

Meet the Candidates for LCA President Elect

Compiled by Vinetta Frie, Newsletter Editor

At the Fall Conference, the LCA Past President, Dr. Iman Nawash, manages the election of the person who will become our president in 2020! For that office we have at least two candidates from which to choose. In alphabetical order, our candidates are Eric Odom, LPC and Kenneth Schmitt, LPC.



Mr. Odom, a graduate of LSU in Baton Rouge with a Master of Health Sciences in Rehabilitation Counseling from the LSU Medical Center in New Orleans, has worked as a professional in social science for more than 25 years. From his start as an Adult Day Care

Specialist, Mr. Odom has progressed in responsibility from his start as a Rehabilitation Counselor in his student practicum, through Case Manager, Assistant Executive Director, Clinical Director, Psychotherapist, Regional Director and now serves as CEO of an addiction center.

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Presidential Perspective Making Connections

*Christine Ebrahim, Ph.D.,
LPC-S, NCC
Louisiana Counseling Association
President 2017-2018*



Photo by 10-year-old Adley Ebrahim

Greetings,

It is with great excitement and pride that I begin my service to you, the members of the Louisiana Counseling Association, as the 2017-2018 President. I have spent the last couple of years observing and learning from the officers who have come before me and am grateful for their steady leadership and enthusiasm. I want to thank Iman Ennabut-Nawash, last year's LCA President and someone I have known for many years, for her dedication to LCA and serving as a role model and mentor to me as I move into this new position.

We have several new members of the LCA board this year and we have already been busy getting to know each other at our first board meeting in July. I look forward to working closely with them and would encourage you all to reach out to your division leaders if you would like to become involved in any way. Also happening in July, President-Elect Vinetta Frie, President Elect-Elect Adrienne Trogden and I attended the ACA Institute for Leadership Training in Washington DC. It was a 4 day training where we met with other state and division leaders and spent one day on Capitol Hill, meeting with staff members of our various state senators and representatives. The three of us also spent a lot of time together discussing the upcoming conference and ideas we have for the rest of the year.

(Presidential Perspective, continued on page 2)



Another Silver Lining — Part 2
By Vinetta Frie, LPC, Newsletter Editor



Christine, Vinetta & Adrienne

In January, I was hurrying across some broken pavement in a parking lot and twisted my sore knee. The sudden onset of pain nearly floored me. Compensating for the knee hurt my opposing hip. The awkward movements began to aggravate my sciatica. For six months I was locked in a cycle of pain. My GP referred me for a MRI, I saw an orthopedic specialist, who could only recommend a procedure which was likely to give me arthritis.

I was scheduled to attend the Institute for Leadership Training in Washington, D.C. The trip was going to involve a LOT of walking. I wasn't sure if I would be able to go, until a colleague in late April noticed I was limping and told me about her ... chiropractor! I was skeptical, but desperate. I asked a lot of questions, and was left with a decision. Nothing I had tried so far was really working. I consulted my insurance and found that the visit would be covered. So I made the appointment.

As I waited in the treatment room, there was a message stenciled on the wall: Chiropractic, like gravity works, even if you don't believe in it. I laughed out loud. And in ONE VISIT, I was pain free!!

It wasn't a complete healing, but the beginning of a process, in May

(Another Silver Lining, continued on page 3)

Coming up with this year's theme was pretty easy for me. It centers on the importance of mentorship; **Mentoring: Enriching and Empowering Lives**. I have had several mentors that have made a tremendous impact on my life and my career as a clinician and counselor educator; I am grateful for the lessons I've learned from them and the experience I've had. I have seen the value of mentorship and how, through mentorship, we can become better counselors. I am excited to make some big announcements regarding the theme of mentorship at conference!



Speaking of conference, mark your calendar and plan to join your friends at the Crowne Plaza in Baton Rouge Oct 1-3. Pre-conference will be held September 30. Parking is really easy and the conference space gives us ample room to move around. We have some informative sessions scheduled this year and fun activities planned. I am eager to announce the keynote speaker on Sunday will be Dr. Kevin Fall, who is currently a counselor educator at Texas State University. I, and many others, have had the pleasure of being mentored by Kevin when he was living in New Orleans and many of you may



have met Dr. Fall as he was a regular presenter at LCA. Be sure to stick around for the Presidential Reception later that evening; come enjoy some great food and music and take some time to be silly in the photo booth!

We are excited to be celebrating graduate students at the conference by making Monday, Oct 2 "Graduate Student Day."

(Presidential Perspective, continued on page 3)

The Louisiana Delegation at the ACA Institute for Leadership Training in July. Row 1, l-r: Dr. Christine Ebrahim, Dr. Catherine Roland, Adrienne Trogden. Row 2, l-r: Vinetta Frie, Dr. Kathrine Hermann-Turner





Louisiana delegation on Capitol Hill in July.

Another Silver Lining, continued from page 1

and early June. In July, on the Saturday I arrived in Washington, took a tour and I **walked** more than 14,000 steps in **one day!** On the day we went to Capitol Hill to meet the Congressional aides, I walked just 77 steps short of ... 17,000 steps in one day!!

Counseling is powerful. With our powers of observation, we notice behaviors. With our ability to listen and draw on our training and experiences, we offer suggestions and help those who are willing to trust us. We help people to identify and explore options they may have never considered. And if we make a strong enough impression, that person returns to share with us the fruition of the time we invested together.

