

---

**Rolanda L. Mitchell, PhD, LCMHC-S, NCC**

2310 Stinson Drive, Campus Box 7801

Raleigh, NC 27695

[rlmitch2@ncsu.edu](mailto:rlmitch2@ncsu.edu)

(she/her/hers)

---

**EDUCATION**

**Ph.D., Counselor Education and Supervision**

University of North Carolina at Charlotte, Charlotte, NC: December 2016

Dissertation Title: Factors Related to the Self-Efficacy of School Counselors in Training

**M.A.Ed., Counseling (School Concentration)**

Wake Forest University, Winston-Salem, NC: May 2002

**B.A., Psychology**

The University of North Carolina at Chapel Hill, Chapel Hill, NC: May 2000

**PROFESSIONAL EXPERIENCE**

**Professional Experience in Higher Education**

**Assistant Teaching Professor**, NC State University

2018 – Present

**Coordinator, Online Counselor Education**

Fall 2020 – Present

**Coordinator, Online School Counseling**

Fall 2021– Present

**Adjunct Instructor**, The University of North Carolina at Charlotte

Spring 2017 – Fall 2017

**Adjunct Instructor**, Queens University of Charlotte

2014 – 2018

**Adjunct Instructor**, The University of North Carolina at Chapel Hill

2011 – 2013

**Graduate Courses Taught**

CSLG 7436: Advanced Internship in Counseling - online instruction

ECD 524: Career Counseling and Development - online instruction

ECD 546: Crisis Interventions in Counseling - online instruction

ECD 540: Gender Issues in Counseling - online instruction

ECD 539: Group Counseling - online instruction

EDUC 714: Guidance and Group Counseling - in person instruction

ECD 652: Internship in Clinical Mental Health Counseling - online instruction

ECD 651: Internship in School Counseling - online instruction

ECD 533: Introduction to School Counseling - online instruction

ECD 525: Multicultural Counseling - online instruction

ECD 575: Multicultural Lifespan Development - online instruction

ECD 642: Practicum in Counseling - in person and online instruction

ECD 561: Strategies for Clinical Assessment in Counseling

ECD 541: Substance Abuse Counseling - online instruction

ECD 530: Theories and Techniques of Counseling - online instruction

ECD 562: Techniques in Counseling - online instruction

### **Undergraduate Courses Taught**

HSS 200: Helping Relationships - in person instruction

HSS 100: Introduction to Human Services - online instruction

### **Professional Experience in Counseling**

<b>Contract Therapist</b> , Core Counseling & Consulting Services, LLC	May 2019 – Present
<b>Therapist</b> , Family First Community Services, LLC	April 2011 – Dec 2018
<b>School Based Mental Health Program Manager</b>	Jan 2015 – Dec 2017
<b>School Based Mental Health Therapist</b>	Sept 2014 – Dec 2017
<b>Professional School Counselor</b> , Charlotte-Mecklenburg Schools	Aug 2007 – June 2009
<b>Professional School Counselor</b> , Wake County Public Schools	Aug 2002 – June 2007

## **SCHOLARLY ACTIVITIES**

### **Statement of Research Interests**

My research interests align with my personal and professional background and values. The two primary areas of focus for my scholarly activities are (1) efficacy and supervision in school counseling and (2) equity in and access to mental health services in Black communities.

### **Research & Publications**

Dowden, A., Balsamo, Y., & **Mitchell, R.** (manuscript under review). The intersectionality of African American women: Implications for clinical practice and client retention.

**Mitchell, R.**, Baker, S., & Parikh Foxx, S. (research in progress). Exploring the ethical and technology efficacy of professional school counselors since the COVID-19 pandemic.

Penn, S., **Mitchell, R.**, & Stocks, S. (research in progress). Exploring the metacognitive process of white therapists in their clinical work with Black children.

Dowden, A., Balsamo, Y., & **Mitchell, R.** (2022). A phenomenological analysis of the intersectionality of African American women: Implications for clinical practice and client retention.

**Mitchell, R.** (2016). Factors related to the self-efficacy of school counselors in training. (Publication No. 10242599). [Doctoral dissertation, The University of North Carolina at Charlotte]. ProQuest Publishing.

