
CURRICULUM VITAE

Michelle D. Ellis, PhD, LPC, LMHC, NCC

School of Applied Health Sciences
 Clinical Mental Health Counseling Program
 Jacksonville, FL 32211
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EDUCATION

Doctor of Philosophy in Education—Counselor Education August 2018

University of Central Florida, FL (*CACREP Accredited*)

Area of Specializations: *Counselor Education and Supervision*

Dissertation Title: *The Development and Validation of the Multicultural Competency Assessment© (MCA©)*

Master of Science in Education (M.S.Ed) May 2013

Duquesne University, Pittsburgh, PA (*CACREP Accredited*)

Area of Specialization: *Mental Health Counseling*

Bachelor of Science (B.S) July 2008

Slippery Rock University of Pennsylvania, Slippery Rock, PA

Major: *Public Health*

Minor: *Psychology*

ACADEMIC POSITIONS

Assistant Professor May 2021- *present*
 Jacksonville University, Clinical Mental Health Counseling Jacksonville, FL
 Responsibilities include teaching graduate level courses (2/2/1 teaching load) across 12 months; aligning CMHC counseling curricula and experiences to CACREP accreditation standards; advising master's students; maintaining active research agenda and scholarly publications; and participating in professional, university, departmental, and programmatic related service.

Assistant Professor July 2018- June 2021
 Wake Forest University, Department of Counseling Winston-Salem, NC
 Responsibilities include teaching graduate and undergraduate level courses (2/2; 2/3 teaching load) across 9 months; aligning counseling curricula and experiences to CACREP accreditation standards; advising master's students; maintaining active research agenda and scholarly publications; and participating in professional, university, departmental, and programmatic related service.

PROFESSIONAL LICENSURE AND CERTIFICATION

Licensed Mental Health Counselor August 2023-*present*
 Florida Department of Health
 License Number: MH22623

Florida Telehealth Provider
Florida Department of Health
Registration Number: TPMC2728

November 2022-*present*

Licensed Professional Counselor
Commonwealth of Pennsylvania
Department of State Bureau of Professional and Occupational Affairs
License Number: PC008417

October 2015-*present*

NBCC Board Certified Counselor
National Board for Certified Counselors
Certification Number: 320436

August 2013-*present*

PROFESSIONAL RECOGNITIONS

Professional Awards

2022 AMCD Professional Development Award April 2022
Awarded to an AMCD member who has created original models or techniques that have shed new light on multicultural counseling and development.

2020 AMCD Young Emerging Leader Award June 2020
Awarded to an early-career AMCD member who has demonstrated a commitment to multicultural counseling and development and the potential for future leadership in the counseling profession.

2019 ASGW Outstanding Article Award March 2019
Awarded to a single peer-reviewed article published within the Journal for Specialists in Group Work that was selected on behalf of the ASGW Board.

2017 AARC Emerging Leader Award September 2017
Awarded to a graduate counseling student and/or new professional to cultivate experiences that support leadership skills and competency development.

2017 AMCD Emerging Graduate Student Leader Award March 2017
Awarded for a commitment to multicultural counseling and development through outstanding scholarship, service, or leadership

Asa Hilliard, III Black Education Award, Honorable Mention April 2016
Awarded for academic performance and commitment to black education from the AMCD

Pittsburgh Mercy Health System Service Coordination Innovation Award May 2015
Awarded for originality in maintaining work as an opening team member

Class of 2014 AMCD Mentoring Program Member March 2014
Accepted within program for the submission of an original research proposal through the AMCD
Award Amount: \$300

Professional Fellowships, Grants & Scholarships

Spring 2023 Jacksonville University Course Design Awardee

January 2023

Awardees will be completing a rigorous professional development program with JU instructional designers, culminating in a redesign of one of their courses to ensure alignment with evidence-based practices, with the goal of reaching and maintaining exemplary course status.

Award Amount: \$2,000

2022 Jacksonville University Summer of Scholarship Grant

March 2022

Awarded to assist faculty in developing new lines of inquiry, which may include collecting pilot data, exploring innovative forms of creative expression, writing, and publishing original scholarship, exhibitions of original work, and/or developing proposals for external funding.

Award Amount: \$3,000

2020 Wake Forest University Pilot Research Grant

August 2020

Presented to a recently appointed faculty; those entering a new research area in which they do not have significant external funding; and scholarly work in disciplines in which external support is limited.

Award Amount: \$10,000

**Unable to conduct due to COVID-19 pandemic impact*

2019 Courtland C. Lee Multicultural Excellence Scholarship Award

March 2019

Presented to a graduate student in counselor education whose dedication and academic work demonstrate excellence in the theory and practice of multicultural counseling.

Award Amount: \$2,500

2018 AARC Student Research Grant

September 2018

Designed to recognize and honor those who are seeking to complete research investigations that show promise for outstanding contributions to the counseling profession.

Award Amount: \$500

Lester N. Mandell Scholarship

January 2018

Awarded to doctoral students within the College of Education and Human Performance whose academic focus is Multicultural, Curriculum/Instruction, Social Factors, Human Growth and Development or other Foundations of Education.

Award Amount: \$500

UCF Graduate Presentation Fellowship

August 2017

Awarded for presentation of a research paper at a professional conference

Award Amount: \$500

NBCC Minority Fellowship

May 2017

Awarded to applicants that demonstrate knowledge of and experience with racially and ethnically diverse populations, and commit to providing mental health and/or substance abuse and addictions counseling services to underserved minority populations

Award Amount: \$20,000

UCF Graduate Presentation Fellowship

February 2017

Awarded for presentation of a research paper at a professional conference

Award Amount: \$500

Board of Governors Scholarship of Pennsylvania

August 2004-May 2008

Awarded for outstanding academic achievement from Slippery Rock University of Pennsylvania

Award Amount: 4-year tuition waiver

RESEARCH AND SCHOLARLY PRODUCTIVITY

Research Interests:

- Trauma & Resilience
- Multicultural Issues in Counseling
- Counselor Education and Supervision

Please note: In education, counseling, and psychology, the primary author is listed first.

