

**Message from Our  
President Elect***Christine Ebrahim, Ph.D.,  
LPC-S, NCC*

Dear LCA Members and Friends, I am filled with so many emotions as I think about assuming the role of President of the Louisiana Counseling Association. I am both excited and honored to be serving the organization and its members for the next year. But as I think about my journey to this point, I am also filled with wonderment and awe. How did I even get here? As I look back on my journey to being a professional counselor and counselor educator, I realized that I could never have gotten to where I am today if it weren't for some key people in my life playing important roles in my development. Of course, my husband and family were instrumental in even encouraging me to pursue counseling as a second career. But the gentle nudging from my husband and several professors and supervisors over the years gave me the confidence to continuously strive for more. Having served on the LCA and LACES boards over the last few years, I have learned so much from others. I feel like other leaders who have come before me have encouraged me to be myself, and to constantly grow and learn more about myself and others. I am forever grateful for their support and encouragement.

Speaking of encouragement, this year's theme for the conference, "Mentoring: Enriching and Empowering Relationships", centers on the importance of mentorship and the positive ways it can influence our relationships with each other.

*(Message from Our Incoming President, continued on page 2)*

**Presidential Perspective  
Diversity, the  
Spice of Life***Iman Ennabut-Nawash,  
Ph.D., LPC-S, NCC  
Louisiana Counseling As-  
sociation President 2016-  
2017*

It has indeed been an honor and a privilege serving as your LCA President. I am shocked at how fast the time has passed. As an organization, we have accomplished so much this year especially at the government-relations front.

As I conclude my year and prepare to hand the gavel off to Dr. Christine Ebrahim, I can't help but to reflect on the state of our organization and on a larger scale, the reality we live in. Our organization is doing well — better than ever. We are growing at a steady rate, financially we are sound, and we have strong, committed, caring members who are very active. The world needs us today more than ever before. Race relations, Identity issues, bullying/suicide rates, depression....all on a rise. The state of affairs is quite worrisome, but that's why you do what you do and why LCA is here to back you! I will start my show of appreciation with Mary Feduccia and the entire government relations team for all their hard work on SB 38!!!! Thank you is not enough! (Please refer to Mary Feduccia's article on page 3 of this issue for specifics.)

Taking a moment away from mom life to sit back and ponder one's successes/areas for growth is very difficult to do. I thought about this conclud-

*(Presidential Perspective, continued on page 2)*



### **Another Silver Lining**

*By Vinetta Frie, LPC,  
Newsletter Editor*

When I started editing the **Lagniappe**, I was new to the counseling profession. I was flattered that Curt Schafer, who was LCA President-Elect and my supervisor in then LSU's Junior Division, asked me to become assistant editor. I joined Vickie Claflin, who was then **Lagniappe** Editor. Then, in less than a semester, Vickie was off to a new job out of state and I began which was to become a more than 30 year commitment to serve as your newsletter editor.

In the early years, many of the presidents I served were counselors many years my senior. I soon learned that while talking was a large part of their work, writing words on paper terrified many of them. I learned to use my counseling skills to inform my editorial comments. My goal was to help them express themselves, without overpowering their voices.

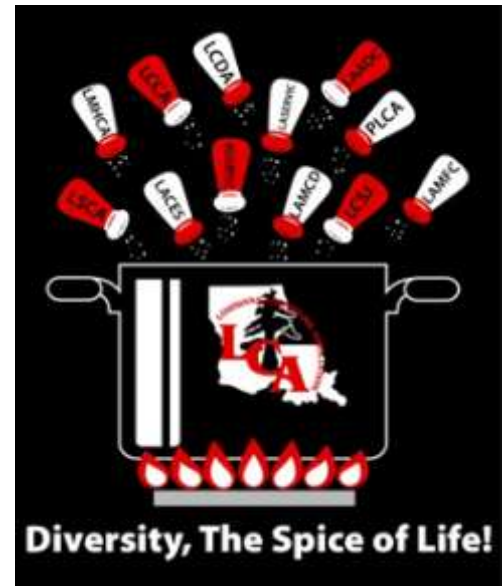
I had a task this summer to condense and customize an online textbook, that the faculty chose for our College Success Skills class at Baton Rouge Community College. It was a massive 871 page book and daunting for an elective class. Applying the skills I learned editing the **Lagniappe** all these years, I was able to reduce it to 328 pages! I also used my consensus-building skills to solicit articles from 15 really student-centered fac-

*(Professional Development, continued on page 3)*

ing article for weeks, going back and forth in my mind about what I wanted to share, how I wanted to be remembered, and what I felt was the most significant accomplishment of my term was exhausting. So, at this very moment....it's just me "speaking" from the heart because that's simply who I am.

