



Government Relations and Advocacy

Exciting things are happening in the LCA Government Relations space! LCA has recently hired Dr. Christian Dean as our Advocacy Specialist, and he will work with Dr. Adrienne Trogden who is maintaining her Government Relations Specialist role. Dr. Trogden will continue focusing on legislative issues that impact the practice of counseling while Dr. Dean is focusing on any other issues that impact the practice of counseling, outside of legislative issues, that need advocacy. As many issues overlap, Dr. Dean and Dr. Trogden will work closely together on issues that impact us here in Louisiana. We're excited to have Dr. Dean on board! Read more about him on page 3 and join us in welcoming him to the team.

We will be having two LCA Days at the Capitol this year to hopefully have a strong presence in Baton Rouge! Mark your calendar and plan to join us for one or both days. All the details follow on page 2:

(Outgoing President's Message continued on page 2)

Presidential Perspective...

The Call of Spring

Vicki Guilbeau, PhD, LPC-S, NCC, NCSC, CCTP, LCA President

Spring is most assuredly in the air as our temperatures bring warmth back to Louisiana. I hope that your hearts and minds also warm with the seasonal change to continue on your personal professional growth paths. In the meantime, LCA continues to grow and change to adapt to the needs of our membership.

Since the LCA Conference in the fall, LCA has created a new much needed staff position and filled the role with an esteemed member. Dr. Christian Dean is our new Advocacy Specialist. He is working with our Government Relations Specialist, Dr. Adrienne Trogden, to grow the LCA commitment to its members to improve advocacy for counseling professionals in our state.

To further LCA government relations and advocacy efforts, the Government Relations Liaison Ad-Hoc Committee is developing plans to enhance our annual LCA Day at the Capitol event. Co-chairs for the committee are Jocelyn Brown and Felice Gaddis. The committee encourages you to join the LCA advocacy team by meeting us on Capitol grounds on event dates. (See flyer in the left column.)

LCA is doubling your chance to advocate for the counseling profession this year during the upcoming legislative session by offering two dates to join your peers at the Louisiana Capitol. Please mark your calendars for **April 23 and April 29** when you can join comrades in Baton Rouge to meet legislators, attend meetings, and make a difference! All you need to bring is your spirit for the counseling profession – No prior knowledge or experience is needed. LCA leaders will guide you throughout the event. As an added bonus, a CEU opportunity is con-

(Presidential Perspective, continued on page 2)





This issue's features ...

- ✂ Mini Minutes from the last LCA Board Meeting. Turn to page 3.
- ✂ LCA Government Relations Update, from Dr. Adrienne Trogden. See on page 1, 3 and 8.
- ✂ Public Relations chair, Robyn Sonnier has an article on page 3 about Mental Health Advocacy.
- ✂ The Call for LCA President Elect, from Dr. Rashunda Miller Reed, Past LCA President on page 4.
- ✂ Diane Austin, LCA Executive Director shares updates about conference fees and the rationale for the changes you will see this year. See pages 5 – 6 and a chart on page 7
- ✂ A new series by Dr. Quintin Gustin begins this issue on page 6. Take a look for yourself!
- ✂ Dr. Keith Wilkerson, co-chair of the People's Committee offers an update
- ✂ Want to become a more active LCA member?! Contact a leader: 2024-25 LCA Leadership Roster on page 18.
- ✂ ALL 15 Division Presidents share what their divisions have planned for the end of their year and beyond! See pages 9 through 17.
- ✂ Thinking about becoming more active in LCA? See "What Are You Waiting For?" on page 17
- ✂ Deadline for next newsletter on page 19.
- ✂ Help us acknowledge the passing of LCA Members and counseling advocates. For details see note on page 19 in the Thoughts and Prayers section, please.

Presidential Perspective, continued from page 1

nected with your participation.

As your current LCA President, I remain focused on three themes: increasing membership, improving communication within LCA, and enhancing our professional counseling advocacy efforts. Please contact me directly at vguilbeau@la-counseling.com if you can connect me with potential new members, if you need assistance with communicating your needs to LCA leaders, or if you have questions about our upcoming Capitol events. Let us continue to grow LCA membership, improve our organizational connectivity, and expand our Louisiana professional presence through advocacy participation at the LCA Day at the Capitol events this spring. I look forward to seeing you there!

Peace & Love,
Vicki Guilbeau, LCA President, 2024-25



The logo for this year was created by Gabrielle Cade.

Government Relations Initiatives, continued from page 1

What: LCA Days at the Capitol

When: April 23 (Wednesday) & April 29 (Tuesday)

Where: Louisiana State Capitol in Baton Rouge

Time: 9am start & option to stay most of the day (more details to come soon)

Why Attend: Learn about the legislative process, meet your legislators, learn about issues impacting counselors in Louisiana & earn a CEU for attending!

RSVP for 1 or both days: <https://forms.office.com/Pages/ResponsePage.aspx?id=B4M8gf67O0yL6P8Zr6Hg9K0-EaQitoJPkusWo1cC59RUNU1IT0ExMFRGNEJCOUNBTD-dYWktTSkZIQS4u> ✂



LCA Board Mini Minutes

Diane Austin, LCA Executive Director

The Louisiana Counseling Association Executive Board held its spring meeting virtually on February 21, 2025. The meeting covered various topics including the 2024 LCA Conference evaluation, the upcoming days at the Capitol, and the discrepancies between the By-laws and policies and procedures manual. The group also discussed the proposed increase in conference fees, the issue of PLPCs accepting insurance payments, and the potential for raising sponsorships and exhibitor prices. Lastly, the conversation ended with discussions on the nominations and elections, the membership project, and the issue of PLPCs working for agencies and billing insurance.

Your board conducted the following business during the meeting:

🔗 2024 LCA Conference Survey Results — Asha

Murphy presented a comprehensive survey report on the 2024 LCA Conference held at the Golden Nugget. The conference had a 100% response rate from 132 attendees, with an overall satisfaction score of 4.6 out of 5. The conference app was highly appreciated, and the registration process was deemed smooth. The hotel meeting rooms received a 4.4 out of 5 score. The majority of attendees (101) said they would attend the conference next year, while 31 said they would not. The top reasons for attending the conference were earning CEUs and gaining knowledge. The Golden Nugget venue was well-received, with attendees appreciating its convenience and accessibility. The survey also offered feedback on areas for improvement, such as more diverse topics, better timing, and more networking opportunities.

(Mini-Minutes continued on page 4)



Spring 2025

Louisiana Lagniappe

Get To Know Dr. Christian Dean

Adrianne Trogden, Ph.D., LAC, CCS, ADS, CFMHE, LPC-S, LCA Govt Relations Specialist



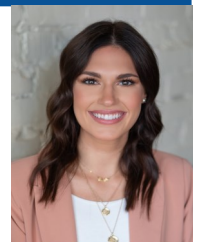
Christian J. Dean, Ph.D., LPC-S, LMFT-S, NCC has been a member of the Louisiana Counseling Association and a frequent presenter for over a decade. Dr. Dean is a 27+ year member of the military having served 26 years in the Louisiana Army National Guard then transitioning to the Army Reserve. Dr. Dean is currently a professor in the Clinical Mental Health Counseling program at the University of the Cumberlands and runs a limited private practice at Counseling for Growth, LLC, in Baton Rouge, LA. In his role as an Advocacy Specialist, Dr. Dean has been providing consultation to LCA members regarding advocacy matters (for the members and the profession of counseling). Dr. Dean has been attending meetings and working with LCA regarding advocacy initiatives with Medicaid reimbursement and informing LCA members of potential rules/laws that may impact them in their practice. Please reach out to us with any advocacy issues impacting the practice of counseling via e-mail:

Dr. Adrianne Trogden: lcagovtrelations@gmail.com

Dr. Christian Dean: growthcounseling@cs.com 🔗

Raising Awareness: April & May Highlight Mental Health Advocacy

Robyn Sonnier, LPC-S, LCMHC, NCC, CCTP-II, CMCC, CFRC



As we step into the spring season, the Louisiana Counseling Association (LCA) is proud to highlight two important months that focus on mental health awareness. April marks **National Counseling Awareness Month**, a time to celebrate and honor the critical role counselors play in supporting individuals, families, and communities. This is followed by **Maternal Mental Health Awareness Month** in May, a time to raise awareness about the mental health challenges many new and expecting mothers face.

