



*Message from Our Conference
Chair*

**We Adapted and
Moved Forward
Together ... AGAIN!**

*Thomas Fonseca, Ph.D., LPC-S,
LMFT, NCS, NCC*

The year 2021 marks the second year of a virtual delivery for our LCA Annual Conference. I would like to offer my heartfelt thanks to **everyone** who assisted in the preparation and delivery of our conference. Of course, I must also offer a word of thanks to every presenter. And thanks to Tradewings' delivery platform, I had the luxury of attending every presentation that was offered!

With the 2021 virtual LCA Conference in the rearview mirror, my heart is filled with joy as I think about next year's conference. The 2022 LCA Conference is expected to be in person in New Orleans.

Please remind everyone that our annual LCA Conference is the one conference they can attend to earn all their required CEUs mandated by the LPC Board of Examiners. Considering that you all probably have more access to CEUs than ever before, the one thing LCA members seem to enjoy the most is coming together to be around like-minded professionals. Next year, we sincerely hope the time will finally be right for everyone to come home to LCA to enjoy fellowship PLUS professional development! The LCA Leadership is looking forward to providing an engaging, educational, and fulfilling conference for all involved. Our state-level professional counseling association is strong, and together we can be even stronger. I wish each of you a blessed year, and I hope to see everyone in person next year. ☺

Presidential Perspective

**Happy Fall,
Y'all!**

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



I am hoping that everyone is doing well. I would first like to thank everyone who attended our virtual conference this year. It was well-attended and all of the sessions were excellent. Thank you to all division presidents who submitted speakers for their specific areas of interest. We had a total of 826 participants. That is fantastic considering we just experienced Hurricane Ida. We are looking forward to our in-person conference next year in New Orleans, at the Astor Crowne Plaza.

I have some great news to share. The administrative council met after conference and voted to add a new member benefit that will support our counseling programs in Louisiana. As long as one faculty member attends conference, LCA will provide the professor with access to a number of on-demand session recordings at no cost. These recordings can be used as teaching tools for graduate students in counseling program at their university. We are excited to disseminate the first two next week, and then we will follow with 20 videos.

It will take some time to coordinate this major event, so we ask that you are patient in the process. We want to give back to our members and

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support the future growth of our aspiring counselors in training. You will be receiving your videos soon.

Additionally, we understand that not all in attendance at conference had the opportunity to attend or listen to the on-demand town hall. Due to the importance of what was discussed, we have decided to send it out to the membership, free of charge. We would like everyone to have the knowledge shared in the meeting. The town hall recording will go out soon. As always, thank you for allowing me to serve as your state branch counseling association President. I hope everyone continues to recover from Hurricane Ida, stays healthy during the pandemic, and has a joyous holiday season. Stay well everyone!

Reshelle

LCA Membership Is Really Cool!

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



It was awesome seeing so many of you in the chat during the conference. I want to introduce you to the Membership Committee. Members are: Ledora Yerks-Birdlow, Carrie Davidson, Dustin Reed, Deb Lemoine, Ashley Robinson, Ebony Holliday, and Kourtney Cavalier. Inquiries and comments for the Membership Committee can be sent to rashunda.millerreed@mail.waldenu.edu.

The Membership Committee has been working on four projects this year. The first project was a graduate student video contest launched during the conference. We did not get any responses, so we are considering a relaunch. The second project is a graduate student survey. We want to know what current graduate students are looking for in a professional association. The third project is a video that we can share with counseling programs about the benefits of LCA. We want to connect with our future counselors while adhering to social distancing.

(LCA Board Mini-Minutes, continued on page 3)



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 will be pursuing and advocating for Louisiana! We are currently working to draft legislation to join the national Counseling Compact in the upcoming 2022 general legislative session. Here are the basics of the Counseling Compact and why it would be a benefit to 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.
- The practice of professional counseling takes place in the state in which the client is located at the time of the counselor-client encounter.

