



**Outgoing Presidential Message**  
**The State of Our Association Is ... GOOD!**  
*W. Eric Odom, MHS, LPC-S, LCA President, 2020-2021*

I am happy to have this opportunity to say that it was an absolute honor to serve as LCA’s President for the 2020/2021 term. It was such an interesting and rewarding experience to have been involved with LCA in this way. I look forward to continuing to serve LCA for as long as LCA will have me!

My sincere thanks go out to everyone that served as a member of my Executive Board during the last term. All of the great work of our divisions, committees, and members has been humbling and really fun to watch. I especially wish to thank Diane Austin, our Executive Director. The inside secret is that she really does “hold our hand” through the experience of being President. It’s not possible to do it without her.

I know that people are extremely tired of the challenges that COVID has been bringing to all of us on both a personal and professional level. My sincere condolences to anyone in our Membership that has lost someone in their lives or has been seriously affected in some way by COVID. We have all been learning, though, about the real resilience that people have demonstrated due to this experience. We have also been learning about how resilient LCA is as an organization. We find, today, that LCA is as healthy as it has ever been. This has only been possible through the dedication and hard

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

As I pondered what to write in this presidential perspective, I wanted to start with how grateful and honored I am that you have voted me as your LCA President for 2021-2022. I wanted to share my excitement and passion for our profession and how I am looking forward to a year of professional opportunities and endeavors. I wanted to express my gratitude for loving my job and how proud I feel to be part of a profession that is so rewarding, both for self and others. I wanted to thank past-president, Eric Odom, for charting the uncharted waters during the unforgettable year of 2020. I wanted to thank our CEO, Diane Austin, for always being there and keeping a positive perspective for the association as a whole. While I wholeheartedly mean all of aforementioned sentiments, I am finding myself pivoting. Pivoting to a new introduction....

**Louisiana counselors, we are in this together!** These are not easy times. We have been through a lot of stressors, barriers, and hardships. And now we face a *fourth* wave at the start of a new school year. We not only have transformed our profession in so many ways in 17 months since the pandemic started, we have had to take a very close look within and find our own strength and resilience. The adage, “Counselor Know Thyself” has been a true testament for many during these times of uncertainty. And yet, here we are. Counselors have

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had to remain healthy in order to help clients and students, alike. We have adapted; we have remained flexible; we have borrowed upon the strengths of colleagues; we have continued to flourish with scholarly contributions to the literature; we have planned not one-- but 2 online conferences; AND we have not given up. We are what counseling is all about! Thank you for your dedication and commitment to being a part of our truly amazing state counseling association. We are who we are because of all of us! Now that I have expressed my Presidential -Pandemic-Post, I shall pivot again....

When I ran for LCA president in 2018, I discussed the importance of addressing the needs of our diverse divisions and ensuring that each feels that their collective voice is heard. Collaboration, teamwork, and diversity are qualities I embrace. It is my belief that every single being in this world is valuable, and thereby each division and affiliate has a place at the table when making *any* decision related to our shared vision as members of our profession of counseling. A huge thank you and recognition goes out to the Peoples' Committee of LCA who initiated our partnership with 'Overcoming Racism'. Participating in the 'Overcoming Racism' intensive sessions has been such a valuable experience as a state counseling leader. On behalf of the LCA board, I can assure you that multicultural competency will remain at the forefront of all LCA endeavors. Pivot...

The confirmation dates at the hotel and the progression of the pandemic locally in January caused the LCA Board to reconsider our original plans of an in-person conference in New Orleans. We secured a more cost-effective online platform and chose to again be virtual. This decision will preserve both our physical and fiscal health. We are dedicated to offering a cutting-edge conference through our new Tradewing Platform. The theme for the conference this year is **"Be Inspired: Ignite your Passion and Fuel your Purpose."** In thinking about a theme for my conference as the LCA 2021-2022 President, I wanted to encourage everyone to remember why they were called to this profession. I wanted people to remember what it was that excited them about wanting to do this work. I wanted people to be excited about counseling and to feel inspired from attending the conference. We all need to continue the great

*(Presidential Perspective, continued on page 3)*

work of our great Membership.

There is no way for me to share all of the highlights of the last year in the space of this article, but I would like to make mention of the following:

- ✦ We hosted our first-ever virtual conference. We really were not fans of having to give up the idea of us being able to meet in person, as is our tradition. We were, however, able to stage a conference that was well-attended and thought-provoking. With a theme of “How Do We Know We Are Good At What We Do?”, my hope was that we would have an opportunity to challenge ourselves in how we think about our work via some of the presentations that were available to us. I also hope that, even with the constraints of a virtual format, that all of you were able to have fun, too.
- ✦ For the second year running, some of our divisions submitted tracks of learning to be included in the overall curriculum of presentation offerings at the conference. We developed the idea of doing this as a way for divisions to expose our overall membership to meaningful and cutting-edge topics that speak to the mission and passion of each division. We want this new tradition to continue and we encourage all divisions to submit tracks of learning to the LCA Selections Committee for the conference in upcoming years.
- ✦ LCA operated without a financial deficit during the 2020/2021 term, and is as financially healthy as it has ever been.
- ✦ The People’s Committee, dedicated to education and advancing the cause of social equity, coordinated a series of presentations at our conference, and intends to remain in existence so that our dialogue on this important mission can continue for years to come.
- ✦ LCA is participating in an effort with the

*(Outgoing Presidential Message, continued on page 4)*

work of our former theorists and counseling leaders. Pivoting...

Please let me share some excitement about our conference keynote speaker. Alex Sheen is the founder of “because I said I would,” a social movement and nonprofit dedicated to bettering human-



ity through promises made and kept. Sparked by the loss of his father, Alex and his organization send “promise cards” to anyone anywhere in the



world at no cost. Alex is someone who truly honors commitment. He once walked over 240 miles across the entire state of Ohio in 10 days to fulfill a

promise. In just two years, “because I said I would” has sent over 12.3 million promise cards to over 153 different countries. The promises written on these cards have made headlines around the world. Alex is a five-time Tedx Talk speaker and his charitable work has been featured on



ABC World News with Diane Sawyer, CNN, The Today Show, NPR, The Los Angeles Times and many other programs. To learn more about Mr. Sheen, see the video: <https://www.leadingauthorities.com/speakers/video/alex-sheen-founder-because-i-said-i-would>. The pandemic altered our in-person plans for conference this year so we will make the best

*(Presidential Vision, continued on page 4)*

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American Counseling Association to have Louisiana enter into a compact with 10 other states that would allow our credentials to be portable within the 10-state network. We expect to see this project through to completion during the 2021/2022 term.

