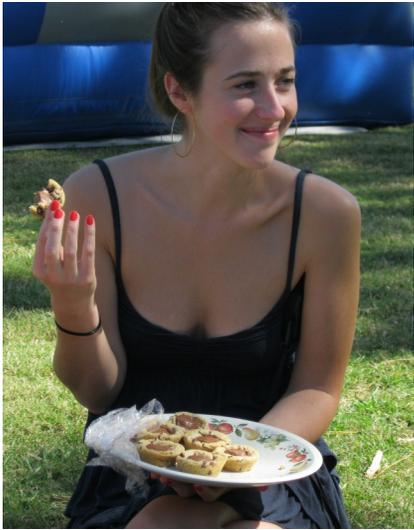


## Events

### Department of Counseling Fall BBQ Continued

October 20, 2012



## Events

### Louisiana Counseling Association Annual Conference October 7-9, 2012

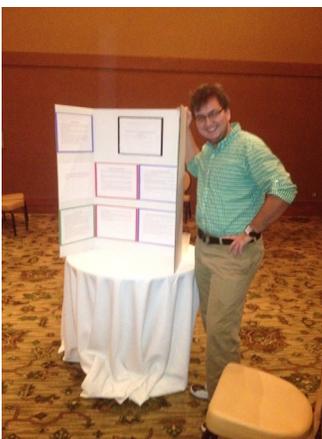


#### The Psychological Effects of Metabolic Syndrome and Obesity: The Role of the Counselor Alison Philips and Dr. Levitov

In preparing to present at LCA with Dr. Levitov about metabolic syndrome and mood disorders, I learned so much about the mind/body connection. Metabolic syndrome is a collection of health problems related to obesity (but not necessarily exclusively), including: abdominal obesity, hyperlipidemia (high cholesterol), hypertension (high blood pressure), and fasting glucose level over 100 (insulin resistance). Any three of these conditions in one person increases his risk of having a major coronary event by 50%. Approximately 1/3 of adults in Louisiana have metabolic syndrome, making it a major public health epidemic. In addition, people with these conditions, especially insulin resistance, are four times more likely to experience depression. Researchers are still working to determine why, but several studies have documented that elevated glucose levels in the body cause lowered cerebral spinal insulin levels. Essentially, the brain is not getting the glucose energy it needs to perform important functions, such as regulating mood.

How can people decrease their risk of metabolic syndrome? They need to eat a diet that keeps their blood glucose low. This diet is called the Glycemic-Index Diet (see [www.glycemicindex.com](http://www.glycemicindex.com)). It's usually recommended for diabetics, but I think that almost anyone can benefit from following its guidelines. Lastly, as counselors, we need to be aware that clients who suffer from metabolic syndrome are often struggling with a food addiction caused by the highly addictive nature of processed carbohydrates. Go to Yale University's Rudd Center for Food Policy and Obesity's website and see the Food Addiction Scale for more information. The literature on addiction definitely applies to high fat and high sugar foods, so refer to these sources if you are working with someone dealing with food issues. Keep in mind the related issues of low self-esteem, poor body image, guilt, and shame.

As counselors, we need to be aware that clients are often struggling with issues beyond those that are visible to our eyes. It is important to recommend that every new client get a full physical, including a fasting glucose screening, even if a client is of normal weight because they could still have the other hallmarks of metabolic syndrome. If you are interested in learning more, read the book *Why We Get Fat And What To Do About It* by Gary Taubes. Taubes turns the current science about weight gain on its head and points to the real culprit of so many health problems--processed carbs and sugars. Because obesity is such a problem in the U.S., consider doing more research on your own about how to help people to change their eating habits. Clearly, there is a need for more health professionals who can help people to overcome their food addiction.



Jesse Roessler  
"Cognitive Behavioral Therapy for  
Co-Morbid Asthma and Anxiety in  
Older Adults"



Ari Evans  
"Existential Therapy in Treating  
Drug Addicted Mothers"



Mary DePartout  
"Applying REBT to Irrational Beliefs Held by Female College Students with Eating Disorders"

Summer Keenan and Dr. Foster  
Understanding Midlifers and  
Older Adults: Unique Perception  
of Wellness and the Clinical  
Implications"



Matt Watson and Stephanie Robinson  
Helping Parents Navigate the Adoption Process  
Using Group Work"

Lisa Chew and Dr. Ebrahim  
"Legal and Ethical Issues in  
School counseling: Responding  
to a Subpoena to Dual Relationships and Everything in  
Between"

# The Art of Living

Vipassana meditation is one of the most ancient techniques of meditation. It was the form of meditation taught by Gotama Buddha over 2,500 years ago. It is currently being taught across the globe in designated Vipassana centers. I attended the Southwest Vipassana Meditation Center in Kaufman, Texas for a ten day course in August 2012.