Article continues on next column

LCA Membership Is Really Cool, continued from page 2

The final and largest project is to spotlight current members. So many of you are doing awesome work that we want to share.

As an LCA member myself, I also want to say thank you to everyone who helped me through technical difficulties during my presentation at the conference. It warmed my heart to know that my colleagues were looking out for me.

One of my happiest duties as President Elect-Elect and thus Membership chair, is emailing members who renew their membership with LCA and divisions. This is a great way as I prepare to lead our great association to get to “meet” the membership. I always look forward to this happy task. You are so appreciated! 

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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- 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

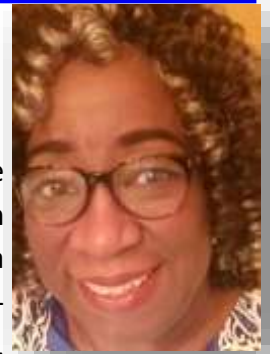
*All the above information was provided by the National Center for Interstate Compacts (2021) and more information can be found about the Counseling Compact at: www.counselingcompact.org.



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 lcagovtrelations@gmail.com. ☺

Editors Prerogative

Vinetta Frie, Lagniappe Editor



Last year this time, we were struggling with how to maintain our connections in the face of a deadly pandemic which was killing thousands of people daily, worldwide. So much angst and anxiety, worry and weariness. And now, what a difference a year has made!

As I make the second generation of the stuffed bell pepper recipe handed down from my mother, Luretha, we will enjoy a family gathering, outside our nuclear bubble. While grateful that our family circle has all been thrice vaccinated, we miss those who will not be at our table as also many of you, too.

This year, I am again grateful for LCA. For you who are too busy to read this because you are preparing to celebrate with those you love. For you who are too exhausted by helping others find resilience despite through hurricanes, domestic and financial upheaval, and more — I am especially grateful for you because you persevere in the loving service you provide. This year, I pray that you have a joyous and restorative winter holiday season. I pray the same for all those you love and all those which whom we share this planet we still call home. ☺

LCA's Recognitions in 2021...



LCA Annual

Awards 2021

Kelle Falterman, Awards Chair

This year's presentation was started by Dr. Reshelle Marino recognizing four ladies who have been fundamental to the success of LCA. See her article "next door" for more details.

Two legislators received the **LCA Distinguished Legislative Service Award**. **Dr. Wendy Rock** nominated the two recipients because of their commitment to legislation that supports the licensed professional counseling profession. She stated, "Representative Freiberg is a lifelong educator. She clearly cares about the success of Pre-K-12th grade students in Louisiana. She willingly sponsored a bill to change guidance counselor to school counselor. This change was long overdue, made by the national organization in 1990." Dr. Rock noted that Senator Frankin Foil willingly sponsored Representative Frieberg's bill (HB 156) to change guidance counselor to school counselor on the Senate floor.

The recipient of the **LCA Advocacy Award** is Kashaon Corley. Her advocacy efforts include letters she has written and submitted to the ACA Government Affairs and Public Policy division on the behalf of counselors to create change to the hiring practices within Veterans Affairs. She has received communications from Senator John Kennedy regarding Mental Health Access for Students and Senator Bill Cassidy regarding the Therapeutic Fraud Prevention Act.

The recipient of the **LCA Distinguished Professional Service Award** is Anthony Williams. His nominator said, "He has made such a huge impact on all the counselors in the Shreveport-Bossier area, especially counselors of color. He always gives wise counsel when it comes to supervision and although

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2021 Presidential Awards

Dr. Reshelle Marino,
LCA President



I am more than grateful to serve. Today, I have the happy honor to pay forward some of what I have received through my professional association. Each year the current President announces the Presidential Awards. These are awards given out by the President each year to individuals who contribute to LCA's mission, and who support the counseling profession and the President's efforts. This year I am so excited to recognize four outstanding people who have made significant contributions to LCA and the counseling profession.

