

COUNSELOR CONNECTION

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

Spring 2010



2010

LASERVIC Calendar

- LASERVIC Workshop in New Orleans—"Counselors Building Resilience to Vicarious Trauma:" by Dr. Judy Miranti, Dr. Cathy Austin, and Jodee Elliot. St. Christopher Parish Center 1—3 p.m. on March 26. Contact Devonne Reese at deeree98@yahoo.com.
- LASERVIC Acadiana Workshop -The final workshop for 2009-10 will be April 27. Tina Hart from Houston will present "The Spirituality of Counseling Families in a School Setting." For more information or to register for the workshops, contact Lettie Guilbeau or Marie Hebert at 337-234-5510.
- LCA 2010 Conference Call for Programs Deadline—April 30. For more info, go to www.lacounseling.org
- LASERVIC Executive Board Meeting, New Orleans, June 6, 9:30—11:30 a.m.
- LCA 2010 Conference, Hotel Intercontinental—N.O. Sept. 18—22.

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



A Message from the President : Dr. Catherine Austin

Just this evening, some of the local TV news commentators were lamenting the cold and wet weather we have had so much of this winter noting that winter has been with us long enough. Of course, we have much to be thankful for as we monitor weather reports and realize just how mild our southern winters are compared to the rest of our nation. Nevertheless, I have certainly done my share of complaining about the gray skies and cold winds. But over the past few days, when I walk outside and look up at the trees, I notice tiny buds at the tips of branches, where new life is just waiting to spring forth (no pun intended). The hours of daylight seem to be increasing more rapidly. As the small patches of green scattered here and there on my frost covered lawn catch my attention, I feel uplifted, encouraged that spring is just around the corner. That encouragement is felt both in the literal sense and metaphorically, as I am reminded of the sense of renewal that follows the "gray" times in our lives, the emotionally painful times, provided that we are open to healing and spiri-

tual renewal.

Speaking of spiritual renewal reminds me of the way I felt upon taking part in the 2009 LCA conference: refreshed, renewed, and challenged to continue to grow. If you were fortunate to have attended the conference, you know what I mean. The theme, "Rhythms...of the Heart, Mind, and Spirit," came alive for us in many valuable presentations and opportunities for networking. The sense of connection I experienced was enhanced through the many activities of LASERVIC— the prayer service, our division luncheon and moving address by Roy Petitfils, and the community service project. In coordinating LCA's service project yet again, LASERVIC assisted in the huge success of "Operation Military Kids." I want to especially thank all who supported LASERVIC through your conference participation. You, our members, are the people we count on and need for continued success.

Whether you are an active member of LASERVIC or prefer to quietly participate, I want to invite you to grow along with this division. The activities of LASERVIC are successful because of the

many talented and caring professionals who take part, either by assisting with conference activities and behind the scenes tasks; or by organizing, presenting, or simply attending CEU workshops; or by filling a board position. I believe that there are many personal talents, gifts, and skills which are as yet untapped. Consider this your personal invitation to take a more active role in your division, especially if you feel called for leadership. We need you! Contact me at caustin.lpc@gmail.com or at 504-458-0581.

In my work with clients, I continually become more aware of how much we have in common, simply by virtue of our humanity. At the same time, I am deeply moved by a secret revealed, a poignant memory shared, or a look of peace revealing inner healing. I am reminded that more than being human, we are all spiritual beings. And in those moments, it is clear that I am merely a humble servant. With that reflection, I leave you with this quote by Mother Teresa, one of my favorites: "We can do no great things— only small things with great love."



LASERVIC Election Results

by Dr. Paul T. Ceasar

I am happy to announce the results of the new LASERVIC officers and board members. The election officially took place at the LCA conference in Baton Rouge in October, 2009, and we had provided the opportunity for all of our LASERVIC members to participate also by mail. The term that the following members will begin their service is July 1, 2010, and will continue through June 30, 2011.

