

COUNSELOR CONNECTION

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

Spring 2009



2009

LASERVIC Calendar

- LASERVIC Workshop in New Orleans—When Gratitude is a Challenge: Finding Gratitude in the Face of Adversity by Dr. June Williams at St. Christopher’s Parish Center I—3 p.m. on April 3. Contact Devonne Reese at deeree98@yahoo.com.
- Acadiana Workshop -The final LASERVIC Acadiana Workshop for 2008-09 will be May 8. Dan Jurek, LPC, LMFT, a former LASERVIC president, will present “Relationship Building and Repair.” For more information or to register for the workshops, contact Lettie Guilbeau or Marie Hebert at 337-234-5510.
- LCA 2009 Conference Call for Programs Deadline—April 30. For more info, go to www.lacounseling.org
- LASERVIC Executive Board Meeting, Baton Rouge, June 6, 9:30—11:30 a.m.
- LCA 2009 Conference, Baton Rouge Hilton, Oct. 4—7

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



A Message from the President : Dr. Paul “Buddy” Ceasar



With this year’s LCA theme of “The Power of Gratitude—to Heal, to Create, and to Energize,” it is not difficult to do a follow-up article from our last newsletter. That article was my reflection on my first LASERVIC Board meeting as president that we held in August. At that time, we were making plans for the LCA October conference. I became acutely aware that there were a number of significant components of the conference in which LASERVIC would be responsible—the LASERVIC luncheon, a display booth, elections, awards, prayer service, and various prayers for numerous conference events. At the meeting, I was awed by the spirit of cooperation that was evident by people graciously volunteering to do the tasks. I came away from the meeting grateful for the people in leadership positions in LASERVIC.

As the conference came and went, I again walked away with an appreciative heart. The events in which LASERVIC had a presence were of superior quality, and I was able to experience first hand the theme of the conference.

In addition to the work that was done by the members of our board, I was encouraged by the new members of our division and the members that were present at the conference. At the luncheon, we had about seventy people present. In addition to the large attendance, we celebrated the spirit of LASERVIC through the reflections of Roslyn Fouin and Devonne Reese. The people who received awards, Mary Ellen Stegall—*Distinguished Professional Service* and Devonne Reese—*Humane and Caring Person*, represent the basic tenets that our division espouses—committed, compassionate, and giving people.

As we celebrate our accomplishments, we are challenged to continue making a difference in our counseling profession by incorporating spiritual, religious, and value issues not only in counseling, but in our families and society. This is especially crucial today with what we are experiencing on the regional, state, country, and international scenes. So that we are not overwhelmed by the tasks at hand, we can only start within our own hearts. Each moment and each day, we are reminded to be

grateful for what is. We take time to recognize that we are blessed, even in the midst of our struggles and difficulties. We take time in a silent moment to acknowledge the higher power that gives us courage and strength.

As I have been blessed with the opportunity to be president of LASERVIC this year, I would like to conclude this article with a quote from Marcel Proust:

“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.”

I thank each of you, LASERVIC members, for sharing your gifts in the persons that you are and in the unique settings in which you are presently engaged. May our souls continue to blossom!!!

(Editor’s Note: Look for the “Quotes on Gratitude” in this newsletter submitted by Dr. Ceasar.)

WANT TO BE MORE INVOLVED IN LASERVIC? Small tasks, board, and chair positions available. Contact Dr. Catherine Austin,

Reese, Stegall Honored with LASERVIC Awards

by Jodee Elliot, Awards Chair

LASERVIC was proud to recognize two outstanding members at the 2008 Awards Luncheon in October. These awards are given annually through nominations submitted by LASERVIC members.

Devonne Reese received the *Humane and Caring Award*, which is the highest award a counselor can receive. It is essentially the "Counselor of the Year" award. Devonne is a long term LASERVIC board member, having served in a number of positions, most recently as treasurer and now professional development. She also served LCA as a board member for many years, most recently as awards chair.

Devonne has served as the school counselor at the same

school, St. Christopher's in Metairie, for nearly twenty years. She is also very involved in her church community. A few years ago, she went on a Los Ninos mission trip to Nicaragua.