In recognition of these essential causes, the LCA has submitted proclamation requests to the Louisiana Governor's Office, urging official acknowledgment of these months. We encourage all members to actively spread the word and advocate for these initiatives throughout April and May. Together, we can amplify the importance of counseling and maternal mental health support, ensuring that these issues remain in the spotlight. 🔗

Mini-Minutes of LCA Board Meeting, continued from page 3

ties. Dr. Falterman expressed interest in accessing the survey data and emphasized the importance of encouraging more attendees to fill out the evaluation.

∞LPC Board Notes and Nominations — Dr.

Guilbeau led the meeting, discussing various topics including the LPC board notes, the Government Relations liaison Committee's plans, and the nominations and elections. Jocelyn Brown proposed ideas to increase interest and participation in the Day at the Capitol. Dr. Rashunda Miller Reed discussed the nomination process and the need to beef up the nomination pool. Keith Wikerson discussed the commercial insurance companies' willingness to credential PLPCs. Carrie Davidson raised concerns about PLPCs operating out of order and the need for supervision.

∞PLPCs, Insurance Payments, and Group NPIs —

In the meeting, Robyn Sonnier discussed the issue of PLPCs accepting insurance payments, which is against the board's rules. She mentioned that some PLPCs are structuring their practice under a group NPI and tax ID, allowing them to accept payments from insurance companies. However, this practice is misleading to the insurance companies as they are not aware of all the individuals under the group. Christian clarified that for a PLPC to get credentialed individually, they would need a group contract with the insurance company, not an individual contract. Jocelyn Brown added that the ability to bill under a supervisor for a PLPC's services depends on the contract with the payer. The group NPI issue was identified as a potential solution to the problem, but it was noted that the PLPC needs to verify in writing with the insurance company whether they can pay PLPCs. The conversation ended with the decision to continue working on the issue. ∞



The logo for this year was created by Gabrielle Cade.

Call for LCA President Nominations

Rashunda Miller Reed, PhD, LPC-S,
LMFT-SC, LCA Past President



It is our pleasure to announce a call for nominations for the 2028-2029 Louisiana Counseling Association (LCA) position of President. Any professional member in good standing who has previously served as either a Division President or a member of the LCA Executive Board for at least two years is eligible to apply. As this newsletter is now in progress, the link to receive your nomination is being prepared. The deadline for your nomination is Friday, May 23, 2025. We will post on the LCA Website, the link to allow nominees to submit electronically each of the following:

- CV/Resume;
- Headshot;
- Short Bio; and
- Responses to the following prompts

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

Q2. To maintain the integrity and economic stability of LCA and counseling as a viable profession, what initiatives would you under-

(Call for LCA President Nominations, continued on page 5)

Call for LCA President Nominations, continued from page 4

take to educate the public and the Legislature about the importance of LCA?

Q3. As LCA President of 15 diverse divisions, provide a few short and long term plans for LCA addressing the needs of the diverse divisions to ensure that each feels their collective voice is heard.

Q4. During your membership, what is one meaningful contribution you have made to LCA or the LCA Board, specifically?

What are the responsibilities of LCA President according to the bylaws (2022, p. 5)?

- Serve as Chief Officer
- Chair meetings of the Executive Board
- Preside at all meetings of the Association
- Appoint an Executive Director and Parliamentarian as specified in the bylaws.
- Appoint Chairs and all members unless otherwise specified in the bylaws.
- Hold ex officio membership on all committees
- Transfer files to the President-Elect

What other roles are associated with LCA Presidency?

This is a 4-year commitment: President Elect-Elect/Membership Chair (26-27), President Elect/Conference Chair (27-28) President (28-29), and Past President/Nominations Chair (29-30). The specifics are outlined in the bylaws and subject to other duties assigned by the LCA President.

What are the perks of being LCA President?

There are many positives of serving as LCA President. First, it is an opportunity to serve members and expand upon leadership skills. As President you work closely with the Executive Board to make decisions on behalf of members. The LCA president is also responsible to determine

(Call for LCA President Nominations, continued on page 6)

Spring 2025

Louisiana Lagniappe

2025 LCA Conference Fees: Changes and Rationale

Diane Austin, LCA Executive Director



Dr. Kelle Falterman, Conference Chair announced the following important changes to the 2025 LCA Conference:

- ▣ The Conference will be held at the Baton Rouge Crowne Plaza October 4-7, 2025.
- ▣ Pre-Conference Workshops will be held virtually September 27, 2025. Session information will be announced on the website soon.
- ▣ Registration is scheduled to open July 1, 2025.
- ▣ Changes to the registration are as follows:
 - * The mission of the 2025 Conference Committee is twofold: **to be sure there are seats available for all participants who have pre-registered for a session and to budget spending for conference expenses.**
 - * Registration fees for professional members have been raised by 15%. Fees for students, PLPCs and retired members **were not raised as they were raised in 2024.**
- ▣ There are several reasons for the fee increase:
 - * The Executive Board has approved a 15% discount to encourage the lead presenters to submit a presentation;
 - * To accurately reflect conference costs, the Board, and not the Executive Director and Business manager, will pay the salaries of conference registration assistants.
- ▣ And lastly, the 2025 conference expenses have increased.
- ▣ Registration fees will continue at three levels: Early Registration (7/1 to -8/31); Pre-Conference Registration (9/1 to 9/25); and Registration from 9/26 to 10/7. Please see page 7 for a complete list of conference fees.

