



LOUISIANA COUNSELING ASSOCIATION
 AGLBTIC • CIAL • LAAOC • LACES
 LAMCD • LAMFC • LASERVIC • LCCA
 LCDA • LCSJ • LHMCA • LSCA

Louisiana Lagniappe

Volume 37 Number 1

LCA is the state branch of the American Counseling Association

Fall 2014

Counselors Recognized At LCA Fall Conference

Submitted by Diane Austin, LCA Executive Director

LCA Awards presented at the 2014 Annual Conference:

CATHY GREEN-MINER
Humane and Caring Person Award

KELLI HOLLINS-SMITH
Graduate Student Award

KAREN SWANSON TAHERI
LCA Advocacy Award

**DIANE AUSTIN and
W. ERIC ODOM**
Presidents Award

Jodey Edwards, Awards Committee Chair will be seeking nominations for the 2015 awards. Start now to consider who you will nominate for one or more of the awards next year. See the LCA webpage for more details and how to nominate deserving people.



W. Eric Odom receiving his award from LCA President, John Crawford. Photo by Rashunda Miller



President's Message

The Laughter of LCA

By John R. Crawford, MA, LPC-S, CCDP-D

LCA President 2014-2015



The 46th Annual LCA Conference was a huge success! There were over 1000 registered participants at this year's conference. The theme of this year's conference was "The Healing Power of Laughter". It was a joy seeing a lot of conference attendees having fun and laughing. Special thanks to all the presenters that spoke on this year's theme. It was a pleasure having the keynote speaker, Dr. Samuel Gladding, present on "Some Fun and Funny Facts About Wellness: How Humor Adds To Your Health". Dr. Gladding shared with us that humor adds to the quality and longevity of life. He highlighted the value of humor and how the comical can be cultivated creatively and effectively in counseling.

During pre-conference, Dr. John Simoneaux presented on "What Makes People Happy". Dr. Simoneaux shared with us major research findings that inform professionals about effective ways to facilitate and enhance the lives of our clients. These studies give us a better understanding about how people become and stay happy.

What is Humor Therapy? Humor therapy is the term given to a therapeutic process which claims beneficial effects from the use of positive emotions associated with laughter.

Therapeutic Use Of Humor Throughout History

✎ *Biblical Times:* The benefit of humor makes an appearance in the Good Book itself: The Book of Proverbs 17:22 states 'A cheerful heart does good like a medicine: but a broken

(The Laughter of LCA, continued on page 2)



Season's Greetings as you celebrate your winter holidays.



Capturing The Healing Power of Laughter!

By: Rashunda Miller Reed, Archives Chair

Thank you to Rashunda Miller for nearly all of the conference photos included in this issue. For more information please contact Rashunda Reed at rtmiller_00@yahoo.com. 😊

spirit makes one sick’.

- ☞ **14th Century:** French surgeon Henri de Mondeville used humor therapy to aid recovery from surgery. He wrote “*Let the surgeon take care to regulate the whole regimen of the patient's life for joy and happiness, allowing his relatives and special friends to cheer him and by having someone tell him jokes.*”
- ☞ **16th Century:** Robert Burton, an English parson and scholar used humor as a cure for melancholy.
- ☞ **16th Century:** Martin Luther used a form of humor therapy as part of his pastoral counselling of depressed people. He advised them not to isolate themselves but to surround themselves with friends who could joke and make them laugh.
- ☞ **17th Century:** Herbert Spencer, sociologist used humor as a way to release excess tension.
- ☞ **18th Century:** Immanuel Kant, Germany philosopher used humor to restore equilibrium.
- ☞ **18th Century:** English physician William Battie used humor in treatment of the sick.
- ☞ **20th Century:** Modern humor therapy dates from the 1930s, when clowns were brought into U.S. hospitals to cheer up children hospitalized with polio.
- ☞ **20th Century - 1972:** The Gesundheit Institute is founded by U.S. Doctor Hunter ‘Patch’ Adams: this is a home-based

(The Laughter of LCA, continued on page 3)

Counselor In Running for National School Counselor of the Year!