The picture on page two, is of Christine, me, and Adrienne, LCA President, President Elect, and Elect-Elect. Had I not talked with Barbara, had I not met Dr. Caillouet, I would not have had the experience of ITL and getting to know our President and President Elect-Elect. I would not have known that even at this stage in life, there are personal bests I can exceed. That is what our profession and this Association mean to me.

I hope to see you at the LCA Conference. I hope you will tell me what personal best you will target to exceed in the next 6 months. I hope you will consider becoming a more active LCA member. Would you like to become part of my administration? Let's talk!

Presidential Perspective, continued from page 2

We have some great things planned specifically for our students including the opportunity to take advantage of free professional photographs they can use on professional networking sites, compliments of LCDA. Also, LACES, PLCA and the Graduate Student Committee are co-sponsoring the Supervisor/Supervisee Match Up. It's a networking session that allows graduate students to network and hopefully find potential LPC supervisors in their area. And many of our students will be participating in the poster board presentations that day (almost 20 total posters, so check them out and receiving CEU credit!). Roundtable presentation will also make their first appearance at LCA this year.



Many of you look forward to the conference community project and this year I am happy to announce that it is The Molly Frank Foundation. The Molly Frank Foundation is a non-profit organization dedicated to providing service dogs for veterans and active service members with disabilities. Look for opportunities to participate in this fantastic project.

Finally, if you haven't already done so, please be sure to download the LCA app, which was introduced at last year's conference. It can be downloaded from the app store and is very easy to use. Please register early to take advantage of early registration rates. I am really looking forward to this year's conference and getting a chance to connect with old friends and make new ones!



Sincerely,
Christine

Christine H. Ebrahim, Ph.D., LPC-S, NCC
LCA President, 2017-2018



Where Else Than the LCA Fall Conference?!

Submitted by Dr. Gloria Bockrath, former LCA President

The picture below was contributed by former LCA President Dr. Gloria Bockrath. It was taken at the 2001 conference in Alexandria or Lafayette, when she was chair of Government Relations. Members of LCA were captured and put in "jail." After "arrest," they would call friends or appeal to passers by to pay their "bail" and thereby secure their release. All proceeds went to the Government Relations Committee to pay for advocacy costs.

What fond memories do YOU have of LCA Fall



LCA Pretend Incarcerated Persons raising money for Government Relations Committee. The pair on the left are then LCA President Ken Benedik and his "free" wife, Jackie. The smiling curly-haired lady looks like Dr. Bockrath!

See you in
Baton Rouge
for the
Annual LCA Fall
Conference
at the Crowne Plaza
Sept. 30-Oct. 3?!



Fall 2017

Mentoring: Enriching &
Empowering Relationships

Meet the Candidates, continued from page 1

He also has a list of professional memberships including 7 years serving on the LCA Executive Board and in 2014 he earned the President's Award for outstanding service. Mr. Odom is a Licensed Professional Counselor.

Mr. Kenneth Schmitt is also a Licensed Professional Counselor who also holds two additional certifications: National Certified Counselor and Registered Play Therapist. A Graduate of Point Park College in Pittsburg, PA, he earned his M.Ed., in Counselor Education at UNO. He has spent the last 8 years working in New Orleans first as a student intern then as a School Counselor, and now serves as Director of Counseling where he also provides individual, couples, and family therapy.



Mr. Schmitt is committed to professional development and service. He holds membership in four professional associations including 5 years on the LCA Executive Board where he served as Division President of the Alliance of Lesbian, Gay, Bi-Sexual, Transgender Issues in Counseling, ALGBTIC. Mr. Schmitt has presented or co-presented 10 content sessions at local, regional and one national conference, the American Counselor Educator and Supervisors National Conference in Denver, CO in 2013.

I think you will agree, that we have two excellent candidates from which to choose. But this is just the information I highlighted from their respective resumes! You will find beginning of page 5 a conversation with the candidates, where they share their thoughts about the future they envision for LCA. 👤 👤 ⏪




l-r Eric Odom, LPC and Kenneth Schmitt, LPC, LPC-S

Meet the LCA President Elect hopefuls...

Conversation With The Candidates

Submitted by Vinetta Frie, Newsletter Editor

Imagine sitting with a cup of coffee in hand and chatting with not one, but two professional counselors who each want to serve as president of your state association. That is the scenario for this article. Listen in as we begin again in alphabetical order...

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

EO: I have been extremely fortunate to have held a wide variety of positions in my career, ranging from clinical to administrative to executive. All of my career opportunities have been made possible because I was, first, an LPC intern, then an LPC. I started my career as a child and adolescent therapist, then I moved into administrative and executive positions in the second part of my career. All of my work has been in the areas of mental health and/or addiction treatment. Becoming an LPC prepared me extremely well for a career in mental health and addiction treatment, and the letters "LPC" behind my name have opened all doors for me.

I'm going to tell a story on myself: Before I met our Executive Director, Diane Austin, for the first time, I was completely naïve to the work of LCA. I had heard of LCA. I knew that LCA was the advocacy extension of the LPC profession. However, I had no clue what LCA really did. Diane set me straight on that! I was looking for ways to

(Conversation with the Candidates, continued on page 6)

Graduate Student Day at the LCA Conference!

