

Rolanda L. Mitchell, PhD, LPC-S, NCC

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EDUCATION AND PROFESSIONAL CREDENTIALS

Education

Ph.D., Counselor Education and Supervision

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

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

Licenses and Certifications

Licensed Professional Counselor - Supervisor #S8608: September 2018

Licensed Professional Counselor #8608: March 2015

National Certified Counselor #76852: June 2002

National Board Certified Teacher #01139877: December 2006

DBT Intensive Training: The Linehan Institute – Behavioral Tech, 2017

PROFESSIONAL EXPERIENCE

Professional Experience in Counselor Education

North Carolina State University, Assistant Teaching Professor	Spring 2018 – Present
The University of North Carolina at Charlotte, Adjunct Instructor	2017
Queens University of Charlotte, Adjunct Instructor	2014-2018
The University of North Carolina at Chapel Hill, Adjunct Instructor	2011-2013

Master's Level Courses Taught

Advanced Internship in Counseling

This is a synchronous online course for students in the School Counseling Post-Master's Certificate program. Students participate in delivering counseling services in a field setting and receive supervision of their work in weekly seminars. A minimum of 20 hours per week in field placement is required. Course instruction is delivered online using Moodle, Wimba & Centra classroom technologies.

Gender Issues in Counseling

This course involves an exploration of gender as a primary identity and social construct. Emphasis on gender dynamics in counseling, client empowerment and preventive approaches.

Guidance and Group Counseling

The Master's level course covers both a theoretical and experiential understanding of group work – including group purpose, development, dynamics, and group counseling methods. Students practice group planning and group leadership skills in both small and large (classroom) groups.

Human Development for Counseling Professionals

This course introduces the graduate student to human development across the lifespan with a focus on normal and atypical development, developmental transitions, the socio-economic context of development and wellness at each stage of development. This course provides counseling students with a foundation from which to conceptualize and apply developmental theory and research.

Internship in Clinical Mental Health Counseling

Students engage in a 600-hour internship experience in an agency counseling setting under supervision of qualified professionals. Employment of broad repertoire of primary and secondary prevention approaches to individual and group techniques, workshop leadership skills, consultation techniques and advocacy methods. Students participate in weekly meetings with faculty and on-site supervisors.

Internship in School Counseling

Students engage in a 600-hour internship in a school setting under the supervision of qualified professionals. Students perform a variety of activities expected of school counselors. Students participate in weekly meetings with faculty and on-site supervisors.

Practicum in Counseling

This course offers students an opportunity to integrate their didactic training with professional experience. The instructor will provide an atmosphere that will allow students to apply textbook knowledge to practical experiences, develop an understanding of the dynamics of the counseling process, and begin to develop an understanding of how their counseling style affects clients with whom they work. The primary goal of the practicum experience is to assist each student in his or her development of a personally accepted and professionally effective style of counseling. In addition, students will become familiar with a variety of professional activities other than direct service work.

Strategies for Clinical Assessment in Counseling

Exploration of meaning and importance of assessment in the counseling process. The utilization of counseling assessments based on legal and ethical guidelines and cultural considerations. Identify, interpret, and explain assessments in clinical, college and school counseling settings.

Techniques in Counseling

In this course students work towards mastery of counseling skills, review relevant theories, and prepare for Practicum. Students will practice counseling skills in class and spend their out of class lab hours practicing skills in partnering schools. Students will do some limited videotaping of counseling sessions and receive feedback on tapes from Counselor Education doctoral students taking their supervision theory class.

Undergraduate Courses Taught

Helping Relationships

This undergraduate level course teaches fundamental helping skills for human services professionals such as relationship building, reflective skills, basic assessment, and goal setting. Human service professionals in training will gain a foundational understanding of the ways in which they might relate to and learn from clients' worldview. Students will practice these paraprofessional counseling skills during class. In addition, students begin the process of providing and receiving feedback.

Introduction to Human Services

This asynchronous, online, undergraduate course introduces students to the historical development of the human service profession and service delivery models. Topics include the philosophy, values, concepts, language, problems and broad scope of human services, as well as exposure to various agencies and their policies.

Professional Experience in Counseling

Core Counseling & Consulting Services: Raleigh, NC *May 2019 – Present*

Contract Therapist

Provide individual and family counseling for adults, adolescents and children presenting with issues including, but not limited to, depression, defiance, family transitions and problems with daily living (school, work, home). Responsible for assigning client diagnoses pursuant with DSM-5 criteria and maintaining clinical documentation.

