



## Past President's Report...

### New LCA President Elect-Elect Announced!

*Thomas Fonseca, Ph.D., LPC-S, LMFT, NCSC, NCC, LCA President 2022-2023*

The general election for LCA President Elect-Elect and consideration of several proposed bylaws changes occurred at the 2023 LCA fall conference. I am honored to announce that Kelle Falterman, PhD., LPC-S, NCC, NCSC, CTTS was selected. LCA is very grateful to Mr. Sean Brite, M.S., LPC, NCC and Teneka Gash, Ph.D., PLPC, RSW for also being willing to serve. 🙏



## Conference Chair's Report...

### LCA Conference 2023

*Vicki Guilbeau, PhD, LPC-S, NCC, NCSC, CCTP, Conference Chair*

The Louisiana Counseling Association Conference 2023 was both educational and rejuvenating. Many connections between counselors were excitedly reestablished, while others were newly made. The conference committee members shined as their months-long work came to fruition in bold reality with great effect. Thanks to each committee member and committee leadership for their extensive efforts!

Our learning was ensured by many outstanding presenters. We are grateful to our presenters for donating their time and for sharing with enthusiasm. Also, our keynote speaker, Dr. Dan Reed, was successful in delivering practical information in a

*(LCA Conference Celebrated, continued on page 2)*

## Presidential Perspective...

### What parts of you yearn to be helped, healed, and honored?

*Rashunda Miller Reed, PhD, LPC-S, LMFT-SC*



Dear Colleagues,

Help.Heal.Honor. is an invitation for us to continuously build relationship with our parts then others. The keynote speaker, Dr. Dan Reed, provided us with some tools to build relationship with parts of us that might respond in extreme ways. Tools such as naming our parts and really hearing what our parts have to say. It seems so simple, yet also profound. I feel relieved that I don't have to ignore, push aside, shame, or dislike my parts. We can enjoy the gifts our parts want to share with us when we are open. Dr. Reed's message resonated for me because counselors are key instruments for facilitating connection...first with our parts and then next with clients. Speaking of gifts, your presence and involvement with the Louisiana Counseling Association Conference was the best gift ever. I enjoyed your smiles, smirks, compliments, feedback, and laughs. It was all *just right*. Please continue to think about: What parts of you want to be honored, healed, or helped? and What parts of clients/students want to be honored, healed, or helped? I enjoyed being with you individually and collectively. Thanks to everyone who made this possible. LCA is my professional home, and you are my professional family. Feel free to reach me at [Rashunda.millerreed@mail.waldenu.edu](mailto:Rashunda.millerreed@mail.waldenu.edu).

Cheers,

Rashunda Miller Reed, LCA President 2023-24



### This issue's features ...

- 🌀 Pictures, pictures, and more pictures from the conference, thanks to LCA President Rashunda Miller Reed, Dr. Darrell Renfro, Archives Chair, and his committee throughout the issue!
- 🌀 Mini Minutes from last LCA Board Meeting begin on page 3.
- 🌀 Lessons learned from the first conference helpdesk, begins on page 3.
- 🌀 Ads from conference sponsors on pages 3, 6, 9, 14 and 21. When you use their services, please thank them for their support of LCA!
- 🌀 First-Timers reflect on their first conference — a tradition returns! See page 6.
- 🌀 All Bylaws changes passed. For details see page 6.
- 🌀 LCA Bulletin Board on Tradewing. See notice at the bottom of page 8.
- 🌀 New Conference Help Desk described on page 7.
- 🌀 12 Division President share what they did at conference and upcoming plans, beginning on page 10.
- 🌀 Third and final of the three-part series by Joseph Kalita. See page 25.
- 🌀 Want to become a more active LCA member?! Contact a leader: 2023-24 LCA Leadership Roster on page 27.
- 🌀 Thoughts and prayers requested for these LCA Members and their families. See page 28.

way that allowed for outstanding interactivity within our large audience. Furthermore, we were fortunate to have the current American Counseling Association President, Dr. Edil Torres Rivera, to participate with our local leaders on a panel concerning ethical leadership. Overall, our LCA Annual Conference under the leadership of Dr. Rashunda Miller Reed is a conference to be celebrated! 🌀

### 2023 Awards!

*Dr. Kelle Falterman and Mrs. Priscilla Delgado, Awards Co-Chairs*



We had a fantastic time recognizing some outstanding folks at the 2023 LCA Luncheon during the conference.

Dr. Christopher Belser received the Distinguished Professional Service Award, Dr. Teneka Gash was awarded the Humane and Caring Person Award, Ms. Michelle LaFitte was honored with the Advocacy Award, the Graduate Student Award went to Ms. Yvanna Vicks, and Dr. Heather Olivier received the Research Award. Keeping an LCA tradition, Dr. Tommy Fonseca was recognized for being LCA's Past President and for bringing LCA *Together Again*. Presidential Award recipients are recognized by the current president for their service. There were seven presidential award recipients: Dr. Deatrice Green, Alayna Kahre, Michelle Schmitt, Nikki Lee, Vicki Guilbeau, Calvin Williams, and John Crawford. Congratulations to all of this year's award recipients! The LCA Awards Google form will be reopened and ready to take nominations for the 2024 award ceremony by November 1, 2023.





## LCA Conference Help Desk: How did we do?!

Well, the Conference has now come and gone, and I have been reflecting on the lessons learned as the Chair of the Logistics Committee (a.k.a. Help Desk).

My Co-Chair, Samantha Carey, and I arrived early on Sunday morning to learn the lay of the land and to ascertain what participants might need to know. This included learning the locations of bathrooms and session rooms, the process of pre-registration check-in and on-site registration, the wifi log-in information, and the basics of working the conference app. We were set up next to the Technology Committee, which was great since the vast majority of the complications this year had to do with signing into the app or accessing the virtual sessions, and along with our Technology neighbors, we did the best we could to help with those issues.

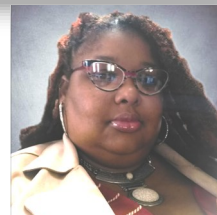
Some of lessons learned from the questions we encountered and from the feedback we heard at the

*(LCA Conference Help, continued on page 4)*

## Louisiana Lagniappe

### LCA Board September Mini Minutes

*Ebony T. Holliday, LCA Secretary*



The Louisiana Counseling Association held the Executive Board Meeting virtually on September 22, 2023. The following business was conducted during the meeting.

