

1968



2018

Louisiana Lagniappe

LCA LOUISIANA COUNSELING ASSOCIATION ALGBTIC • LAOC • LACES • LACGS LAMCD LAMFC • LASERVIC • LCCA LCDA LCSJ • LHMCA • LSCA • PLPC



SURPRISE!
*Vinetta Frie
LCA President
Elect*

Your Louisiana Counseling Association is 50 years old this year!! In celebration of our golden anniversary, I created a new look for our newsletter. You will continue to see Christine's theme, Mentoring: Enriching and Empowering Relationships reflected in this and the final issue of the year this summer.

I am going to keep you in suspense about the theme for my conference in October. But I fully expect to see

*Presidential
Perspective*
**Thank YOU
For Our
Fantastic
Conference!**
*Christine Ebrahim,
Ph.D., LPC-S, NCC
LCA President 2017-
2018*



Photo by 10-year-old Adley Ebrahim

Greetings fellow LCA members! First, I want to say that it has been an absolute honor to serve the membership of LCA as the 2017-2018 President. I'd like to thank the LCA Board members, as well as Diane Austin and Austin White for helping to make this not only a productive year, but a fun one as well. I have enjoyed having the opportunity to share with the membership my passion for mentoring and leadership development. The highlight

of this past year for me has been the inaugural Leadership Development and Mentoring Institute (LDMI) which took place in New Orleans on February 23. This LDMI paired counseling professionals and Counselor Educators with less than 5 years of experience as well as graduate counsel-



Inaugural Leadership Development and Mentoring Institute
*Back row, l to r: Mashezia Vincent, Dymphna Davis, Tina Pazos, Eleanor McAuliffe, Nina Stewart, Alexis Mueller, Kaitlin Short, Jennifer Chamberlain, LaSonja Eleby, and Shannon Smith;
First row, l-r: Sean Brite, Melissa Gemeinhardt, Princess Lanclos, Katharine Blum, and Anna Gray Baker.*

*(Presidential
Perspective,
continued on page 2)*



LCA Board Mini Minutes

Diane Austin, LCA Executive Director

The LCA Executive Board held the Winter Board meeting March 2 in Baton Rouge. The following business was addressed:

- In the absence of Cindy Nardini, Chair of the Gratitude Project, Adrienne Trogden reported that Mrs. Nardini was planning to complete a Gratitude Project for April which is Counseling Awareness Month.
- Adrienne Trogden, President Elect 2019-2020 reported that the 2019 conference had been scheduled for September 28-October 1, 2019 at the Sheraton Canal Street in New Orleans.
- Vinetta Frie, President Elect announced that the theme for the 2018 conference. The keynote speakers for the conference are Julia Cook, Dr. Sherene McHenry, and Dr. Simone Lambert.
- Registration Fees: A motion was made by Lisa Hibner and seconded by Joan Gallagher to raise the registration fees by \$10.00 per category. The motion also called for the printed conference program to be offered for \$5.00
- Division Presidents and President Elects will receive a form for Division Needs.
- City Year was selected as the Community Project. In addition to monetary contributions, we can donate school supplies.
- The board suggested that an attempt be made to find a local organization which would film the conference to put sessions on the web site for CE clock hours following conference
- Austin White reported on the 2017 conference financials. The profit from the conference is \$86,333.19 which will be divided

(Mini Minutes, continued on page 3)

Presidential Perspective, continued from page 1

ing students with state and national mentors. Over the course of 8 months, this group of creative and inspiring mentees and mentors will collaborate on the mentee’s professional development and leadership goals. In February, we had a total of 15 mentees and 11 mentors join us for an entire morning of breakout sessions. After lunch the mentees and mentors had a chance to meet, get to know each other and discuss the mentee’s goal for the year.



I’d like to especially thank Dr. Catherine Roland, Past President of the American Counseling Association for her tremendous help in making this first Institute a success. If you are interested in being considered for the next cohort, which will meet at this year’s LCA conference in Baton Rouge, please see the link below. Finally, please check out the presentations that will be made by this first cohort.



They will have a special area set up especially for them where they will share their professional development and leadership projects.

The Inaugural Leadership Development and Mentoring Institute include the following mentees:

- Jennifer Chamberlain
- Anna Gray Baker
- Katharine Blum
- Sean Brite
- Dymphna Davis
- LaSonja Eleby
- Melissa Gemeinhardt
- Princess Lanclos
- Eleanor McAuliffe
- Alexis Mueller
- Tina Pazos
- Kaitlin Short
- Shannon Smith
- Nina Stewart
- Mashezia Vincent

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Mini Minutes, continued from page 2

among the divisions and LCA. LCA will receive \$64, 749.89 and 21.583.30 will be divided among the divisions based on the division attendance at conference.

- LCA's total distribution for 2018 is \$77,019.89
- Eric Odom spoke to the Board concerning diverse revenue streams. While LCA has non-membership related revenue, they mostly related to advertisement on the web site, newsletter, Journal, and e-blasts. A committee was formed to explore. The committee includes: Eric Odom, Chair, Christine Ebrahim, Zach Hebert, and Nikolya Sparks.
- Lisa Hibner, President of LCDA, brought a motion from the LCDA Executive Board asking that LCA would approve allowing non-members of LCA to join LCDA. The rationale was that many of the employees of the College Career Centers were not trained mental health counselors and not eligible to be members of LCA. As this matter was discussed, it was decided that these individuals could join LCA as a Regular member rather than a Professional member. A motion was made by Adrienne Trogden and seconded by Zach Hebert to change the name from Regular to Affiliate.
- Leah Rose, Strategic Plan Committee chair, announced that a strategic plan was a working document.
- A motion was made by Leah Rosa and seconded by Stephanie Robinson to accept the plan as presented and to view it as a working document subject to change when necessary.
- In the absence of Mary Feduccia, Joan Gallagher reported that the Government Relations Committee was working closely with LSCA to having the language in Bulletin 747 changed to add PLPCs to the list of professions which could be hired. She also re-

