



LOUISIANA COUNSELING ASSOCIATION

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LCDA • LCSJ • LHMCA • LSCA

Louisiana Lagniappe

Volume 35 Number 4

LCA is the state branch of the American Counseling Association

Summer 2013



Incoming Presidential Message

This is Our Time

*By: R. Bruce Galbraith, M.Ed.,
DAPA, CCFC, LCA President
Elect*

In Detroit, Michigan in 1968, at the American Personnel and Guidance Association (APGA) convention, a charter was granted for the Louisiana APGA. This was the beginning of the 45 years of LCA's rich history of representing and serving the professional counselors and counseling students of Louisiana. In accordance with our mission to enrich the life processes and to advance the profession of counseling within the state of Louisiana, we continue to this day to carry out this mission for the professional counselors and the citizens of our state.

Serving as this year's president, I have very big shoes to fill with our past leadership, specifically Dr. Paul Ceasar. The association has grown to over 1850 members and the LCA Executive Council is a group of individuals who work tirelessly and efficiently to carry out the responsibilities of their positions. This group is constantly seeking new ways to better serve and represent the counselors in Louisiana and to make LCA more responsive to the needs of its members.

The LCA Strategic Plan can be found on our new website. This document lists the goals for the Association and our guiding principles. We will be working

(It's Our Time, continued on page 2)

Welcome LCA's
newest members!! See page 4
to see who's new or has renewed
membership!

Presidential Perspective

LCA - Strong and Healthy

*By: Dr. Paul T. Ceasar, LCA
President, 2012-13*



For the summer Lagniappe, my charge as outgoing President of LCA is to offer the "State of the Association." As I write this article, I have completed my final meeting with the Executive Board. It is fresh on my mind since it was yesterday. As I looked at the participants around the room - the Division Presidents, the people who served as Chairs of the various committees, our President-elect and the next two Presidents-elect, our Executive Director, and our Business Manager - I was touch with the realization that the "state of the association" is indeed strong and healthy. Yes, this fact is due to the dedicated, wonderful people who are committed to the counseling profession and who are willing to give of their time and energy to foster the best for the Louisiana Counseling Association. There has been a continuity of people giving their best effort.

As many of us have experienced in life, strength is attained through struggles and loss, though with the added factors of caring, cooperation and collaboration. The theme that I chose for my year as President was that of "Transformation through Adversity: Moving Forward." It came to life throughout the year through the efforts of our members and leaders. This assessment can be seen through some of the following endeavors:

- A new division in the making - Counselor Interns
- A new and improved website in the making
- A stronger, impactful Government Relations presence

(Presidential Perspective, continued in column 1 on page 2)

The *Louisiana Lagniappe* is the quarterly newsletter of the Louisiana Counseling Association, LCA. LCA is the state branch of the American Counseling Association, ACA. LCA includes 1,800+ members, and 12 Divisions which serves as an inclusive umbrella. LCA unites professional counselors from diverse work settings into a single statewide organization. LCA works to promote advocacy, collaboration, and networking among its membership for the good of Louisiana.

SUBMISSIONS

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

NEWSLETTER CORRECTION

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

**Fall Newsletter
Submission deadline:
July 15, 2013!**



See you in
New Orleans
for the 2013
Annual
LCA Fall
Conference?!

Summer 2013

Presidential Perspective, continued from page 1

- An advancement in our relationship with other helping professions
- An ongoing quality annual Conference with increased participation and quality programs
- An increased effort to make the counseling profession more visible and viable in our state
- An increasingly solid financial base.

These areas of involvement have been made a reality due to the vision and work of the leaders of our organization as well as the foundational efforts of our membership. With approximately 1850 members, LCA is making our presence in the state increasingly known and appreciated.

As our meeting ended yesterday, I thanked the members of our Executive Board for the honor and privilege of serving as LCA President this past year. I handed the gavel to the competent hands of Bruce Galbraith, our next President with the prayer that his term will offer the same deep appreciation for and experience of the quality leaders and members of our wonderful profession and organization. With this in mind, there will be the continuity necessary to remain **strong and healthy as we “move forward” in our commitment to making a difference in our society and in helping others.** ☺

This is Our Time, continued

to reach each of our goals, from maintaining the financial foundation of LCA, to promoting and expanding the Association, to responding to the needs and development of a diverse membership, and to providing leadership as an Association in Government Relations. These goals and others are only reachable by having not only the leadership but each member also helping the Association. If you are a counselor or future counselor in Louisiana, LCA is You. Seek out anyone on the Executive Council if we can help address a concern or increase your involvement.

I am proud to be serving as President at this time and I personally extend to you an invitation to the LCA Conference in New Orleans September 14-17, 2013. **This year's theme is *THE Professional Counselor: This is Our Time: to reflect, to renew, to refocus.*** The conference will offer dozens of excellent educational sessions and presentations. Mark your calendar to take part in this superb opportunity to engage with other counseling professionals on topics that affect you personally and professionally.

Every counselor has a story. Our stories are unique and powerful. They are shaped by past experiences, driven by current challenges,

(This is Our Time, continued in column 2 on page 7)





Government Relations' End of Year Report: June 2013

By: *Cindy L. Nardini, LPC
Government Relations Chair*

June 2012 – June 2013 has been another busy and productive year for LCA GR. Committee members – Gary Gintner, Calvin Williams, Jackie Mims, Cindy Nasar, and Debbie Lang, (LSCA GR Chair). Some of the highlights of the year:

- Continued monitoring the LA Behavioral Health Partnership program and scheduled a meeting with DHH/Magellan of Louisiana (May 3, 2013) where we invited representatives from LAMFT, LPA, and NASW-LA. For all these groups to come together to meet with DHH was groundbreaking! We conducted a survey of our membership to obtain feedback of how this program was working.
- Held a Legislative Reception (May 15, 2013) at The Tatman Group. All legislators received a printed invitation in addition to e-mail reminders. While the attendance from legislators was low, just hosting the event helped legislators be more aware

(Government Relations, continued on page 4)

Don't Panic About Accepting Counselor Interns! *By Joan Gallagher*

I just wanted to provide a little clarification to the brief discussion we had about recent federal ruling regarding unpaid internships and how our counselor intern trainees might be affected. The court decision involved Searchlight Films who was sued by two unpaid interns. The judge found that the interns should have been paid because they did work that was not deemed a significant learning experience, since they were primarily given menial tasks to perform.

