

2018 LCA Conference

WE PICKED THE BEST SESSIONS FOR GRAD STUDENTS PG 6



UPCOMING EVENTS HOW TO FIND YOUR COUNSELING NICHE



CARE FOR CREATIVES INTERESTED IN BEING PUBLISHED? PG 3



SUCCESS SPOTLIGHT FIND OUT WHAT WE'VE BEEN UP TO PG 2

LACGS NEWSLETTER



Letter from the Prez

Dear Counseling Graduate Students,

The LCA conference is upon us and the graduate student division is hard at work trying to offer its members a meaningful experience. “Finding and Redefining your Niche” is a content presentation that was created based on the request of graduate students. It will include a panel discussion led by mental health professionals across a variety of specialties. A few members from our executive board will also be leading presentations with their professors. A more detailed list of what’s offered at this year’s conference is included in this newsletter on page 6.

“Our work requires us to be creative and spontaneous in ways we’re not always aware of. Tapping into this part of our brains can often help guide and inform our practice.”

During our first annual meeting, the executive board decided that instead of hosting social events this year, we would host workshops and/or days of service relevant to the counseling field and mental health awareness. If you have any ideas and would like to participate, you can always email us at lcgsrep@gmail.com. Be on the lookout for more information on those as the year progresses.

One of our new members, Lauren Dayan, had the idea to do something a bit different for this newsletter. We asked for creative pieces from counseling graduate students inspired by our practice and mental health. Our work requires us to be creative and spontaneous in ways we're not always aware of. Tapping into this part of our brains can often help guide and inform our practice. We hope you enjoy!



See you at the conference,

Ida Ansell

President of LACGS (Louisiana Association of Counseling Graduate Students)

SUCCESS SPOTLIGHT

LACGS's First Professional Development Day a Success!



The professional development day that LACGS hosted in May was a huge success! The first part of the day included a panel discussion led by several PLPCs, informing graduate students on what to expect and tips for navigating their

future professional role. The second half of the day included a lively discussion on multicultural issues led by 3 PLPCs who are dedicated to social justice and working with marginalized populations. We thank all of those who were able to attend and look forward to seeing you at future workshops!

Finding (or Redefining) Your Niche



Come hear the President speak at the LCA Conference this year!

Title: Finding (or Redefining) Your Niche

Presenters: Joan Gallagher & Ida Ansell

When: Monday, October 8 from 8-9:30 am

Upon the request of the Louisiana Association of Counseling Graduate Students, this session will include an introduction by Ida Ansell, president, about her rationale in requesting this session and her own concerns in choosing an area of practice; an overview of how to choose a practice area that fits; how to explore fields and network in meaningful ways to acquire insights in the decision-making process; and how to select an appropriate supervisor. A panel discussion presenting 4 areas of practice will be presented in which each panelist will describe a different area of practice including insights, assets and deficits of each, followed by a Q&A portion.



THE ART OF BEING WELL

BY: SARAH ZOGHBI

This Fall, Southern Rep Theatre is partnering with the New Orleans Musicians' Clinic to launch the pilot season of *Care for Creatives*. *Care for Creatives* provides programs that unite New Orleans' creative community with mental health practitioners in a sanctuary space, promoting psychological resilience and emotional wellbeing through enriching workshops and engaging events. Beginning October 2018, Southern Rep welcomes artists to their new three-stage theatre complex in the former St. Rose de Lima church building on Bayou Road; we envision the space as an artistic home for creatives of all kinds and *Care for Creatives* represents a progressive approach to building a social home that destigmatizes the conversation around mental health.

The need is clear. New Orleans is known around the world for the impact of our creative community - particularly our musicians, but also culinary artists, film and TV professionals, visual artists, and the incredible mix of creative professionals who are the lifeblood of our city's culture and its cultural economy. However, infrastructure to support health of creative professionals is lacking and this population is largely comprised of low-income and under-insured individuals. Within the creative population, mental health is a special challenge; studies suggest much higher prevalence of various mental health issues including mood disorders and substance abuse. Within this population we see higher predisposition for certain mental illnesses, a lack of treatment accessibility, and work conditions and lifestyle choices that do not promote wellness (e.g. late/unpredictable working/sleeping hours, financial stress, drug and alcohol use, etc.). For 20 years, the New Orleans Musicians' Clinic have focused on providing accessible health services for local culture bearers and this year they expand their mental health services through the *You Got This* suicide prevention initiative, of which *Care for Creatives* is a part.

