



LOUISIANA COUNSELING ASSOCIATION

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Louisiana Lagniappe

Volume 36 Number 3

LCA is the state branch of the American Counseling Association

Spring 2014



LCA Government Relations: Seeding Our Future

By Cindy Nardini, Co-Chair

LCA led an effort to assist the primary behavioral health associations to discuss and collaborate on legislation affecting us as providers and the clients we serve. The LCA Government

Relations Committee had a dream to find a solution to reduce the fighting and miscommunication that has been prevalent among the behavioral health associations and to aid in us working together. This dream was implemented on March 21. LCA and the National Association of Social Workers – LA co-hosted the first annual Legislative Forum for Behavioral Health Associations. Invited to participate was Louisiana Association of Clinical Social Workers, Louisiana Psychological Association, Louisiana Association of Marriage and Family Therapy, Louisiana Behavioral Analyst Association, and Louisiana Association of Nurse Practitioners. We were excited to co-host this first meeting, and look forward to what it may grow to benefit all behavioral health associations into the future. 🌱

Hello from Your LPC Board

By Mary Alice Olsen, Board Liaison

The LPC Board has several updates of which we would like all licensees and registrants to be aware. All LPC Board news may be found on the Board website at www.lpcboard.org. Below are a few highlights!

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Presidential Perspective

Active Membership in LCA – It's More Important Than You Think!

By: R. Bruce Galbraith, M.Ed., DAPA, CCFC, LCA President 2013-14



We are always asking for membership into the organization as well as increased participation in leadership roles for LCA. Other than standing on our heads, or asking until we turn blue in the face, membership in a professional association should be a given for the professional counselor.

Counselors develop their principles of professional behavior through membership in their professional organizations, continuing education, networking with peers, and attendance at workshops and conferences. Professionalism means staying current with the literature, research, skills/techniques and knowledge needed to best serve our clients. The Louisiana Counseling Association is the one-stop purveyor of all these opportunities to protect and continue to grow our professionalism.

Standard of care is the reasonable person test. In the unlikely event you get into legal trouble in the course of doing your job, your attorney will work to establish that you acted as the reasonably competent counselor, while the plaintiff's attorney is going to try and show that you stepped outside the boundaries of the reasonably competent counselor. Part of the test on both attorneys' part is to look at who you are as a professional and whether or not you have held yourself to a high standard of care. How do the attorneys try to support or discredit your standard of care? The courts look at your course work, training, professional development, certificate, state and federal statutes, any relevant previous court cases, testi-

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Welcome!

Thanks to you LCA membership is at an all-time high: more than 2,000!!

The *Louisiana Lagniappe* is the quarterly newsletter of the Louisiana Counseling Association, LCA. LCA is the state branch of the American Counseling Association, ACA. LCA includes 1,800+ members, and 12 Divisions which serves as an inclusive umbrella. LCA unites professional counselors from diverse work settings into a single statewide organization. LCA works to promote advocacy, collaboration, and networking among its membership for the good of Louisiana.

LAGNIAPPE TEAM

Your newsletter is the result of the following team: Vinetta Frie, Editor; Diane Austin, Contributing Editor; Vicki Guilbeau, proofreader

SUBMISSIONS

Sent all submissions to newsletter editor, Vinetta Frie via e-mail. Use her address: frienews@yahoo.com. Please use *Lagniappe Article* in the address line. Electronic submission of photographs via e-mail is preferred. Submission of hard copy photos or recorded devices become the property of the newsletter and will not be returned.

NEWSLETTER CORRECTION

Please contact Vinetta Frie, Editor via frienews@yahoo.com. Please use *Lagniappe Error* in the subject line.

**Summer Newsletter
Submission deadline:
June 30, 2014!**

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mony of expert witnesses and membership in professional organizations. If asked and you have to reply that you are not a member of your professional organization that could have put a big dent in your standard of care given to your client.

Along with the importance of maintaining a membership in the Association, being an active participant in the Association is what it will take to keep this Association strong. Participation in leadership for the Association and/ or Division is as easy as asking, or when being asked to step forward and take on some added responsibility to your already hectic life. The opportunity is also there to be a presenter at the annual conference, to be that professional who will share their knowledge to make our profession stronger and more viable.

