

Curriculum Vitae
Tamara Tisdale M.A., LPC
Professional Counselor

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EDUCATION:

Doctor of Philosophy in Counselor Education and Supervision, Expected May 2023
University of Holy Cross, New Orleans, LA

Master of Arts Degree in Counseling, August 2015
Prairie View A&M University, Prairie View, TX

Master of Education Degree in Educational Administration, May 2012
Prairie View A&M University, Prairie View, TX

Bachelor of Arts Degree in Theater, December 2004
Grambling State University, Grambling, LA

RESEARCH INTEREST:

School Counseling: Social Emotional Learning (SEL), Advocacy for School Counselors.

Clinical Counseling: Culturally diverse counseling processes.

Multicultural Counseling: Minority Community focus on reduction of stigma.

COUNSELING EXPERIENCE

Visions of Serenity Counseling, PLLC

Houston, Texas

Counselor

January 2022 – present

- Utilize psychotherapy along with psychoeducation to counsel individuals, groups, and families to help them understand problems, deal with crisis situations, define goals, and develop realistic action plans.
- Document patient information including session notes, progress notes, recommendations, and treatment plans.
- Develop therapeutic and treatment plans based on clients' interests, abilities, and needs. I advise clients on effectiveness of the counseling process.
- Use evidenced based treatment modalities including Cognitive Behavioral Therapy, Brief Solution Therapy, Gestalt Techniques along with Somatic Experience Therapy.

Klein Independent School District- Klein Cain High School
Houston, Texas
Social & Emotional Learning/ Impact Counselor
July 2021 –present

- Plan, implement, and evaluate a comprehensive program of guidance, including counseling services.
- Teach the school development guidance curriculum.
- Assist teachers in the teaching of guidance related curriculum.
- Guide individual and groups of students through the development of educational plans and career awareness.
- Counsel individual students with presenting needs/concerns.
- Counsel small groups of students with presenting needs/concerns.
- Use accepted theories and techniques appropriate to school counseling.
- Consult with parents, teachers, administrators, and other relevant individuals to enhance their work with students.
- Coordinate with school and community personnel to bring together resources for students.
- Use an effective referral process for assisting students and others to use special programs and services.
- Understand diversity issues and help to create an atmosphere of equity and excellence for all learners.
- Interpret test and other appraisal results appropriately.
- Perform all other duties assigned by the principal.

Aldine Independent School District- Benjamin O. Davis Jr. Senior High School
Houston, Texas
Counselor
July 2017 – July 2021

- Adhered to legal, ethical, and professional standards for school counselors including current professional standards that comply with Texas Education Agency (TEA) code.
- Counseled students regarding educational issues, such as course and program selection, class scheduling and registration, school adjustment, truancy, study habits, and career planning.
- Initiated and directed efforts to foster tolerance, understanding, and appreciation of diversity in school communities.
- Served as a resource to help families and schools deal with crises, such as separation and loss.
- Provided crisis intervention to students when difficult situations occur at school.
- Attended ARD meetings for special populations and I coordinated and facilitated 504 meetings with students and parents.

- Assisted students with the college application process including college admission, scholarship, financial aid, alternative post high school training, and letters of recommendation.
- Served as the Advance Placement (AP) & GT Coordinator as well as the CTE counselor.

Texas Connections Academy Houston
Houston, Texas
Counselor
August 2016 – July 2017

- As the 11th grade counselor, I advised students and families about related issues for academics, career planning and graduation.
- Worked with school teams to identify and help families' access school and community resources.
- Helped families understand the requirements for testing, including STAAR EOC, PSAT, SAT, ACT, and AP exams.
- Collaborated with a team of grade level teachers and administration to help identify students who were "at risk" or "in crisis"; and acted as the main point of contact for these students and families.
- Worked with SPED/504 department to provide support to special population students.

Graceview Counseling Center
Tomball, Texas
Student Counseling Intern
August 2016 – December 2016

- Followed all ACA Code of Ethics guidelines.
- Conducted intake interviews with clients who requested counseling service and completed the required clinical documentation within the same day.
- Provided individual and group counseling to clients on a scheduled basis or through crisis intervention.
- Acted as a liaison between client and/or community resources as needed.
- Attended training seminars and had supervision on a weekly basis.
- Utilized diagnostic assessment procedures and psychometric methods to facilitate psychotherapy as needed.