- ✦ In recognition of the significant impact that our work in Government Relations has had on ensuring the health of our profession, it was decided that the chair of this committee should be a paid employee of LCA so that we can continue to maintain the high-level of work that this committee is dedicated to performing on our behalf.

At the beginning of July 2021, it was my pleasure to hand the “baton” over to Dr. Reshelle Marino. I have enjoyed working with Reshelle for the last few years, and I truly believe that you will find her enthusiasm to be infectious and her leadership of LCA to be outstanding! 🌀



**We’re Seeking Additional Committee Members — Interested?!**

*Wendy Durant-Nelson, By-Laws Chair*

Hi there! I have served as a member of LCA in many capacities throughout the years and I am very eager to support our President, Executive Director, and LCA’s membership in providing important communication about our bylaws. The bylaws committee is an integral component of LCA’s organizational structure because it is responsible for maintaining and communicating our associations rules or policies. I’m very excited to continue serving LCA, licensed and pro-

*(Seeking members, continued on page 5)*

of it with an amazing keynote speaker, cutting-edge sessions, and a new platform in which to network with others. Let us all remember what brought us to this profession and let us all be inspired to ignite our passion and fuel our purpose. Final pivot...

Let me conclude with emphasizing the need for continued membership and advocacy. LCA is comprised of *volunteers*; volunteer leaders, clinicians, educators, students, and other professionals. It is my true desire to have all counselors in Louisiana to become a member of LCA. It is imperative that we remain a strong state counseling association in order to sustain, as a profession, for decades to come. Membership provides many personal and professional benefits, but also our membership also allows us to hire lobbyists to ensure laws are upheld to protect the services we can render. I echo Vinetta Frie’s presidential message in 2018, “We are stronger together.” I encourage every reader to ask a colleague to join LCA. We have a lot of important professional bills in the next legislative session (i.e., Counselor Compact, Medicare bill (SB286, HR945), etc. Please see the Government

It is my heartfelt desire to serve LCA as President to the best of my ability. I welcome any feedback on how LCA can grow and best serve our membership, community, and profession. Kindly and humbly, thank you for this opportunity.

*Reshelle*





## Membership Renewal Is So Cool!

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

Hello Members! In the last few months, I have been reaching out to members who recently renewed their membership or division status with the Louisiana Counseling Association (LCA). While I had the opportunity to send you a personal email, I also want to thank you publicly for continuously choosing LCA. Thank you. So far, I have sent about 120 emails with more on the way. I love that members represent a variety of expertise and settings. As always, a big thank you to all our members who are using their skills to care for clients, students, and supervisees. I look forward to connecting with you and hope to see you at the conference soon. 



### ***Seeking Additional Committee Members, continued from page 4***

visionally licensed professional counselors throughout Louisiana. In addition to my service to LCA, I am CEO and lead clinician at DuraCARE Counseling & Consulting Services, and a student exploring multiple areas of study to fulfill my passion for learning and strengthening my skill set as a professional helper!

Michael Earl Sebble, PLPC, a vocational rehabilitation counselor at Louisiana Rehabilitation Services and MHP at Crescent Community Outreach, is also one of our bylaw committee members. We would love to have additional members of LCA volunteer and join us. If you are interested in serving on the bylaws committee, please sign-up online, or contact me directly at [wendyqdurant@gmail.com](mailto:wendyqdurant@gmail.com). The Bylaws Committee will be scheduling a virtual gathering in September 2021, and we would love to have more of our LCA membership join us! 

## Louisiana Lagniappe

### LCA Government Relations Update



It was a busy legislative session this year as you can imagine. Even though it was a fiscal session this year, many issues were addressed and hotly debated throughout the session. LCA was active with our lobbyists, The Tattman Group, at the Capitol advocating for the impacts of proposed legislation on counselors throughout the session.

There are too many stories to tell about all the behind-the-scenes efforts to recount here, however, one highlight was that LCA had a piece of legislation passed and signed into law related to school counselors (HB 156, now Act 275). This bill was related to updating existing law with current language where the outdated term of “guidance counselor” was replaced with “school counselor” to reflect current language in the field. The bill flew through both sides of the legislature with no opposition. A big shout out to Dr. Wendy Rock for spearheading this effort!

The Government Relations Committee has experienced some changes and reorganizing lately. LCA hired a Government Relations and Advocacy Specialist, Dr. Adrienne Trogden, who is now employed part-time 10 hrs. per month with LCA to manage government relations and advocacy issues on behalf of LCA members. Dr. Trogden is also the Chair of LCA’s Government Relations Committee and has been hard at work already with recruiting

*(Government Relations, continued on page 6)*



## Louisiana Lagniappe



### LCA Mini Minutes *Felice Gaddis, Secretary*

The Louisiana Counseling Association Executive Board held a meeting on the new Tradewing platform on July 9, 2021. The following business was conducted during this meeting.

- ✎ **LCA Presidential Candidates:** Dr. Thomas Fonseca, President Elect, proposed to create a committee that would review the requirements to become LCA president. Dr. Fonseca suggested a fourth interview question be added, along with the original three.
- ✎ **2021-22 Budget:** A motion to extend the budget from 2020-2021, and to present the new budget at the next meeting in September was approved.
- ✎ **Recommended Bylaws Changes:** Diane Austin, Executive Director, proposed for consideration, four changes to the bylaws, including: moving the membership dues to the policy manual instead to avoid having to amend the bylaws to make annual budget adjustments; requiring members who sign petitions for specific groups who seek to become branch affiliate status to first join that group by paying its membership fee; changing the language under Article 4, Section 1 to require officers to reside in Louisiana for duration of office; and finally to review and update the Government Relations Committee's responsibilities. Each of these proposed bylaws changes will be approved by the board during the September LCA Board meeting. If approved, they will be submitted to the entire membership for a vote.
- ✎ **Government Relations and Advocacy Specialist:** Dr. Reshelle Marino explained the significance of the work of the Government Relations and Advocacy Specialist, who will plan proactive strategies and advocate for LCA. Dr. Adrienne Trogden will fill this position.
- ✎ **Legislative Report:** Diane Austin shared Dr. Adrienne Trogden's email address (lcagovrelations@gmail.com) for any interested members who would like to join the committee. The Legislative forum will be held again in 2022 so that members can attend in-person, hopefully. LCA Day at the Capitol will also hopefully take place in-person some time in 2022. Four bills that were proposed all failed, though the LCA sponsored bill to change the