I want to take this opportunity to thank those of you who serve this organization with dedication and competence. Behind the scenes Cindy Nardini and her work with Government Relations; John Crawford in his continued support to me as President-Elect; Eric Odom and his chairmanship of the Strategic Planning Committee; Karen Taheri, President of CIAL and her role in helping our future counselors; and of course the two members who over the years have continued to be a stable influence for LCA: our Lagniappe Editor, Vinetta Frie, and our Executive Director, Diane Austin. Their contributions are far too many to list here, but suffice it to say that their work for this organization, often on a daily basis, is the reason that LCA is the professional association for Louisiana counselors. 📧

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Board Member Changes

The LPC Board would like to extend a warm welcome to our newest Board members — Dr. Jackie Mims, LPC-S, and Ms. Jennifer Thomas, LPC-S, LMFT-S! We are also very happy to announce the reappointment of our Board Chair, Dr. Gerra Perkins, LPC-S, and Board Member, and Marriage and Family Therapy Advisory Committee Member, Dr. David Legendre, LPC, LMFT. Unfortunately, we must also report the resignation of Dr. James Nelson, M.D., who served in our Member-at-Large position and the end of eight years **on the Board by Anthony “Tony” Williams, LPC-S, LMFT.** The Board genuinely appreciates all of the time and energy both James and Tony devoted to the Board!

Counselor Interns Over/Approaching 7 Years

Did you know that effective July 20, 2013, a Counselor Intern has to complete their internship within a maximum of 7 years or risk losing all of their supervised experience hours? Counselor Interns who are currently at risk of losing their hours were mailed letters at the end of February. Find out more by reviewing Board Rules Chapter 7, Section 703(A)(4) on the Board website.

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Professional Development Update

Joan Fisher, LPC-S, LMFT-S, NCC, Chair

This year's conference in New Orleans was one of the best attended LCA has ever hosted: over 960 participants attended 81 different presentations, not including the preconference offerings. All of Clifton Mitchell's presentations were very well-received; he received three of the top votes for *Best in Show*. Additional recognition goes to *Overmedicated and Undernourished* (Ballard and Alessi), *Counselor Self-Care* (Emerson), and *A Client's Journey Through Incest* (Fischer and Lacoste).

In September, the Professional Development Committee conducted an online survey of the membership. Eighty-nine members gave feedback to issues they would like to see addressed in future conferences or forums. The top ten topics were: Support for Victims of Trauma, DSM 5, Legal Issues/Legislation Impacting the Counseling Profession, Support in Starting a Private Practice, Support for Military Personnel and their Families, Support in Pursuing Additional Specialties (adoption, custody evaluations, etc.), Mindfulness Based Therapies (DBT, ACT), Counseling "Hard to Reach" Client Populations, Current Social Media Communication Modalities, and Counseling versus Coaching. We will try to solicit presentations for future conferences addressing these areas. If you have other interests, please send me an email at the address listed at the end of this article.

There are many ways in which members can meet continuing education requirements. Most of you are aware of the fact that hours can be earned by attending preapproved events sponsored by LCA, ACA, or NBCC. However, there are also provisions to receive credit from non preapproved events, coursework, home study, presentations, publishing, research, peer supervision, as well as participation in personal counseling as a client. Each of these has specific guidelines/limits. (If you are interested, go to the board website and open up either the "rules" or "renewal" tab.)

Finally, many areas of our state have active networking groups: Shreveport, Alexandria, Monroe, Lake Charles, Lafayette, Baton Rouge, and Metairie. These groups often sponsor speakers and CEU opportunities. Please contact me if I can help connect you to any existing group or assist you in starting your own group. 🌐

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<http://www.lpcboard.org/46v60%20LR%20Updated%20July%202013.pdf>

Board Policies and Position Statements

Check the Board website regularly for new policy and position statements. These statements are meant to clarify Board rules and/or to answer commonly received questions. In September of 2013, the Board approved a policy statement regarding the auditing of Continuing Education Hours (CEHs) by area (ethics, diagnosis, and supervision) for LPCs. Find out more by reviewing the policy statement on the Board website.

<http://www.lpcboard.org/Audit%20of%20CEHs%20by%20Area%20for%20LPCs.pdf>

Act 173 of the 2013 Legislative Session

Act 173 went into effect January 1, 2014. Among other changes, the revisions to the Mental Health Counselor Licensing Act include caps for each type of fee the Board charges (rather than set amounts), authorization for the Board to require background checks, and clear authorization for the Board to issue registrations, temporary registrations, and temporary licenses. Review the revised law on the LPC Board website. http://www.lpcboard.org/MHC%20Act%20w_Changes%20Effective%20Jan%202014.pdf 🌐

With Heartfelt Thoughts and Prayers

We need your help to acknowledge any member's illness, grieving, or recent death. Please contact either Vinetta Frie, frienews@yahoo.com or lca_austin@bellsouth.net to reach Diane Austin. The information you provide will be shared in a space like this with our Association. Thank you, in advance.