By Michelle Robichaux, M.Ed. and Ida Ansell, 2017-2018 Graduate Student Co-Representatives



Some of you might remember me, Michelle Robichaux, as the 2016-2017 Graduate Student Representative for LCA. While I am happy to announce my return as one of the 2017-2018 Graduate Student Representatives, I am even more excited to begin working with Ida Ansell, a graduate student from Loyola University in New Orleans, who has recently started her role as my Co-Representative. The idea for creating two Co-Graduate Student Representatives was the brainchild of LCA's very own President, Dr. Christine Ebrahim, which pairs perfectly with her topic for this year's LCA Conference, "Mentoring: Enriching and Empowering Relationships."

Mentoring is such an important topic in our profession and as Co-Graduate Student Representatives, Ida and I hope to share and spread this message to other students by increasing their presence within LCA. Ways in which we plan to do this include creating a new Graduate Student Committee, which at the current moment consist of thirteen members representing six different graduate counseling programs across the state of Louisiana. In addition, we hope to connect graduate students to professional development resources within their communities and to current PLPCs and potential supervisors.

In fact, with the LCA Conference fast approaching we encourage all graduate students and their professors to attend this year's first "Graduate Student Day," which will be held during the Conference on Monday October 2nd, 2017. Some events the students will be able to attend include a "Jump
(Graduate Student Day, continued on page 6)

Graduate Student Day, continued from page 5

Start Your Job Search” workshop, presented by members of LCDA and a “Meet Your Potential Supervisor” session, that will be hosted by LACES and the PLPC Division of LCA. Lastly, Ida and I welcome all graduate students and current PLPCs to a networking social (That will take place after the “Meet Your Potential Supervisor” session has ended.) so we can get to know one another and share our experiences in pursuing this profession together.

As always, Ida and I welcome any questions or suggestions any members of LCA may have and you can feel free to reach us at lcagsrep@gmail.com. 🧑🏻‍🦱🧑🏻‍🦱

Conversation With The Candidates, continued from page 5

begin giving back to my profession when I met Diane. I was beginning to understand the importance of working to advance the cause of our profession as a whole, and Diane helped me to see that LCA is the avenue that I could take to really contribute to the development of our profession. She really made me understand what LCA does in terms of all of the great grass-roots work that the Divisions do, and the important impact LCA has had in advancing the causes of the LPC profession at the legislative level. She invited me to join the Executive Board, and I have been the Chair of the By-Laws Committee since 2010. I am extremely proud of the work that LCA does, and I intend to serve LCA for as long as it will have me.


It is truly an honor for me to be a candidate for the LCA Presidency. I feel that the variety of experiences that I have had in my career, in addition to the work I have been doing with LCA for the last 7 years gives me the type of perspective that is needed to honor the role of the Presidency, and to do it well. If I am

Article continues in next column

Article continues from left column

fortunate enough to win the election, my goal will be to make the continued advancement and health of the LPC profession a focus of my presidency.

KS: While still earning my Master at the University of New Orleans, I realized my strong desire to promote the counseling profession and to connect with the larger professional counseling community. I fulfilled both of these goals when I joined LCA. Its importance in my professional growth has been significant. While still a student member, I became President of the ALGBTIC division and served in that role for three years. I also assisted the founder of the current PLCA (formerly CIAL) division in her desire to advocate for new professionals and for them to have a voice in Louisiana. I witnessed LCA’s support and desire for this new division and gladly served as President of PLCA for two years. I know that LCA is a community of knowledge and support for me and as President of LCA, I would work with its members and leadership team to continue build and grow LCA as our profession does.

 *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?*

KS: The President position of LCA is not only a leader and advocate for LCA but for the entire counseling profession. As President, I would make sure that LCA has a voice in legislature and try as best I could to rally all members to get involved in any way to help promote our chosen profession. Also, I would hope to bring awareness to the general public about our scope of practice and how valuable counselors are to Louisiana by reaching out to other professional organizations to let them know our profession.

EO: I am not a territorial person by nature, but many of us that have been in our profession as long as I have know the struggles we have had to have the discipline of LPC be recognized in the same manner that other clinical disciplines are. We know that we are well trained. We know that we are legitimate clinicians. Yet, we haven’t historically enjoyed the same level of professional and political clout and recognition that other clinical disciplines have. A lot of remarkable work has been done by LCA in recent years to help level the playing field that we work on,

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*Mentoring: Enriching &
Empowering Relationships*

**Conversation with the Candidates, continued from
page 6**

and it will be the mission of my Presidency to assure that this work continues. I would like to help assure the continued health of LCA and LPCs by way of the following objectives:

- Fully empower all of the Divisions to continue its remarkable work at the grass-roots level. Their work serves two distinct purposes: to educate counseling professionals and the public at-large, and to serve as the living embodiment of the kind of quality professionals that represent our discipline.
- Continue our work with the Louisiana Legislature to help them to understand that, in side-by-side analysis of academic and training curricula, LPCs operate on a level playing field with other clinical disciplines.
- Assure that the managed care industry continues to recognize LPC as a clinically viable and 'billable' entity.
- Educate counseling education programs around the state on what LCA is and the role it plays in assuring the clinical and economic viability of our profession.

 *As LCA President of 12 diverse divisions, 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.*

EO: I believe that it is, first, important to say that, while LCA as a whole serves a vital interest in the counseling/LPC/P-LPC world in Louisiana on a "big picture" level, the 12 Divisions have the unique and vital opportunity to engage the social service profession and the community at-large on issues that speak directly to the mission of each Division.