The first award goes to a person has been the central component to LCA. This person has always supported the mission, has been fair and just in all decisions and efforts, has gently encouraged, managed effortlessly, and has simply- been such a kind and sweet soul to all of my professional endeavors. To my knowledge, I have never known her to be awarded with a presidential award. **Diane Austin**, thank you for all that you do! I appreciate you.

The second award goes to a person who has been such a wonderful contribution to our state. She handles all professional matters with poise, knowledge, and thoughtfulness. While her efforts lie in protecting the public, she also respects LCA's professional opinions and suggestions. She is always available to discuss any important matters related to the counseling profession. Another person that I am not sure has ever been awarded a presidential award. Thank you, **Mrs. Jamie Doming**, for being such an asset to our state counseling licensure board.

The third award goes to a person who has recognized the value of professional school counselors

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I have been out of supervision for many years, I still consult with him regularly. Everyone I meet speaks very highly of him and he has supervised many counselors of the past several years as well has been on the state board.”

Cicely Evans received the **LCA Humane and Caring Person Award**. She has been an LPC for many years with extensive history of being a counselor in the Baton Rouge area. She took care her family and sickly parents this year while also working at one of the Medicaid managed care organizations. Though she lost her mother and father during the pandemic, she has persevered and continued her work.

Lauren Clark is the recipient of the **LCA Graduate Student Award**. Her nominator said, “I've had the privilege of having her serve as a co-instructor for two of my master’s courses. She has been able to build on this role by becoming an adjunct faculty member for Nicholls State University. She published a solo-authored journal article in 2020 “Utilizing mindfulness-based CBT to address anger and aggression in middle schools” in the Journal of Child and Adolescent Counseling. This publication

Presidential Awards, continued from page 5

in Louisiana, and who has made significant contributions to clarifying the roles and responsibilities of school counselors in East Baton Rouge parish public schools. Thank you, **Ms. Tizra Fernandez-Brazier**, for helping other leaders understand and recognize the true value of school counselors. And thank you for advocating for the elimination of duties that do not support the national school counselor model. Thank you for the elimination of ‘504 coordinator’ and ‘test coordinator’! That’s huge, and long overdue, thank you.

My fourth and final award goes to a person

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who I first call a role model, and who I second consider to be a colleague and friend. This person nominated me to run as the Louisiana School Counselor Association president 10 years ago. In essence, she saw a leader in me that I didn’t necessarily see at that time in my professional career. Since then, I have been in multiple leadership roles and now would like to give back to this person, as a public thank you. Thank you, **Dr. Wendy Rock**, for always being a champion for ethical decision making, for being an aspiring school counseling leader, a compassionate counselor educator, a car pool favorite, and a friend. I appreciate you.

Congratulations to the 2021 LCA Presidential Award Recipients! 🌀



Announcement from the Editors

Louisiana Journal of Counseling Update



As co-editors, Drs. Vaughn, Dugan, and Camelford would like to announce something important! The LCA Journal is currently accepting articles for the 2021 journal. Authors may locate the writing guidelines at:

<https://www.lacounseling.org/lca/Publications.asp> 🌀

Happy Winter Holidays!

Division President Reports



ACACL: Conference Track Announced!

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

ACAC-L will be holding elections in the Spring and look forward to current members nominations. Additionally, the national branch is hosting many monthly workshops aimed specifically at children and

adolescents. You can find more information at <https://acac.teachable.com/>.



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 Supervisions (LACES)! As the Past President, I am excited to introduce our 2021-2022 board members. President T'Airra Belcher, President-Elect Dottie Martin, President-Elect-Elect Princess Lanclos, Treasurer Joey Pistorius, Secretary Kortney Chevalier, Member at Large- Supervisor Deatrice Green and Member at Large-Counselor Educator Michelle de la Paz.