"I encourage all counseling graduate students to consider themselves creatives in the healing arts and to feel welcomed to participate in all *Care for Creatives* events, to come out and learn from each other, to talk to me about offering sessions in the future or publishing research on our programs, and to ultimately come together as a community in the spirit of being well!"

The pilot season of *Care for Creatives* programming offers a range of enriching workshops and events centered around personal development, psychological education, and healing through drama, music, visual art, movement, guided relaxation, and other expressive forms. Accessibility is key: every program is offered at just \$5 per session.

What Programs Are Offered?

WELLBEING WORKSHOPS: Personal growth processing groups meet weekly for up to six weeks for deep exploration and connection through various artistic mediums. This is where adults discover new insight through relaxation and play!

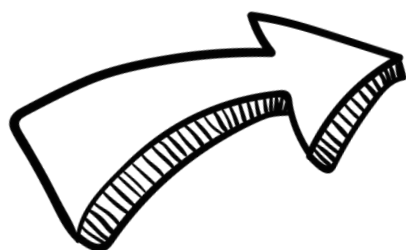
HEALING POWER HOURS: This schedule of open sessions provides a consistent weekly sanctuary space for creatives to congregate for self-care through various healing activities. Sessions range from relaxation training, yoga and meditation practices to expressive arts with group connection and psychoeducation for wellbeing. Weekly community potluck to follow, bring a snack to share!

SUNDAY BRUNCH TALKS: PERFORMANCE ARTISTS FOR MENTAL HEALTH: On second Sundays, live music accompanies a nourishing brunch and community gathering. Talented guest performance artists entertain and an open-hearted panel follows where guest performers share their personal stories as they relate to mental health, creativity, and hope for wellbeing.

How Can YOU Get Involved?

With the New Orleans Musicians’ Clinic *You Got This* program, we will be collecting and analyzing data on various factors that will guide the evolution of future programs. *Care for Creatives* also serves as an unofficial education and training ground where mental health practitioners can learn from one another and through gaining experience in practicing non-traditional healing modalities. The pilot year involves many healers who are also creatives, as well as students and professors from Loyola University Counseling Department and Music Therapy Department, including: Kevin Foose, Dr. Penny Roberts, Ida Ansell, Max Mendizabal, Annie Rooney, Jordan Esfeld, Meaghan McCarthy, Rachel VanKirk, and myself, Sarah Zoghbi. I encourage all counseling graduate students to consider themselves creatives in the healing arts and to feel welcomed to participate in all *Care for Creatives* events, to come out and learn from each other, to talk to me about offering sessions in the future or publishing research on our programs, and to ultimately come together as a community in the spirit of being well!

Hope to see you on Bayou Road! For more information visit www.southernrep.com/care-for-creatives or contact me, Sarah Zoghbi, Director of *Care for Creatives* at szoghbi@southernrep.com.



Check out this opportunity to volunteer your counseling skills, gain experience with grieving children, and build your CV in the process!

Camp Erin® South Louisiana
 A Grief Support Camp for Children & Teens
October 26-28, 2018 at
 Camp Istrouma in Greenwell Springs, La



The Moyer Foundation and
Cancer Services

VOLUNTEER WITH US!


Camp Erin® South Louisiana is a FREE weekend camp for children and teens, between the ages of 6 to 17, who have experienced the death of a loved one. This camp is facilitated by the professional staff of Cancer Services of Greater Baton Rouge, other grief professionals and trained volunteers.

We are looking for dedicated people who are interested in helping grieving youth. We are looking for Cabin Big Buddies, Activity Assistants, Healthcare Professionals, Grief Activity Facilitators, and More!

Please help us make Camp Erin a meaningful experience for these grieving children.