In the short-term, I believe that it is very important that Division members come together in the creation of a living and breathing strategic plan that speaks directly to the various messages that each Division want their key stakeholders to hear. The strategic plan is meant to serve as the blueprint for a

(Conversations, continued on page 8)

8 Division Presidents Report

*Compiled by Vinetta Frie,
Lagniappe Editor*



You will hear from some outgoing and some incoming Division Presidents in this section. 7 Division Presidents summarize their terms of office or share their hopes for the future. Look for these divisions at the LCA Fall Conference at the Crowne Plaza in Baton Rouge!

LAMFC: Come and Join Us

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

As president of the LAMFC I would like to let you know that we will have our Annual Business Meeting and luncheon on Tuesday, October 3 at 11:30 in the Mississippi/Delta Room. Our speaker for the luncheon will be former ACA President Dr. Brian Canfield. Dr Canfield will be speaking on "Ethical Considerations when working with Couples". At this luncheon we will be electing a new president and board and would like to ask for volunteers for the position of President, Secretary and Treasurer. Please forward your interest or questions to monroe109@bellsouth.net.

Also, Dr. Brian Canfield will be presenting a pre-conference institute on "Dyadic Relationship Counseling" on Saturday, September 30th. This pre-conference workshop is jointly sponsored by LCA and IAMFC. I look forward to hearing from you and seeing you all in Baton Rouge.



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A Message from the President: Tommy Fonseca

By Dr. Thomas Fonseca, LA-SERVIC President

On July 1, I started my third term as LASERVIC president. I remain as excited today as when I was first blessed to be elected by the LASERVIC members. The only difference now is that I have been able to connect with so many more great members of LCA.

One of the benefits of membership is getting the chance to catch up with friends at the LCA conference. The 2017 LCA Annual Conference will be October 1-3 in Baton Rouge, LA. Check out some of the wonderful opportunities you have to join us in fellowship! In particular, please consider joining us for LASERVIC's Annual Prayer Service on Monday, October 2, from 7:15-8:00 a.m. I also hope you can join us for the LASERVIC Luncheon on Tuesday, October 3, from 11:30 a.m. -1:30 p.m. I am especially excited about discussing the importance of mentoring and mentoring relationships. Specifically, I want to give a voice to those present to share their stories about mental health professionals who have been strong mentors to their development. The luncheon promises to be a special time for all who attend.

I look forward to meeting each of you at this year's conference. Please find me and introduce yourself – I love meeting more members of our mental health community!

And finally, please lift up in prayer all those who have been affected by Hurricane Harvey in the past week. As I write this, Hurricane Irma lurks in

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Division to move forward, and also serves as a way for Divisions to be clearly heard by LCA Executive Leadership; i.e. clearly detailing the issues that are cared about and what exactly will be done to advance the causes or objectives discussed in the strategic plan. LCA Executive Leadership, in turn, must commit to the task of giving the 12 Divisions a forum to discuss causes and objectives, and the opportunity to seek feedback and report on progress being made.

Also, in the short-term, the 12 Divisions can have their voices heard by continuing to play a vital role in the development of subject content at the LCA annual conference. What better way can a group of people get their causes heard by potentially hundreds of people in the counseling profession than by submitting candidates to the Conference Committee to present on issues that matter to them at the LCA annual conference? Divisions can also have their voices heard by continuing in the task of coordinating their own continuing education events, tailored specifically to audiences of their choosing.

In the long-term, the 12 Divisions can bring attention to their issues by engaging elected officials at both the local and state level. Many voices are heard over one, so a united and coordinated effort is required in order for an elected body or official to truly hear what is important. LCA Executive Leadership can be supportive in these efforts by the Divisions engaging the Government Relations Committee in the task of developing strategies that the Divisions can use to be heard by elected officials.

KS: As past president of two divisions, I understand that sometimes divisions don't feel as important or active as other divisions. As President of LCA I would undertake a few interventions to make sure that each Division has a voice, no matter how small the membership. Below are some short term and long term goals I would have as President Elect-Elect, etc.

Short Term Goals

- Learn about each divisions mission and goals.
- Meet with each division president to discuss how LCA can better serve its members.
- Motivate divisions to be active at conference

(Conversations, continued on page 9)

the Atlantic Ocean, so please continue to pray for all affected by this storm and any others.

Remaining in Prayer,
Tommy Fonseca



Connect!

By Joyce Fields, LCCA
President Elect

Our profession as counselors is about helping others connect – with themselves and with others. As college counselors we experience the reward of both connecting

with each student and helping the student to connect with information, services and ideally with others on the campus and beyond. We know and see the value in connections for our students; we see them “light up” with rediscovered hope and direction when we help them connect.

Do we recognize the need and benefit for our own personal, collegial and professional connections? We easily become disconnected; the demands of the work day can inhibit our ability to find the time and energy to nurture our own relationships in the workplace and beyond.

Our recent **Louisiana College Counseling Association (LCCA)** Summer Workshop in late May was a point of connection for those who were able to participate. Our upcoming LCA Conference will provide another terrific opportunity to not only enrich our knowledge base but to also (re)connect with other counseling professionals who share similar heart-beats for helping others.

I thrive when I have positive interactions with others – professionally and personally. When I lose that, I begin to wilt. LCA and LCCA have been instrumental in fostering new and continued relationships for me. I learn from others, I laugh with

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Mini Minutes of the Louisiana Counseling Association Executive Board Meeting

By: Vickie S. Thompson, LPC, LCA Board Secretary

At the Archdiocese of New Orleans Retreat Center in Metairie, LA on July 7, 2017, Dr. Paul “Buddy” Ceasar, Director of the Archdiocese of New Orleans Retreat Center, welcomed the board members. Dr. Christine Ebrahim, President of LCA, welcomed the members of the LCA Executive Board.