* Denotes student collaboration on scholarly publications

** In 2023 name was changed from Mitchell, M.D. to Ellis, M.D

Articles Published in National Refereed Journals

*Petion, A. R., Chang, C. Y., *Brown-Thompson, C., **Mitchell, M. D.**, *Grinnage, D., & Huffstead, M. (2022). "Battling something bigger than me": A phenomenological investigation of generational trauma in African American women. *Journal of Counseling & Development*, 1– 15. <https://doi.org/10.1002/jcad.12454>

Shillingford, M. A., Butler, S. K., **Mitchell, M. D.**, & Heard, N. H. (2021). Experiences of Black males with dyslexia in the U.S. education system. *Professional School Counseling*, 25(1c). <https://doi.org/10.1177/2156759X2111040041>

Mitchell, M. D. & Binkley, E. (2021). Self-care: An ethical imperative for anti-racist counselor training. *Teaching and Supervision in Counseling*, 3(2), 38-52.

Mitchell, M. D. & Butler, S. K. (2021). Acknowledging intersectional identity in supervision: The multicultural integrated supervision model. *Journal of Multicultural Counseling and Development*, 49(2), 101-115. <https://doi.org/10.1002/jmcd.12209>

Harris, S., **Mitchell, M. D.**, *Tabet, S. M., & Hundley, G. (2020). Predictors of client attrition in a university-based community counseling clinic. *Journal of Counseling & Development*, 98(1), 74-82. <https://doi.org/10.1002/jcad.12301>

Oh, S., **Mitchell, M. D.**, Mckinzie Bennett, C., Rendon Finnell, L., Saliba, Y., Heard, N. J., & Pennock, E. R. (2018). Journal sharing on group cohesion and goal attainment in experiential growth groups. *Journal for Specialists in Group Work*, 43(3), 206-229. <https://doi.org/10.1080/01933922.2018.1484541>

- **Recipient of the ASGW (Association for Specialist in Group Work) 2019 Outstanding Article Award**

Acquaye, H. E., **Mitchell, M. D.**, Saliba, Y., Oh, S., & Heard, N. (2018). Optimism in trauma and growth: a path analysis of former war-related displaced persons. *Journal of Pedagogical Research*, 2(1), 16-29.

Mitchell, M. D. & Shillingford, M. A. (2017). A journey to the past: Promoting identity development of African Americans through ancestral awareness. *The Family Journal*, 25(1), 63-69. <https://doi.org/10.1177/1066480716679656>

Articles in Press within National Refereed Journals

Harris, S., **Mitchell, M. D.**, & Petion, A. R. (*in press*). The physiological and psychological impact of race-based trauma: Implications for Counselor Education. *Journal of Trauma Studies in Education*

Book Chapters

Mitchell, M. D. & Brooks, M. (2022). Multicultural techniques in counseling. In *Introduction to 21st Century Counseling: A Multicultural and Social Justice Approach*. ed. Butler, S. K., Locke, A. F., & Filmore, J. M. 170-178. San Diego, CA: Cognella Academic Publishing.

- **Recipient of the TAA (Textbook and Academic Authors Association) 2022 Most Promising New Textbook Award**

Contributor (2021). The cultural climate and the therapeutic relationship. In *Learning the Art of Helping: Building Blocks and Techniques* (7th ed.), Hoboken, NJ: Pearson Education.

Butler, S. K., Heard, N. J., & **Mitchell, M. D.** (2018). The purpose of multiculturalism and social justice in holistic career development. In *Career, Lifestyle, and Spiritual Development: Work, Purpose, Calling and God (Preliminary Edition)*. ed. C. Williams, T. Hourihan. 228-242. San Diego, CA: Cognella Academic Publishing, 2018.

Shillingford, M. A., Oh, S., & **Mitchell, M. D.** (2018). Postmodern career counseling. In *Career, Lifestyle, and Spiritual Development: Work, Purpose, Calling and God (Preliminary Edition)*. ed. C. Williams, T. Hourihan. 95-114. San Diego, CA: Cognella Academic Publishing, 2018.

Mitchell, M. D. (2018). Foreword. In *Dear Brooklyn, Love Yourself*. S. Booker. Pittsburgh, PA: Truth2RenewHearts Publishing.

Articles in Non-Refereed Journals

*Robinson, M. & **Mitchell, M. D.** (2022, Winter). Facilitating culturally competent counselor communication with veterans. *Association of Multicultural Counseling and Development Newsletter*, 16-18.

*Morton, F. & **Mitchell, M. D.** (2021, Winter). Living the research: The impact of cross-cultural mentorship in counselor education. *Association of Multicultural Counseling and Development Newsletter*, 13-14.

*Rabess, A., *Petion, G., & **Mitchell, M. D.** (2018, Fall). Pouring into professional development: Establishing a culture of mentorship in counselor education. *Southern Association of Counselor Education and Supervision Newsletter*, 16-17.

Mitchell, M. D. (2018, Spring). A message from the AMCD graduate student representative. *Association of Multicultural Counseling and Development Newsletter*, 13.

Heard, N. J., **Mitchell, M. D.**, Oh, S., & Brown-James, L. (2017, Winter). Hashtagging the hidden trauma: Black lives matter awareness and individual call to action. *Florida Counseling Association Newsletter*, 2-3.

Mitchell, M. D. (2014, Spring). Counseling abroad: A narrative of Botswana with Dr. Angela Coker. *Association of Multicultural Counseling and Development Newsletter*, 22-25.

Mitchell, M. D. & Brown, E. (2014, Spring). A counselor's transition: Following the professional journey of two novice counselors. *Association of Multicultural Counseling and Development Newsletter*, 20-22.