The 2010 federal law has not changed, but abuses of the law are coming to light more readily. The federal law states six criteria that must be met in order for a for-profit organization to offer an unpaid internship. Non-profit organizations are exempt from these criteria, since non-profits are allowed to use volunteers, who are unpaid, so

(Don't Panic, continued on page 7)

LPC Board Promulgates New Rules

By: *Mary Alice Olsen, LPC Board Liaison*

[Note from Diane Austin: The new Rules do not change the number of CE Clock hours required for the two year renewal period. It will still be 40 clock hours. The Rules will define what the must be included in those 40 hours.]

The LPC Board will soon promulgate a substantial set of rule changes, nearly all of which will go into effect July 20th, 2013. To review all proposed changes, you can view the Notice of Intent (NOI) in the April 20th, 2013 edition of the LA Register (<http://www.doa.louisiana.gov/osr/reg/register.htm>).

No public comments were received regarding the NOI; therefore, the Board plans to publish the final rule as is in the July 20th LA Register. All licensees and registrants are strongly encouraged to review the NOI. The Board website will be updated with the new rules once they are officially promulgated.

The most notable rule changes are listed by topic briefly below:

- Clarification of Act 636 of the 2012 Legislative Session regarding Serious Mental Illnesses, including clear definitions of “consultation”, “collaboration”, “practitioner”, and “ [when] medication is indicated”
- Clarification of LPC and LMFT Licensure Endorsement and Inclusion of Intern Endorsement
- Updated LPC Code of Conduct based on the ACA Code of Ethics revisions
- Definition of Internet Counseling
- Clarification of Record Retention Requirements (6 years for adult records; 7 years past majority age for minor records)
- New LPC CEH Renewal Requirements (6 of required 40 CEHs must be in diagnosis and 3 of required 40 CEHs must be in Ethics).
- CEH Requirement and Renewal Fee

(LPC Board, continued on page 4)

LPC Boards continued from page 3

for Board Approved LPC Supervisors (3 of required 40 CEHs must be in supervision; \$50 renewal fee at time of LPC license renewal to renew supervisor privilege)

- CEH limits on Home Study, Presentations, Publishing, and Research, effective July 1st, 2014
- 2 New Approved Continuing Education Content Areas: Abnormal and Psychopharmacology
- Limit on number of Online CEHs (only 20 of 40 required CEHs may be obtained online with the exception of coursework obtained through a regionally accredited institution of higher learning, effective July 1st, 2014)

The Board would like to offer a special thanks to LCA and LAMFT for their constructive feedback during the drafting of these rules. Also, I would like to recognize our Rules Committee Chair and Board Chair, Dr. Gerra Perkins, LPC and our current and past Rules Committee Members Dr. Ernie Cowger, LPC, LMFT, Mr. Anthony Williams, LPC, LMFT, and Mr. Alysius Allen, LPC, LMFT for the many, many hours they spent drafting these rules. Additionally, on behalf of the Rules Committee, I would like to thank the Marriage and Family Therapy Advisory Committee (MFTAC), especially MFTAC Chair, Mr. Mark Reynaud, LPC, LMFT for the help and time spent collaborating on these rule revisions. ☺



***Cindy Nardini,
David Tatman,
and
Gary Gintner
at the LCA
Legislative
Reception in
June***

Government Relations, continued from page 3

of LCA. Members who attended, enjoyed the great food and fellowship.

- **The Tatman Group has been LCA's lobbyist since January 2007.** They have represented us well and **helped bring LCA's advocacy work to a new level.** The Executive Committee voted to give The Tatman Group a \$5000.00 bonus to express our appreciation for their hard work. The bonus was presented on February 22, 2013.
- Although LCA did not sponsor a bill this season, we worked very closely with the LPC Board of Examiners and Senator J.P. Morrell to pass a bill that changed the fee structure, created a temporary license and provided for state and federal background checks for licensees. We also worked with numerous other legislators and professional associations regarding bills that were of special interest to our membership.
- LCA GR played a supportive role to LSCA in their work with BESE re: the changes in Bulletin 741. Two BESE committee meetings were attended where testimony was given in support of professional school counselors.
- LCA partnered with LPA in support of Phil Griffin for an appointment on the LSBEP.
- The GR Committee assisted with Town Hall meetings around the state in March and April; regularly attended LPC Board meetings, and worked with other mental health associations, as well as other activities throughout the year.
- For all of you who took an active role in some way this past year to advocate for your profession and your clients/students, THANK YOU! When we all join together we can accomplish great things. I look forward to another productive year in Government Relations in 2013 - 2014! ☺

2012-2013 Executive Board Recommends A By-Laws Change At Their Final Meeting

During the final meeting of the 2012-2013 Executive Board, the Board has recommended a bylaws change. This change will be voted on at the general business meeting during the 2013 Conference in New Orleans. In an effort to increase the pool of candidates to qualify to run for president of LCA, the Board is recommended the following change in the LCA bylaws:

Article IX Nominations, Elections, and Voting Procedure; Section 1. Candidacy for LCA President All candidates must be Professional members in good standing in the LCA and have previously served as a Division President *or as a member of the LCA Executive Board for a minimum of two years.*



Multiple conversations at the recent LCA Reception

Two Resignations Received by the LPC Board

Mary Alice Olsan, LPC Board Executive Director has reported that the LPC Board has received the resignation of both Alysius Allen, LPC representative and Dustin Dowling, the Member-at-Large. Both gentlemen were serving their second consecutive term as a member of the LPC Board. LCA has thanked both gentlemen for their dedicated service to the citizens of Louisiana for the past four-plus years.