(2025 Conference Changes continued on page 6)

Louisiana Lagniappe

Call for LCA President Nominations, continued from page 4

some aspects of their conference year. The LCA President selects recipients of Presidential Awards based on their contributions to LCA. LCA does sponsor some events for leadership such as attendance at ACA and leadership training. Lastly, you get to become a part of the Past President's Club. ∞

2025 Conference Changes, continued from page 5

- ▣ There will be no onsite registration at the table as in the past. All registration must be completed electronically, and strongly suggested before arrival at the conference.
- ▣ Full-3 day registration will be available beginning 7/1/2025. Partial attendance — One and two-day registration WILL NOT be available until 9/10/2025.
- ▣ **The Conference App will also be available on July 1, 2025. You must schedule the session you plan to attend to receive CE credit.** This is necessary to confirm that conference registrants can attend the sessions they paid for. Please help us make this happen by registering for your sessions as early as possible.
- ▣ Those registered for a session on the Conference App will be scanned in and will have a seat! Those who are not registered for a session will not be admitted unless room capacity has not been exceeded.
- ▣ PLEASE REMEMBER THAT THE CONFERENCE VOLUNTEERS ARE MOSTLY GRAD STUDENTS TRYING TO FOLLOW THE RULES. The volunteers can not exceed the room capacity for everyone's safety.
- ▣ To receive credit for a session, the **LPC Board rules require an individual to attend the entire session.** The doors to a session will be closed 15 minutes past the scheduled beginning time. Participants will not be scanned into the session after that time and will not be awarded CE credit for their attendance.
- ▣ Conference attendees who are not registered for the session **will only be admitted after the session begins, if the room capacity has not been reached, however, they will not earn CE credit.**
- ▣ Conference participants registering using a purchase order must pay for extras (t-shirts, programs, division lunches) with a personal credit card/check.
- ▣ The LCA Luncheon will be part of the registration fee. ∞

Doing The Best They Can

Quintin Gustin, PhD, Lagniappe Committee



Our clients can be very frustrating. Sometimes they are late for a session; at other times they don't show at all. At times, they fail to engage; or they produce serious new material too near the end of a session to be discussed adequately. They often fail to do homework. In the midst of such behaviors, it's easy to view the client as resistant or recalcitrant, and, yes, as frustrating. We might even feel angry.

Marsha Linehan, who developed Dialectical Behavior Therapy (DBT), in part from her own angst, holds a different perspective. As part of her theory, she lists *The Seven Basic Assumptions of DBT*. The first three are most fitting for this topic.

Assumption #1: People are doing the best they can. Linehan assumes that at any given time, clients are doing their very best in that moment — even if it falls short of expectations, even if it appears to have involved no real effort or follow through.

Assumption #2: People want to improve. Linehan has likened an emotional disorder to hell but follows by saying that change is misery. Misery is preferable to hell, but it is still miserable, which certainly can make people seem resistant or recalcitrant. Who wants to feel miserable?

Assumption #3: Although people are doing the best they can, if they are suffering, they need to try harder and be even more motivated to change. This is actually one of Linehan's dialectics (or polarities) — that is, doing the best one can, yet needing to try harder. Ultimately, the client must come to accept both ends of this polarity in order to move forward.

I believe this is why the therapeutic alliance is so important. The sense of connection this alliance gives us helps our clients find the motivation to continue forward, even into the misery. It is not surprising that some studies indicate that upwards of 30% of the variance for positive outcomes is based on the therapeutic alliance.

Counseling is hard work for both counselor and client but especially for the client who must endure the misery of change. And yet, with our help, the client does endure, even when he or she needs to do better, to try harder, and to discover more ways to find motivation to experience that misery for the sake of change.

[Editor's Note: Dr. Gustin will continue this article in the next Lagniappe issue. Come back for part two!]

2025 Conference Fees Registration

REGISTRATION CATEGORIES*	EFFECTIVE DATES IN 2025	AMOUNT (USD)
Prof. Early Bird Registration	July 1 to August 31	\$345.00
Prof. Pre Registration	September 1 to 25	\$368.00
Prof. 3-Day Registration	Sept. 26 to Oct 7	\$375.00
Prof. One Day Pre-Registration	September 10 to 25	\$200.00
Prof. Two Days Pre-Registration	September 10 to 25	\$340.00
Prof. One Day Registration	Sept. 26 to Oct 7	\$230.00
Prof. Two Days Registration	Sept. 26 to Oct 7	\$360.00
Student/Retired/PLPC Early Bird	July 1 to August 31	\$125.00
Student/Retired/PLPC Pre-Conference	July 1 to August 31	\$135.00
Student/Retired/PLPC Registration	Sept. 26 to Oct 7	\$145.00
Student/Retired/PLPC Pre-Registration One Day	September 10 to 25	\$110.00
Student/Retired/PLPC Pre-Registration Two Days	September 10 to 25	\$120.00
Student/Retired/PLPC One Day OR Two Day Registration	September 26	\$130.00
Non-member Early Bird Registration	July 1 to August 31	\$500.00
Non-member Pre-Conference Registration	September 1 to 25	\$500.00
Non-member Registration	September 26	\$550.00
Non Member Two Day Pre-Registration	September 10 to 25	\$ 450.00
Non Member One Day Registration	September 26	\$400.00

***PLEASE NOTE:** There will be no **Onsite Registration processes** at the registration desk effective Fall 2025. The conference app will be launched earlier than in the past, July 1, 2025, which will allow conference registrants to select the sessions they want to attend. Registered conference goer who are registered for the session will be confirmed at the door and must remain for the entire session.

Those not registered may be admitted to the room, if room capacity has not been reached and even after the session begins, but will not receive official credit for attending.

No person — registered for the session or not — who arrives 15 or more minutes late will earn CE credit for the breakout session, per LPC Board rules. ☺

Spring 2025

Louisiana Lagniappe

Update from the People's Committee

Dr. Keith Wilkerson,
Co-Chair



On behalf of the People's Committee, we would like to provide important information about our continued commitment to Justice, Equity, Diversity, and Inclusion (JEDI). Although recent Presidential Executive Orders have targeted Diversity, Equity, and Inclusion (DEI), we at LCA and the People's Committee remain committed to our core principles of ensuring justice and inclusion for all. The People's Committee recently partnered with Ledora Yerks-Birdlow from The Society for Sexual, Affectional, Intersex, and Gender Expansive Identities—Louisiana (SAIGE—LA) to offer a joint statement solidifying our commitment to inclusivity, honor, respect, and celebration of all. The joint statement is as follows:

SAIGE-LA and The People's Committee Statement on Recent Executive Orders

The Society for Sexual, Affectional, Intersex, and Gender Expansive Identities — Louisiana (SAIGE-LA) and The People's Committee recognize that recent Executive Orders, such as *Defending Women from Gender Ideology Extremism and Restoring Biological Truth to the Federal Government*, *Protecting Children from Chemical and Surgical Mutilation*, *Ending Radical Indoctrination in K-12 Schooling*, and *Repealing equal opportunity assurances in the workplace*, have caused fear, uncertainty, and distress among

(Continued on page 8)

The People's Committee, continues from page 7

our members, ethnic groups, and the LGBTGEQIAP+ communities we serve across Louisiana. While the full impact of these policies remains unclear, their underlying principles directly contradict our commitment to fostering a world where all individuals are respected, celebrated, and experience belonging.

SAIGE-LA and The People's Committee stand firmly in alignment with the *American Counseling Association's (2014) Code of Ethics*, which calls on counselors to promote social justice, honor diversity, and support the dignity and worth of all people within their social and cultural contexts. As professional counselors in Louisiana, we have a responsibility to uphold ethical and affirming care for all clients, ensuring that our work remains grounded in evidence-based practices and human dignity, even in the face of politically motivated challenges.

Diversity, Equity, and Inclusion (DEI) are foundational to ethical and effective counseling, particularly in a state as rich in cultural and historical diversity as Louisiana. Our Justice, Equity, Diversity, and Inclusion (JEDI) statement reflects our values we will maintain. We recognize that attacks on ethnicity, gender, and sexual diversity are also attacks on the broader principles of equity, inclusion, and human rights. These policies threaten not only LGBTGEQIAP+ individuals and ethnic groups but also the integrity of our profession and the ability of mental health providers to offer competent, compassionate care.