Featured Articles

The WAVE Magazine (2022, February). Black history month: How the Black community can maintain mental health in a pandemic. *The Wave: Jacksonville University News Hub*. [article link: <https://wavemagazineonline.com/black-history-month-how-the-black-community-can-maintain-mental-health-in-a-pandemic/>]

Duquesne University School of Education (2021, Spring). Black history month: Alum highlight [highlight link: <https://fb.watch/3YMihOWyaj/>]

Rabess, A. (2019, Fall/Winter). The mentoring relationship: An inside look at and tips for effective mentorship an interview with Taunya Tinsley & Michelle D. Mitchell. *Association of Multicultural Counseling and Development Newsletter*, 10-12. [article link: https://multiculturalcounselingdevelopment.org/wp-content/uploads/2019/12/The-Multicultural-CounselorNewsletter.pdf?fbclid=IwAR0cgPuIFyO_4koMswRtVKQUoxgI4NQYtxydpPhLwCWzdNOgT5h-jK_GAA]

Ebonies in the Ivory (2018, Summer). Ebonies in the spotlight [highlight link: <https://fb.watch/3YMLXfrG08/>]

Abrams, A. (2018, Fall). Meet the new teach-scholars: Counseling. [article link: <http://college.wfu.edu/meet-the-new-teacher-scholars/>]

Reyes, T. (2018, Spring). Doctoral candidate spotlight: An interview with Michelle Mitchell. *Counselor Ed Chronicles*, 3. [article link: <https://ccie.ucf.edu/wp-content/uploads/sites/12/2018/08/CounselorEdChroniclesSpring2018.pdf>]

Current Empirical & Conceptual Research Investigations

Heard, N. J., **Mitchell, M. D.**, Joe, J., & *Petion, A. R. (2016-present). Cultural experiences of non-cohort membership among counseling students of color. (Manuscript Construction; IRB: SBE-16-12196)

McKinzie Bennett, C., **Mitchell, M. D.**, *Jarrett, J., & *Pharaoh, T. (2020-present). Neurobiological implications of discrimination and stress on marginalized children and adolescents. (Manuscript Construction)

*Pharaoh, T. & **Mitchell, M. D.** (2021-present). Approaching clinical supervision “in solidarity”: The activist mentor supervision model. (Manuscript Construction)

Oh, S., **Mitchell, M. D.**, & *Kessler, M. (2019-present). The validation of the group cohesion scale-revised. (Manuscript Construction)

Use of the MCA© in Counselor Self-Evaluation and Empirical Research

Corresponding Author	Publication Type	Status	Publication Date
Jessica Gonzalez	Journal Article	Completed	June 2020
Amber Haley	Dissertation Study	Completed	May 2022

PRESENTATIONS AND TRAININGS

Papers Presented at International and National Refereed Conferences

- Ellis, M. D.**, Saliba, Y., & Pennock, E. R. (2023, October). *Self-Care: An Ethical Imperative for the Anti-Racist Counselor Educator*. Paper will be presented at Association for Counselor Education and Supervision, Denver, CO.
- Heard, N. J., Rendon Finnell, L., **Mitchell, M. D.**, Saliba, Y., & Pennock, E. R. (2021, October). *Outside looking within: Creating an anti-racist culture on the journey from student to faculty*. Paper presented at Association for Counselor Education and Supervision, Atlanta, GA.
- McKinzie Bennett, C., **Mitchell, M. D.**, & *Pharaoh, T. (2021, April). *Neuro-informed approaches for marginalized adolescents: What helpers need to know*. Paper presented at American Counseling Association, Virtual Conference.
- Oh, S., Saliba, Y., **Mitchell, M. D.**, Rendon Finnell, L., & Kim, N. (2019, October). *Does the open journal-exchange improve the benefit of experiential growth groups for counseling students?* Paper presented at Association for Counselor Education and Supervision, Seattle, WA.
- Mitchell, M. D.** & *Rabess, A. (2019, October). *The colored section: A phenomenological study exploring the experiences of counseling students of color*. Paper presented at Association for Counselor Education and Supervision, Seattle, WA.
- Nichols, T. & **Mitchell, M. D.** (2019, June). *Young, black & gifted: Empowering African American students to explore college & career opportunities*. Paper presented at National Career Development Association Global Conference, Houston, TX.
- McKinzie Bennett, C. & **Mitchell, M. D.** (2019, June). *Sifting through discrimination and stress: Exploring brain-based approaches to serve marginalized adolescents and young adults*. Paper presented at Association for Multicultural Counseling and Development Multicultural and Social Justice Counseling Summit, Orlando, FL.
- Smith, S., Chan, C., & **Mitchell, M. D.** (2019, March). *AMCD town hall meeting: Strategic plan revealed*. Paper presented at the American Counseling Association Conference, New Orleans, LA.
- Mitchell, M. D.** (2018, May). *The NBCC Minority Fellowship Impact Year Presentation*. Paper presented at the NBCC Bridging the Gap Symposium, Washington, DC.
- Mitchell, M. D.** (2018, May). *The Development and Validation of the Multicultural Competency Assessment (MCA)*. Paper presented at the British Association for Counselling and Psychotherapy Annual Conference, London, UK.
- Mitchell, M. D.** & McKinzie Bennett, C. (2018, April). *Check Yourself: The Development of the Multicultural Competency Assessment (MCA)*. Paper presented at the American Counseling Association Conference, Atlanta, GA.

- Mitchell, M. D.**, Huffstead, M., Rabess, A., & Hanner, S. (2018, April). *#Racism: The mental health ramifications of online racial discrimination*. Paper presented at the American Counseling Association Conference, Atlanta, GA.
- Heard, N. H., Saliba, Y., **Mitchell, M. D.**, & Rabess, A. (2017, October). *Stay woke, #yougoodbro & alternative facts: Millennial social justice practices and needs*. Paper presented at the Association for Counselor Education and Supervision, Chicago, IL.
- Harris, S., **Mitchell, M. D.**, & Tabet, S. (2017, October). *Predictors of client attrition in a university-based community counseling clinic*. Paper presented at the Association for Counselor Education and Supervision, Chicago, IL.
- Mitchell, M. D.** (2017, September). *Multicultural competency assessment (MCA): The development of a new instrument*. Paper presented at the Association for Assessment and Research in Counseling, Phoenix, AZ.
- Saliba, Y. & **Mitchell, M. D.** (2017, July). *Grasshopper thinking: Developing self-efficacy through biblical metaphors*. Paper presented at the Association for Spiritual Ethical and Religious Values in Counseling Conference, Richmond, VA.
- Huffstead, M., Varney, M., **Mitchell, M. D.**, & Daniel, D. (2017, March). *Staying engaged and passionate in the fight for justice*. Paper presented at the American Counseling Association Conference, San Francisco, CA.
- Saliba, Y., Heard, N. J., & **Mitchell, M. D.** (2017, March). *The Missing Piece: Counselors and Workplace Wellness Programs*. Paper presented at the American Counseling Association Conference, San Francisco, CA.
- Mitchell, M. D.** (2017, March). *Measuring up: The initial development of the multicultural social justice scale*. Paper presented at the American Association of Colleges for Teacher Education Conference, Tampa, FL.
- Butler, S. K., Shillingford, M. A., Haskins, N. H., & **Mitchell, M. D.** (2016, March). *Writers' consortium: How to write your journal article in 12 weeks*. Paper presented at the American Counseling Association Conference, Montreal, Canada.
- Mitchell, M. D.** (2014, March). *Ancestral awareness and psychosocial development: Understanding the relationship between ethnic identity development and cultural frames of reference and their impact on self-esteem*. Paper presented at the American Counseling Association Conference, Honolulu, HI.