Submitted by Diane Austin, LCA Executive Director



It is with great pride and joy that we announce that a member of LCA and LSCA, Jennifer Degruise, has formally been named as one of the top 5 national finalists for the American School Counselor of the year!!! This is the first time anyone from Louisiana has received this level of recognition and we are so thrilled for her. Jennifer was nominated this summer and her journey is just beginning. She will be escorted by her principal, Mrs. Kelly Dupre, and LSCA Board Past-President, Dr. Jennifer Curry, to Washington D. C. in January for 4 days of events including Capitol hill visits, Briefings, and a Recognition Gala at Union Station honoring the 5 national finalists. Her work will be highlighted in ASCA's School Counselor as well. The other 4 finalists are from Georgia, Colorado, Virginia, and California.

Please join us in congratulating Jennifer Degruise! What an honor for her and a proud moment for Louisiana Counselors!

free hospital ‘to bring fun, friendship, and the joy of service back into health care’.

“I don’t trust anyone who doesn’t laugh”

—*Maya Angelo*

☞ *20th Century - 1979:* Norman Cousins publishes his book ‘Anatomy of an Illness’ based on his own experiences: he had been suffering from ankylosing spondylitis and decided to use his own brand of ‘humor therapy’ by watching episodes of the television show ‘Candid Camera’ and Marx Brothers films. He claimed that ten minutes of laughter could give him two hours of pain relief.

☞ *20th Century - 1998:* Renewed interest in the uses of humor as therapy thanks to the release of the film ‘Patch Adams’ starring Robin Williams and based on the real Hunter ‘Patch’ Adams.

Research has shown that laughing can help with medical health issues as well as mental health issues.

LCA was a proud sponsor of the 3rd Annual Walk4Recovery (walk/run) held at City Park Festival Grounds in New Orleans. This event took place on pre-conference Saturday and raised over \$9,000.00. Thanks to all the divisions that participated in this great fundraiser!

I am very appreciative of the encouragement and support given to me in planning this conference. This could not have taken place without the help of so many people. I would like to give special thanks to Diane Austin, Executive Director and Austin White, Business Manager for coordinating a wonderful conference. I would like to

thank the members of the Executive Board, Latrina Raddler (Volunteer Coordinator) and the volunteers, and Bruce Galbraith (Past President and Election Chair). Also, thanks to Tim Fields (President Elect and Conference Chair)

“The human race has only one really effective weapon and that is laughter.”

— Mark Twain

(The Laughter of LCA, continued on page 5)



L-R: Conference Key Note Speaker, Dr. Samuel Gladding, LCA President John Crawford, ACA President Dr. Robert Smith, LCA President Elect, Tim Fields, and LCA President Elect-Elect, Dr. Iman Ennabut Nawash.

LCA’s Community Action
Walk4Recovery!
Photos by Rashunda Miller



Photos continued on next page



LCA Fall Board Meeting Mini-Minutes

By: Myiesha Spears-Beard, Secretary

The highlights of the September Executive Board Meeting and the General LCA Business Meeting are as follows:

- LCA President Elect-Elect is Christine Ebrahim. We welcome her and look forward to her leadership and direction to take LCA to the next dimension.
- A campaign to target former membership who failed to renew will begin this Fall. Chairpersons will implement new strategies to seek out old members and hopefully regain at least some of them.
- We will also welcome Graduate students to LCA involvement with a DVD package to be delivered to college professors, in the near future.
- Members voted to increase membership fees to accommodate budget needs.
- Next years conference will be held at the Renaissance Hotel in Baton Rouge, La.
- Beginning this year we will be utilizing an online conference app. Members are urged to send in thoughts and ideas to expand the app to draw more conference attendees and share updates regarding conference.