The center was a perfect environment in which to learn. The key was not simply to separate us students from our everyday lives, but to give us a strict schedule with strict rules of conduct to follow. We lived like monks and nuns. We couldn't speak, couldn't eat meat, and could not stomp on the bugs which might wander into our dormitories.

I found the rules to be more liberating than restrictive. By following the rules by the letter, I was experiencing life the way I had never experienced it before. Because the center was such a unique place, I could not approach every day in the ways to which I was accustomed. Instead, the strict routine forced me onto the battlefield of my own consciousness.

The truth about being silent is that when you are silent, there is hardly any silence at all. The teacher made the analogy of the mind being like a monkey: constantly chattering and jumping from branch to branch. Once my mouth was closed, my thoughts became even louder and more insistent. I could rarely get a moment of silence.

During the first three days we were taught to pay attention to our breath. By focusing on our breath we were able to focus our minds better. As the course went on and we went deeper in to the technique, I began to notice that my mind would stay quiet for longer and longer. Those moments of silence, however, would not last forever. As I travelled deeper into the subconscious, my mind would find different ways to hurt me. I could understand why some students would leave without finishing the course. Yet I was told to watch my feelings pass without taking action. And as I did, I learned experientially that no feeling, bad or good, could last forever.

When practicing Vipassana, meditators focus on objectively observing their bodily sensations. By paying attention to these sensations and passing over them, I was observing my own body as it constantly changed. When we sit still, our bodies are not still. Our bodies are constantly changing. In meditation, I was becoming newly familiar with my self and was able to remove many of the negative thoughts and feelings rooted deeply in my mind.

A few months have passed and I still feel the positive effects of my ten day retreat. While I still feel negative feelings, such as anger and disgust, they do not last as long. And when I am feeling negatively I know that the feeling will pass. Taking the course changed the way I see life for the better.

May all beings be happy!  
~Jesse Clovis Roessler



For more information on Vipassana, you can visit the international Vipassana homepage at <http://www.dhamma.org/>. For more info on the Southwest Vipassana Center, visit <http://www.siri.dhamma.org/>

**ANNOUNCEMENTS**

*Engagements*



**Michelle Gay**  
and  
**Charles Cowherd**



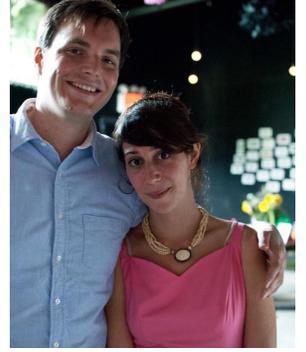
**Harrison Wool**  
and  
**Laura Palumbo**



**Molly Mattesky**  
and  
**Arthur Sanders**



**Becca Bourgeois**  
and  
**Matt Weingard**



**Rae Jacobson**  
and  
**Adam Parker**

*Marriages*



**Frances Beck** and **Eric Rodriguez**

*Babies*

Eva Cecilia Rodriguez  
Born to **Frances Beck**  
and **Eric Rodriguez** on  
September 27, 2012



*Jobs*

**Jerrilyn Dixon '12**  
Child and Adolescent Community Counselor  
Integrated Family Services  
New Orleans, LA

**Stephanie Ducros '12**  
School Counselor  
St. Matthew the Apostle  
River Ridge, LA

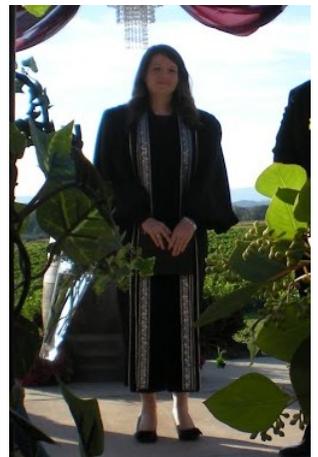
**Jonica LeBlanc '12**  
Clinical Therapist  
Plaquemines Community Care Center  
Belle Chase, LA