Papers Presented at Regional Refereed Conferences

- Mitchell, M. D.** (2021, August). *The "superwoman" myth: Drop the cape*. Paper accepted to be presented at the Delta Sigma Theta Jacksonville 2021 Virtual Fall Workshop. Jacksonville, FL.
- Mitchell, M. D.** & McKinzie Bennett, C. (2018, October). *Creating visibility: Unveiling the brain, stress, and discrimination for counselor educators*. Paper accepted to be presented at the regional conference of the Southern Association of Counselor Education and Supervision. Myrtle Beach, SC.

Oh, S., Jones, K. D., McKinzie, C., & **Mitchell, M. D.** (2016, October). *Preparing counselor-trainees for culturally competent assessment: Multicultural clinical interview*. Paper presented at the regional conference of the Southern Association of Counselor Education and Supervision. New Orleans, LA.

Saliba, Y. & **Mitchell, M. D.** (2016, October). *The power of metaphors: Building resilience in graduate students*. Paper presented at the Southern Association of Counselor Education and Supervision Conference, New Orleans, LA.

Papers Presented at State Refereed Conferences

McKinzie Bennett, C., **Mitchell, M. D.**, & Thomas, M. (2023, January). *Race-Related Traumatic Stress & BIPOC Adolescents: Neurobiological Implications and ACT Approaches*. Paper presented at the 15th Annual UCF Counseling Conference, Orlando, FL.

Binkley, E. & **Mitchell, M. D.** (2019, February). *More than a hashtag: Self-care as an ethical responsibility*. Paper presented at North Carolina Counseling Association Conference, Durham, NC.

Mitchell, M. D., Saliba, Y., Heard, N. J., Rendon Finnell, L., Oh, S., Mckinzie Bennett, C., & Pennock, E. R. (2018, January). *#CohortLove: How to Utilize Graduate School as a Cultural Immersive Experience*. Paper presented at the University of Central Florida Counseling Conference, Orlando, FL.

Park, J., Tabet, S., **Mitchell, M. D.**, & Hundley, G. (2018, January). *A synopsis of UCF's community counseling and research center*. Paper presented at the University of Central Florida Counseling Conference, Orlando, FL.

Petion, G., **Mitchell, M. D.**, & Shillingford, M. A. (2018, January). *Staying woke: Understanding the history of educational and social disparities among African Americans*. Paper presented at the University of Central Florida Counseling Conference, Orlando, FL.

Tabet, S. M., **Mitchell, M. D.**, McKinzie Bennett, C. (2017, October). *Thirst for success: Disordered eating behaviors in elite athletes*. Paper presented at the Florida Counseling Association Conference, Orlando, FL.

Tabet, S., **Mitchell, M. D.** & Harris, S., & Hundley, G. (2017, January). *The mashup: UCF community counseling and research center*. Paper presented at the University of Central Florida Counseling Conference, Orlando, FL.

Mitchell, M. D. & Shillingford, M. A. (2017, January). *Honoring our past: Identity development through ancestral exploration*. Paper presented at the University of Central Florida Counseling Conference, Orlando, FL.

Mitchell, M. D. & Heard, N. J. (2016, October). *The colored section: Cultural experiences of counseling students of color*. Paper presented at the Florida Counseling Association Convention, Orlando, FL.

Mitchell, M. D. & Saliba, Y. (2016, October). *David and goliath: Slaying giants with biblical metaphors*. Paper presented at the Florida Counseling Association Convention, Orlando, FL.

McKinzie, C. & **Mitchell, M. D.** (2016, February). *Anxious and overwhelmed: Addressing anxiety in schizophrenia with mindfulness-based solutions*. Paper presented at the University of Central Florida Counseling Conference, Orlando, FL.

Mitchell, M. D. & Saliba, Y. (2016, February). *Bridging the gap: The importance of ancestral awareness in client development*. Paper presented at the University of Central Florida Counseling Conference, Orlando, FL.

Mitchell, M. D. (2014, April). *Ancestral awareness and psychosocial development: Understanding the relationship between ethnic identity development and cultural frames of reference and their impact on self-esteem*. Paper presented at the Chi Sigma Iota Pennsylvania Statewide Annual Conference, State College, PA.

Tinsley, T., Brown, E. & **Mitchell, M. D.** (2013, November). *Multicultural competent counseling: The journey continues within a predominately African American church based counseling center*. Paper presented at the Pennsylvania Counseling Association Annual Conference, State College, PA.

Invited Presentations

Mitchell, M. D. & Borden, N. (2022, February). *Losing it!: Mental Health and Pandemic Related Stress among the Black Community*. Invited by Jacksonville University Black History Month Committee, presented at Jacksonville University Black History Month “Diversity and Discussion” Speaker Series.

Borden, N. & **Mitchell, M. D.** (2022, February). *Colorism*. Invited by Jacksonville University Black History Month Committee, presented at Jacksonville University Black History Month “Diversity and Discussion” Speaker Series.

McKinzie Bennett, C. & **Mitchell, M. D.** (2021, April). *Neurobiological implications of discrimination and stress on marginalized adolescents and young adults*. Invited by Texas State University, CSI Tau Sigma Chapter, presented at the 11th annual Kaleidoscope of Counseling Conference.

Panel Member. (2021, April). *Anti-Hate Panel: Difficult Conversations*. Paper presented at the Social Justice Resource Center, Pittsburgh, PA. [video link: <https://www.youtube.com/watch?v=7lWBcyVHK6A>]

Panel Member. (2020, June). *WFU Department of Counseling Panel on Fighting for Racial Justice Inside and Outside of the Counseling Session*. Paper presented at the Wake Forest University Counseling Department, Winston-Salem, NC.