As SAIGE-LA and The People's Committee, we are committed to advocating for policies and practices that protect the rights of our clients and the professional integrity of counselors across Louisiana. We encourage our members to:

- Stay informed through credible sources and professional networks.
- Engage in advocacy efforts that promote equity and protect the rights of marginalized communities. *Don't panic, take action!*
- Prioritize self-care and seek support from professional peers and affirming communities.

Article continues from previous column

- Continue to provide ethical, inclusive, and affirming mental health care to all individuals, regardless of political or societal pressures.

We stand in solidarity with the national SAIGE board, the American Counseling Association, the Louisiana Counseling Association, and our counseling colleagues across the country in rejecting efforts to undermine the rights and well-being of LGBTGEQIAP+ individuals and ethnic groups. SAIGE-LA and The People's Committee remain unwavering in its mission to uphold the values of inclusivity, dignity, and social justice in the counseling profession through our JEDI work.

As our political climate and society continue to evolve, we in the counseling profession in general, and at LCA in particular, remain steadfast in our commitment to honoring, respecting, and celebrating the diversity of all. If you have any questions or concerns, please feel free to reach out to The People's Committee at thepeoplescom-



Learn about the legislative process, meet your legislators, learn about issues impacting counselors in Louisiana & earn a CEU for attending!

RSVP for 1 or both days: <https://forms.office.com/Pages/ResponsePage.aspx?id=B4M8gf67O0yL6P8Zr6Hg9K0-EaQitoJPkusWo1cC59RUNU1IT0ExMFRGNEJCOUNBTD-dYWktTSkZIQS4u>

Article continues in next column

Division President Reports



Spring: A Season of Renewal and Growth

Dr. Priscilla Delgado,
ACAC-L President

I am thrilled to connect with all of you and share an update from ACAC-L.

Our focus continues to be on fostering deeper engagement within our community, as well as enhancing the quality of life for children and adolescents by supporting the professional growth of counselors across Louisiana.

It has truly been an honor to serve as your Division President, and I want to take a moment to express my heartfelt thanks to everyone who has supported me throughout this journey. Your commitment and dedication have made this role a truly rewarding experience.

As we look to the future, we are excited to continue growing and evolving, and I would love to invite you to be a part of that process. If you're passionate about making a difference, I encourage you to consider running for a board position. We would be thrilled to welcome new voices and perspectives to our amazing team.

For more information or if you're interested in getting involved, please feel free to reach out to me directly at pdelgado026@gmail.com. I'd be delighted to hear from you!



LAAOC: With Gratitude and Excitement for the Future!

Lisa W. Jackson, LPC-S, LAAOC President

I hope this finds you all happy, healthy, and thriving. Nominations were called for the upcoming year for the LAAOC Board, and we are thrilled to announce that Donna Burks, LPC, is the

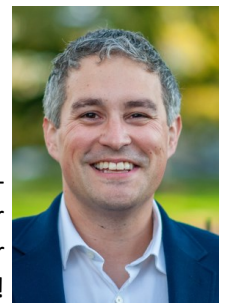
sole volunteer who stepped up with an interest in serving. She volunteered for the position of President for the 2025/2026 term. Donna's extensive experience and passion for counseling, especially in promoting addiction and offender counseling, make her an excellent fit for this role. I am confident that under her leadership, LAAOC will thrive. Please join me in welcoming Donna Burks, LPC, as she embarks on this exciting new chapter with LAAOC.

Serving on the LAAOC Board is a meaningful way to contribute to our profession. There are still positions on the board to be filled. The Secretary-Treasurer position is available as well as positions on the following committees: Bylaws Committee, Nominations Committee, and Elections Committee. If you would like to serve in any one of these positions, please contact me via email at laaocdivision@yahoo.com. Any of these positions will give you an opportunity to contribute to LAAOC's mission of recognition, support, and development of addictions and offender counselors in the state of Louisiana. It has been my privilege to serve in the division over the last year. Together, we can make a difference and advance the field of addictions and offender counseling.



Shaping The Future of Counseling in Louisiana

Dr. Joey Pistorius, LACES President



The LACES board is thrilled to connect with you as we kick off another exciting year full of opportunities for professional growth and collaboration! LACES is committed to providing a wide range of resources to support your development and engagement in our field. This year, we are offering both virtual and in-person events, including our Supervisor & Supervisee Connection, Lunch and Learn CEU opportunities, and various Professional Networking activities. These events are designed to foster meaningful connections, support your practice, and offer valuable learning

(Division President Reports, continued on page 10)

Article continues in next column

Division President Reports, continued from page 11

experiences.

We also look forward to continuing our tradition of spotlighting exceptional leaders in our field. At the annual LCA Conference, we will celebrate those who are shaping the future of counseling through our Awards Luncheon. It is a time to honor the outstanding supervisors and educators who have demonstrated an unwavering commitment to the profession.

Board Nominations for 2025-2026

In March, we will open the call for nominations for our 2025-2026 board positions. We are looking for passionate members to fill roles such as President-Elect, Secretary, Member-at-Large, Counselor Educator. This is a wonderful opportunity to get involved in the leadership of LACES, where you can contribute to the growth of our association while gaining valuable service and networking experience. If you are interested in becoming part of our team or want more information about the election process, please reach out to Dr. Dottie Martin at domartin@uhcno.edu.

Supervision Connection

LACES is excited to host our Fifth Annual Virtual Supervision Connection on Wednesday, April 2nd, from 4:00 pm to 6:00 pm via Zoom. This event offers a unique opportunity to connect Board Approved Supervisors (LPC-S) with graduate students and post-graduate supervisees (PLPC). Supervisors interested in participating can register using the link provided here: [Supervision Connection Registration](#). Additionally, we'll host an in-person version at the 2025 LCA Conference. For questions or further details, please contact Dr. Michelle Wade at michelle.wade.lcpc@gmail.com.

Lunch and Learn Series

LACES is pleased to continue offering our monthly Lunch and Learn series, providing enriching opportunities to earn CEUs while learning from our community of experts. Our 2025 series is already underway with a diverse range of topics. Be sure to look out for our monthly flyers and registration links. Upcoming sessions are scheduled for: March 14, April 11, May 9, June 13, July 11, August 8, September 12, November 14, and December 12. For questions or further details, please contact Dr. Heather Olivier at holivier@selu.edu.

Call for Professional Networking

We are always looking for ways to help our members connect and collaborate. Supervisors, faculty members, new supervisors, new faculty, and doctoral students are encouraged to volunteer and assist the board in these efforts. If you're interested in getting involved or want to learn more, please contact Dr. Michelle de la Paz at delapazcounseling@gmail.com.

Call for Awards Nominations

In April, we will open nominations for our annual LACES Awards, recognizing outstanding individuals who have made significant contributions to counselor education and supervision. These awards celebrate excellence in clinical supervision, counselor education, and impactful research. We encourage you to nominate a colleague who embodies these qualities. The awards categories include:

- Clinical Supervisor of the Year Award
- Supervisor Award: Multiple Specialty Areas
- Counselor Educator of the Year Award
- Rising Counselor Educator Award
- Prospective Counselor Educator Award

For more information about award nominations, please contact Dr. Dottie Martin at domartin@uhcno.edu.

As we continue to build a strong and supportive community of professionals in Louisiana, I am continually inspired by the dedication and passion you bring to our field. Together, we shape the future of counseling and strengthen the profession for years to come. I encourage you to stay engaged with LACES, contribute your expertise, and be a part of the ongoing growth of our community. Look out for upcoming calls for nominations, awards, opportunities to learn, and ways to connect with your colleagues and supervisors through continued education and networking.