As I wrote this article, I was watching my girls in the play yard with my neighbor's kids. They were all innocently playing, my oldest was swinging with the neighbor's child while the youngest was in my lap eating a freeze-pop. The oldest, Amani, never wants to leave my side. She literally cries when I am not in close view while my youngest will explore, run around, is very independent, and dislikes it when I try and hold her for long periods of time. But not today, because at this very moment, they would make me look like a bold face liar. What do you mean Amani is playing on the swings while Leyann is on my lap? As I'm sure many of you could relate. What Mom has not uttered "my child doesn't eat chocolate!" only to soon see that child eating chocolate! I would summarize my

*(Presidential Perspective, continued on page 3)*



When we hear the word "mentorship" many of us may think of our "old" professors or perhaps our Practicum and Internship supervisors...maybe even our LPC supervisors. Yes, I certainly agree that I have been mentored by previous professors, one of whom will be joining us for the opening session, and supervisors, but when I think about that, I envision a "top down" mentoring relationship. As a counselor educator and LPC Supervisor, that's a natural progression of many of my mentoring relationships. But I have also found it invaluable when I engage in mentoring relationships with colleagues and I find great joy when I witness my students mentoring each other. I would love to challenge everyone to be open to being mentored but

*(Message from Our Incoming President, continued on page 3)*



## Government Relations Update

By Mary Feduccia,  
Government Relations Chair

Your Government Relations team worked very hard this year and is happy to report that much success was achieved. With the help of our lobbyist, David Tatman, and his assistant, Jamee Steele, we tracked a total of 23 bills in the 2017 Regular Legislative Session that were important to us. However, there were three bills that we were particularly interested in and one of them required a tremendous amount of time, effort, collaboration, negotiation, communication, representation at meetings and hearings, contacts with Senators and Representatives, and the list goes on and on. That bill was SB 38, sponsored by Senator J. P. Morrell. The intent of the bill, as you probably well know, was to remove the troublesome language in the Louisiana Mental Health Counseling Act, the law that governs the practice of LPCs and PLPCs in our state. This language was added and amended

*(Government Relations Update, continued on page 4)*

### Message from the President Elect, continued from page 1

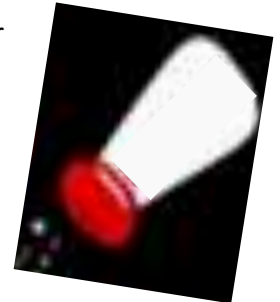
also mentoring each other. It doesn't have to be a "top down" relationship. We can learn so much from each other, if we are open to sharing with each other.

I am excited about some other fun things that we have planned for the LCA conference this year. We have a whole day dedicated to our graduate students. And we will be introducing a round table format for some presentations this year too. I always look forward to the LCA conference; besides the opportunity for professional development, it's a time to connect with friends I only get to see once per year and meet new ones. We have some very fun activities and surprises planned so I hope you all can join us for the conference in October!

### Presidential Perspective, continued from page 2

year as LCA President simply like that.

This year, what I believed to be true at one moment, was completely shaken up and uncovered the next moment -- from the tragedies close to home in Baton Rouge to those across America. The advent of social media often makes our reality an ever-changing kaleidoscope. The thought "you have to see it to believe it" has a deeper meaning now more than ever.



In any case, as I sat and reflected on my girls and their differences, I was reminded of how much they have grown in such a short period of time. So much happens in a day, in a week, in a month that I fail to see it from time to time. Well, the same happens in our organization. There is so much that occurs on any given day that I certainly don't see it all or any of it for that matter. But there is someone who does. Do you know who does? She is the one who fields the emails, sets up meetings, creates the agendas: Diane Austin, our amazing Executive Director, that's who. Please don't be fooled. She ... is ... LCA. She runs this organization, and can do so in her sleep! I am forever grateful to her.

*(Presidential Perspective, continued on page 4)*

### Another Silver Lining, continued from page 2

ulty about subjects that students often complain about. The faculty shared "5 Ways to Excel in ..." to offer study pointers specific to their subjects. By this action not only have I made the text much more useful to students, I have helped more faculty see value in our class. They are more likely now recommend students to take it. Advocacy and alliance building are skills I have learned in LCA.

Exercising active membership, seeking and providing leadership in LCA has shaped my professional life and personal outlook. This year, as LCA President-Elect I hope you will share your LCA story with me and tell me at conference what role you would like to play to become a more active member of our Association. ✎



**Presidential Perspective, continued from page 3**

My girls are quite different in their appearance. I get stopped daily with questions: are they really sisters, if I'm their birth mother, and if my red-haired daughter's color and curls are natural? Yes, I promise you... this actually happens almost daily. Personally, my daughters are symbolic of LCA and its membership. LCA members, while appearing quite different on the outside, have many commonalities. In my year as your President, I



have connected with so many different people, some with views and beliefs far different than mine and yet we have managed to make it work. In LCA, we have allowed our "spices" to mix and mingle and create a beautiful, tasty dish worth savoring. While representing you at

the ACA Convention, I met such a variety of amazing people at ACA in San Francisco that I will certainly keep as friends for a lifetime. For this, I am also grateful.

Working from the platform of Diversity was necessary as this year has proven more than any other recent years that some people are deliberately trying to create divisions and promote hate. I have learned so much personally as I grew more accepting and more open to differing views on a professional and personal front. I have grown as a human as have many of you. I make this statement based on comments I still receive from members who attended the Fall Conference on how it was a stepping stone to enhancing the work they have done in the area of diversity, inclusiveness and spiritual growth. And although I wanted to do so much more than what we did at conference, I know the LCA board members will carry the sentiment and beliefs forward. I am very hopeful of that.

Being a working mother with my hands in many "pots," I have learned to prioritize some things based on level of personal importance to me. Alt-

*(Presidential Perspective, continued on page 5)*

**Government Relations Update, continued from page 2**

in 2011 and 2012 and has been problematic for counselors and their clients who have a serious mental illness, and, as a result of this addition in our practice act, has limited access to care for those who need mental health counseling.