*(LCA Mini Minutes, continued on page 7)*

## LCA Conference 2021 Community Project: Tailgate Together

*Nikki D. Lee, MFT, LPC-S,  
NCC, LAMCD President  
2020-2021*



I am happy to report that LCA's commitment to serving the community is alive and well! LCA sponsors a community service project in conjunction with our annual Fall Conference. We have remained steadfast despite how difficult the last 18 months and counting have been in the pandemic that has brought a noteworthy outreach already underway in New Orleans, which would have been our host city for the LCA Conference. This year, we are proud to have our annual community service project be affiliated with Tailgate Together, an organization established by Allen Keller Jr., that feeds and gives supplies to homeless people in the great-

*(Tailgate Together, continued on page 7)*

## **Government Relations Update, continued from page 5**

committee members and pursuing advocacy opportunities for LCA throughout the recent legislative session and in the coming year.

One thing to come is that LCA will be pursuing and advocating for Louisiana to join the national Counseling Compact through legislation in the upcoming 2022 general session. The Counseling Compact will increase licensure portability for counselors working across state lines. Be on the lookout for more information in the coming months and advocacy opportunities around the Counseling Compact. 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 at lcagovrelations@gmail.com. ✎

title from “guidance counselor” to “school counselor” will go into effect in August of 2021. The Town Hall meeting will take place Sunday, September 26, and CE credits will be available.

☞ **Conference Report:** The LCA Conference will take place September 26-28 on the Tradewing platform with the theme “Be Inspired: Ignite Your Passion and Fuel Your Purpose.” The keynote speaker is Alex Sheen, founder of “because I said I would.” Graduate school poster boards will not be able to take place this year due to the virtual platform. Registration is live, and promotions of the conference are encouraged!

☞ **Tradewing Report:** Diane Austin stated having a positive experience with the Tradewing staff, as they are helpful and readily available, and will share the remaining concerns with managing the website. No two divisions can have a workshop on the platform at the same time, but any members interested in arranging an event should tell Diane in September, who will share this with Austin White, Business Manager.

☞ **PCRP Committee Report:** Keri Satterfield reported that Maurine Joseph will be presenting at the LCA Conference on racial identity process groups. Maurine Joseph, who works at Loyola, will share models for agencies to implement as a means of dismantling racism. Any members interested in joining this committee should contact the chair, Keri Satterfield at her email: ksatterfield@outlierwellness.com.

☞ **Succession Committee Report:** Dr. Christine Ebrahim and Dr. Vicki Guilbeau along with the committee members created an organizational chart to aid in preparation and management of LCA should any essential staff not be accessible, an emergency phone tree, and job descriptions of five paid staff positions. The Strategic Planning Committee will now continue the work of the Succession Committee in collaboration with Austin White, Business Manager. Lastly, five documents will now go into the Repository: the LCA Bylaws, the LCA Policy Manual, the bylaws and policy manuals for all LCA Divisions, all approved budgets from the last three years, and LCA Board Minutes from the last three years.

☞ **Social Media Report:** Overall engagement continues to grow. Tradewing will serve as a community hub for all



At work for you.

Tailgate Together, continued from page 6



Allen Keller, Jr., Tailgating Together in New Orleans.

er New Orleans area every Sunday. That’s right... every single Sunday.

Mr. Keller began this journey in 2019 as his Sunday ritual was to host tailgates to watch Saints’ games in New Orleans, during which he and his friends would cook large amounts of delicious foods located near the corner of Loyola and Perdido. Once the games concluded, leftover food would be packaged up and given to homeless people who live in the area. He had the idea to begin cooking for the homeless residents and to provide them with fresh meals instead of just giving them leftovers. His generosity has gained the attention of The New Orleans Saints, The Times Picayune, and The Washington Post, prompting them to assist his efforts. Local eateries provide food to help Mr. Keller and his team including Firehouse Subs who generously donates 200 submarine sandwiches per month.

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### *Tailgate Together, continued from page 7*

Based on the needs Mr. Keller and his fellow tailgaters witnessed, fresh meals evolved to include providing other necessities such as toiletries, socks, blankets, clothes, and snacks. Tailgate Together's mission is to help the homeless with respect, dignity, and a form of customer service in mind regardless of their individual circumstances. "It's essential in our duties when fulfilling, what I feel is, a moral obligation in helping our homeless citizens," Mr. Keller said.

Mr. Keller added, "The [homeless] issue is so severe, and most people don't realize it. It's really lifesaving work and I'm in it for the long haul."

Donations to the community project can be made on the conference registration page of LCA's website. We ask for your generosity in giving to a noble and worthy cause. 🌀



#### **Editor's Note:**

*Tailgating donations have expanded from food, to meet other necessities like toiletries, socks, blankets, clothes and more. LCA is honored to join Mr. Allen Keller's team to offer this much appreciated assistance to the city that planned to host our conference. When you register for the conference, please donate generously to Tailgate Together, the 2021 LCA Annual Fall Conference Community Project. 🌀*

## Editors Prerogative

*Vinetta Frie, Lagniappe Editor*



The Fall Conference was supposed to happen in New Orleans this year, had we been able to gather in person. It was after an LCA Fall Conference when our Executive Director, Diane Austin was in a serious car accident on her way home to Shreveport and spent several months hospitalized. It was a shock to LCA. I was reminded of that again as I read outgoing LCA President, Eric Odom's State of Our Association article. He thanked Diane for his experience as president and how she guided him through the experience. He said about being LCA President was "...not possible to do it without her." But suddenly we were almost there, at a place none of us wanted to imagine.

In 2013, LCA Presidents Tim Fields and Bruce Galbraith started the ball rolling to try to imagine an LCA after Diane and Austin. It doesn't have to be for a morbid reason! They do have families and would probably want to retire at some point in their lives! But just like in many families, talking about the next steps is a complicated and difficult process. 5 presidents, including me, attempted to grapple with this planning and it finally came to fruition this year under the direction of co-chairs Dr. Christine Ebrahim and Dr. Vicki Guilbeau. The team of current and former LCA leaders, including Diane, Wendy Durant, Dr. Thomas Fonseca, Cindy Nardini, Eric Odom, Reshelle Marino, and Dr. Adrienne Trogden whose succession planning template jumpstarted our process. The meetings started last spring and evolved into weekly meetings for more than a year. The visionary committee developed better processes and procedures and improved timelines for LCA business practices that our forebearers 52 years ago never imagined would be needed for our Association.