(Mini Minutes, continued on page 4)



Presidential Perspective, continued from page 2

The Inaugural Team of professional mentors included each of the following:

Stephanie Eberts
Christine Ebrahim
Tommy Fonseca
Vicki Guilbeau
Courtland Lee
Judith G. Miranti
Cindi Nardini
Stephanie Robinson
Wendy Rock
Catherine Roland
Michael Ruiz

This summer, I will be turning the job over to Vinetta Frie, who has been very busy over the last few months planning a fantastic 2018 conference.. I am happy to announce that the 2019 conference will take place at the beautiful Sheraton Hotel in downtown New Orleans.

In closing, again, I'd like to thank the membership and the board of LCA for helping make this a fun and exciting year. I have met so many fantastic people over the course of the year and I look forward to many more years of enjoying LCA and its benefits. I encourage anyone out there who would like to get involved in LCA to just do it! It has been a pleasure and a privilege.

Link to the 2018-2019 LDMI application. Deadline to apply is August 31, 2018:

<https://www.surveymonkey.com/r/DQW2N2V>

Sincerely,

Christine

Christine H. Ebrahim, Ph.D., LPC-S, NCC





Mini Minutes, continued from page 3

ported that the GR committee would co-host with LAMFT the annual government relations meeting.

- Iman Nawash reported that there were two candidates for the 2018 election for President Elect 2021-2022: Reshelle Marino and Ken Schmitt
- Zach Hebert, Social Media, reported that the likes on Facebook were increasing. He asked that the division presidents ask their members to Like the LCA Facebook page. He reported that he would be sending a calendar to the division presidents to indicate when they should submit an entry to the new blog on the website.
- Dr. Ebrahim asked for volunteers for the 50th Anniversary Committee. The volunteers were Jenny Petty, Chair, Iman Nawash, Brenda Eccles, Joan Gallagher, Joelle Nixon, Audra Toussaint. This committee will assist Vinetta.
- Diane Austin, Executive Director, asked that the Board consider an Ad Hoc Committee to create a succession plan for her position when it became necessary for her retirement. The Succession Planning Committee will be: Adrienne Trogden, Chair, Vinetta Frie, Eric Odom, Christine Ebrahim, Tim Fields. 👤👤👤

Opening My Eyes

Joelle Nixon, NCC, LPC, LAMCD President

Recently I had the opportunity to travel to Bhutan, Asia to attend a conference. This trip to Asia has been one of the most impactful and eye-opening travel experiences that I have embarked on. As I traveled through South East Asia. I'm not sure if it's the people you meet along the way, the beauty of the countries you visit, the once-in-a-lifetime experiences you embark on, or a combination of them all that really made my east Asian trip all that more special.

Bhutan is a country I knew little about and few people could tell me about this or even where it was on a map. Flying into the Himalayas is an extraordinary experience. To say it's beautiful is a bit of an understatement. It's stunning, and it truly looks untouched. However, it should be noted that it is extremely difficult to get to Bhutan from another country as there are only a limited number of flights that come into the country.

Flying to Bhutan consisted of flying from Houston to Chicago to Hong Kong to Bangkok to Paro, which took well over 24 hours to do. This was my first flight over the Pacific to Asia and this flight was long. However, I enjoyed aspects of the flight as they provide meals and drinks to ALL passengers, in addition to free television. The view of flying into Bhutan was amazing but a little scary if you do not fly in planes often. Other than this, the Paro airport has beautiful architecture beautifully representing the Bhutanese tradition. Upon arrival into Bhutan, you cannot help but to notice that all of the buildings are constructed in the typical Bhutanese style, like a page of a story book or a photo you would see in a museum. The river that runs through the Paro Valley looks like one of those fake rivers that you see on a train set. Its edges are perfectly defined, with beautiful buildings on either side. After only two days, I learned a lot about the country and really appreciated this opportunity to come and explore one of the least visited countries.

The national attire for Bhutan is of high im-
(Opening My Eyes, continued on page 5)



10 Division Presidents Offer Reports

Submitted to Vinetta Frie, Lagniappe Editor

Thank you to all the Division Presidents who shared the following reports.

ALGBTIC: As We Grow

Keri Satterfield, PLPC, NCC, ALGBTIC President

I would like to extend my appreciation and gratitude for the opportunity to collaboratively lead the ALGBTIC Division of the LCA Board. It is imperative that we acknowledge and celebrate the work of Alicia Kozak, our outgoing president. Thank you, Alicia, for your leadership and intention!

Prior to pursuing a degree and career in mental health, I worked as a teacher, parent educator and leader in schools and non-profit agencies. I have particular research and clinical interests in issues of race, sexual and gender identity and expression, privilege and intersectionality in practice.

I have passion and experience in start-up programming, which will serve me well as we re-envision the work of our division. As a division, we hope to bring education and courageous dialogue to organizations and communities in the state of Louisiana.

Our Association of Lesbian, Gay, Bisexual and Transgender Issues in Counseling of Louisiana seeks to educate counselors to the unique needs of client identity development in a non-threatening counseling environment by aiding in the reduction of stereotypical thinking and homo-prejudice.

We are committed to expanding our membership and would love to connect with engaged clinicians and dedicated leaders who would like to develop competencies in their own professional practice, advocate on behalf of their LGBTQIA+ clients, and further the work of our Association.