**Julie Moss '12**  
Admissions Counselor  
Bridge House  
New Orleans, LA

**Amelia Sherman '12**  
Freshman Counselor  
Riverdale High School  
Jefferson, LA

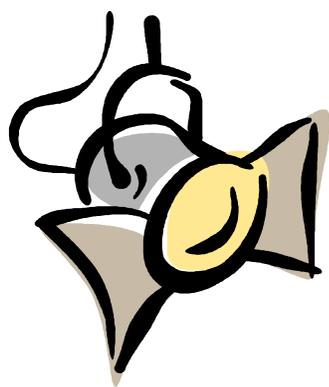
*Other*

Reverend **Lisa Chew** became an ordained minister in the Commonwealth of Virginia and officiated her sister's wedding



**Jada Hector** received her LPC licensure!

*Congratulations to you all!*



## Spotlight on the visiting professors

### **Mike Saussay**

**Q: Where are you from?**

A: I was born in Metairie, but I grew up and was raised in Jefferson and River Ridge.

**Q: Where did you do your undergrad? What was your major?**

A: My undergrad was a long process of trying to find what path I wanted to take in my career. To make a long story short, I wound up at LSU Baton Rouge with a bachelor's in sociology. After that I worked for a while outside the field before realizing that I wanted to go back to school.

**Q: Where did you get your Master's? Where did you get your PhD?**

A: I went back to LSU Baton Rouge for my first master's in criminology. After speaking with my internship supervisor, I realized I wanted to go into a more focused helping profession and decided to get another master's in rehabilitation counseling at LSU Health Sciences Center here in New Orleans. This was a great experience for me because it allowed me to work in a variety of settings, including substance abuse, and outpatient and inpatient therapies. After this I decided to go back to school again to obtain my PhD in counselor education. This was the best decision I could have made because it showed me that I really enjoy working with students through their academic careers.

**Q: What classes do you teach? What are the differences and similarities between Loyola's program and other programs that you supervise?**

A: I co-lead two sections of Theory with Kevin Foose, I lead an internship group here, I am a lab-coordinator for the Practice classes, and I am a site supervisor at Trinity Counseling and Training Center.

As a supervisor I see many other students from different programs. The major difference I see between Loyola's program and the other programs is the personable approach the professors here take. This program really shows investment in the students as individuals and allows them to formulate friends and future colleagues. The professors of this program really see students as more than just a number. Loyola promotes a positive and healthy environment and allows for self-reflection and self-awareness.

Other programs are similar to Loyola in terms of anxiety. Many students come into practicum and internship with high anxiety levels. Throughout many of the programs I see that counseling is a second or third career choice. This field really requires empathy, compassion, and an overall nurturing personality. These are qualities I see in students from all programs.

**Q: What is your specialty population?**

A: I do not have one specific specialty population that I work with. I am open to working with a variety of clients, especially with those experiencing trauma, substance abuse, anger management, and grief. I really have a passion for rebuilding New Orleans person by person. As long as I can teach my students to go out and help a few people, and then those few people help a few more, I am doing my part.

**Q: Do you have another practice?**

A: I do. It is called New Orleans Hope and Wellness Center and it is located on Maple St. I have had it for almost a year now.

**Q: What do you like most about working with a variety of clients?**

A: I really like helping people find their way and teaching them not to worry about living up to other people's expectations. I have a passion for client empowerment and helping clients realize they have a choice and that there is always hope.

**Q: What advice would you give a graduate student of this program going into the professional world?**

A: Follow your passion and be true to yourself. Be who you are and recognize that you have something to offer. Find that career that you are passionate about and are able to describe as "Never working a day in your life."

**Q: What is the best thing about our program that will help us in the professional world?**

A: The individual attention that each student is given. The faculty here sees student's individual strengths and builds upon them. The faculty is also very invested in student progress.

**Q: I know you are a big LSU fan. Do you have any superstitions?**

A: Haha, yes. I have to watch every game alone. I do not go to any bars or friends' houses to watch the games. I like to watch them in silence. I do not enjoy chit-chat during football games and I do not enjoy cheering and screaming. "Watching LSU football is like Zen Meditation."

