



LOUISIANA COUNSELING ASSOCIATION

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LAMFC • LASERVIC • LCCA • LCDA • LCSJ
LMGCA • LMHCA • LSCA • PLCA • SAIGE-LA

Louisiana Lagniappe

Volume 46 Number 2

LCA is the state branch of the American Counseling Association

Winter 2024



LCA President Elect-Elect-Elect...

Congratulations

Dr. Joey Pistorius!

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

The official results were 88 votes for Dr. Joey Pistorius and 84 votes

for Dr. Teneka Gash, both incredible leaders. Dr. Pistorius has provided leadership as President of LACES and Parliamentarian of the LCA Executive Board. Check out his responses for candidacy in the [Fall 2024 Louisiana Lagniappe](#). LCA appreciates all candidates and everyone who voted. [🔗](#)



Presidential Perspective...

Peace, Love, & Counseling

Vicki Guilbeau, PhD, LPC-S, NCC, NCSC, CCTP, LCA President 2024-2025



Wow! What a power-packed LCA Conference! So many of us came together to give life to the conference theme. Our theme of *Peace, Love, & Counseling* was seen on our conference totes and t-shirts, heard in speaker messages, and felt in the genuine peace and love extended between counselors. Awards were bestowed upon three members that embody the theme through inspiring peace, love, and professional growth in counselors. The recipients were:

Ninette Cormier – Peace

Lena Daigle – Love

Dr. Ida Chauvin – Counseling

Conference attendees answered the call when asked to share names of other counselors that exhibit these traits by posting their names. Zoom into the photo to see if you know anyone that was honored in the *Peace, Love, & Counseling* display. (See image in the first column.)

I give appreciation to our division leaders who attended conference and pulled out all the stops to share time with division members and encourage new division membership during the Division Mixer organized for the second year by Dr. Teneka Gash. Thank you also to the staff, exhibitors, presenters, and members whose interactions with one another promoted a beneficial live conference experience that is to be rivalled by other professional organizations.

I further send gratitude to the conference committees for their contributions to our conference success and uniqueness. The following are the 2024 Conference

(Presidential Perspective, continued on page 2)



Display board from the conference. Please enlarge the image to see the names — yours may be there!

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This issue's features ...

- ✎ Felice Gaddis Mini Minutes from the last LCA Board Meeting. Turn to page 3.
- ✎ LCA Government Relations Update, from Dr. Adrienne Trogden. See on page 3.
- ✎ The LCA Election Process, from Dr. Rashunda Miller Reed on page 4.
- ✎ Update about the LCA Journal on page 8.
- ✎ LCA is hiring! See details on page 6.
- ✎ Want to become a more active LCA member?! Contact a leader: 2024-25 LCA Leadership Roster on page 8.
- ✎ 10 Division President share what their divisions have planned for the conference and beyond! See page 11.
- ✎ Thinking about becoming more active in LCA? See It STILL Takes A Village, on page 12
- ✎ Update from The People's Committee by Nikki Lee on page 17.
- ✎ Photo of most of the 2024-2025 LCA Executive Board on page 19. Look for them at the Fall Conference. Volunteer to work with their teams!
- ✎ Deadline for next newsletter on page 22.
- ✎ Help us acknowledge the passing of LCA Members and counseling advocates. For details see note on page 22 in the Thoughts and Prayers section, please.



The logo for this year was created by Gabrielle Cade.

Presidential Perspective, continued from page 1

Chairs:

- Aisha Davis-Luke & Asha Murphy – Professional Development
- Priscilla Delgado – Awards
- Christine Ebrahim – Door Prizes
- Tiffany Henderson – Film
- London Kennedy – Technology
- Tessia Ozene – Sales
- Domonique Lemieux – ADA
- Joseph Pistorius – Exhibits
- Anita Pool – Logistics
- Robyn Sonnier – Volunteers
- Barbara Tjoa – Decorations

Conference committee work enriches learning and boosts the enthusiasm that LCA members bring to our annual conference.

To enhance professional growth, (if you were present) or research (if you could not attend) remember the inspirational messages offered by our keynote speakers:

- Dr. Kimberly Nelson (mindfulness to foster well-being)
- Dr. Christine Suniti Bhat (peace through diversity)
- Dr. Jude Austin and Dr. Julius Austin (professional self-compassion)
- Dr. Christian Dean and Dr. Roy Salgado (peace and love in the counseling session)

LCA was honored to learn from all of these speakers through large and small events during our conference. Enjoy the photos throughout this issue to get a taste of the 2024 LCA Conference! ✎



LCA Board Mini Minutes

Felice Gaddis, LCA Secretary

The Louisiana Counseling Association Executive Board held a hybrid meeting at the Golden Nugget Hotel and Zoom on October 12, 2024. Your board conducted the following business during the meeting:

- 🌀 **Division Pictures on LCA Website:** Diane Austin, Executive Director, invited Division presidents to post their own pictures to their profile page on the website.
 - 🌀 **PLPC Billing Review:** Dr. Deatrice Green, PLPC Billing Committee, reported that Blue Cross and Blue Shield confirmed that PLPCs cannot yet bill independently. Dr. Green will share the supporting documentation once received.
 - 🌀 **PLCA Division Restructure:** Carrie Davidson, PLCA, announced that PLCA has accepted a strategic plan and goals, and has also appointed Andrea LeDee as President-Elect and LaTasha Richard as Treasurer. Ms. Davidson also announced plans to increase psychoeducation and support for PLPCs.
 - 🌀 **ACACL Affiliate:** Dr. Priscilla Delgado, ACACL President, announced plans to open a bank account as the last step to the affiliate becoming an LCA Division.
 - 🌀 **Government Relations Liaison Committee:** Jocelyn Brown and Felice Gaddis, Government Relations ad-hoc Committee, shared ideas to increase participation at Day at the Capitol this spring, and shared supporting documents for the new Government Relations positions. A motion to accept the GR Specialist job description and evaluation passed. A motion to accept the Advocacy Specialist job description and evaluation also passed.
 - 🌀 **Membership Project:** Dr. Kelle Falterman, President Elect-Elect, announced that the school with the highest percentage of students with LCA membership will receive five free student registrations for the LCA Conference 2025. The deadline to compete ended during the Conference.
 - 🌀 **Social Media:** Arkeria Robertson, Assistant Digital Media, reported seeing increased views and shares
- (Mini-Minutes continued on page 4)*

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Government Relations Update

Adrienne Trogden, Ph.D., LAC, CCS, ADS, CFMHE, LPC-S, LCA Advocacy and Government Relations Specialist



The recent Louisiana Counseling Association (LCA) annual conference brought a surge of insights, discussions, and progress for the counseling profession. A significant highlight of the event was the active involvement of LCA's Government Relations Committee, which has been working tirelessly to advance the interests of counselors and protect the integrity of the profession statewide. Here's a summary of the committee's activities, including an update on the Counseling Compact and the annual Government Relations Town Hall.

Progress on the Counseling Compact

A central focus of this year's Government Relations Committee efforts was the progress surrounding the Counseling Compact. For those unfamiliar, the Counseling Compact is an interstate agreement that allows licensed counselors to practice across state lines without the need for additional licenses, provided their home state is part of the compact. This initiative aims to increase accessibility to mental health services and streamline processes for counselors who wish to work in multiple states.

Louisiana has been an active proponent of the Counseling Compact and was an early adopter of the legislation, recognizing its potential to address gaps in mental health access and improve service delivery. The Counseling Compact Commission has been working hard to develop a database to manage the compact relay of information from state to state and it is anticipated that counselors will be able to apply for a privilege to practice in other Compact states beginning in mid-2025. Updates can be found here: counselingcompact.org.

Government Relations Town Hall: A Platform for Advocacy

The annual Government Relations Town Hall continues

(Government Relations, continued on page 4)

Mini-Minutes, continued from page 3

on Conference-related social media posts. Ms. Robertson will post information about Day at the Capitol as well.

🔗 **Conference-Related Reports:** Austin White, Business Manager, announced an amendment to the budget for the Conference. The motion to accept the new budget passed. Nikki Lee, People's Committee, shared a land acknowledgment and LCA's JEDI statement during the Conference. Diane reported that voting for the President Elect-Elect -Elect would take place via the LCA App and announced during the Conference.

🔗 **Division Needs for Conference 2025:** Diane reported that conference related requests from all Divisions must submit by February 2025 to be ready for 2025 Fall Conference in Baton Rouge.

🔗 **Announcements:** Dr. Vicki Guilbeau, LCA President, announced the addition of multicultural CEUs for licensure, three for LPCs and 1.5 for PLPCs, will go into effect April 1, 2027. 🔗

Government Relations, continued from page 3

to be a cornerstone event at the LCA conference, giving counselors an opportunity to voice their concerns, ask questions, and learn about legislative developments that affect their work. This year's town hall was particularly engaging, with participants discussing both state and federal policies impacting counseling practices, reimbursement rates, and licensure requirements.

Several key topics were addressed:

1. **Counselor Medicaid Reimbursement**– Members discussed the need for advocacy around fair reimbursement rates and ensuring that counselors receive equitable compensation compared to other mental health professionals and surrounding states.
2. **Mental Health in Schools** – An ongoing area of interest is expanding access to counseling services within the school system and managing recent legislation within the school systems.

Throughout the town hall, committee members encouraged counselors to stay engaged with their repre-

sentatives, noting that sustained grassroots advocacy is essential to achieve long-term legislative success.

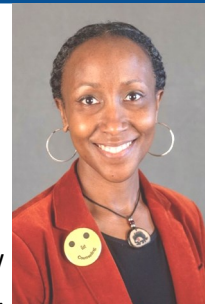
Moving Forward: How to Stay Involved

As the Government Relations Committee looks forward to another productive year, they emphasized the importance of collective advocacy. Counselors are encouraged to participate in upcoming meetings, stay informed on legislative developments, and reach out to policymakers about the issues impacting their profession.

The LCA Government Relations Committee thanks all participants for their continued dedication to advancing the counseling field in Louisiana. With everyone's involvement, the committee remains optimistic about what can be accomplished in the coming year. Stay tuned for further updates as we continue to build momentum on the Counseling Compact and other vital issues for Louisiana counselors. 🔗

What is LCA's Election Process?

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



Some of you might be wondering how the election process works. In the past, LCA has tried various methods such as publishing ballots in the Lagniappe and paper ballots at conference for members to cast votes. Therefore, members could either vote during the annual conference or mail in their ballots. The LCA Executive Board realized a potential problem with paper ballots was the ability for non-members who attended conferences to cast votes or for members to vote multiple times. In full transparency, LCA recently received questions as to whether multiple voting occurred; however, LCA verified that there was no indication that voting was comprised. In fact, for 2024, the LCA Executive Board decided to adopt electronic voting hosted by ESX, LCA's website provider, for a more streamlined and secure process. ESX's process ensures that only members can access the voting platform and that members can only access the voting system once. Special election procedures may apply in the event of a runoff. LCA is dedicated to equitable voting and encouraging members to vote in general. Please expect official LCA communications (i.e., Diane's email, member portal, webmaster@lacounseling.org) regarding nominations. 🔗

Article continues in next column



Outstanding member service...