We are a small, but mighty, group and look forward to meeting current and prospective members

(10 Division President Reports, continued on page 6)



Opening My Eyes, continued from page 4

portance. The King himself is very serious about protecting the country's heritage. Although people wear western style clothes in casual occasions, it's not hard to notice traditional attires on the streets.

Bhutan shed light on me in a lot of ways, but I want to share the first impressions I got from my first few days. The first thing I noticed as I arrived in the airport was the way people were dressed, style of buildings, people's attitudes. Bhutan has simple homes Even the most modernized city, Thimphu, where we stayed, is a blending of new while retaining its traditional character. ♀♂⚡

LCA Divisions Get Conference Rebate!

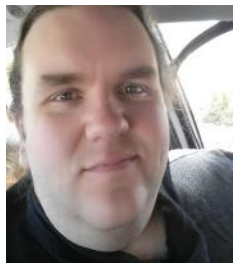
Vinetta Frie, Lagniappe Editor



In Diane Austin's mini minutes on page 2, she mentioned the 2017 Annual Fall Conference was a financial success. When that happens, LCA splits that profit 60/40 with the Divisions. The division gets a portion of that 40% after any conference expenses accrued by that division. The net rebate is determined by the number of members who indicate a primary division. So the more members a division has attending the conference AND indicating a primary division on the conference registration form, the larger the division's rebate!!

Each year, some conference attendees fail to indicate their primary division. LCA Business manager, Austin White has also created a formula to divide this smaller pool of money. This second rebate is also divided among the divisions.

This practice has helped many divisions provide services to their members without having to raise dues! See chart on page 13 to see the share your Division will get! ♀♂⚡



Social Media: Making Connections

Zach Hebert, MS, PLPC, PLCP Manual

Hello from the LCA social media team! With the updating of our website, we're taking some strides to move LCA into the digital age. In the upcoming months, along with an increased social media presence, we'll be launching some new ways for us to connect with you, and we hope, for you to connect with us. In the end, our big goal is to help everyone feel a little more connected to one another. All of that being said, here are some of the things we've got in the works:

- A blog, featuring guest posts from members out in the field about topics relevant to counselors. If you'd like to volunteer, drop us a line. We'd love to hear from you.
- Videos! We've had a YouTube channel for a while now, but we're hoping to add more content there as we progress.
- Facebook and Twitter: If you haven't already liked and followed us there, head on over and do so. We're posting more often now and we'd like to hear what you've got to say.
- Messages from the divisions: Each month, starting soon, we'll have a short state of the division message from the leadership of each division to let everyone know what's going on.

As you can see, there's a lot happening. We're looking forward to this journey and hope to see you there with us. 👥



Spring 2018

as we grow and advance the division's mission and vision.



LAAOC: On the Move!

Stephanie Robinson, LPC-S, LAC, AADC, NCC, LAAOC, President



The Louisiana Association of Addictions and Offender Counselors, LAAOC is stepping it up in 2018! The LAAOC board welcomes all members to be a part of our exciting changes over the coming year.

Coming soon, all LAAOC members will be receiving an email containing updated LAAOC bylaws for approval. We ask that you thoroughly review these bylaws and vote on whether you would like to adopt them. These revised bylaws are more consistent with the bylaws of LCA and the International Association of Addictions and Offender Counselors (IAAOC). The LAAOC bylaws are the primary resource for those interested in learning about leadership in our division. Once approved, the updated bylaws will be uploaded to [LAAOC's website](#).

Additionally, all current members will be invited to join us at the LCA Conference where LAAOC will host a members only CEU luncheon. Closer to the date of the LCA conference, we will send an email out to all division members with more information and instructions on how to RSVP to this luncheon. We are also actively exploring ways to partner with LASACT to sponsor a workshop at their upcoming conference.

Lastly, the LAAOC board would like your suggestions for counselor trainings, events we can sponsor, outreach opportunities, and community

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involvement. Your participation and great ideas will bring a renewed vitality to our shared mission. Please email any ideas, suggestions or requests for information to laocinfo@gmail.com.



Exciting Endeavors Ahead!

Michelle Robichaux, M.Ed., PLPC, NCC & Ida Ansell

We are excited to report that LACGS, Louisiana Association of Counseling Graduate Students, has had a full few months since officially becoming an affiliate of LCA before hopefully becoming its own division in Fall 2020. During our last committee member meeting, we voted on the LACGS's executive board for the year and are happy to announce the following board positions:

President: [Michelle Robichaux](#), M.Ed., PLPC, NCC
(LSU graduate)

President-Elect: [Ida Ansell](#) (Loyola)

Secretary: [Vinayna Champassak](#) (Loyola)

Treasurer: [Adam Johnson](#) (Southeastern)

Social Media Chair: [Amber Hall](#) (LSU)

North & South Louisiana Regional Representative

Chair: [Sarah Pavur](#) (Southeastern)

Central & Greater Baton Rouge Louisiana Regional Representative Chair: [Kristen Dantin](#)

(Southeastern)

Greater New Orleans Regional Representative

Chair: [Ashley Lopez](#) (Loyola)

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Gratitude Project ... Part Two!

By Cindy Nardini, former LCA President

April is Counseling Awareness Month. In an effort to celebrate the amazing work done by Louisiana counselors and to enrich the lives of those counselors and the people they serve, LCA is pairing the Gratitude Project with the month of April.