LOUISIANA COUNSELING ASSOCIATION

A Branch of the American Counseling Association



Adrienne Trogden and Latrina Raddler

Regina Lancaster, Walk4Recovery Coordinator and John Crawford.



LCA Logo on banner to indicate our co-sponsorship!



Division Presidents at the July Executive Board Meeting.

L-R, first row:

Latrina Raddler, Candace Parks, Kerri Spears, Cindy Escandell, Dawn Romano, Tiffany Colonge

L-R, back row:

Kimberly Ester, Frank Phinney, Louis Lowrey, Donnie Underwood

Call for Submissions...

LCA Journal of Counseling 2015

By Dr. Meredith Nelson, Co-Chair

The Louisiana Journal of Counseling, the annual journal for the Louisiana Counseling Association, is currently accepting article submissions for the Fall 2015 edition.

LJC accepts articles from practitioners, researchers, educators, and graduate students in the counseling profession. Articles may focus on theory, research, ethics, or relevant topics in counseling. Submissions are due by May 30th, 2015. For submission guidelines or questions, please contact Dr. Meredith Nelson at Meredith.Nelson@lsus.edu. 😊

7 Division Presidents Report

Compiled by Vinetta Frie, Lagniappe Editor

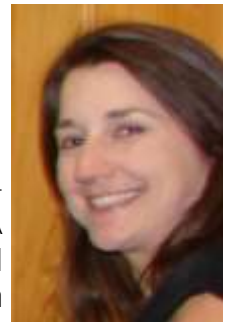
This issue is the first after our annual fall conference. 7 Division Presidents summarize their terms or transition to new leadership. Look for these divisions at the fall conference! Next quarter we hope to also hear from LCCA, then the complete LCA Dozen will be represented!



ALGBTIC-LA Says a Mouthful with Social Media

By: Tiffany Cologne, President

ALGBTIC-LA was pleased to have several national ALGBTIC leaders present at the recent LCA conference. Dr. Jane Rheineck, the current National ALGBTIC President, presented on the impact of an



(7 Division Reports, continued on page 6)

The Laughter of LCA, continued from page 3

for keeping the opening sessions lively. To Adrienne Trogden and Erin Dugan, Co-Public Relations Chairs, I give two thumbs up for publicizing our association through social media, news media, and community involvement. To all of the presenters, association members, and conference workers a “big thank you”!

Unfortunately, Diane Austin was involved in a car accident on her way home from conference. Although she is out of the hospital, I am asking the membership to continue to pray for her recovery.

Let’s Live, Love, and most of all Laugh!!! 😊

“If we couldn't laugh we would all go insane.”

– **Robert Frost**



By-Laws Update

By: Eric Odom

The By-Laws Committee and the LCA Advisory Committee has been working towards a restructuring of LCA dues. A dues structure and language to be included in the LCA By-Laws were drafted and presented at the general membership at the 2014 Annual Conference. The membership voted to accept the proposed dues structure at the conference. The structure is as follows:

- Professional Members - \$50.00
- Regular Members - \$50.00
- Retired Members - \$30.00
- Student Members - \$30.00
- Counselor Interns - \$30.00

The membership also agreed that Beginning July 1 2015 the dues will increase 10.00 every two years until prof. dues are 80.00; other categories will be raised \$5.00 every two years until they are \$45.00. 😊



The Healing Power of Laughter!



immersion course addressing the counseling needs of LGBT clients. Dr. Catherin Roland, Conference Chairperson of the National ALGBTIC, presented on career development mentoring with lesbians and gay men. It was an honor to have these two ladies present at LCA and we thank them for their contribution to our conference.

Please like us on Facebook by searching ALGBTIC-LA or follow us on Twitter @LGBTQ... Resources for information about available resources for our LGBTQ clients.



LACES Update

Dawn Romano has resigned as president of LACES for personal reasons. We want to thank Dawn for her service to LCA and LACES! We welcome Stacey Duarte as the LACES representative to the LCA Executive Board.