Stepping Into Spring!

**Emma Derstine, LACGS
President**

As we step into the spring semester, LACGS is excited about the opportunities ahead! Our executive board is currently planning a spring event, designed to foster connection, professional development, and support for graduate students across the state. Stay tuned for details.

Meanwhile, preparations for the next LCA Conference are already underway. Here is a message from our



president-elect, Elyse Arnold, regarding preparing for her first conference: "This will be my first time at conference and my first time presenting! I am excited to work with an LPC-S and an LPC and we're currently working on developing a presentation about Counselor's Professional Identity. We're still ironing out all the details, but we want to explore the themes that contribute to a strong professional identity like self-efficacy, integrity, and advocacy. We hope to discuss how these elements evolve throughout a counselor's career—from graduate training to experienced practice—and the ways in which they shape professional growth. This year's conference theme, "Cultivating Empathy: Empowering Clients and Counselors," aligns well with our topic, as we believe that having a well-defined professional identity is crucial in maintaining clear expectations, ethical boundaries, and a sustainable practice. When counselors have a strong sense of their role and values, they are better equipped to offer authentic, compassionate care without experiencing burnout or losing their sense of self in the work. I'm looking forward to engaging in conversations that deepen our understanding of what it means to be a professional counselor!" We are committed to building on the success of last year's programming and ensuring that graduate students have a strong presence at the conference. In addition to conference planning, we are deepening our collaborations with other LCA divisions to enhance graduate student engagement and strengthen our role within the association. As always, we are grateful for the dedication of our LACGS members and the support of the LCA community. If you have ideas, feedback, or want to get more involved, we'd love to hear from you!



Letting The Good Times Roll!

**Teneka Gash, PhD, PLPC, RSW,
LAMCD President**

The Louisiana Association for Multicultural Counseling and Development (LAMCD) mission is to promote a great-

er understanding and broader awareness of culturally diverse populations. LAMCD strives to eliminate barriers and foster interest in culturally sensitive counseling, keeping our membership mindful of the state of current multicultural affairs in Louisiana.

Overall, area of focus includes advocacy, membership and professional development with the mission to magnify and embody the importance of differences in a counseling milieu.

Target areas include promoting greater understanding and broader awareness of diverse populations, increase membership, build/sustain LAMCD's Executive Board and provide presentations at LCA Annual Conferences. LAMCD initiatives surround areas of focus including Advocacy, Membership and Professional Development. Future initiatives include hosting a virtual member/interest meeting via LCA Bulletin, Member Spotlight, Publication/Distribution of division newsletter and partnering with The Association of Multicultural Counseling and Development (AMCD) as LAMCD is Nationally Recognized

As President of LAMCD, I along with the Executive Board, we would like to extend gratitude towards each presenter who will contribute towards the 2025 LAMCD Track. Presentations will include:

- ⇒ Wellness Redefined: Unlocking Your Full Potential!
- ⇒ Building Empathy and Empowerment: Strengthening the Client-Counselor Partnership
- ⇒ The Silent Departure: Navigating Death & Grief through a Multicultural Approach

Key highlights will also include the 3rd Annual LCA Division Mixer hosted by Dr. Teneka Gash. The mixer will provide an opportunity to promote awareness, network, cultivate relationships and increase membership of LCA Divisions. Special thanks to Colleen Thomas, Tyranique Berry, Carrie Davidson, Jacqueline Matte and Diane for their continued support in preparation.

If you are interested in joining LAMCD to promote increased knowledge in multiculturalism, please join via LCA website or reach out to our designated email:

(Division President Reports, continued on page 12)

Article continues in next column

Louisiana Lagniappe

Division Presidents' Reports, continued from page 13

LAMCDivision@gmail.com and visit our Facebook page @LAMCD1, as your participation is highly valuable.

Teneka Gash, PHD., PLPC., RSW, President; Colleen Thomas, M.ED., LPC-S, NCC, President-Elect; Jacqueline Matte, M.A., PLPC, Secretary; Nikki D. Lee, M.MFT., LPC-S, CIMHP, General Relations/Past President.



LAMFC: Exceeding Expectations

Dr. Sonja S. Polley, LAMFC President

It has been a great pleasure to serve as president of the Louisiana Association of Marriage and Family Counselors (LAMFC) for the last 4 years. I have had the privilege of working with the BEST board ever:

- Dr. Tralana Eugene, LMFT, LPC- Past President
- Donnie Underwood, LPC-Treasurer
- Dr. Rickia Bolden, LPC, NCC- Secretary
- Catherine Swain, LMFT- Member-at-Large
- Theresa Campesta, LMFT- Member-at-Large

I truly appreciate ALL that this board has done to help us be prepared for the requirements of the LCA Conference each year. I don't take it for granted.

I take this time to thank all of the former board members who helped to facilitate the goals and objectives of this division, as well. Everyone has exhibited value in helping to move this division forward.

I also take this time to thank some very special people that served in the background of our division. Their silent presence was loud and bold in our division: Dr. Rashunda Miller-Reed, Dr. Matt Morris, and Dr. Brian Canfield. These three were tireless in allowing the division to utilize passion.

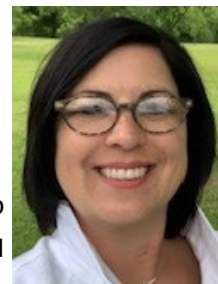
With that being said, I look forward to being the past president of our division as I gladly serve alongside our incoming president, Dr. Christian Dean, LMFT-S, LPC-S, NCC. I look forward to our division expanding and exceeding expectations!



Article continues in next column

Happy Spring!

**Dr. Kelle Falterman,
LASERVIC President**



We are already looking forward to this year's LCA conference. In January, I sent an email to all LASERVIC members in the database and asked people to submit conference presentation topics. There were ten awesome proposals. Based on LCA protocol, we were able to select three submissions for the LASERVIC track and also selected this year's conference luncheon speaker.

Our presidents now run a two-year term, so I will stay on as your President for this conference year. The President elect is Andrew Wiggins, who formerly served as Secretary. I would love to talk to anyone interested in leadership for LASERVIC. I can be reached at shepherd-sheart23@outlook.com.



LCCA in Spring!

**Kayleigh Underwood,
LCCA President**



Happy spring! The Louisiana College Counseling Association has been busy this spring already. Our president-elect, Elnora Parker Vicks, and past president, Krystyn Dupree, attended the American College Counseling Association Conference in New Orleans at the start of the year. It is always a delight to spend time making new connections and learning about college counseling from our peers around the country. We continue to have big things planned for our members. There is a spring workshop and summer workshop in the plans for a low-cost (or FREE for members) opportunity to get the last CE hours in before the renewal deadline in June. We are also excited to be working hard to ensure another wonderful LCCA track at LCA in the fall. Keep an eye on LCCA's social media pages for continued updates!

I wish to thank each and everyone reading this for your support during my time as president of LCCA. I have been so touched by the camaraderie and community our members have shown this past year. You made last

(Division President Reports, continued on page 13)

Welcome, Spring!

Division President Reports, continued from page 14

year's LCA my best one yet! There have been so many wonderful discussions, explorations, and reminders that we are all here to support one another. My time as president will always be remembered with great happiness. I look forward to continuing my work with LCA and in our wonderful profession. Finally, please welcome Elnora Parker Vicks as our new president. I hope to watch you all work with her to continue to grow our LCCA community!