**Q: What is your most embarrassing moment?**

A: It was while partaking in The Chicken Dance at October Fest. I was dancing up a fool not realizing that the nightly news was taping me for their evening segment. Sure enough, the next day everybody was like "Hey! I saw you on the news!" Much to my dismay and (of course) embarrassment, there I was "breaking it down" on the local news (and for a big guy like me...that is not a pretty site), funny, but not pretty! Till this day I cringe when I hear the music for the chicken dance!

**Q: What is your favorite or best memory of living in New Orleans?**

A: Even though it starts out sad, returning from Hurricane Katrina stands out most in my mind. I will never forget coming back and being one of the first to return seeing New Orleans like a ghost town. The streets were empty and eerie. This is when I realized my sense of meaning and purpose in life. I wanted to help be a part of rebuilding this great city by helping others get back on their feet through counseling. I wanted to be the one to give them hope. The sense of unity felt after Katrina was heightened when the Saints won the Superbowl. This is one of my single greatest memories of being in New Orleans. It was really something special to be a part of.

Interview by Stephanie Spengel



**LOYOLA**  
**UNIVERSITY**  
**NEW ORLEANS**



## Spotlight on the visiting professors

### **Kevin Foose**

**Q: Where are you from?**

A: I am originally from Central Pennsylvania.

**Q: Where did you do your undergrad? What was your major?**

A: I graduated from Pennsylvania State University with a degree in Psychology.

**Q: Where did you get your Master's?**

A: In 2010 I graduated from Loyola University New Orleans with my M.S. in Counseling.

**Q: What classes do you teach?**

A: This semester I am teaching Counseling Theories. For the Spring semester I will be teaching Intro to Family and Group Counseling.

**Q: What is your specialty population?**

A: I have a private practice where I mostly work with individual adults and families.

**Q: What do you like most about working with families?**

A: Seeing people interact when you get the whole family system together.

**Q: What advice would you give a graduate student of this program going into the professional world?**

A: Be creative. I recommend conceptualizing what you want your professional life to look like and to diversify. Be careful narrowing down your career to only one thing and be open to the many fields in counseling

**Q: What is the best thing about our program that will help us in the professional world?**

A: I feel the one of the best things is that the learning environment is extended beyond the classroom. You are able to form relationships with the professors. They are always available to help you.

**Q: Do you have any superstitions?**

A: The last digit MUST BE 3 when I set my alarm (ie: 8:03 a.m. Not 8:00 not 8:05, and most definitely not 8:02).

**Q: What is your most embarrassing moment?**

A: I once did a session wearing my mother's pants (accidentally). Very Freudian.

**Q: What is your favorite or best memory of living in New Orleans?**

A: Walking in the Krewe of St. Anne with my family every year on Mardi Gras day.

Interview by Katie Bowman

### *Practicum and Internship Student and Their Sites*

Are you interested in a particular Practicum or Internship site?  
Why not ask someone who is there now?!

Jessica Alvendia  
Christine Bagala  
Melody Baker  
Lisa Chew  
Basem Darwish  
Mary DePartout  
Ari Evans  
Caitlin Galjour  
Jill Glenney  
Liz Green  
Walesa Kanarek  
Megan Kern  
Nate Koch  
Danielle Newton  
Alison Philips  
Alison Proctor  
Nicole Snyder  
Nelsie Stern  
Matt Watson  
Harrison Wool

Our Lady of Wisdom Healthcare Center  
Greenbriar Behavioral Hospital  
Plaquemines Community Care Center  
Womanspace Louisiana  
Dillard University  
Family Service of Greater New Orleans: East Jefferson  
Addictions Counseling and Educational Resources (ACER)  
Family Service of Greater New Orleans: St. Bernard  
Family Service of Greater New Orleans: Canal Street  
Family Service of Greater New Orleans: East Jefferson  
Family Service of Greater New Orleans: East Jefferson  
Project Lazarus  
Jewish Family Service  
Trinity Counseling and Training Center  
Beacon Behavioral Center  
Plaquemines Community Care Center  
Newman (Lower School)  
KIPP  
Trinity Counseling and Training Center  
Addictions Counseling and Educational Resources (ACER)