Panel Member. (2019, March). *Mental health panel*. Paper presented at the Love Yourself Program at the University of Pittsburgh, Pittsburgh, PA.

Panel Member. (2015, April). *Chi Sigma Iota panel*. Paper presented at the Gambling Addiction Conference at California University of Pennsylvania, California, PA.

Mitchell, M. D., & Brown, E. (2014, May). *Counselor-in-training to new professional: Life after graduate school*. Paper presented at the California University of Pennsylvania Counselor Education Banquet, Pittsburgh, PA.

Mitchell, M. D. (2014, April). *Adolescent suicide prevention*. Paper presented at The Will Allen Foundation, Pittsburgh, PA.

Webinars

Mitchell, M. D., McKinzie Bennett, C., *Pharaoh, T. (2022, July). *RBTS & BIPOC Adolescents: Neurobiological Implications*. Association for Child and Adolescent Counseling (ACAC). Webinar presented on July 8, 2022. [video link: <https://drive.google.com/file/d/1sYxgRirNyCX0KmB0QxrGgmidDXXCcBeV/view>]

McKinzie Bennett, C., & **Mitchell, M. D.** (2019, November). *Neurobiological Implications of Discrimination and Stress on Marginalized Adolescents and Young Adults*. Chi Sigma Iota (CSI) Webinar presented on November 7, 2019.

Mitchell, M. D. (2019, May). *Culturally responsive calculations: Considerations when administering assessments*. Florida Association for Multicultural Counseling and Development (FAMCD) Webinar presented on May 24, 2019. [video link: <https://drive.google.com/file/d/1ch87YX4iK2mv19SOcV6fX5D9SnJBFi-R/view?usp=sharing>]

McKinzie Bennett, C., & **Mitchell, M. D.** (2018, January). *Breaking down the brain: How stress, trauma, & discrimination impact mental and physical health*. Florida Counseling Association (FCA) Webinar presented on January 17, 2018. [video link: <https://drive.google.com/file/d/1JXZSjQXvxw52-vV84zVK4Lzy7YBbS0Yg/view>]

Daniel, D., Chang, C., **Mitchell, M. D.**, & Heard, N. J. (2017, December). *Graduate programs featuring: Dr. Catherine Y. Chang*. Webinar presented on December 4, 2017. [video link: <https://www.youtube.com/watch?v=zKA2BKjIQxA&feature=youtu.be>]

Online Media

Guest Speaker. (2022, May). *Episode 5: Cross cultural counseling*. The wellness project. Retrieved from <https://youtu.be/-ut5ZOdIKrg>

Guest Speaker. (2019, June). *Multicultural Counseling with Dr. Michelle Mitchell*. Wake Forest Counseling Program [Audio podcast]. Retrieved from <https://soundcloud.com/user-832440965/ep-30-multicultural-issues-in-counseling-with-dr-michelle-d-mitchell>

Guest Speaker. (2015, June). *A gap in gifted: A documentary short*. Available from, <https://vimeo.com/153195552>].

TEACHING AND SUPERVISION EXPERIENCE

Courses Taught

Jacksonville University

Graduate Courses

MHC 606: CMHC Internship I
Taught Spring, 2022, 2023

This course is designed to continue to guide students through their clinical experiences. Supervision will be provided by a university faculty as well as qualified site supervisors at each clinical site. Supervision will include peer, instructor, and self-reflective strategies. Supervision will include but not be limited to discussion of student conceptualization, diagnosis, treatment plan, interventions, process, and outcome of counseling among actual clients.

MHC 505: *Behavioral Research and Evaluation*

Taught Spring, 2022, 2023

This course is intended to increase students' knowledge and understanding of the research process; to prepare students to effectively and properly utilize the results of research found in the professional literature; and to provide students with a basic knowledge of the processes involved in the conceptualization, design, implementation, and reporting of research data. In addition, the course is designed to facilitate the development of scholarly writing skills and the application of those skills in research and practice.

MHC 601: *Community Based Counseling*

Taught Fall, 2021, 2022

This course provides an overview of counseling within various community settings and addresses the importance of the roles of advocacy, prevention, outreach, and multicultural competency for counselors in community agencies. In addition, the course will address counselor professional identity development, multi-agency consultation and collaboration, and various mental health service delivery programs.

MHC 603: *CMHC Practicum*

Taught Fall, 2021, 2022; Winter Break, 2021 (online), 2022 (online)

This course provides supervised counseling experience in a college or community agency under a regularly employed staff member professionally trained in counseling. Observation of and active participation in direct service work to clients, monitoring of audio or videotaped interview, and case reviews are all covered within the course.

MHC 609: *CMHC Internship II*

Taught Summer, 2021, 2022, 2023; Spring, 2023

This course is the culminating clinical experience. Supervision will be provided by a university faculty as well as qualified site supervisors at each clinical site. Supervision will include peer, instructor, and self-reflective strategies. Supervision will include but not be limited to discussion of student conceptualization, diagnosis, treatment plan, interventions, process, and outcome of counseling among actual clients.

Wake Forest University

Graduate Courses

CNS 744b: *Counseling Internship I: Clinical Mental Health (online course)*

Taught Summer, 2020

This course provides supervised counseling experience in a school, college, or community agency under a regularly employed staff member professionally trained in counseling. Observation of and active participation in direct service work to clients, monitoring of audio or videotaped interview, and case reviews are all covered within the course.

CNS 747: *Cultures and Counseling (online course)*

Taught Spring, 2020; Fall 2020

This course examines the influence of culture in human development and in counseling relationships. The areas of awareness, knowledge, and skills in the context of racial, ethnic, and cultural diversity will be explored in-depth.

CNS 745: *Counseling Internship II: Clinical Mental Health*

Taught Spring, 2020

This course provides supervised counseling experience in a school, college, or community agency under a regularly employed staff member professionally trained in counseling. Observation of and active participation in direct service work to clients, monitoring of audio or videotaped interview, and case reviews are all covered within the course.

CNS 744b: *Counseling Internship I: Clinical Mental Health*

Taught Fall, 2019

This course provides supervised counseling experience in a school, college, or community agency under a regularly employed staff member professionally trained in counseling. Observation of and active participation in direct service work to clients, monitoring of audio or videotaped interview, and case reviews are all covered within the course.