LAMFC Happenings

By Donnie Underwood, Ed.S., LPC, LMFT, LAMFC President



On September 23 LAMFC held its annual luncheon and business meeting during the LCA Convention in New Orleans. We had a record crowd for our luncheon and I thank all of you who were able to attend.

Dr. Thomas Fonseca from Our Lady of Holy Cross College spoke on "Accepting Our Families Using Love and Humor" in a very humorous, engaging, and informative presentation.

LAMFC now has a Facebook page and I encourage you to like our page. It is listed as Louisiana Association of Marriage and Family Counselors.

A comment raised at our meeting was the need of our members to present more content sessions at the annual LCA conference for which CEUs appropriate for LMFTs are offered and specifically on ethics and diagnosis. Therefore, I encourage LAMFC members to consider presenting in Baton Rouge at LCA 2015. If

you are interested in presenting, please contact me or go to the LCA homepage and look up how to present a paper at the LCA Convention. Finally, if you are interested in leadership in LAMFC or are currently in a position to serve please contact me at monroe109@bellsouth.net.



LCCA

By Candace Park, M.A., LPC, NCC, LCCA President

For those of you who don't know, the 2014 LCA Conference wrapped up not too long ago, and it was a huge success. I'm not sure about you, but attending the conference is always so motivating for me. The conference gives us an opportunity to take a break from the daily routine and learn from our colleagues in the counseling profession. I've always left the LCA Conference with new ideas to bring back to my campus and improve my practice.

This year LCCA held its annual summit where Dr. Michele Caruso, Ph.D., LPC-S, spoke about the new federal guidelines of the Campus SaVE Act and how those guidelines will impact college counselors in the different, and sometimes multiple, roles we may fill on our college campuses.

LCCA also held our fall business meeting where we discussed plans to create a logo and improve our website, and we also started making plans for the 2015 Summer Workshop! It was a productive meeting, so much so that we are considering scheduling another for the spring to continue working toward our goals.

And FYI, we still have a position available on our board. So, if you're looking to get involved with LCCA, let us know! You can reach me at candace.park@nicholls.edu and I'll be happy to talk with you about ways to be more involved. I hope to hear from you soon!



Social Justice Highlighted at Recent LCA Conference

By Louis Lowrey, LCSJ President

Each year at the LCA Conference, our Division sponsors a "summit speaker" who is invited (7 Division President Reports, continued on page 8)

Strategic Planning

By Matthew Lyons, Strategic Planning Chair

The mention of strategic planning elicits a myriad of reactions from people. It sends some running, some react with indifference, and some embrace the idea with open arms. Particularly in volunteer run organizations, strategic planning can feel like just another task to accomplish. However, as counselors, we understand the truth in the simple proverb; if you fail to plan, you plan to fail.

I recently spent some time re-reading a book titled, *The Practice of Adaptive Leadership* by Ronald Heifetz, Alexander Grashow, and Marty Linsky. One concept the authors promote is, standing on the balcony. It's the term they use for removing yourself from the system in order to see it objectively. It conveys the image of standing above the system and watching it play out in front of us. It is easy to get so caught up pushing towards the goal that we fail to look objectively at our processes. As Stephen Covey states, "Most of us spend to much time on what is urgent and not enough time on what is important."

The Louisiana Counseling Association is strong and leaders around the country recognize our strength. Much of our strength can be attributed to the excellent leadership and strategic planning processes in years past. We have consistently focused on that which is important.

Similarly, we have carved out a plan with clear goals and objectives for the next two years. We will continue to balance our efforts with peri-

(Strategic Planning, continued on page 8)



Congratulations to Christine Ebrahim!

Dr. Christina Ebrahim was elected LCA President for 2017-2018. Past president Bruce Galbraith will be seeking nominations for the 2018-2019 Presidential elections. If you are interested in learning more about the qualifications and wish to nominate yourself or someone else, feel free to contact him at his e-mail address: gotoschoolman@yahoo.com



Strategic Planning, continued from page 6

ods of retreat to the balcony to ensure the continual optimization of the Louisiana Counseling Association efforts. I will continue to track progress and use the newsletter to provide strategic planning updates in the coming months. Feel free to contact me if you have any questions.



to address issues which involve his experience, strength, and hope in his professional and/or personal life in which principles of Social Justice/Restorative Justice are employed.

