

Thomas M. Mitchell
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EDUCATION

Ph. D., Counselor Education Virginia Commonwealth University Richmond, VA	2023
M. Ed., School Counseling George Washington University Washington, DC	2004
B. S., Psychology & Religion Mary Washington University Fredericksburg, VA	1995

PROFESSIONAL EXPERIENCE

Counseling

Director of Mental Health & Wellness Spotsylvania County Public Schools Spotsylvania, VA	2021 – 2023
Supervisor of School Counseling Spotsylvania County Public Schools Spotsylvania, VA	2017 – 2021
Professional School Counselor Courtland High School Spotsylvania, VA	2016 – 2017
School Counseling Director Spotsylvania Middle School Spotsylvania, VA	2008 – 2016
Professional School Counselor Essex Intermediate School Tappahannock, VA	2004 – 2008

Counseling Intern Community Counseling Services Center George Washington University Alexandria, VA	2003 – 2004
Long-Term Substitute Counselor Thomas Edison High School Alexandria, VA	2004 (Spring)
School Counseling Intern Thomas Edison High School Alexandria, VA	2003 (Fall)
School Counseling Practicum Student H. D. Cooke Elementary School Washington, DC	2003 (Spring)
Graduate Assistant Community Living and Learning Center George Washington University Washington, DC	2003 – 2004
Assistant Community Director Community Living and Learning Center George Washington University Washington, DC	2002 – 2003
<u>Supervision</u>	
Graduate Student Supervisor Virginia Commonwealth University Supervised master's level counseling students in: <ul style="list-style-type: none"> o CLED 603 – Group Counseling Procedures o CLED 602 – Techniques of Counseling o CLED 604 – Practicum: School Counseling Richmond, VA	2016
Practicum Site Supervisor George Washington University Spotsylvania, VA	2015 (Fall)
Supervising Counselor for long-term substitute Spotsylvania Middle School Spotsylvania, VA	2013 (Spring)

Teaching

CLED 600 – Professional Orientation and Ethical Practice in Counseling
(master’s level)

CLED 604 – Practicum: School Counseling
(master’s level)

Strategies for Client Change
Guest lecture in CLED 602 – Techniques of Counseling

Bullying Versus Conflict
Guest lecture in CLED 622 – School Counseling Services

SERVICE

Equity Core Team Member 2020 – 2021
Superintendent’s Equity Task Force
Spotsylvania County Public Schools
Spotsylvania, VA

Strategic Planning Committee Member 2018 – 2019
Division Strategic Planning Committee
Spotsylvania County Public Schools
Spotsylvania, VA

Freshmen Transition Team Member 2016 – 2017
Freshman Transition Team
Courtland High School
Spotsylvania, VA

Sharing Best Practices Facilitator 2015 – 2016
College and Career Readiness Initiative
Spotsylvania County Public Schools
Spotsylvania, VA

Positive Behavior Intervention System Coach 2013 – 2016
Spotsylvania Middle School
Spotsylvania, VA

National Junior Honor Society Faculty Council 2012 – 2016
Spotsylvania Middle School
Spotsylvania, VA

School Improvement Team Spotsylvania Middle School Spotsylvania, VA	2008 – 2016
Principal’s Advisory Committee Spotsylvania Middle School Spotsylvania, VA	2014 – 2015
School Counselor Evaluation Development Committee Spotsylvania County Public Schools Spotsylvania, VA	2012 – 2013
Gifted Advisory Board Spotsylvania Middle School Spotsylvania, VA	2011 – 2013

PUBLICATIONS

Gibson, D. M., Dollarhide, C. T., Moss, J. M., Aras, Y., & Mitchell, T. (2018). Examining leadership with American Counseling Association presidents: A grounded theory of leadership identity development. *Journal of Counseling & Development*, 96(4), 361-371.

GRANTS

Mitchell, T. M. (2017). *Historically black colleges and universities: Empowering African-American 9th graders to discover HBCUs*. Courtland High School Intentional Paws.

Mitchell, T. M., & Wood, W. (2015). *College and congress: Exploring career pathways for African-American males in middle school*. Spotsylvania Middle School Parent/ Teacher Organization.

PRESENTATIONS

Mitchell, T. M., Hall, E. H., Green, D., & Wolfe, K. (March, 2021). *Academic and career planning*. Webinar presentation to the Spotsylvania community on behalf of Spotsylvania County Public Schools; Spotsylvania, VA

Mitchell, T. M., Sylvester, D., & Swink, T. (October, 2020). *Mental health and wellness during a pandemic*. Webinar presentation to the Spotsylvania community on behalf of Spotsylvania County Public Schools; Spotsylvania, VA

- Mitchell, T. M. (November 2019). *Pathways and transitions for EL students*. Presentation to English learner students and families of the Spotsylvania community; Spotsylvania, VA
- Mitchell, T. M. (September, 2019). *How to help kids with bullying*. Presentation to parents and members of the Special Education Advisory Committee, Spotsylvania County Public Schools; Spotsylvania, VA
- Mitchell, T. M. (September, 2019). *Understanding anxiety in gifted kids*. Presentation to students and parents of the Gifted Advisory Committee of Spotsylvania County Public Schools; Spotsylvania, VA
- Mitchell, T. M. (January, 2019). *Supporting school communities through tragedy and crisis*. Presentation for principals of Spotsylvania County Public Schools; Spotsylvania, VA
- Rutledge, M. L. & Mitchell, T. M. (October, 2018). *Moving towards multicultural competency*. Presentation at the Virginia School Counselor Association annual conference; Norfolk, VA
- Mitchell, T. M. (September, 2018) *Creating and supporting safe and equitable learning environments*. Presentation to the Spotsylvania County School Board; Spotsylvania, VA
- Mitchell, T. M. (October, 2016). *Promoting resilience after school crises: An ecological perspective on staff wellness*. Presentation at the Southern Association of Counselor Education and Supervision Conference; New Orleans, LA.
- Rutledge, M., Dawson, M. A., & Mitchell, T. M. (February, 2016). *The primary roles of the counselor educator from the doctoral student perspective*. Presentation at the Virginia Association of Counselor Education and Supervision Conference; Marymount, VA.
- Kirchgessner, C. S. & Mitchell, T. M. (2013). *College and career readiness: A curriculum for middle school teachers*. Spotsylvania County Public Schools, Spotsylvania, VA.
- Parkhouse, L. M. & Mitchell, T. M. (2012). *Group facilitation and conflict mediation skills training – two day workshop*. Lifepoint Church Small Group Leader Training, Fredericksburg, VA.

LICENSURE

Licensed School Counselor
Virginia # PPS-0601090

AWARDS

Middle School Counselor of the Year
Spotsylvania County Public Schools
Spotsylvania, Virginia

2012 – 2013

MEMBERSHIP

American Counseling Association
American School Counselor Association
Chi Sigma Iota International Honor Society
Virginia School Counselor Association