LCA has submitted a list of candidates to the governor. Governor Jindal will appoint an individual to complete the term of office for each individual. The candidates submitted by LCA include the following: Member at Large: Dr. James Nelson, Adrienne Stroble, JD and Emilee Wright, CPA; LPC: Calvin Williams and Dr. Jacqueline Mims.

Mini Minutes June 14, 2013 LCA Executive Board

The final meeting of the 2012-2013 Executive Board was held at the Tatman Group offices in Baton Rouge June 14, 2013. The main purpose of this meeting was to allow division presidents and committee chairs to report on activities of the year and to bring closure to the various activities in progress. Austin White reported that after 11 month of the 2012-2013 fiscal year, LCA finances show an excess of \$62,098.40. A final budget report will be made to the membership at the general business meeting in September.

Two other item of business was discussed and voted on by the Board. The Board has proposed a bylaws change to be voted upon by the membership in September. This change would allow candidates for LCA President to be a veteran of the Executive Board or a past Division President. The second motion passed by the Board made changes to the LPC Board Nomination Process. (A copy of the process is available upon request from the LCA office.)



Thanks to all the LCA Members who represented us well with the Legislators in attendance!



Conference Highlights

Save the Dates: September 15-17, 2013 for the 2013 LCA Conference at the InterContinental Hotel in New Orleans.

LPCs: The new Rules will be adopted by September. LCA will provide continuing education clock hours to satisfy all of the changed renewal requirements:

- ☞ Supervisors will need 3.0 clock hours in **Supervision:** LACES will sponsor a 3-hour workshop on all of the new rules for supervisors. Saturday, September 14 9:30-12:30.
- ☞ LPCs will need 3 clock hours of **Ethics.** Dr. Clifton Mitchell will offer “*The Ethics Game Show*” **Sunday 9:00-12:15** September 15. Dr. Gerra Perkins and Dr. Laura Choate will offer an **encore presentation of “Ethical and Legal Issues for LPCs and LMFTs in Louisiana: an LPC Board Overview”** Monday, September 16. LMFT specific clock hours will be offer by Dr. Charles Gagnon on Sunday, September 15, 1:00-4:15.
- ☞ LPCs will need 6 clock hours of **Diagnosis:** Dr. Gary Gintner will offer a 3-hour presentation *DSM V: What Counselors Need to Know* on Saturday September 14, 2:00-5:15. Dr. Gintner will offer an addition 1.25 clock hours on the DSM-5 Monday, 8:00 For those of you also interested in addiction information, Adrienne Trogden will present *Addiction DSM-5 Diagnosis: What Is It and How Do I Do It* Saturday, 9:30-12:30 while Cathy Bienvenu and Marlaena Miller will present *Pathological Gambling: Assessment and Treatment*.

Professional School Counselors: LSCA will provide the Professional School Counselor Track. Saturday, September 14 9:30 Jennifer Degruise and Christina Falgout will present *Charging Ahead with Change: Implementing the LA School Counseling Model* followed by *Becoming a School Counselor*

Article continues in next column

Coming Soon: A New LCA Website

The LCA leadership apologizes for any inconvenience caused by the changes being done to the LCA website. We are making changes hoping to create a more user- friendly site for our members. Watch for the launch of the new site. An email will be sent to each member giving you a new username and password and directions on how to change the password the first time you log in.

LCA Announces Candidates for LCA President (2016-17)

Calvin Williams, Past President of LCA and Chair of the Nominations and Elections committee has announced that two candidates have agreed to run for the 2016-17 President of the Louisiana Counseling Association. The election will be held at the 2013 LCA Conference in New Orleans. If you are not attending the conference, you will be able to vote by mail prior to the conference. The ballot and Candidate information will be published in the next issue of the *Lagniappe*. The announced candidates for the 2016-17 term are Dr. Christine Ebrahim, current president of LACES and Iman Nawash, a past president of LSCA.

Conference Highlights continued from previous

Techie presented by Robin Olivier. During the conference you can take sessions on Ethics for School counselors, writing SLTs, advocacy and other topics of interest to the school counselor.

Students: Monday, September 16 has been declared Student Day at the LCA conference. So students if you can only attend one day for the conference make it Monday. CSI will offer a session during lunch on Monday. Grab a brown bag from the Sweet Car on the Ground floor of the hotel or from Subway in the next block or Fredericks next door and eat lunch with CSI. During the sessions following lunch on Monday LCDA will offer two sessions dedicated to the search for employment (THESE SESSIONS ARE NOT JUST FOR STUDENTS BUT FOR ANY ATTENDEE WHO IS INTERESTED IN THE JOB SEARCH): Strategic Networking: Connect To Your Dream Job presented by Joan Gallagher and *Interview And Resume Clinic: The Doctor Is In!* presented by Joan Gallagher and Sharon Walker.

Division Presidents Reports

Compiled by Vinetta Frie, Lagniappe Editor

You will find a full leadership roster on page 17. Contact these incoming leaders to join their Division as they complete this quarter's agenda.

The Future of ALGBTIC-LA

By: Kenneth Schmitt, LPC. President-Elect-Elect, ALGBTIC of Louisiana

As another year as my time as President of ALBTIC-LA comes to a close, I want to ask every member of ALGBTIC to consider becoming a more active role in the organization. ALGBTIC is a small division of LCA, but small should not mean that our members voices should not be heard. I have set some goals for ALGBTIC in the coming 2013-2014 year.

Develop a resource guide for LCA members of LGBT friendly counselors in LA Have a presentation at 2014 conference on LGBT issues Create a strong board for the future of the division These goals can be met, but the ALGBTIC board needs the assistance of the members to have our division grow. I am open to suggestions on what you would like from ALGBTIC and what you see as the future of our division. Please feel free to email me with your

(Division Presidents, continued on page 9)

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interns there can be considered volunteers.