Volunteer Training will be held
Sunday, September 30, 2018
1:00pm – 3:00pm
 at:
Cancer Services
550 Loddell Ave, Baton Rouge

FOR MORE INFORMATION or to REQUEST AN APPLICATION please contact
 Hilary Tallman, LMSW at Cancer Services
 225-927-2273 or htallman@cancerservices.org




CREATIVE COUNSELORS

SUR LE PONT DE PONTCHARTRAIN

BY: LAUREN DAYAN

I look to my right and the sun is rising over Lake Pontchartrain. It is 8:37 am and I am on my way to my internship in Covington. The minutia on my mind melt away into the ground as I get closer to the north shore

The stuff I forgot to get at the grocery store, again

all the books I still haven't read

the never ending veterinary bill

as matters of the north shore emerge

a meeting with adult children that don't know what to do with Mom

a 93 year old man who "doesn't belong here"

a woman with three months to live

It feels like I have a foot in two worlds

the world of me as a person

and

the world of me as a counselor

The causeway is a portal from one world into the next.

On my way home, I look to my right and the sun is setting on the lake. My heart is tender and my chest is heavy from the pressures of the day. A sense of calm washes over me the further I drive on that long and narrow bridge. The bridge is straight and unwavering.

Uncomplicated.

I look at the lake and realize how vast it is. I think about its beauty and how it was here long before me and will be here long after I'm gone.

I think about all the good moments

this too shall pass

And about all the painful moments

this too shall pass

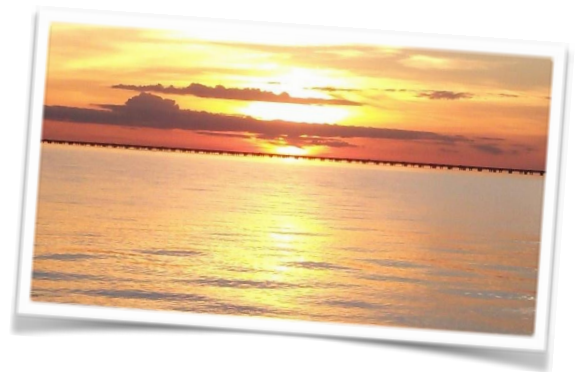
I give my pain to the lake. I give the pain of my clients to the lake. I give it away so I don't carry it home. I feel it as it fades into the beautiful, timeless, vastness.

I know that I'll have to do this again

and that sometimes I'll have to summon it

And that sometimes I'll want it

But right now, I have to go to the grocery store.



YOUR PERSONALISED ITINERARY FOR THE 2018 LCA CONFERENCE

SUNDAY, OCTOBER 7 FROM 9:45-11:15 AM

“Brand New School, Brand New Program: Building a Comprehensive School Program from the Ground Up”

David Spruill, Ph.D., LPC-S, LMFT-S
Layla Touchet, Graduate Student
Hannah Daigle, MS

In 2017, the E.J. Sam Accelerated School of Lafayette became the newest school in Lafayette Parish. E.J. Sam was created to address the needs of high school students who are more than one year behind, working, caring for a child, or suffering from anxieties. In this program, the presenters share their experiences from creation of this new school, to researching student needs, to using survey results to develop a comprehensive school counseling program.

SUNDAY, OCTOBER 7 FROM 11:30 - 1:00

“Courageous Conversations in Modern America: The Counselor’s Role”

John A. Dewell, Ph.D., LPC-S
Ida Ansel, Master’s Candidate
Oriel Romano, Master’s Candidate

This presentation is focused on promoting counselors’ abilities to facilitate conversations around contentious cultural topics. In modern America race, gender, sexuality, and identity politics are ever present. Cultural movements around each threaten to transform our individual and collective identities. Counselors are uniquely positioned to help people navigate these moments of transition, however, many in the field find themselves unsure how to facilitate meaningful conversations. This presentation will address several of these of these issues, highlight common mistakes in facilitating these conversations, and offer up sample guidelines to utilize when having culturally contentious conversations. Finally, an open dialog will be held about practical strategies for implementing these conversations in the community.

SUNDAY, OCTOBER 7 FROM 4:00 - 5:30

“Bridging the Gap: A Review of Continuity of Training and Supervision in Professional Counseling”

Elise Johns, Ph.D., LPC-S, NCC
Latina Raddler, MED, LPC, Doctorate Candidate
Lauren Clark, MS, PLCA
Helen Wilson, PLCA, Doctorate Candidate

Presentation will focus on continuity in supervision as individuals transition from clinical study to counselor intern (PLPC) by using CACREP standards in line with supervision models. Presentation will also highlight need for continuity of supervision process across states as part of counselor training process.