LCA is an incredible organization. I am so proud of my affiliation with it and with all of you. Consider becoming a more active member. 🌀

# Division President Reports



## ACACL: Conference Track Announced!

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

The mission of the Association for Child and Adolescent Counseling in Louisiana is to enhance the quality of life for children and adolescents by promoting the development of professional counselors in this area, advancing the counseling profession by promoting training specific to the needs of children and adolescents, and using the profession and practice of counseling to promote respect and understanding of child and adolescent mental health issues.

Additionally, I am excited to announce that we have four invited speakers who will focus on child and adolescent related issues at this year's 2021 LCA Conference.

- ✦ The Assessment of Specific Learning Disorder: Diagnostic Eligibility Across Nomenclatures, Dr. George Hebert
- ✦ Integrating Nature into Child and Adolescent Counseling, Dr. Adrienne Frischhertz (Secretary for ACAC-L)
- ✦ Depression and DMs: Diagnosing and Treating Depression in Teens in the Age of Social Media, Dr. Melissa W. Fleming and Dr. Alexis Y. Mueller (Treasurer for ACAC-L)
- ✦ DBT Creative Activities for Children and their Caregivers, Dr. Kellie Camelford (President Elect) and Dr. Krystal Vaughn (President for ACAC-L)
- ✦ Parent-Child Interaction Therapy: Training During a



*Division Reports continue in the next column*

Pandemic, Dr. Krystal Vaughn and Dr. Kellie Camelford

Please remember to follow our Social Media Chair, Emily McInnis, on Instagram at "acac\_louisiana" [https://www.instagram.com/acac\\_louisiana/](https://www.instagram.com/acac_louisiana/)



## LAAOC: Collaborating and Raising Awareness

*Andrea DiBlasi, LPC-S, LAAOC President*



Hello all! I am excited to be incoming president and am eager to connect with the LCA community virtually for the 2021 annual conference. Over the next year, LAAOC will be working hard to collaborate with other professionals in the field and bring greater awareness and attention to the work we do. LAAOC is enthused to what the next year holds and will be sure to share with you all along the way.



## LACES, LA Assoc. for Counselor Education & Supervision, No article submitted



## LACGS, LA Assoc. of Counseling Graduate Students, No article submitted

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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 diligent with self-care through these continued tumultuous times.

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

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



LAMFC, LA Assoc. of Marriage and Family Counselors, No article submitted

### Having Hope: A New Beginning

Brenda Eccles, LASERVIC President



As we enter another fiscal year, my prayers have always been for good health, strength and compassion for everyone. These are some of the attributes that makes us who we are and why we do what we do in our profession. We care and we are genuinely concerned for those we come in contact with.

We can honestly say that in spite of the many challenges and obstacles we have experienced this past year, we remained willing and eager to meet the needs and provide services to our clients with much gratitude and a different outlook on life. With all the many outside influences shaping our world today through media and various outlets, it is important for us to remain focused on what our role is from a spiritual and ethical aspect. We are well aware of the mindset of the indifference stigma that still lurks within the hearts of many. With that being said, we are thankful that we are in a profession that allows us to see beyond this environment that exists to provide hope for those who have lost their way or are struggling to hold on. Let's look at this year as a new beginning. Let's not forget to reflect on where we are in life and to provide self-care for ourselves each day so that spiritually we don't become consumed with things we have no control over. Praying always calms the storm and keeps us persevering through those challenges that life presents.

Perhaps this year commit to praying more and seeking our Spiritual knowledge deeper as we assist more effectively those who require our service. Remember that our belief or faith does not impact the value or quality of life that our clients need or want but that they see in us the calmness and

peace in life they desire and want to obtain.

I hope as you take time and reflect on this message that you would think about joining LASERVIC as a division of LCA. You are always welcome.



## **College Counselors Unite!**

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

Greetings! My name is Bianca Renae Lee, the 2021 president 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.

In the last year and a half, that responsibility has included enhancing virtual and technological skills, student crisis management due to effects of the pandemic, and adapting with personal changes such as working from home, a spouse losing a job, illness, and so much more. My goal this year is to unite ALL Louisiana counselors, from Baton Rouge to Shreveport to Opelousas to the entire state, working at higher education institutions and deter-

mine the current needs of you, the counselor. LCCA is starting this initiative by asking you to complete this brief interest survey: <https://forms.gle/yxjUEUdNbKjVd8a9A>. The results will help our executive board best serve you for this year and years to come. Our plan is to host a workshop in the Fall with the opportunity to earn CEUs. In addition, the executive board has a few vacancies and we will vote on nominations at the general body meeting at the LCA Conference.

We would appreciate your participation in the survey and hope to see you (virtually) at the conference!

*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](mailto:bianca.renae.lee@gmail.com) or our Secretary, Lisa Newman at [lnewman@lsu.edu](mailto:lnewman@lsu.edu).*



**LCDA, LA Career Development Assoc., No  
article submitted**



## **Back to the Basics** ***Ryan White, LPC-S, LMFT, LCSJ President***



A year ago it was difficult for me to process the repeated use of the word unprecedented. Then we evacuated for what we thought would be a weekend. 2.5 weeks later my family came home to see the aftermath of Hurricane Laura. Just as we were starting to have some normalcy with our kids starting school in October, we had to go north again away from Hurricane Delta. Sulphur

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**Division President Reports, continued from page 11**

got nailed by two Category 4/5 Hurricanes in less than six weeks; Again, unprecedented.

I'm going to focus on what I saw in my neighborhood when it was safe enough to survey the damage. Entergy was cutting trees, running new electric lines, and checking weatherheads on homes so power could return safely. Neighbors were pulling debris to the curb, emptying spoiled food from refrigerators/freezers, and hauling things off out of the way. People checked on each other, freely sharing generators, water, and food without keeping tabs, along with info about help offered by the dozens of outside groups. In Louisiana natural disasters bring out the best in people. The degree of need may be different, but people treated each other as equal in status, person, and worth. People treated each other fairly with charity, which brings me to Louisiana Counselors for Social Justice.