The original Gratitude Project was inspired by Ron Cathey in 2008 during his year as LCA President. "**Gratitude: the power to heal, energize, and change lives**" was the theme of his conference. A video, group prospectus, note cards, and posters were created to define gratitude and point out the benefits of the personal practice of gratitude. Robert Emmons, Ph.D., researcher of the quality of gratitude, was a keynote speaker at that year's conference. Emmons states that it is helpful to conceive gratitude in two stages: (1) gratitude is the acknowledgement of goodness in one's life, and (2) gratitude is recognizing the source(s) of this goodness lie at least partially outside the self.

During the month of April we are inviting you to go on the LCA website and view the gratitude video and to use the 30 Days of Gratitude as a guide to practice gratitude in your life. As you incorporate gratitude in your daily life we encourage you to share the effect on social media. We also encourage you to share the video and 30 day guide with anyone and everyone in your community – family, clients, students, friends, social groups, churches, co-workers, etc. By doing so we hope to enrich the lives of Louisiana counselors as well as spread the message of gratitude to those around us. The ripple effect will be amazing! Happy Counseling Awareness Month! 🧑🧑





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The members on the executive board will have the opportunity to carry over their positions in the 2018-2019 year. We will hold elections for all open positions in the summer. Our members will also vote on the next President-Elect (Co-Graduate Student Representative) during this election, so please submit any first year graduate student nominations for that position to lcagsrep@gmail.com.

Our winter social event for graduate students was held at Christmas in the Oaks in City Park in New Orleans before the holiday break, and it was a huge success! The LACGS Social Committee will decide social during the next couple of weeks which will be held sometime in April or May 2018 in Baton Rouge, so be on the look-out for that upcoming information!

We are also pleased to announce an upcoming Professional Development Event for graduate students which will be held in the Audubon Room at Loyola University on Saturday, May 12 from 9:30am-2pm. From 9:30-11:30 Michelle Robichaux, M.Ed., PLPC, NCC will host a presentation titled "The Transition from Graduate Student to PLPC: What to Expect," in conjunction with a PLPC panel. After lunch, LACGS will host a multicultural and ethical considerations panel discussion titled, "What Social Justice Advocacy Means for Counselors." So far LACGS has 3 solidified panel members for the first event and 2 for the second, and we are still taking interested candidates! If you know of any PLPC who would be interested in speaking at either event, please let us know at lcagsrep@gmail.com.



Article continues in next column



LAMCD Report

Joelle Nixon LPC, NCC, LAMCD President

I am excited to serve as the 2017-2018 President of the Louisiana Multicultural Counseling Division LAMCD. We are organizing a workshop for summer 2018 held in Lafayette, Louisiana. Hopefully we will be able to offer 6 hours of CEU opportunities, for our LAMCD members or anyone who would like to attend. Please be on the look out for emails on this workshop soon.



LAMFC

Donnie Underwood, LAMFC President



We are excited about the growth of our division and have already begun preparations for both the 2018 LCA Convention and the LAMFC Annual Business Meeting. When you register for conference we encourage you to mark LAMFC as your primary division. You can connect with LAMFC on Facebook and encourage you to like the page for updates about the conference as they become available. We are actively seeking people who are interested in leadership opportunities with LAMFC. If you are interested in leadership or if you have any suggestions or comments you can contact me at monroe109@bellsouth.net.



Spring

Joyce Fields, LCCA President



The new year ahead is pregnant with possibilities in January: hope. And now here is March already blowing by. And yet, as

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I am greeted each morning by azaleas in bloom and trees budding with new growth, I feel the same anticipation I felt in January. Spring is the season of new life: hope. Soon I will find myself wearing summer. Will I wonder whether the possibilities I considered in January or even in March are missed? Or will I wake up each day and notice the newness it offers?

As College Counselors, most of us live lives full of expectations --our own and others', on and off campus. Life seems to spin, sometimes, faster and faster. And yet, each day the sun rises. I am



refreshed by the awareness that I can fully engage in THAT day. And then the next. May you and I embrace today, with hope for tomorrow. May we encourage our colleagues, students and the many lives we touch. And may we receive those gifts from each other. May we

continue to hope and bring hope-filled conversations to our world and continue to dream and move toward the possibilities!



We've Been BUSY!

Lisa Hibner, LCDA Past President

Career counseling, career coaching, career advising, placement specialists, job coaches, life coaches and even career and technical education specialists; you have probably heard these terms and many more. In some cases, the individual practicing and working under these

Article continues in next column



different titles may not hold a counseling degree; yet, the theories that serve as the foundation for these types of helping relationships are grounded in the counseling profession. LCDA is committed to serving all individuals engaged in these activities. Thus, the annual **LCDA Career Connections Conference** focused on the area of career coaching. Marie Zimenoff of Career Thought Leaders provided a full day of training on today's job search challenges and offered strategies for success. This conference pulled in 50 individuals from across Louisiana who are working to help our citizens successfully enter the workforce.



Mary Boudreau, LCDA President, Marie Zimenoff, workshop presenter extrodianare, and Lisa Hibner, Past President

Behind the scenes, the LCDA Board worked to enhance the leadership development of LCDA by recognizing past leaders, updating its Board nomination and voting processes and submitting a formal request to LCA to allow for individuals with varied educational and training backgrounds to hold active membership in LCDA.

LCDA also welcomes their newest **Board** members who will serve for 2018-2019! **Lauren Landry**, LPC joins LCDA Board as President Elect. Lauren currently works as the Associate Director at UL Lafayette Career Services. **Denise Latour**, NCSC, NCC School Counselor will join the LCDA Board as a Member at Large. Denise currently works as a

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school counselor at Ponchatoula High School. **Tiffany Henderson**, Counselor Intern joins LCDA as the new Secretary. Tiffany is graduating this May with her Master's in School Counseling and Clinical Mental Health Counseling degree from Xavier University!

