



Better Together

Fall 2022 Publication

Letter from the President

Deatrice Green, Ph.D., LPC-S, NCC, RPT-S
LMHCA President



Hello LMHCA members! I am elated to begin my term as LMHCA's President from 2022-2024. I want to welcome back the returning members of the Executive Board and Advisory Council, including Amy Dufrene - President-Elect; Brittany Hebert - Secretary; Myiesha Beard - Past President; Dr. Princess Lanclous, now as, President-Elect-Elect; Donna Barnes, Sharletta Tennie, and Amanda Williams. I also want to welcome our newest members of the Executive Board and Advisory Council, Christine Ebrahim - Treasurer, Dr. Trenise Harris-Lawson, Arielle Laurent, Veronica Blaze, and Jodi Manton.

Although we've concluded our first webinar series with "How Do You Feel Toward That Feeling?: Skills for Self-Compassion" on September 9th, we are excited to be able to continue to offer a diverse lineup of presentations for the LMHCA conference track. We hope this year's track will be valuable and exciting for both LMHCA members and other conference attendees. Below are the LMHCA track presentations at LCA. Come join us!

- Dr. June Williams - A Critical Review of Prolonged Grief
- Dr. June Williams - Grief-Informed Care in a Grief- Illiterate Society
- Dr. Sonia Blauvelt - Suicide Risk, Prevention, and Safety Planning for Marginalized Populations: Focus on LGBTQIA+ and BIPOC Individuals
- Dr. Laura Fazio-Griffith and Dr. Reshelle Marino - Teleplay Supervision: How to Incorporate Expressive Arts and Play Therapy into Supervision Process
- Dr. Reshelle Marino and Dr. Laura Fazio-Griffith - Ethical Considerations in Play Therapy Supervision
- Dr. Deatrice Green and Janeczka Villalobos - Till tradition do we part: The Role that Tradition and Culture Play in Suicide within the Hispanic/Latinx community
- Dr. Princess Lanclous - United in Grief: Exploring the Impact of Intergenerational Trauma and Substance Abuse within the African American Community

We're planning to continue to bring our members a variety of professional development via our webinar series and our annual conference. Evaluations will be sent to you all to solicit feedback and suggestions on topics for future workshops and things we can do to improve.

My goals for LMHCA this year are to increase communication with members utilizing emails and online platforms, continue offering professional development, and increase activity and visibility across the state. Here are a couple of new additions to look out for to assist us accomplishing the goals that I've set for my term, LMHCA's very own Quarterly Newsletter; consist post on all online platforms (Instagram, Facebook and Tradewing) and a variety of ways for members to get more involved via community service and other sponsored activities.

We are always looking for new members for our committees and governing board. If you are interested in joining a committee or becoming a regional representative, please reach out to me at lmhcapresident1@gmail.com. Your engagement and participation are vital to LMHCA and LCA, so please reach out with any inquiries.

Sincerely,
Dr. Deatrice M. Green



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Better Together: Cultivating Community to Protect Against Burnout and Compassion Fatigue

Jodi Manton, LPC-S, NCC
LMHCA Advisory Board Member



According to the World Health Organization, there was a 25% increase in the global prevalence of anxiety and depression. A report from the Centers for Disease Control and Prevention found that 41.5% of adults in the US reported recent symptoms of anxiety and that 11.7% reported an unmet mental health need. A study recently published in JAMA Pediatrics found significant increases in diagnoses of anxiety (29% increase) and depression (27% increase) in children. These statistics are alarming but will come as no

surprise to counselors and other mental health professionals who are on the frontlines of this mental health crisis.

Along with this increased demand for counseling services comes risk for burnout and compassion fatigue. Steve Hunter (2016) describes burnout as a state of physical, emotional, and mental exhaustion. Compassion fatigue is “burnout plus the accumulation of stress resulting from empathizing with clients over time” that can lead to challenges with focus, irritability, intrusive thoughts, and hopelessness and can compromise counselor efficacy. This means that one of the strengths of counselors - our capacity to hold space for and empathize with our clients - can also put us at risk.

How can counselors protect ourselves from burnout and compassion fatigue? In addition to practicing adequate self-care and maintaining healthy emotional boundaries, counselors can find resilience through community. Just as it does for our clients, connecting with others can promote a sense of universality and buffer against feelings of loneliness and isolation. Here are some strategies for creating community:

- **Join a peer supervision group.** This provides a space to collaborate with and get feedback from other counselors as well as an opportunity to gather and connect.
- **Attend continuing education events.** As more in-person learning opportunities are returning, this is a chance to grow your professional network while enriching your practice.
- **Check on your colleagues.** We are all busy and can get tunnel vision. Be intentional about reaching out to other counselors to check in, as this can be beneficial for both of you.
- **Participate in professional organizations.** Professional organizations, such as LCA and LMHCA, provide an excellent opportunity to connect with other counselors. Get involved!