- ✎ **Pre-conference Update:** More than 900 attendees are registered!!
- ✎ **LCA Post Conference CE Access:** LCA passed a motion to create a 30-day window for LCA Conference attendees and members to access recordings of CE's post-conference once they are uploaded for member access.
- ✎ **Definition of Student and Retired Member:** Diane Austin, Executive Director, asks the board to clarify terms related to "student" and "retired" membership and the benefits

*(September Mini Minutes, continued on page 4)*

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### LCA Conference Help, continued from page 3

#### Help Desk:

- ☛ People miss having a paper conference program. *(Be prepared to print out the conference at-a-glance document on your own prior to the conference.)*
- ☛ This year's app did not contain a map of the hotel.
- ☛ It's important to check that documents provided to participants have all the information possible (room assignments, cancellation updates, etc.)
- ☛ All participants should download and log in to the app (and have access to all parts of the app) days before the conference to check for any problems.
- ☛ The links for all virtual sessions need to be checked and double-checked before the app is released.
- ☛ Know your log-in email and password for LCA & for your app store!
- ☛ This year's app did not allow participants to select the sessions they wanted to attend to create their own schedules, and many stated that they missed that feature.
- ☛ Conference attendees had feedback on the conference schedule. The most common complaint was that several of the breakout sessions were scheduled at the same time as other sessions with similar topic areas, and the participants wished there was more consideration given to the variety of topics offered during each block.
- ☛ The schedule on Sunday was too long and many people pointed out that there wasn't a dedicated lunch break.
- ☛ ***Read all of the emails from LCA in the week before the conference and make sure you are informed before the conference!***

This was the first time that the Help Desk was a part of the conference planning and execution. I think that it was a much-needed addition and that it will

*(LCA Conference Help, continued on page 6)*

### September Mini Minutes from LCA Board, continued from page 3

of each status. The board created an ad hoc committee to review membership language.

☛ **Changing Membership Category for Conference:** The board reevaluated the procedure for LCA members to change their membership status for a price reduction before their LCA conference registration. A motion was passed limiting LCA members' ability to change current membership categories before conference registration.

☛ **Government Relations Report:** The next session is legislative and begins in March. Louisianans must vote for a new governor, so expect some special sessions in early 2024 because of the leadership change: two salient legislations passed, LDH's budget increase, and anti-LGBTQ+ youth legislation. LCA member updates will be given on both as they are received.

☛ **Community Project Report:** A motion was passed to form a new committee for LCA's community projects. The committee chair will be the LCA president-elect-elect, and each division will assign a representative to become a committee member.

☛ **Journal Update:** Diane Austin, Executive Director, updated the board on the new journal site in conjunction with [LSU. https://digitalscholar.lsuhs.edu/lic/](https://digitalscholar.lsuhs.edu/lic/).

☛ **Conference Door Prize Committee:** Dr. Christine Ebrahim calls for divisions to donate items for door prizes for registered LCA conference attendees.

☛ **Strategic Plan:** The Springboard plans are due by February 9, 2024. Each committee chair will submit individual Strategic plans to Jocelyn Brown by October 13, 2023. ☛





# LCA Faces...





## Louisiana Lagniappe

*A great feature returns...*

### First Timer's Reflections of the LCA Conference!

*Chassity Hamilton, Preston Favorite, and Baylie Robin*



**Chassity Hamilton**

I met so many genuinely nice people who seemed interested in what I had to say, even as a student. (Carl Rogers would be proud.) During the sessions that I was assigned, I added tools to my counseling toolbox that I'll surely need when working with future clients. I was also able to finally put some names with faces from all those LCA emails. Being a graduate student and a Christian, I was so blessed to be able to attend the prayer session for LASERVIC, something I never expected at such a big conference (for multiple reasons -time included). I also met the board members of LACGS who have chosen to advocate on behalf of myself and other graduate counseling students across the state( thanks y'all!).

Overall, I left the conference feeling amazed, seen, inspired, and included (and definitely tired). From learning to networking to sharing conversations over some great meals, my heart is full. I look forward in anticipation for what next year's conference will bring while continuing to process everything from this year. I am so excited to stand alongside some of the greatest minds in Louisiana as we work to help people become healthier versions of themselves! Until next year y'all!



As a first time attendance goer to the Louisiana Counseling Association Conference; I truly enjoyed the event. It was a long time coming for me, I only became a PLPC in 2023.

My very first day at the Conference, I recognized four faces from University of Holy Cross who I hadn't seen in over twenty years, and then there was the

*(First Timer's Reflect, continued on page 7)*

A poster with a dark blue background. On the right is a silhouette of a person standing in a room with light coming from a window. On the left, white text reads: 'WHEN GAMBLING IS MORE THAN A GAME ...', 'NO ONE WINS', 'HELP IS FREE FOR LOUISIANA RESIDENTS', 'ldh.la.gov/problemgambling', and at the bottom, the Louisiana Department of Health logo and 'Behavioral Health'.

**Conference Election Results...**

### All Bylaws Passed!!

*Eric Odom, Bylaws Chair and Tommy Fonseca, Past President*



The following bylaws changes were presented to the membership during the LCA fall conference to bring our documents in compliance with the national as-

*(All Bylaws Passed, continued on page 7)*

### **LCA Conference Help, continued from page 4**

only improve with experience in the coming years. I would recommend adding more people to the Help Desk during the first two mornings of the conference. I would also like to see a Helper or two on the floor directing people to their correct registration locations and sessions. I would recommend better signage around the conference that would contain the day's schedule of events, the location map, and the wifi log-in.

Overall, I feel good about the performance of the Help Desk at this year's conference, and I hope that you feel the same way. I would like to give thanks to all the individuals who volunteered at the Help Desk throughout the conference. Thank you to Sam Carey, Melissa Ray, Amanda Harper, Pamela Shultz, Felice Gaddis, Quentin Gustin, Rashunda Miller Reed, and Vicki Guilbeau! ∞



**Preston Favorite and friends**

wonderful, Dr. Judith Miranti, one of my many wonderful professors at Holy Cross.

I attended two sessions on Assessment Issues, Unpacking Emotions, Unbreak My Heart, and Boundary Setting and Personal Wellness, just to name a few. My conference ended with an opportunity to hold a wonderful conversation with our State President!

Needless to say that my first conference was outstanding! Special thanks to Supervisors Mrs. Lena Gipson and Dr. Gerard Williams for encouraging me to participate.



The 2023 Louisiana Counseling Association Conference



**Baylie Robin**

was the first conference I have ever attended in my professional career. As a master's counseling student, I came in a bit anxious — as one does when they are about to embark in something completely unfamiliar. After sitting in on my first presentation, those nerves

quickly vanished.