This year, we were privileged to have Mr. Welborn Jack, Jr., Esquire, a well known defense attorney who has represented many inmates who would otherwise have been killed by the state. His presentation was passionate and riveting, and he made a call for counselors to consider being available as "mitigation specialists" in order to assist attorneys in their defense of the client. In capital cases now, such services are required to be made available to the defense attorney as part of his representation of the client. The goal is to present to the court a clear picture of the entire life of the person charged with such a serious offense.

We were favored by the attendance at the summit by past presidents of LCA and a future president of LCA. So, both the audience and the speaker were luminaries!

Much of the work of social justice is not glamorous, but it is compelling and passionate, and an integral part of the counseling profession. Because, as we all know, advocacy for our clients is endemic to our profession in service to our clients and their families. It is great when we can hear of significant efforts being made by counselors, attorneys, and other professionals, who bring social justice principles to what they do every day.

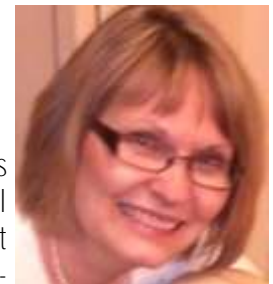
You can do yourself and your colleagues a favor by joining LCSJ and inviting others to join. Dues are minimal, only \$5 a year, and Diane Austin can include those joining at any time of the year. As a Division, we maintain archives of articles, assist in research, and share best practices.

Thank you for all you do in advocacy for your clients. Please contact me if you wish.



LMHCA Is On The Move

By: Cindy Escandell, PsyD, LPC, LMHCA President



The 2014 LCA conference was a success with great breakout sessions and exceptional speakers. Laughter seemed to put everyone at ease and served to remind us not to take ourselves too seriously. In keeping with the theme of laughter, Bruce Wilkinson, nationally-recognized humorist/motivational speaker, entertained and challenged LMHCA members at their annual luncheon/business meeting. He spoke for one non-stop hour sharing comical, real-life situations to which we

(7 Division Presidents Report, continued on page 9)

could all relate. He paused only to let the audience applaud and LOL.

As the second largest LCA division, LMHCA is pleased to announce seven Regional Representatives, one Graduate Student Representative and a Social Media guru have been added to the Board to better serve and represent our 500 members:

Cindy Allen (Alexandria) cindy.watkins.allen@gmail.com

Jeff Travasos (Baton Rouge)

jtravasos@lsdvi.org

Barbara Perrodin (Lafayette)

baz8461@yahoo.com

Raime Thibodeaux (Lake Charles)

raime.thibodeaux.counseling@gmail.com

Cynthia Montcalm (Monroe) cynthiamontcalm@gmail.com

Wendy Durant (New Orleans) wendyqdurant@gmail.com

Kristi Bierbaum (Shreveport) kristibierbaum@gmail.com

Melissa Deroche (Graduate Students) mddps@my.uno.edu

Jeff Strozier (Social Media) - jstrozie@my.uno.edu

Please send any news, announcements or CEU opportunities to your Regional Rep. We will add this information to our new Facebook page (Louisiana Mental Health Counselors Association). Please Like us! We are also happy to announce we have a new, updated website www.lmhca.org. These are two great places to find out current LMHCA news. Jeff Strozier is doing an excellent job at keeping these updated.

The Board held the first meeting in New Orleans. This is a talented, diversified and dedicated group of counselors who are eager to “make great happen” within our division.

We are busy preparing our Spring Workshop which will be held in Baton Rouge on April 24, 2015. Save the Date! We will have a full day filled with topics of interest that you, our LMHCA members, said were important to you.

