

COUNSELOR CONNECTION

Louisiana Association for Spiritual, Ethical and Religious Values in Counseling

Fall 2008



2008

LASERVIC

LCA Conference Events

- Board Meeting, Sun, Oct. 12, 11:30 a.m.—1:00pm.
- Prayer Service, Tues, Oct. 14, 11:30 a.m.—12 noon.
- Luncheon/General Business Meeting, Tues, Oct. 14, 12:15 - 1:45 p.m.
- LASERVIC Elections. Cast your ballots at the conference at the voting table in LASERVIC box (You can also mail in the ballot enclosed with the newsletter). New officers to be announced on the LASERVIC website and in the spring newsletter.
- SEE YOU IN BATON ROUGE with your stuffed animal!!



A Message from the President:

I took over as president of the Louisiana Association for Spiritual, Ethical, and Religious Values in Counseling (LASERVIC) in July, 2008. Like many of us who are willing to serve in leadership positions, I was looking forward to it—until reality set in and it was time to start. I kept saying to myself, “What was I thinking?” “Did I actually think that I would have time to take on this extra responsibility?” When I attended the Louisiana Counseling Association (LCA) leadership workshop in June and realized what was involved, especially at the LCA conference in October, I again began to question myself. All of this brings me to my current state of mind.

On Saturday, August 2, 2008, the LASERVIC Executive Board and committee chairs met in Baton Rouge. As the meeting unfolded, I became more and more encouraged and relieved

that I was working with a group of people who are dedicated to the purpose of LASERVIC. These folks were living truly what this division of ACA and LCA is all about, that is, upholding spiritual, religious and ethical values.

When we started the meeting (at which most of the board and committee chairs were present), there was the joy of friends coming together, catching up on the latest happenings—all within a prayerful context. Caring and compassion were expressed for those who had experienced the death of a spouse, the upcoming transition to a new job, the healing after a long illness, the birth of a granddaughter, and prayers for those who were having difficult times.

As the meeting progressed many of my apprehensions about my position eased as those present took on many of the various responsibili-

ties that LASERVIC will undertake at the LCA conference—the prayer service, the luncheon (awards, decorations, program, speaker), door prizes, display, election, LCA service project, and on and on. Not only did people volunteer to do these things, but the atmosphere of joyful willingness was so evident. In our profession, most of us talked about how busy we are (and we are) but somehow there was the generosity to be open to doing more.

I want to take this opportunity to thank those who have served our organization in the past and, most especially, those who served this past year. Special thanks go to Tricia Shallin for her year as president. She did an incredible job while caring for her husband. Our condolences and support are

(please see President's Message on p. 2)



LASERVIC Luncheon to Include Awards, Ros Fouin as Speaker by Jodee Elliot

Each year, LASERVIC honors members who contribute significantly to our profession and work diligently at carrying out the LASERVIC mission. Awards presented are the Distinguished Professional Service and the Humane and Caring Person awards. The awards are presented annually at the LASERVIC luncheon, during the LCA conference. This year's luncheon will take place on Tuesday, October 14, in Baton Rouge.

The 2008 luncheon will also include a guest speaker. LASERVIC's own Ros Fouin will be the speaker at this year's LASERVIC luncheon. "Finding Healing in the 'Down' Times" will be the focus of her address. As many of you know, Ms. Fouin is an outstanding presenter and an incredible individual. We look forward to hearing her words of wisdom and insights at this year's luncheon. Hope to see you all there!

President's Message (continued from p. 1)

with you, Tricia, as you face your future.

Finally, I want to extend an invitation to all of our members to join in the LASERVIC activities during the LCA conference and throughout the year. The theme of this year's conference is most appropriate to our organization—"The Power of Gratitude: to Heal, to Energize, and to Change our Lives." This theme will come alive in the presentations, the prayer service, the service project, and the luncheon. It will especially come to life in our interactions with each other. This was my experience at my first board meeting as president. May all of you experience the same gratitude and energy from other's generosity as I have!

Elementary School Update

By Pat Bertucci, Elementary School Representative

During this uncertain season of the year, my report as a counselor in an elementary school consists of sharing with all of you the helpful guide that was assembled by Project Fleur-de-lis personnel in response to the mental health needs of young people following Hurricanes Katrina and Rita.

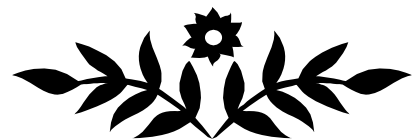
Project Fleur-de-lis is a collaborative program linking local social service agencies, schools, and nationally recognized researchers, program developers, and clinicians in a coordinated effort to provide state of the art mental health services within 55 New Orleans-area schools (Walker, 2008). Because of space limitations, I am sharing the parts of the guide related to elementary school age children. There are also sections for children under age three, preschool age children, and teenagers. Please feel free to share this guide with teachers and parents, as long as you credit Dr. Douglas Walker and his incredible staff for the research, development, and dedication that has made this program possible. For more on Project Fleur-de-lis (PFDL), visit the website at www.project-fleur-de-lis.org.