I am happy to report that we met our goal of having this language and its related requirement to consult with a medical practitioner when a client has one of the identified twelve serious mental illnesses stripped from our Louisiana Mental Health Counseling Act. Here's the story: In September 2016, the LAMFT Government Relations team asked us to join them in attempting to have a bill passed in the 2017 legislature that would remove the Serious Mental Illness (SMI) language that was part of the practice act for both professions. After meeting with Senator Fred Mills, chair of the Senate House and Welfare Committee and getting the green light from him to proceed, we agreed to collaborate with LAMFT to attempt to rid our law of this problematic language. In November, we formed the SMI Task Force to strategize and work together to achieve success. This task force met 10 times in person and remotely to strategize, coordinate efforts, and insure that we were all speaking with one voice. When you see any of the outstanding professionals who served on the Task Force, please express your appreciation to them for going way above and beyond for counselors and therapists in our state. Representing LCA were Cindy Nardini, Dr. Gary Gintner, Adrienne Trogden, Rebecca Garside, and me. Representing LAMFT were Howie Brownell, Dr. David Spruill, and Dr. Tom Moore. Also very involved were our lobbyists David Tatman and Jamie Steele and LAMFT's lobbyist, Eric Sunstrom. A huge thank you goes to each of you who were tenacious in contacting Senators and Representatives throughout the process of having the bill move through the legislative session so that it will now be law. Your involvement made a huge difference and we applaud you for that. WE DID THIS TOGETHER!

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hough LCA is on the top of the list, it didn't always dictate my actions. I struggled often to meet deadlines, even attending my last Executive Board meeting in February when it conflicted with my daughters' Mardi Gras parade at school. President-Elect Christine Ebrahim lead the meeting skillfully and everyone attended to LCA business flawlessly. I share this with you because if you are thinking of becoming more active in your Division or in LCA and you think you cannot because of your personal responsibilities, please don't let that become an excuse. One of the things a leader does is to empower his or her team to share the responsibility to lead, and trust them enough to delegate important tasks when it is necessary. Life happens and my colleagues stepped in and offered support. I am grateful and appreciative to those people for



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**Government Relations Update, continued from page 4**

On behalf of our school counselors, we worked to have a bill passed that would prohibit corporal punishment for students with certain exceptionalities. Representative Foil's bill, SB 79, will become law and will help our students with exceptionalities by disallowing corporal punishment as a means of discipline.

The third bill that captured attention was SB 75, authored by Senator Fred Mills. This bill would have had possible serious adverse effects on our LPC Board. It was involuntarily deferred and at this time it is not known if a similar bill will come again in the future.

In closing, THANK YOU for being the consummate professionals you are and for your interest in the government relations of LCA. It has been an honor to serve you!

With gratitude,  
Mary Feduccia, LPC-S

**Message from Our Past President**

**By Tim Fields, LCA President 2015-2016**



Well, nameless respected friends and LCA colleagues have encouraged me to summarize my journey to service, to remind those that proceed me of the joy, pride, and satisfaction of serving your profession as a leader within LCA. I have been reminded by dedicated individuals who have served as guides that this is not only an honor, challenge, and opportunity, but a professional obligation, to pay forward to the career of helping that we have made our life's work. *What's next* is the eternal human question. So, allow me to share what I hope for your future engagement with your profession.

Entering LCA decades ago, I was content to attend its conferences, seminars, and workshops, happily ignorant of the spirited discourse of planning, when longtime friends and energetic new members on countless committees join hands and minds to produce what is an extraordinary gathering place. A place for insightful, knowledgeable, and caring professionals to learn, commiserate, disagree; at times cry, but more likely laugh until sides ached for solitude. And with the glorious exclusion of Buddhist meditations, LASERVIC prayer sessions, and welcoming conference dedications – solitude kept mainly to itself.

Because what is learning, sharing, challenging, and change anyway? *It's uncomfortable and messy!* Be it donating an hour or so of time not one of us knows they can afford, to tiptoe into back entrances at conference sessions presented by often complete strangers. Sessions where we are

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**Message from Our Past President, continued from page 5**

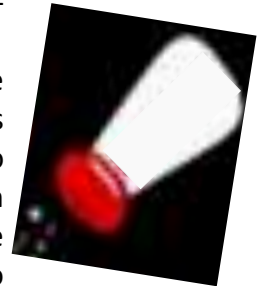
challenged to consider better, more effective new concepts and practices, *which we were apparently not doing now*. Where we ruminate about asking questions, risking the embarrassment of forgetting it midway through or being stymied by the inevitable ‘*Could you explain that?*’ to enlighten the mind of someone you’ll likely never know. Sure there are perspectives we will never accept due to limitations of our perspective or experience, or the perceived breadth of the mind offering it; or we simply feel that they have either *neared* something profound or just made no d\*#@ sense. But those are the chances we take for knowledge, a chance to learn, perchance to grow. To consider something we had never thought to challenge before; having felt unready to test the familiar that had warmed our hearts and preserved our respective homeostasis. Like having a Ferrari, blissfully convinced that the road you travel daily from here to there was the *only* road for you.

Since I now see my permission-to-ramble tether drawing taut, I can only describe feelings of my journey – my abject fear of not being good enough, becoming the last LCA President, who lead LCA to ruin. After it all, that was the adrenaline of service – no guarantees, only an endless horizon of opportunity! So, finally, please fondly recall these lessons of service I first gifted three short years ago as your President-Elect; President; and Recent Past President. Make time to explore your *real* and *true* reasons for your actions. Many memories of our upbringings and circumstances become our heaviest burdens. As we age, altered versions populate our past and

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so much, and again to Diane Austin for always setting me straight and reminding me that my babies will only be this age once. I thank Christine for covering for me without hesitation and for Vinetta for patiently waiting for my articles and helping me get over writer’s block. There are so many of those moments with many of my executive board members. I would never end this article if I continued thanking by name all of you who helped me/LCA this year. I love you all and thank you from the bottom of my heart for everything!

