



School of Allied Health Professions

Department of Counseling



The Department of Counseling newsletter is for students, and should reflect what the students are doing, and their interest. Please submit articles and information that you want to share with the department.

We look forward to students making this a student newsletter again!

Department of Counseling Professional Events Counseling	
SAHP New Student Orientation	Monday, Tuesday August 14- 15,
Department of Counseling New Student Orientation	Tuesday, August 15
SAHP New Student Orientation	Tuesday, August 15
LSUHSC First day of classes	Wednesday August 16
Meet the Program Zoom Chat Session @1pm CST	Friday, August 25
Practicum and Internship Site Supervisor Orientation	Monday, August 21
Last day for adding courses for credit and for dropping courses. Last day to convert "I" grades from previous term	Monday, August 21
Labor Day Holiday	Monday September 4
Department head meeting with 2nd year students	Thursday, September 14
Counseling Department Research day Friday 1:00 PM-3:00 PM	Friday, September 22
SAHP Job and Clinical Rotation Networking Fair	Wednesday , September 27 9 am-12 pm
Meet the Program Zoom Chat Session @1pm CST	Friday September 29
Advisory Board Meeting	Wednesday October 4 9:30
Louisiana Counseling Association Baton Rouge, LA Conference	October 8-10, 2023
Practicum and Internship Spring 2022 Applications Due	
Association of Play Therapy Conference	October 10-15,2023
ACES Conference	October 11-15 2023
Self Care Day	Friday, October 13
Department Meeting with Students (attendance requested for all)	Thursday, October 26 12:30 pm
Meet The Program Zoom Chat Session @1pm CST	Friday October 27
Last Day to Drop or Withdraw from Term	Friday November 24
Thanksgiving Holiday	Thursday & Friday November 23-24
Last Day of Classes	Friday December 8
Meet The Program Zoom Chat Session @1pm CST	Friday December 8
Conferral of Degrees	Thursday December 14
SAHP New Student Orientation	Monday, January 8
Department of Counseling New Student Orientation	Tuesday, January 9
Semester begins	Wednesday, January 10
Martin Luther King's Birthday observed	Monday, January 15
Last day for adding courses for credit and for dropping courses. Last day to convert "I" grades from previous term	Wednesday, January 24
Mardi Gras Holiday	Tuesday, February 13
Easter Holiday	Friday, March 29
National Counseling Awareness Month	April
ACA Conference in New Orleans, LA	April 11-14
Last Day to Drop or Withdraw from Term	Friday, April 26
Last Day of Classes	Friday May 10
Conferral of Degrees	Thursday May 16

these are not all the events but some of the events are other events that can be added later this semester

A yellow sticky note with a red pushpin at the top left corner. The text "Save the Date" is written in a black, cursive font.

*Save
the
Date*

Student meeting

September 14th 12:30–1:30 pm

Comprehensive Exams

CPCE Registration September 1–15th

Test by October 31, 2023

Counseling Department Research Day

September 22, 1 pm– 3 pm

Student/ Department head meeting

October 26, 2023 12:30 pm

Office Hours

Kimberly N. Frazier, Ph.D, LPC, LMFT, NCC

Email kfraz1@lsuhsc.edu

Phone : 504-556-7475

Office Hours: 9-1 Monday, Tuesday, and Thursday

Adrianne Frischhertz, Ph.D., LPC-S

Email :alola1@lsuhsc.edu

Phone: 504-556-7544 (office)

Office Hours: Wednesday 11-12 (on campus or virtual, by appointment) and Friday 10:30-11:30 (virtually, by appointment.)

George W. Hebert, Ph.D.

Email: gheber@lsuhsc.edu

Phone: 556-7566

Office Hours: 11:00 am – 12:00 pm Wednesdays;

(Please schedule an appointment.)

Zoom Office: <https://lsuhsc.zoom.us/j/94331761800?pwd=b2JFcndOS3BXcktHTExRUXVyVTNTdz09>

Erin Dugan, Ph.D, LPC-S, Registered Play Therapist-Supervisor

Email: emart3@lsuhsc.edu

Phone: (504) 556-3400

Office appointments may be scheduled by email; contact Pam Galindo pgalin@lsuhsc.edu

Holly Walters, Ph.D., LPC-S, CRC

Email hharry@lsuhsc.edu

Phone 504 556-7549

Office Hours: Tuesdays, 10:00 am to 12:00 pm, Wednesdays, 1-2PM or by appointment. Students may request additional days/times for meetings.