How to Talk to Your Children about Hurricanes

Children look to their parents for guidance, support, and the words that assure them that they and your family will be safe. Children also look to adults to measure how safe and predictable the world is around them. As parents living in the Gulf region, we must now begin to speak to our children about the realities of future hurricanes in a manner that balances reality with reassurance. Here are a few guidelines to help you speak to your children when a storm threatens the Gulf coast:

LASERVIC ELECTION TIME IS HERE!

In addition to the national, state, and local government elections, LASERVIC is also having its annual election. Included with this newsletter is a ballot for 2008. You have two options to vote. You may mail your vote in to Tricia Shallin (her address is on the bottom of the ballot) or vote your ballot at the LCA conference. Either way, it is important to vote! Good luck to all candidates and thanks for participating in this year's LASERVIC election.



Elementary Rep Report (continued from p. 2)

School Age Children: Comfort through Chores

- They understand what is reality and what kind of damage and disruption a hurricane can cause. At this age, they want and need to help when a storm is approaching.
- Give your child a few small tasks to assist the family in preparing for a storm. This will give them a sense of control and comfort as well as promote a feeling of cohesiveness within the family.
- Address your child’s questions and feelings in conversation that include your own thoughts and feelings. In measured amounts, sharing your worry about an approaching storm will send the message that being afraid is normal and “OK.”
- Limit exposure to television coverage of the storm and adult conversations of crisis and disaster.

Identifying Stress Reactions in Your Child

For many young children, the development of another hurricane in the Gulf of Mexico will bring back all the fear and worry they experienced during and after Hurricane Katrina. The following are common reactions and behaviors that parents need to look out for: irritable, whiney; aggression toward peers; school avoidance; headaches or other physical complaints; and disturbances in sleeping or eating habits. National resources include National Child Traumatic Stress Network (www.nctsn.org) and the National Institute of Mental Health (www.nimh.nih.gov).

Reference—Walker, D.W. PhD (2008). A School-Based Mental Health Service Model for Youth Exposed to Disasters: Project Fleur-de-lis. *The Prevention Researcher*, 15(3), 11–13.

Keep up with LASERVIC; www.laservic.org

Prayer on Gratitude

**adapted from Prayers for the Domestic Church by Edward Hays*

Blessed are You , Lord our God, Who in the Richness of Your Divine Love, bless us with good things.

Lord God we bless You, and are filled with gratitude for the numerous gifts, the countless blessings, that come to us from You.

Your blessings come in time of joy, in times of victory, in success and honor, and they come as well in times of pain and sorrow, in sickness and defeat.

Your blessings, however, come always as *life*.

We take pleasure in the fruit of Your creation, in the earthen blessings of fish and bird, tree and flower, each the harvest of Your divine heart.

We take delight in our eyes, in our ears, arms and legs. We find joy in holidays and vacations, and in our work as well.

We thank you, Lord of Gifts, for friendship, family and fun.

In winning and in losing—being last as well as first—we take relish in the challenges and adventure of Your great gift of life.

Lord, we thank You for all the gifts that flow fully, day and night, into our lives.

Today we thank You for all the good that has come to us.

Blessed are You Lord our God, who in the richness of Your divine love, blesses us with good things.

Looking for a Workshop, Anyone?

SPREAD THE WORD!

There are several opportunities to attend workshops presented by LASERVIC members at the LCA conference. Here are a few to consider:

Sun., Oct. 12 3:45—5:15 p.m.
Mary Ellen Stegall and Tina Hart
“Baptism by Fire: Starting a School Counseling Program in a K-8 Catholic School”

Sun., Oct. 12 6:30—8 p.m. As part of the conference opening session, LASERVIC president Dr. Paul Ceasar will be the keynote speaker. His topic will be “Living in Gratitude.”

Mon., Oct. 13 3:45—5:15 p.m.
Dr. Carolyn White, Talmadge White, Veverlee Lesley, Alycee Naquin
“Counseling Older Adults and Their Families”

Tues., Oct. 14 2—5:15 p.m.
Dr. Carolyn White, Talmadge White, Col George Lange
“Providing Counseling for Military Personnel and Their Families”

Wed., Oct. 15 9:05—10:35 a.m.
Dr. Myra Lewis and Devonne Reese
“Why Social Justice?”

Wed., Oct. 15 9:05 a.m.—12:10 p.m.
Dr. Paul Ceasar and Dr. George Hay
“Coping with and Integrating Life Cycle and Life Changes”

**THE OFFICIAL LASERVIC
NEWSLETTER**

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*Louisiana Association for Spiritual, Ethical
and Religious Values in Counseling*

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