LCDA **LCDA Reflections**
Louisiana Career Development Association **Michelle Adams, LCDA President**

Being a part of LCDA allowed me to expand my perspective on the various ways career concerns manifest in life challenges. Collaborating with professionals who are experts in career counseling equipped me to meet my clients where they are.

Through my work experience in different sectors, I observed that every client I encountered expressed how their personal life affected their career or how their career impacted their personal life—whether through family issues, substance use, or mental health stability.

LCDA is a division that not only educates on what these issues look like but also provides the tools and resources needed to address them effectively.



Address Oppressive Power Structures by Showing Up! Michelle Lafitte, LCSJ President

Hello LCSJ and Happy New Year! As we continue on with our mission to advocate for social justice for the counseling profession and the clients we serve, we are thrilled about our upcoming events. LCA Day at the

Article continues in next column

Spring 2025

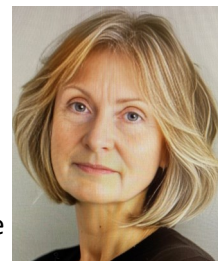
Capitol, virtual workshops, and our annual LCA Conference are just a few exciting upcoming events we're working on. We are committed to making LCA Day at the Capitol a success, but we need your help to ensure that. We are forming a committee to finalize the date for LCSJ presence, April 23rd or April 29th. If you feel inclined to participate on this committee, please let me know. Stay tuned for more information.

A big thank you to everyone who completed the LCSJ survey. Your invaluable input was well received, and we cannot wait to put the topics you all chose into action. We will be hosting virtual workshops on the topics you've chosen, and we are working to get CEUs for these virtual workshops. We need your assistance with presenting these topics, so be on the lookout for a call for presenters. We also will have our first division luncheon during our annual LCA conference. This is exciting news and it will not be a success without YOU being there. Please connect with us on Facebook louisianacounselors socialjustice. If you are an LCSJ member who did not receive a survey please email me. That way we can update your email address as well as answer any questions or concerns you may have. I can be reached at lcsjlouisianacounselors@gmail.com.



Going Forward with Cultural Humility

Debbie Lang, LPC-S, NCC, NCSC, LMCA President



I feel incredibly fortunate to have spent 35 years in the counseling profession. Dr. White, one of my earliest and most impactful professors, shared wisdom with me throughout my career: "As you navigate this profession, remember that people, concepts, and research will continually evolve. New modalities will emerge to address the needs of diverse clients, but your core counseling skills—genuineness and empathy—will always remain essential in helping clients find meaning in their lives." This sentiment deeply resonated with me as I observed and partici-

(Division President Reports, continued on page 14)

Division President Reports, continued from page 13

pated in the growth of our field.

As President of the Louisiana Military and Government Counseling Association (LAMGCA), I'm acutely aware of how profoundly the military impacts individuals and families. Did you know the military has its own unique culture? Founding this organization has been a dream come true, as it provides a platform for mental health counselors to better understand and support this diverse population. Within this military culture, we encounter rich diversity, including immigrants, varied racial and ethnic groups, and gender identities. It is critical to acknowledge that no single competency can fully encompass individuals' unique experiences, beliefs, and values within these groups.

Dr. Christine Suniti Bhat, President of the American Counseling Association and a keynote speaker at our 2024 Louisiana Counseling Association conference emphasized the importance of cultural humility when working with clients from diverse backgrounds. This year, LAMGCA has embraced cultural humility as a central theme. This approach, characterized by flexibility, openness, lifelong learning, and awareness of power dynamics, aligns perfectly with the core values of the counseling profession.

We are honored to feature distinguished speakers this year, including Dr. Christian Dean, Dr. Deborah Allbrook, and Pam Shultz, MS, PLCP, NCC. Additionally, we're thrilled to welcome Ft. Johnson's canine unit dog handlers as special guests for the LAMGCA lunch. I encourage all members and non-members alike to attend these enriching presentations and join us for lunch to receive a special "challenge coin"—a token of recognition for going above and beyond in service to others. Don't miss the opportunity to be a part of this meaningful event!

~~~~~

**Article continues in next column**

## Finishing Strong: Nurturing Counselors Through Peace and Love

*Any Dufrene LMHCA  
President*



Mental health counseling is one resource that is available for those seeking to improve their emotional, psychological, and social well-being. We, the mental health counselors of Louisiana, introduce individuals to the skills needed to cope with stress, anxiety, depression, and other mental health challenges. While professional counselors offer a safe, supportive environment where individuals can explore their feelings and thoughts, it can be heavy emotional labor for the therapist; we are ethically bound to practice self-care.

The American Counselors Association explicitly references self-care in their code of ethics. Similarly, the American Mental Health Counselors Association code of ethics infers that self-care is part of the counselor maintaining their physical and mental health. Incorporating self-care practices into the routine of the mental health counselor is not only essential in maintaining mental health, it makes for a more present and centered therapist. Simple acts like getting enough sleep, eating well, and engaging in physical activity can greatly improve one's mood and resilience, and so improve one's practice. By prioritizing self-care, counselors prioritize their mental health, enabling them to better handle the stresses and challenges that come their way, and model the skills for the clients they serve. It is important to provide a healing atmosphere to our clients through extending peace and love; it is no less important to grant the same to ourselves as counselors.

In closing, I want to acknowledge what a privilege it has been to serve the mental health counselors of Louisiana this year. I am thrilled to introduce the 2025-2026 Louisiana Mental Health Counseling Association President, A'rean Williams, PLPC. Her leadership promises to inspire change, promote healing, and continue the LMHCA's mission of supporting Louisiana's mental health counselors. I am excited for the future of LMHCA and look forward to A'rean's leadership.

~~~~~

(Division President Reports, continued on page 15)



Accomplishing Great Things Together!

**Bernell Elzey, Jr, Ph.D., LPC, NCC,
LSCA President**

The LSCA Virtual Spring Conference made its long-awaited return, and what an incredible experience it was! After a pause since the onset of COVID-19, we came together with renewed energy under this year's theme, "**Ignite, Inspire, Impact: Leading with Passion and Purpose.**" This conference was not just a professional gathering—it was a **celebration of the vital role school counselors play in transforming the lives of students and communities.**

As I shared in my recent article, *Flourishing Amid Challenges: Cultivating Resilience for Transformative Change*, which is featured in the March Edition of the ASCA Newsletter, resilience is at the heart of our work. This conference was a testament to that resilience—demonstrating how school counselors continue to champion student success, advocate for equitable education, and navigate the ever-changing landscape of policies and challenges with unwavering commitment.

The conference featured an **inspiring lineup of keynote speakers and dynamic sessions**, covering topics such as self-advocacy, strength-based counseling, and dismantling systemic barriers to ensure **every student is seen, heard, and valued.** We explored strategies to foster inclusive school environments, equip students with tools for success, and navigate the complexities of our profession with ethical clarity and cultural responsiveness.

The energy, passion, and engagement of our attendees were truly **uplifting**. Whether it was through thought-provoking discussions, powerful keynote addresses, or collaborative networking, this conference reminded us of the **incredible impact we have as school counselors.**

As we close the chapter on this year's Spring Conference, I want to extend my deepest gratitude to each and every one of you—our **dedicated members, inspiring presenters, and hardworking organizers**—for making this event such a success. Your unwavering commitment to this profession fuels the progress we continue to make

Article continues in next column

for our students, schools, and communities.