Strategic Planning

By Eric Odom, Chair

The LCA Strategic Plan serves as our opportunity to visualize the many directions that we want to take LCA. We are reaching the end of the current 2-year plan cycle. Much good work has gone into attaining our current set of objectives. As of January 30, 2014, of the 111 total objectives on our Strategic Plan, we have achieved the following:

- 68 of 111 objectives have been completed (or 61%)
- 17 of 111 objectives have been partially completed (or 15%)
- 26 of 111 objectives have seen no progress (or 23%)

By-Laws:

There is one current project currently underway. In consultation with Executive Director Diane Austin, the By-Laws Committee has submitted language for consideration in the upcoming LCA Executive Board meeting pertaining to Conflict(s) of Interest. Pending the approval of the LCA membership, a new policy on Conflict(s) of Interest will be included in our By-Laws. 🌐



This issue marks the mid point in the current administration of our Association. 7 Division Presidents share what they and their groups are doing. It is not too late to join them in their efforts! Their contact information can be found on page 12 of this issue!

Step Into the LACES Spotlight!

By Adrienne Frischhertz, LACES President



The Louisiana Association for Counselor Educators and Supervisors (LACES) is a division of LCA. The aim of LACES is to facilitate interaction and interrelationship among counselor educators and supervisors in order to improve the quality preparation, supervision and continuing professional development of counselors, supervisors of guidance and counselor educators.

As a board, we are working hard to fulfill the mission of LACES. Most recently, we have focused on launching our new website. Please check it out by visiting www.lacesonline.org. If you are a current member, please login by entering your email in the box located in the lower left half of the page. Choose "forgot password" to set up your account. No previous password is required. Once you enter your login ID and create your password, you will be able to edit your profile. You can choose to list your contact information (or choose to keep it private). As a benefit of your LACES membership, your online profile will be accessible to potential supervisees. Please select whether or not you are an LPC-S currently accepting supervisees so that potential supervisees can connect with you. Many more features are in the works, so please visit the site often!

LACES will offer a continuing education workshop for current supervisors on April 12 from 9-12:15 at Loyola University in New Orleans. The fee to attend is \$50 for professionals and \$25 for students that pre-register through our website by April 9. Add \$10 for on-site registration. Following the workshop, please join LACES and the Counselor Intern Association of Louisiana (CIAL) for their "Speed Supervision" event beginning at 1 PM. This event will allow future counselor interns to meet with a variety of supervisors and ask questions, connect, and begin the process of becoming a counselor intern. The event is free for current LACES and CIAL members. All others are welcome to attend for \$10 (pay on site).

LACES wants to highlight YOU and your achievements. Each month we will feature a counselor educator and a supervisor on our website. Please email board member Krystal Vaughn (kvaughn@tulane.edu) with a brief biography and photo if you'd

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like the be featured or nominate a colleague. Our spotlight is on two of our board members this month! Dr. Krystal Vaughn is in the LPC Supervisor Spotlight and Dr. Dawn Romano is in the Counselor Educator Spotlight. Please visit www.lacesonline.org to view our spotlight!



Summer Traditions: Beach Trips, Snowballs, and the LCCA Workshop!

Bridget Robicheaux, Ed.S., Counselor Intern



While it is still only spring, it feels like summer is just around the corner! The 2013 LCCA summer workshop was a huge success and I am thankful for the support of all of the LCCA members who work hard to make this annual event such a success. The goal of the LCCA summer workshop is to provide counselors with a one day, affordable CEU opportunity focused on practical issues impacting the college aged population and counselors who work with this population. The 2013 workshop was attended by approximately 45 counselors who learned valuable information about human trafficking, synthetic drugs, and crisis response. The workshop feedback was very positive and LCCA looks forward to continuing the summer workshop tradition in 2014.

President Elect Candace Park is hard at work planning for the 2014 workshop, which will be held in July at Nicholls State University. The 2014 workshop will focus on multicultural counseling in college settings. Registration information will be available soon and disseminated to LCA members via email. We hope that you will join us for this wonderful opportunity to connect with colleagues and broaden your knowledge base.



Louisiana Career Development Association is Looking for YOU!