As you can see, LMHCA is moving forward to better serve our members and keep us connected with goals of becoming better counselors and reactivating our division.



(7 Division Reports, continued on page 10)

Like Us On
facebook 



*With our very best wishes,
Your Lagniappe Team*

Staying Connected

By: Chantrelle D. Varnado-Johnson, LPC-S, NCC, Graduate Student Representative



Greetings, LCA Graduate Students. As we enjoy fall in glorious Louisiana, I would like to update you on exciting things that have taken place. The **Louisiana Counseling Association** recognizes that graduate students are the lifeblood of the counseling profession in Louisiana and the United States. LCA supports the advancement of graduate students by providing social and professional development workshops. Currently, there are over 300 active student members.

The 2014 LCA annual conference was **MIND-BLOWING**. The keynote speakers were Dr. Samuel T. Gladding and Dr. Robert L. Smith. Thanks to the Alpha Eta chapter of Chi Sigma Iota and the Counselor Interns Association of Louisiana (CIAL) for sponsoring the Grad Student 101 at the LCA conference. The Grad Student 101 panel consisted of one master's student from Loyola, UNO, LSU, Southeastern, and Xavier. Mary Alice Olsan the Executive Director, Custodian of Records of the LA LPC Board of Examiners presented information on becoming a registered counselor intern. The Chi Sigma Iota Reception/Social was a great opportunity to gather LA graduate students while enhancing their knowledge base and spending some time together. The conference was an awesome time for students to obtain a beneficial experience.

Meanwhile, graduate students are needed to make LCA sensational. If you are interested in becoming more involved, please contact your Graduate Student Representative by email at cdvarnad@uno.edu.

Remember to stay connected via the Chi Sigma Iota Louisiana web page. 😊



Fall 2014

Thankfulness!

By: Frank Phinney, LSCA President



Since my last **Lagniappe** article, I have become a father for the second time! If you are a parent, you know how grateful you are for the miracle of birth. During the LCA Fall Conference, I was unsure how long I would be able to stay as my son was soon to make his appearance. I am grateful for so many outstanding leaders in LSCA who conducted our many successful events. I am most proud of the panel of professionals who are NOT school counselors who are just as committed as we are to the continued success of students statewide. I was gratified that so many in attendance were inspired and began to consider new ways to collaborate with others who share our interests. This was one way I attempted to implement my “Mejor Juntos” – Better Together theme.

Jennifer Degruise, LSCA member, is traveling to the White House and just might win ASCA’s School Counselor of the Year Award! We are very excited for her. You will find more details about this award and Jennifer’s nomination on page 2 of your **Lagniappe** newsletter. We have one of our number who will be honored by ASCA at the White House.

In this season when we consider for what we are thankful, I am thankful for the Louisiana School Counseling Association and all the dedicated, hard-working, effective school counselors who comprise our Division. I am also thankful that Jennifer has placed our profession in such a positive light. And now the country will see Louisiana in a positive light — at the top of a much better listing! As counselors working in various settings across our state, we truly are “Mejor Juntos” – Better Together! Happy Thanksgiving! 😊

See you in
Baton Rouge
for the
2015 Annual
LCA Fall
Conference?!





Frances enjoying a giggle!



Mom and Daughter, Debbie and Ellen having fun!



LPC Board Members



Theresa & Delia



Dr. Gladding



Jennifer, Alicia, and Lekethia



Scott getting into the spirit!



Marjorie and Sylvia



Sundry and Phillip



Devon, Cheri, and Nicky



LCA Line Dancing!

Public Relations Gone Viral!

By: Erin Dugan and Adrienne Trogden,
Public Relations Committee Co-Chairs

The digital age has hit LCA! This year's conference was a flurry of technology utilizing a conference mobile app for the first time, using Instagram along with Facebook and Twitter, and collecting video statements on the benefits of LCA membership for a video project! We are happy to report that almost 200 people created profiles on the mobile conference app and many more used the app to see the daily conference schedule. We plan to have a conference app annually, so look for it next year as well!



