



# Season of Renewal

Winter 2022 Publication

## Letter from the President

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



Happy Holidays! As we enter the final quarter of the year, I would like to take some time to reflect on all of the great things that have happened this year. In January, we launched our “Bi-monthly Webinar” series. We learned how to address requests for emotional support animals and how to become an animal-assisted therapy interventionist at our Annual Spring conference in May. This past fall, we were “Together

Again” at this year’s LCA conference, where we celebrated and socialized with each other during our social and workshops. I’m very thankful to be a part of an amazing team that’s truly dedicated to creating experiences and opportunities for YOU, our members!

In the final quarter of this year, as a member of LMHCA you will be receiving communication regarding the following things:

- Evaluations for both the Webinar Series and the Annual Spring Conference
- Surveys soliciting feedback and suggestions for topics of interest for upcoming CEU events and things that we can do to improve
- A call for proposals for 2023’s Bi-Monthly Webinar Series
- A ballot to vote on proposed by-law changes
- A new and improved website

Finally, I would like to encourage you all to spend this last quarter pouring into yourself the way that you pour into each of your clients and families. While you all are focusing on the renewal of your personal self-care routines, LMHCA will be planning a season of renewal and revitalization for you, our members!

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](mailto: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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## Rest During The Season of Renewal

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



It's the most wonderful time of the year! We now begin the mad dash through the holidays to the New Year, and it can be busy. It is easy to over plan during this season and deprioritize rest, especially physical rest.

One way to obtain physical rest is through sleep. All humans are subject to their individual circadian rhythm, defined by dictionary.com as, "A daily rhythmic activity cycle, based on 24-hour intervals, that is exhibited

by many organisms." Part of the circadian rhythm for humans is the sleep/wake cycle. Functionally, our sleep needs change throughout our life. According to the American Academy of Pediatrics, an infant requires 12-16 hours of sleep per 24 hour period, including naps. This is largely due to the amount of growth going on in their little bodies. They go on to say that teens, however, only need 8-10 hours of sleep every 24 hours. Practitioners who see adolescents know that this mark is rarely met by some teenagers. Finally, adults need roughly 7-8 hours of sleep per 24 hour period. In their 2015 article, published in the Journal of Advanced Nursing, Ashley Helvig, Sonya Wade & Lee Hunter-Eades posited that an imbalance in restorative sleep can lead to hormonal imbalance, inflammation, and other physiological processes that influence disease in the body. Sleep is essential to physical (and emotional) health.

When addressing sleep, it is important to think about sleep hygiene, or sleep habits. The Centers for Disease Control and Prevention lists 5 areas to address when thinking about sleep habits:

- **Schedule.** Go to sleep and wake up at the same time every day.
- **Keep the bedroom for sleep.** Use light blocking curtains, cooler temperatures, and comfortable bedding.
- **Restrict artificial light,** especially blue light emitted from electronics.
- **Limit large meals, caffeine, and alcohol** in the hours before sleep.
- **Be active.** Physical activity can help improve sleep.

During this time of reflection, personally and professionally, make it a priority to rest. May your holidays be meaningful and your new year prosperous!



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## What's Happening in LMHCA

**Friday, 12/9** - LCA's Ask the Expert Series: Deatrice Green presents "What's Keeping African Americans from Going to Counseling," 11-12 PM, 1.0 CE, Sign up on TradeWing

**Saturday, 12/31** - Deadline to submit proposals for LMHCA Webinar series beginning in February 2023. Submit proposals at <https://forms.gle/E5EpB1ZM4Kzckac39>

**Friday, 1/14** - LCA's Ask the Expert Series: Keith Wilkerson presents "What Every Professional Counselor Should Know About Forensic Mental Health," 11-12 PM, 1.0 CE, Sign up on TradeWing

**Saturday, 1/14** - Becoming a Battle Buddy: How Therapists Can Join Services Members & Veterans in Cultivating Improved Mental Health: 9-12 PM, Online Event, Approved by LCA for 1.5 Ethics CE & 1.5 Diagnosis CE, Find additional event details and reserve your spot at [EventBrite.com](https://www.eventbrite.com)

**Friday, 2/10** - LCA's Ask the Expert Series: Tommy Fonseca presents "Crisis Intervention," 11-12 PM, 1.0 CE, Sign up on TradeWing