Update from the LA Journal of Counseling

Dr. Erin M. Dugan, LJC Co-Editor

The Louisiana Journal of Counseling (LJC) is the official journal of the Louisiana Counseling Association (LCA). The aim of the journal is to provide counselor educators, counseling practitioners, counseling professionals, and counseling graduate students, with the opportunity to publish clinical/practice oriented, as well as experimental research on issues relevant to the field of counseling in order to foster research and innovative practices. Through this united focus, LCA maintains and improves professional standards, promotes professional development, keeps abreast of current legislation, and encourages communication among members to enrich the life processes and advance the profession of counseling within the state of Louisiana.

Issues of the LCA Journal may be accessed on the Journal's new home. <https://digitalscholar.lsuhsoc.edu/ljc/> If you are planning to submit a new article for review, the process is now electronic. Please view the instruction video above. The process is available at <https://digitalscholar.lsuhsoc.edu/ljc/>.

2.5 CE Clock hours for LPCs and PLPCs are available for reading the Journal. **Members of LCA** may read the Journal and complete the test. \$10.00 must accompany the test and application available in the Journal when mailed to the LCA office, 353 Leo Street, Shreveport, LA. 71105 In the [\(2021\) Test Questions for Licensed Professional Counselors](#) Test Questions file, you will find a CE Evaluation Form that must also accompany your payment and be sent to the LCA Office. ☞



Winter 2024

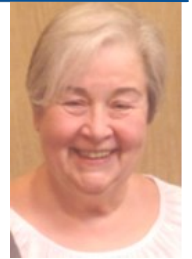
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*Photo submitted by Arkeria Robertson,
Social Media Assistant Specialist*

New LCA Position Announced

Diane Austin, LCA Executive Director



LCA is proud to announce that we are establishing a new staff position which we hope to fill by January 1.

The Government Relations position has been a two-fold position: Government Relations and Advocacy. The position has been filled for the past several years by Dr. Adrienne Trogden. The Executive Board has decided to have two staff positions: Government Relations Specialist staffed by Dr. Trogden and Advocacy Specialist. See the full job description on the LCA website's home page, <https://www.lacounseling.org/>.

If you are interested in applying for this position, please submit a letter of application and a bio to the LCA office lca_austin@bellsouth.net. ☞

See you in
Baton Rouge
October 4-7
LCA Annual Fall
Conference?!
BR Crowne Plaza



WE ARE HIRING

LCA Advocacy Specialist

- Serve as a liaison and advocate to address concerns impacting the members' work.
- Strategize and coordinate advocacy efforts for non-legislative issues.
- See job description posted on the LCA website for additional responsibilities.

To Apply

- ☎ (318) 861-0657
- ✉ lca_austin@bellsouth.net
- 🌐 www.lacounseling.org



Kudos LCA Fall Conference Sponsors and Exhibitors!

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LPC PAC

Louisiana School Counselors Association

Magnolia Recovery

Office of Behavioral Health

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Highlights from the 2024 LCA Luncheon Awards Ceremony

Dr. Pricilla Delgado, Awards Chair



We had the distinct honor of recognizing some exceptional individuals at the 2024 LCA Luncheon during the conference. Dr. Victoria Rodriguez received the Distinguished Professional Service Award, while Ms. Robyn Sonnier was awarded the Humane and Caring Person Award. Dr. Teneka Gash was recognized with the Advocacy Award, and the Graduate Student Award was presented to Ms. Ashli King. Additionally, we celebrated Dr. Michelle Wade with the Research Award, and honored Matthew Belser and Bruce Puche with the Distinguished Legislative Award.

In keeping with our esteemed tradition, Dr. Rashunda Miller-Reed was acknowledged for her contributions as Past President of LCA. The current president, Dr. Vicki Guilbeau, presented the Presidential Awards to a remarkable group of recipients: Dr. Christine Suniti Bhat, Ninette Cormier, Lena Daigle, Dr. Ida Chauvin, Felice Gaddis, Dr. Tessia Requena-Ozene, and Dr. Keith Wilkerson.

Congratulations to all of this year's award recipients. We are also pleased to announce that the LCA Awards Google form will reopen for nominations for the 2025 award ceremony on November 1, 2024. We eagerly anticipate your submissions! 🎉





From your LCA Leadership Board



FarmResponse

FarmResponse® is an on-demand 3.5-hour continuing education course developed by national experts from AgriStress Response®. AgriSafe's FarmResponse® course includes the full range of competencies necessary to provide appropriate mental healthcare for agricultural producers and their families. This knowledge is critical for a healthcare professional to care for a farmer's total health effectively.

FarmResponse® has been added to the Suicide Prevention Research Center's Best Practices Registry!



Learning Objectives

1. Explain the Total Farmer Health model as it relates to factors for mental health in agriculture.
2. Describe characteristics of US farm producers and their farms.
3. Contrast financial stressors in farm and ranch operators to non-agricultural employees.
4. Summarize the impact of mediation as a tool to mitigate farmer stress.
5. List work challenges inherent in agricultural production as it relates to mental wellbeing.
6. Identify the impact of farming cultures on farmer mental health and health-seeking behaviors.
7. Identify barriers that agricultural workers face in accessing health care.
8. Describe risk factors for suicide in agricultural populations.
9. Identify three agricultural stress referral sources that can be used to address the needs of this population.
10. Improve clinical communication skills concerning mental health distress and stressors of agricultural workers and their families.