As we move forward, I **challenge each of you** to carry the lessons, inspiration, and connections from this conference into your daily work. Continue advocating, continue leading, and continue showing up for the students who need us most. Together, we are **building a legacy of equity, resilience, and transformation** that will leave a lasting impact.

Thank you for your support, your passion, and your dedication. I am honored to serve as your LSCA President, and I look forward to all we will accomplish together.



Cultivating The Best by Empowering & Networking

**Carrie S. Davidson, LPC-S, NCC, PLCA
President 2025-2026**



On behalf of the Provisional Licensed Counselor Association (PLCA), Louisiana Counseling Association (LCA), and its Executive Board, I, Carrie S. Davidson, M.A., LPC-S, NCC, am pleased to announce my second term as President of PLCA. I welcome you to the 25|26 Division Term. The goal of the PLCA is to represent and promote the interest of the Louisiana Counseling Association by providing professional development, resources, and information to help support those who have recently entered the profession, including but not limited to graduate students, PLPC designated Professionals, and those who were newly fully licensed. I am extremely excited about the many things we have in store for this upcoming year.

Our Theme for the 2025-2026 Term is Cultivating the Best by Empowerment and Networking. The PLCA Division is continuing to be in the restructuring and your support is needed. There will be a Division Meeting on May 05, at 6pm. This will allow members to meet the rest of the Executive Board and the strategic goals that the PLCA Division wishes to accomplish within the next year. (This event is virtual. The following link is Join Zoom Meeting: Meeting ID: 829 7016 7875 Passcode: PLCA)

The PLCA Division is also looking to fill several posi-

(Division President Reports, continued on page 16)

Division President Reports, continued from page 17

tions as well and is seeking committee chairs. If you are interested in any of the above positions, please provide a cover letter (please make sure you indicate which position you are interested in running for) and Resume to PLCA at plcalouisiana2025@gmail.com by 11:59 pm CST on Friday, May 2, 2024:

The PLCA Division is looking to fill the following positions.

- * Present-Elect (2-year commitment as President-Elect Elect, President-Elect, President, Past President-2026-2028)
- * President-Elect Elect (2-year commitment as President-Elect Elect, President-Elect, President, Past President-2026-2028)
- * Representative for New Orleans Region consists of the following Southern Louisiana parishes: Ascension, Assumption, Jefferson, Orleans, Plaquemines, St. Bernard, St. Charles, St. Helena, St. James, St. Tammany, Tangipahoa, Terrebonne, Washington
Committee Positions: Membership Development and Public Relations Chair, Career Services Chair, Bylaws Chair, Graduate Student Chair

I look forward to an exciting year, see you in Baton Rouge for the 2025 LCA Conference.



SAIGE-LA: A Year of Growth, Progress, and Advocacy

Ledora Yerks-Birdlow, LPC-S, NCC, ACS, M.Ed., Certified Clinical Sexologist, and SAIGE-LA President

As we are near the end of the year of my presidency, I am honored to reflect on all that SAIGE-LA has accomplished in 2024/2025. Since stepping into my role as President, my goal has been to foster growth, inclusivity, and professional development for counselors serving LGBTQIA+ clients in Louisiana. This year, we have made significant strides in advocacy, professional training, and community engagement, ensuring that our division re-

mains at the forefront of affirmative counseling practices.

What We've Accomplished So Far

One of the biggest highlights this year was starting our quarterly webinar series on everything LGBTQIA+. The first in the series of webinars was on "Gender-Affirming Interviewing and Letter Writing." I want to thank our president-elect Dr. Sarah Stillwell, PhD, LPC-S, NCC for doing an excellent job on presenting this webinar and maintaining our series this year. This event provided counselors with the necessary tools to write gender-affirming letters for individuals seeking gender-affirming medical care while upholding ethical standards and promoting best practices. The overwhelmingly positive response reinforced the need for continued education in this area, and we look forward to expanding this initiative further.

Additionally, we have worked diligently to increase SAIGE-LA's visibility within the Louisiana Counseling Association (LCA). Our presence at LCA events, engagement with statewide mental health professionals, and collaboration with other divisions have strengthened our mission and advocacy efforts.

Upcoming Initiatives and Events

Looking ahead, we have several exciting plans for SAIGE-LA:

- ◆ **Continued Training & Webinars:** Given the success of our gender-affirming letter-writing webinar, we will be hosting additional professional development opportunities in 2025 and beyond, with a focus on ethical considerations, trauma-informed care, and advocacy strategies for LGBTQIA+ clients.
- ◆ **Membership Engagement & Growth:** We are actively working to expand our membership base and increase engagement through networking opportunities, social events, and mentorship programs.
- ◆ **Legislative Advocacy & Policy Efforts:** SAIGE-LA will continue to monitor and advocate for policies that impact LGBTQIA+ individuals in Louisiana, ensuring that counselors are equipped with the knowledge and resources to provide affirming care.
- ◆ **Collaboration with LCA & Other Divisions:** Our goal is to continue building bridges with other LCA divisions to create a united front in supporting marginalized populations.

Article continues in next column

(Division President Reports, continued on page 17)

How You Can Get Involved

As we move into the next phase of SAIGE-LA's journey, we encourage all members of the Louisiana Counseling Association to engage with our division, whether through attending events, volunteering, or contributing to our mission. Our work is strengthened by the voices and actions of dedicated professionals like you.

I am incredibly proud of what we have accomplished as a division and look forward to an even more impactful year ahead. Thank you for your support, dedication, and commitment to affirming counseling practices. Together, we are shaping a more inclusive future for our clients and our profession.

For more information on upcoming events and how to get involved, please stay connected with SAIGE-LA on Facebook(Saige-Louisiana), Instagram (saige_la), or Email:

What Are You Waiting For!

Vinetta Frie, Lagniappe Editor



Five years ago, I was completing my term as LCA President. I was exhausted, but happy to join the Past LCA President Club because I was proud of what we had accomplished together during my term as we celebrated achieving the half century mark — our 50th anniversary.

This issue has reports from all 15 LCA Divisions, written by their presidents who are looking ahead to division activities to complete their year and plans for the annual fall conference. On the next page of this newsletter issue, you will see on the Leadership Roster that Dr. Krystal Vaughn, is the incoming LCA President who will take office in July.

The Louisiana Counseling Association is on the brink of a major changing of the guard. To grow and thrive for the next 50 years will require a new generation of servant leaders who will reach out to those in positions of leadership and ask how they can participate. The licensure bill that would not exist without LCA — who will monitor and protect it? The annual conference with its opportunities for continuing education, networking with professional colleagues — who will work with and speak for mental health professionals in our state, without LCA? Providing mentoring opportunities for graduate students and new professionals — who will pass on our legacy if LCA does not continue? Nominations of a variety of well qualified individuals to serve on the LPC Board of Examiners — who can we trust to do that without LCA?

Expecting that **someone** will step forward to do this vital and necessary work may not be wise. The past is not always a perfect predictor of the future. We need new committee members and leaders, division officers, and volunteers at conference — new leaders to understand LCA's inner workings that maintain the health of the Association that has provided so much to each of us!

There is a saying, "If you want something done, give it to a busy person!" A busy person understands that time is a precious commodity. They also know how to find a balance. Are you such a person? How much time can you commit to something this important? What role will help you begin to "get your feet wet" in your Association? Well, what are you waiting for? ☞



**LEGAL REPRESENTATION FOR
PROFESSIONAL COUNSELORS**

George F. Indest III, J.D., M.P.A., LL.M.