The conference allowed me to network with professional counselors and students from across the state. I had the opportunity to learn from those in the field and listen to the insights of other conference attendees. At first, I was intimidated being a student amongst so many trained professionals, but I quickly learned that LCA was a safe space for learning and community. I truly enjoyed my time at the conference and cannot wait to attend next year - and maybe even present! 🌀

**Editor's Note:** I had the good fortune to meet each of these grad students and enjoy their enthusiasm first-hand! I hope you see how important you are to the growth and development especially for those who are new to LCA. Look for those "First-Timer" ribbons and take the time to get to know someone new!

**Winter 2023**

sociation.

### **Section 1. ORGANIZATION of DIVISIONS, CHAPTERS, and INTEREST SECTIONS**

State Divisions, Chapters, & Interest Groups shall be formed and chartered in accordance with ACA and LCA bylaws and the Guidelines for the Organization and Reorganization of Branches, State Divisions, Chapters, & Interest Sections. State divisions shall be chartered by National Division which it represents. This does not apply to Divisions unique to Louisiana which do not represent a National Division. National Division. Authority to recommend State Divisions is vested in the Executive Board of LCA.

### **Article 2 Section 5. ACA MEMBERSHIP**

LCA members will be invited and urged to apply for ACA membership. All elected officers of the State Divisions shall be members in good standing of LCA, the corresponding National Division, and ACA. If the corresponding National Division is not affiliated with ACA, elected officers of the division are urged to apply for ACA membership.

**#1.3.** The mission of the American Counseling Association is to enhance the quality of life in society by promoting the development of professional counselors, advancing the counseling profession, and using the profession and practice of counseling to promote respect for human dignity and diversity.

*The Purposes of the LCA are:*

- A. *Organization, Administration, & Management:* To provide structure to fulfill the mission.
- B. *Personal & Professional Development:* To promote the development of counseling professionals.
- C. *Professionalism:* To promote and advocate for the professionalism of counseling.
- D. *Public Policy & Legislation:* To promote and support public policy and legislation, which enhances the counseling profession.



## LCA Faces...



*Photos by Dr. Darrell Renfro, Archives Chair and Team. He is pictured just above.*

*Happy Winter Holidays!*




*All Bylaws Passed, continued from page 1*

- E. *Research & Knowledge:* To promote the advancement and dissemination of research and knowledge in counseling.

### **ARTICLE XIII. Amendments to Bylaws** **Section 1. PROCEDURE for AMENDING**

Amendments to these bylaws may be acted on only at the annual business meeting of the Association. A proposed amendment will be presented in writing to all members of the Association at least thirty (30) days prior to the annual meeting at which the proposed change is to be considered. An amendment may be adopted by a two-thirds affirmative vote of the members present & voting, or by a unanimous vote. If prior notice is not given as previously defined in this section, an amendment will require a unanimous vote for adoption.

Upon acceptance of proposed changes by the LCA Membership, the proposed amendments to the Bylaws shall be reported in writing to the ACA President prior to the Governing Council meeting at which the change may be considered. Any such proposed amendment cannot take effect until approved by the ACA Governing Council.

The Executive Board agrees that all changes will improve the efficiency of our operations. We thank you for your agreement and for voting in the 2023 LCA Election. 



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# Division President Reports

ACACL, Association for Child and Adolescent Counseling in LA. No report.



## Pushing Forward

*Kournie Baham, LAAOC President*

It was nice seeing new and old faces at the 2023 LCA conference! It is fair to say that we were spoiled this year from the delicious LCA Luncheon (one word for me: cheesecake!) to the very nice, and durable, red LCA bags. I had the chance to talk to some of you all and interest was actually expressed about getting active within the division, so I look forward to the connections made in hopes of moving LAAOC forward. I also met some members who did not know about the division at all. I hope the time I spent with those members brought some clarity and sparked interest, as well. For those looking to learn more, please do not hesitate to reach out to me or visit the LCA website, where you can read up on the mission of the Addiction and Offender Counselors Division.



## LACES: Connect, Share, and Grow

*Dr. Dottie Martin, LACES President*

Hello from the Louisiana Association for Counselor Education and Supervision (LACES)! As President, I am excited to share with you all the ways LACES is working

to engage and connect members all across the state.

### Meet the Board

I am thrilled to introduce our newly elected 2023-2024 board members, Dr. Michelle de la Paz (President Elect Elect), Dr. Michaela Hartline (Secretary), Dr. Michael Leeman (Counselor Educator Member), and Michelle Wade (Member-at-Large Supervisor).

Returning board members include, President Dr. Dottie Martin, President-Elect Dr. Joey Pistorius, Member at Large-Graduate Student Ebony Clifton, and Past President Dr. Christine Ebrahim.

### LACES at LCA

The LCA 2023 conference, *Help.Heal.Honor.*, was an exciting conference with a plethora of options to feed the mind, body, and soul. There were so many options to connect with LCA members and engage in wonderful learning opportunities. In addition to the continuing education options both in person and virtually, attendees were able to engage in exhilarating conversation at luncheons, socials, and meet and greets. Many individuals attended the *LACES Honor Ceremony* where several leaders received awards and presenters were honored with tokens of appreciation from the board for their hard work in developing and presenting on topics ranging from wellness, social justice, and tele supervision.

### Presentations & Supervision Connection

The LACES track for continuing education included many invigorating topics. Dr. Michelle de la Paz, Dr. Sola Kippers, and Mr. Craig Wilson presented on ethical decision making in fieldwork courses. Dr. Kim Mason's presentation provided an even more ethical approach infusing social justice in field courses. Dr. Christian Dean presented on using metaphors in *(Division President Reports, continued on page 11)*

*Article continues in next column*



counselor education. I might say he is the “bee’s knees” of presenters. Dr. Laura Fazio-Griffith and Dr. Kippers presented a comprehensive virtual model of supervision. A well-represented group of university professors, Drs. Green, Henderson, de la Paz, Wade, and Ebrahim presented a panel on tenure and promotion to an audience full of interested participants looking to understand the process. Before supervisors and prospective PLPCs mingled, Drs. Martin, Pistorius, de la Paz, Ebrahim, and Elzey provided insights on all things supervision to eager prospective PLPCs and supervisors from many areas across Louisiana.