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What's Happening in LMHCA

Wednesday 9/21 - Navigating Change Talk: The Spirit and Practice of Motivational Interviewing Recorded Webinar; Cost: Free; Approved for 1.5 CE clock hours in Diagnosis

Saturday 9/24 to Tuesday 9/27 - LCA Pre-Conference Seminars and Annual Conference

Monday, 9/26 - LMHCA Social: 6-7 PM, St. Charles

Monday 10/3 - Assessment of Psychosis and Malingering Webinar; Cost: Free; Approved for 1.5 CE clock hours in Diagnosis

Friday 10/7 - Clinical Skills for Working with Survivors of Intimate Partner Violence webinar Cost: free; approved for 3.0 CE clock hours including 1.0 in Ethics

Friday 10/21 - The Kids are not OK: Behavior Management for Anxious Kids; Baton Rouge, BREC Ballroom 6201 Florida Blvd; Cost: Free Approved for 5.0 CE clock hours in Diagnosis.

Friday 11/4 - 3.0 Ethics Webinar, Sponsored by Beyond Ethics Cost \$75.00; Approved for 3.0 CE clock hours in Ethics

Thursday 11/17 - Understanding Childhood Anxiety: What Providers Need to Know Professional Development Network, 20 Castle Pines; Cost: \$65 for one workshop, \$60 each for two, \$55 each for three ; Approved for 3.0 CE clock hours in Diagnosis

Thursday 12/8 - Grief: Why Diagnosis Matters Professional Development Network, 20 Castle Pines; Fees Due: \$65/workshop – total \$195 for three; Approved for 3.0 CE clock hours in Diagnosis

LMHCA Executive Board

- Deatrice Green: President
- Amy Dufrene: President-Elect
- Myiesha Beard: Past President
- Princess Lanclos: President-Elect-Elect
- Brittany Hebert: Secretary
- Christine Ebrahim: Treasurer

LMHCA Member Spotlight

The LMHCA Membership Committee is introducing “LMHCA Member Spotlight” to show appreciation to our LMHCA members.

If you would like to nominate yourself or another LMHCA member to be considered for the “LMHCA Member Spotlight” and featured in our quarterly newsletter, please email the following information to lmhca.board@gmail.com:

- First and last name
- Job title
- Company name
- Current city
- The year you joined LMHCA
- Your favorite thing about working in mental healthcare
- Fun fact or favorite quote
- Headshot photo



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LMHCA Executive Board

Deatrice Green, Ph.D., LPC-S, NCC, RPT-S
LMHCA President



Dr. Green is a native New Orleanian where she has earned her Bachelor of Science (BS) degree in Psychology from Xavier University, her Master of Health Sciences (MHS) degree in Rehabilitation Counseling from Louisiana State University Health Sciences Center, and her Doctorate of Philosophy (PhD) in Counselor Education and Supervision from the University of Holy Cross. She is a licensed professional counselor/board-approved supervisor, a nationally certified counselor, and a registered play therapist supervisor. She has been an adjunct professor at the University of Holy Cross and Loyola University and is now currently an Associate Professor at Southeastern

Louisiana University. Dr. Green is the owner of *Aspire to Empower Counseling Services, LLC.*, New Orleans. She continues to fuel both her passion and purpose through continued clinical practice working with children, adolescents, families, and adults. Her private practice also serves as a teaching practice where she allows her supervisees and student interns to strengthen their clinical skills while providing counseling to clients under her supervision. In addition, they get the experience of working in private practice. Dr. Green has received several grants to assist her practice in providing pro-bono counseling to clients experiencing financial barriers. Dr. Green is a graduate of both the Louisiana Counseling Association and the Association for Play Therapy Leadership Academies. She demonstrates her commitment and dedication to the profession through service and leadership. She is a professional member of several national and state counseling associations. She is currently serving as President of the Louisiana Mental Health Counselors Association (LMHCA), President-Elect of the Louisiana Association for Play Therapy (LAPT), and Treasurer for the Louisiana Association for Counselor Educators and Supervisors (LACES). She actively presents on various topics at both state and national conferences. Her research interests include supervision mentorship, gatekeeping, and the following areas related to African Americans; perinatal mental health, play therapy, substance use/abuse, and disparities in mental health.