The ACA Code of Ethics Preamble lists The 5 Core Professional Values. Promoting Social Justice is Number 3, meaning that it is woven throughout the entire document. It's a given that you are doing this if you are following the Code of Ethics; however, it could mean many things to people. Here is the Oxford Dictionary's definition for Social Justice: *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.* This is what LCSJ is about; bringing attention to improving how we promote social justice. We all live in the same world, but the world is not the same for everyone. Please join us in bringing awareness to this value, truly at the core of counseling. My email is: [ryant-whitewrites@gmail.com](mailto:ryant-whitewrites@gmail.com).



*Division Reports continue in the next column*

**Self Reflection  
Creates A Better  
Direction!**

**Myiesha Beard,  
LMHCA President**



Hello Louisiana Counselors! LMHCA is excited to have you return with a renewed mind and greater inspiration to do the work you are all called to do. It is because of your sacrifice we are able to sustain as the second largest division within our association. As we embark on another quarter, we hope you continue to be driven but most importantly take some time to focus on you.

During these challenging times, it is most important that you maintain a healthy lifestyle and a distinct work life balance. Remember to be more intentional about the time you give back to you. Our continuous goal within the division is to increase and sustain our membership by being member-focused. Last year we were able to offer quarterly webinars sharing awesome presenters and topics to our members to utilize and ultimately impact their counseling skills.

While in the midst of an ongoing pandemic, we were able to host our Spring conference with a two part focus. We won't stop there. We asked and you answered. Our action plan will come directly from the needs assessments so feel free to voice your concerns but more importantly get involved. We are looking to host our counselor connections this fall to connect with you on a more intimate level.

We believe in inclusive increase and will continue to foster more experiences for our graduate students and PLPC's to be more involved through an ongoing collaboration under the direction of our President Elect Dr. Deatrice Green to create the "Diversity in Counseling" track at the Louisiana

*(Division President Reports, continued on page 13)*

**Division President Reports, continued from page 12**

Counseling Association Conference in September. This track features speakers from both divisions.

1. Tackling the Superwoman Syndrome: Signs and Symptoms of Perinatal Mood Disorders in African American women - Dr. Deatrice Green, PhD., LPC-S, NCC, Registered Play Therapist Supervisor and Janee Mitchell, MAMFC, PLPC
2. Human Trafficking and Sex Work Among Adolescents and Young Adults within Marginalized Identities and Communities in Louisiana - Chris Beamon, MA, PLPC
3. Counseling Survivors of Domestic Violence: Releasing Trauma Through the Body - Mareae Wright, MA, PLPC, NCC, and Claire Mehling, MA, PLPC, NCC

We can't wait to see you at the conference in September! Please remember to follow us on Instagram at "lmhca" <https://www.instagram.com/lmhca/> While you continue to take care of everyone else, please remember to honor and take care of you!



**LMGCA, LA Military & Government Counseling Assoc.,** No article submitted

*Division Reports continue in the next column*

**LCA's Virtual Fall Conference**

Have you registered?



**Louisiana Lagniappe**

**LSCA: With Unwavering Commitment**

**Kesha M. Simmons, M.Ed., PLPC, LSCA President**



School counselors are often called on to serve in many roles. As challenging as some of these roles may be, they all have a purpose and all contribute to our number one goal, which is to serve the needs of our students.

**Stepping Up and Filling In**

When I first answered the call to school counseling, it was to assist my daughter's high school when two counselors retired in the same year. I volunteered to serve the needs of our students and protect the integrity of the school counseling program the best I could. I loved the work so much that I eventually completed the certification process at Louisiana State University Shreveport and joined the profession with open eyes. I had already seen firsthand how often the work of a school counselor is to recognize what has to be done and to step up to make sure it happens. Every one of us has our own experiences, and we share in the knowledge that sometimes the unexpected calls to action are the most compelling.

**Advocating for Ourselves and Each Other**

When I accepted that first school counseling position, the principal told me, "If you advocate for these students as you have for your own child, you will change the trajectory of school counseling." I held on to those inspiring words, not knowing just how many opportunities I would have to advocate for my students and community and for the profession itself. Eight years later, I am the president of the Louisiana School Counselor Association (LSCA)—a platform for advocacy beyond what I could have imagined. From those beginnings to today, I have learned from my peers and from pro-

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**Division President Reports, continued from page 13**

professionals at the state and national levels that advocacy is perhaps one of the most important roles in the profession.

**Answering the Call**

As I reflect on my own unconventional entrance into the profession and consider our current work to establish a professional identity, my message is unchanged: "Answer the Call." We know that our efforts to maintain a comprehensive school counseling program not only strengthen our school community, they sharpen the skills that make us transformative educational leaders. We must continually remind ourselves that school counseling is a calling, not just a job.

It is my sincere hope that wherever you are, under whatever title, that you are fulfilling your dreams as a school counselor, meeting the needs of students in your community, and striving to improve our profession. Please remember that LSCA is here to support you in your unwavering commitment to this noble profession.



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

No article submitted



*Division Reports continue in next column*



**A Brand New Day!!!**

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



Greetings LCA!!! I am excited to serve as the 2021-2023 Division President of the Provisional Licensed Counselor Association (PLCA). I am looking forward to embarking on this new journey with the Division Board: Amanda Taylor, PLPC (President Elect); Monique Jones, PLPC, NCC (President Elect-Elect); Ashely Sabido, PLPC (Secretary); Teneka Gash, M.Ed., PLPC, RSW and Wanakee Smith, PLPC (Members at Large). As we matriculate in and out of this pandemic, it is important that we facilitate opportunities for fellowship through networking, self-care, professional development, and social justice initiatives. It is our hope that within this current health crisis, each of you are taking care of yourself and maintaining your wellness as you aspire to become a Professional Counselor.

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 and conference updates. Emails will be sent soon to registered members regarding executive board announcements and any additional conference details. We are greatly looking forward to seeing you all at this year's virtual conference! Don't miss our President Elect Amanda Taylor, PLPC and Jamie Doming's presentation on *The Do's and Don'ts for PLPCs*.

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](mailto:plcalouisiana@gmail.com).





## Candidate Bios and Platforms

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

As past president, I am pleased to announce the candidacy of two accomplished LCA members who are seeking to represent you as LCA President in three years. On this page you will find a brief bio of both candidates. Starting on page 16, you will find their answers to several questions, through which they will share their goals and plans for LCA. The actual election will again be conducted by using an online survey sent to current members as the conference will again be virtual.