### ***Honors Ceremony***

At the LACES honors ceremony, members enjoyed appetizers, wine, and refreshments while honoring the many exceptional professionals involved in LACES. Awards were presented to five LACES members who have demonstrated commitment to the profession. Brad Gros received the Supervisor Award, an award honoring the commitment to outstanding work with supervisees and leadership skills as a supervisor. The second award, given to an LPC-S with an additional specialty was given to Dr. Laura Fazio Griffith, Associate Professor at Southeastern University. The Counselor Educator Award- Senior was presented to Dr. Tommy Fonseca, Professor at the University of Holy Cross for his commitment to counselor education and supervision. Dr. Anabel Mifsud, Assistant Professor at University of New Orleans received the Counselor Educator-Junior Award. The Prospective Counselor Educator and Supervisor Award was given to Christina Health doctoral student at University of Holy Cross for her promising work as a future counselor educator. Finally, the President’s Award went to Diane Austin, LCA Executive Director in recognition for all her hard work and dedication to LCA over the years. Everyone enjoyed the gathering and appreciated the accolades.

The LACES board would like to highlight a few more occasions our organization offers to connect members across the state.

### ***Lunch and Learn***

LACES is pleased to offer Lunch and Learns throughout the year! Be on the lookout for email blast and information on Tradewind for continuing education opportunities!

If you are interested in presenting in the future on supervision and/or counselor education topics, click on the following link [LACES Proposals](#) and complete the proposal information. Topics may include assessment and diagnosis in supervision, teaching strategies for counselor ed programs, developing, and writing concept and research articles, preparation for new supervisors or faculty, and contemporary, creative ideas in either supervision or counselor education. Specific dates will be assigned once proposals have been accepted.

### ***Call for Professional Networking***

LACES is busy working to provide its membership with many opportunities to connect. Current supervisors and faculty, new supervisors, new faculty, and doctoral students may wish to volunteer to assist the board. Contact Dr. Michelle de la Paz at [delapazcounseling@gmail.com](mailto:delapazcounseling@gmail.com) for more information.

In closing, the LACES board would like to thank everyone who contributed to the success of these events. I would like to personally thank the board for the many hours spent collaborating on these outstanding activities. Through all of these endeavors LACES is working to connect students, postgraduates, supervisors and counselor educators throughout Louisiana. If you would like to get involved, please reach out to Dr. Dottie Martin at [domartin@uhcno.edu](mailto:domartin@uhcno.edu).

*(Division President Reports, continued on page 14)*

*Happy Winter Holidays!*



***Article continues in next column***



# LCA Faces...





# Thank you LCA members ...



# ... for another great year!



*Division Presidents' Reports, continued from page 11*



**LACGS: 2023 LCA Conference Highlights Graduate Students' Achievements**  
*By: Brooke G. Mize, B.A, LACGS President and Ashlyn Dupree, B.A, LACGS PR Coordinator*

The LCA Conference was a major win for many of our graduate students, especially our LACGS Executive Board. Our President, Brooke Gaspard, was nominated for two conference awards. Our President-Elect Emma presented research at the poster presentation session on Enhancing Graduate Student Wellness in Counselor Education Program. Our Northeast LA Representative Emily won the 2023 Gloria Bockrath Scholarship and was nominated for two other awards. Our Secretary Teneka Gash won the Humane and Caring Person Award and hosted all LCA Divisions at the Divisional Mixer. Teneka also presented with several presentations such as "There is a Place for Everyone at the Table: Ways to Support New Leaders," "Disconnecting to Reconnect: Stop Allowing History to Hold You Hostage," "Unpacking Emotions: There's Hope in Hello," and "Namaste" at the LCA conference.

Beyond the achievements of these executive board members, the board remained active throughout the conference with President Brooke mingling with several counseling graduate students along with President-Elect Emma Derstine, Treasurer Sarah Meche, and Northeast Louisiana Regional Representative Emily Ruth at the LCA Divisional Mixer. Executive board members Brooke, Ashlyn, and Emily also volunteered at the LCA Conference, assisting participants with registration, answering tech-related questions, directing participants to specific sessions, and scanning participants' badges for CEUs in sessions. Going into the conference, the goals of LACGS board members were to connect with other gradu-

ate students looking for the necessary resources and support within graduate school. Alongside the LCA Divisional Mixer, President Brooke, President-Elect Emma, Northeast LA Representative Emily, and PR Coordinator Ashlyn Dupree met with graduate students at the LACGS General Business Meeting to discuss where the division is headed, potential tracks for the 2024 LCA Conference and what resources we offer to graduate students. We look forward to next year's LCA Conference and the achievements and presentations the newly elected board will bring!

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### With Gratitude

*Dr. Teneka Gash, LAMCD President*



The 2023 LCA Conference was nothing short of amazing! "Help, Heal, Honor," served a true purpose in representation of The Louisiana Counseling Association. Dr. Rashunda Reed led with grace, poise, intentionality and danced her socks off with Vicki Guilbeau, Tyranique Harding, Kesha Simmons, attendees and I, as we "SHUT DOWN" the Presidential Reception. We enjoyed delicious foods, laughter and danced with physical expressions and empowered movement. What a time!

In striving to become educationally enhanced and developing personally and professionally, every aspect of the 2023 LCA Conference provided an opportunity to gain insight, network and cultivate relationships with individuals from various geographical areas. Following departure, it afforded the potential to embark on an adventure of discovery, in navigating the complexities within our communities, unravel the unknown and inspire meaningful conversations.

As President of LAMCD, I along with the Executive Board, would like to extend gratitude towards each presenter for their contributions towards the LAMCD Track.

*(Division President Reports, continued on page 15)*

**Article continues in next column**

- 👤 Dr. Kim Lee Hughes, “Tickled Pink: Womanist Leadership in Counseling and Counselor Education”
- 👤 Dr. Teneka Gash and Colleen Thomas, “There’s a Place for Everyone at the Table: Ways to Support New Leaders”
- 👤 Dr. Teneka Gash, Colleen Thomas, Maisha Davis and Leshecca H. Norman, “Disconnecting to Reconnect: Stop Allowing History to Hold You Hostage”
- 👤 Dr. Teneka Gash, Colleen Thomas, and Tyranique Harding, “Namaste: The Practice of Honoring One Another”
- 👤 Dr. Teneka Gash, Colleen Thomas, Andra Aitken, and Emily DeFelice, “Unpacking Emotions: There’s Hope In Hello”

As President, it was an honor to serve as an Emerging Leader/Mentor of the Leadership, Development and Mentoring Institute. Through mentorship with Dr. Reshelle Marino, I was able to complete the initiative of composing and producing the 2023 LCA Division Mixer. It was great working with Division Presidents and Ms. Diane, to produce a mixer that provided insight and an increase in membership. It was also an honor snapping pictures throughout the conference with Dr. Darrell Renfro, as a member of the Archives Committee, and serve as a judge for the Poster Session, as a member of the Professional Development Committee.