MONDAY, OCTOBER 8 FROM 8-9:30 AM

“Finding (or Redefining) Your Niche”

Joan Gallagher, M.Ed., LPC-S, NCC MCC
Ida Ansell, Master’s Candidate

See Description on pg 2

MONDAY, OCTOBER 8 FROM 3:30-5:00 PM

“Transdiagnostic: From Diagnosis Disorder to Targeting Underlying Mechanisms”

Gary Gintner, Ph.D., LPC-S, NCC
Kayla Davis, Master’s Candidate
Nila Schwab, Master’s Candidate

One criticism of the disorder-focused approach of both DSM and the ICD is that the diagnosis is purely descriptive, based upon a set of signs and symptoms. Transdiagnostics is an emerging alternative perspective that aims at identifying underlying causal mechanisms that produce these symptoms and cut across traditional diagnostic boundaries. The program reviews these common mechanisms and reviews interventions that have evidence for ameliorating them.

TUESDAY, OCTOBER 9 FROM 8-9:30 AM

“Minding the Shooter: How Secure Is your School Safety Plan”

Walter Breaux, III, Ph.D., LPC-S
Hasaan Reeder, M.A., PLPC

Tiffany Henderson, Master’s Candidate

Active school shootings and other school-based violence are statistically on the rise in America. School counselors and other education professionals must be mindful of the signs and systemic conditions that affect school violence. This presentation will address the national phenomenon of school shootings from a proactive response perspective as outlined in the current research literature. Participants will learn effective strategies to enhance school safety response plans. Participants will learn how to identify social and character trait factors of homicidal students. Participants will learn crisis response intervention strategies to deal with active shooter situations within a school.

TUESDAY, OCTOBER 9 FROM 9:45-11:15 AM

“Re-examining the Masculine Protest: Foundations and Implications”

Kevin Foose, MS, LPC-S
Ida Ansel, Master’s Candidate

Adler’s concept of the Masculine Protest has received little attention since its introduction to the field of counseling and psychotherapy. The presentation will examine the theoretical foundations and historical context of the Masculine Protest as well as the implications of its marginal status within the field. Presenters will explore the concept’s possible effects on current counseling practices. Specific attention will be given to the impact on clients’ lives, wellness, development, and sense of self. The presentation will provide a critical lens to help practitioners guide clients to greater understanding and efficacy of our current cultural moment. Presenters will explore thoughts and considerations for moving forward.

TUESDAY, OCTOBER 9 FROM 12:15-1:30 PM

“The Intersection of Self-Compassion and Self-Care”

Sarah Pavur, Master’s Candidate
Elizabeth Armstrong, Master’s Candidate
June Williams, Ph.D., LPC-S

Come join in on this roundtable discussion centered around one of our most important ethical duties as counselors, self-care and self-compassion.

CONFESSIONS OF A COUNSELOR INTERN



In the spirit of this year's LCA Conference theme, "Stronger Together", we want to put out a call for submissions of your MOST embarrassing mistakes with clients! As counseling graduate students, we can be really hard on ourselves sometimes. Some of us just can't seem to get over the fact that we can't magically overnight become as experienced or as suave as our seemingly shimmering, perfect professors. I invite everyone to embrace your mistakes and anonymously submit them and then see just how many other cringeworthy moments your peers are keeping secret from you in our next issue. In order to submit, keep an eye out for an email from your regional representative in the coming weeks! And don't worry, the submissions will be completely anonymous.

If you're a student member of the Louisiana Counseling Association, then you may not know this but that means you're a member of LACGS! LACGS specifically stands for Louisiana Association of Counseling Graduate Students. Always feel free to reach out to your Regional Rep to spread the word about something cool you're doing or even something you want to make happen!

Wait... What is LACGS?



Regional Representative, Kirsten Dantin, visits Nicholls State University

MEET YOUR EXECUTIVE BOARD



Ida Ansell
President

ikansell@my.loyno.edu



Sarah Abuhajah
President-Elect

sabuha2@lsu.edu



Vinaya Nachampassak
Secretary

venacham@my.loyno.edu



Sarah Pavur
Treasurer

sarah.pavur@selu.edu



Kirsten Dantin
The Central Louisiana and
Greater Baton Rouge
Regional Representative Chair

kirsten.dantin@selu.edu



Heather Mills
The North and South Louisiana
Regional Representative Chair

heather.mills@selu.edu



Lauren Dayan
The Greater New Orleans
Regional Representative Chair

lcdayan@my.loyno.edu