### Meet Vicki Gilbeau, Ph.D., LPC-S, NCC, NCSC, CCTP

**Education and Employment.** Dr. Guilbeau earned her Ph.D. in Counselor Education from University of Holy Cross and her Masters from ULL. In 1984, she studied abroad in France and completed a summer undergrad

course. Since 1998, Dr. Gilbeau has worked as a Middle school teacher, a professional School Counselor, a LPC. She is currently a Certified School Psychologist working with children grades K-12. Her teaching experience also includes several university teaching assistantships.

**Professional Credentials.** In addition to the certifications evidenced by her titles listed above, Dr. Guilbeau holds certifications to supervise school psychological services, as a School psychologist, and Certified Clinical Trauma Professional. She has two publications including her dissertation. At national and state conferences, she has lead or been a co-presenter in almost 30 professional development presentations.

**Leadership Experiences, Professional Memberships, and Honors.** Dr. Guilbeau is a Past President of LAMCD, LA Association of Multicultural Counseling and Development where she was also once elected the treasurer. As a division president and later appointed by LCA Presidents, Dr. Gilbeau has

*(Meet Dr. Gilbeau, continued on page 16)*



### Meet Ariel Mitchell, Ph.D., LPC-S, LMFT, RPT-S

**Education and Employment.** Dr. Mitchell earned her Ph.D. in Counselor Education University from UNO and her Masters was in Marriage and Family from the University of Holy Cross. For the last 5

years, Dr. Mitchell has worked as an Assistant Professor of Counseling at Xavier University. Since 2008 Dr. Mitchell has worked as Director of a Charter School, a Professional School Counselor, a Military Family Counselor, Adjunct Professor, and an Assistant Professor. Dr. Mitchell is also the Owner/Director of Counseling of Cognitive Solutions, LLC since 2014.

**Professional Credentials.** In addition to the certifications evidenced by her titles listed above, she holds a School Counseling Certification and a Certified Individual Provider. Since 2020, Dr. Mitchell has had 11 publications including her dissertation. She has been lead or a team presenter at more than 20 professional development opportunities at national/state conferences.

**Leadership Experiences, Professional Memberships, and Honors.** Dr. Mitchell is immediate Past President of LSCA, LA School Counselor Association where she has also been Post-Secondary Vice President and also a term as Secondary Vice President.

*(Meet Dr. Mitchell, continued on page 16)*

**Meet Dr. Mitchell, continued from page 13**

In LCA, she co-chaired Government Relations, participated in the 2010-2011 Leadership Academy, and volunteered at the annual fall conference that same year. Dr. Mitchell's professional memberships include ACA, ACES, Chi Sigma Iota Honor Society, the International Association for marriage and Family Therapy, LCA, LACES, LMFT, NBCC, Association for Play Therapy and LAPT. In 2017, Dr. Mitchell received both the LCA Distinguished Professional Service Award and the LACES Junior Counselor Educator Award. She was also honored with the Professional Play Therapy Clinical Award by the LA Association for Play Therapy in 2020. ☞

**Meet Dr. Gilbeau, continued from page 13**

also served as co-chair of the Strategic Planning Committee, the Professional Development Committee. She currently serves on the Newsletter Committee and continues as a member of the LCA Executive Board. She is a member of ACA, AS-CA, NAE, LCA, LAE, and the following LCA Divisions: LACES, LACGS, LAMCD, LASERVIC, LCDA, LCCA, LCSJ, LMHCA, LMGCA, and LSCA! Dr. Gilbeau was honored with a LCA Presidential Recognition Award, the Louisiana Association of Educators Ancillary Personnel Image Award, the Louisiana Board of Regents Certificate of Excellence, and 9 honor society recognitions. ☞

**Conversation with the candidates...**

**My LCA Vision and Goals**

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



Not so long ago, you listened to my thoughts and trusted me to lead LCA. These two candidates are asking for your consideration of their visions for LCA and their goals if elected to office. The candidates both had a lot to share — but you might need to enlarge the print on your screen to read their words! We begin this conversation alphabetically...



**Q1. Elaborate how your background and qualifications have brought you to your decision to first become an LCA member, and now seek this leadership position.**

**Dr. Guilbeau:** My leadership and service journey began in high school, where I served in various positions including Beta Club president, Girls' Service Club historian, and the school newspaper business manager. As a leader in my undergraduate Elementary Education program, I received the 1989 University of Louisiana at Lafayette College of Education Outstanding Graduate Award. From the same university, I later earned a Master of Science degree in Psychology and then completed additional coursework toward attainment of school counselor certification and professional counselor licensure.

My counselor internship experience with Dr. Irvin Esters inspired leadership in many ways including professional conference co-attendance statewide and nationally. In 2007 I became a new member of the Louisiana Counseling Association. I forged new relationships at the LCA conference that year and embarked on a networking path that has since blossomed beyond expectation. During 2011-14, I co-facilitated a successful Leadership Academy project to rebuild the LCA division of the Louisiana Association for Multicultural Counseling and Development. Making more connections with LCA members and leaders resulted in greater LCA involvement on my part. My interests in LCA became wide and deep, which has led to multiple division memberships, greater committee participation, and various executive board positions. I have served as the LCA Succession Planning Committee Co-Chair (2020-21), Strategic Planning Committee Co-Chair (2020-21), Professional Development Committee Co-Chair (2018-Present), Government Relations Committee Member (2014-Present), Lagniappe Newsletter Proofreader (2014-Present), LAMCD President (2012-13), and LAMCD Treasurer (2011-12). Outside of LCA, I have served on the Louisiana Association of Educators State Board of Directors (2017-20) and the Lafayette Parish Association of Educators Executive Board (2015-20).

*(My LCA Vision and Goals, continued on page 17)*

**Dr. Mitchell:** I, like many others, was introduced to the Louisiana Counseling Association during my Masters level education. At the time, I attended Our Lady of Holy Cross College studying a Masters in Counseling, specializing in Marriage and Family Therapy. Some time after graduation, I entered doctoral studies in Counselor Education at the University of New Orleans, where my passion for the profession of counseling continued to grow. Throughout my academics social justice and advocacy became the main pillars to which my counseling beliefs were built. As such, I sought opportunities to engage and learned very early on that LCA was the place for me to gain fulfillment while working to impact the field of counseling as a whole.