By: Laura Fazio-Griffith, LCDA President

The Louisiana Association for Career Development's executive board has been very busy planning for our upcoming annual conference. The conference was held on Friday, April 4, 2014 from 9:30 p.m. at Mockler Beverage in Baton Rouge, Louisiana. We were very fortunate to have a past president of the National Career

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Call For Submissions

By Dr. Peter Emerson, Editor, and Dr. Meredith Nelson, Co-Editor

The editors of the Louisiana Counseling Association Journal (LJC) are actively seeking scholarly articles for the 2014 Journal that will be published Fall 2014. Please submit your blind manuscripts with separate title page in APA format electronically to mnelson@lsus.edu the e-mail address for co-editor, Meredith Nelson, before May 1, 2014.

The 2013 LJC journal may be accessed on the LCA website and CEU credit may be received by answering the CEU questions and submitting them by mail to Diane Austin, 353 Leo Street, Shreveport, LA 71104. 🌐

ADA Compliance Committee

Submitted by Joan C. Gallagher, Committee Chair

The Americans with Disabilities Act Compliance Committee received a total of 5 requests from members for assistance. Large copy print materials, personal guides, and sign language interpreters were provided to ensure that these valued members were able to fully enjoy and participate in the conference. Many thanks to Latrina Raddler and her team of several graduate student volunteers. We also wish to thank the Louisiana Commission for the Deaf who provided excellent sign language interpreters throughout the conference. 🌐

It's YOUR Time!

Another Active Legislative Season

By Cindy Nardini, Government Relations Co-Chair

The 2014 legislative session is much like the ones in the last few years -- a busy one for LCA. Thank you for monitoring our progress and responding to our calls via the legislative outreach e-mails. Over the years LCA has grown in our development of how we engage in the overall legislative process. This takes on several roles: (1) proposing legislation; (2) tracking legislation that is of interest to our profession and the clients we serve, and (3) working with other professional associations in reviewing legislation.

This year LCA is collaborating with Louisiana Association of Marriage and Family Therapy (LAMFT) to bring a bill that proposes to change the title of Counselor Intern (CI) to Provisional Licensed Professional Counselor, and the same for MFT Interns. SB 194 is authored by Sen. Fred Mills, R of Breaux Bridge. We are grateful to have the opportunity to work with Sen. Mills again. SB 194 does not change any of the services these individuals can provide or the necessity for them to work under a board approved supervisor. There are no fee changes involved in this bill. The regulatory board currently uses a process of registration for CIs. This proposed title change would change the process from registration to issuing a provisional license, thus the omission of the word "registration" throughout several sections of the law. The CI Division of LCA, with Karen Taheri as President, has worked closely with the GR Committee and is very excited about the possible change. I would encourage you to go to www.legis.la.gov and pull up the bill - SB 194.

The GR Committee is also busy tracking other bills that have been filed. At the beginning of every legislative session, our lobbyist, The Tatman Group, will review all bills and assist us in identifying which ones are of interest to us and might affect our profession or the people we serve. This is the first step in **LCA's tracking of specific bills for that legislative session**. LCA will then send periodic tracking reports of the bills we are following with the position we are taking on that bill. There are several bills of interest

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Development Association, Cheri Butler, speaking at our conference. The theme of the conference was "Shifting Gears: Career Development in the 21st Century." Additionally, the afternoon portion of the conference consisted of sessions that were devoted to spirituality and career counseling in this new age of retirement. **Five CEU's were awarded for the conference.** LCDA is hoping to provide outreach to different industries and individuals in other professions, such as human resource development to promote the annual conference. These individuals may have a variety of experiences to offer to LCDA.

LCDA has developed a Facebook page. Please like us on Facebook at: <https://www.facebook.com/lacareerdevelopment>. As we move into the spring, LCDA will be holding elections for several positions on our executive board. Please think about nominating a colleague or nominating yourself to serve LCDA. We will have a member-at-large position, treasurer and secretary that will need to be filled by dynamic individuals. I would like to also take a moment to thank our executive board who have worked tirelessly this year to get things accomplished and fulfill some of LCDA's goals for the year. The executive board looks forward to representing LCDA.



Hello ... Again from LCSJ

By Louis Lowery, LCSJ President

Wherever we look in our society these days, we can see significant issues of social justice. Whether it involves big issues such as voting suppression, mandatory sentences for non violent crimes, "legalized" discrimination, overt or covert racism, or other societal issues, there is plenty to capture our attention and to work on, if we have the inclination to do so. Just look at the cable news channels any night.

