polyamory and other forms of ethical non-monogamy, and advocacy on behalf of LGBTQEQIAP+ clients. If you have a presentation that you'd like to submit or a topic you'd like more information on, please let us know.

We've also been busy creating structure for our division through examining and editing our bylaws



and creating a digital "binder" of our division's documents. Members will receive notice of proposed bylaws changes for a vote prior to the annual membership meeting at the LCA Conference. We hope that you will participate in voting by mail or in person at the meeting.

Have you been reading our quarterly division newsletter? Our Secretary, Pamela Shultz, has done a fantastic job of creating and distributing the newsletter, and I'd like to take this opportunity to recognize her and thank her. Pamela welcomes articles, member spotlight submissions, job listings, internship opportunities, continuing education announcements, and other events or news that may be of interest to our members. Send an email to her at saige.louisiana@gmail with Newsletter in the subject line.

As always, look for updates from SAIGE-LA on the Tradewing site, follow us on social media, or contact us to be added to our mailing list. Be sure to join SAIGE-LA as a paying member to support our ongoing outreach efforts and to enjoy members-only benefits.∞

LCA Member Services:

1-888-522-6362



LCA Website:

www.lacounseling.org

***Division Reports continue in the next column
Spring 2023***

2022-2023



LEADERSHIP ROSTER

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Louisiana Lagniappe

A new LCA benefit ...

Ask The Expert!

ASK
THE

EXPERT

What do Tamyra Bourgeois, Dan Jurek, and LCA President Elect Dr. Rashunda Miller Reed all have in common ... besides being counselors? They have been presenters for LCA's newest member benefit: Ask the Expert! This new series provides LCA Members with free, quality CE clock hour professional development, MONTHLY! What else could you ask for!! Register for the next event: <https://lca.tradewing.com/home> 

With Heartfelt Thoughts and Prayers



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.*



Please remember Foy Bockrath, the husband of Dr. Gloria Bockrath and her family. Mr. Bockrath succumbed to a long-time illness in December. Dr. Bockrath has been a long-time member of LCA, former LCA President and staunch supporter of LPCs and the LPC PAC.



Dr. Marvin Clifford, LPC and long time member of LCA and frequent conference presenter for LCA has died of pneumonia.

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



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 icanews@outlook.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: icanews@outlook.com. To assure a speedy response, please include the words: **Lagniappe Article**, in the subject line. Electronic submission of photographs via e-mail as a .jpeg or .png file **is preferred**. Submission of hard copy photos or on disk or flash drives become the property of the newsletter.

**NEXT NEWSLETTER
SUBMISSION DEADLINE:
Summer 2023***

* Set at the Summer Board Meeting.