**Dr. Gilbeau:** In addition to school work experience, I have been a private practice counselor. Also, I have been an American Red Cross mental health volunteer (2011-Present), functioning in numerous capacities such as Mind-Body Workshop Facilitator for Services to the Armed Forces and Veterans. I am a school crisis preparedness trainer and am ACA-trained to deliver ethics presentations. Further, I am an LPC Supervisor, a Certified Clinical Trauma Professional, and Membership Coordinator for the Acadiana LPC Group. I have given presentations at national conferences on informed consent in schools and adolescent sexual orientation counseling competency; presentations at state conferences on schizophrenia, self-injury, multiculturalism, counselor self-care, and school crisis preparedness and intervention; and presentations locally on ethics, college survival, special education, and adverse childhood experiences. My love for counseling goes beyond my local and state participation to maintaining membership in the American Counseling Association, American Mental Health Counselors Association, American School Counselor Association, and the International Association for Counselling.

**Dr. Mitchell:** Since making the decision to work within LCA, I have engaged in various roles and positions within the organization. I started as a conference volunteer, which led me to participating in the inaugural leadership academy. I then maintained several positions within the Louisiana School Counselor Association prior to becoming president for the 2020-2021 year. Over time I have developed as a leader through my involvement with LCA, clinical practice at Cognitive Solutions, and my role as a counseling faculty member at Xavier University of Louisiana. I believe that I am at a place in my life and career to lend my expertise as we continue the vision and mission of

LCA, working toward the advancement of counseling as a profession.

**Dr. Guilbeau:** My leadership experiences and service have graced me with the 2019 Louisiana Counseling Association Presidential Recognition Award and the 2018 Louisiana Association of Educators Ancillary Personnel Image Award. I am also honored to be a member of the Chi Sigma Iota Counseling Academic and Professional Honor Society. While working on a PhD in Counselor Education and Supervision at the University of Holy Cross in an effort to learn more about the counseling profession, my dissertation research is focused on school counselor leadership during crises. I believe that the dots connect for me from high school to LCA membership to today in the direction of continued service to LCA members. I am grateful to be nominated for the position of future LCA President. My career training, leadership experience, and LCA involvement have prepared me to fulfill the duties of this position if elected. I hope to be afforded that opportunity as a way to give back to LCA, an organization that has given me so much.

**Q2. To maintain the integrity and economic stability of LCA and counseling as a viable profession, what initiatives would you undertake to educate the public and the Legislature about the importance of LCA?**

**Dr. Mitchell:** I believe that the profession of counseling has come a long way since its humble beginnings; however, I do believe that there is still a lot more work to do. There are three initiatives, some already in the works, that I would like to focus on throughout my time in leadership. First, I would like to continue working toward ensuring license portability throughout the United States. Second, I would like to create sustainable community projects that will create a more public image of the Counseling profession. Third, I would like to utilize other states as a precedence model for the liberties that counselors within the state of Louisiana should have post licensure. I believe that bridging the counseling profession across state lines will be the first step toward economic stability, while engaging the general public will open the door for others to witness the greatness of our profession and thereby viewing counseling as a viable profession.

**Dr. Guilbeau:** The path to maintaining the economic stability of LCA is through continuous increased member-

*(My LCA Vision and Goals, continued on page 18)*

*Conversation continues in next column*

## ***My LCA Vision and Goals, continued from page 14***

ship over time. The path to increased membership is through relationship-building with integrity. In this way, relationship-building with integrity maintains the economic stability of LCA. I envision this as the theoretical circle that builds LCA so that LCA can, in turn, buttress counseling as a viable profession.

I would like to educate the public and the Legislature about the significance of LCA by expanding on our worthy efforts. The top priorities for me are mental health awareness, diversity acceptance, accessibility to counseling services, and mental health support to military personnel, veterans, and their families. These strategic efforts are timeless and invaluable.

As LCA President, I will begin by focusing on increasing membership through the requested support of individual members, LPC supervisors, and university professors. My outreach to these counselors will be with purposeful and sustained effort. While increasing membership through personal contact, I will encourage relationship-building with individuals in the public and the Legislative body to pass along our ideals as an organization. In this way, the integrity and economic stability of LCA are interwoven with educating the public and the Legislature through relationship-building. I will be a role model and an informal educator to members in regard to advocating for LCA and our profession.

As we grow in numbers, hold hands as LCA members while building relationships across Louisiana, and advocate for mental health (awareness, acceptance, accessibility, and military support), we are strengthening LCA. Others will come to believe in our importance as we more often share who we are and what we do. This is advocacy for our counseling profession. My plan is to increase membership and advocate for mental health through relationship-building. We already do this, so we just need more of it!

**Q3. As LCA President of 14 diverse divisions and one affiliate, provide a few short and long term plans for LCA -- addressing the needs of the diverse divisions to insure that each feels their collective voice is heard.**

*Conversation continues in next column*

**Dr. Guilbeau:** In the short term, I would like to build on LCA activities that encourage diversity of presentations at our annual conference, provide mentorship to division presidents, and offer connection between the LCA President and division presidents. The wider our scope of professional development is at conference, the wider our attraction is to new members. The more prepared our division presidents are to lead their divisions, the more time they have for leadership creativity within their divisions. The stronger the connection between the divisions and the LCA President, the greater the opportunity for the divisions to advance their goals.

**Dr. Mitchell:** In the short term, I would like to use my time as president to ensure sustainability of each division. I would like to assist each division to create a subcommittee that will work directly with the LCA government relations chair on relevant advocacy issues. In my time serving, I have noticed that many do not have a full understanding of the best way to advocate and I would like to change this phenomenon. I would start manifesting this goal by developing a task force to assist in understanding each division's view on the impacts current legislation is having on its direct members. Once there is an understanding of each division's views and needs, I will ask each division to create a small team of people to be mentored by the LCA government relations chair. I believe that this will build autonomy within the divisions and create a pipeline of people engaged in the advocacy work of their respective division along with the entire Louisiana Counseling Association. Ultimately, it is my hope that by teaching and mentoring each division to improve their knowledge and skills regarding advocacy, I am doing my part to ensure that each division has a seat at the table and knows how to make sure their voice is heard.

**Dr. Guilbeau:** In the long-term, I see the LCA divisions as our indirect authority; therefore, it is important to bond our divisions. Our strongest members are typically passionate about particular divisions but are not without compassion for other initiatives at the heart of other divisions. I believe the key here is to connect the leaders of our divisions to one another. This provides the opportunity to find common ground and assist divisions in accomplishing goals through unity with other divisions. We are most effective as the whole of LCA, but we are most brilliant when working within our passionate interests as LCA division members. Increasing the connectivity between division leaders will build bonds between divisions that will grow into a stronger future LCA.