For counselors and counselor interns, who are meeting with clients five or six days a week, there are other issues, perhaps more close to home. These could be issues of poverty or homelessness, religious discrimination, access to medical care, affordable access to mental health treatment and addiction treat-

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ment, and access to various educational services needed by children in school.

There are well meaning professionals who want to serve our clients. But sometimes, their hands are tied by regulation, budgetary constraints, or other issues.

One of the purposes of this important and growing Division of LCA is to provide awareness and information to our members. As an LCSJ member, you will receive periodic updates on issues which counselors, their clients, and client families face, as well as what is being done to ameliorate the situation. Additionally, I have an archive of resources and articles should you wish to delve more deeply in any of the social justice issues. Also, at the LCA Conference, we host an LCSJ SUMMIT, with qualified and committed speakers on this area.

As you probably already know, the LCSJ is not a specialty division. All counselors and interns, whether you practice in an agency or in private practice meet social justice challenges every day. If you are not already a member of the Louisiana Counselors for Social Justice, I encourage you to join today. Diane Austin makes it easy to add this Division to your LCA membership at any time. Dues are only \$5, less than three Starbucks lattes a year!



Friends with (Health) Benefits

Cindy Escandell, PsyD, LPC, LMHCA President



A study published by the Center for Cognitive and Social Neuroscience at the University of Chicago reported loneliness is linked to early death. The researchers noted adults who are consistently lonely have a 14% higher risk of premature death than those who are not lonely. Feelings of loneliness can lead to disordered sleep and also to an increase in blood pressure. This results in an

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this year being proposed by other behavioral health associations. I would encourage you to inform yourself through LCA's tracking report, and the legislative web site. As always, if you have questions or concerns, please contact the LCA office or myself (cnardini@juno.com). 🗨️



Fighting Like a Counselor

By Vinetta Frie, Lagniappe Editor

When sending an e-mail to multiple contacts, all listed in the "To:" space, it is possible for someone else to copy those addresses. With a few keystrokes, that person can add your contacts to a new e-mail, say anything, sign your name, and have others think you sent it. This is called spoofing, and it has happened to me. There is apparently very little I can do to stop this from occurring, even if I close my e-mail account, because these e-mails are not actually coming from my account. So this is how I am going to fight: like a good counselor! I will adapt, display congruence and use this experience to hopefully help you as well:

1. When e-mailing to multiple addresses, try instead listing **YOUR address** in the "To" line. List the contacts you want to reach in the "BCC" line. This will protect their privacy, and give you a copy of your e-mail to keep or delete. You may also prevent some spoofers from capturing your contacts!
2. I will **never, ever** send you a link without an explanation of what I am sending and why. If you receive a "naked" link — it will not have come from me. **Delete it!!**
3. I will "write" my name in a different color than the text and add an emoticon following my signature. If you are viewing your e-mail as rich text you will see these attempts to "brand" my e-mail.

If you receive a message that doesn't "sound" like me, try that **other** way we used to communicate ... pick up the phone! I'd love to hear your voice! 🗨️

LCA Executive Board Looks at Conference Perks

By Diane Austin, LCA Executive Director

Did you know that at our past fall conference, coffee cost \$85.00 a gallon; soft drinks were \$3.50 a piece! This past year at conference the am and pm break (after the use of sponsorship funds) cost **\$25,000.00**. The cost of the two Continental Breakfasts was **\$33,500.00** with the Reception topping out at close to **\$11,000**. While the LCA leadership wants to give you a pleasurable time while you are at conference, we also do not want to raise the registration fees in order to offer food and drink.

In addition membership fees and conference funds are the only income your professional association has to conduct its business. The leadership wants to keep membership fees and conference fees at the current rate.

After much discussion, the LCA Board has made a few minor changes to the perks offered at conference. Coffee will only be served once during the morning. The afternoon break will be iced tea and lemonade. There **will be** a Continental Breakfast both Monday and Tuesday and a Reception on Sunday. ☺

With Heartfelt Thoughts and Prayers

Please remember the passing of long time member Valentino Lovisa.

increase in cortisol, the stress hormone. More than 2,000 adults aged 55 and older were interviewed for this study. Researchers at the University of California at San Francisco in 2012 analyzed data in the Health and Retirement Study and published the results in the Archives of Internal Medicine. This study included over 1,600 older adults with results similar to the study conducted at the University of Chicago. Loneliness is independently associated with an increased rate of death and functional decline.