During the LCA Luncheon, I received the “Humane and Caring Person Award.” In my daily walk, I continually strive to serve with intentionality, grace and with a spirit of selflessness and unconditional love. In hearing statements shared, in reflection of myself, it took me to a place of pure gratitude and humbleness. Special thanks to each of the individuals who nominated me for this wonderful award. It has been an honor to serve for the 2023 LCA Conference and I look forward to all that this journey entails. I am grateful for the opportunity as a Candidate for President Elect-Elect-Elect, and no

*Article continues in next column*

matter the outcome, I am here to serve through and through.

If you are interested in joining LAMCD to promote increased knowledge in multiculturalism, please reach out to our designated email: LAMCDivision@gmail.com and visit our Facebook page - @LAMCD1, as your participation is highly valued by us!



LAMFC, LA Association of Marriage and Family Counselors. No report.



## **With Honor To You, LCA!**

**Sophia Jones, LASERVIC President**



Greetings LCA! It was great seeing each of you as we experienced this year’s hybrid conference. I learned so much from all of the great presentations and especially enjoyed engaging with you during the division mixer and “Throwback Tuesday.”

I want to thank the 2023-2024 LASERVIC Executive Board for all the work done behind the scenes to help make our luncheon, prayer service, and the division mixer such a success. We were blessed to have Apostle Adrienne J. Sumler, PhD, CST and KyNisha Murphy, MA, LPC, NCC back again this year to present on “Dealing with Narcissism from a Spiritual Perspective,” and thanks to some of our generous division members we were able to offer extra seats to LCA members hoping to join our luncheon. As always, each year we strive to have a presenter for our luncheon and welcome all to attend, so if you are interested, please make sure to buy a ticket for the LASERVIC luncheon when registering for next year’s conference.

*(Division President Reports, continued on page 16)*

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<sup>1</sup>Counselor Liability Claim Report: 2nd Edition, March 2019

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E-14415-0923 LCA

As we continue to grow our presence on TradeWing, I want to take this opportunity to give a shameless plug for our upcoming virtual event. We are hosting another "Lunch and Learn" on November 15th from 12-1pm and welcome each of you to attend!

As always, if you are not yet a member of the Louisiana Spiritual, Ethical and Religious Values in Counseling (LASERVIC) Division of LCA, we welcome you to join! If you are already a member, we invite you to become actively involved by joining the executive board.

Do you have any questions, concerns or are interested in becoming a member and/or officer of LASERVIC? Please feel free to contact me at [So-pheia@abrighterpathcs.com](mailto:So-pheia@abrighterpathcs.com).



#### Kudos to All Poster Session Winners

Asha Murphy, Professional Development Co-Chair

On behalf of LCA and the Professional Development Committee, we thank all the participants in this year's poster session contest. It was a highlight of the conference for many. Many conference attendees expressed how impressed they were with the body of work you presented. Thank you, too for sharing your ideas, passions, and discoveries in the many discussions you had with attendees. You are clearly bright stars that we are so fortunate to have as a part of our profession.

(Kudos Poster Winners continued on page 18)

#### Things Coming!

Krystyn Dupree, LPC, NCC,  
LCCA President



Greetings from the Louisiana College Counseling Association! It was amazing to see so many old friends and make so many new connections! We had a host of engaging and informative speakers on our LCCA track. The opportunity to engage with so many at the Division Mixer was a real highlight, as we got to engage with our current members, while also sharing our love and excitement to potential new members as well. Engaging with our members is the first step to providing them with connection and opportunities!

(Division Presidents' Reports, continued on page 18)



# 2023 Award Winners ...





During our Luncheon & Business meeting we discussed some important changes such as voting on amendments to our bylaws, one of which created the new position of Webmaster on our Executive



Council. As we continue to look for ways to serve and connect with our membership, this position is going to be vital in making sure we are utilizing our technology to connect with members in the best way possible! Another exciting announcement made at the conference business meeting was the decision to start honoring the hardworking and dedicated profes-

sionals serving our college students by creating a committee to handle awards for our division.

Looking ahead, we have great things coming! We will be doing a final call for nominations to fill vacant positions on our Executive Council before we vote and we are also in the planning phases for our Winter Workshop. This a virtual, free offering that is a benefit of membership. If you are interested in presenting at our Winter Workshop or serving on our new awards committee, please email us at [lcca.leadership@gmail.com](mailto:lcca.leadership@gmail.com). We are here to listen to our members and serve them providing them with opportunities and acknowledging the hard work that they put in!



Article continues in next column

Happy Winter Holidays!



## Year of Collaboration: Goal 1 Accomplished!

*Shallene Joseph, M.S., M.Ed.,  
LPC, NCC, LCDA President*



Hello LCA members! The Louisiana Career Development Association's (LCDA) year of intentional collaboration started with a timely webinar in collaboration with the Colorado Career Development Association (CCDA) and the New Jersey Career Development Association (NJCDA). The webinar, *An Innovative Career Approach: Harnessing AI & the Challenge Mindset*, took place on Friday, October 20, 2023, featuring speakers JP Michel discussing "Flip the Model: Innovation in Career Exploration" and Jeremy Schifeling discussing "ChatGPT for Career Coaches: Scale Up Your Coaching".

Our plans for our next collaboration are focused inside of LCA. Stay tuned for more information in

*(Division Presidents' Reports, continued on page 19)*

## Kudos Poster Winners, continued from page 17

### Master's Level Winners

1st Place: Emily Citron and Gabby Guilbeau from ULL: *Play Therapy Treatment for Pediatric Medical Trauma*.

2nd Place: Courtney Saulsman from LSU: *Inequities in the Scholarship Process for Low-Income, Underserved and Underprepared Students*.

3rd Place: Lindy Disman from Loyola: *Using Acceptance and Commitment Therapy to Support Teachers who Work with Students who have Behavior Intervention Plans*.

### Doctoral Level Winners

1st Place: Tyranique Harding from Holy Cross: *Promoting Advocacy for African American Female Adolescents: Exploring the Biases in Counseling*.

2nd Place: Brandon Selby from UNO: *The Consequence of Historical Trauma on Personal and Aggression*. ❧



## Division President Reports, continued from page 18

the coming months, which will be shared via future Lagniappe articles, Tradewing, and email.

Thank you to our members who joined us at our general business/membership meeting at the conference in October and our new members. We are looking forward to continuing to build with you! November 2023 is National Career Development Month. November 13-17 is National Career Development Week. November 15 is National Career Development Day.