Returning Board members are Lisa Hibner serving as Past President; Mary Boudreaux as President; Ellen Miller as Treasurer and Keri Spears as Member at Large.



Sharon Walker

LCDA thanks **Sharon Walker** for her many years of dedicated and enthusiastic service as she leaves her position as Secretary. During the annual conference, countless numbers of LCDA members and leaders cited Sharon as the person who first engaged them in LCDA and often convinced them to become LCDA leaders. Her contributions to the organization cannot be overstated. Last, LCDA wishes Erin Rode-Fiorella much success as she leaves her position as Member at Large. Erin graciously stepped in to complete a partial term vacancy, and we hope she will return to leadership in LCDA in the future.

As Mary Boudreaux steps into her role as President, she has already been quite busy working to include a career development track during the LCA Conference in October by bringing in an NCDA national speaker. Stay tuned for more details!

LCDA members are also busy providing service to the community and drawing attention to the field of career counseling. Mary Feduccia and Lisa Hibner presented a free career workshop for teachers, parents, and counselors during the CW Austin Learning Disabilities Conference. Denise

Article continues in the next column

Latour and Lisa Hibner are both serving on an LDOE study group for school counselors. Joan Gallagher was recognized by City Year for serving as a career development resource to City Year Corps Members; and LCDA received a small grant from NCDA which will be utilized to provide training for school counselors, teachers and others who are responsible for implementing career activities in educational settings. Look for LCDA members to continue providing support to its members, outreach to the community and ensuring that those who work in the fields of career counseling, coaching and advising have the opportunity to be engaged with others in their field. For more information, visit LCDA at <http://www.louisianacareerdevelopment.org/>



Hello and Farewell

*Louis Lowrey, M. A., LPC, LPC-S,
LCSJ President*



Dear members of LCSJ, first, I would like to officially welcome Dr. John Dewell, Ph. D., as president elect of LCSJ. He is on the faculty of Loyola University, New Orleans, and I thank him for his involvement and willingness to serve.

I want to thank all of you for your involvement and support in doing social justice in your lives and your practices. It has been professionally rewarding for me to serve LCSJ for several years, and we have seen the Division grow in numbers and influence, as recent Conferences have reflected social/restorative justice presentations and themes.

I plan to be available to assist LCA and LCSJ in furtherance of our goals, and I ask that all LCSJ members redouble our efforts in this challenging time in our society and in our State. With so many challenges our clients are facing, it is so much more important that we strongly advocate for them and

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provide services which assist them. It is a pleasure to be associated with such a fine group of people in this profession.



Can We Talk?

*Nikolya T. Sparks, LPC-S, LMFT,
NCC, LMHCA President*

Over the past few months, we have all paid close attention to the ongoing high-profile news and heightened national conversation regarding harassment. It is a critical moment for our country to talk about this important issue. It's also for each of us as Clinicians to ensure that we are fostering a culture where our clients feel secure, cared for, respected, and safe. We should also recognize that harassment may take on many shapes, as does under-reported abuse and exploitation. The trending, **#MeToo** Social Media Campaign became the catalyst for change and pulled back the covers on some of the untold secrets of workplace harassment, domestic violence, and sexual assault. It has been reported that many persons once celebrated in Hollywood have abused the authority of the relationship with someone seeking stardom/fame.

Can we talk frankly? How often have you seen this play out in your office? It doesn't necessarily have to be a movie role. You may see it manifested as a person who sought a job promotion, the promise of a better life, the escape of the abusive father or brother...these stories are real and touch us every day.

There are those who may not be able to or are unready to disclose. **Human Trafficking** is more prevalent than ever within our beloved State of Louisiana. There are two types of trafficking: sex and labor.

"Human trafficking occurs when a perpetrator,



often takes any one of the enumerated 'Actions' and then employs the 'Means' of force, fraud or coercion for the 'Purpose' of compelling the victim to provide commercial sex acts or labor or services." – Polaris Project

State Law

Louisiana's Criminal Law RS 14:46.2 on human trafficking states that it shall be unlawful:

- (1) For any person to knowingly recruit, harbor, transport, provide, solicit, receive, isolate, entice, obtain, or maintain the use of another person through fraud, force, or coercion to provide services or labor.
- (2) For any person to knowingly benefit from activity prohibited by the provisions of this Section.
- (3) For any person to knowingly facilitate any of the activities prohibited by the provisions of this Section by any means, including but not limited to helping, aiding, abetting, or conspiring, regardless of whether a thing of value has been promised to or received by the person.

For our Spring Workshop, LMHCA has partnered with key stake holders to provide a learning atmosphere for fellow Clinicians so that we can learn first-hand how best to equip ourselves and our practices. **"How to Identify and Respond to Human Trafficking"** is a content session to be presented by speakers Taralyn Webster, BS, Public Relations Liaison, Office of Alcohol and Tobacco; Nicole Snyder, NCC, LPC, RPT – New Orleans Family

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Justice Center; and Leanne McCallum, MA – Greater New Orleans Human Trafficking Task Force
The event will take place on *Friday, May 4, 2018* at the Drury Hotel in Baton Rouge, LA. I hope to see you all there!

LMHCA is a diverse group of trained Clinicians grounded in ethical behavior, accountability, care – and trust. We owe it to each and to our culture as we create environments that allow our clients to feel valued and respected.



LSCA: We Are One!
Royce Hooks, LSCA President

This is my third article for the LA Lagniappe as President of the Louisiana School Counselors Association. I must begin by saying how much I enjoy my work as a school counselor, our counseling profession, and having served as LSCA President. We were recently asked by Governor John Bell Edwards for input on developing a position paper on school counseling in Louisiana. Like so many of you as counselors in all of the settings you work, school counselors strongly advocate for our clients, for our profession and ourselves. We are happy that Governor Edwards appreciates our efforts!