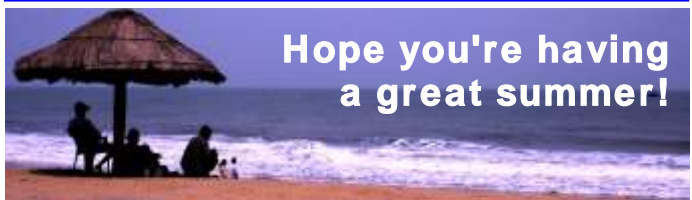
LCA is truly a family. I have felt it even more strongly this year and I will continue to do so. I will certainly miss being in this position, but I know we have an amazing group who will succeed me. Let’s continue to move towards growth and inclusiveness.



With much appreciation,

**Iman**

Iman Ennabut-Nawash, Ph.D., LPC-S, NCC  
LCA President, 2016-2017



**Hope you're having a great summer!**

**Appointment to ACA Committee is Announced**

*Submitted by  
Vinetta Frie, Newsletter Editor*



Emilie Mendia, Community and Volunteer Manager of Leadership Services announced that an LCA member was appointed by the ACA President-Elect Gerard Lawson. John Crawford will serve as co-chair of the ACA By-Laws Committee. ✎





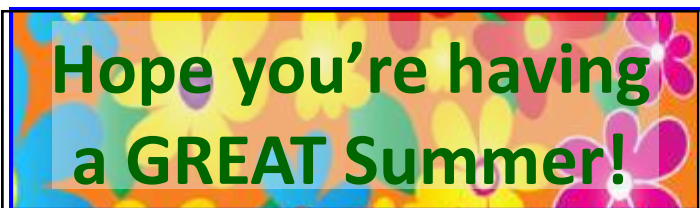
*Division Presidents at the July 2016 Executive Board Meeting. L-R, Dr. Thomas Fonseca, LASERVIC; Roy Salgado, LAMCD; Royce Hooks, LSCA President-Elect; Iman Nawash, LCA President; Jessica Aslin, LCCA; and Melissa Thomas, LAMFC. Photo by John Crawford*

**Message from Past President, continued from page 6**

so overcrowd our present that they dissuade and encumber us from who we were meant to be! Use new experiences and professional and personal challenges to chart a new course towards *that* person, *that* best version of you! *Find hope*, where none should be; *find faith*, which has freely been there all along; and *find tolerance and love*, because without them – the past *is* your future.

Please tend your gardens well, plant seeds of greatness in your lives, to enable you and others to celebrate the flowers that may bloom around you. May you allow yourself to practice the health that you seek for your clients and students. May you share the wisdom and character that noble organisms like LCA, and its icon Diane Austin, lead you toward, and fully embrace what you can *give to them!* May the fates and blessings of whatever aligns you, point you towards grace, sacrifice, and peace; and may you dance in its soft rain, and always revel in life’s wonder.

Thanks for sharing these past 1000+ days,  
**Tim Fields, M.S., M.A., LPC**



## 7 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!

### LAMCD: Celebrating Diversity in Every Form

*By: Roy A. Salgado, Jr.  
 PhD, LPC-S, LMFT-S, NCC, LAMCD President*



This year LAMCD has made great efforts not only to tolerate and to respect, but also to promote the notion that diverse ideas and the expression thereof is essential for members of a diverse and free society. This is not only to understand and appreciate one another, but ultimately to live well among and with one another.

LAMCD is made up of a body of people, who celebrate the tapestry of diversity that is expressed in the human condition, including that of one's thoughts and ideas. We are called as professional counselors not only to respect and to celebrate the external differences that exist within our communi-

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ties, but also and perhaps more importantly to respect and to celebrate internal differences such as our thoughts and ideas.

We are called and challenged to accept, to work with and to promote wellness among individuals, couples, and families within our diverse communities, which include widely varying social, political, religious, and philosophical ways of thinking. To focus on and to celebrate one's acceptance of clients', students', interns', supervisees', and colleagues' demographic, physical, or cultural attributes while not offering a similar consideration to an equally as valuable attribute such as diverse ideological perspectives would not be consistent with the mission of our profession when working to celebrate diversity and to promote wellness. An openness and willingness to understand the ideological perspectives of those who have ideas different from our own enriches us all.

LAMCD continues to live out it's mission by promoting and celebrating diversity of thought and ideas and honoring it's commitment to understand diverse ideological perspectives with open and respectful dialogue.



**With Gratitude**

*By Dr. Thomas Fonseca,  
LASERVIC President*

As I write this article, I am thinking of the beautiful spring season that has just ended. For some reason, I felt excited all

*Article continues in next column*



spring as I was continuously amazed at the large number of blooming flowers that surround me at home, work, and on the side of the highways. I don't remember caring as much about spring in the past because I was always busy feeling so miserable from the heat. Now I cannot help but wonder about how many people like me have passed the explosion of life and color without noticing because we were preoccupied with work or personal concerns and distracted. As I was reading about LASERVIC's mission, I wondered if I have appreciated the uniqueness of the individuals around me and respected each person's journey of growth and development. Two months ago, LASERVIC lost a wonderful supporter in Dr. George Hay. Dr. Hay, who has presented at several LASERVIC luncheons, was a father-like mentor to me, a friend to all, and truly understood the importance of loving relationships. Ironically, the theme of the 2017 LCA conference is *Mentoring: Enriching and Empowering Relationships*. This is a very appropriate theme as LCA has been blessed to have some uplifting people at the reins. With all of these thoughts on my mind, I would like to offer a word of gratitude for the great leadership we have enjoyed in LCA.