Her nominators noted Devonne's gentle and heartwarming spirit and how giving she is to all those she meets. She has a knack for bringing people together and staying connected.

Mary Ellen Stegall was the recipient of the *Distinguished Professional Service Award*. She too has been a long serving LASERVIC board member and is past president of both LASERVIC and LCA. She was also very involved in the counseling community in the Acadiana area. Currently living in Texas, she still graciously volunteers by maintaining LASERVIC's newsletter

and website.

Nomination letters mentioned that Mary Ellen is still strongly committed to carrying out the LASERVIC mission and is always willing to lend a hand. She is considered an awesome leader because of her natural ability to bring people together.

These counselors represent the best of LASERVIC, LCA, and counseling. And I know that there are others also deserving of recognition. Have a counselor in mind? It's never too early. Contact me at jmelliot76@yahoo.com. I will be more than happy to walk you through the process.

(Editor's Note: Stegall is moving back to Lafayette this summer.)

LASERVIC Election Results By Tricia Shalin

The results are IN! Serving on the 2009-10 board with President Dr. Catherine Austin will be the following: Jodee Elliot, president elect; Dr. Carolyn White, post-secondary representative; Sue Hymel, secondary representative; Pat Bertucci, elementary representative; and Dr. Judy Miranti, private practice representative.

On behalf of LASERVIC members, I want to thank this wonderful group of individuals, willing to work in leadership positions for our organization.

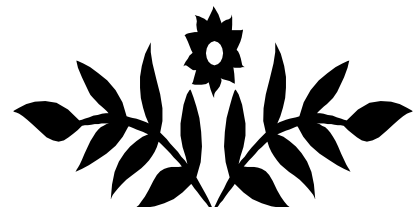
Secondary Update

By Gloria Larousse

I hope this finds everyone excited about spring, the wonderful weather we are experiencing, and the second half of the school year. Many things are happening in the high school arena, everything from state testing to seniors off to college to preparing for the new incoming freshmen.

I wanted all of you to know about an upcoming professional development workshop. Provided by SACAC this summer at Tulane in New Orleans, the fee includes room and board as well. This seminar occurs annually, and it is in a different city every year. We are very lucky to have it in Louisiana this year. It is geared for counselors in their first three years in the this field. I attended this workshop at Rice in Houston several years ago, and it was dynamite. I even plan to attend again, even though I have many more years than three under my belt, just for an update on the new things happening. Check out their website at www.sacac.org/cgi-bin/MySQLdb?VIEW=/professional/viewsummer.txt. I strongly recommend this workshop. What a great opportunity to have in our state!

Keep an eye open for new changes coming for this year's freshman class. I'm referring to Core 4 and all the new changes in place. I am sure that your principals have been updated, but if you haven't, make sure you ask because the changes are huge. Also, keep your eyes on TOPS, as wind of the rumor is that this summer the Louisiana legislature is looking at changes as well to keep more in line with the Board of Regents. I hope that each of you have a wonderful ending to the school year. See you at LCA in Baton Rouge next fall. Have a great summer!



Special Thanks to Principals

By Roslyn Fouin

The Acadiana (Lafayette) division of LASERVIC would like to thank all the principals of the elementary, middle, and high schools in the surrounding parishes of Lafayette and in Lafayette parish for their support and encouragement of our division since its inception in August, 1986.

At that time, counselor Frances Angers was the chairperson, for the group with Roslyn Fouin, counselor, serving as assistant chairperson. Dr. Judith Miranti, professor and counselor at Our Lady of Holy Cross in New Orleans, traveled to Lafayette where she conducted a day long seminar for all principals, counselors, and assistant principals in all the schools who were involved in the Diocese of Lafayette. Public and private schools were also included in this workshop. The day long seminar explained the roles of the individuals in the school and the support that LASERVIC and counselors would provide in such a school system. As we all know, counselors play an integral part in any systemic development and growth.