*(My LCA Vision and Goals, continued on page 19)*

## ***My LCA Vision and Goals, continued from page 14***

**Dr. Mitchell:** As president of 13 divisions and two affiliates, I believe it will be my responsibility to unify but also respect differences and develop an understanding of the specific needs of each division. The one long term goal that I have is to promote counseling by allowing each division to shine a light on their differences based in setting and/or specialization. I believe that giving credence to the individual perspective of each division will ultimately enhance the initiatives focused on sustainability. Allowing each division to showcase their specific brand of counseling, encourages variation within the overall field of counseling.

**Dr. Guilbeau:** While I have explored each division of LCA throughout my membership, I still have much to learn from division members. I would like to learn about specific division initiatives and challenges. In doing so, I want to take a historical perspective as well as look into trending pursuits.

**The closing question is optional. Neither candidate was required to answer: During your membership, what is one meaningful contribution you have made to LCA or the LCA Board, specifically?**

**Dr. Mitchell:** As a long-time member of LCA, I believe that my greatest contribution has been serving its members as I have served in multiple roles within the LSCA division of the association and on the LCA board. Although there have been many accomplishments throughout my time in leadership, it all boils down to providing service and being a voice for the general body of the Louisiana Counseling Association.

**Dr. Guilbeau:** As a member of LCA, I believe a meaningful contribution I have made to the organization has been my service as co-chair of the Succession Planning Committee. I guided a group of LCA's finest leaders through many tasks and discussions to finalize valuable documents that strengthen the foundation of LC in case of any unexpected or sudden loss of an essential staff member. Our work resulted in an organizational chart, an emergency phone tree, and job descriptions and evaluations for all staff positions. Further, we made significant recommendations to the LCA Executive Board that enhance LCA's potency as an organization. My voluntary participation with the Succession Planning Committee represents the responsibility I accept as an LCA leader to protect our organization's longevity. 

Louisiana Lagnippe

## **When Little Things Can Be Big**

**Quintin Gustin, MS, LPC**



I wonder how often we, as counselors, get caught up in our own thinking about such things as “dynamics” and “techniques” that we miss the smaller concepts in our work with clients that deprive them of ways of discovering a healthier outlook and a more promising therapy experience. It is easy to become “impairment-focused” and work with our clients from a problem-oriented perspective when, in fact, helping clients identify strengths and positive life qualities will be what keeps them working successfully, developing a long-term prospect for a better future.

Martin Seligman developed the theory of “learned helplessness” in his experimental work. This idea was one based on distress, impairment, and hopelessness; and it ultimately became a theory for depression. When our clients are faced with these obstacles, we often see them default to the negative, taking a dim and pessimistic view of their lives. It then becomes our job, as counselors, to help our clients find alternatives.

Martin Seligman has suggested that his young daughter was the catalyst for a different brand of thinking on his part. One day, while he was weeding his garden, his daughter, Nikki, who was five years-old, began dancing and throwing weeds around.

He yelled at her to stop, and she left the area. However, she came back a few minutes later and reminded her father that she had once been a “whiner”, but that she had stopped. She told him

*(Little Big Things, continued on page 20)*

### *Little Big Thoughts, continued from page 1*

that, if she could stop whining, and, by inference, take a more positive, joyful attitude, he could stop being such a grouch.

Seligman recalled that he had a revelation at that moment. He realized that he didn't need to say much to his daughter to "fix" her. He simply needed to help her identify her strengths and her reasons for feeling good. Such things would help her maintain a positive perspective, as it already had.

How often do we do this with our clients? How often do we have them examine the good in their lives, the reasons they may have for joy or happiness or gratitude? How often do we have a plan for doing this? Are we oriented towards the positives, or are we always looking for something to fix? Do we have a plan to ensure that our clients examine the good in their lives?

Here are a couple of suggestions that may be helpful: 1) ask your clients to take a moment before bedtime to write down three things that went well that day, and why they went well; and 2) ask your clients, upon awakening each morning, to consider the reasons they have to be grateful.

These simple behaviors can change a person's "Positivity Ratio", which is a ratio of our positive to negative emotions. It has been suggested that this ratio should be no less than 3:1, favoring the positive; and this can be accomplished with intentional behavior by clients. This ratio has been shown to increase happiness and creativity, add to longevity, enhance resilience to adversity, and decrease health problems. Fortunately, these ideas seem to fit well with a variety of therapies such as humanistic, Cognitive Behavior Therapy, and post-modern approaches. ☸

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## One Down, Many More To Go!

As co-editors, Drs. Vaughn, Dugan, and Camelford were excited to release the first edition of the journal under their leadership. We look forward to many years of substantial peer reviewed articles that inform the counselors of Louisiana. For guidelines and more information about submissions, please visit:

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

Manuscripts may be submitted via email to [lcajournal@lsuhsc.edu](mailto:lcajournal@lsuhsc.edu) ☸



## LCA Divisions Get A Conference Rebate!

*Vinetta Frie, Lagniappe Editor*

In addition to providing professional development and networking, the annual fall conference is vital for our fiscal health. When the conference is a financial success, LCA splits that profit (amount of money left after all conference expenses) with the Divisions. The net profit is divided among the divisions, proportional to the number of their members who registered for all or part of the conference. So the more members a division has attending the conference AND indicating a primary division on the conference registration form, the larger that division's rebate!!

This practice has helped many divisions provide services to their members without having to raise their dues! Remember when you are registering for conference to indicate your **primary division** to increase your division's share of the profits! ☸



# 2021-2022



# LEADERSHIP ROSTER

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LEADERSHIP

COMMITTEES

DIVISIONS

# 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.\*

✈ Please remember the mother of Diane Lang, past President of the Louisiana Military and Government Counseling Association, LMGCA. Her mother passed away suddenly in July.

✈ We mourn the death of Kimberly Ester, Past LAMCD President, 2014-15 on August 8, 2021. She passed away at home from lung cancer. She will be missed by her loved ones, clients, and by all of us who had the opportunity to know her.



*\*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, please share that as well. It will help us all remember. Thank you, in advance.*



**Be Inspired:  
Ignite your Passion  
and  
Fuel your Purpose**

**This is the 2021  
LCA Conference theme!  
Join us for all or part of  
the Fall Conference!  
Remember why YOU  
became a counselor.**

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 [frieneews@yahoo.com](mailto:frieneews@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: [frieneews@yahoo.com](mailto:frieneews@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:  
October 16, 2021**