Amy Dufrene, LPC-S, NCC, BC-TMH
LMHCA President-Elect



Amy Dufrene, LMHCA President-Elect, is a Licensed Professional Counselor-Supervisor, Board Certified Counselor, and Board Certified Telemental Health provider. She is the owner of *Dufrene Counseling and Consultation* in Alexandria LA. She has been working in the field of behavioral health for 25 years and in the field of counseling for 19 years. She is rostered in Child Parent Psychotherapy, and is currently in consultation to become certified in Trauma Focused CBT in 2023. Amy is the wife of Stephen, and mom to Caleb (14) and Joshua (8).



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Myiesha Beard, LPC-S, NCC, LMHP, CAMS-II, CCTP
LMHCA Past President



Myiesha Beard is a Licensed Professional Counselor Supervisor and owner of Restore Counseling Services, an outpatient facility servicing children, adults, couples and families. Her specialty is child and family therapy. Myiesha has over nineteen years in the human service field working collectively in both private, school and organizational facilities. Myiesha has been an active member of LCA since the beginning of her Master program serving on National and State level committees as well as the Executive Boards of Louisiana Counseling Association, Louisiana School Counselor Association and now the Immediate Past President of Louisiana Mental Health

Counselors Association. She resides in Zachary, Louisiana with her husband and three sons. Her platform focused on visibility, advocacy and overall professional development for clinical enhancement during her tenure as President. She is looking forward to continued service and growth expansion while under the leadership of Dr. Green.

Princess Lanclos, PhD, LPC, NCC, CRC
LMHCA President-Elect-Elect



Dr. Princess Lanclos hails from the 82 square mile island of St. Croix in the U.S. Virgin Islands; but also has had the pleasure of calling New Orleans, LA a second home where she has completed her undergraduate (Loyola University), graduate studies (LSU Health Sciences Center and University of Holy Cross), and clinical practice that has fostered her career path as a counselor educator, supervisor, and clinician. Professionally, Dr. Lanclos is licensed in the state of Louisiana as a Licensed Professional Counselor (LPC). She also holds national certifications as a Nationally Credentialed Counselor

(NCC) and Certified Rehabilitation Counselor (CRC). Currently, Dr. Lanclos serves as an Assistant Professor and Practicum & Internship Coordinator for the Department of Counseling at LSU Health Sciences Center. Additionally, the Child and Family Counseling Clinic housed in the Department of Counseling, is where you will find her providing mental health treatment to adults, couples, and families of the Greater New Orleans community. When she is not providing academic instruction, supervision, or therapy service; she enjoys serving the counseling profession through her active engagement with various local and national professional organizations and research. Dr. Lanclos has presented at several local and national conferences demonstrating her research interests concerning trauma focused treatment, multicultural approaches to mental health counseling and clinical supervision, counselor professional identity, and substance abuse treatment. You may find a sample of her work featured in the Counseling Today issues. Her service to the profession is evident in her current roles as both President-Elect for the Louisiana Association of Counselor Education and Supervision Board (LACES) and President-Elect-Elect for the Louisiana Mental Health Counseling Association (LMHCA). You can contact Dr. Lanclos at plancl@lsuhsc.edu.



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LMHCA Executive Board

Brittany Hebert, LPC, NCC
LMHCA Secretary



Hi, I'm your current LMHCA secretary! I was born and raised in the Baton Rouge area and look forward to helping my community become healthier and stronger. I'm currently licensed in Louisiana and Pennsylvania, as well as a National Certified Counselor. I enjoy working with children through young adults in my private practice. Some of my personal passions include: staying active (swimming, cycling, kickball, yoga), photography, reading, cooking, and time with family/friends. I'm also an advisory board member for the You Aren't Alone Project.

Christine Ebrahim, PhD, LPC-S, NCC
LMHCA Treasurer



Dr. Christine Ebrahim is an Associate Professor in the Clinical Mental Health Counseling program at Loyola. She is a Licensed Professional Counselor (LPC) and a Board Approved LPC Supervisor in the state of Louisiana. She is also a National Certified Counselor.

Dr. Ebrahim has served as President of the Louisiana Association of Counselor Educators and Supervisors (LACES) and is a Past President of the Louisiana Counseling Association (LCA). She is active on several committees and boards and regularly does CEU presentations around the Greater New

Orleans area on the topics of ethics, supervisions, counseling minors, and issues related to school counseling. She is a former school counselor and presently has a private practice in Metairie.