The January 2014 issue of Monitor on Psychology reveals a cover story “Friends Wanted.” New research by psychologists uncovers the health risks of loneliness and the benefits of strong social connections.

Interestingly, my Master’s thesis “Social Interaction as a Predictor of Outcome in Rehabilitation” yielded similar results in 1997. My sample size was much smaller (n= 50) and was used to predict which patients would return home after rehab and which patients would be sent to a nursing home at discharge. The patients who had daily visits from family and friends were more likely to return home. These same socially-active patients routinely interacted with other patients and staff. Other patients who did not interact with others and had fewer hospital visitors were more likely to be discharged to a nursing home. My study was deemed novel almost 20 years ago and I presented my findings at a poster presentation at the International Neuropsychological Society in Bergen, Norway, that same year.

Today a quick Bing search on affects of loneliness brings up almost 3 million results. All studies today yield similar results. Humans of all ages are happier and healthier with a circle of family or friends that are supportive. Many studies indicate positive social connections accelerate disease recovery with lonely patients experiencing more depression, pain and fatigue.

How can we as counselors translate these studies into improving the lives of our clients? We can encourage them to find a socially-engaging routine and stick to it. Going to a coffee shop, yoga class or working out at a gym on a regular schedule breeds familiarity and friendships with others of similar interests. Encourage them to join a club or organization such as a travel club, book club, political group or take (your) parenting classes. Encourage them to take continuing education classes such as photography or computer classes. Encourage them to become involved in a place of worship, and re-connect with previous friends (i.e. Facebook, Twitter, email, phone, Skype). Volunteering time is another remedy for loneliness. Volunteering at a homeless shelter, school or local food bank helps clients become less preoccupied with their own welfare. There is an entire world outside of our heads, and much of that world is also in need of social interaction.

Other researchers studied the benefits of social interaction in

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young children and students in all developmental stages. One study showed that socializing and mental exercises have very similar effects in terms of improving brain functions. Socializing helps develop cognitive skills, motor skills, and the ability to verbally express oneself effectively. These vital socialization skills can be taught in children's early developmental stages.

Shyness, depression, isolation, and lack of interest may prevent some people from having or even desiring interaction with others. Some people have social anxiety which prevents them from engaging in social activities, even when they desire to do so. A simple question related to socialization included on our intake questionnaires may open that conversation. Any barriers to social interaction can then be addressed in our counseling offices. The results could lead to longer, healthier and more fulfilled lives for our clients.



Here in the Middle With You!

By: Jennifer R. Curry, Ph. D.,
LSCA President

The spring Lagniappe issue marks the beginning of the third quarter of my year as LSCA President! I



am grateful for the opportunity to have served you this year and I am encouraged by the progress we have made. This year has not been AT all how I planned it in many ways. On a personal level I did not foresee my promotion to Associate Dean of the College from Associate Professor of Counseling and I could not have

ever imagined that one month after applying for adoption my husband and I would bring home our amazing, newborn son, Daniel. I believe that in many ways the beauty of our lives as humans is that we can't always predict or know the outcomes as the

Article continues in the next column

universe is always unfolding in its own unique way.

This year has not gone exactly as I thought it would for LSCA either. Last year, we were fighting to keep our profession in this state and I was prepared for another round of expert testimony, trips to downtown Baton Rouge to state our position, and phone calls and letter writing to key people. Thankfully, though I had planned for the worst, we are in a far better position than this time last year.

School counselors continue to take the forefront in Louisiana as leaders of systems change as we prepare students for college and career, encourage them to adopt the best possible academic habits, and foster the personal and social skills our students will need for post-secondary success. This year, Louisiana adopted the Common Core standards and LSCA partnered with the Department of Education to prepare materials for parents to explain the importance of the standards and how to assist their children with the transition, an important step toward boosting the academic rigor of Louisiana schools. Moreover, John White, our state superintendent continued to call on LSCA not just for help with Common Core, but for consultation on the roll out of Jump Start, an initiative that will likely change the dropout rate by creating real world school-to-work transition opportunities for students who are career bound rather than college bound. Again, school counselors are positioned at the forefront to assist in this timely effort.

Additionally, this year, LSCA continued to offer support to our members. We awarded two graduate students scholarships, provided a reduced cost luncheon at our annual conference in conjunction with Workforce Investment Council, offered an extraordinary professional development track at the LCA conference, partnered with LSU construction management to offer a panel discussion and reception, and brought Dr. Eric Green to Louisiana for the Playing in Peril: Disaster Mental Health one day workshop in January. As we look toward the rest of spring and summer, we continue to think about opportunities to provide our members with professional growth. We are working on our LSCA track for the 2014 LCA conference and the summer leadership institute. We are also doing an overhaul of our website with a new resources section including a

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workshop prepared by Jennifer Degruise for teaching principals about the national model and lots of career and college readiness materials. There are many new things in store.