### **Presentations**

**Mitchell, R.**, & Dowden, A. (2023). *A phenomenological analysis of the intersectionality of African American women: Implications for clinical practice and client retention*. Scheduled presentation at the NC State University Black Research Symposium, Raleigh, NC.

**Mitchell, R.**, & Penn, S. (2023). *Restoring counselor wellness through clinical supervision*. Educational session presented at the North Carolina Counseling Association Conference, Durham, NC.

- Penn, S., & **Mitchell, R.** (2023). *Counseling women in survival mode*. Educational session presented at the North Carolina Counseling Association Conference, Durham, NC.
- Mitchell, R.**, & Messinger, E. (2022). *Mentoring in counselor education: Practical support for students and junior faculty*. Educational session presented at the Southern Association for Counselor Education and Supervision Conference, Baltimore, MD.
- Dowden, A., & **Mitchell, R.** (2022). *The intersectionality of African American women: Implications for clinical practice and client retention*. Educational session presented at the Virginia Counselors Association, Williamsburg, VA.
- Mitchell, R.** (2022). *Supporting counselor advocacy and wellness through clinical supervision*. Educational session presented at the Licensed Professional Counselors Association of North Carolina Annual Conference, Winston-Salem, NC.
- Dowden, A., & **Mitchell, R.** (2021). *Effectively working with African American clients in a small practice setting: Implications for clinical practice*. Educational session presented at the American Mental Health Counseling Association National Conference, Virtual.
- Smith, A., & **Mitchell, R.** (2021). *Supervising students in the virtual environment*. Educational session presented at the North Carolina Counseling Association Conference, Virtual.
- Dowden, A., & **Mitchell, R.** (2020). *Effectively working with African American clients in a small practice setting: Implications for clinical practice*. Educational session presented via NBCC Professional Development Workshop, Virtual.
- Mitchell, R.** (2019). *Advocacy and empowerment in education*. Educational session presented at the North Carolina School Counselor Association Annual Conference, Greensboro, NC.
- Brown, L., & **Mitchell, R.** (2019). *Advocacy and empowerment in education: Bridging the gap between school based mental health & professional school counselors working with at-risk youth*. Educational session presented at the Black Mental Health Symposium, Charlotte, NC.
- Mitchell, R.** & Chung, S. (2019). *Integrating social justice into the online curriculum*. Educational session presented at the North Carolina School Counselor Association Annual Conference, Greensboro, NC.
- Mitchell, R.** (2019). *Insurance & billing overview*. Educational session presented at the Nu Sigma Chi Chapter of Chi Sigma Iota Workshop, Virtual.
- Penn, C., & **Mitchell, R.** (2016). *Ethical and professional issues in human services*. Educational session presented at the North Carolina Counseling Association Annual Conference, Greensboro, NC.
- Mitchell, R.** (2014). *Ethical standards and legal issues for school counselors*. Educational session presented at the North Carolina School Counselor Association Annual Conference, Greensboro, NC.
- Thompson, T., & **Mitchell, R.** (2014). *The new culture of cutting*. Educational session presented at the North Carolina School Counselor Association Annual Conference, Greensboro, NC.
- Post, P., & **Mitchell, R.** (2014). *Ethical standards and legal issues for school counselors*. Educational session presented at the Rowan Salisbury School System Back to School Conference. Salisbury, NC.

- Mitchell, R., & Ceballos, P.** (2012) *Facilitating school counselors' cultural competence through supervision and teaching*. Educational session presented at the Southern Association for Counselor Education and Supervision Conference, Savannah, GA.
- Mitchell, R.** (2011). *Training culturally competent school counselors*. Educational session presented at the North Carolina Counseling Association Annual Conference, Concord, NC.
- Mitchell, R.** (2011). *School counselors and student substance abuse: Untying our hands*. Poster session presented at the North Carolina Counseling Association Annual Conference, Concord, NC.
- Sheely-Moore, A. I., Ceballos, P. & **Mitchell, R.** (2011). *Multicultural competencies and me: Facilitating self-awareness for future school counselors*. Educational session presented at the Association for Counselor Education and Supervision Conference, Nashville, TN.
- Mitchell, R., & Dyson, I.** (2011). *Confidentiality and adolescent substance abuse: A comparison of school and clinical counseling practices*. Poster session presented at the American Counseling Association Conference, New Orleans, LA.
- Mitchell, R.** (2010). *Making the connection: Increasing parental involvement with a diverse population*. Educational session presented at the Multicultural Leadership Conference, Charlotte, NC.
- Mitchell, R.** (2010). *School counseling and student substance abuse*. Poster session presented at the American Counseling Association Conference, Pittsburgh, PA.
- Abrams, L. P., **Mitchell R., & Dyson, I.** (2010) *Poverty simulation workshop*. Staff Development Workshop presented at East Rowan High School, Salisbury, NC.
- Mitchell, R., & Foust, M.** (2010) *Diversity training: Working with LGBTQ clients*. Staff Development Workshop presented at Family Works, Inc., Gastonia, NC.