We were proud to once again be involved with the LCA conference in October. The following presentations were offered as part of the LACES

track. *Managing Professional Boundaries and other Ethical Considerations for Clinical Supervision* (Dr. Christine Ebrahim), *So Many Questions, I Don't Even Know Where to Start: A Guide to Navigating the PLPC Application Process and Choosing an LPC Supervisor* (Dr. Christine Ebrahim and Dr. Joseph Pistorius) and *Best Practices for Distance Supervision* (Dr. Christine Ebrahim).

LACES is continuing to plan free CEU events for our members. We have 3 presentations and a mixer planned for the spring on the topics of Mental Health Rehabilitation and Supervision, Tele supervision and navigating the PLPC application process. Registration information will be coming soon! We will also have our Springtime Supervision Mix & Mingle--Are you a Counseling students about to graduate and looking for an LPC Supervisor? Or are you an LPC Supervisor looking for new supervisees to work with? If so, 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 become involved in LACES, please feel free to email President T'Airra Belcher at her email address: tcbelche@loyno.edu



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



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LAMCD: Together We Can!

Teneka Gash, Med., PLCP, 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. I am grateful for the guidance and support of Dr. Kimberly Hughes, (2020-2021 AMCD President), Dr. Chantrelle Varnado-Johnson (2019-2020, President, LAMCD) and Nikki Lee (2020-2021 President, LAMCD).

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. While in support of leadership, professional development, advocacy and student engagement, I look forward in leading alongside LAMCD's President-Elect, Johanna Martinez-Rink, Government Relations, Nikki Lee, and Secretary/Parliamentarian, Chelsea Johnson.

We will be hosting a virtual luncheon for all past LAMCD Presidents in the coming months. It will be an opportunity to gather and honor past division leaders for their contributions. An email blast including details will be coming soon. If you are interested in joining LAMCD to promote increased knowledge in multiculturalism, please

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reach out to 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.



Sustained by Grace

Brenda Eccles, LASERVIC President



What a wonderful selection of presenters we had this year from all counseling spectrums. The Spiritual, Ethical and Religious Values on "Building Hope by Resilience" was interesting and something we haven't had in a while.

Although our "Prayer Service" was not what I hoped for, I saw so much hope and resilience being prayed for at that time through the Chat! I truly apologize for you not being able to share in the Prayer Service that was planned but I know your prayers and warm concerns for each other were present. Especially considering the devastation of Hurricane Ida and the impact it left from the southwest all the way up north/east to Jersey and New York. Our prayers still go out to those who are now trying to recover.

Many times we find ourselves discouraged or placed in a situation where there seems to be no way out. Well, that's a familiar statement we often hear from our clients, but we as professionals, experience as well. At that moment I found myself

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relating to similar situations with the Prayer Service viewing.

I found myself reflecting on what is a safe way to process my beliefs and values to better understand my situation and the technical difficulties I was experiencing. Had I allowed that stressful moment to consume my core values, I would not have been able to minimize the frustration and anxiety that I was being faced with. I would not have been able to focus on my passion for life that I strive to live by.

Even in our profession we have to step back and apply our skills to our own life experiences; no matter how big or small we may perceive these uncontrollable situations to be or not be. Nonetheless, next year my prayer is that the conference be face to face, but if not, I pray I and all who struggle with technology, face any challenges with even more grace.

As professional counselors in every field of counseling, we must be willing and able to approach these challenges with resiliency and confidence as we encourage and empower our clients to do.

If you are not a member of the LASERVIC Division of LCA, you are always welcome to join and be an inspiration to us all. Contact any LCA administrator or LASERVIC member. We welcome you with open hearts and overwhelming desire to have you as a LASERVIC member.



College Counselors Challenge!