If our counselor interns are working in non-profit settings, they are fine. If they are in for-profit, the employer needs to satisfy the 6 criteria. Here is the specific language of the law as it currently stands. The following six criteria must be applied when making this determination:

1. The internship, even though it includes actual operation of the facilities of the employer, is similar to training which would be given in an educational environment;
2. The internship experience is for the benefit of the intern;
3. The intern does not displace regular employees, but works under close supervision of existing staff;
4. The employer that provides the training derives no immediate advantage from the activities of the intern; and on occasion its operations may actually be impeded;
5. The intern is not necessarily entitled to a job at the conclusion of the internship; and
6. The employer and the intern understand that the intern is not entitled to wages for the time spent in the internship.

Here is a link to the law itself, if you are interested: www.dol.gov/whd/regs/compliance/whdfs71.pdf

Louisiana Lagniappe

This is Our Time, continued from page 2

and they prepare us for the future. LCA recognizes multiple voices within our counseling community that embrace innovative and proven counseling techniques that are for all. Out time requires confronting and addressing the problems facing our profession. We are the ones who will be best to solve these problems.

We need to look at our past and Reflect; we need to look at the now and Renew; and we need to look at the future and Refocus.

We are the ones who will be best to solve these problems. We are THE Professional Counselor: This is our time. ☺



A special thank you to Ken and Jacque Benedik for all your help to make the LCA Reception such a great event! (below) Dr. Jacqueline Mims and David Tatman exchanging ideas, also at the reception.



Summer 2013

Welcome New & Returning LCA Members!!

Samantha Aarstad
Sarah Albert
Freda Allen
Sharon Anzalone
Catherine Austin
Laura Billingsley
Jamie Bjornberg
Mary V. Bopp
Deborah Bordelon
James Boudreaux
James Bruce
Chester Cador
Bonnie Caldwell
Donyelle Chaney
Alison Cofrancesco
Cynthia Collinsworth
Crystal Coutee
Jenny Crowe
Bliss Cunningham
Latisha Danja
Angela Davis
Kizzy Dixon
Lauren Finan
Sandra Frith
Andrea Frank
Jerry Franklin
Sarah Foster
Noble Garner
Deanna Gillis
Charlotte Gilmore
Ella Gray

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By-Laws and Strategic Plan Update

By: Eric Odom, Strategic Planning Chair

By-Laws projects conducted over the last year included changes to LCA membership categories, made in response to a request by the general membership at the 2011 General Business Meeting. Additional language has also been crafted regarding severance of LCA membership. Information pertaining to severance of membership was met with some resistance in the 2012 General Business Meeting. President-Elect Bruce Galbraith indicated that the *policy* of membership severance will be contained in the By-Laws, but that the *procedure(s)* of severance would be established and contained separately. He announced that an ad-hoc committee would be formed to create the procedure of membership severance, and that this would be reported on to the general membership of LCA in the 2013 General Business Meeting in New Orleans.

2012 was a busy year for Strategic Plan activities. A Strategic Plan for the 2012-2014 period was drafted and adopted. Many members of the LCA Executive Committee have accepted responsibility for seeing Strategic Plan objectives through to completion, and a lot of very good work has been done to this point. The current **iteration of LCA's Strategic Plan contains 111 individual objectives**. As of April 2013, 28 of the 111 objectives (or 25%) have been successfully completed. 47 of the 111 objectives (or 42%) have been partially completed. 36 of the 111 objectives (or 32%) have not yet had any progress made.

The LCA Strategic Plan is reviewable on the LCA website. Members of LCA who see an objective that pertains to a particular area of interest are welcome and encouraged to volunteer to help see these objectives through to completion. Please contact Eric Odom at ericodom1@hotmail.com, or LCA Executive Director Diane Austin, if you care to volunteer to help with Strategic Plan activities. ☺



Ken Benedik, former LCA President in deep conversation with Diane Austin, LCA Executive Director at the LCA Legislative Reception held in June, in Baton Rouge

comments and suggestions at kjschmitt@gmail.com.



Counselor Intern Association of Louisiana (CIAL)

By: Karen Taheri, LPC, NCC, President of CIAL

CIAL is a developing division within Louisiana Counseling Association (LCA) that is devoted to representing, connecting, and serving the needs of registered Counselor Interns across the state of Louisiana. To my knowledge, this is the first division of its kind (specifically geared toward post-masters counselors in training) to develop within any state-wide counseling organization. The journey for creating this division within LCA began in January of 2012 with a personal e-mail to Diane Austin. Diane has been highly instrumental in connecting professionals interested in advocating for Counselor Interns. Diane informed Buddy Caesar, now the Past President of LCA, of the idea for the creation of this division, and since then Dr. Caesar has worked to advocate for the development of a committee within LCA devoted to Counselor Interns, which has allowed for the development of the CIAL division. At the 2012 LCA conference, CIAL was voted in as an official provisional division by LCA members.

There are currently approximately 185 CIAL members, as well as a functioning CIAL Executive Board, several CIAL Committee Chairs and positions, an officially adopted set of by-laws, and CIAL is steadily growing. The mission of CIAL is to promote a greater understanding of Counselor Intern needs and concerns, promote standards for the delivery of informed supervisory services to Counselor Interns, work to identify and eliminate barriers to the individual and collective development of Counselor Interns, promote networking, provide presentations and presentation opportunities for enhanced counselor development, and provide information regarding employment opportunities for Counselor Interns across the state of Louisiana.

Some additional benefits CIAL offers its members are regularly scheduled self-care opportunities, peer-networking opportunities, and the opportunity to mentor a graduate student and be mentored by a licensed professional counselor or supervisor. Current CIAL Board members, committee chairs, and positions filled include: President Karen Taheri, President-Elect Kenneth Schmitt, Treasurer Deatrice Green, Career Chair Mary Feduccia, Graduate Student Chair Angela James, Counselor Intern Member at Large Anita Lopez, and LACES liaison Michelle de la Paz. Karen Taheri, Kenneth Schmitt, Angela James, Erin Dugan and Melissa Deroche will be providing a presentation at the 2013 Association for Counselor Education and Supervision Conference in Denver, Colorado this October highlighting the creation of CIAL as a model for encouraging other states to develop post-masters counselors in training divisions within their state-wide counseling association.