TEACHING EXPERIENCE:

Adjunct Professor, EDG 6335 Counseling Ethics
Angelo State University

Fall B 2022

Teaching Assistant, COU 609 Professional Orientation and Ethics
University of Holy Cross

Fall 2022

- Prepared and conducted lectures while under the supervision of the course instructor for a group of 20 masters level graduate counseling students.
- Provided in-class feedback to students regarding their contributions and performance.
- Consulted with and offered feedback to the course instructor regarding student performance and grading.

Process Observer, COUN 607 Theory and Practice of Group Counseling Spring 2022
University of Holy Cross

- Participated in and observed a weekly graduate group-work course.
- Offered in-class verbal feedback to students and posted on-line written process notes for student reflection.
- Consulted with the course instructor regarding student performance and class progression.

Houston Independent School District- Wisdom (Lee) High School
Houston, Texas

Drill Team Director & Dance teacher
August 2012 – July 2016

- Taught dance class levels 1-4.
- Choreographed and managed dance team of 20-25 students.
- Coordinated college enrichment and community service activities for my team to participate in.
- Serve as one of the 12th grade senior advisors
- Following HB5, I guided students through their senior year making sure they were on track to graduate and enter into either a 2- or 4-year college program.

Spring Independent School District- Bammel Middle School
Houston, Texas
Theater Director & Theater teacher
August 2011 – July 2012

- Managed classes averaging 45-60 students
- Taught Theatre Arts Grades 6-8.
- Ensured student success by monitoring grades weekly and creating study plan.
- I was hand selected by the Fine Arts Director of Spring ISD and building principal to update and rewrite the middle school theater curriculum.

Humble Independent School District- Humble High School
Humble, Texas
Assistant Dance Director & Dance teacher
August 2009 – July 2011

- Instructed and developed a class curriculum for dance levels I-IV and facilitated and assisted Drill Team Director.
- Served as a “House Advisor” for students grades 11 and 12.
- Assisted students in creating a success plan, monitored their current grades, followed up on testing registration and dates and, discussed future plans after high school.
- Served as the sponsor of boys step team and co-founded of the girls step team.
- Chaperoned field trips to local colleges to promote learning about the programs and campus life.
- Organized quarterly community service activities.

Garland Independent School District- Lyles Middle School
Garland, Texas
Assistant Theater Director & Theater teacher
August 2007 – July 2009

- Taught Theatre Arts to grades 6-8,
- Implemented creative curricula utilizing cooperative learning, alternative assessment, and grading rubrics.
- Taught dynamic lesson plans which focused on engaging children into creative expression.
- Served as the Drama Club Sponsor.

**Channelview Independent School District- Alice Johnson Jr. High &
Channelview High School**
Channelview, Texas
Assistant Theater Director & Theater teacher
August 2006 – July 2007

- Served as a split teacher teaching 7th and 8th grade at the Junior High School as well as 9-12 at the High School to build up the theatre program in the district.
- I utilized “cross curriculum” teaching method in which core subjects were incorporated.
- served as the Drama Club and ITS Sponsor.

PROFESSIONAL COUNSELING CREDENTIALS:

Licensed Professional Counselor-TX
Texas- TEA-Counselor EC-12
Texas- TEA- Dance 8-12
Texas- TEA- Theater EC-12

SPECIAL TRAINING/ CERTIFICATIONS:

Somatic Experience Therapy- Intermediate 2
Prepare and Enrich Facilitator
QPR Suicide Prevention Gatekeeper
Bo’s Place Grief and Bereavement Training
Youth Mental Health First Aid Training
Trauma Focused-CBT

PROFESSIONAL PRESENTATIONS:

Tisdale, Tamara (2022, August) “*Supporting Student Mental Health in the Classroom*”.
Presented for Staff Professional Development for Klein Independent School District-
Klein Cain High School

Brown, M., Elzey, B., & Tisdale, T. (2022, February). *Reality vs Ethics: Challenging Multicultural Norms While Working with African American Males*” Presented at The Law and Ethics in Counseling Conference, New Orleans, LA.

Tisdale, Tamara (2022, January) “*Managing Stress & Anxiety & Practicing Self- Care*”.
Presented for Staff Professional Development for Klein Independent School District-
Klein Cain High School

Tisdale, Tamara. (2021, March). *Crisis in schools*. Crisis Presentation presented for counseling graduate students at the University of Holy Cross. New Orleans, LA.

PROFESSIONAL AFFILIATIONS:

American Counseling Association

American School Counseling Association

Lone Star State School Counseling Association

Texas Counseling Association

LEADERSHIP POSITIONS:

Advocacy Committee Member, Texas Lone Star Counseling Association