Family First Community Services, LLC: Charlotte, NC

Contract Clinician

June 2018 – December 2018

Complete assessments for new and returning clients of all ages. Assign diagnosis based on DSM-5 criteria. Identify appropriate treatment modality based on presenting issues and community resources. Facilitate referral to appropriate provider and maintain clinical documentation.

School Based Mental Health Program Manager January 2015 – December 2017

Coordinate services for the agency's School Based Mental Health program. This position involves tasks including, but not limited to, fostering healthy relationships with personnel within the Charlotte-Mecklenburg School system, orienting new clinicians to the program, collecting program data, identifying areas for program improvement and supervising clinical staff.

School Based Mental Health Therapist

September 2014 – October 2015

Provided outpatient therapy in the school setting for middle and high school students who presented with issues such as depression, defiance, disruption, grief, adjustment and hyperactivity. Completed comprehensive clinical assessments and developed clinically appropriate treatment plans, at the middle and high school level.

Outpatient Therapist

April 2011 – December 2017

Provide individual counseling services for children and adolescents dealing with issues such as depression, defiance, hyperactivity, family transitions and challenges in the school setting.

Client population consists primarily of individuals from lower-income, urban households. Responsible for completing comprehensive clinical assessments for clients new to the agency or those transitioning from an alternate therapeutic service.

West Charlotte High School: Charlotte, NC

School Counselor

August 2007-June 2009

Counseled all students in 12th grade and the AVID program, with a focus on academic, personal/social and career issues, utilizing a solution-focused approach. Gained significant experience working with students and families in an urban, high-poverty environment. Fostered productive communication between parents, students, and educators. Provided crisis response services as needed to families. Facilitated a grief and loss therapeutic group for identified students. Provided consultation to educators as they worked to assist students academically, behaviorally and socially. Assisted students with post-secondary planning, including matriculation to higher education and the workforce. Served as an active member of the school-based student intervention team, working to develop appropriate plans for students suffering from academic and/or behavioral difficulties.

Wakefield High School: Raleigh, NC

School Counselor

August 2005-June 2007

Counseled students in 10th, 11th and 12th grades, focusing on academic, personal/social and career issues using a client-centered approach. Fostered productive communication between parents, students, and educators. Gained significant experience in crisis response services focusing on issues of grief and loss. Facilitated student therapeutic groups on pregnancy/parenting as well as cultural diversity. Assisted with student transition to school from inpatient treatment. Served as an active member of the school-based student intervention team, working to develop appropriate plans for students suffering from academic and/or behavioral difficulties. Assisted students with post-secondary planning, including matriculation to higher education and the workforce.

Carroll Middle School: Raleigh, NC

School Counselor

August 2002-June 2005

Department Chair

August 2004-June 2005

Counseled 6th, 7th and 8th grade students surrounding academic, emotional and behavioral concerns utilizing a client-centered approach. Conducted group therapy on topics such as behavior management and academic improvement. Developed and implemented numerous classroom guidance lessons based on student and stakeholder needs (i.e. bullying, conflict resolution). Maintained successful communication between parents and educators to foster a successful learning environment. Provided consultation to educators as they worked to assist students academically, behaviorally and socially.

Experience Providing Supervision

North Carolina State University

Practicum & Internship Instructor

January 2018-Present

Provide supervision to Master level counseling students engaging in their field experience in community mental health, college and school settings. Facilitated group supervision using the Peer Group Supervision Model (Borders, 1991) on a weekly basis. Provided weekly individual supervision to practicum students. Communicate with site supervisors as needed to ensure appropriate student progress and attend to identified needs. Address student performance and consulted with colleagues as needed.

Family First Community Services, LLC

School Based Program Manager

January 2015 – December 2017

Provide group and individual supervision to all (currently 17) therapists in the agency's School Based Mental Health Department. Responsible for developing and adhering to individual supervision plans for staff, assessing performance, and providing ethical, culturally competent and clinically sound guidance regarding client care.

DISCOVERY OF KNOWLEDGE THROUGH DISCIPLINE-GUIDED INQUIRY

Research in Progress

Dowden, A., Balsamo, Y., Mitchell, R. (In progress) A Phenomenological Analysis of the Intersectionality of African American Women: Implications for Clinical Practice and Client Retention

Presentations

National & Regional Level

Brown, L. & Mitchell, R. (2019) *Advocacy & Empowerment in Education: Bridging the Gap between School Based Mental Health & Professional School Counselors working with At-Risk Youth*. Presented at the Black Mental Health Symposium, Charlotte, NC

Mitchell, R.L. & Ceballos, P. (2012) *Facilitating School Counselors' Cultural Competence through Supervision and Teaching*. Presented at the Southern Association for Counselor Education and Supervision Conference, Savannah, Georgia.