Zoom Personal Meeting ID for virtual office hours: 946 166 6096

Jeri Brumfield

Email: jbrum1@lsuhsc.edu; counseling@lsuhsc.edu

Phone: 504-556-3453

Office Hours Monday- Thursday 7:00 am- 4:00 pm, Friday 8:00 am- 10 am

Articles of Interest



Chatbots Are a Valuable Tool—and a Moral Test for Us All

<https://www.psychologytoday.com/us/blog/virtue-in-the-media-world/202307/chatbots-are-a-valuable-tool-and-a-moral-test-for-us-all>

The Twitterization of the Academic Mind

Social media has made scholars impatient, vicious, and dull

[HTTPS://WWW.CHRONICLE.COM/ARTICLE/THE-TWITTERIZATION-OF-THE-ACADEMIC-MIND/](https://www.chronicle.com/article/the-twitterization-of-the-academic-mind/)

13 Easy Ways to Switch off From Work at the End of the Day

https://getpocket.com/explore/item/13-easy-ways-to-switch-off-from-work-at-the-end-of-the-day?utm_source=pocket-newtab

12 Tips for Surviving and Thriving in Grad School

<https://psychcentral.com/lib/12-tips-for-surviving-and-thriving-in-grad-school#1>



Website Resources



<https://www.refseek.com/> Academic Resource Search.

<https://www.worldcat.org/> worldwide library search

<https://link.springer.com/> scientific documents, books, articles, research protocols. <http://bioline.org.br/> library of scientific journals published in developing countries.

Science.gov American state search engine articles

Pdfdrive.com largest website for free download of books in pdf

<https://base-search.net/> academic studies tests

<http://archive.org/> a non-profit library of millions of free books, movies, websites, and more

<https://libgen.rs/> Library catalog search engine.

Priority Matrix

DATE:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

THIS WEEKS TASKS:

IMPORTANT, NOT URGENT

Decide when will do

IMPORTANT & URGENT

Do immediately

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NOT IMPORTANT & NOT URGENT

Do later

NOT IMPORTANT & URGENT

Delegate

NOTE:

Follow @HeyDrDaniel for more resources





FORMER CFCC INTERN

**Postdoctoral Fellow at
LSUHSC NO**

CHANELLE B. BATISTE

Congratulations!

ALUMNI SPOTLIGHT

WELCOME



Holly Walters

Assistant Professor

Holly Walters holds a Ph.D. in Counselor Education from Oregon State University. She is a Licensed Professional Counselor Supervisor (LPC-S). Currently, she is an Assistant Professor in the Department of Counseling at LSUHSC in New Orleans. She is an alumnus of the program graduating with a Master of Health Sciences in Rehabilitation Counseling. She earned her Bachelor of Science in Psychology from the University of New Orleans. Dr. Walters has worked in outpatient mental health settings with the state for over 10 years as a clinician and a program director. Her research interest includes suicide prevention, risk reduction, and the use of popular culture in therapy.



Places to eat near HDC

Breakfast

Anita's Grill – 0.1 mile from HDC

Hopping, cash-only diner known for hearty Southern-style breakfast & other down-home grub.

2122 Tulane Ave, New Orleans, LA 70112

LSUHSC Dining Services – 0.2 miles from HDC

Cafeteria on LSUHSC campus. Open 7:00 am to 10:00 am.

1901 Perdido St, New Orleans, LA 70112

Take the elevator to the third floor.

<https://goo.gl/maps/mNdpjphyiPtPYYu7>

Flour Moon Bagels – 1.0 mile from HDC

Bagel Shop

457 N Dorgenois St, New Orleans, LA 70119

<http://www.flourmoonbagels.com/>

Willa Jean – 1.1 miles from HDC

Retro-chic café operation offering Southern menus, baked goods, coffee, tea & cocktails.

611 O'Keefe Ave, New Orleans, LA 70113

<https://willajean.com/>

French Toast – 1.9 miles from HDC

Breakfast & brunch fare from eggs & crêpes to Monte Cristos offered in a cheerful, intimate space.