CNS 748: *Life Span Development: Implications for Counseling (online course)*

Taught Summer, 2019

This course provides an examination of major theories of human development, including those from physical, psychological, cognitive, social, and moral perspectives. Development is viewed across the human life span in each of these areas.

CNS 742: *Group Procedures (online course)*

Taught Spring, 2019, 2021

This course is designed to explore a conceptual exploration of the psychological dynamics and interpersonal communication of groups, teams and systems including structure, leadership models, process and practice, and stages of development, techniques, and ethical principles.

CNS 740: *Professional Orientation to Counseling (online course)*

Taught Fall, 2018

This course covers the history, roles, organizational structures, ethics, standards, specializations, and credentialing in the profession of counseling. Public policy processed, and contemporary issues are also considered.

Online Campus Residency

Taught Summer, 2018, 2019, 2020 (online); Fall, 2018, 2019; Spring 2021 (online)

This intensive four-day experience involves a series of face-to-face sessions that allows faculty to engage in competency and readiness evaluations as well as to plan and evaluate field experience (*human services*) or practicum and internship (*counseling*) arrangements.

Undergraduate Courses

CNS 340: *Professional Orientation to Health and Human Services (online course)*

Taught Summer, 2019, 2020

This course provides an overview of Health and Human Services including historical and theoretical perspectives, professional roles/standards/ethics, basic helping skills, populations/special needs served.

CNS 342: *Group Procedures*

Taught Spring, 2019, 2020, 2021

This course is designed to study a conceptual exploration of the psychological dynamics and interpersonal communication of groups, teams and systems including structure, leadership models, process and practice, and stages of development, techniques, and ethical principles.

CNS 335: *Health and Human Services in a Diverse Society*

Taught Fall, 2018, 2019, 2020

This course is designed to cover the range and characteristics of health and human services systems and organization, the populations served and their needs, and the models for prevention, maintenance, intervention, rehabilitation, and healthy functioning.

Courses Co-Taught

University of Central Florida

MHS 6803: *Practicum in Counselor Education*

Doctoral supervisor for Summer, 2017, Under supervision of M. Ann Shillingford, Ph.D. (Associate Professor)

MHS 6401: *Techniques in Counseling*

Co-taught class in Spring, 2017, Under supervision of Edward Robinson, Ph.D. (Professor)

MHS 6803: *Practicum in Counselor Education*

Doctoral supervisor for Spring, 2017, Under supervision of Sejal Barden, Ph.D. (Assistant Professor)

MHS 6803: *Practicum in Counselor Education*

Doctoral supervisor for Fall, 2016, Under supervision of Columbus Brand, Ph.D. (Adjunct Professor)

MHS 6500: *Group Procedures and Theories of Counseling*

Co-taught class in Fall, 2016, Under supervision of Shainna Ali, Ph.D. (Adjunct Professor)

MHS 6420: *Foundations of Multicultural Counseling*

Co-taught class in Summer, 2016, Under supervision of S. Kent Butler, Ph.D. (Associate Professor)

Invited Guest Lectures

Jacksonville University

JU 330: *Freshman Honors and Scholars*

Conducted class lecture on Cultural Awareness and Diversity, Equity, and Inclusion
Spring, 2022, By request of Robin Edge, Ph.D. (Professor)

Wake Forest University

CNS 337: *Skills in Human Services*

Conducted class lecture on Reflection of Meaning
Fall, 2019, By request of Nikki Elston, Ph.D. (Assistant Teaching Professor)

Villanova University

CHR 8605: *Internship I in CMH Counseling*

Conducted class lecture on Developmental Experiences in Counseling and Counselor Education
Fall, 2019, By request of Taunya Tinsley, Ph.D., D.Min. (Assistant Teaching Professor)

George Washington University

CNSL 8252: *Leadership and Advocacy in Counseling*

Conducted class lecture on Leadership and Leveraging 'Research as Advocacy'
Summer, 2019, By request of Elizabeth Crunk, Ph.D. (Assistant Professor)

North Carolina Agricultural & Technical State University

COUN 818: *Theory and Practice of Counseling Supervision*

Conducted class lecture on 5 Things I Wish I Knew About Supervision
Spring, 2019, By request of Michael Brooks, Ph.D. (Associate Professor)

COUN 870: *Models and Methods of Assessment*

Conducted class lecture on 5 Things I Wish I Knew About Being a Doctoral Candidate
Spring, 2019, By request of Shon Smith, Ed.D (Assistant Professor)

Bowie State University

PSYC 744: *Psychodynamics of Psychopathology I*

Conducted class lecture on Fellowship Applications for Diverse Students in Mental Health Counseling
Fall, 2018, By request of Mark Bolden, Ph.D. (Assistant Professor)

University of North Texas

COUN 5580: *Family Counseling*

Participated in Diversity and Assessment in Family Counseling Panel
Fall, 2018, By request of Caitlyn Mckinzie Bennett, Ph.D. (Assistant Professor)

University of Central Florida

MHS 7840: *Internship in Counselor Education*

Conducted Guest Lecture on Addressing Diversity in Teaching
Spring, 2022, By request of Ann Shillingford-Butler, Ph.D. (Associate Professor)

COUN 7497: *Advanced Multicultural Counseling*

Conducted Guest Lecture on Multiculturalism in Research
Summer, 2020, By request of Ann Shillingford-Butler, Ph.D. (Associate Professor)

MHS 6803: *Practicum in Counselor Education*

Doctoral supervisor
Summer, 2018, Under supervision of Caitlyn McKinzie Bennett, Ph.D. (Adjunct Professor)

MHS 7311: *Technology Issues in Counselor Education*

Conducted class lecture on Online Professional Networking
Spring, 2017, Guest lecturer under supervision of W. Bryce Hagedorn, Ph.D. (Associate Professor)

MHS 6420: *Foundation of Multicultural Counseling*

Participated in Ethnicity Panel on the Experiences as an African American in the U.S.A
Spring, 2016, Guest lecturer under supervision of S. Kent Butler, Ph.D. (Associate Professor)

SDS 6411: *Counseling with Children and Adolescents*

Conducted class lecture on Solution Focused Brief Therapy

Spring, 2016, Guest lecturer under supervision of Ann Shillingford-Butler, Ph.D. (Associate Professor)

SDS 6347: Career Development

Conducted class lecture on Krumboltz: Social Learning Approaches

Spring, 2017, Guest lecturer under supervision of Stacy Van Horn, Ph.D. (Associate Lecturer)

MHS 5005: Introduction to the Counseling Profession

Conducted class lecture on What Does It Mean to be a Graduate Student.