For more information on *FarmResponse*, scan the QR code or visit: agrisafe.org/farm-response.

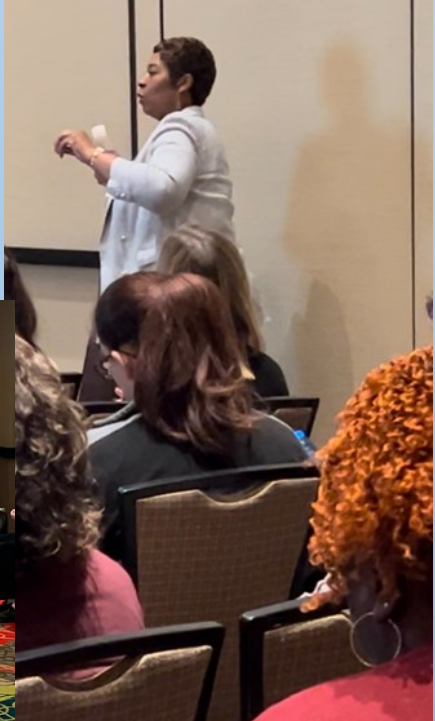
If you have any questions, reach out to: info@agrisafe.org.

You may be eligible to take FarmResponse for free if you are licensed to practice in Connecticut, Georgia, Guam, Hawaii, Iowa, Kansas, Louisiana, Minnesota, Missouri, Nebraska, North Dakota, Pennsylvania, South Dakota, Virginia, Washington, or Wyoming! Follow [this link](#) or scan this QR code to request a scholarship code!



Continuing Education

Continuing Education for Louisiana Licensed Professional Counselors: The Louisiana Counseling Association is approved by the Louisiana Licensed Professional Board of Examiners to offer continuing education clock hours. This presentation has been reviewed and approved for 3.5 CE clock hours for Louisiana Licensed Professional Counselors.



Photos submitted by Dr. Tessia Ozene, Archives Chair, and Michelle Laffite, LCSJ President

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Photos submitted by Arkeria Robertson and Michelle Laffitte



Division President Reports

ACAC-L, Association for Child and Adolescent Counseling in LA. No report.



Hello From LAAOC!

*Lisa W. Jackson, LPC-S,
LAAOC President*

As I reflect on the 2024 LCA Conference, I realize what a wonderful opportunity it was to connect with fellow Licensed Professional Counselors (LPCs) as well as the generous exhibitors and sponsors. The event featured numerous engaging sessions, luncheons, and meetings. A particular highlight was the Division Mixer, where we had the chance to engage in meaningful conversations with many of LAAOC's current members, new members, and prospective members.

As part of LAAOC's track, we offered several insightful presentations:

-The Impact of Chemical Dependency on Family Systems

Presenter: David Legendre, Ph.D., LMFT, LPC, MAC

- Principled Prisons

Presenter: Brittany Salloum, M.A.

- Addictive Disorders: Substance-Related and Non-Substance Related—Are They Really So Different?

Presenters: Robert Henson, CAC, CCGC & Melinda Robinson, MBA

Considering our division track, I want to remind all members that LAAOC is actively seeking presenters for next year's conference. This is a fantastic opportunity to give back to our profession by sharing knowledge and educating fellow counselors about essential aspects of our

field. The deadline for submissions is in February 2025. If you are interested in presenting, please reach out to me at laocdivision@yahoo.com.

I would also like to take a moment to introduce Aimee Swafford, PLPC, and extend our heartfelt gratitude for her willingness to serve as our division's secretary/treasurer. We will be holding elections in Spring 2025, and I encourage you to consider becoming more involved in the division by nominating someone or yourself for an office.

Thank you for your ongoing support and engagement! We look forward to another year of growth and collaboration within our community.



Upcoming LACES Events: Spring 2025 and Conference Highlights

Dr. Joey Pistorius, LACES President



As we reflect on the success of the recent LCA conference, we're excited to share key highlights and announce upcoming events for Spring 2025.

Conference Highlights

The LACES track showcased impactful presentations that addressed important issues within our community, including:

- **Exploring Micro-aggressions in Counseling Supervision**, presented by Dr. Deatrice Green, Dr. Ebony Clifton, and Dr. Michelle de la Paz
- **Ethical Supervision Practices for Louisiana LPC-S and**

(Division President Reports, continued on page 12)

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Division President Reports, continued from page 11

LMFT-S presented by Dr. Christian Dean and Dr. Sola Kippers

- **Qualities for Effective Supervision: Enhancing the Supervisory Relationship** presented by Dr. Kimberly Mason

A standout event was the **Post Graduate Supervision Mixer** on October 14th. This engaging panel discussion on navigating the supervision process, led by Dr. Dottie Martin, Dr. Michelle de la Paz, Dr. Christine Ebrahim, and Dr. Michaela Heartline, facilitated valuable connections between supervisors and prospective supervisees. During this mixer, we also honored our colleagues with the 2024 LACES Awards:

- **Clinical Supervisor of the Year:** Dr. Dottie Martin
- **Supervisor Award for Multiple Specialty Areas:** Dr. Christian Dean
- **Counselor Educator of the Year:** Dr. Kimberly Mason
- **Rising Counselor Educator Award:** Dr. Heather Olivier
- **Prospective Counselor Educator Award:** Rachel Rachlinski

Looking Ahead to Spring 2025

We're excited to announce plans for a virtual supervision meet and greet in the spring. This event will offer graduate students and recent graduates a wonderful opportunity to connect with supervisors from across the state. Participation will be free for graduate students and LACES members. If you're an LPC-S and not yet a member of LACES, we encourage you to join our division to take advantage of this networking opportunity.