1035 Decatur St, New Orleans, LA 70116

<http://www.toastneworleans.com/>

Coffee

Coffee Science – 0.6 miles from HDC

410 S Broad St, New Orleans, LA 70119

<http://coffeesciencenola.com/>

PJ's Coffee – 0.7 miles from HDC

1515 Poydras St, New Orleans, LA 70112

<https://locations.pjscoffee.com/la/neworleans/coffee-shop-la0038.html>

Backatown Coffee Parlour - 0.9 miles from HDC

Light-filled shop serving espresso drinks, tea & sandwiches amid leather sofas & colorful murals.



301 Basin St Suite 1, New Orleans, LA 70112

<https://www.backatownnola.com/>

HEY Coffee Co. – 1.0 miles from HDC

2606 St Louis St, New Orleans, LA 70119

<http://heycoffeeco.com/>

Lunch

Smoothie King – 305 ft from HDC

Health-conscious chain featuring blended drinks in varied flavors with fruits & veggies.

2000 Tulane Ave, New Orleans, LA 70112

<https://goo.gl/maps/tYMsY866iAjc4qgMA>

LSUHSC Dining Services – 0.2 miles from HDC

Cafeteria on LSUHSC campus. Open 11:00 am to 1:30 pm.

1901 Perdido St, New Orleans, LA 70112

Take the elevator to the third floor.

<https://goo.gl/maps/mNdpXjphyiPtPYYu7>

Bao Mi

A Vietnamese fusion restaurant for banh mis (sandwiches) and noodles.

2000 Tulane Ave Ste B, New Orleans, LA 70112

<https://goo.gl/maps/paHSY6KnD4tRya1E6>

Aroma – 0.3 miles from HDC

Indian Cuisine

401 S Claiborne Ave, New Orleans, LA 70112

+15047666916

Phở Tàu Bay Restaurant – 0.6 miles from HDC

Traditional Vietnamese cuisine served in a contemporary space lined with exposed-brick walls.

1565 Tulane Ave, New Orleans, LA 70112

<http://www.photaubayrestaurant.com/>

Li'l Dizzy's Café – 1.4 miles from HDC

Straightforward joint featuring soul-food breakfasts & lunches, plus daily specials and drinks.

1500 Esplanade Ave, New Orleans, LA 70116

<http://lildizzyscafe.net/>



Central City BBQ – 1.5 miles from HDC

Traditional BBQ sandwiches, sides & plates served in a spacious dining room with cool, modern decor.

1201 S Rampart St, New Orleans, LA 70113

<http://www.centralcitybbq.com/>

Katie's – 1.6 miles from HDC

Lively neighborhood spot for Creole-Italian fare like pizza & po' boys, plus a busy weekend brunch.

3701 Iberville St, New Orleans, LA 70119

<http://www.katiesinmidcity.com/>

Melba's on Tulane Ave. – 1.0 miles from HDC

Po' boys come in many varieties at this spacious fast-food spot with Southern staples like wings.

3219 Tulane Ave, New Orleans, LA 70119

<https://www.melbas.com/>

PIZZA Domenica – 1.0 miles from HDC

3200 Banks St, New Orleans, LA 70119

<http://www.pizzadomenica.com/>

Parkway Bakery and Tavern – 1.6 miles from HDC

Longtime (since 1911) neighborhood hangout with a patio known for classic-style po' boys.

538 Hagan Ave, New Orleans, LA 70119

<http://parkwaypoorboys.com/>

Queen Trini Lisa – 1.7 miles from HDC

Caribbean restaurant

4200 D'Hemecourt St, New Orleans, LA 70119

<https://queentrinilisa.com/>

Vegan Friendly

I-tal Garden – 1.0 miles from HDC

Laid-back vegan restaurant offering breakfasts & homestyle cooking like pancakes & BBQ jackfruit.

810 N Claiborne Ave, New Orleans, LA 70116

<http://italgardennola.com/>

Breads On Oak – 1.1 miles from HDC

Vegetarian operation dishing up sandwiches & salads, plus pastries, desserts & coffee.

222 Carondelet St, New Orleans, LA 70130

<http://breadsonoak.com/>



Carmo – 1.5 miles from HDC

Innovative, vegan-friendly fare with tropical influences in a cozy spot with an open kitchen.