Spring, 2016, Guest lecturer under supervision of Mark Young, Ph.D. (Professor)

MHS 5005: Introduction to the Counseling Profession

Conducted class lecture on What Does It Mean to be a Graduate Student.

Fall, 2015, Guest lecturer under supervision of Sejal Barden, Ph.D. (Assistant Professor)

Waynesburg University

CNS 605: Methods of Counselor Supervision

Conducted class lecture on Intentionality in your PhD Journey

Fall, 2016, guest lecturer under supervision of Taunya Tinsley, D.Min., Ph.D. (Associate Professor)

CNS 608: Professional Orientation and Leadership in Counselor Education, Supervision, & Research

Conducted class lecture on How to Address the Five CACREP Areas as a PhD Student

Fall, 2016, guest lecturer under supervision of Taunya Tinsley, D.Min., Ph.D. (Associate Professor)

Stetson University

CSL 513: Multicultural Counseling and Psychosocial Theory

Conducted class lecture on Multicultural Assessments in Counseling

Spring, 2018, Invited guest lecturer under supervision of Letitia Browne-James, MA (Adjunct Professor)

CSL 513: Multicultural Counseling and Psychosocial Theory

Conducted class lecture on Integrating Spirituality and Religion in Counseling

Spring, 2016, Invited guest lecturer under supervision of Zachary Bloom, MA, NCC. (Adjunct Professor)

California University of Pennsylvania

CED 785: Research Methods in Counseling

Conducted class lecture on How to Write a Research Proposal

Spring, 2014, Guest lecturer under supervision of Taunya Tinsley, Ph.D. (Associate Professor)

CED 720: Cross-Cultural Counseling

Conducted class lecture on What to Expect from Internship

Fall, 2013, Guest lecturer under supervision of Taunya Tinsley, Ph.D. (Associate Professor)

Doctoral Dissertation Committees

Role	Student Name	Degree	Status	Defense Date
Committee Member	Ashlei R. Petion	PhD, Counseling	Completed	June 2022

CLINICAL AND ADMINISTRATIVE EXPERIENCE

- Counselor June 2023- *present*
 Shades of You Counseling and Consulting Telehealth (FL & PA)
 Provides counseling services to individuals, couples, and families. Employs a diversity of therapeutic interventions to yield optimum results for clients. Formulates evidenced based treatment plans and collaborated on therapeutic goals with clients.
- Clinical Director May 2021- *present*
 School of Applied Health Sciences Clinical Mental Health Counseling Program Jacksonville, FL
 Leads partnership development with current and potential training sites including outreach to community agencies. Conducts site visits to all agencies currently working with CMHC students. Oversees Program and Student Assessments. Conducts annual student trainings on Tevera, VALT, and other clinical technology. Functions as the liaison to State of Florida 491 Board on licensing requirements.
- Administrative Coordinator May 2021- August 2018
 UCF Community Counseling and Research Center (CCRC) Orlando, FL
 Managed and oversaw the daily operations of the staff. Collaborated with various departments and staff in the College of Education and Human Performance. Managed and delegated daily tasks including file audits, clinic assessments and medical records requests. Maintained and trained practicum students on clinic technology, cameras, and software including: Carepaths eRecord, Milestone, and Titanium programs.
- Graduate Research Associate August 2015- August 2018
 Department of Child, Family, and Community Sciences Orlando, FL
 Assisted Gulnora Hundley, MD, PhD with empirical research associated with the University of Central Florida's CCRC.
- Supervisory Coordinator May 2016- May 2017
 UCF Community Counseling and Research Center (CCRC) Orlando, FL
 Provided clinical supervision to internship students. Managed daily operations including file audits, clinic assessments and medical records requests. Maintained and trained practicum students on clinic technology, cameras, and software including: Carepaths eRecord, Milestone, and Titanium programs.
- Practicum Coordinator August 2015- May 2016
 UCF Community Counseling and Research Center (CCRC) Orlando, FL
 Conducted trainings for intake specialists on clinic technology, procedures, and intake assessments. Managed daily operations including file audits, clinic assessments and medical records requests. Maintained and train practicum students on clinic technology, cameras, and software including: Carepaths eRecord, Milestone, and Titanium programs.
- Service Coordinator November 2011- July 2015
 Pittsburgh Mercy Health System Pittsburgh, PA
 Assisted targeted adults with serious and persistent mental illness and their families. Provided clients with resources and support with community services. Utilized crisis intervention techniques during on-call emergencies.
- Professional Counselor May 2013- June
 2015 Pittsburgh, PA
 Mount Ararat Counseling Center Pittsburgh, PA
 Provided counseling services to individuals, couples, and groups. Employed a diversity of therapeutic interventions to yield optimum results for clients. Facilitated monthly meetings and organized projects as

coordinator of Outreach Ministry.

Counselor III

September 2009- November 2011

Pittsburgh Mercy Health System

Pittsburgh, PA

Assisted in the development of treatment plans that reflected consumer goals. Assessed progress of treatment goals monthly for primary clients. Consulted with mental health team in monthly treatment team meetings.

Therapeutic Staff Support

September 2008 - August 2009

Community Alternatives, Incorporated

Pittsburgh, PA

Modeled age-appropriate social interactions for clients. Applied interventions based on an Applied Behavioral Analysis therapeutic approach. Implemented therapeutic techniques as set forth by individual treatment plan standards.

Consulting and Contract Work

The Ronald McDonald House Charities of Jacksonville

September 2023

Constructed and facilitated a training focused on the topic of Trauma Informed Care for the employees and caregivers of Ronald McDonald House Charities of Jacksonville.

Duval County Public Schools (DCPS)

August 2023

Designed and facilitated two day long professional development sessions on counseling theory and implementation and group counseling modality for DCPS school counselors and school social workers.

The Wellness Project

May 2022

Completed an educational interview on cross cultural counseling.