In addition, we're organizing a series of free CEU events tailored for Counselor Educators and Supervisors within our division. Stay tuned for more details as we finalize the schedule!

Join Us!

Don't miss these exciting opportunities to engage with your peers and enhance your professional development. For any questions or additional information about upcoming events, please feel free to reach out to us at onlinelaces@gmail.com.

(Division President Reports, continued on page 13)

It **STILL** Takes a Village!

Vinetta Frie, Lagniappe Editor



It's been a while since I wrote this kind of editorial. For so many years, I have been LCA Cheerleader, encouraging you, the membership to assume a more active role in YOUR professional organization. In this issue, which celebrates our annual celebration of all things professional counseling in our state, as you look at all the smiling faces, see cameo photos of new presenters, see all the names of award recipients, LCA is still after 55 years a vibrant organization ... right? It takes a village!

Did you read Past President, Dr. Rashunda Miller Reed's congratulations of incoming LCA President Elect-Elect-Elect Dr. Joey Pistorius? There was a sentence that hit me hard. It was a sentence that was not actually there, but if you were observant, you saw it too. In our second statewide election, held electronically, where **every** one of our 2,000+ members — even those who did not or could not attend the fall conference in person and cast a paper ballot — had the opportunity to vote, **only 172 of us did!** It takes a village!

Are you the only counselor in your work site? Are you a LPC, PLCP, counselor supervisor, counselor educator, counselor advocator, employer of professional counselor, or consumer of professional counseling services? If you hold any of those roles, you should be part of the LCA Village! In every village, the members play vital roles that contribute to the survival and longevity of that community. What are YOU doing to contribute to the vitality and legitimacy of LCA as the statewide representative of professional counseling and counselors? It takes a village.

The succession of so many great servant-leaders have steered the LCA "ship" these 55 years! I am proud to have been among them. But none of us did it alone. We all needed YOU, the membership! Playing all the vibrant roles only members can play: visiting our website, lacounseling.org (reading this newsletter and journal I hope!), connecting with your division(s), attending professional development sessions, noticing professional counselors with whom you work or interact, nominating counselors for positions of leadership or awards, offering yourself in nomination for servant leadership. For the next 55 years, LCA needs you! It **STILL** takes a village! ☺

Division President Reports, continued from page 12

Thank you for your continued support and commitment to our community. We're eager to connect with you at our upcoming events and look forward to fostering growth and collaboration within our profession. Together, we can make a meaningful impact!



Greetings, LCA Members!

Emma Derstine, LACGS President

The recent LCA Conference was an incredible opportunity for LACGS and a wonderful experience for our graduate students and executive board. As the current LACGS President, it was an honor to represent our division along-

side our Greater New Orleans Regional Representative, Carrie Davidson, at the Division Mixer. Seeing all the divisions showcase their creativity and playfulness was truly inspiring.

This year, as part of LACGS's conference track, I was thrilled to present "The Price of Practice: The Hidden Cost of Unpaid Internships" with our alumni member, Courtney Saulsman, and "Shame: The Elephant in the Supervisory Alliance" alongside Dr. Emeric Császár. Both sessions received a warm response, with attendees sharing valuable insights and engaging actively. We're so grateful to the LCA community for supporting these crucial conversations that directly impact graduate students and thus the future of our profession. We also had an impressive showing from student members in the poster sessions, and we couldn't be prouder of them.

Finally, I want to extend a heartfelt thank you to our LACGS board members who couldn't attend the conference but played an essential role in preparations. Your behind-the-scenes support allowed our team to have a seamless experience. We're already looking forward to next year, and I'm excited to work alongside our President-Elect, Elyse Arnold, to make the next conference even better. Together, we're aiming for greater engagement and a stronger sense of community within LACGS, and we can't wait to see how our division continues to grow!

We're also excited for LACGS to be represented in the Leadership Development and Mentoring Institute (LDMI) program, ensuring that our division continues to grow, improve, and

Article continues in next column

expand as we learn from those in our community and their tremendous experience. Thank you all for your ongoing support!



United in Diversity, Together in Differences, United in Purpose!

Teneka Gash, PhD, PLPC, RSW, LAMCD President



I bring you greetings from The Louisiana Association for Multicultural Counseling and Development (LAMCD). The mission is to promote a greater understanding and broader awareness of culturally diverse populations. LAMCD strives to eliminate barriers and foster interest in culturally sensitive counseling, keeping our membership mindful of the state of current multicultural affairs in Louisiana.

As President of the Louisiana Association of Multicultural Counseling and Development, it is important to continue to gear attention towards Multiculturalism. "United in Diversity! Together in Differences, United in Purpose. As we venture into the opportunities that the remainder of 2024 holds, let us remain united in our pursuit of knowledge, personal growth, and community betterment. The strength of LCA lies in the collective efforts of each member, and together, we can achieve greatness!

LCA 2024 afforded me the opportunity to serve as a Co-Lead Mentor for "Emerging Leaders" within the Leadership, Development and Mentoring Institute, and second year Judge for the Poster Session as a member of the Professional Development Committee. During the 2024 LCA Conference, with the support of Dr. Reshelle Marino and LCA Division Presidents, I was able to produce the 2nd Annual LCA Division Mixer. It afforded the opportunity to increase membership, cultivate relationships, net-

(Division President Reports, continued on page 14)

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Division Presidents' Reports, continued from page 13

work, gain insight and meet executive board members/ members of each division.