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*_____ and Paul “Buddy” Caesar,
Louis Lowery, Bruce Galbraith,
And Ken Benedik
pose at the LCA Legislative Reception
in June*

ACA Offers Clarification

Submitted by Diane Austin, LCA Executive Director

Recently, the following item appeared in the *Veteran’s Health Administration Update*:

VA Mandates Overtime to Increase Production of Compensation Claims Decisions

As part of its ongoing effort to accelerate the elimination of the disability compensation claims backlog, the Department of Veterans Affairs (VA) is announcing today that it is mandating overtime for claims processors in its 56 regional benefits offices. This surge, which will be implemented through the end of fiscal year 2013, will be targeted to eliminating the backlogged status of claims. The additional overtime hours that will be worked during this period will be used to help eliminate the backlog with continued emphasis on high-priority claims for homeless Veterans and those claiming financial hardship, the terminally ill, former Prisoners of War, Medal of Honor recipients, and Veterans filing Fully Developed Claims.

According to Art Tettrazs from ACA, “Currently we are still not seeing the VA move in the direction that we would like when it comes to hiring LPCs. While we see some positions being announced it is still nowhere near enough to show that the VA is truly taking steps to integrate counselors into
(ACA Clarifies, continued on page 12)

*Welcome to New and Returning
LCA Members, continued from
page 4*

- Randy Green
- Allison Gregerson
- Tamara Griffin
- Gayle Guillory
- Tonya Hamilton
- Christine Haney
- Donovan Harmon
- Janet Holland
- Melissa Hollins
- Beant'e Holmes**
- Laurice Harrison
- Jaret Hubbell
- Jennifer Istre
- Keyana Jackson
- Stacie Jackson
- Bobbie Jefferson-Sam
- Brittina Johnson
- Holli Jones
- Robyn Jordan
- Christie Kinchen
- Michelle Kirts
- Andrea Kuhn
- Ruth Lea-Oliver
- Katrice Lipscomb
- Dominique Lewis
- William Livigni
- Melissa Lowery
- Nan Magness
- Renata Mahoney
- Amanda Martin
- Lauren McCain
- LaCrystal McCoy

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LAAOC; *No report submitted*



LACES Is Still On The Move!

By: Christine Ebrahim, LACES President

The LACES board is excited to share what we've been involved with over the last few months. We are honored to be actively involved in the Counselor Intern (CIAL) provisional division. Michelle de la paz, Member At Large-Supervisor, attends the CIAL board meetings and collaborates as a liaison between the CIAL and LACES boards. We have had so much excitement about our relationship with CIAL, that we recently voted to add a CIAL Member at Large position to our board.

We are also in the process of creating a website for LACES members. When the website is up and running, LACES members who are supervisors will be able to advertise, free of charge, to graduates students looking for LPC supervisors. Our goal is to allow supervisors to include more detailed information about themselves and multiple ways for potential supervisees to contact them. Counselor Educators will also be able to search for available counselor education positions nationwide. We eventually would like provide continuing education opportunities for LACES members through the website, as well as other useful resources for our members.

Other upcoming projects for LACES include a 3 hour, pre-conference workshop on supervision at the LCA conference this fall and the LACES conference in the Spring 2014 in New Orleans. We will also be holding elections for several board positions in August.

In closing, I'd like to thank the present board for all their hard work: Latifey LaFleur, Past President; Adrienne Frischhertz, President Elect; Dawn Romano, President Elect Elect; Catherine McDermott, Secretary; Kellie Camelford, Treasurer; Kristen Dickens, Member At Large Graduate Student; Michelle de la paz, Member At Large Supervisor; and Marc Bourgeois, Member At Large Counselor Educator.



(Division Presidents, continued on page 11)

Louisiana Association for Multicultural Counseling and Development

By: Vicki Guilbeau, LAMCD President

My year as President of LAMCD has been one of growth through enrichment for myself and for the organization. With the support of a reliable and diligent executive council, LAMCD has transformed into a fully active association through restructuring. During this year, we purged historical paper files and began electronic documentation of activities. We also updated division bi-laws and detailed our policies and procedures. Further, we created the position of president-elect and reinstated official voting procedures to encourage progress.

Throughout the year, LAMCD has held quarterly executive council meetings to advance the involvement of our division in professionally relevant ways. LAMCD has shown support to LCA by attending board meetings, participating in the annual conference, and making a donation toward the LCA Legislative Reception. LAMCD coordinated a seminar in the spring with guest speaker, Dr. Paul Ceasar. We also organized a successful LCA town hall meeting in Lafayette.

LAMCD has recreated a division newsletter, currently in electronic format, to facilitate communication with members concerning past and upcoming division business and activities and to provide inspiration to counselors. We have begun and plan to maintain electronic connection with members through email. Thanks to all division members for support during this rewarding and productive term as your 2012-13 LAMCD President. My hope is for continued advancement in all efforts toward improving relationships through appreciation of multiculturalism.



LASERVIC; No article submitted.



LCCA News

By Nanette Cheatham, LPC-S LCCA President

My term as LCCA President will end on June 30 of this year. Beginning July 1, we welcome Bridget Robicheaux as President of LCCA 2013-2014. Bridget is awesomely capa-

(Division Reports, continued on page 12)

With Heartfelt Thoughts and Prayers

Our loving friend and counselor, Sharon Rogers Swensen passed away March 27, 2013. She always



had a smile and wanted to share kudos. Sharon was extremely active and dedicated to our local, state and national counselor organizations prior to retiring a few years ago. Her obit was in the Sunday Advocate. She had been living with her daughter, Robin, in CA for the last couple of years and had been battling Alzheimer's for the last 11 years. She was only 66 years old. There was no information in the paper about how to contact her daughter. (Submitted by Sue Gambrel)

We need your help to acknowledge any member's illness, grieving, or recent death. Please contact either

Vinetta Frie, frienews@yahoo.com or Diane Austin, lca_austin@bellsouth.net

The information you provide will be shared with our Association. Thank you.