So what about you? Are you interested in the work of school counselors? Do you remember a relationship with a school counselor who helped you at a critical time in your development? Are you a parent, grandparent, godparent, aunt or uncle of a child enrolled in school here in Louisiana?

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Call for Submissions
Articles for the 2018 LCA Journal Solicited

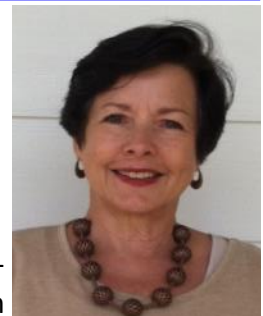
Dr. Meredith Nelson, Co-Editor



By way of this article, we are soliciting journal submissions for 2018. Your submission must be received by July 1, 2018. Please send a full copy and a blind copy in APA format to mnelson@lsus.edu Journal Co-Editor. ♀♂

Government Relations Update

Dr. Mary Feduccia, Government Relations Chair



The 2018 Louisiana Legislative Session that began on March 12 will hopefully be a little quieter than last year when we had a major bill passed that changed the language in the LPC Practice Act. So far this year we are tracking 16 mental health bills and are in support of some of them and opposed to others. We're working closely with our lobbyists, David Tatman and Jamee Blink. As a member of the LPC Government Relations Committee, I've had the pleasure of working with the new Executive Director of the LPC Board, Jamie Doming. As you may know, Jamie replaced Mary Alice Olsan who transitioned to a job with NBCC. Another newsworthy item is that we are again co-hosting the annual Mental Health Legislative Forum in collaboration with LAMFT and NASW-LA.

You may be wondering how you can support the advocacy and government relations' efforts of LCA. First, please read the weekly or bi-weekly e-news sent to you by the Tatman Group on behalf of LCA to keep abreast of important legislative developments that affect us and/or our profession. Next, we ask that you join our advocacy efforts by introducing yourself and LCA to the senator and

(Government Relations, continued on page 13)

Government Relations, continued from page 2

representative for your district. This small effort goes a long way when we need them to support bills that should pass or be blocked in the best interests of our counselors. We'll keep you posted about other actions you can take to support LCA.

Special thanks to LCA's Government Relations committee. These counselors do an excellent job in representing you in legislative matters. They are Brenda Eccles, Vicki Guilbeau, Zach Hebert, Debbie Lang, Mike Monic, Cindy Nardini, Karen Rice, Adrienne Trogden, and myself.

Please reach out to me at any time if you have concerns that are related to legislative matters that affect you personally as a counselor or our profession. I can be reached at 225-939-0360 or at mary@careerworks360.com. I look forward to working with you! 🧑🏫👥

| Distribution of Conference Rebate * | | |
|-------------------------------------|--------------|------------|
| Division | Participants | Payout |
| ALGBTIC | 7 | \$147.68 |
| PLCA | 103 | \$1,540.82 |
| LAAOC | 23 | \$485.26 |
| LACES | 41 | \$1,117.02 |
| LAMCD | 16 | \$374.85 |
| LAMFC | 50 | \$1,215.82 |
| LASERVIC | 39 | \$1,084.31 |
| LCCA | 55 | \$1,330.64 |
| LCDA | 12 | \$253.18 |
| LMHCA | 194 | \$4,440.13 |
| LCSJ | 15 | \$316.47 |
| LSCA | 375 | \$9,053.46 |
| LACGS | 93 | \$1,962.12 |
| NONE | 207 | 0 |

*Also see story about conference rebate on page 5, column two.



10 Division Presidents, continued from page 10

If you said yes to any of those questions, you might want to add LSCA to your division membership! Take a look at our website, www.louisianaschoolcounselor.com, which is ably managed by a former LSCA President, Cathy Smith.

Buy a ticket to our Annual Award Luncheon on Sunday of the LCA Fall Conference in Baton Rouge in October. Not only will you hear from an international children's author, Julia Cook, you will hear about the outstanding work being done by school counselors at each level, and special advocates – legislators, supervisors, and academicians. And one of those counselors recognized might end up on the national stage like last year's Middle Level Counselor of the Year, Tara Washington — she is two rows back and second to the right of my favorite mentor, former First Lady, Michelle Obama!



Cathy Smith



Join us as we continue working towards change by modeling all that we are trained to do. We are "One team, one sound, one heartbeat -- We are Louisiana School Counselors. We provide academic, career, and social/ emotional services to ensure all students' success! You are welcome to join our team!

🧑🏫👥

🧑🏫👥



2017 Conference Sponsors

Diane Austin, LCA Executive Director

On behalf of LCA I extend a heart-felt "THANK YOU" to each of following sponsors and exhibitors at our 2017 Annual Fall Conference. This year we were honored to have one Silver Sponsor and three Bronze Sponsors. Please review their summaries and the entire list of this year's exhibitors on the next page.



SILVER SPONSOR:

Physicians Behavioral Hospital is a 24-bed behavioral health unit that offers both psychiatric and chemical dependency treatment in addition to extensive outpatient services through our partial hospitalization program and intensive outpatient program. As a pillar of our community treating psychiatric concerns since 2008, we have successfully treated and transitioned over 1500 patients back into the community. A commitment to excellence in diagnosis, treatment and education—these concepts are at the core of physician's behavioral hospital's mission. Offering the most advanced behavioral health treatments for individuals ages 18 and older, Physicians is a place where lives are turned around and hope is restored. Individuals and families are placed on a path to healing, enabling patients to lead more productive, fulfilling lives.