The Executive Board would like to extend gratitude towards each presenter who shared their contributions during the 2024 LCA Conference, in representation of the LAMCD Track. We would also like to extend gratitude to members of the LPC Board for attending our session and providing insight during the presentation.

- Supervisees to Supervisors and Mentees to Mentors-Let's Chat!
- Counselors, Your Mental Health Matters! - "Going Beyond the Surface"
- Conspiracy of Silence: "There's Hope in Hello"

I look forward to continuing to make connections with each of you and witnessing the continued success and growth of our LCA community. If you are interested in joining LAMCD to promote increased knowledge in multiculturalism, please reach out to our designated email: LAMCDivision@gmail.com, as your participation is highly valuable.



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



LASERVIC Reflections Dr. Kelle Falterman, LASERVIC President

We had a wonderful conference this fall. Two sessions represented our division. Thank you to Andy Wiggins for sharing his topic "Using Acceptance and Commitment Therapy (ACT) as a means of treatment for Obsessive-Compulsive Disorder" and to Apostle Adrienne Sumler and KyNisha Murphy for their presentation on "Dealing with Narcissism from a Spiritual Perspective" (parts 1 & 2). We also had a won-

derful speaker at our luncheon. Dr. Karen Roudkovski shared "Understanding Spiritual Abuse," her recently published book based off of her dissertation research.

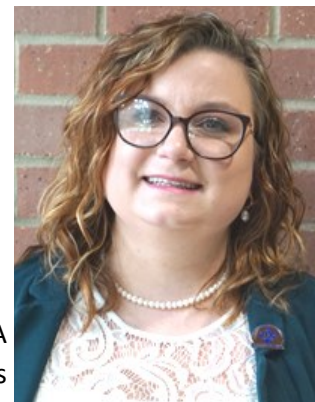
Special thanks to Andy Wiggins and his wife, Kelly for leading us in a lovely prayer service.

Please reach out to me if you have any questions about LASERVIC, please contact me shepherd-sheart23@outlook.com.



LCCA: Quality PD Opportunities and Strategies for Advocacy!

*Kayleigh Underwood, LCCA
President*



How wonderful was the LCA Conference this year? It was amazing seeing so many friends, members, and counselors all gathered for Peace, Love, and Counseling. I want to give my heartfelt thanks to everyone who worked tirelessly to make the conference run smoothly and feel so much like home. I want to give a huge shout-out and my sincerest gratitude to the other members of the LCCA Executive Board for all of their hard work and continued help which is instrumental to the success of our division. Thank you to everyone who attended one of the LCCA track presentations. A very special thank you to our remarkable presenters who gave their time and expertise to make our track a huge success.

LCCA's track this year included a panel entitled "It Is A Different World: No, It Literally Is Different – Exploring Development, Transition and Adjustment Among HBCU Students" presented by Stephenne Calhoun, LPC, Kimberly Paige, LPC, LRC-S, CRC, CC, Porshe Hitchens-Moses, PLPC, & Chimela Soublet, LPC-S, NCC; "Catalyst for Change: Advocacy in College Counseling" presented by Dr. June Williams, LPC-S; a mixer for LCCA members and prospective members where Past LCCA President Krystyn

(Division President Reports, continued on page 15)

Article continues in next column



Division President Reports, continued from page 14

Dupree, LPC presented “What Do College Counselors Do?;” our annual luncheon and business meeting which included a presentation by Dr. Yvanna Pogue-Vicks, LPC and Dr. Victoria Rodriguez, LPC entitled “Advocacy for Low Income Counselors In-Training;” a presentation partnered with LASCA entitled “Bridging the Divide: Collaborative Pathways between K12 School Counseling and College Counseling” presented by Dr. Wendy Rock, LPC-S, NCC, NCSC and masters student Kelsey Sere; and “Neurodiversity-Affirming Practices for Working with College Students” presented by Dr. Heather Olivier, LPC, CCTP, PMH-C, NCC.

We are looking forward to continuing these wonderful CE opportunities with our upcoming virtual Winter Workshop planned for mid-December. This event is low cost or free if you are a LCCA member! Please keep an eye on our social media pages and emails for more information soon! If you are interested in presenting at a future LCCA workshop (spring, summer, or next LCA conference) please let us know!

One of my favorite parts of the LCA Conference was getting to hear from so many of our members. We got a lot of great ideas and suggestions on how to continue growing LCCA and meeting the needs of our members. I am excited to let you know that LCCA is looking to fill the two Executive Board positions of Treasurer and President Elect-Elect. We would love to hear from you if you or someone you know is interested. Please email lcca.leadership@gmail.com with any interest in positions, presentations, or further suggestions on how LCCA can support you. I am proud to head this amazing division of passionate members who continue to show up for themselves, each other, their clients, and our field. I was truly touched by the advocacy, comradery, and support at the LCA Conference. I look forward to what is coming next!



LCDA, LA Career Development. No report.

Article continues in next column

Winter 2024

Louisiana Lagniappe



Doing The Necessary Work!