ACA Clarifies, continued from page 7

the workforce. “

“While ACA has tried to work with the VA on this issue numerous times, it seems that our best chance of realizing success is to have Congress get involved. Luckily, we seem to have some friends on both side of the aisle that are willing to go to bat for us. “

“ACA believes that we need to focus on 2 specific policy changes that will allow more LPCs to be hired by the VA. First, we want the VA to pay stipends to Counseling students that participate in the VA’s training program. Currently, students who participate in this program do not receive any financial compensation, but psychologists and social workers do. This program is a proven path to a career in the VA but that path is not viable to our students if they are not receiving any compensation. Currently, there is a piece of legislation that would mandate that the VA fully integrate counselors into the training program, S. 1155 and we are supporting that bill in the hopes that it becomes law. “



Division President, continued from page 9

ble and I am sure you will enjoy her presidency!

Looking back, I would like to highlight a few of LCCA’s 2012-2013 activities:

- The 2012 LCCA Summer Workshop was held in Baton Rouge on July 26, 2012. The topics for the workshop were “Supporting and Challenging the Millennial Generation” (Dr. June Williams), “A Primer on the Ethical Considerations and Technical Requirements for Providing Virtual Counseling” (Anthony Oster & Troy Robertson), “Building a Career Success Profile and Plan” (Ron Cathey) and “Counseling for Wellness with the College Student” (Lisa Newman & Bridget Robicheaux).
- LCCA held its 3rd Annual Summit at the LCA Conference in Lake Charles on October 8, 2012. The topic was “The State We’re In: Mental Health in Louisiana” with guest speaker Randy Fontenot.
- LCCA renewed the domain name <http://www.lacollegecounselors.com/> and webhosting with Provisions Consulting. Current LCCA members are actively working on the website and hope in the very near future to have it functional and up-to-date.

Thank you for a great year! I hope to see everybody at the LCCA Summer Workshop on July 25th in Baton Rouge.



Final Thoughts On My LCDA Presidency

By Michelle Waguespack, M.Ed., LPC, MCC, LCDA President

As my presidency comes to a close, I am proud to reflect on the accomplishments of the year. The truth is, I have never aspired to leadership roles yet throughout my life I have frequently been “recruited” to serve. Leading LCDA has been different, a humbling honor, to serve as the president of an organization filled with colleagues doing tremendous work to benefit career development in our state. Our membership has increased, we had a very successful spring conference, and we have new officers ready to take over in July.

I wish I would have had the opportunity to meet all of our members. Our collective power is so strong and yet intangible...it is difficult to see the impact of counseling on the lives of others. Thank you to my LCDA Board, some of the finest women I know, and to the LCA Board for allowing me to be a part. And to the

(Division Presidents, continued in column 2 on page 13)

Division Presidents, continued from page 8

LCDA membership, know that your work matters and that I am grateful for the opportunity to serve.



News from the Louisiana Counselors for Social Justice

By Louis Lowrey, LCSJ President 2011-12

As counselors who are involved in advocacy for their clients in many ways, we can use social and restorative justice principles in all of our work with clients and families.

Here is a brief summary of the activities of the Louisiana Counselors for Social Justice in the past year.

For members of the Division, we send out letters of welcome to new members, monthly e mails covering social justice issues, articles in the LAGNAIPPE when it is published, and responses to requests for information on topics involving thesis research and counseling.

At last year's LCA Conference, we sponsored a summit on there Death Penalty in Louisiana with a presentation by Ms. Sidney Gormon of the Louisiana Coalition for Alternatives to the Death Penalty. We plan another summit on a different topic during this year's Conference.

We also seek feedback from Division members on how they use social and restorative justice principles in their counseling work. I have written our Governor on social justice issues, and collaborate with persons throughout the state on social justice concerns.

If you are not a member of the LCSJ, we invite you to join. Membership is only \$5 a year, and Diane Austin can add your membership at any time. Thank you for your attention and interest.

We will be developing a leadership team for the coming year. If you would like to be involved, please contact me. Thank you.



LHMCA; No article submitted.



School Counselors Are Vital to Louisiana

By Cathy Smith, LSCA President

It has been an honor to be LSCA's president and to serve on the LCA's board this year. At the beginning of the year I wrote about all

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Louisiana Lagniappe

Welcome to New and Returning LCA Members, continued from page 8

- Sheri Mcgowan
- Jameka McKinley
- Corrie Minges
- Tyra Mitchell-Perrot
- Keyanna Mason
- Adam Michiels
- Christopher Monceaux
- Dena Moore
- Steven Morphew
- Michelle Ned
- Jennifer Nettles
- Mary Newton
- Lindsey O'Neal**
- Elizabeth Pace
- Melanie Pasqua
- Tracy Dillon Peden
- Gretchen Pellegrin
- Valerie Perot
- Ashley Peters
- Dolores Pierre
- Tamia Randolph
- Melissa Ray
- Cheryl Reime
- Frances Richard
- Brittany Robinson
- Britni Russell
- Rubie Scere
- Kerry Scott
- Melissa Seal
- Sandy Shields
- Pamela Simon
- Patricia Tate-Urbina

(Welcome, continued on page 14)

**Welcome to New and Returning
LCA Members, continued from page
9**

Lora Teutsch
Tracie Thibodeaux
Cari Thomas
Mark Thornton
Lauren Tillman
Mary Trahan
Joyce Wakefield
Miranda Warren
Pamela Warren
Shamisa Washington
Stephen Watsey
Sherlin Watson
Dionne Weathersby
Nicole White
Cindy Willis
Jeanie Woolledge
Tanya Wooten

the changes in store for school counselors in Louisiana. With the implementation of COMPASS as the evaluation tool and student learning targets, school counselors would need to implement the Louisiana School Counselor Model (LASC.M.) Also mentioned was a quote by Alan Watts “The only way to make sense out of change is to plunge into it, move with it, and join the dance.” I promised that if you wanted to join the dance, LSCA would be here to offer support and guidance.