BRONZE SPONSOR:

AmeriHealth Caritas Louisiana
AmeriHealth Caritas Louisiana is part of the AmeriHealth Caritas family of companies, a na-

tional leader in managed care. The name Caritas stands for care. That's because care is the heart of our work. Our name shows our commitment to our #1 priority: the health of you and your family. AmeriHealth is an expert in providing quality health care to people covered by publicly funded programs. These programs include Medicaid, Medicare, and Louisiana Children's Health Insurance Program (LaCHIP). AmeriHealth Caritas Louisiana helps members get the care they need when they need it. We do this with: a coordinated approach to health care, leading-edge technology solutions and innovative community programs. Our goal is to improve health outcomes for our members and build healthy communities across Louisiana.

BRONZE SPONSOR:

HPSO Insurance takes care of counselors as they take care of their clients. HPSO offers a simple, affordable solution to help safeguard the professional's assets, license, and career.



BRONZE SPONSOR:

Palmetto Addiction Recovery Center Palmetto is a residential treatment center for males and females located in Rayville, Louisiana. Palmetto provides treatment for drugs and alcohol and co-occurring disorders. Palmetto is privately owned and operated and is in the network with many insurance companies.





Calling all prospective mentees!

Second Leadership Development and Mentoring Institute Announced

Dr. Christine Ebrahim, LCA President

Have you ever thought about getting involved in the leadership of LCA or any of its divisions? Are you a graduate student or new professional looking for a mentor to help with your professional development? Well, the **Leadership Development and Mentoring Institute (LDMI)** invites those who would like to be considered for the second cohort to apply online. The LDMI connects new counseling professionals and Counselor Educators with less than 5 years of experience as well as graduate counseling students to mentors who will work together over the course of a year to collaborate on anything the mentee finds valuable to their professional development. This year, the Institute will take place on Saturday, Oct 6th, which is the date

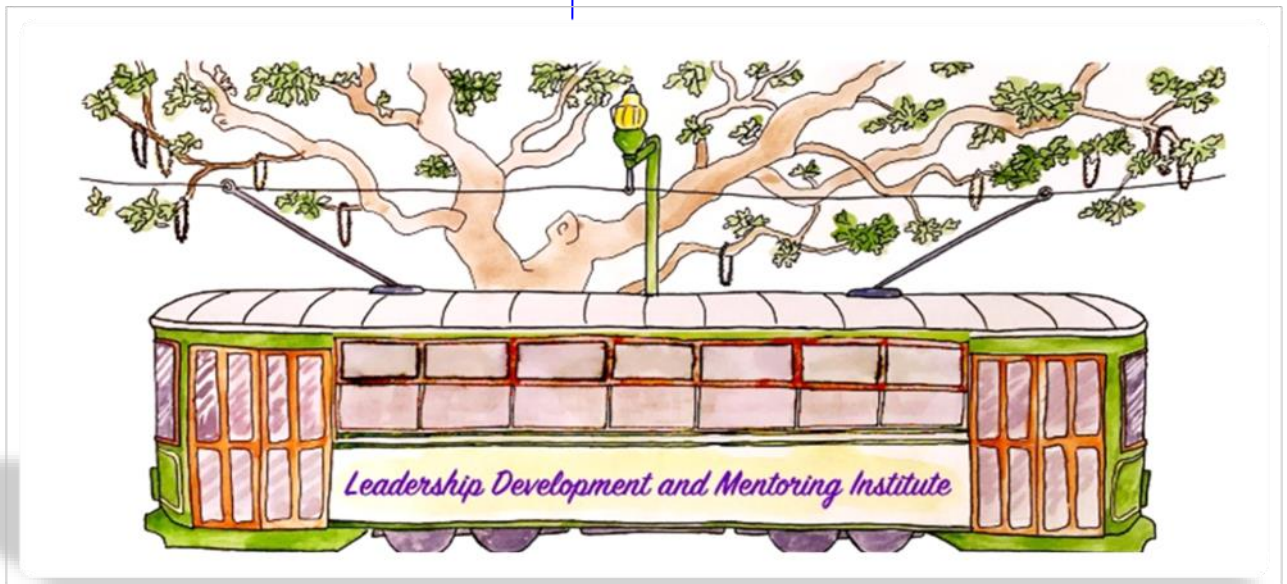
Article continues in next column



of Preconference. Those chosen for the LDMI will be paired with a mentor during the institute and have an opportunity to work with them over the subsequent 12 months. As part of the LDMI, mentees will share what they worked on at the 2019 LCA conference in New Orleans! Below is the link to the application for those who would like to be considered for the second cohort of mentees. The deadline to apply is August 31, 2018.

<https://www.surveymonkey.com/r/DQW2N2V>

If you have any questions about the LDMI, please contact Dr. Christine Ebrahim at cebrahim@loyno.edu . ☎



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



Remembering our Silver Anniversary

Vinetta Frie, Lagnippe Editor and LCA President Elect



The year was 1993. We had a different name: Louisiana Association for Counseling and Development, LACD. We met at the Lafayette Hilton Hotel on Pinhook. Our president was Debbie Willis, who chose as her theme: "LACD: Promoting Diversity ... Development ... Dignity." Our total membership for our silver anniversary was over 1,000. Our licensure law was 5-years old!



Our Association consisted of **8 Divisions**:

LACES: Jan Disney, President; Catherine Roland, President Elect

LAMCD: Rose Mary Irving, President; Dorothy Bonner, President Elect

LARVIC (LA Association for Religious & Value Issues in Counseling): Suzanne Hammel, President; Karen Pique, President Elect

LCDA: Christine Lavergne, President; Lena Ford, President Elect

LCPA (LA College Personnel Association): Karen Julian, President; Audrey Cullen, President Elect

LMHCA: Tom Terrell, President; Mark Cole, President Elect

LSCA: Barry Solar, President; Pat Thomas, President Elect

Peter Emerson and I were editors of the same publications!