NCDCA will be holding the [58th annual Poetry & Art Contest in celebration of National Career Development Month](#). This year's contest theme is *Art of the Mind: The Connection Between Wellness and Career Success*. Entries will be judged on how they celebrate and inspire career development with a positive tone while emphasizing the national theme. Entries may be either poetry or art. Contest divisions areas include kindergarten through adults. The winning entries for each division will be recognized and displayed on the NCDCA website in June, as well as at the [annual Global Career Development Conference](#), which will be held June 26-28, 2024 in San Diego, California. National winners will also receive a special certificate from the National Career Development Association.

For more information on National Career Development Month, visit <https://ncda.org/aws/NCDA/pt/sp/ncdmonth>. We plan to hold a state contest for the 58th annual Poetry & Art Contest in celebration of National Career Development Month, and we invite you to hold individual contests at your schools, practices, and institutions.

Finally, for those of you who may be interested getting involved as an elected officer in LCDA, the positions of Treasurer and Member At Large posi-

## Louisiana Lagniappe

tions are open for election this year. We will reach out with more information on Tradewing and via email very soon in regard to election timing. If you are interested in any of these positions, reach out to me at [sjlcdca@gmail.com](mailto:sjlcdca@gmail.com).

We look forward to collaborating with you! Feel free to reach out with any questions, comments, or concerns at [info@louisianacareerdevelopment.org](mailto:info@louisianacareerdevelopment.org) or to me personally at [sjlcdca@gmail.com](mailto:sjlcdca@gmail.com).

~~~~~

### LCSJ: Still Committed to the Vision

Shemeka Faulk, LCSJ President



One thing about our annual conference, it is surely a time to reconnect with so many peers, mentors, and colleagues from across the state of Louisiana. The Louisiana Counseling Social Justice (LCSJ) division expanded our outreach by presenting at this year's conference. We presented in an open dialogue which allowed LCA members to actively participate and engage with us. We learned so much from one another, which is what this is all about! One main goal LCSJ has had, is to increase our awareness and we did just that. We've embraced the opportunity to join forces with other divisions which will surely increase our impact. This year's conference theme, *Help. Heal. Honor* showed us how much we need one another to continue to make a difference. Our very own, Michelle LaFitte, Vice President of LCSJ, won the Advocacy Award which is awarded to an LCA member who has taken initiative to advocate for the counseling profession. The Social Justice division would love to invite you to join us as we continue to look closely at equity and equality and are grateful that LCA sees its value. *Working to create an environment that is equal to all* continues to be the vision for LCSJ as was founded

Article continues in next column

**Happy Holidays!!**

### Division President Reports, continued from page 19

by our past president, Larry Lowery, and shows we are still committed to this vision. Our executive team: Shemeka Faulk-President, Michelle LaFitte -- Vice President, and Joelle Nixon -- Secretary.



### Mission Achieved!

*Kathy Lammert, LPC-S, LMFT,  
NCC, LMGCA President*

Debbie Lang, Deborah Allsbrook, and Kathy Lammert, were proud to represent the LA Military and Government Counseling Association at the 2023

Louisiana Counseling Association (LCA) Conference in Baton Rouge LA. We were excited to see our LCA colleagues and meet new ones. Special thanks to Army Veteran Christian Dean, Ph.D., LPC-S, LMFT-S, NCC - our fellow LMGCA member for presenting.

Here are some great photos of LMGCA in action for the LCA Fall Conference! Take a look at our Linked In page: [https://www.linkedin.com/posts/kathy-l-21ab0225-army-veteran-military-activity-7117261728270204928-Trep?utm\\_source=share&utm\\_medium=member\\_ios](https://www.linkedin.com/posts/kathy-l-21ab0225-army-veteran-military-activity-7117261728270204928-Trep?utm_source=share&utm_medium=member_ios)

The last day of the 2023 Louisiana Counseling Association (LCA) Conference in Baton Rouge LA. The "Three Musketeers" (Doctoral Students and Past LMGCA Presidents Debbie Lang, LPC, and Deborah Allsbrook, LPC-S, and current LMGCA President Kathy Lammert, LPC-S, LMFT, NCC) were proud to see our colleague Jamie Jones, LPC present "Eating Disorders and the Military: Healing the Hungry Heart" as part of the LA Military and Government Counseling Association tract.

LMGCA is planning new Tradewing CEU educational content for the Spring of 2024. Jen Lecompte, an NBCC scholar and UNO graduate student, will be

presenting. Jen has experience in the Coast Guard. LMGCA and STAR will be the "sponsors" for the talk.

We have invited Robyn Sonnier, LPC, and DeQuetta Sanders, LPC, to present at the LCA 2024 conference next year in Lake Charles. We would love to hear proposals for presentations on Military and Veteran related topics.



### LMHCA's Winter Flourish: Building on Harvested Growth!

*Dr. Deatrice Green, LMHCA President*



Hello from the Louisiana Mental Health Counselors Association (LMHCA). It was refreshing to share a meal with those who attended LMHCA's luncheon and remind ourselves of the importance of self-care at this year's LCA conference. We are honored to again be a part of creating a specialized track that was inclusive of topics that you, our LMHCA membership, requested. Being a presenter for our division's track is always a privilege. I would like to thank each of our presenters Arielle Laurent, Amy Dufrene, Donisha Banks, Porsche Hitchens, Dr. Micheal Leeman, Dr. Reshelle Marino, and Trevon Ceasar, for assisting us in delivering another year of a diverse and engaging track.

During this year's LMHCA luncheon, we were refreshed on the importance of self-care and celebrated our LMCHA awards and scholarship recipients. The awards and scholarship recipients are listed below:

- 🏆 Viveca Johnson – Community Service Award
- 🏆 Crystal Boyd – Mental Health Counselor of the Year Award
- 🏆 Emily Ruth – The Gloria Bockrath Award

As we transition into the final quarter of this year, be on the lookout for the following on Tradewing and in your email inboxes:

*(Division President Reports, continued on page 22)*

**Article continues in next column**



# We Know You're Out There! and We're Hiring!



**We're Seaside Healthcare with locations across Louisiana.**  
**We're seeking:**

- Master's Level Therapists (LCSW, LMSW, LPC, PLPC)
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*Serving those with Mental Illness and Substance Use Disorders*

## Louisiana Lagniappe

### Division President Reports, continued from page 20

- ☞ Our First Annual Winter Conference will take place in Shreveport, LA, on December 9th
- ☞ Evaluations for both the Webinar Series and the Annual Spring Conference
- ☞ Surveys soliciting feedback and suggestions for topics of interest for upcoming CEU events and things that we can do to improve
- ☞ A call for proposals for 2024's Bi-Monthly Webinar Series

Finally, I would like to encourage you all to spend this last quarter pouring into yourself the way that you pour into each of your clients. During this Winter Flourish, continue focusing on the renewal of your personal self-care routines, and LMHCA will be building on the growth that has been harvested for you, our members!

We are always looking for new members for our committees and governing board. If you are interested in joining a committee or becoming a regional representative, please reach out to me at [lmhcapresident1@gmail.com](mailto:lmhcapresident1@gmail.com) or via Google form <https://forms.gle/c3JVaCVx7vhnErnX6>. Your engagement and participation are vital to LMHCA and LCA, so please reach out with any inquiries.

Wishing you a joyous holiday season and a prosperous New Year!



### Hello Louisiana School Counselors!

**Taneka Fuller, NCC, LPC-S,  
NCSC, LSCA President**

LCA Conference 2023 was nothing short of amazing! It's always wonderful to meet new people and reconnect with those you haven't seen in a while. The conference

was educational, informative and a celebration all wrapped into one! The highlight of the conference for me, of course, was our Annual LSCA Luncheon! The theme of our luncheon this year was "LSCA: Helping Students to Dream Big". We were honored to have some amazing guests share with us; Dr. Rashunda Reed, current President of LCA; Angela Jordan, Louisiana Department of Education; and Lisa Fulton, ASCA. Our keynote speaker was Dr. Mariama Sandifer whose presentation left me inspired and motivated to continue being a "change agent" on my campus.

We celebrated some amazing school counselors of the year finalists:

#### Elementary School Counselor of the Year finalists:

- ☞ Khakillya Babers, Oak Park Elem; Tracie Bordelon, LEO Judice Elem; Meghan Dwyer, R.J. Vial Elem; Lemesa Fleury, Eden Gardens Elem; Sharon James, Pearl Watson Elementary.
- ☞ And the overall Elementary School Counselor of the Year was Ms. Lemesa Fleury!

#### Middle School Counselors of the Year finalists:

- ☞ Sarah Martin, Milton Middle; Robin Wood, Caroline Dorman Junior High
- ☞ And the overall Middle School Counselor of the Year was Ms. Sarah Martin!

#### High School Counselor of the Year finalists:

- ☞ Joshua Allridge, St. John the Baptist; Chastity Craven, Carencro High; Jessica Walker, West Feliciana High; Jacquelyn Walther, Hahnville High.
- ☞ And the overall High School Counselor of the Year was Ms. Jessica Walker!

And our 2023 Louisiana School Counselor of the



*(Division President Reports, continued on page 23)*

**Article continues in next column**



# Divisions in action ...



**Photos by Dr. Darrell Renfro, Archives Chair, his team & Dr. Reed, LCA President.**

## Louisiana Lagniappe

### *Division Presidents' Reports, continued from page 22*

Year was Ms. Sarah Martin!!!!

We were all inspired by the amazing work the finalists and winners are doing on their campuses. Our LSCA Awards Chair/Committee does an outstanding job every year.

On Monday, October 9th, LSCA participated in the LCA Division Mixer where we were able to meet and discuss LSCA with attendees. If you missed the LSCA Luncheon this year, please plan to attend the luncheon next year in Lake Charles. And again, stay connected to LSCA via IG(@myslca); FB(MyLSCA-Louisiana School Counselor Association) and our website (louisianaschoolcounselor.com).



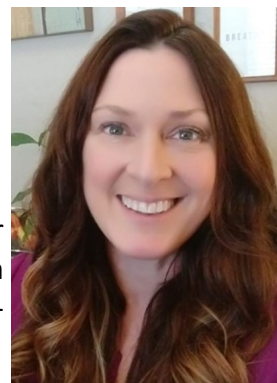
PLCA, Provisional Licensed Counselor Association.  
No report.



### **Grateful, Excited, and Hopeful!**

***Shannon E. Smith, LPC-S, NCC,  
SAIGE-LA President***

As I write this just days after the LCA Conference in Baton Rouge, I am filled with gratitude, excitement, and hope.

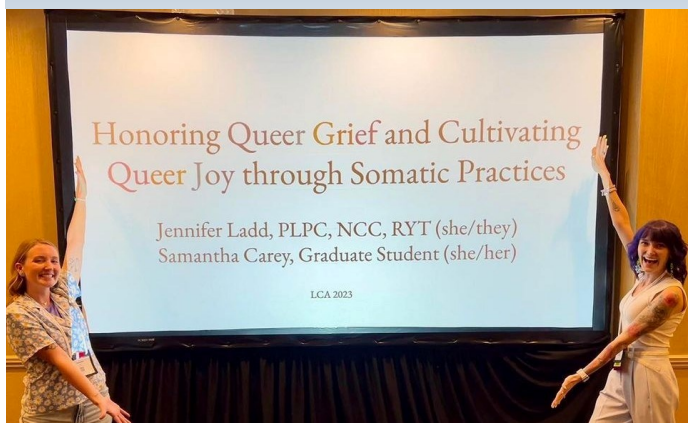


### ***Grateful***

I am grateful for the Board of SAIGE-LA (The Society for Sexual, Affectional, Intersex, and Gender-Expansive Identities of Louisiana). Nearly every member of the SAIGE-LA Board was at the Conference, and two of them were presenters (Pamela Shultz and Michelle Jolivet). When I accepted the position of President of SAIGE-LA, I knew only one of the other people on the Board. I can now call

***(Division Presidents' Reports, continued on page 24)***

### Division Presidents' Reports, continued from page 23



them all friends, and they make the work of our division fun.

I am also grateful for the members of SAIGE-LA who answered the request for conference presentations. Heather Goodman-D'Anna, who also presented last year, provided much needed guidance on how to support parents and caregivers of LGBTQ+ youth. Matthew Hebert led a packed room through a fun and informative discussion of kink and BDSM and the history of sexuality in the DSM. And, Jennifer Ladd and Samantha Carey inspired their audience with a presentation on how trauma-informed somatic practices can be used to support LGBTGEQIAP+ clients through their experiences of grief and to cultivate queer joy.