Our gratitude is expressed to all who were willing to be a part of the leadership for LASERVIC. Your leadership for next year will be:

Roy Petitfils—president elect

Pat Bertucci—elementary school representative

Sue Hymel—secondary school representative

Dr. Carolyn White—post secondary school representative

Dr. Thomas Fonseca—private practice representative

I would also like to have each member consider a leadership position in the next election which will take place at the LCA conference (and by mail) in September, 2010. All of the positions above will be open for nominations. You can indicate your interest or nominate someone that you think would be willing to serve our organization. In addition to an officer or board position, you may want to review the other opportunities to be on the board and to volunteer for one of these positions. You should contact Cathy Austin if you are

want to run for one of these elected positions. If you are interested in assisting with a LASERVIC event at the LCA conference, such as the prayer service or luncheon or participating on a committee you should contact Jodee Elliot. Their contact information is included on the back cover of this newsletter. Additionally, if you are a graduate student interested in serving as the graduate student representative on the LASERVIC board, please contact Jodee Elliot.

It would be great to have leadership representation from all areas of the state. Thanks to all who are members of LASERVIC and for the ongoing work that is provided by all our members as they enhance the spiritual, ethical, and religious values in counseling.

LASERVIC Awards Update By Jodee Elliot

Traditionally, awards are presented at the LCA conference. Because the two award recipients were unable to attend this past fall's conference, their awards will be presented at the 2010 conference. These awards will be in addition to the 2010 award recipients.

And it's never too early to start thinking of whom you would like to nominate. The two categories are Humane and Caring Person and Distinguished Professional Service. Look around your workplace. Think of your LASERVIC colleagues and friends around the state. There are so many counselors doing wonderful things for their clients and for their profession. Isn't it time that they were recognized? Contact me for more info: jmelliot76@yahoo.com.

Private Practice Update

By Dr. Judith G. Miranti

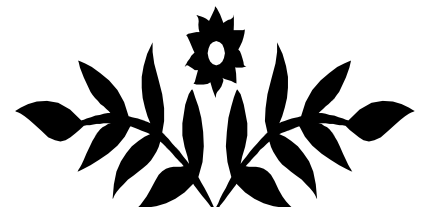
There are so many challenges facing private practitioners today. With the economic crisis, health care reform, turf battles and rising costs, maintaining a quality private practice must bring out the most creative, inventive, and resourceful ways to provide services to our clientele.

In an effort to assist and support private practitioners, I am proposing that LASERVIC host a gathering at the annual convention to be held in New Orleans. In the meantime, I am suggesting a column in our newsletter where answers or resources will be provided to those who send in their questions. Spiritual and ethical issues will be the focus of the column along with various alternatives/answers that can assist the practitioner in helping their clients.

These are some questions to consider:

1. What resources do I need in my private practice that will help me to facilitate my clients to spiritual and/or spiritual issues?
2. What ethical dilemmas do I face and with whom do I consult?
3. What can LASERVIC offer to its members that will enhance their skills?
4. What continuing education topics would help private practitioners?
5. How can we assist counselors in training who are considering private practice as an option?

We want to hear from you. I can be reached at JGMiranti@cox.net.



Secondary School Update

By Susan D. Hymel

Secondary School Counselors: Just What Is It That We Do?

Sometimes at the end of the day, I ask myself “Just what did you accomplish today?” and I have to wonder. As all counselors know, our successes are small, steps are tiny, and often we never know the effects of our labor. Some things are hard to measure!

After spending some time thinking about this query, I decided to refresh myself on what the literature indicated in relation to this question. I found a great article on the ASCA website (“Why Secondary School Counselors?”). I would like to share a few reflections from the article.

I was reminded that the adolescents of today are living at a time of an increasingly diverse and mobile society. There are new technology and constantly expanding opportunities. But along with the opportunities, every student needs support, and guidance to deal with this time of rapid growth and change. High school is the final transition into adulthood and the world of work. Students begin their movement toward independence. They are deciding who they are, what they do now, and what they will do when they graduate. As they evaluate their strengths, skills, and abilities, they rely heavily on their peers for feedback and acceptance. They face increased pressures regarding risk behaviors involving sex, alcohol, and drugs while exploring what is more acceptable behavior and what are mature, meaningful relationships. In my school, they are also learning about their faith and exploring their beliefs and practices with regard to that faith and how it will be a part of their adult life.