So as I come to the beginning of the end of my year as president, I would submit to you that we are not near the end of our journey together. Nor are we at the beginning. This year has been a wonderful year for LSCA and I think we are seeing our path unwind and the horizon before us. Most intriguing, there is a captivating and fascinating road ahead. My best to you and yours! 🌟

**Using LCA
Resources to
Support Grad
Students (LCA
Counseling
Students)**

By Chantrelle D. Varnado-Johnson, LPC-S, NCC



The Graduate Student Committee promotes the interests of graduate students within the Louisiana Counseling Association (LCA), offers professional networking and mentoring opportunities for LCA counseling students, and supports students as they assume professional identity and leadership within our organization.

The LCA supports graduate students by:

- Promoting LCA division memberships in counseling programs
- Providing LCA annual conference registration work grants to students
- Reducing fees for conference registrations
- Planning events at the LCA Annual Conference that addresses the needs of graduate students. This includes volunteer opportunities and participating in special activities at the

annual conference like the Summit meeting, as well as social and networking events

- Reaching out to graduate students in counseling programs to invite them to join LCA
- Providing links to LA graduate programs in counseling, related organizations, information about becoming a Louisiana Professional School Counselor, and a graduation checklist
- Helping them learn more about leadership development and skill building including opportunities within LCA, including leadership positions associated with LCA committees, special interest groups, and task forces
- Offering savings on services and products such as Voluntary Long Term Care (LTC) Plan for Members and Family Members, HPSO Professional Liability Insurance, and Hertz Car Rentals
- Providing opportunities for students to become a student representative to a division or a committee

Additionally, the LCA Graduate Student Committee seeks to:

1. Further the utilization of the Chi Sigma Iota Louisiana Webpage to provide means for graduate students to link up, share experiences, post web pages for announcements, leadership directories, chapter documents, newsletters, and much more
2. Create more opportunities for graduate students within LCA to network with other students and professionals around the state to **share their chapter's successes and challenges** as well as brainstorm future statewide events or consortiums for chapters
3. Collaborate and network, sharing tips for success

Here is how easy it is to join the Louisiana group:

- ⇒ Log into www.csi-net.org to access your groups.
- ⇒ Select Groups on the left menu. A fly-out

(Using LCA Resources, continued on page 12)

Article continues in the next column

2013-14 LCA Leadership Roster

LCA Elected or Appointed Officers and Contract Workers

Bruce Galbraith, <i>President</i> gotoschoolman@yahoo.com	Tim Fields, <i>President Elect-Elect</i> tfield1@lsu.edu	Marianne Terrebonne, <i>Parliamentarian</i> Harmonymari4@gmail.com	Diane Austin, <i>Executive Director</i> lca_austin@bellsouth.net
John Crawford, <i>President Elect & On-Site Conference</i> JOHN615549@aol.com	Paul "Buddy" Ceasar, <i>Past President & Nominations Chair</i> bbceasar@aol.com	<i>President Elect -Elect for 2014-2015</i>	Austin White, <i>Business Manager</i> austin@northdeltamanagement.com

LCA Division Presidents

ALGBTIC-LA Kenneth Schmitt, Assoc. of Lesbian, Gay, & Transgendered Issues in Counseling of LA kjschmitt@gmail.com	CIAL Karen Taheri kmarieswanson@gmail.com	LAAOC Latrina Raddler, LA Assoc. of Addiction and Offender Counselors lraddler@yahoo.com	LACES Adrienne Frushhertz, LA Assoc. of Counselor Educators and Supervisors alols1@lsuhsc.edu
LAMFC Kathleen Rhodes, LA Association of Marriage and Family Counselors kathleenzrhodes@yahoo.com	LAMCD Kimberley Ester, LA Assoc. for Multicultural Counseling and Development kimberly052903@aol.com	LASERVIC Mary Stegal LA Assoc. for Spiritual, Religious & Ethical Values in Counseling maryesteg@aol.com	LCCA Bridget Robicheaux LA College Counseling Association brobic@lsu.edu
LCDA Laura Fazio Griffin LA Career Development Association Lfaziogriffith@aol.com	LCSJ Lewis Lowrey LA Counselors for Social Justice lowrey@cp-tel.net	LMHCA Jacqueline Mims LA Mental Health Counselors Association eclecticcbc@cox.net	LSCA Jennifer Curry LA School Counselor Association jcurry@lsu.edu