#### Excited

It was exciting to see how many people turned out for presentations that were part of the SAIGE-LA track. We have made a concerted effort to move our sessions past the 101 level and to include the parts of our acronym with which counselors may be less familiar. In addition to those mentioned above, the SAIGE-LA track included presentations on jealousy in non-monogamous relationships and on working with trans students.

We know that counselors need more support in working with sexually and affectionally diverse individuals and couples/triads+, and we acknowledge the lack of instruction on sexuality provided by




most Master's programs. The clients that we serve want to be able to discuss their sexual and affectional identities and their intimate relationships with their counselors. SAIGE-LA encourages all counselors to enhance their knowledge and comfort around these topics.

#### Hopeful

The Board of SAIGE-LA has been discussing ways to increase professional development, community outreach, and networking opportunities around the state. Ultimately, we'd like to enhance the quality and quantity of counseling services available to LGBTGEQIAP+ clients in need. In order to achieve our goals, we need more involvement from our members.

I hope that you attended one of our sessions at the Conference and that it inspired you to learn more. I hope that you saw us at the Division Mixer and will decide to join SAIGE-LA. I hope that you will take that next step and nominate yourself to SAIGE-LA's Board when we hold elections this winter. I hope that together we can make a difference in the LCA community and in the delivery of counseling services to our clients.

Want to get in touch? You can email us at [sai-ge.louisiana@gmail.com](mailto:sai-ge.louisiana@gmail.com). You can also contact us on the LCA Community Bulletin Board through Tradewing or follow us on social media. If you have questions about the division and/or are interested in joining, please let us know: IG: saige\_la; FB: Saige-Louisiana; Email: [sai-ge.louisiana@gmail.com](mailto:sai-ge.louisiana@gmail.com). 



*Article continues in next column*



# Thanks Exhibitors!

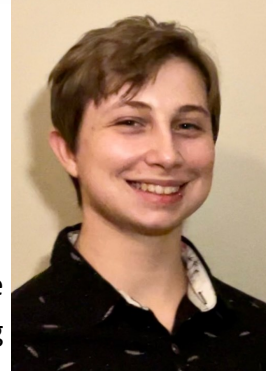


**Photos by Dr. Darrell Renfro, Archives Chair and Team plus Dr. Rashunda Miller Reed!**

## Louisiana Lagniappe

### 10 Psychological Benefits of BDSM

*Joseph Kalita, Loyola Graduate Counseling Student and Dr. Christine Ebrahim, LPC-S, NCC*



BDSM scenes often produce an altered cognitive functioning known as subspace or topspace.

These headspaces produce positive psychological effects similar to mindfulness activities. BDSM practitioners show:

1. lower rates of neuroticism
2. higher rates of extraversion
3. more openness to new experiences
4. more conscientiousness
5. higher subjective well-being

There are also a number of benefits related to community and identity within the BDSM community:

6. lower rates of rejection sensitivity
7. open communication practices
8. greater body awareness
9. intimate connections and community belonging
10. development of skills, interests, and identity

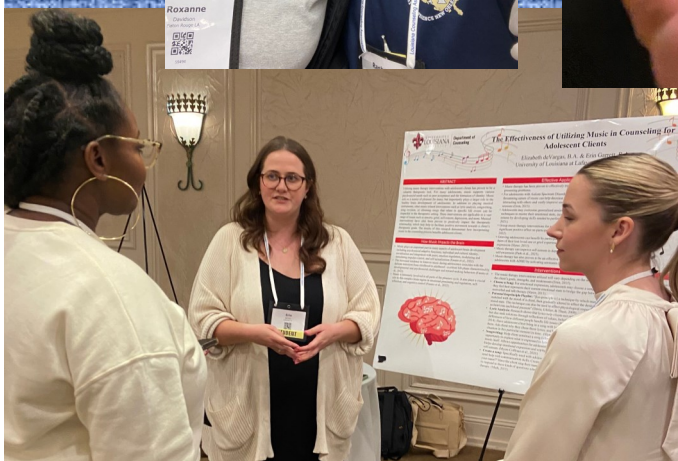
Wismeijer, A. A. J. & van Assen, M. A. L. M. (2013). Psychological characteristics of BDSM practitioners. *The Journal of Sexual Medicine*, 10, 1943-1952.

<https://doi.org/10.1111/jsm.12192> 

**Thankful for you!**



# LCA Faces...





2023-2024





## LEADERSHIP ROSTER


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Past-President	Dr. Thomas	Fonseca	<a href="mailto:tfonseca@uhcno.edu">tfonseca@uhcno.edu</a>	
President Elect-Elect	Dr. Krystal	Vaughn	<a href="mailto:kvaughn@vaughntherapeuticcollective.com">kvaughn@vaughntherapeuticcollective.com</a>	
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LCCA	Krystyn	Dupree	<a href="mailto:krystyndupree@gmail.com">krystyndupree@gmail.com</a>	
LCDA	Shallene	Joseph	<a href="mailto:shallenej@gmail.com">shallenej@gmail.com</a>	
LMGCA	Kathy	Lammert	<a href="mailto:kathylpc@yahoo.com">kathylpc@yahoo.com</a>	
LCSJ	Shemeka	Faulk	<a href="mailto:shefaulk77@gmail.com">shefaulk77@gmail.com</a>	
LMHCA	Dr. Deatrice	Green	<a href="mailto:dmgreen@aspiretoempower.com">dmgreen@aspiretoempower.com</a>	
LSCA	Taneka	Fuller	<a href="mailto:taneka.fuller@yahoo.com">taneka.fuller@yahoo.com</a>	
PLCA	Amanda	Taylor	<a href="mailto:amandaataylor525@gmail.com">amandaataylor525@gmail.com</a>	
SAIGE-LA	Shannon	Smith	<a href="mailto:shannon.smith.la@gmail.com">shannon.smith.la@gmail.com</a>	


### *With Heartfelt Thoughts and Prayers*



 In late September, Megan McGree, professional school counselor in Vernon Parish lost her mom.

 Student member, Emily DeFelice from the University of Holy Cross lost her grandmother at the beginning of October.

 Kay Robinson, a former LCA President, and member for many years, lost her husband the Friday after the fall conference.

 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.\*

*\*Please help us to recognize any member's serious illness, grieving, or recent death. Please share the information with either Diane @ [lca\\_austin@bellsouth.net](mailto:lca_austin@bellsouth.net) or Vinetta @ [lcanews@outlook.com](mailto:lcanews@outlook.com). If you have a photo of that member, please share that with us as well. It will help us all remember better. Thank you, in advance.*

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 team: Vinetta Frie, Editor; Diane Austin, Dr. Christine Ebrahim, Dr. Vicki Guilbeau, and Dr. Quintin Gustin.

### **SUBMISSIONS**

Send all submissions to newsletter editor, Vinetta Frie via her e-mail address: [lcanews@outlook.com](mailto:lcanews@outlook.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 or .png file *is preferred*.

### **NEXT NEWSLETTER**

### **SUBMISSION**

### **DEADLINE:**

**March 1, 2024**

The theme of the next issue is the LCA plans for the spring and into the summer/fall. It will be posted online by early April.

**Happy  
Thanksgiving!**

\*Free clipart from Pixabay, <https://pixabay.com/>