Here follows a summary of actions taken:

- Austin White presented the Financial Report. For the 11 months ending May 31, 2017, confirming that LCA remains in the black. The report was accepted.
- Adrienne Trogden, Public Relations Chair and President Elect-Elect, presented the progress of the newly developed web page for LCA. The

(Mini-minutes continued on page 10)

Conversation with the Candidates, continued from page 8

with presentations; meetings etc. to better serve its members.

Long Term Goals

- Require Divisions develop a 5-year action plan on how they are going to reach members, advocate for them and grow their divisions.
- Create awareness between divisions and have division’s partner up to develop outreach plans to their members.
- Have each division represented at the annual with conference with presentations directly addressing the needs of its members.

You will find a mail in ballot on page 13 or you may vote in person at the Conference.

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others, I may cry or pray with others, I encourage and receive encouragement, I grow. Involvement with others is time well-invested. We “know” this. Let’s encourage each other in our involvements. Conversation, care, shared thoughts and ideas, comradery spark a positive synergy. Join in and bring yours!

Come join us at the LCCA Luncheon (Monday, October 2, 12:00) at the upcoming LCA Conference (Monday, October 2, 12:00)! We value the insights, energy, perspective you bring. Your presence and participation will be that spark for the person next to you!

Follow us on **Facebook: Louisiana College Counseling Association**. And please feel free to reach out to me: jwakef@lsu.edu.



Be Career Smart!

Lisa Hibner, LCDA President

LCDA’s 2017-2018 Board is **focused on careers** and will be offering the following events, services and programs to support LCA and LCDA members.

On Monday, October 2 from 3 pm-6 pm during the LCA Conference, LCDA in partnership with LCA, will provide conference participants with an opportunity to have a **FREE photo** taken for use in the development of their professional image on LinkedIn or other media platforms. Be sure to stop by and take advantage of this opportunity.

Also this year, LCDA members will be able to **earn free CEUs through LCDA’s new “Career Smart” initiative!**

“Career Smart” is a webinar collaboration be-

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- new web page will launch after conference.
- After a conference call with a senior representative of Telehealth Partnership, Joyce Fields, LCCA President, encouraged investigating the Telehealth partnership. The board instructed Diane to continue.
- Mary Feduccia offered the report from Government Relations. In Act 235, the Severe Mental Illness language was removed from the law in the recent legislature session. Sen. J. P. Morrell authored the bill. David Tatman, LCA’s lobbyist, was instrumental in helping to pass this bill. Supporting the concern of the school counselors, LCA supported the bill that corporal punishment be disallowed for students with exceptionalities. This bill passed.
- Iman Nawash announced two candidates for LCA President Elect Elect-Elect: Ken Schmidt and Eric Odom.
- Dr. Ebrahim announced her theme for this year, “Mentoring: Enriching and Empowering Relationships.” The keynote speaker will Dr. Kevin Fall from Texas and a former Loyola professor.
- Nicole Ferrer, chair of Professional Development, offered information about Poster Presentations which will be on Monday in the ball room of the conference 2017. There will be ten Round Table presentations at lunch on Tuesday.
- Jenny Petty, Archives Chair, reported that a survey to Past Presidents will be sent. Government Relations will give a history of legislation. Diane will put the business minutes on a disk for Archives.

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Teddy Bear Drive, our community service project at the 2009 LCA Fall Conference

Mini-Minutes, continued from page 9

- Dr. Ebrahim announced that at the President’s Reception there will be a DJ, a photo booth, and a dance floor. Pictures from the photo booth will be displayed at the closing session.
- Joan Gallagher and Lisa Hibner are planning the closing session. The closing session will last one and half hours and will award CE clock hours.
- Awards Chair, Asha V. Murphy, encouraged board members to consider nominations for awards. Forms are due by August 31, 2017.
- Adrienne Trogden, Public Relations Chair, proposed that LCA hire someone to the job of Public Relations. Stephanie Robinson made a motion for LCA to pay a stipend of \$1000 for a public relations temporary employee to update and monitor all the social media platforms for the months of July, August, and September and through LCA conference. Zach Hebert volunteered for the position.
- Dr. Ebrahim encouraged writing the articles for the *Lagniappe*. July 28th is the deadline for the next publication. 👤👤👤

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tween the Louisiana Career Development Association (LCDA) and the National Career Development Association (NCDA).

Through “Career Smart” LCDA members can earn **four free CEUs annually** by viewing webinars sponsored by NCDA. Each webinar normally costs \$35, however, with LCDA’s sponsorship of this program members can attend four new webinars (live or recorded) each year for free, and earn one CEU per webinar (a total of four CEUs). This is a savings of \$140 — a great return on investment for the \$10 cost of LCDA membership! Additionally, through the “Career Smart” initiative LCDA members will have access to ten previously recorded NCDA webinars, allowing them the opportunity to earn another ten free CEUs — a \$350 value.

The webinars are delivered by national and international experts in the field and cover a variety of significant career development topics of interest to those working in elementary and secondary education, higher education, private practice, and workforce development. For a listing of current webinar topics visit: <https://ncda.org/aws/NCDA/pt/sp/webinars>

SAVE THE DATE: On January 26, 2018 LCDA will host the Career Connections Conference in Baton Rouge, LA. This conference will provide participants the opportunity to network with other career counseling professionals, gain exposure to current career counseling theories and trends, and earn up to **6 CEUs**.