I didn’t count on a new dance from BESE; however, LSCA rose to the occasion. Several board members attended BESE meetings and gave testimony. Students, parents, teachers, and others wrote to BESE in support of school counselors. In the end it all worked out and in fact, things are better than ever.

The school counselor’s job is now a topic of conversation. More people are now aware of what an impact a school counselor can have on a school and finally, LSCA is in direct contact with many of the Department of Education personnel. There is talk about bringing back the Professional School Counseling Task Force, which originated almost a decade ago. This task force is responsible for writing the LASC.M that is in use today. There are also plans for revamping the LASC.M to align with the 3rd edition of the American School Counseling model. There are more school counselors joining LSCA and more attending professional development offered by our organization.

We need to continue to dance and adjust our moves to the music. Changes are inevitable and it seems that today in education changes are happening at a more rapid pace. You can count on LSCA, but we will need your support too. Continue to be a member of LCA and LSCA and continue to grow professionally by attending the Fall LCA conference and any other workshops LSCA may offer. **In addition, join the LSCA scene and let’s share ideas. Together we can make a difference in students’ lives, our schools, our state and finally, our profession.** ☺



Call for the 2013 LCA Journal!

By: Peter Emerson and Meredith Nelson, LJC Editors

The 2012 Louisiana Journal of Counseling is available electronically on LCA’s website www.lacounseling.org. As editors of the journal, we are hoping that you will be inspired to submit a scholarly article to undergo peer-review and consideration for the 2013 journal. We are currently accepting APA style articles for review. To submit articles, you may send an electronic copy and an electronic blind copy to mnelson@lsus.edu or pemerson@selu.edu in Word, PDF, or Adobe format. Graduate students are encouraged to submit articles for the “graduate student section.”

If you have any questions about the journal or the submission process, please feel free to contact Meredith Nelson, via her e-mail address: mnelson@lsus.edu or Peter Emerson, via his e-mail address: pemerson@selu.edu

As editors of the journal, we are excited to have such a quality product offered as a service to LCA members and the counseling profession. ☺

2012-13 LCA Leadership Roster

LCA Elected or Appointed Officers and Contract Workers

<p>Paul “Buddy” Ceasar, <i>President</i> 985.549.5693 (w) bbceasar@aol.com</p>	<p>Tim Fields, <i>President Elect-Elect</i> 225.578.2845 tfield1@lsu.edu</p>	<p>Marianne Terrebonne, <i>Parliamentarian</i> 985.549.2309 (w) jwilliams@selu.edu</p>	<p>Diane Austin, <i>Executive Director</i> 888.522.6362 (w) lca_austin@bellsouth.net</p>
<p>Bruce Galbraith, <i>President Elect & On-Site Conference</i> 504.458.3426 gotoschoolman@yahoo.com</p>	<p>Calvin Williams, <i>Past President & Nominations Chair</i> 318.665.9950 (w) providencecounseling@yahoo.com</p>	<p>David Tatman, <i>Lobbyist</i></p>	<p>Austin White, <i>Business Manager</i> 318.998.3201 (Fax) austin@northdeltamanagement.com</p>

LCA Division Presidents

<p>ALGBTIC-LA Kenneth Schmitt, Association of Lesbian, Gay, & Transgendered Issues in Counseling of LA kjschmitt@gmail.com</p>	<p>LAAOC John Crawford, LA Assoc. of Addiction and Offender Counselors JOHN615549@aol.com</p>	<p>LACES Christine Ebrahim, LA Assoc. of Counselor Educators & Supervisors Christine.Ebrahim@counselone.org</p>	<p>LAMFC Melissa Thomas, LA Association of Marriage and Family Counselors MelissaBay@aol.com</p>
<p>LAMCD Vicki Guilbeau, LA Assoc. for Multicultural Counseling and Development VICKIBUILBEAU@GMAIL.COM</p>	<p>LASERVIC Mary Stegal LA Assoc. for Spiritual, Religious and Ethical Values in Counseling maryesteg@aol.com</p>	<p>LCCA Nanette Cheatham LA College Counseling Association Nan_rc2@yahoo.com</p>	<p>LCDA Michelle Waguespack LA Career Development Association michelle@careerplanningservices2.com</p>
<p>LCSJ Lewis Lowrey LA Counselors for Social Justice lowrey@cp-tel.net</p>	<p>LMHCA Marlene Darcy LA Mental Health Counselors Association metatron3@cox.com</p>	<p>LSCA Cathy Smith LA School Counselor Association catz80@gmail.com</p>	<p>LPC Board Liaison Mary Alice Olsan, Executive Director lpcboard@eatel.net</p>