I want to acknowledge the continuity in management that Diane Austin, as well as Austin White, have brought to the LCA executive board. I would also like to offer a word of appreciation for our outgoing LCA President, Dr. Iman En Nabut Nawash, for her hard work and support for LASERVIC. Dr. E., as she is affectionately called, has done a great job of being available and present for LCA members. Now, it is with a happy heart that I welcome Dr. Christine Ebrahim as LCA President for 2017-2018. I have had the pleasure of knowing Dr. Ebrahim for several years and feel confident when I say that we are in good hands. With prayerful hearts, LASERVIC says thank you to our great leaders.

In the last edition of our newsletter, I extended a heartfelt welcome to our newly elected 2017-2018 LASERVIC Executive Board. I am very excited to be working with Brenda Eccles as President-Elect; Cathy Green-Miner, Barbara Green, and Dustin Reed as Members-At-Large; and Beth Ber-

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ger as Treasurer of LASERVIC. Once again, we are blessed with great leadership. These fine folks are ready to serve and I encourage you to help them out. If you – and a friend! – would like to find out more about opportunities for leadership positions within LASERVIC, please do not hesitate to contact me at [tfonseca@uhcno.edu](mailto:tfonseca@uhcno.edu) and I would be delighted to explain how much we need you! I was blessed to have exposure to great leadership within LASERVIC when I first joined, and I would be delighted to share with you all that I have been taught.



## LCCA Updates

*By Joyce Fields, LCCA President Elect*

LCCA held our annual Summer Workshop, *The Many Face(t)s of College Counseling* on May 25 at the LSU Olinda Career Center. Our presenters provided terrific information and insights on various topics addressing emotional intelligence, student success strategies, social anxiety, diversity and Title IX. Presenters included: Dr. Peter Emerson; Lahna Roche Rung; Bridget Robicheaux, Alyssa Kimmel and Kloe Rosso; Asha Vyas Murphy; and Maya Galathe.

We appreciated our visit from Mary Alice Olsan, the Executive Director of the Louisiana LPC Board, who updated us on continued efforts toward teletherapy and the portability of our professional license.

Our 40 attendees enjoyed the event for the professional re-connections and invaluable input. We look forward to any and all who might be able to join us next year! On page 13 of this issue you will find photos from our event!

Thank you to Jessica Aslin for her terrific leadership as LCCA President for the 2016-17 year! And

*Article continues in the next column*

congratulations to future leader, Meredith Ann, born on May 3rd!



## LCDA Reflections for 2016-2017

*Lisa Hibner, LCDA President*



Some of you may be familiar with this expression - opportunity is missed by most people because it is dressed in overalls and looks like work. This past year as LCDA President has been work, but that work has filled my life with opportunities and blessings. The blessing of new and renewed friendships with like-minded colleagues is number one on my list. Being an active member of an organization such as LCDA offers us the chance to participate in events and activities that resonate with our shared passion for serving others. Our membership is made up of those who work in a variety of settings; private practice, higher education, secondary education and even human resources, so connecting through our shared passion for career development spurs our professional growth and sharpens our skills.

Some highlights for this year include the *LCDA Career Connections Conference* with guest speakers Dr. Debra Osborn, NCDA Board, who spoke on Career Counseling and Mental Health and the Use of Technology in Careers; Shannon D'Gerolamo who spoke on Using Career Assessments in the Career Counseling Process; Dr. David Spruill who presented information on the Stages of Career Decision Making and Dr. Stephanie Ebert who presented information on the Use of Expressive Arts in Career Counseling. Lisa Hibner, President of LCDA and longtime LCDA member Mary Feduccia, Careerworks 360, provided a workshop on Career Development for Youth with Learning Differences for the

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CW Austin Learning Disabilities Conference in Baton Rouge, LA.

In May, the LCDA Board gained a new **Member at Large**, Erin Rode-Fiorello. Erin holds a Master of Education, Counselor Education and School Counseling Degree from Southeastern and serves as a full-time faculty member at Southeastern where she has been responsible for developing curriculum, teaching, and advising with an emphasis on providing career development programs and services for students.

In June, Dr. Mary Boudreaux became the 2017-2018 **President Elect for LCDA**. Dr. Mary Boudreaux is a National Board Certified Counselor and former LPC in the State of Louisiana. She retired from LSU in 2011 after 32 years of service. Twenty-four of those years were spent counseling student athletes in the Academic Center for Student Athletes. Since her retirement, Dr. Boudreaux has worked part-time with pre-engineering students at Baton Rouge Community College and LSU as part of a National Science Foundation STEP grant. Dr. Boudreaux has served as the President of the LA College Counseling Association in 2011 and has just completed a two-year term as President of UpLiftd, a Baton Rouge non-profit that provides job training and employment for persons with mental and physical disabilities. Dr. Boudreaux received her Bachelor of Science in Agriculture, a Master of Arts in Counseling and a Ph.D. in Human Resource Education from LSU.