Michelle Lafitte, LCSJ President



Peace, Love, and Counseling, what a theme and what a time!! This year’s conference was full of awesome opportunities to meet new people, network, and learn new things. With our goals in mind to collaborate with other divisions, be more visible, and gain meaningful relationships, LCSJ joined the division mixer, where we gained many new members and met so many of our current members. We shared our vision for the next couple of years and learned from division members how we can collectively work together to execute that vision. Executive members of LCSJ presented *Mindful Social Justice Counseling* to a packed room of Clinicians, PLPC’s, and students brimming with solutions on how we can better help ourselves and our clients. We have adopted a logo for our division and have t-shirts available for purchase. Make sure to get your T-shirts and your members-only lapel pin. We also now have an email address LCSJLouisianacounselors@gmail.com, and a Facebook page:

Louisianacounselors Socialjustice <https://www.facebook.com/profile.php?id=61566762434778&mibextid=LQQJ4d>



Photo submitted by Michelle Lafitte

Please join our community and connect with us! As you can see, we are taking action but can only do mean-

(Division President Reports, continued on page 16)

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ingful work with your help. Be on the lookout for an email to division members with upcoming virtual events.



LMGCA LA Military Government and Counseling Assoc. No Report.



Peace, Love, and Mental Health Counseling: A Path to Healing

**Any Dufrene LMHCA
President**



In today's fast-paced world, the themes of peace and love are more important than ever, especially in mental health counseling. These ideals foster a supportive environment where individuals can explore their emotions, heal from trauma, and develop resilience.

Mental health counselors play a crucial role in this process, providing a safe space for clients to express themselves without judgment.

To promote the values of peace and love, LMHCA awarded individuals who uphold these themes in their graduate studies or professional practices. The winners of the 2024 LMHCA Awards are:

- Gloria Bockrath Scholarship: Elizabeth Neilson
- Community Service Award: Myiesha Beard-Spears, LPC-S, NCC, CAMS-II
- Mental Health Counselor of the Year: Brad Gros, LPC-S

LMHCA would like to congratulate our 2024 recipients for representing the field of mental health counseling with peace, love, and excellence!

A special thanks goes to Dr. June Williams and Dr. Gary Ginter for presenting on behalf of LMHCA at the LCA Conference. I would also like to thank the members of the LMHCA Executive Board. Dr. Deatrice Green, A'rean Williams, Gracishone Floyd, London Kennedy, and Dr. Trenise Harris for

all their hard work in making the LMHCA Luncheon and Division Mixer a success!

Requests for proposals are now open! If you want to present a topic for one of the bimonthly webinars in 2025, please submit your proposal here: <https://forms.gle/tSv9LBRM994VMJ7m6>. The deadline for proposals is December 2, 2024. Also, be on the watch for an announcement regarding the LMHCA Spring Conference in 2025!

As we move into the holiday season, I encourage you, the mental health counselors of Louisiana, to continue reflecting on the values of peace and love. By intertwining these principles with our practices, we can create a healing, therapeutic space. As awareness grows, we move closer to a future where mental health is prioritized, and everyone feels supported on their journey to wellness. Embracing these values enhances mental health for our clients and elevates the field of mental health counseling!



LSCA, LA School Counselor Association. No report.



Let's Go: Reviving, Reset, Renew!

**Carrie Davidson, LPC-S, NCC, PLCA
President**



On behalf of the Provisional Licensed Counselor Association (PLCA), Louisiana Counseling Association (LCA), and its Executive Board, I, Carrie S. Davidson, M.A., LPC-S, NCC, am pleased to announce my recent appointment as President of PLCA. I welcome you to the 24|25 Division Term. The goal of the PLCA is to represent and promote the interest of the Louisiana Counseling Association by providing professional development, resources, and information to help support those who have recently entered the profession, including but not limited to graduate students, PLPC designated Professionals, and those who were newly fully licensed. I am extremely excited about the many things we have in store for this upcoming year.

Our Theme for the upcoming year is Revive, Reset, and Renew Our Mindset! The PLCA Division is in the process of restructuring and your support is needed. There will be

(Division President Reports, continued on page 17)

Article continues in next column



Photo taken by Dr. Tessia Ozene, Archives Chair

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a Division Meeting on November 3, 2024, at 6pm. This will allow members to meet the rest of the Executive Board and the strategic goals that the PLCA Division wish to accomplish within the next two years. (This event is virtual. The following link is Join Zoom Meeting: Meeting ID: 829 7016 7875 Passcode: PLCA)

The PLCA Division is also looking to fill the following positions as well and is seeking committee chairs. If you are interested in any of the above positions, please provide a cover letter (please make sure you indicate which position you are interested in running for) and Resume to PLCA at plcalouisiana@gmail.com by 11:59 pm CST on Friday, November 8, 2024:

The PLCA Division is looking to fill the following positions.

- President-Elect Elect (4-year commitment as President-Elect Elect, President-Elect, President, Past President-2024-2027)
- Representative for New Orleans Region consists of the following Southern Louisiana parishes: Ascension, Assumption, Jefferson, Orleans, Plaquemines, St. Bernard, St. Charles, St. Helena, St. James, St. Tammany, Tangipahoa, Terrebonne, Washington
- Committee Positions: Membership Development and Public Relations Chair, Career Services Chair, Bylaws Chair, Graduate Student Chair



(Division President Reports, continued on page 18)

Inspired and Invigorated for JEDI

Nikki Lee, MFT, LPC-S and Keith Wilkerson, PhD, LPC-S, The People's Committee Co-Chairs



What an invigorating time had in Lake Charles with LCA! It was wonderful to see everyone come together and share in Peace, Love, and Counseling. It was an honor to present the LCA Land Acknowledgement statement and speak briefly about the JEDI statement during the conference. Thank you to Dr. Vicki Guilbeau for entrusting those tasks to The People's Committee. I want to give a special congratulations to Dr. Keith Wilkerson for receiving a President's Award for his contributions to the LCA Board! His efforts are invaluable to what we do.

