

COUNSELOR CONNECTION

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

Spring 2008



2008

LASERVIC

Calendar

- LASERVIC Workshop in New Orleans—Acceptance and Commitment Therapy by Dr. Robyn Walsler at St. Christopher's on April 11. Contact Peggy Demarest at 504-861-7734 or at peggymvd@aol.com
- Acadiana Workshop -The final LASERVIC Acadiana Workshop for 2007-08 will be April 18. Robin Hebert will be presenting "Slowing Down: Finding the Center in Our Busy Lives." For more information or to register for the workshops, contact Lettie Guilbeau or Marie Hebert at 337-234-5510.
- LCA 2008 Conference Call for Programs Deadline—May 31. For more info, go to www.lacounseling.org
- LASERVIC Executive Board Meeting, Baton Rouge, May/June, TBA.
- LCA Conference, Baton Rouge Capital Hilton, Oct. 12—15.

Keep in touch; visit LASERVIC at
www.laservic.org



A Message from the President:

Each morning as I drive to school, I pass a huge advertisement board. On it is not an ad for cars, a trip on a cruise ship, a casino entertainer, or a well-known New Orleans restaurant, but a simple solid yellow background with the words, "SMILE! Now doesn't that feel better?" Somehow I can't resist the big grin that comes across my face—and guess what? I do feel better. Many times a beautiful sunset accompanies the message or a train with its cargo going to places unknown. LASERVIC is like that with me. Getting together with other counselors who have the same dedicated interest in shining through their spirituality can't help but bring me a smile and a good feeling. The cars of the train remind me of the new members that are yet to take their place in their LASERVIC family. I also think of the seasoned members who have yet to tap their special talent as a leader in our organization.

I am going to pause a moment and tell you about one person who IS utilizing his special gifts and talents. He taught me for one of my first master's

degree courses at Our Lady of Holy Cross College. His caring and human spirit came through in everything that he did. He was, and continues to be an inspiration to me as I strive to take my place in the counseling profession. We know him as "Buddy." This year Dr. Paul Ceasar was the recipient of the LASERVIC Distinguished Professional Service Award; you can learn more about this award on page two. He was also recognized by LCA in receiving the LCA Humane and Caring Person Award. In addition, Dr. Paul "Buddy" Ceasar is being honored at the national ACA convention with the Gilbert and Kathleen Wrenn ACA Humane and Caring Award. It takes a truly special and awesome person to achieve three prestigious awards in one year, and Dr. Ceasar is certainly special and awesome to so many of us. It is a great honor to have him take the reigns as our LASERVIC president next year.

There are so many other leaders and unique counselors in our LASERVIC organization. Don't be shy! I know that you are one of them and that you know several such people. I want to invite you to come and

volunteer to be a part of our LASERVIC board and share your talents with us this next year. Please get in touch with me at trici-ashallin@yahoo.com or 504-919-8340. I will be thrilled to add your name to our upcoming ballot or to pass on your interest to our president-elect as a person to be contacted. Whether it's a board position or committee member or a behind the scenes job, we have a spot for you!

I leave you with my most cherished quote. It never ceases to touch my soul whether I am yelling it at the top of my lungs or quietly saying it in reverence. It was these words and the encouragement of LASERVIC friends that allowed me to accept the gift of the LASERVIC presidency. I hope this prayer will touch your heart as it always does mine.

God Grant Me The Serenity

To Accept the Things I Cannot Change,

The Courage To Change The Things I Can,

And The Wisdom To Know The Difference.



Cesar, Larousse Honored with LASERVIC Awards

by Jodee Elliot, Awards Chair

LASERVIC was proud to recognize two outstanding members at the 2007 Awards Luncheon in October. These awards are given annually through nominations submitted by LASERVIC members.

Dr. Paul Cesar was the recipient of the *Distinguished Professional Service Award*. One nominating letter included the following comments:

“He is a deeply spiritual and soulful person, as well as a consummate professional, gifted clinician, supervisor, and teacher and also a highly effective and personable administrator. One would be hard pressed to find someone affiliated with LCA or LASERVIC who does *not* know and deeply admire Paul Cesar. His personal and profes-

sional influence has extended to touch many lives in his roles as counselor, supervisor, professor, program director, workshop leader, LPC Board member, interim college president...the list could go on and on. Paul is a natural teacher, leader, facilitator, and organizer. His activity in professional and community service is exemplary, and he has demonstrated his professional commitment at a very high level.”

The second LASERVIC recognition, the *Humane and Caring Award*, was presented to Gloria Larousse. A nomination letter for Larousse read as follows:

“Gloria has served on the LASERVIC board as president, professional development chair, secondary school representative, and is currently serving as member-

ship chair. She has previously been president of Chi Sigma Iota and has been actively involved in all aspects of counseling. She is presently the college counselor at the Academy of Our Lady High School in Marrero. Gloria is best known for her spontaneous reply when asked to assist in any counseling activity—‘I’ll do anything I can to help.’ She has organized prayer services, arranged speakers for luncheons and workshops, actively participated in all LASERVIC service projects, and has been a tireless worker for LASERVIC. She is also a friend you can depend on at any time.”

On behalf of all LASERVIC members, I would like to congratulate these worthy and deserving award recipients. They are both such wonderful persons and counselors and represent the best of LASERVIC, LCA, and counseling.