527 Julia St, New Orleans, LA 70130

http://cafecarmo.com/?y_source=1_NTIxOTQ0NDgtNzE1LWxvY2F0aW9uLndlYnNpdGU%3D

Sweet Soulfood – 1.5 miles from HDC

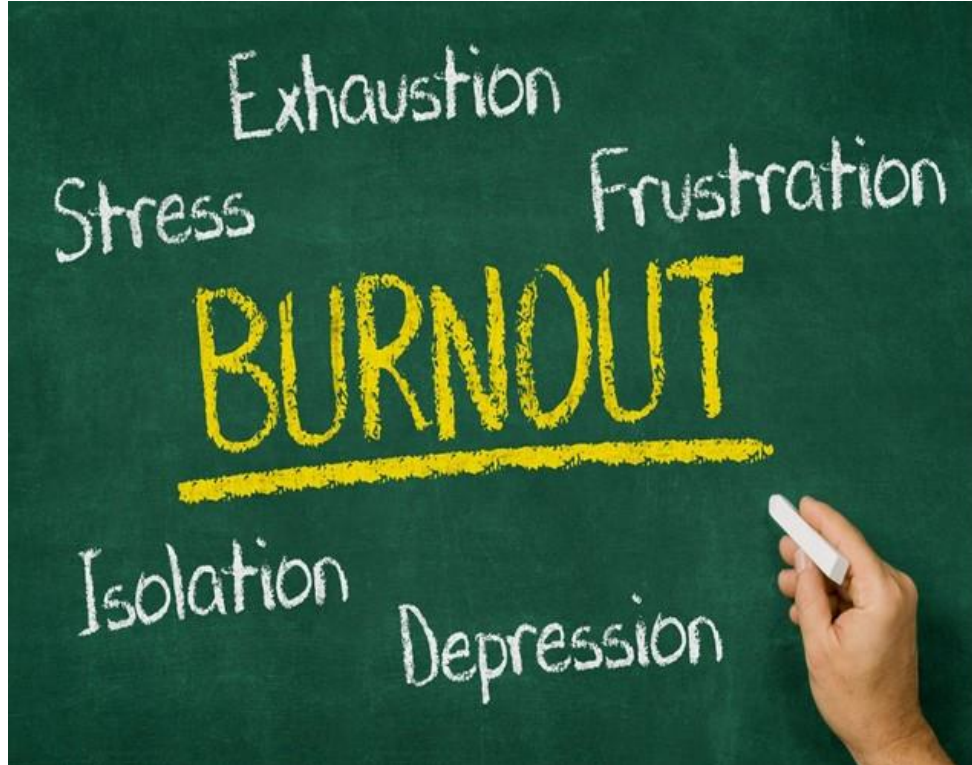
Unassuming spot for soul food & vegan fare with Cajun flavors such as jambalaya plus sweets.

1025 N Broad St, New Orleans, LA 70119

<http://www.sweetvegansoulfood.com/>



**YOUR MENTAL
HEALTH IS
AS IMPORTANT
AS YOUR
PHYSICAL HEALTH.
EXERCISE YOUR
EMOTIONS!**



Campus Assistance Program

(504) 568-8888

*Free, confidential
services available to all
faculty, staff, residents
& students.*

LSU Health
NEW ORLEANS

WELCOME TO OUR WELLSPOT!

LSU Health
NEW ORLEANS
WELL-AHEAD

As an official WellSpot designated by the Louisiana Department of Health through Well-Ahead Louisiana, we are committed to ensuring a healthy workplace for employees and customers.

**We're doing our part
to move Louisiana's
health forward!**

<http://lsuh.sc/wellspot>

WELLSPOT  **LA** WELLAHEADLA.COM/WELLSPOT

NEW COURSES AVAILABLE ACROSS LSUHSC SCHOOLS

FALL 2023

3 CREDIT HOURS

Communication Skills for Working with People Who Are Visually Impaired or Blind

Support individuals with visual disabilities in healthcare settings



American Sign Language I

Explore communication access in healthcare settings



WWW.HDC.LSUHSC.EDU

If you

**SEE SOMETHING,
SAY SOMETHING!**

Report anything suspicious to University Police.

Call 504-568-8999 or Text 79516 and begin your message with LSUHSC.