License Complaint Defense
Investigation Defense
Administrative Hearings
HIPAA Complaint Defense
Contracts & Contract Litigation
Medicare & Insurance Disputes
HPSO Insurance Accepted



George F. Indest III
La. Bar No. 07151

Admitted in
La., Fla. & D.C.
AHLA Member

LA-24-16713

www.TheHealthLawFirm.com

By Appointment:
201 St. Charles Avenue
Suite 2500
New Orleans, LA 70170

MAIN OFFICE:
1101 Douglas Avenue
Suite 1000
Altamonte Springs, FL 32714

Call Toll Free From Anywhere: (888) 331-6620

Louisiana Lagniappe

2024-2025



LEADERSHIP ROSTER

POSITION	FIRST NAME	LAST NAME	EMAIL	OFFICERS
President	Dr. Vicki	Guilbeau	vickiguilbeau@gmail.com	
President-Elect	Dr. Krystal	Vaughn	kvaughn@vaughntherapeuticcollective.com	
Past-President	Dr. Rashunda	Miller Reed	millerreed@la-counseling.com	
President Elect-Elect	Dr. Kelle	Falterman	shepherdsheart23@outlook.com	
Executive Director	Diane	Austin	Diane@lcala.com	
Business Manager	Austin	White	austin@awhitecpa.com	
Parliamentarian	Dr. Joseph	Pistorius	jpistorius@arch-no.org	
Chaplin	Dr. Kelle	Falterman	shepherdsheart23@outlook.com	
Secretary	Felice	Gaddis	gaddis.felice@gmail.com	
Digital Media Specialist	Ramon	Zalaya	rmzelaya@gmail.com	
Asst. Specialist—Social Media	Arkeria	Robertson	aroberys200@yahoo.com	COMMITTEES
Archives	Dr. Tessia	Ozene	tessiaguillory@gmail.com	
Awards	Dr. Priscilla	Delgado	pdelgado026@gmail.com	
Bylaws	Eric	Odom	ericodom1@hotmail.com	
Finance	Dr. Krystal	Vaughn	kvaughn@vaughntherapeuticcollective.com	
Govt. Relations Specialist	Dr. Adrienne	Trogden	LCAgovtrelations@gmail.com	
Advocacy Specialist	Dr. Christen	Dean	growthcounseling@cs.com	
Journal Editor	Dr. Erin	Dugan	emart3@lsuhsc.edu	
LPC Board Representative	Jamie	Doming	lpcboard@lpcboard.com	
Membership	Dr. Kelle	Falterman	shepherdsheart23@outlook.com	
Nominations	Dr. Rashunda	Miller Reed	millerreed@la-counseling.com	
Newsletter Editor	Vinetta	Frie	lcanews@outlook.com	
Mentoring Institute (Ad Hoc)	Dr. Christine	Ebrahim	cebrahim@loyno.edu	
The People's Committee (Ad Hoc)	Nikki	Lee	NLee@solacechateau.com	
	Dr. Keith	Wilkerson	keith.wilkerson@la.gov	
Professional Development	Asha	Murphy	ashamvyas@gmail.com	DIVISIONS
	Aisha	Davis Luke	aishajdavis8@gmail.com	
Public Relations	Robyn	Sonnier	robynsonnier9@gmail.com	
Strategic Planning	Jocelyn	Brown	jbrown@affinitycounselingcenter.com	
ACACL	Dr. Priscilla	Delgado	pdelgado026@gmail.com	
LAAOC	Lisa W.	Jackson	lisawatleyjackson@yahoo.com	
LACES	Dr. Joseph	Pistorius	jpistorius@arch-no.org	
LAMCD	Dr. Taneka	Gash	tenekagash@gmail.com	
LAMFC	Dr. Sonja	Smith Polley	sspolley@aol.com	
LACGS	Emma	Derstine	ederst2@lsu.edu	
LASERVIC	Dr. Kelle	Falterman	shepherdsheart23@outlook.com	
LCCA	Kayleigh	Underwood	kayleigh.underwood@selu.edu	
LCDA	Michelle	Adams	teachingnola1004@gmail.com	
LMGCA	Debbie	Lang	franzenld3@gmail.com	
LCSJ	Michelle	Lafitte	lafittmr@arch-no.org	
LMHCA	Amy	Dufrene	amy.dufrene@lcuniversity.edu	
LSCA	Dr. Bernell	Elzey	bernell.elzey@wechs.org	
PLCA	Carrie	Davidson	csd.mbrlpc@gmail.com	
SAIGE-LA	Ledora	Yerks Birdlow	info@motivatewellnesscenter.com	

With Heartfelt Thoughts and Prayers



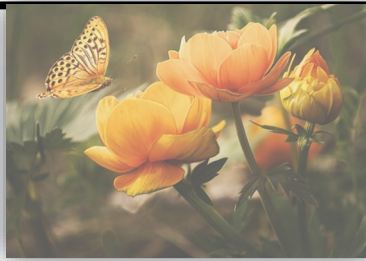
Remember all LCA Members and their loved ones whose passing has not been reported to us. Their loss is no less important than any mentioned here by name.*



Chasity Butler, LPC Board Member from Monroe, LA passed away at the end of February. Please remember her family, extended family and professional colleagues state-wide at this sad time.



**Please help us to recognize any member's serious illness, grieving, or recent death. Please share the information with either [Diane @lcala.com](mailto:Diane@lcala.com) or Vinetta @ icanews@outlook.com. If you have a photo of that member, please share that with us as well. It will help us all re-*



Louisiana Lagniappe

The [Louisiana Lagniappe](#) is the newsletter of the Louisiana Counseling Association (LCA). LCA is the state branch of the American Counseling Association (ACA). LCA unites professional counselors from diverse work settings to promote advocacy, collaboration, and networking among its membership for the good of Louisiana's multi-generational clients.

LAGNIAPPE TEAM

Your newsletter is the result of the following editorial team: Diane Austin, Dr. Quintin Gustin, Dr. Christine Ebrahim and Dr. Vicki Guilbeau and Vinetta Frie, Publication Chair.

SUBMISSIONS

Send all submissions to newsletter editor, Vinetta Frie via her e-mail address: icanews@outlook.com. To assure a speedy response, please include the word *Lagniappe* in the subject line. Electronic submission of photographs via e-mail as a .jpeg or .png file *is preferred*.

**NEXT NEWSLETTER
SUBMISSION
DEADLINE:
July 2025**

The theme of the next issue is the incoming board and the fall conference.



LPC Board Notes

The Board continues to focus on supervision education, continuing education and telehealth:

- ◇ Rule proposed to allow teaching coursework for LPCs to count toward CEHs.
- ◇ Rule finalized for social and multi-cultural coursework (3 hours for LPC, 1.5 for PLCP, total hours remain at 40/20. This will be effective April 1, 2027.
- ◇ Endorsement rule finalized. This allows those fully licensed at the highest level and in good standing in any other jurisdiction for a minimum of one year to be endorsed for licensure with a background check approval.
- ◇ Rule finalized to require the most current code of ethics coursework for initial licensure approval; CEH's can be accrued to meet the requirement for those with older graduate degrees. This was effective immediately.
- ◇ Telehealth licensure fee proposed on February 20th in the state register. This would allow professionals licensed at the highest level in their home state to apply for telehealth registration in LA for \$100.