Since that seminar in 1986, all counselors regardless of setting were able to attend the quarterly meetings of LASERVIC, held in Lafayette each year. In addition to networking, these gatherings have provided wonderful opportunities for professional development. Many counselors from diverse backgrounds still gather four times a year to participate in meetings. And due to the generosity of numerous presenters and LASERVIC's commitment to serve the community, these professional development workshops are provided at a relatively inexpensive cost.

We continue to be grateful to the principals, these leaders of the Catholic, private, and public school systems. From the earliest days of LASERVIC's history to today, they continue to encourage and to support the networking and professional development of counselors. This support underlines their commitment to the different constituencies served by counsel-

Quotes on Gratitude

Provided by Dr. Paul Ceasar

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." - Melodie Beattie

"If the only prayer you say in your life is 'thank you,' that would suffice."
- Meister Eckhart

"In order to attract more of the blessings that life has to offer, you must truly appreciate what you already have." - Ralph Marston

"Gratitude is the fairest blossom which springs from the soul." - Henry Ward Beecher

"Nothing is more honorable than a grateful heart." - Seneca

"Gratitude is not only the greatest of all the virtues, but the parent of all the others."
- Cicero

"Saying thank you is more than good manners. It is good spirituality." - Alfred Painter

"It is a wise man who does not grieve for the things which he has not, but rejoices for those which he has." - Epictetus

"We can only be said to be alive in those moments when our hearts are conscious of our treasures." - Thornton Wilder

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." - John F. Kennedy

Social Action Update by Diana Hetzler, Social Action



Part of the LASERVIC mission is to participate in social action; each year we try to do so by donating to different groups and activities. Economic concerns have now impacted LASERVIC in that we decided at our October conference meeting to delay contributions until our finances are replenished.

There are two ways that you, as a LASERVIC member, can financially support LASERVIC and social action donations. One way is to attend LASERVIC workshops. LASERVIC

sponsors several workshops in the Acadiana area with one coming up in May. LASERVIC also offers a New Orleans area workshop each year, with this year's to take place April 3 at St. Christopher's Parish Center. Workshop proceeds assist in funding social action.

Another way that you can financially assist is by attending the annual LCA conference in October in Baton Rouge AND by marking **LASERVIC** as your **primary division**. LCA sends funds to each division based on the numbers pro-

vided by the registration and the members' primary division.

As board members, we take our fiscal responsibilities very seriously as well as remaining true to our mission to be socially involved and supportive of groups in need. We hope to resume our contributions in the very near future.

Any suggestions and recommendations regarding social action activities and recommended groups for donations are always welcome. I can be reached at ddh347@bellsouth.net.

**THE OFFICIAL LASERVIC
NEWSLETTER**

Mary Ellen Stegall
201 Settlers Trace—#3209
Lafayette, LA 70508



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

2008-2009 LASERVIC EXECUTIVE BOARD and COMMITTEE CHAIRS

President

Dr. Paul Ceasar
BBCeasar@aol.com

President-Elect

Dr. Caherine Austin
caustin.lpc@gmail.com

Past-President

Tricia Shallin
triciashallin@yahoo.com

Secretary

Jodee Elliot
jmelliot76@yahoo.com

Treasurer

Peggy Demarest
peggymvd@aol.com

Post Secondary Rep

Dr. Carolyn White
ccwel@bellsouth.net

Secondary Rep

Gloria Larousse
glarousse@cmaaccess.com

Elementary Rep

Pat Bertucci
sasounsel@yahoo.com

Prof. Devp.—N.O.

Amy Boihem Virga
alboihem@yahoo.com

Private Practice Rep

Roslyn Primeaux Fouin
Rosfouin@bellsouth.net

Publications

Mary Ellen Stegall
maryesteg@aol.com

Nominations & By-Laws

Tricia Shallin
triciashallin@yahoo.com

Awards

Jodee Elliot
jmelliot76@yahoo.com

Membership

Sue Hymel
suecoun@cox.net

Social Action

Diana Hetzler
ddh347@bellsouth.net

Strategic & Long

Range Planning
Devonne Reese
dereee98@yahoo.com

Graduate Student

Representative
Roy Petitfils
roypetitfils@yahoo.com

Professional Development

Acadiana
Marie Hebert
mhebert@leoseton.org

Lettie Guilbeau