Secondary school counselors are professionals who are part of the total education program. According to ASCA, “Professional school counselors align and work with the school’s mission to support academic achievement of all students as they prepare for the ever-changing world of the 21st century.” Having a comprehensive, developmental, and systematic school-counseling program helps counselors to “see” what they are accomplishing with their students.

A good model to follow is the ASCA National Model: A Framework for School Counseling Programs. The model provides information and assistance with classroom guidance, individual student planning, responsive services, system support, and secondary school counselors as collaborators.

After reviewing and assessing the literature, I felt revitalized as I realized ALL that we do. I recommend that you also review the ASCA model. At the end of the day we can all say: “Wow, we did accomplish something today!”

Call to Action by Diana Hetzler, Social Action Chair



Presently, economic hardships are not a mystery to most of us, including LASERVIC. In spite of a smaller budget, the board committed to continue its charitable contributions and hold true to the mission of LASERVIC. By cutting expenses, the opportunity to allocate funds continues, thanks to the support of our members. Membership dues and our share of convention registration proceeds make these donations possible.

In light of the current Haiti disaster, the board voted to distribute two of our yearly donations to Haiti relief. The first contribution was sent to a Haitian Ochsner physician, Dr. Yvens

Laborde, who has traveled to the island nation to assist relief efforts. On his behalf, Ochsner has organized a donation fund with an established Haitian health relief organization. With Dr. Laborde on the ground, the funds will be used to purchase recovery needs.

Jonathan Vilma, a team member of the New Orleans Saints and also a Haitian native, has committed to establishing an organized Haitian relief fund following the Super Bowl victory. An additional donation will be made to this fund for relief efforts.

Lastly, as in the past, the LASERVIC

board has allocated funds to LCA Government Relations Committee to assist with their diligent efforts in improving our profession.

The board looks to you, our members, for suggestions regarding contributions. If you have a favorite charity or non profit organization, please submit its name to the board for consideration. All requests are considered by the board. Assisting our own members and their causes is our first choice of action. Our LASERVIC members make it possible for this division to continue giving!

**THE OFFICIAL LASERVIC
NEWSLETTER**

Mary Ellen Stegall
201 Settlers Trace—#3215
Lafayette, LA 70508



*Louisiana Association for Spiritual, Ethical
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2009-2010 LASERVIC EXECUTIVE BOARD and COMMITTEE CHAIRS

President

Dr. Catherine Austin
caustin.lpc@gmail.com

President-Elect

Jodee Elliot
jmelliot76@yahoo.com

Past-President

Dr. Paul Ceasar
bbceasar@aol.com

Secretary

Dr. Thomas Fonseca
tfonseca@holycrosstigers.com

Treasurer

Peggy Demarest
peggymvd@aol.com

Post Secondary Rep

Dr. Carolyn White
ccwel@bellsouth.net

Secondary Rep

Sue Hymel
suecoun@cox.net

Elementary Rep

Pat Bertucci
patgbertucci@yahoo.com

Prof. Devp.—N.O.

Devonne Reese
deeree98@yahoo.com

Private Practice Rep

Dr. Judy Miranti
JGMiranti@cox.net

Publications

Mary Ellen Stegall
maryesteg@aol.com

Nominations & By-Laws

Dr. Paul Ceasar
bbceasar@aol.com

Awards

Jodee Elliot
jmelliot76@yahoo.com

Membership

Jodee Elliot
jmelliot76@yahoo.com

Social Action

Diana Hetzler
ddh347@bellsouth.net

**Graduate Student
Representative**

**Professional Development
Acadiana**

Marie Hebert
mhebert@leoseton.org

Lettie Guilbeau
lguilbeau@leoseton.org