If you are not a member of LCDA, JOIN NOW so that you are able to participate in these **CAREER SMART** opportunities for professional growth. <http://www.louisianacareerdevelopment.org/>

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Notes from a Counselor Returning to Louisiana

By Dr. Catherine Roland, LPC, NCC

There is no place I would rather be living or counseling than in Louisiana. I would like to share some thoughts about that. I've lived and practiced in many places since I last lived here including New Jersey and Arkansas, — I've been a Counselor Educator at five institutions. One universal issue I've seen in all the places I've been concerns the common identity we have as counselors in school and clinical mental health settings, those who work in colleges, and full-time private practitioners. When we say we are counselors, we know that our profession is unique, our training is excellent, and our ethical code is rigorous in order to protect our clients, students and our profession. In addition, throughout these past two and a half years of traveling and serving our profession through the American Counseling Association, it has become clear to me that counselors are resilient, compassionate, introspective, and about 50 other descriptors I could use – all good!

For the past several years I've asked myself why school counselors and school Counselor Educators do not always embrace the counselor identity completely. I know sometimes counselors working in a school setting can feel frustrated that not enough 'real' counseling takes place in their school and that they don't always have the full support of the administration to meet the needs of all students. I recall feeling a little of that when I was a school counselor many years ago. I've heard school counselors even say "I feel more like a teacher than a counselor." To that I say no! Teachers and counselors are very different and have different roles. While both incredibly valuable and influential professions, the professional training and expectations are clearly different in so many ways. It has always amazed me how much students at all levels

(Notes from a Counselor, continued on page 13)

Steady Progress Seen In Louisiana

By: Louis Lowrey, M. A., LPC, President Louisiana Counselors for Social Justice



Thanks to all of you who work every day with your clients and families in seeking social and restorative justice solutions to the issues they present. It seems that we are making steady progress in our state in recognizing that retributive justice which involves "us versus them" does not serve anyone well. New laws which are effective August 1st include alternative sentencing possibilities, helping ex offenders gain occupational licenses, issues regarding unaffordable bonds, and possible parole for juveniles who were convicted of murder after having served twenty five years are some of the notable laws. Improved laws regarding domestic violence are also taking effect.

We continue to work in our profession to solve problems by empowering our clients to recognize that there is more than one way to solve something they are facing. Our LCSJ presentation at the Conference will interactively discuss how we can use principles of social and restorative justice in our daily work. Each of us brings not only our professional training, but also ourselves and our experiences when we meet clients in counseling. As we all know, it is more than just suggesting "coping mechanisms" or tools. It also involves empowerment, education, and advocacy.

(8 Division Presidents Report continued on page 14)





LCA Mail-In Ballot

Cast one vote by using this ballot by mail, OR in person at the Annual Fall Conference, **but not under both venues.**

FOR PRESIDENT-ELECT ...

Beginning on page 1 you will see biographies of our candidates. See page 5 for their vision statements about LCA.

CHOOSE 1 OF 2 WAYS TO VOTE...

Print this page of the newsletter and mark the ballot. **Mail it to Dr. Iman Nawash by September 20 at 137 Fashion Blvd., Hanville, LA 70057**

OR

Vote in person at the LCA Annual Fall Conference at the Crown Plaza Hotel beginning September 30

Late ballots will be disqualified.

LCA President Elect-Elect (Select ONE only)

- Eric Odom
- Kenneth Schmidt
- Write In Candidate
(MUST be a current LCA Member):

E-mail address:

Notes From a Counselor, continued from page 12

in school see counselors as role models, guides, trusted adult-allies, and more. This is a bit of an appeal to counselors working in schools to understand, while they may not be aware of their impact immediately, they are truly impactful — they are changing lives! How can we not know that we are making a difference when students change and grow before our eyes?! More often, it's the eye contact, the short pause in the hallway to check in, or the subtle change in behavior only a counselor can perceive which will provide support in many ways a long time after we don't necessarily remember the student. Please believe that those students remember you, their counselor, so the counselor identity we embrace provides the path to good work within school settings, as well as all other settings.

As ACA President last year, I wanted to explore this issue of school counselors and Counselor Educators in schools sometimes not identifying wholly as counselors. It was my quest to understand how ACA and the profession could further serve our counselors and faculty in school settings. To that end, I had the honor of appointing a four-person Presidential Advisory Panel on the Roles and Opportunities for School Counselor Educators. I'm very proud to share that a Counselor Educator from Louisiana worked with us all year on this special group and that was Dr. Stephanie Eberts, a Counselor Educator at LSU-Baton Rouge! The other three individuals were Daniel Cinotti (New York), Brandie Oliver (Indiana), and Denise Lenares Soloman (Georgia). ACA brought them all to Washington, DC in December 2016 where we held a groundbreaking two-day meeting on the topic of counselor identity and school counseling. From that a special Presidential session at the ACA San Francisco conference was created and these four individuals did an awesome job in the presentation. I'm happy to share that those four also submitted a session to ACA's 2018 conference in Atlanta, on a similar topic and the next steps moving

(Notes from a Counselor, continued on page 14)

forward. I hope we will see you there.

I'll end with what I began with —I am happy to be here, to have a practice in Metairie, and to work with LCA in any way I can. I want to put my incredible experience as President-elect, President and now Immediate Past-President to the best use possible. 👤👤👤

8 Division Presidents Report, continued from page 13

If you have not yet joined LCSJ, I invite you to contact Diane Austin who can make it easy for you to add this Division to your LCA membership. There are many good reasons to attend this year's Conference. Please plan to be there.