Sheely-Moore, A. I., Ceballos, P. & Mitchell, R. (2011) *Multicultural Competencies and Me: Facilitating Self-Awareness for Future School Counselors*. Poster session presented at the Association for Counselor Education and Supervision Conference, Nashville, Tennessee.

Mitchell, R. L., & 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. L. (2010). *School counseling and student substance abuse*. Poster session presented at the American Counseling Association Conference, Pittsburgh, Pennsylvania.

State Level

- Smith, A. & Mitchell, R. (2021) *Supervising Students in the Virtual Environment*. Presented at the North Carolina Counseling Association Conference, Virtual.
- Mitchell, R. (2019). *Advocacy & Empowerment in Education*. Presented at the North Carolina School Counselor Association Annual Conference, Greensboro, North Carolina.
- Mitchell, R. & Chung, S. (2019). *Integrating Social Justice into the Online Curriculum*. Presented at the North Carolina School Counselor Association Annual Conference, Greensboro, North Carolina.
- Penn, C. & Mitchell, R. (2016) *Ethical and Professional Issues in Human Services*. Presented at the North Carolina Counseling Association Annual Conference, Greensboro, North Carolina.
- Mitchell, R. (2014). *Ethical Standards and Legal Issues for School Counselors*. Presented at the North Carolina School Counselor Association Annual Conference, Greensboro, North Carolina.
- Thompson, T. & Mitchell, R. (2014). *The New Culture of Cutting*. Presented at the North Carolina School Counselor Association Annual Conference, Greensboro, North Carolina.
- Mitchell, R.L. (2011). *Training culturally competent school counselors*. Presented at the North Carolina Counseling Association Annual Conference, Concord, North Carolina.
- Mitchell, R.L. (2011). *School counselors and student substance abuse: Untying our hands*. Poster session Presented at the North Carolina Counseling Association Annual Conference, Concord, North Carolina.

Local Level

- Post, P. and Mitchell, R. (2014) *Ethical Standards and Legal Issues for School Counselors*. Presented at the Rowan Salisbury School System Back to School Conference. Salisbury, North Carolina.
- Mitchell, R.L. (2010). *Making the connection: Increasing parental involvement with a diverse population*. Presented at the Multicultural Leadership Conference, Charlotte, North Carolina.
- Abrams, L. P., Mitchell R.L., & Dyson, I. (2010) *Poverty simulation workshop*. Staff Development Workshop presented at East Rowan High School, Salisbury, NC.
- Mitchell, R.L & Foust, M. (2010) *Diversity training: Working with LGBTQ clients*. Staff Development Workshop presented at Family Works, Inc., Gastonia, NC.

SERVICE WITHIN PROFESSIONAL SOCIETIES, THE UNIVERSITY AND THE COMMUNITY

National Level

Journal of School Counseling: Editorial Review Board 2010-2014
Association for Counselor Education and Supervision: Proposal Reviewer 2011

State Level

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 (NCACES), April 2021, Virtual
North Carolina Counseling Journal: Editorial Review Board 2018-2019
North Carolina Association for Counselor Education and Supervision: Secretary 2010-2011
North Carolina Association for Counselor Education and Supervision: Treasurer 2009-2010

University Level

Co-Chair, Council on Multicultural Initiatives & Diversity, Spring 2020-Present
Chair, ELPHD Budget Committee, Spring 2019
Counselor Education Assessment Committee, Fall 2018-Spring 2020

Community Level

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, Virtual
Clinical Mental Health Advocate & Representative, Conocanary Missionary Baptist Church Annual Health Fair, Spring 2019

HONORS AND AWARDS

Phi Kappa Phi Honor Society, The University of North Carolina at Charlotte, 2016
American School Counselor Association ¼ Carat Comprehensive Guidance Program, Carroll Middle School, 2005
North Carolina Teaching Fellows Award, The University of North Carolina at Chapel Hill, August 1996

PROFESSIONAL MEMBERSHIPS

ASCA – American School Counselor Association
ACA – American Counseling Association
NCCA – North Carolina Counseling Association
NCSCA – North Carolina School Counseling Association