LCDA wishes to recognize Lynn Browning who completes 3 years of service to LCDA this month. Lynn served LCDA as President Elect (2014-2015), President (2015-2016), and Past President (2016-2017). Lynn's calm and steady leadership and willingness to serve is deeply appreciated by his fellow Board members. LCDA also wishes to thank the individuals willing to move this organization forward with the gifts of their time and talent, the LCDA Board for 2017-2018:

Lisa Hibner, *President*  
Mary Boudreaux, *President Elect*  
Sharon Walker, *Secretary*  
Ellen Miller, *Treasurer*  
Keri Spears, *Member at Large*  
Erin Rode-Fiorello, *Member at Large*

LCDA strives to enhance career counseling, to foster ethical practice, to encourage communication among career counselors, and to support cooperation with organizations related to career development. If you want to learn more, visit [www.louisianacareerdevelopment.org/](http://www.louisianacareerdevelopment.org/)



**LCSJ: Helping  
People Help  
Themselves**

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



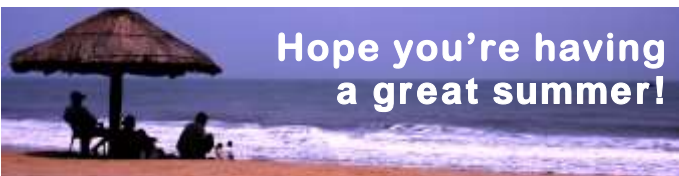
"Social and Restorative Justice" are concepts that are often misunderstood. Some people think that it means that the proponent(s) of social justice want to have our correctional systems emptied and inmates (some people don't even refer to them by that name) turned out on the streets. Of course, as counselors, we see this approach as incorrect and a misguided view of a way of looking at the societal issues involved. Social justice involves relationships, rather than "coping mechanisms" and it involves a paradigm which includes equality and solidarity. Restorative Justice is in distinction from "retributive justice" which is making a person pay a price. How does that involve counseling? Briefly, in three ways: Advocacy, Empowerment, and Education.

## 7 Division Presidents Report, continued from page 10

The paradigm described above got a big boost from the 2016 LCA Conference Presentations by Dr. Courtland Lee and by Professor Bill Quigley. Professor Quigley had a presentation describing racism in the criminal legal system. Since that time, many counselors and PLPC'S have joined this important and growing division, and our membership now stands at 116. Membership benefits include professional literature and workshops, as well as consultation between LCSJ members. I want to give recognition that many counselors are now aware of the figures which show that our wonderful state remains the highest per capita in incarceration in the United States, and the United States is likely the leader per capita in worldwide incarceration. One statistic indicated that with five percent of the world's population, the United States incarcerates twenty five percent of inmates worldwide. With increased awareness, we can change these figures. In 1926, it is said that Dr. Karl Menninger, M. D. addressed a group of attorneys and judges with this not so veiled question: "Except for public safety, why should we incarcerate anyone?" The predictable answer then and now was: "To punish them!" "No," Dr. Menninger countered, "except for public safety, the only reason to incarcerate anyone is so that they might learn a lesson. Ninety-five percent of incarcerated inmates will return home at some point, and will live next door to you and to me," he said. "Wouldn't we like them to behave?"

Now, social justice and restorative justice are not just about the incarcerated. Each day in our counseling practice, we can use the paradigm we have described to not only help clients and their families but also HELP THEM TO HELP THEMSELVES, which is at the core of professional counseling.

*Article continues in next column*



## Louisiana Lagniappe

Please plan to attend the LCA Conference this year and also attend presentations on these topics. I personally want to thank all of you who are using social justice approaches in your professional practices, and I believe that your clients thank you as well. Peace and all good!



### Greetings From LMHCA

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



The [LMHCA Spring 2016 Workshop](#) was held on May 5, 2017 in Baton Rouge, LA.

The Executive Board would like to express our gratitude and appreciation to our presenter, LMHCA President-Elect Wendy Durant, her hard work and excellency. **Ms. Durant**, presented, "Holistic Therapy: What Does It Really Mean?" The session was well attended and the feedback was great; so much so that a second session for the North Louisiana Region has been requested!

**AMHCA CONFERENCE July 27-29, 2017 Washington, DC, District of Columbia.** The 2017 American Mental Health Counselors Annual Conference will be held in Washington, DC at the Mayflower Hotel. This year's conference theme will be: "Innovate and Advocate: Clinical Pathways to Excellence." I am excited to connect with the leadership and network to bring information and share with each of you.

**Licensure Portability Proposal:** A groundbreaking collaborative effort of four major counseling organizations aimed at improving access to quality mental health care nationwide has resulted in a proposed uniform portability plan called the

*(7 Division Presidents Report continued on page 12)*



“National Counselor Licensure Endorsement Process.”

The four organizations – the American Mental Health Counselors Association of State Counseling Boards (AASCB), the Association of Counselor Education and Supervisors (ACES), the American Mental Health Counselors Association (AMHCA), and the National Board for Certified Counselors (NBCC) – believe that a uniform licensure endorsement will:

- ✎ Significantly increase public access to qualified care.
- ✎ Establish minimum standards for safe practice.
- ✎ Reduce administrative burdens for state regulatory boards and licenses.
- ✎ Create consistency in licensure standards across state lines.
- ✎ Ensure protection of the public and the continued development of the profession.

Lastly, on behalf of myself and the members of the Executive Board, we extend a heartfelt thank you to **Cindy Allen**. Cindy has served on the Executive Board for several years and resigned recently due to health concerns. We also ask that you remember Cindy in your thoughts and prayers for a speedy recovery.