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

Greetings! My name is Bianca Renae Lee, the 2021 presi-

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dent of the Louisiana College Counseling Association (LCCA) and I have the pleasure of serving the division for the current year term. Having experience as an academic advisor at Louisiana State University, I understand the importance of caring for the mental wellness of college students while ensuring their academic success. College counselors service students in different capacities; you may be a counselor at a center on campus, an academic advisor, a retention counselor, or work in enrollment management. The roles and duties of a college counselor span across many disciplines and responsibilities.

As the Thanksgiving and holiday season are (thankfully) approaching fast, how do you plan to spend your day or break off? I would like to challenge you and your office or center to a GRATITUDE competition. The following acronym was found on Pinterest (a post by Summer O) and adapted:

- G – Give thanks for something or someone in your office
 - R – Reciprocate a favor to someone in your office
 - A – Acknowledge a positive attribute of someone in your office
 - T – Treasure your lunch break with no work
 - I – Inspire a coworker with a positive affirmation
 - T – Think about a positive impact you made on a student and remember the moment
 - U – Unclutter your workspace and maintain organization
 - D – Do something you like to do after work that is unrelated to work
 - E – Experience an activity to improve spiritual wellness
- You can [play bingo](#), do each letter weekly, or any variation of showing gratitude. Monitor your office or center's progress and email to bianca.renae.lee@gmail.com or upload to the LCCA Tradewing page.

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If you have not already, please complete our brief interest survey: <https://forms.gle/yxiUEUdNbKiVd8a9A>. We would appreciate your participation in the survey. Happy Holidays!

If you have any questions, are interested in presenting at the upcoming workshop, are interested in being an officer of the board, or have any concerns, please email me at bianca.renae.lee@gmail.com or our Secretary, Lisa Newman at lnewman@lsu.edu.

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



A Day in the Life

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

Earlier, I spilled half a pot of gumbo on the counter, down the cabinet, and on the floor. My daughter was worried about the mess, but I was worried about a waste of gumbo. As I was sopping it up, I couldn't help but think about how much of a mess it was and how I really didn't want to put in so much effort after a long day.

Gumbo is such an important part of our culture, one of our most iconic foods. I think most of us would agree on that and that it's a blend of many flavors. Outside of a good roux, what makes a good gumbo? My grandpa liked okra. Some people boil eggs in theirs. Some prefer seafood to the sausage/chicken combo. There's tomato-based gumbo. Others dust theirs with file.

What makes a good roux? During the holidays my wife makes hers from scratch, while others swear by a pre-made version or a mix. There's not a wrong answer, unless yours doesn't match mine!

How do we think about justice? The concept of justice, like gumbo, stirs up really strong feelings and many think that their idea of it is the correct one, if not the only one.

So, what is justice? Morally right and fair treatment/behavior. The Golden Rule comes to mind. Do we agree on what is morally right and fair? If not, what are those differences and the reasoning behind them? How does that affect how we treat others and the expectations we place on them behind closed doors when they are trusting us to show unconditional positive regard, empathy, and a non-judgmental attitude?

That sounds exhausting, like a gumbo clean up after a long day. That's why we don't spend a lot of time with the tension of this thinking. But it is our responsibility to learn and grow in our profession. Conferences (like the one we just had) give us the opportunity to take a break, learn, and feel the pulse of what is relevant.

It can be heavy, but what good gumbo is not? And isn't a gumbo a stew anyway?

'Tis the Season for Re-centering

*Myiesha Beard, LMHCA
President*



The holiday season can be a great time to re-center! As a division we are **thankful** for your outpouring support as we know we are not as strong without you. Take this time to reflect on all of your accomplishments with yourself and with your clients within this pandemic. Then make plans to soar even higher in the new year!

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During this quarter, continue to invest in the things that interest you. LMHCA is elevating continuously to meet the needs of our members and service our community. We are looking for new innovative ideas to expand our leadership and vision toward the things that concern you. If you viewed our track during the conference, our conference chair and committee expanded on many topics that can assist you professionally and individually. There is more to come in our webinar series that is due to start early next year.