**Friday, 2/10** - LMHCA Webinar, Topic TBD, 12-1 PM, 1.0 CE, Online, Free to LMHCA Members

**Friday, 4/14** - LMHCA Webinar, Topic TBD, 12-1 PM, 1.0 CE, Online, Free to LMHCA Members

**Friday, 6/9** - LMHCA Webinar, Topic TBD, 12-1 PM, 1.0 CE, Online, Free to LMHCA Members

**Tuesday, 6/27 to Thursday, 6/29** - 2023 AMHCA Annual Conference in New Orleans. Early Bird Registration pricing available through Saturday, 12/31. <https://www.amhca.org/conference>

**Friday 8/11** - LMHCA Webinar, Topic TBD, 12-1 PM, 1.0 CE, Online, Free to LMHCA Members

**Friday 10/13** - LMHCA Webinar, Topic TBD, 12-1 PM, 1.0 CE, Online, Free to LMHCA Members

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## LMHCA Member Spotlight

Chastity A. Butler, LPC

Clinical Manager

C.A. Butler Counseling & Consulting, LLC - Monroe, LA



**How long have you been a LMHCA Member?**

3 years

**What is your favorite thing about working in mental healthcare?**

My favorite thing about working in mental healthcare is assisting individuals on their journey to find themselves again by working with them in managing the symptoms that cause disruption in their lives.

**What is a fun fact about you or your favorite quote?**

A fun fact about me is that I love to laugh and make others feel comfortable through the use of humor. One of my favorite quotes is, "Life is what happens when you are busy making other plans." Reflecting on this quote is what helps me identify what and who is important to me and be intentional about creating memories with family and friends.

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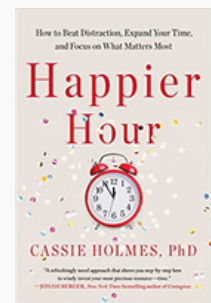
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## Featured Resource - *Happier Hour: How to Beat Distraction, Expand Your Time and Focus on What Matters Most* by Cassie Holmes

Jodi H. Manton, LPC-S, NCC

LMHCA Advisory Board Member, Communications Committee Chair

The holidays are filled with joy, connecting with friends and family, eating good food, honoring traditions. They can also bring stress. We can find our schedules filled, leaving little time to rest. As counselors, we understand how essential it is to recharge and renew. In her new book, *Happier Hour*, UCLA professor Cassie Holmes shares evidence-based strategies to improve our life satisfaction by adjusting our approach to how we spend our time. Holmes suggests viewing our time as a resource and making intentional choices about how we spend that resource, choices that are aligned with our values and help us prioritize those parts of our life that provide meaning and joy. As we enter this "Season of Renewal," consider adding *Happier Hour* to your reading list for some ideas to enrich your practice and your personal well-being.



## Newsletter Article Submission

Share your expertise with your fellow LMHCA members! An article will be featured in each of our quarterly newsletters. The 500 word or less article can be focused on clinical techniques, new research, or guidance for mental health counselors. We would love to hear from you! Submit your article to the Google Form linked in the QR code.



## LMHCA Member Spotlight Nomination

We would like to show appreciation to and highlight the achievements of 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 submit the form linked in the QR code.





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## LMHCA CEU Webinar Series: Call for Proposals

LMHCA's Professional Development Committee invites your submission for proposals for our bi-monthly webinars. The bi-monthly presentations will occur on the second Friday of each month from 12-1 pm CST. Suggested topics include Trauma, Women's Health, Ethics, Supervision, Diagnosis, Evidence-Based Treatments, Grief, CBT, DBT Skill-building, Issues related to BIPOC, Multicultural Counseling, Private Practice, Narcissistic Personality Disorders, Substance Use, Motivational Interviewing, and Mindfulness. See email for submission details and presentation guidelines. Deadline for submitting proposals is **December 31, 2022**. Sessions will be 60 minutes, including time for questions and will be presented live and recorded for participants unable to attend the live session.

### Presenter Eligibility Criteria:

- Hold a graduate degree in a mental health field from a regionally accredited institution
- Be a mental health professional or doctoral-level graduate student. Master's level counseling graduate students may present with professors or counseling doctoral students.
- Be qualified by appropriate education, experience, or training to present the particular subject matter.

### Presentation Guidelines:

- Agree to allow LMHCA to offer the presentation through an asynchronous platform
- Presentations limited to 3 presenters
- Presentations must pertain to working in a mental health clinical setting
- Presentations may not be to promote, advertise, or endorse a specific product or service
- Proposals submitted after the deadline or incomplete proposals will not be considered

### Presenter Information:

- Name and credentials for all presenters (maximum 3 presenters) as you would like it to appear in the program
- Job title as you would like it to appear in the program
- Workplace or university affiliation as you would like it to appear in the program
- City and state where workplace is located
- Email address
- Cell phone number
- Preferred pronouns (optional)

### 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

Scan for Proposal Submission Form