Girl Scouts of the Gateway Council

September 2022

Designed and developed quality Mental Health E-Learning Modules for the Girl Scouts of the Gateway Council that focused on Mental Health, Trauma Informed Care, as well as Cultural Competency and Mental Health.

PROFESSIONAL SERVICE AND GOVERNANCE

National Service

Governing Council Officer

- Process Observer of American Counseling Association (ACA), 2022- 2023

Executive Council Officer

- Vice President of African American Concerns for the Association for Multicultural Counseling & Development (AMCD), 2019- 2021
- Graduate Student Representative for the Association for Multicultural Counseling & Development (AMCD), 2017-2018

Committee Chair

- Strategic Planning Committee Co-Chair for the Association for Multicultural Counseling & Development (AMCD), 2018- 2020

- Public Policy and Advocacy Committee Chair for the Association for Assessment and Research in Counseling (AARC), 2019-2020
- Mentoring Committee Co-Chair for the Association for Multicultural Counseling & Development (AMCD), 2018- 2019
- Student Committee Chair for the Association for Multicultural Counseling & Development (AMCD) Mentoring Program, 2016- 2018

Editorial Board Reviewer

- Reviewer for the Association for Child and Adolescent Counseling (ACAC) *Journal of Child and Adolescent Counseling*, 2019- present
- Reviewer for the Association for Multicultural Counseling & Development (AMCD) *Journal for Multicultural Counseling and Development*, 2019- present
- Ad-hoc Reviewer for the Association of Spiritual, Ethical, & Religious Values in Counseling (ASERVIC) *Counseling and Values Journal*, 2016- 2017

Committee Member and Other Service

- Black Mental Health Certificate Committee Member for the Association for Multicultural Counseling & Development (AMCD), 2021-present
- African American Concerns Committee Member for the Association for Multicultural Counseling & Development (AMCD), 2021-present
- Writers' Consortium Committee Member for the Association for Multicultural Counseling & Development (AMCD), 2018-present
- Strategic Planning Committee Member for the Association for Multicultural Counseling & Development (AMCD), 2020-2021
- Finance Committee Member for the Association for Multicultural Counseling & Development (AMCD), 2020-2021
- Reviewer of the Minority Fellowship Program for the National Board for Certified Counselors (NBCC), February, 2019
- Public Policy Committee Member for the Association for Assessment and Research in Counseling (AARC), 2017- 2019
- Student Coordinator of the Writers' Consortium for the Association for Multicultural Counseling & Development (AMCD), 2015-2018
- Awards Committee Member for the Association for Multicultural Counseling & Development (AMCD), 2016- 2017
- Expo Exhibitor for the Association for Multicultural Counseling & Development at the American Counseling Association Conference, April 2016
- Co-editor of the Newsletter Committee for the Association for Multicultural Counseling & Development (AMCD), 2013-2014
- Expo Exhibitor for the Association for Multicultural Counseling & Development at the American Counseling Association Conference, March 2014
- Co-organized and hosted the University of Central Florida Alumni & Friends Reception at the American Counseling Association Conference, March 2016

State Service

- Treasurer of Florida Association of Multicultural Counseling and Development (FAMCD), 2016-2017
- Coordinator of Outreach Ministry for the Mount Ararat Counseling Center (MACC), 2013-2015
- Coordinator of the Volunteer Ministry for the Mount Ararat Counseling Center (MACC),

2013-2015

- Volunteer for Straight Talk: Heart to Heart on Domestic Violence at Mt. Ararat Baptist Church, *March 2014*

University Service

Jacksonville University

- Clinical Mental Health Counseling Departmental Faculty Mentor, Jacksonville University, 2023-*present*
- Brooks Rehabilitation College of Health Sciences Clinical Directors/Coordinators Committee Chair, Jacksonville University, 2021-*present*
- Search Committee Member for the Department of Library/College of Law, Jacksonville University, 2022-2022
- Search Committee Member for the Department of Speech, Language, and Pathology, Jacksonville University, 2021-2022

Wake Forest University

- Search Committee Member for the Department of Counseling, Wake Forest University, 2020-2021
- Clinical Committee Member for the Department of Counseling, Wake Forest University, 2019-2021
- Admissions Committee Member for the Department of Counseling, Wake Forest University, 2018-2021
- Presenting Core Faculty for the Department of Counseling Online Program Meet and Greet, Wake Forest University, *Fall 2020*
- Skills Assessment Taskforce Committee Member for the Department of Counseling, Wake Forest University, *Summer 2020*
- Student Progress Committee Member for the Department of Counseling, Wake Forest University, *Spring 2019*
- Reader of the University Program Review for the Department of Counseling, Wake Forest University, *October 2018*

University of Central Florida

- Doctoral Mentor of Multicultural Partnership of Organizers for Equity and Resilience (M-Power), 2016- 2018
- Vice President of Counselor Education Doctoral Student Organization (CEDSO), 2016-2017
- Volunteer for Counseling Club, *March 2016*
- Volunteer for UCF's Counseling Conference, *February 2016*

Professional Affiliations

Chi-Sigma Iota (CSI), International Counseling Honor Society, Eta Upsilon Chapter, 2021-*present*

Association for Assessment and Research in Counseling (AARC), 2017-*present*

Association for Counselor Education and Supervision (ACES), 2015-*present*

Southern Association for Counselor Education and Supervision (SACES), 2015-*present*

Association of Multicultural Counseling and Development (AMCD), 2013-*present*

American Counseling Association (ACA), 2013-*present*

Florida Counseling Association (FCA), 2016-2018; 2021 - 2022

Florida Association of Multicultural Counseling and Development (FAMCD), 2016-2018; 2021 - 2022

Florida Association of Spiritual, Ethical, Religious Values in Counseling, 2016-2018; 2021 - 2022

Chi-Sigma Iota (CSI), International Counseling Honor Society, Pi Alpha Chapter, 2019-2021
North Carolina Counseling Association (NCCA), 2018-2019
American Educational Research Association (AERA), 2017- 2018
American Association of Colleges for Teacher Education (AACTE), 2016-2018
Chi-Sigma Iota (CSI), International Counseling Honor Society, Upsilon Chi Chapter, 2016-2018
UCF Counselor Education Doctoral Student Organization (CEDSO), 2015-2018
Chi-Sigma Iota (CSI), International Counseling Honor Society, Delta Upsilon Chapter, 2010-2016