LMHCA On The Move: Past and Future!

By N. T. Sparks, M.A., NCC, LPC,
LMFT, LMHCA President

I attended the **American Mental Health Counselors Association (AMHCA) Conference** July 27-29, 2017 in Washington, D.C. along with two members of the LMHCA Executive Board. [AMHCA](#) celebrated its 41st Anniversary at the Conference. The Theme of this year's Conference was "Innovate and Advocate: Pathways to Clinical Excellence." The Leadership Summit provided State Leaders with information to strengthen local chapters and how to navigate complicated legislature. Thursday, July 27, 2017, was declared "A Day of Advocacy" in which state and local leaders met with policy makers. Counselors met with members of Congress and their staff armed with data and talking points to make the case about how we are uniquely trained and qualified to provide mental health assessment, diagnosis, and treatment to address their constitu-

Article continues in next column

ents' mental health conditions.

Walk to End Alzheimer's: November 11/18/2017. LMHCA has aligned with the Alzheimer's Association to participate in the **Walk to End Alzheimer's**. We are gaining division visibility, impacting our communities, fundraising and raising awareness. Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease!

When you participate in a walk your fundraising dollars fuel the agency's mission and helps to change the level of Alzheimer's awareness in your communities. The Alzheimer's Association provides free, easy-to-use tools and staff support to help participants reach their fundraising goal. There is no fee to register. We encourage participants to fundraise to contribute to the cause and raise awareness. Together we can #EndALZ. If you post on your social media sites and please use the #EndALZ #Walk2End2017.

To find a walk near you, visit: act.alz.org, search Team "LMHCA." We will also have a complete list of walks posted on our Facebook page. *Note: There are several walks available/teams based on your zip code.* Let's get walking!

The **LCA Annual Conference** will take place October 1-3, 2017. We are excited to offer several Pre-Conference Learning Institutes this year, all of which are on September 30, 2017. You've asked and we've listened! We are offering **Tele Mental Health Provider Training, Part One** during the Pre-Conference Learning Institute. **Dr. Lori Taunton** of West Monroe will be the featured speaker at the **LMHCA Luncheon**, to be held on **Monday, October 2, 2017**. Dr. Taunton give participants a working knowledge and greater understanding of treating trauma in adolescents. The topic, **"Treating Trauma and PTSD in Adolescents,"** will certainly be exciting and educational. I look forward to seeing each of you at conference!

(8 Division Presidents Report, continued on page 15)



LSCA: Reaching Higher!

By Royce Hooks, Sr., LSCA President

In less than a month, we will gather in Baton Rouge at the Crowne Plaza for the LCA Conference. It is a special time for the members of the Louisiana School Counselor Association because we have a lot to look forward to!

Sunday is the day when we will begin voting for President Elect-Elect, Middle School and Post-Secondary Vice President. We have three excellent candidates and members can write in the candidate of their choice. We have the annual Awards Luncheon and Business Meeting where we recognize the Counselors of the Year for Elementary, Middle, Secondary and Post-Secondary levels, as well as Administrator/Supervisor and Advocate/Legislator of the Year. Our Luncheon will include a guest speaker, Dr. June Williams, so participants will even earn CEUs!

Five years ago, LSCA President Dr. Jennifer Curry, had an idea that we have continued: the LSCA Track. Coordinated this year by Dr. Ariel Mitchell, LSCA is sponsoring 9 sessions of special interest to school counselors. There are even two pre-conference workshops which could be useful to school counselors.

I have chosen for my theme, "Taking LSCA to the Next Level." I draw inspiration from former First Lady, Mrs. Michelle Obama, who championed her support for school counselors when she called us "educational heroes" helping "legions of young people find their way from uncertainty to prosperous, confident futures." School counselors are in an excellent position to advocate for our students, our profession and ourselves. LSCA is ready to take our advocacy to the next level where our state needs us to be. I hope you will want to join us in

Article continues in next column

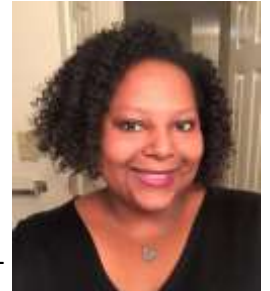
Article continues from the left column

reaching higher that we've ever been.



PLCA Division Update

Portia Gordon, LPC, RPT, PLCA President, 2016-2018



This past year, the Provisional Licensed Counselor Association (PLCA) has been in the startup phase and has set the groundwork to better advocate, advance and represent our members.

We launched our new website, plcalouisiana.org which is filled with the history of the division, information about being a PLPC, how to make the transition into LPC and also ways to connect with other counselors. We have also increased our social media platform to include a Facebook page, where we post helpful weekly articles and about upcoming events. During conference this year, we will be posting about events, helpful tips and meet ups for PLCA members.

Speaking of the LCA Conference, we are excited about all of the events that PLCA will be offering for our members. This will be the first year we host a luncheon, offer CEUs and hold a discussion, Mary Alice Olsan, from the LPC Board of Examiners. We will discuss the Nuts and Bolts of Being A PLPC. This will be a free event to all of our members who pre-register to attend. We will also be discussing ways to get more involved with our division and upcoming board elections.

(8 Division Presidents' Reports continued on page 16)



*Mentoring: Enriching &
Empowering Relationships*



Remember where you
were a year ago?