I also want to encourage you to begin thinking of who we might acknowledge and honor with these awards next year. For more information on the awards, contact me at jmelliot76@yahoo.com.

LASERVIC Election Results

The results are IN! Serving on the 2008 09 board with President Dr. Paul Cesar will be the following: Dr. Catherine Austin, president elect; Peggy Demarest, treasurer; Dr. Carolyn White, post-secondary representative; Gloria Larousse, secondary representative; Pat Bertucci, elementary representative; and Roslyn Fouin, private practice representative.

Be sure to congratulate and offer thanks to these members who are willing to work in leadership positions for LASERVIC.

Words to Consider

Don’t let your worries get the best of you. Remember, Moses started out as a basket case.

Some minds are like concrete, thoroughly mixed up and permanently set.

Peace starts with a smile.

God promises a safe landing, not a calm passage.

He who angers you, controls you!

If God is your copilot—swap seats!

Prayer: Don’t give God instructions— just report for duty!

The task ahead of us is never as great as the Power behind us.

The Will of God will never take you to where the Grace of God will not protect you.

We don’t change the message, the message changes us.

You can tell how big a person is by what it takes to discourage him.



Teaching Our Clients to “Bend Low Enough”

By Ros Fouin

A learned Rabbi, evidently a very wise man, once said: "Man cannot bend low enough to hear what God says." Seeing and accepting our own shadows is hearing His voice, for if we indulge ourselves with illusions about who and what we are, we have no chance whatever of being real enough to "hear" Him. Nature and the unconscious always go straight to the point, which is usually very different from what we want or expect. I am sure that is why I continue to work with horses in therapy and the expressive arts for my own work and my clients.

As counselors we are always "working on ourselves," "bending low enough to hear Him," so that we can be present with our clients. We want to hear what they are saying and we want to pull in any projections we may have on them.

I always remember when I read Carl G. Jung's life. Every time he began an hour with his client or a lecture with his students, he told the Chinese Rainmaker Story of Kiau Tahou. After telling the story, the whole atmosphere of the client and the students at the lecture changed. Chinese Tao, being in harmony with ourselves so that the right thing may happen around us instead of the wrong was the essence of that story.

In colloquial language: "He got out of bed on the wrong side this morning" aptly express a psychological condition where we are not in harmony with our own unconscious.

As counselors we try to teach our clients to understand themselves so that they can know it is the ego ruling us and not God. We have learned through all our studies and experiences that keeping our dreams, journaling, drawing, movement, music, using horses can be tools to concretize these blocks, these cramps. We realize these blocks come from the ego. When we are able to "bend low enough" to hear God, only then can we be in harmony with ourselves, be in gratitude and open to what God wants for us.

Robyn Walser to Present “Acceptance and Commitment Therapy” Workshop on April 11 in New Orleans

New Orleans will be the place to be on April 11 as LASERVIC hosts Dr. Robyn Walser's workshop on acceptance and commitment (ACT) therapy. This therapy is a new and innovative treatment concept that is designed to address maladaptive avoidance of internal experiences while also concentrating on developing and keeping commitments.

Dr. Walser is a licensed psychologist who is currently working at the National Center for TPTSD at the Veterans Affairs Palo Alto Health Care System. Dr. Walser provides supervision and consultation in ACT and does direct clinical work using this approach. Participant responses from Dr. Walser's ACT workshops include:

“One of the best workshops I have had the pleasure to attend”

“Fantastic. Best training I have ever experienced.”

“The workshop was a brilliant experience both personally and professionally.”

You will not want to miss this opportunity! The workshop will be St. Christopher's Parish Center at 3800 Derbigny Street in Metairie from 9 a.m.—4 p.m. You will acquire great information and 5.5 CEUs for an inexpensive price! Contact Peggy Demarest at 504-861-7734 or peggymvd@aol.com or go to the LASERVIC website and click on workshops for more information. See you there!

Call to ACTION by Diana Hetzler, Social Action Chair



As part of our continuous commitment to social action, LASERVIC contributes each year to various organizations selected by the executive board. We attempt to diversify our donated funds by selecting local, statewide, and national groups. Membership dues and our share of the proceeds from convention registration make these donations possible.

The opportunity to allocate funds continues, thanks to the support of our membership. We provided a portion of these funds to the LCA Government

Relations Committee to assist with their diligent efforts in improving our profession. For continuous support of needy families due to hurricanes Katrina and Rita, we contributed monies to Aurora United Methodist Church in Algiers. As president Tricia Shallin related to all attending the LCA luncheon, she was personally assisted by their efforts during the crisis.

For our international donation, we chose the boys' orphanage, Los Ninos, in Central America. The orphanage is part of Christ the Healer Mission and some of

our members have volunteered missions with these children. Finally, as a thank you to our conference host city, a generous monetary donation was made to the Greater Baton Rouge Food Bank.

The LASERVIC board looks to you, our members, for suggestions regarding these contributions. Please submit your favorite charity or non-profit organization to the LASERVIC board for consideration. Assisting our own members and their causes is our first choice of action. LASERVIC members make it possible for this division to continue giving!

**THE OFFICIAL LASERVIC
NEWSLETTER**

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

2007-2008 LASERVIC EXECUTIVE BOARD and COMMITTEE CHAIRS

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