Our social media engagement is up also with 602 Facebook likes (www.facebook.com/lacounseling), 100 Twitter followers (@lacounseling) and our newest Instagram account (lacounseling) has 5 followers.



We are growing our social media presence, so please follow/like us to get the latest LCA news!

The video project is coming along and we are still looking for submissions. Just record yourself answering the following questions:

1. I like being a part of LCA because _____.
2. My LCA membership has benefited me by _____.

Record yourself on your phone, camera, flip camera, etc. and send to Erin Dugan, emart3@lsuhsc.edu 😊

Laugh in the face of adversity,
and leap before you look.
Dance as though EVERYBODY
is watching. March to the beat
of your own drummer. And
stubbornly refuse to fit in."

— Mandy Hale

Louisiana Lagniappe

General Session



Jeri Ann, Jewell, and Robert



Visit in between sessions



Cindy the Door
Prize Diva



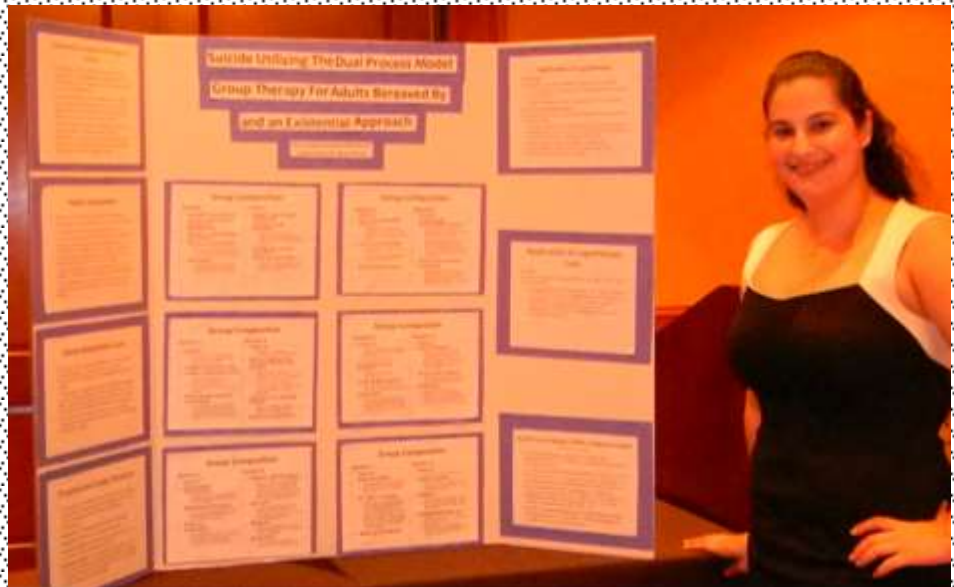
Bruce, Iman, John, and Tim ... with rabbit ears?



Leslie and Wayne



Dr. Smith at the podium



Meredith happily sharing her research!



Is the conference over already?



LAMCD Luncheon



2014 - 2015 LCA Leadership Roster

LCA Elected or Appointed Officers and Contract Workers

| | | | |
|--|---|---|--|
| John Crawford, <i>President</i> JOHN615549@aol.com | <i>Iman Ennabut Nawash</i> <i>President Elect-Elect</i> iman97@aol.com | Michael Monic, <i>Parliamentarian</i> mfmonic@yahoo.com | Diane Austin, <i>Executive Director</i> lca_austin@bellsouth.net |
| Tim Fields, <i>President Elect</i> tfield1@lsu.edu | Bruce Galbraith, <i>Past President & Nominations Chair</i> gotoschoolman@yahoo.com | <i>Myiesha Spears-Beard</i> <i>Secretary</i> restorecounselingservices@gmail.com | Austin White, <i>Business Manager</i> aus-tin@northdeltamanagement.com |