The Keynote Speakers all did a phenomenal job speaking to how we can be better counselors for ourselves and others through self-care and nurturing. Dr. Kimberly Nelson spoke calmly about mindfulness and kindness in our lives as clinical practitioners. The current ACA President, Dr. Christine Suniti Bhat, reminded us on how to maintain cultural humility as a harmonious cornerstone to effective clinical practice and supervision. Twin practitioners, Drs. Jude and Julius Austin, brought humor and honest encouragement about imperative self-care practices. Dr. Roy Salgado and Dr. Christian Dean closed the conference out with helpful diagnostic guidance when conceptualizing couples and family cases using peace and love integration. It all served to inspire and invigorate our work through incorporating inclusive best practices.

We are proud to have the JEDI statement prominently displayed on the LCA website for all to read. Our continued purpose is to ensure all voices in LCA are heard and represented for JEDI issues in perpetuity. As we move toward implementing the actionable items, we will be hosting workshops in partnership with LCA Divisions for conversational and CE opportunities with practitioners about social justice, multiculturalism, and equity practices. If you have questions or comments, please feel free to share with us at NLee@solacechateau.com or Keith.Wilkerson@la.gov.

Photo taken by Dr. Tessia Ozene, Archives Chair



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Finding Peace, Sharing Love, and Building Bridges: Reflections from the 2024 LCA Conference

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

This year's LCA Conference was an inspiring and transformative experience for me, both personally and professionally, as the current president of the SAIGE (Society for Sexual, Affectional, Intersex, and Gender Expansive Identities). It was truly an honor to represent our division and to witness the remarkable passion, knowledge, and dedication of our members and presenters. SAIGE had a total of 5 presentations this year at the conference.

Throughout the conference, I felt a deep sense of unity and collaboration among all attendees. I was moved by the commitment to creating an inclusive and empowering space, where diverse voices were not only heard but celebrated. This atmosphere of belonging reaffirmed the importance of our mission at SAIGE-LA—supporting marginalized communities, uplifting underrepresented voices, and breaking down barriers within the counseling field.

The board members that were able to attend conference this year played a crucial role in amplifying this sense of connection. From organizing our table at the division mixer to fostering open discussions, our team worked tirelessly to ensure every participant felt seen, valued, and engaged during this time together. Whether it was through meaningful conversations,

Article continues in next column

offering resources, or guiding attendees to continuing the conversations after sessions that were presented by SAIGE-LA, the team's efforts were rooted in the shared vision of advancing equity and inclusion. Our members' genuine enthusiasm for making a difference was infectious, and I believe it helped attendees leave the conference feeling inspired to create change in their communities.

I want to extend a heartfelt thank you to all who presented during this year's conference. Special shout out to (Sarah Stillwell, Ashley Quarterman (presenters/division mixer participants), Andrew Pullman (presenter), Matthew Hebert (presenter), Pamela Schultz (board member/division mixer participant), & Eddie Wright, Jr. (board member/division mixer participant) for presenting and helping with the division mixer. Which I feel was one of the highlights of my time at the convention. Your dedication and hard work were evident in the impactful sessions you delivered and the time shared with other fellow counselors. You not only shared your expertise but also created an environment where attendees could learn, grow, and connect. I am immensely grateful for your contributions and the knowledge you brought to the table, shaping this year's conference into a powerful learning experience.

For those reading this, I encourage you to join us at SAIGE-LA. We are always looking for passionate individuals who are ready to make a meaningful impact in the [*\(Division President Reports, continued on page 19\)*](#)

Picture submitted by Ledora Yerks-Birdlow



Division President Reports, continued from page 18

counseling community. Whether you're interested in collaborating on initiatives, becoming a leader in promoting inclusion, or simply wishing to support our mission, there is a place for you here. Let's continue building bridges together, creating opportunities, and breaking barriers for all. Together, we can make an even bigger impact at next year's conference and beyond.

Want to get in touch? You can email us at saige.louisiana@gmail.com or call us at (504) 264-1556. You can also contact us on the LCA Community Bulletin Board through the LCA website 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



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Louisiana Lagniappe

Division Mixer



Photos by Arkeria Robertson, Social Media



Thanks to all...



Who joined us this fall!

2023-2024



LEADERSHIP ROSTER

Louisiana Lagniappe

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

LAGNIAPPE TEAM

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

SUBMISSIONS

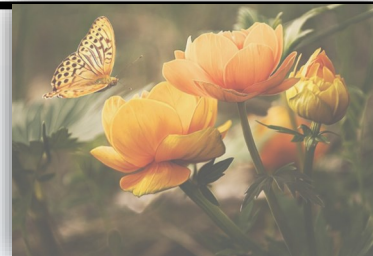
Send all submissions to newsletter editor, Vinetta Frie via her e-mail address: lcanews@outlook.com. To assure a speedy response, please include the word *Lagniappe* in the subject line. Electronic submission of photographs via e-mail as a .jpeg or .png file is preferred.

**NEXT NEWSLETTER
SUBMISSION
DEADLINE:
February 28, 2025**

The theme of the next issue is the finishing strong. It will be posted online in May.



With Heartfelt Thoughts and Prayers



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

**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 or Vinetta @ 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.*

Pink T-Shirt Day!



Photo taken by Arkeria Robertson, Social Media Specialist