See you in less than a month at the Crowne Plaza!?



**8 Division Presidents Report,
continued from page 14**

PLCA, along with LACES, will be co-sponsoring a Supervision Match Up event where supervisors can meet potential supervisees. If you are in the market for a supervisor or would like to see if there is one that is a better fit for your specialty, this is the place to do that. Think speed dating, except you're making professional connections while networking, meeting and gaining support from peers and seasoned professionals.

We will also be sponsoring a Snapchat filter to be used during conference. Feel free to send us your snaps or to find the PLCA board and include us in them.

Conference will be filled with door prizes, raffles and giveaways so make sure to attend the events and stop the board members to say hi when you see them.

We are looking forward to this upcoming year and offering great events and opportunities for all of our members. 🙌👥





Artwork by Claire Kohne, Graduate Assistant in Loyola's Counseling Program in New Orleans, La.

New LCA Initiative starting...

Inaugural Leadership Development and Mentoring Institute Announced

By Dr. Christine Ebrahim, LCA President and Dr. Catherine Roland, LDMI Coordinator and Immediate Past President of the American Counseling Association.

On behalf of the Louisiana Counseling Association, we are excited to introduce and start the Inaugural Leadership Development and Mentoring Institute, LDMI. LDMI is designed to connect graduate counseling students, new/early counseling professionals, and Counselor Educators to state and national mentors over the course of a year, or beyond. The purpose of this connection is intentional collaboration on a professional development project.

The Institute will begin in New Orleans on February 23, 2018 at Loyola University. After months of collaborative mentoring it will conclude at the 2018 LCA Fall Conference. At that time the chosen mentees will participate in poster presentations outlining each mentee's professional development project.

LDMI is designed to benefit both mentors and mentees as it creates an opportunity for mentorship, collaboration, and networking on various leadership levels. Dr. Ebrahim and Dr. Roland are working hard to gather the very best mentors in our profession and create the most meaningful experiences. Watch the [Louisiana Lagniappe](#) and our website for more details as soon as they are available.

What?

Leadership Development and Mentoring Institute

When?

February 23, 2018

Where?

*Loyola University
New Orleans, LA*

2017— 2018 LCA Leadership Roster

LCA Elected or Appointed Officers and Contract Workers

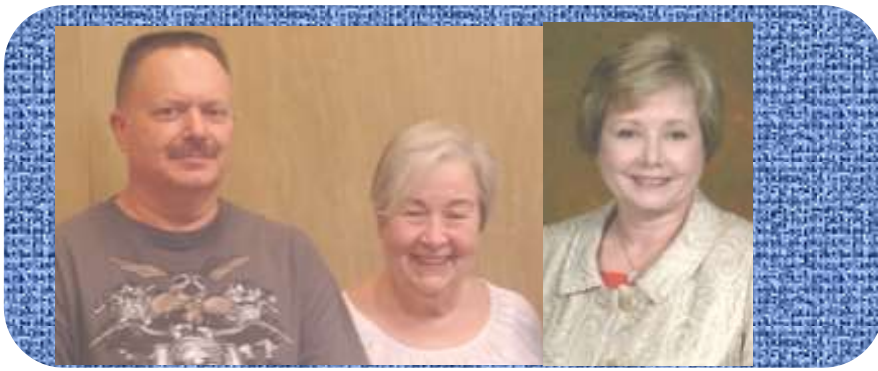
Dr. Christine Ebrahim, <i>President</i> cebrahim@loyno.edu	Adrienne Trogden <i>President Elect-Elect & Membership Chair</i> atrog2@uno.edu	<i>Stephanie Robinson,</i> <i>Parliamentarian</i> stephanierbnsn@yahoo.com	Diane Austin, <i>Executive Director</i> lca_austin@bellsouth.net
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LCSJ Louis Lowrey, LA Counselors for Social Justice lowrey@cp-tel.net	LMHCA Nikolya Sparks, LA Mental Health Counselors Association nikolyas@aol.com	LSCA Royce Hooks, Sr., LA School Counselor Association royce_hooks@yahoo.com	PLCA Portia Gordon, Provisional Licensed Counselor Association PLCALouisiana@gmail.com

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L to R: Austin White, Business Manager; Diane Austin, Executive Director; Inset: Vickie Thompson, Secretary.

LCA Member Services: 1-888-522-6362

LCA Website: www.lacounseling.org

With Heartfelt Thoughts and Prayers



In remembrance of Durell Tuberville of Shreveport, who died in mid August this year.

We need your help to acknowledge any member's serious illness, grieving, or recent death. Please share the information with either Vinetta Frie, frieneews@yahoo.com or Diane Austin lca_austin@bellsouth.net. Thank you in advance.



Renew old acquaintances and form new ones like those in this picture at the 2010 Fall Conference!

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 2,000+ members and 12 Divisions and 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 amongst its membership for the good of Louisiana.

NEWSLETTER CORRECTION

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

LAGNIAPPE TEAM

Your newsletter is the result of the following team: ***Vinetta Frie***, Editor; ***Diane Austin***, Contributing Editor; ***Vicki Guilbeau***, proofreader; ***Jenny Petty***, photographer and Archives Chair.

SUBMISSIONS

Send all submissions to newsletter editor, Vinetta Frie via her e-mail address: 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 file is preferred. Submission of hard copy photos or on disk or flash drives become the property of the newsletter and will not be returned.

NEWSLETTER 2017-2018

NEXT SUBMISSION

DEADLINE:

October 13, 2017