Appointed Committee Chairs and Co-Chairs

<p>Archives: Donald Anderson danders11@yahoo.com</p>	<p>Awards: Linda Griffin lgriffin@latech.edu</p>	<p>By-Laws: Eric Odom eric.odom@arno.org</p>	<p>Finance: Bruce Galbraith (see President-Elect)</p>
<p>Counselor Intern Rep. Karen Taheri kmarieswanson@gmail.com</p>	<p>Graduate Student Rep. Latrina Raddler lraddler@yahoo.com</p>	<p>Strategic Planning: Eric Odom (see By-Laws)</p>	<p>Gratitude/Leadership Academy: Ron Cathey rcathey@latech.edu</p>
<p>Government Relations & LPC Board Representative Cindy Nardini cnardini@juno.com</p>	<p>Membership: Tim Fields (see President-Elect-Elect)</p>	<p>National Guard Project Liaison: Cindy Escandell cindy@escandell.com</p>	<p>Professional Development: Joan Fischer jfischer@olhcc.edu</p>
<p>LCA Journal: Peter Emerson, Co-Editor pemerson@selu.edu Meredith Nelson, Co-Editor Meredith.Nelson@lsus.edu</p>	<p>LCA Newsletter: Vinetta Frie, Editor frienews@yahoo.com</p>	<p>Conference On-Site Chair Bruce Galbraith (see President-Elect)</p>	<p>Public Relations Co-Chairs: Lisa Newman lnewman@lsu.edu Lisa Launey eglau@eng.lsu.edu</p>
<p>ADA Compliance Joan Gallagher jgallag@lsu.edu</p>	<p>Social Media Committee Dawn Ferrara DocDawn@rocketmail.com</p>	<p>Technology Brogan Fairchild brogan-fairchild@hotmail.com</p>	

A Sneak Peek Into The DSM-5

By Kerri T Spears, LCDA President- Elect

As a budding counselor, I am very enthused about the start of my new career. I try to stay current on all events that are oriented towards the counseling profession. One of the primary events that I am anticipating is the release of the updated version of the Diagnostic and Statistical Manual of Mental Disorders, 5th edition or DSM-5. This manual is published by the American Psychiatric Association and is used by mental health professionals to make a psychiatric diagnosis. This publication is considered as a bible for the mental health professional.

After reading several articles on the web regarding the DSM-5, I still had many questions about the new diagnosing criteria and the reason for a change. I wanted a better understanding of this manual so that I could prepare for it; therefore, I decided to interview Dr. Gary Gintner, DSM-5 Taskforce **Chair for the American Mental Health Counselor's Association**. His duty is to monitor the changes made by the American Psychiatric Association and to provide feedback. Early during the interview, I asked Dr. Gintner the rationale for changing the DSM-IV. Gintner informed me the DSM-IV is a dated manual and needs to be updated, considering it is almost 20 years old. The manual was revised to improve mental health care by incorporating the changes in neuroscience and behavioral science over the last two decades.

A major change is the introduction of spectrum disorders, which looks at disorders on a continuum. The spectrum is based on combining disorders that are very similar. For example: Autism, Pervasive **Development Disorder, and Asperger's syndrome** were combined and will be known as the Autism Spectrum Disorder. These disorders were combined because their symptoms overlap. The Autism Spectrum will allow counselors to identify the severity of the disorder. I chose the Autism Spectrum as an example because it can become very challenging to provide career counseling or any professional assistance to a student that lies on this spectrum.

Dr. Gintner also informed me that the multi - axial system of diagnosis will no longer exist. Axis I- III will be collapsed into a single diagnostic axis.

Article continues in next column

There will be alternative ways to note stressors (Axis IV) and functioning (Axis V) but they will not be part of the formal diagnosis. He suggests it may take one to two years for mental health professionals to phase in the new information. He encourages college counselors to become familiar with this manual and use it informally to recognize if a student has a mental issue and needs a referral to the university's mental health center for further evaluation.

I feel rewarded that I had the opportunity to interview Dr. Gary Gintner about the updated version **of the counselor's bible. Not only did I learn about the changes to the DSM, but I realized how the science behind the DSM manual is evolving. Why the change from roman numerals to a number? That's** so updates can be made more regularly and indicated. That is why the DSM is titled DSM-5 instead of DSM V. Is DSM-5.1 around the corner? ☺

New Member Benefit

By Vinetta Frie, Lagniappe Editor

The transition of Baby Boomers to Seniors is changing society in many ways. Increased longevity is increasing the likelihood that LCA members may need long term care in a nursing home or rehabilitation hospital. After receiving inquiries about obtaining long term care insurance benefits for LCA Members, LCA Business Manager, Austin White, introduced us to a potential, new membership benefit.

At the Leadership Retreat, the incoming LCA Executive Board heard a presentation from a representative of John Hancock Insurance, Mr. Thad Dilday. Discounts for individual members of 5% and as much as 30% for couples could go a long way to help members cope with rising costs of long term care. For any member who takes this insurance policy, his or her family members will also be eligible.

Mr. Dilday will have a booth at the upcoming LCA Fall Conference in September, which will be held in New Orleans. There will also be a link on the LCA website, if you are unable to attend the conference.

The Hancock Insurance Company has reviewed our association and decided to offer this coverage to our membership for a limited time. LCA has NO financial involvement in this opportunity. If members take coverage LCA does not benefit, nor is there a cost to the Association if members do not. We are simply responding to your request and hope you will take the opportunity to consider this coverage and determine if it will be helpful for you and your family. ☺

COUNSELORS, WE NEED YOUR HELP!!

By Jessica Fanguy, Awards Chairperson

Many of us have chosen a career in counseling because of the intrinsic rewards that working with people provides. Helping people achieve personal growth or overcome life's challenges is a reward in and of itself, but at times can require counselors to go over and above "the call of duty" to be effective.

Stop for a minute and think about your colleagues that exemplify what it is to be a counselor. Think about your colleagues who spend countless hours in their careers without thought of personal gain. Think about those colleagues who exhaust every effort to help individuals and who "go the extra mile". Think about those colleagues who advocate for the counseling profession. Think about those colleagues who speak to legislators and politicians to protect the counseling profession.

We need your help to identify who those individuals are in order that they may be properly recognized. Please consider nominating individuals for the following

Louisiana Lagniappe



awards:

Distinguished Professional Service
Distinguished Legislative Service
Humane and Caring Person
Research
Graduate Student
Advocacy

The process is easy. Simply go to the website: <http://www.lacounseling.org/lca/Awards.asp> and fill out the nomination form available there. The conference is only a few months away! Don't delay!

1-888-522-6362 member services

Internet site: www.lacounseling.org



**2013 LCA Annual
Fall Conference registration is now
OPEN!!**

Deadline for cheapest rates is

August 15, 2013