I close this article with a final reminder: Follow us on Facebook!



### **LSCA On the Move!**

*By Dr. Reshelle Marino,  
LSCA President*

Some goals for my presidency have been to advocate for our role, our profession, and our abilities as

*Article continues in next column*

school counselors. I am happy to report that I have been able to achieve those goals with the teamwork of the LSCA board. We have provided professional development opportunities to school districts, free of charge, and will continue to do so once a quarter to those requesting educational opportunities to gain CE clock hours. Our commitment to provide free professional development opportunities to LSCA members is taking us to many different sites. Drs. Cryer-Sumler and Rock will present on how to implement the ASCA *National Model* into schools this fall. Overall, the “LSCA Comes to You” initiative has been a successful endeavor to reward school counselors for the work that they do.

We have also worked really hard to strengthen our relationship with the LDOE, to ensure that school counselors are considered in stakeholder meetings and conferences. Board members Cathy Smith and Dr. Ariel Mitchell graciously presented at the LDOE Education Summit this summer. It is crucial that we continue to make the effort of collaborating with stakeholders in education so that our roles are valued.

Our LSCA Board voted to provide our School Counselors of the Year a free, one-year paid membership for LCA and LSCA and to join the board as a committee member. Their work has been instrumental to our success and has allowed us to perhaps foster a desire to continue as active LSCA members. We thank them for their time and efforts!

Finally, we invited Dr. Ciricie West-Otalunji to present on “5-Tips on Coping with Trauma and Stress in K-12 Schools and Communities” at our LSCA Summer Institute. It was an informative event for all.

It has definitely been an eventful year for LSCA. We have a lot more work to do around advocacy for our profession as Louisiana School Counselors, but we are proud of our efforts thus far. It has been a great experience being part of the LCA Executive Board, and I hope we will continue to make great strides together, for our beautiful profession of counseling. Thank you for this opportunity. Until next time folks, take care, be well, and continue to strive for success! ✎



*Dr. Peter Emerson, one of the presenters at the LCCA professional development. See Joyce Fields' article on page 9 for more information.*



*Asha Vyas Murphy, above and Bridget Robicheaux, below, who also presented at the LCCA professional development. See Joyce Fields' article on page 9 for more information.*



*Committee Chairs attending the 2016 Board Meeting,  
L-R: Eric Odom, By-Laws; Joan Fischer, Professional Development; Asha Vyas, Awards; Dr. Mary Feduccia, Government Relations; Vinetta Frie, Publications; Michelle Robichaux, Graduate Student Representative; Adrian Trogden & John Crawford, Public Relations co-chairs.*

## 2016— 2017 LCA Leadership Roster

### LCA Elected or Appointed Officers and Contract Workers

<p><i>Dr. Iman Nawash,</i> <i>President</i> <a href="mailto:iman97@aol.com">iman97@aol.com</a></p>	<p>Vinetta Frie, <i>President Elect-Elect</i> <a href="mailto:frienews@yahoo.com">frienews@yahoo.com</a></p>	<p><i>Jenny Petty,</i> <i>Parliamentarian</i> <a href="mailto:jpetty0926@aol.com">jpetty0926@aol.com</a></p>	<p>Diane Austin, <i>Executive Director</i> <a href="mailto:lca_austin@bellsouth.net">lca_austin@bellsouth.net</a></p>
<p>Dr. Christine Ebrahim, <i>President Elect</i> <a href="mailto:Christine.Ebrahim@counselone.org">Christine.Ebrahim@counselone.org</a></p>	<p>Tim Fields, <i>Past President &amp; Nominations Chair</i> <a href="mailto:tfield1@lsu.edu">tfield1@lsu.edu</a></p>	<p><i>Vickie Thompson,</i> <i>Secretary</i> <a href="mailto:vsthompson@suddenlink.net">vsthompson@suddenlink.net</a></p>	<p>Austin White, <i>Business Manager</i> <a href="mailto:austin@northdeltamanagement.com">austin@northdeltamanagement.com</a></p>

### LCA Division Presidents

<p><b>ALGBTIC-LA</b> Alicia Kozak, Assoc. of Lesbian, Gay, &amp; Transgender Issues in Counseling of LA <a href="mailto:aliciakozak@yahoo.com">aliciakozak@yahoo.com</a></p>	<p><b>LAAOC</b> Brooke Keels, LA Assoc. of Addiction and Offender Counselors <a href="mailto:bkeels@pecanhaven.com">bkeels@pecanhaven.com</a></p>	<p><b>LACES</b> Dr. Krystal Vaughn, LA Assoc. of Counselor Educators and Supervisors <a href="mailto:krysvaughn@gmail.com">krysvaughn@gmail.com</a></p>	<p><b>LAMCD</b> Dr. Roy Salgado, LA Assoc. for Multicultural Counseling and Development <a href="mailto:rsalgado@uhcno.edu">rsalgado@uhcno.edu</a></p>
<p><b>LAMFC</b> Melissa Thomas, LA Association of Marriage and Family Counselors <a href="mailto:melissabay@aol.com">melissabay@aol.com</a></p>	<p><b>LASERVIC</b> Dr. Thomas Fonseca, LA Assoc. for Spiritual, Religious &amp; Ethical Values in Counseling <a href="mailto:tfonseca@uhcno.edu">tfonseca@uhcno.edu</a></p>	<p><b>LCCA</b> Jessica Aslin, LA College Counseling Association <a href="mailto:jmorr66@lsu.edu">jmorr66@lsu.edu</a></p>	<p><b>LCDA</b> Lisa Hibner, LA Career Development Association <a href="mailto:hibnerl@bellsouth.net">hibnerl@bellsouth.net</a></p>
<p><b>LCSJ</b> Louis Lowrey, LA Counselors for Social Justice <a href="mailto:lowrey@cp-tel.net">lowrey@cp-tel.net</a></p>	<p><b>LMHCA</b> Nikolya Sparks, LA Mental Health Counselors Association <a href="mailto:nikolyas@aol.com">nikolyas@aol.com</a></p>	<p><b>LSCA</b> Dr. Reshelle Marino, LA School Counselor Association <a href="mailto:reshelle.marino@selu.edu">reshelle.marino@selu.edu</a></p>	<p><b>PLCA</b> Portia Gordon, Provisional Licensed Counselor Association <a href="mailto:portiadgordon@yahoo.com">portiadgordon@yahoo.com</a></p>