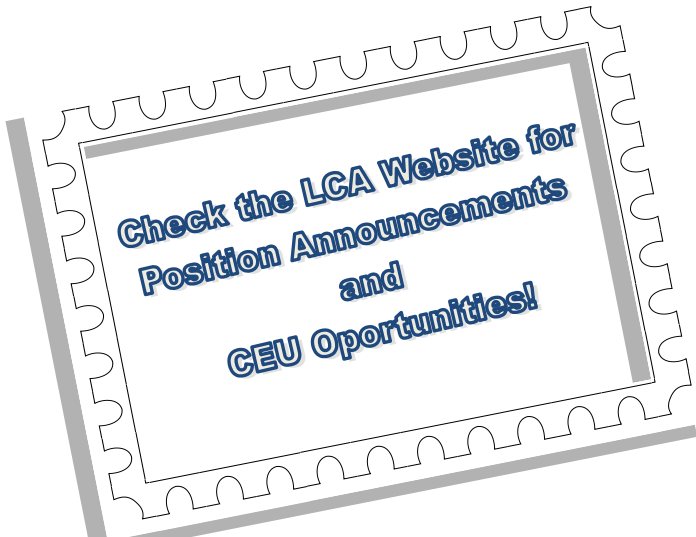
Appointed Committee Chairs and Co-Chairs

ADA Compliance Joan Gallagher jgallaq@lsu.edu	Archives: Melissa Thomas melissabay@aol.com	Awards: Jessica Fanguy jessicafanguy@gmail.com	By-Laws & Strategic Planning: Eric Odom ericodom1@hotmail.com
Conference On-Site Chair Bruce Galbraith (see President-Elect)	Finance: John Crawford (see President-Elect)	Government Relations Cindy Nardini cnardini@juno.com	Graduate Student Rep. Chantrelle Varnado Johnson cdvarnad@yahoo.com
Gratitude/Leadership Academy: Ron Cathey rcathey@latech.edu	LCA Journal: Peter Emerson, Co-Editor pemerson@selu.edu		LCA Newsletter: Vinetta Frie, Editor frienews@yahoo.com
LPC Board Liaison Mary Alice Olsan Executive Director lpcboard@eatel.net	Membership: Tim Fields (see President-Elect)	Nat'l Guard Project Liaison: Cindy Escandell cindy@escandell.com	Professional Development: Joan Fischer jfischer@olhcc.edu
Public Relations Co-Chairs: Lisa Launey eglaun@eng.lsu.edu Lisa Newman lnewman@lsu.edu	Social Media Committee Co-Chairs Dalia Chatelain dalia2450@att.net Mary D'Anna mdanna3175@att.net		Technology Adrienne Trogden



Your Executive Team for 2013-2014

*Standing, L-R: Bruce Galbraith, President, Diane Austin, Executive Director, and Austin White, Business Manager;
Sitting, L-R: Marianne Terrebonne, Parliamentarian, and John Crawford, President-Elect*



Using LCA Resources continued from page 9

- ⇒ menu will appear so you may browse public groups (all committee groups are closed and membership is by invitation only).
- ⇒ At the top of the group, select 'Join Group;' **Most of the public groups are set to auto-approve new group members;**
- ⇒ If you wish to leave the group, click on the 'Options' button, which replaced the 'Join Group' button; from that drop-down menu, select leave this Group.

If you have any questions about the Graduate Student Committee, or want to get involved, please contact Chantrelle Varnado-Johnson, LPC-S, NCC, 2013-2014 Graduate Student Representative. 📞



1-888-522-6362 member services

Internet site: www.lacounseling.org



LOUISIANA COUNSELING ASSOCIATION

A Branch of the American Counseling Association

Call for Nominations for LCA President Elect 2016-17

Do you or someone you know want to run for President of the Louisiana Counseling Association? Nominations are now DUE to become President Elect for 2016 through 2017. The person elected to this post will become LCA President for 2017-2018. The leadership formation process will provide ample time to orient you for your term of office. To run for office, you must have served either as a President of one of the 11 division OR have served on the LCA Executive Board for at least two years. The election will occur at the 2014 LCA Fall Conference, with mail in ballots available to members who will not be in attendance. Nominations should be sent to the LCA Office via lca_austin@bellsouth.net.