LCA Division Presidents

| | | | |
|--|--|--|---|
| ALGBTIC-LA Tiffany Cologne, Assoc. of Lesbian, Gay, & Transgendered Issues in Counseling of LA tcologne@cox.net | CIAL Kenneth Schmitt Counselor Intern Association of Louisiana kjschmitt@gmail.com | LAAOC Latrina Raddler, LA Assoc. of Addiction and Offender Counselors lraddler@yahoo.com | LACES Stacey Duarte, LA Assoc. of Counselor Educators and Supervisors staceyduarte@yahoo.com |
| LAMFC Donnie Underwood, LA Association of Marriage and Family Counselors Monroe109@bellsouth.com | LAMCD Kimberly Ester, LA Assoc. for Multicultural Counseling and Development Kimberly052903@aol.com | LASERVIC Dr. John "Jodey" Edwards LA Assoc. for Spiritual, Religious & Ethical Values in Counseling jodey1@msn.com | LCCA Candace Parks LA College Counseling Association candace.park@nicholls.edu |
| LCDA Keri Spears LA Career Development Association kerriterrell@yahoo.com | LCSJ Lewis Lowrey LA Counselors for Social Justice lowrey@cp-tel.net | LMHCA Cindy Escandell LA Mental Health Counselors Association cindy@escandell.com | LSCA Frank Phinney LA School Counselor Association fjphinneylpc@gmail.com |

Appointed Committee Chairs and Co-Chairs

| | | | |
|---|---|---|---|
| ADA Compliance Joan Gallagher jgallag@lsu.edu | Archives: Rashunda Miller Reed rtmiller_00@yahoo.com | Awards: Dr. Jodey Edwards jodey1@msn.com | By-Laws & Strategic Planning: Eric Odom ericodom1@hotmail.com |
| Conference On-Site Chair Tim Fields tfield1@lsu.edu | Finance: Tim Fields tfield1@lsu.edu | Government Relations Cindy Nardini cnardini@juno.com | Graduate Student Rep. Chantrelle Varnado Johnson cdvarnad@uno.edu |
| LCA Newsletter: Vinetta Frie, Editor frienews@yahoo.com | LCA Journal: Peter Emerson, Co-Editor pemerson@selu.edu | | LPC Board Liaison Mary Alice Olsan, Exec. Director lpcboard@eatel.net |
| Membership: <i>Iman Ennabut Nawash</i> iman97@aol.com | Public Relations Co-Chairs: Erin Dugan eemarn1@yahoo.com | | Professional Development: Joan Fischer jfischer@olhcc.edu |
| | | Adrienne Trogden atrog2@uno.edu | |



***LCA Leadership at July Board Meeting:
L-R: Dr. Iman Nawash, President Elect-Elect,
John Crawford, President, Tim Fields, President Elect***

LCA Member Services: 1-888-522-6362

LCA Website: www.lacounseling.org



With Heartfelt Thoughts and Prayers

Veronica Douglas lost her mom November 26.

Theresa Carmen lost her son on July 2.

Please remember both members and their families in a special way during this holiday season.

We need your help to acknowledge any member's illness, grieving, or recent death. Please contact either Vinetta Frie, frienews@yahoo.com or lca_austin@bellsouth.net to reach Diane Austin. The information you provide will be shared in a space like this with our Association. 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 1,800+ members and 12 Divisions which serves as an inclusive umbrella. 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.

NEWSLETTER CORRECTION

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

LAGNIAPPE TEAM

Your newsletter is the result of the following team: Vinetta Frie, Editor; Diane Austin, Contributing Editor; Vicki Guilbeau, proof-reader

SUBMISSIONS

Send all submissions to newsletter editor, Vinetta Frie via e-mail contact information: frienews@yahoo.com. Please include the words: *Lagniappe Article*, in the address line. Electronic submission of photographs via e-mail is preferred. Submission of hard copy photos or recorded devices become the property of the newsletter and will not be returned.

NEWSLETTER 2014-2015 SUBMISSION DEADLINES:

February (TBA)
May 15, 2015