Congratulations again to our first ever LMHCA award recipients as we chose to highlight our members with awards and scholarships as a division and encourage excellence across the board. If you are looking to join leadership in LMHCA the election of our new President Elect-Elect voting is scheduled for mid 2022. If you would like more information, please contact me via my email address: restorecounselingservices@gmail.com. Thank you for your continuous efforts to assist us in making our mark in LMHCA history!



LMGCA: First Time as a Conference Track and We're Off to a Good Start!

Debbie Allsbrook, LPC-S, LMGCA President

As a newer division of LCA, the Louisiana Military and Government Counseling Association is concerned with how to best serve its burgeoning membership. Offering specialized workshops at conferences is one of those ways. LMGCA had its own track that covered a variety of topics specific to working with military members, such as moral injury, spirituality, supervision, PTSD, suicide, and military systems.

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I was honored to be one of the presenters for our track and would like to extend a special thanks to all of our track presenters who did such a wonderful job:

- Destiny Huff
- Adrian Warren
- LMGCA Past-President Debbie Franzen-Lang with Col. Scott Garrison (Chaplain), Maj. Christopher Grizzle (Chaplain), Maj. Christopher Zachary (Chaplain), Capt. Sam Hawthorne (Chaplain), Capt. Nikki Reeves (Chaplain)
- LMGCA President-Elect Kathy Lammert
- Benjamin Noah
- Edward Hudspeth with co-presenter Jessica Wong
- Christian Dean

Thank you to all who attended and engaged our dynamic speakers! As we wrap up 2021 and head into the new year, LMGCA hopes to not only continue that engagement but to further it where we can. We would love to hear from you! If you would like to become more involved in our division, including if you would be interested in becoming a board member, please contact me at deba.lpc.s@gmail.com.

[Editor's note: Please note that my report of Ms. Allsbrook not submitting a fall newsletter article was in error. My inbox spam file "ate" her article. I apologize for this omission.]



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



SAIGE—LA, Society for Sexual, Affectional, Intersex, & Gender Expansive Identities, no article submitted this quarter.



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Turning on the Light with Motivational Interviewing

Quintin Gustin, MS, LPC

There is an old joke that made the rounds a few years ago. It went like this: **Q:** “How many counselors does it take to change a light bulb?” **A:** “Only one, but the light bulb has to really want to change!” It’s an old joke that relies on even older thinking to get a laugh that is not really well-deserved. The strong suggestion is that responsibility for change is completely in the client’s court? But, is this really the case? Should it be the case?

Without being hard-pressed, it is easy to come up with some important counselor characteristics that might help people make positive changes under the right circumstances. Words like “empathy”, “authenticity”, “unconditional positive regard” come readily to mind. However, should we also not be motivators? And, if so, how do we go about motivating those that, perhaps, don’t really want to change; or who don’t know how to go about it; or who are simply not ready yet? If you are in the counseling profession long enough, you will meet your share of clients who, at the least, are struggling with ambivalence about change.

Upon obtaining his Ph.D. in 1976, William Miller began working with problem drinkers at a new clinic at the University of New Mexico. He quickly came to view heavy drinking as a disorder that was progressive in nature and reasoned that a great deal of suffering could be avoided by early intervention. He started working with people who often
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Choose Kindness and Show Gratitude

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

Greetings LCA!!! It was great engaging with you all at the LCA Conference in October. I cannot wait until LCA 2022 where we hope to resume in-person festivities. As we transition into the holiday season, I want you all remember to that there are so many of us that are experiencing many personal trials and tribulations. Thus, please be a rainbow in somebody’s cloud by choosing kindness and showing gratitude. Here are a few ways to do so:

- Always see the good
- Speak words that empower
- Give a Hug
- Call, Text, or Visit a friend
- Volunteer or Offer help
- Make a gift or send flowers
- Be Present and Listen More
- Forgive others but don't forget to forgive yourself.