### Appointed Committee Chairs and Co-Chairs

<p><b>ADA Compliance</b> Joan Gallagher, <a href="mailto:jgallag@lsu.edu">jgallag@lsu.edu</a></p>	<p><b>Archives</b> Joyce Fields, <a href="mailto:jwakef@lsu.edu">jwakef@lsu.edu</a></p>	<p><b>Awards</b> Asha Vyas, <a href="mailto:ashamvyas@gmail.com">ashamvyas@gmail.com</a></p>	<p><b>By-Laws</b> Eric Odom, <a href="mailto:ericodom1@hotmail.com">ericodom1@hotmail.com</a></p>
<p><b>Conference On-Site Chair</b> Dr. Christine Ebrahim, (See President Elect)</p>	<p><b>Finance</b> Dr. Christine Ebrahim, (See President Elect)</p>	<p><b>Government Relations</b> Dr. Mary Feduccia, <a href="mailto:mary@careerworks360.com">mary@careerworks360.com</a></p>	<p><b>Graduate Student Rep.</b> Michelle Robichaux, <a href="mailto:mrobi53@lsu.edu">mrobi53@lsu.edu</a></p>
<p><b>LPC Board Liaison</b> Mary Alice Olsan, <a href="mailto:lpcboard@eatel.net">lpcboard@eatel.net</a></p>	<p><b>LCA Journal</b> Dr. Peter Emerson, Co-Editor <a href="mailto:pemerson@selu.edu">pemerson@selu.edu</a>     Dr. Meredith Nelson, Co-Editor <a href="mailto:Meredith.Nelson@lsus.edu">Meredith.Nelson@lsus.edu</a></p>		<p><b>LCA Newsletter</b> Vinetta Frie, Editor (See President Elect-Elect)</p>
<p><b>Membership</b> Vinetta Frie, (See President Elect-Elect)</p>	<p><b>Professional Development</b>, Joan Fischer, <a href="mailto:jfischer@olhcc.edu">jfischer@olhcc.edu</a></p>		<p><b>Strategic Planning</b>: Dr. Matt Lyon, <a href="mailto:mlyons@uno.edu">mlyons@uno.edu</a></p>
	<p>John Crawford, Co-Chair <a href="mailto:JOHN615549@aol.com">JOHN615549@aol.com</a></p>	<p><b>Public Relations</b> Latrina Raddler, Co-Chair <a href="mailto:lraddler@yahoo.com">lraddler@yahoo.com</a></p>	<p>Adrienne Trogden, Co-Chair <a href="mailto:atrog2@uno.edu">atrog2@uno.edu</a></p>





**L to R: Austin White, Business Manager; Diane Austin, Executive Director; and Jenny Petty, Parliamentarian at Transitional Board Meeting in July 2016. Inset: Vickie Thompson, Secretary. Photo by John Crawford, Publicity Co-Chair**

**LCA Member Services: 1-888-522-6362**

**LCA Website: [www.lacounseling.org](http://www.lacounseling.org)**

## With Heartfelt Thoughts and Prayers



Please remember the recently deceased mother of LCA member, Wrenn Trippett.

*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](mailto:frieneews@yahoo.com) or Diane Austin [lca\\_austin@bellsouth.net](mailto:lca_austin@bellsouth.net). Thank you, in advance.*



**Thank You!** This issue marks the end of the 2016-2017 **Lagniappe** publishing year. This high quality publication is the result of many more hands than mine! Thank you Diane Austin for soliciting articles and writing so often yourself! Thank you Vicki Guilbeau for your meticulous proofreading — you are amazing! Thank you Joyce Fields who while serving as Archives Chair for LCA, also served as our main photographer for a second year. We all enjoyed how you captured us in action!

Thank you, on behalf of all of LCA ... this team rocks!!

## Louisiana Lagniappe

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 which serves as an inclusive umbrella. LCA unites professional counselors from diverse work settings into a single statewide organization. LCA works to promote advocacy, collaboration, and networking among its membership for the good of Louisiana.

### **NEWSLETTER CORRECTION**

Please contact Vinetta Frie, Editor via [frieneews@yahoo.com](mailto: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; **Joyce Fields**, photographer and Archives Chair.

### **SUBMISSIONS**

Send all submissions to newsletter editor, Vinetta Frie via her e-mail address: [frieneews@yahoo.com](mailto:frieneews@yahoo.com). To assure a speedy response, please include the words: **Lagniappe Article**, in the subject line. Electronic submission of photographs via e-mail as a .jpeg 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:**

**July 21, 2017**