Each issue this year will include interesting information from our half century of existence! Enjoy these walks down memory lane! 👥

Spring 2018

Confrontation: A Reframe

By Asha V. Murphy, Awards Chair



Confrontation is deemed a difficult skill in both our professional and personal lives, as its purpose is typically to bring to one's awareness something they may have overlooked or avoided. Usually, this has to do with one's shortcomings or limitations. In the spirit of reframing, I challenge us to consider confronting our colleagues, students, and clients with instead their virtues, assets, successes, and merits, that indeed they may have overlooked. Counselors often do the good work without completely understanding the impact they make. Nominating an individual you admire or value for an LCA Award, then, is confrontation at its finest. Predominantly, we counselors do not go into the helping profession for riches, elaborate praise, or high prestige. However, one could argue we deserve many of these for the effort, time, and energy we put into helping others. Take this opportunity for a skillful and positive confrontation and nominate today.

Accepting nominations online for the following awards:

- LCA Distinguished Professional Service
- LCA Distinguished Legislative Service
- LCA Humane and Caring Person
- LCA Research Award (includes a \$500 grant)
- LCA Graduate Student Award (includes a \$200 grant)
- LCA Advocacy Award

You can access nomination form and find more information here: <http://www.lacounseling.org/lca/Awards.asp> Deadline for nominations: August 31, 2018. Have questions? Feel free to contact Awards Committee Chair Asha Murphy at avyas2@lsu.edu. 👥

2017— 2018 LCA Leadership Roster

LCA Elected or Appointed Officers and Contract Workers

| | | | |
|---|---|--|--|
| Dr. Christine Ebrahim, <i>President</i> cebrahim@loyno.edu | Vinetta Frie, <i>President Elect & Finance Chair</i> frienews@yahoo.com | <i>Stephanie Robinson,</i> <i>Parliamentarian</i> stephanierbnsn@yahoo.com | Diane Austin, <i>Executive Director</i> lca_austin@bellsouth.net |
| Adrienne Trogden <i>President Elect-Elect & Membership Chair</i> atrog2@uno.edu | <i>Dr. Iman Nawash</i> <i>Past President & Nominations Chair</i> iman97@aol.com | <i>Vickie Thompson,</i> <i>Secretary</i> vsthompson@suddenlink.net | Austin White, <i>Business Manager</i> austin@northdelta-management.com |

LCA Division Presidents

| | | | |
|--|--|--|--|
| ALGBTIC-LA Keri Satterfield, Assoc. of Lesbian, Gay, & Transgender Issues in Counseling of LA | LAAOC Stephanie Robinson, LA Assoc. of Addiction and Offender Counselors stephanierbnsn@yahoo.com | LACES Dr. Krystal Vaughn, LA Assoc. of Counselor Educators and Supervisors krysvaughn@gmail.com | LAMCD Joell Nixon, LA Assoc. for Multicultural Counseling and Development joellenx@aol.com |
| LAMFC Donnie Underwood, LA Association of Marriage and Family Counselors monroe109@bellsouth.com | LASERVIC Dr. Thomas Fonseca, LA Assoc. for Spiritual, Religious & Ethical Values in Counseling tfonseca@uhcno.edu | LCCA Joyce Fields, LA College Counseling Association jwakef@lsu.edu | LCDA Lisa Hibner, LA Career Development Association hibnerl@bellsouth.net |
| 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 |

Appointed Committee Chairs and Co-Chairs

| | | | |
|---|---|--|---|
| Archives Jenny Petty, jpetty0926@aol.com | Awards Asha Vyas Murphy ashamvyas@gmail.com | By-Laws Eric Odom, ericodom1@hotmail.com | Conference On-Site Chair Vinetta Frie, frienews@yahoo.com |
| ADA Compliance Joan Gallagher jgallag@lsu.edu | Government Relations Dr. Mary Feduccia, mary@careerworks360.com | LPC Board Liaison Jamie Doming lpcboard@eatel.net | Mentoring Task Force Dr. Catherine Roland nj_buff@yahoo.com |
| & Kimberly Lachney kimbutterfly49@gmail.com | LCA Journal Dr. Peter Emerson, Co-Editor pemerson@selu.edu | LCA Newsletter Vinetta Frie, Editor frienews@yahoo.com | PLPC Manual Zach Hebert zjh9901@yahoo.com |
| Graduate Student Rep. Michelle Robichaux, mrobi53@lsu.edu & Ida Ansell ida.k.ansell@gmail.com | Dr. Meredith Nelson, Co-Editor Meredith.Nelson@lsus.edu | Professional Development Nicole Ferrer, nferrer@uhcno.edu | Strategic Planning: Leah Rosa, leah@assurancerecoverymonitoring.com |
| | John Crawford, Co-Chair JOHN615549@aol.com | Public Relations Latrina Raddler, Co-Chair lradler@yahoo.com | Adrienne Trogden, Co-Chair atrog2@uno.edu |

NEWSLETTER 2017-2018
NEXT SUBMISSION DEADLINE:

May 2018



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*



Please remember Dr. Alice Cryer-Sumler and her family as she mourns the loss of her sister in mid March. Dr. Cryer-Sumler is a former LSCA President, who currently serves as Awards Co-Chair. She is a long-time LCA member as well. Submitted by Vinetta Frie

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

Happy Spring!



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.