### **Grant Activity**

- Recipient, Course Essentials Grant** (2022). DELTA Grants, NC State University. (\$4,000).
- Affiliated IHE Faculty, Project Adding Direct Support** (2023). Mental Health Service Professional Demonstration Grant, US Department of Education.

### **Awards & Recognition**

- Outstanding Teaching Award Nominee** (2022). Educational Leadership Policy and Human Development, NC State University.
- Outstanding Teaching Award Nominee** (2019). Educational Leadership Policy and Human Development, NC State University.
- National Board Certified Teacher, School Counseling Concentration** (2006). National Board for Professional Teaching Standards.
- North Carolina Teaching Fellow** (1996-2000). School of Education, The University of North Carolina at Chapel Hill.

## SERVICE ACTIVITIES

### Service in the Profession

**Proposal Reviewer**, Association for Counselor Education and Supervision, 2023  
**Consultant**, School Counseling and Student Support Services, Halifax County Schools, 2022-present  
**Faculty Member**, North Carolina Counselor Education Faculty Consortium, 2022-present  
**Affiliated Faculty**, Urban School Counseling Collaborative, The University of North Carolina at Charlotte, 2021-present  
**Panel Member**, North Carolina Counselor Education Programs in 2021: Action and Responses to Social Justice Issues for Counselors in Training, Sponsored by North Carolina Association for Counselor Education and Supervision, April 2021  
**Editorial Review Board Member**, North Carolina Counseling Journal, 2018-2019  
**Proposal Reviewer**, Association for Counselor Education and Supervision, 2011  
**Editorial Review Board Member**, Journal of School Counseling, 2010-2014  
**Secretary**, North Carolina Association for Counselor Education and Supervision, 2010-2011  
**Treasurer**, North Carolina Association for Counselor Education and Supervision, 2009-2010

### Service in the University, College, & Department

**Panel Member**, Conference Preparation: Making the Most of Professional Conferences, Sponsored by the Office of Graduate Student Success, 2023  
**Co-Chair**, Council on Multicultural Initiatives & Diversity (COMID), Spring 2020-July 2022  
**Committee Member**, Council on Multicultural Initiatives & Diversity (COMID), Fall 2019-Present  
**Panel Member**, Excellence in Teaching with METRC, College of Education, NC State University, November 2021  
**Panel Member**, Film and Panel Discussion: *"I'm Smart, Too"*, Sponsored by The College of Education's Department of Teacher Education and Learning Sciences, March 2021  
**Faculty Member**, College of Education DEI Task Force, 2021-2022  
**Faculty Member**, College of Education Teaching Faculty PRRs Working Group, 2019-2020  
**Chair**, ELPHD Budget Committee, Spring 2019  
**Faculty Member**, Counselor Education Assessment Committee, Fall 2018-Spring 2020

### Service in the Community

**Content Creator and Writer**, Our Mental Health Minute, 2021-present  
**Clinical Mental Health Advocate**, Annual Health Fair, Conocanary Missionary Baptist Church, Spring 2019

## LICENSES AND CERTIFICATIONS

Licensed Clinical Mental Health Counselor Supervisor #S8608: September 2018  
 National Certified Counselor #76852: June 2002  
 National Board Certified Teacher #01139877: December 2006  
 DBT Intensive Training: The Linehan Institute – Behavioral Tech: 2017

**PROFESSIONAL MEMBERSHIPS**

American School Counselor Association  
American Counseling Association  
Association for Counselor Education and Supervision  
Southern Association for Counselor Education and Supervision  
Association for Multicultural Counseling and Development  
North Carolina Counseling Association  
North Carolina School Counseling Association