These are only a few ways to choose kindness and show gratitude. It does not matter which way you choose, as long as you make the CHOICE!!!

If you’re a PLPC, please be sure to join LCA as a “Provisional Licensed Professional Counselor” and to register your division as “PLCA,” so that you can stay in the loop regarding PLCA information.

There are so many wonderful things that we have in store for the division this year and we cannot wait until you experience it. Stay safe!

If you have any questions and/or concerns, please email us at plcalouisiana@gmail.com. If you have any questions and/or concerns, please email us at plcalouisiana@gmail.com.

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Motivational Interviewing, continued from page 12

saw little reason to change their drinking habits; or who were simply ambivalent about doing so. It is significant that Miller had followed in the footsteps of Carl Rogers and had become quite familiar with the tenets of Person-centered Counseling. Therefore, he used many of Rogers' ideas in his work with these clients. Certainly, a nonconfrontational approach with a sense of compassion, politeness, and respect, coupled with a humanistic belief in the client's capacity for change and growth, were facets of this.

Much of Miller's thinking in this area was solidified during a sabbatical at the Hjellevstad Clinic in Norway. There he refined his thinking about ways to help clients resolve their ambivalence for change. By the end of this sabbatical, he had drafted a paper called "Motivational Interviewing." In 1983, this paper was published in *Behavioral Psychotherapy*. Then, in 1990, while on another sabbatical, he met Stephen Rollnick. A year later, they co-authored *Motivational Interviewing: Helping People Change*. This book catalyzed the Motivational Interviewing movement.

So what is Motivational Interviewing, and how does it help people change? First, it is a humanistic intervention that follows Rogerian principles in seeking to help the client resolve ambivalence about change. It accomplishes this through the use of open-ended questions (i.e. Socratic Questioning), affirmations, and reflecting and summarizing (now known as OARS Skills). Socratic Questioning, in this context, is a disciplined and thoughtful methodology that helps the client recognize discrepancies between the life desired and the life actually being lived. There is also a strong focus on helping the client examine his or her values and determining whether these values are being embraced or aban-

Article continues in next column

doned as they relate to current choices. Affirmations are positive statements regarding what the client has accomplished, and, as such, serve as encouragement and support in the quest for change. Reflecting is that very Rogerian notion of paraphrasing the client's statements to make it clear that what is being said is also being heard. And, finally, the counselor provides a summary of the discussion that ties together important points and increases the probability for movement. These techniques, and others, seek to evoke change within the client.

Since those early days, Motivational Interviewing has been shown to help foment change with a variety of presenting issues, including substance use disorders, gambling problems, anxiety disorders, health-related issues, eating disorders, and many other problems in living. During an interview for the journal *Addiction*, Miller indicated that he thought Motivational Interviewing was helpful because it could be used in even small amounts and still help create significant change.

This is a powerful treatment modality; and, yet, I wonder how many counselors are aware of these techniques and how easily they can be used with other therapeutic approaches. I wonder how badly it is underused. I wonder how often the responsibility for change comes to rest solely on the client. One day, you will have that client who will need something extra to truly progress. Will you be ready? [∞](#)



2021-2022



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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:
February 2022**




With Heartfelt Thoughts and Prayers

 So many Louisiana residents are battling, COVID-19 and many have lost that 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.*

 We mourn the death of Catherine Roland, 74, on November 5. counselor educator, a past-president of ACA, and a host of other professional acts of service to our profession for more than 30 years. Please see the beautiful tribute to her on the ACA website at <https://www.counseling.org/aca-community/in-memorial/in-memorial/2021/11/10/catherine-roland>.



 We also mourn the death of Joan Fischer of New Orleans, LA on November 8 at age 72. She was a Marriage and Family Counselor, past division president, LCA board member and many more professional acts of service. Please see her full obituary at <https://www.baue.com/obit/joan-marie-fischer/>



**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.*

